



# RESOURCES

Social Prescribing Team  
Bexhill PCN

Please find below a range of resources you may find useful. They are grouped by theme as follows:

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Pg.3 = Managing Stress & Anxiety

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For more information please contact your Social Prescribing Link Worker directly or call the PCN: 01424 231480, Option 3 followed by Option 2

[www.bexhillpcn.nhs.uk](http://www.bexhillpcn.nhs.uk)

<b>BEFRIENDING SERVICES</b>			
<b>Name of Organisation/Group</b>	<b>What is it &amp; when?</b>	<b>Website</b>	<b>Contact</b>
AGE UK Silverline 24hr Helpline	Call for a chat with a volunteer day or night.	<a href="http://thesilverline.org.uk">The Silver Line Helpline thesilverline.org.uk</a>	0800 4 70 80 90
Bexhill Caring Community	Volunteer Befrienders can offer a cup of tea & chat in your own home, help with shopping etc. Yearly subscription fee.	<a href="http://bexhillcaringcommunity.org">Bexhill Caring Community bexhillcaringcommunity.org</a>	Monique: 01424 215116 Sackville Road, Bexhill
Seniors Helping Seniors	Matching vetted 'seniors' to older people needing an extra pair of hands. Companionship, Shopping, Meal times, Medical appointments, housekeeping, Dementia care & much more.	<a href="http://www.seniorshelpingseniors.co.uk">www.seniorshelpingseniors.co. uk</a>	23 St Leonard's Road, Bexhill 01424 605705
Association of Carers	Provide respite and befriending service available free to carers to provide respite for upto 3 hours per week.	<a href="http://associationofcarers.org.uk">Home - Association of Carers associationofcarers.org.uk</a>	01424 722309

<b>MANAGING STRESS, ANXIETY and EMOTIONAL WELLBEING</b>			
<b>Name of Organisation/Group</b>	<b>What is it &amp; when?</b>	<b>Website</b>	<b>Contact</b>
Reed	<p>Level 2 Certificate in Awareness of Mental Health Problems – ONLINE COURSE. FREE.</p> <p><b>CONTENT:</b> Develop understanding and appreciation of mental health conditions.</p> <p>Learn about signs, triggers and symptoms of mental health.</p> <p>Understand how mental health affects an individual's ability to cope and function.</p> <p>Examine guidance to potentially manage and support them with their illness</p>	<p><a href="http://www.reed.co.uk/courses">www.reed.co.uk/courses</a></p> <p><a href="#">Free Online Level 2 Certificate in Awareness of Mental Health Problems Course   reed.co.uk</a></p>	
Sussex Recovery College	<p>Self-help courses:</p> <p>Anxiety (Face to face &amp; online), Problem Solving (coping with life's difficulties – online), Self-Esteem &amp; Confidence, Improve Sleep, Stressbusters Workshop</p>	<p>Some workshops are face to face and some have an online option.</p> <p><a href="http://www.sussexrecoverycollege.org.uk">www.sussexrecoverycollege.org.uk</a></p>	<p>0300 303 8086</p> <p><a href="mailto:sussexrecoverycollege@spft.nhs.uk">sussexrecoverycollege@spft.nhs.uk</a></p>
Youtube	<p>Various videos/self help exercises you can do anywhere. Here are some simple techniques that could help.</p>	<p><a href="#">Box breathing relaxation technique: how to calm feelings of stress or anxiety - YouTube</a></p> <p><a href="#">10-Minute Meditation For Anxiety - YouTube</a></p> <p><a href="#">10-Minute Meditation For Stress - YouTube</a></p>	

Apps – Headspace & Calm: Sleep & Meditation	Mindfulness Apps that have various resources to enable relaxation.	PlayStore or Iphone App Store. These apps are both FREE (in-app purchases may apply)	
Silver Cloud Health App (16+)	Is an online course to help manage stress, anxiety and depression. Work through a series of topics selected by a therapist to address specific needs. 8 week course to be completed in own time and at own pace.		
Shout	Text service- 85258 free confidential messaging support for anyone who is struggling to cope.	<a href="https://giveusashout.org">Shout: the UK's free, confidential and 24/7 mental health text service for crisis support   Shout 85258 (giveusashout.org)</a>	Text service- 85258
Mind	Various self-help resources + support for those experiencing a mental health difficulty and their friends and family.	<a href="http://www.mind.org.uk">www.mind.org.uk</a> <a href="#">Relaxation tips - Mind</a> <a href="#">Managing stress and building resilience - tips - Mind</a>	0300 1233393 Text- 86463
Samaritans	Available 24 hours per day to provide confidential emotional support for people with distress, despair or suicidal thoughts.	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	116123
Calm Helpline	Provides listening services, information and support for anyone who needs to talk, including web talk.	<a href="https://thecalmzone.net">I'm struggling   Campaign Against Living Miserably (CALM) (thecalmzone.net)</a>	0800 585858
Anxiety UK	Advice and support for people living with anxiety.	<a href="http://anxietyuk.org.uk">National charity helping people with Anxiety - Anxiety UK</a>  <a href="http://anxietyuk.org.uk">anxietyuk.org.uk</a>	Helpline: 03444775774 Text:07537416905
Stay Alive App	Is a pocket suicide prevention resource for the UK. You can use it if you have thoughts of	<a href="#">StayAlive - Essential suicide prevention for everyday life</a>	

	suicide or concerned about someone else who may be considering suicide.		
MenWalkTalk	For men aged 18+ across England. Facilitated by a trained volunteer 'walk-leader.' Safe space to better manage mental health worries for men.	<a href="http://www.menwalktalk.co.uk">www.menwalktalk.co.uk</a>	<a href="tel:07394694786">07394 694786</a>
Bexhill Wellbeing Centre	Various 1:1 and group support at purpose-built centre specifically for those facing Mental Health problems. Offers Employment support.  Groups include; Yoga, Walking Group, Relaxation/Meditation, Singing for Wellbeing, Art, Gardening	<a href="http://www.southdown.org">www.southdown.org</a>	01424 215548 73A London Road, Bexhill Bexhillwellbeingcentre @southdown.org
Staying Well Out of Hours Service (run by Southdown)	Evening & Weekend mental health crisis prevention support. Safe space to go to in preventing crisis with recovery advisors and peer support workers. For adults with an urgent mental health support need.  Mon-Fri 4pm-10:30pm Weekends: 3pm-10:30pm	<a href="http://www.southdown.org/services/staying-well-space/">www.southdown.org/ services/staying-well-space/</a>  you can self-refer: <a href="http://www.southdown.org/stayingwellspaceESCN">www.southdown.org/ stayingwellspaceESCN</a>	Hastings/St Leonards 0800 023 6475 Stayingwell.hastings@ southdown.org Hastings Wellbeing Centre Carisbrooke House, Stockleigh Road, TN38 0JP
111 option 2/ Sussex Mental Health line	For when you need help but are not in immediate danger.	<a href="https://www.sussexmentalhealth.org.uk/line">Sussex Mental Health Crisis Line :: Sussex Partnership NHS Foundation Trust</a>	111 option 2 0800 0309500
Young Minds	Young minds is a good mental health/wellbeing resource (for young people and parents)	<a href="https://www.youngminds.org.uk/">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a>	02070895050

### **COUNSELLING & COMPLIMENTARY THERAPIES**

<b>Name of Organisation/Group</b>	<b>What is it &amp; when?</b>	<b>Website</b>	<b>Contact</b>
Health in Mind	NHS Counselling Service. Can offer up to 6 FREE sessions	<a href="http://healthinmind.org.uk">Health in Mind healthinmind.org.uk</a>	You can Self Refer through website, ask your GP or speak to your Social Prescriber
Counselling Plus	Service based mainly in Hastings. Telephone, Face to Face and online. Minimum charge of £35 per session	<a href="http://counsellingplus.org">One to One Counselling - Counselling Plus, Hastings and East Sussex counsellingplus.org</a>	You can self refer through their website or give them a call: 01424 428300
The Pelham Counselling	This service is not free, however offers lower rates on a discretionary basis.	<a href="http://thepelham.co.uk">Counselling - The Pelham thepelham.co.uk</a>	Emma: 01424 576304 <a href="mailto:office@thepelham.co.uk">office@thepelham.co.uk</a>
Butterflies	Aimed at Children and their families	<a href="http://butterfliescacs.co.uk">Butterflies Child Therapy Abuse &amp; Trauma Service East Sussex (butterfliescacs.co.uk)</a>	<a href="tel:01424443307">01424 443307</a>
Younique Wellbeing Studios	Counselling sessions (not free) and various complimentary therapies such as Reiki, Reflexology, Massages etc. Exercise classes etc.	<a href="http://youniquewellbeing.co.uk">YouNique Wellbeing   Bexhill   East Sussex youniquewellbeing.co.uk</a>	01424 217630
Sara Lee Trust	Counselling available to those with a Cancer Diagnosis. Referrals made via a health professional. Cuppa & Chat drop in each month 3-5pm Sidley Hub.	<a href="http://www.Saraleetrust.org">www.Saraleetrust.org</a>	01424 456608

Macmillan/ Bupa Counselling	Up to 6 free sessions for people living with Cancer	<a href="#">Free specialist counselling for people with cancer   Macmillan Cancer Support</a> <a href="http://macmillan.org.uk">macmillan.org.uk</a>	0808 800 00 00
St Michael's Hospice Bereavement Counselling	Free sessions for those affected by bereavement. You do not need to have accessed or know someone that's accessed the Hospice to receive support.	<a href="#">About our Bereavement Services - St. Michael's Hospice</a> <a href="http://stmichaelshospice.com">(stmichaelshospice.com)</a>	01424 445177
Cruse Bereavement Counselling	For those needing support around bereavement/grief. Online chat resource as well as a helpline	<a href="#">Get support - Cruse Bereavement Support</a> <a href="http://cruse.org.uk">cruse.org.uk</a>	Helpline: 0808 808 1677
Stepping Stones Bereavement Group	3 <sup>rd</sup> Friday of the month in the morning		St Marks Church, Little Common, 01233 504127 <a href="mailto:st.markschurchoffice@btconnect.com">st.markschurchoffice@btconnect.com</a>
Care for Carers	Counselling support for carers, free.	<a href="http://www.cftc.org.uk">www.cftc.org.uk</a>	<a href="tel:01323738390">01323 738390</a>
Holding Space	Parent peer support for parent carers and families whose young people are struggling with mental health. It offers telephone support, parent coffee mornings and counselling.	<a href="http://www.holdingspace.org">www.holdingspace.org</a>	01323 315055 <a href="mailto:hello@holdingspace.org.uk">hello@holdingspace.org.uk</a>

SOCIAL GROUPS			
Name of Organisation/Group	What is it & when?	Website	Contact
Bexhill Museum Coffee Morning	First Thursday of each month 10:30am- Noon. Takes place in museum cafe.	<a href="#">First Thursday Coffee Mornings are back - Bexhill Museum</a>	Egerton Road, Bexhill. 01424 222058
Companionship Café (Home Instead)	Every 4th Friday on the month, 10am - midday FREE. St Augustine's Church, Bexhill	<a href="#">Social groups for seniors in Bexhill, Battle, St Leonards and Hastings   Home Instead</a>	01424 401402
Homecall	Thursday morning at Wetherspoons Bexhill, for partially sighted and hearing impairment	<a href="http://www.Myhomecall.org">www.Myhomecall.org</a>	Claire – 01424 845812 <a href="mailto:claire.homecall@gmail.com">claire.homecall@gmail.com</a>
Just Friends	Social meetings, walking groups, monthly lunch, Tea Parties, Theatre Visits + other excursions. First & Third Friday of the month 10:30-12:30pm.	<a href="#">Bexhill – Just Friends (just-friends.uk)</a>	Bexhill Town Square Social Club, 4-6 London Road, Bexhill. 01424 219102
Bexhill Senior Citizens Club	Various activities including: Carpet Bowls, Arts & Crafts, Knit & Natter, Garden Group, Pool, Table Tennis, Skittles, Bingo, Line Dancing	<a href="#">Bexhill Senior Citizens Club – Bexhill-on-Sea in East Sussex (bexhillsussex.uk)</a>	Eversley Road, Bexhill Christine Nee: 01424 212911
Bexhill Shed Men's/Women's/ Mixed Shed	A place to pursue practical interests in a group at leisure, to practice skills & enjoy making and mending	<a href="http://www.bexhillmensshed.org.uk">www.bexhillmensshed.org.uk</a>	<a href="mailto:info@bexhillmensshed.org.uk">info@bexhillmensshed.org.uk</a>
Singing down memory lane	Everyone welcome. 1st & 3 <sup>rd</sup> Fridays on the month.	<a href="#">Singing Down Memory Lane – Bexhill Dementia Action Alliance</a>	07874864898 <a href="mailto:admin@discdementiasupport.org">admin@discdementiasupport.org</a>
Ninfield Horticultural Society	£5 non-member 3 <sup>rd</sup> Monday of the month, 7:30pm		Ninfield Village Memorial Hall, Bexhill Road, Ninfield



			07707 683187 <a href="mailto:k.crittell@outlook.com">k.crittell@outlook.com</a>
East Sussex Association of Blind & Partially Sighted People Social Group	Low vision service, aids & equipment, tel helpline, outreach vehicle, social groups, Contact for more details: various locations	<a href="#">About Us - East Sussex Vision Support</a>	01323 832252 <a href="mailto:ian@eastsussexblind.org">ian@eastsussexblind.org</a>
Little Common Royal British Legion Women's Section- Poppy Club	FREE 2 <sup>nd</sup> Wednesday of the month 7-9pm	<a href="http://www.littlecommonlegion.co.uk">www.littlecommonlegion.co.uk</a>	Meads Avenue, Little Common 01424 842710
Greener Futures	Outdoor activities (gardening, foraging, woodland maintenance) Wednesday 10-12pm		Groups held at The Pelham, Holliers Hill, Bexhill <a href="mailto:Sue.learoydsmith@groundwork.org.uk">Sue.learoydsmith@groundwork.org.uk</a>
Bexhill Environmental Group		<a href="http://www.bexhillenvironmentalgroup.org.uk">www.bexhillenvironmentalgroup.org.uk</a>	<a href="mailto:bexhilleg@yahoo.co.uk">bexhilleg@yahoo.co.uk</a>
Musical Matinees (Tea, Cake & Film)	FREE Every Friday from 1:30pm	<a href="#">The Musical Matinee Club (relaxed screenings) - DLWP, The De La Warr Pavilion, Bexhill, East Sussex</a>	Memorial Hall, Bexhill Road, Ninfield, Battle. Call Jackie or Rose: 01424 892422 <a href="mailto:Jackie.langleyl@btinternet.com">Jackie.langleyl@btinternet.com</a>
Book Exchange & Community Café (Ninfield)	FREE First Friday of the month 10-11:30am	<a href="#">Book exchange and community cafe, Battle – ESCIS</a>	Ninfield Methodist Church Call David: 01424 892248 <a href="mailto:Dj_swales@hotmail.com">Dj_swales@hotmail.com</a>
Bexhill Dementia Supper Club	Once a month in Bexhill. First Tuesday each month	Care for carers	07730872293
Reading Friends/Home Library Service	Volunteers can visit you in your home to bring books and share stories, or you can join a Reading Friends group at a library.	<a href="http://Eastsussex.gov.uk/libraries">Eastsussex.gov.uk/libraries</a>	0345 60 80 196

Bexhill Dementia Alliance Allotment	Gardeners invited to join near Collington Wood. For those with dementia and their carers	<a href="#">Allotment – Bexhill Dementia Action Alliance</a>	07749037257
<b>Day Centres</b>			
Clifford Day Centre	For elderly People who live alone or whose carers need a break. Beulah Church, Clifford Road.  Thursday 9-2pm. £15 inc lunch and transport	<a href="#">Clifford Day Centre, Bexhill – ESCIS</a>	01424 073001 Suebbc@outlook.com
Ashgrove day centre	Monday-Friday 9am-4pm £80 a day without transport £100 a day with transport Includes lunch etc		Woodville Rd Kelly Alexander- manager <a href="mailto:Manager.ashgrovecare@gmail.com">Manager.ashgrovecare@gmail.com</a> 01424 730497
The Golden Marigold Club	Social Club mainly over 60s, Every Monday, £18 to include beverages, meals & transport. £14 without transport.		Christchurch Hall, Holliers Hill Bexhill. Frances Rowland: 01424 223354, 07979-576397

PHYSICAL ACTIVITY GROUPS			
Name of Organisation/Group	What is it & when?	Website	Contact
Active Rother	A range of face to face and online physical activity groups	<a href="http://www.activerother.org.uk">www.activerother.org.uk</a>	<a href="tel:01424 787000">01424 787000</a>
Younique Wellbeing Studios	Various such as: Chi Gong, Pilates, Seated Fitness, Seated Yoga	<a href="http://www.youniquewellbeing.co.uk">www.youniquewellbeing.co.uk</a>	01424 217630 <a href="mailto:info@youniquewellbeing.co.uk">info@youniquewellbeing.co.uk</a>
Body Junction	Various- exercise classes	<a href="#">The Body Junction   Pilates, Yoga &amp; Therapies in Bexhill – Pilates, Yoga, Therapy, Physiotherapy</a>	01424 2153000
Exercise to Music	Various location across Bexhill		Christine 07942 493177
Line Dancing	SAKS Line dancing- Tuesday and Thursday Mornings, £5.00.		St Marthas Church Hall, Cooden Sea Road. Shirley 07595 835480 <a href="mailto:shirley@sakslinedance.co.uk">shirley@sakslinedance.co.uk</a>
Movement	Gentle yoga, dancing. All abilities welcome.	<a href="#">Groove Bexhill   gentle yoga   Bexhill-on-Sea, UK   Official website</a>	Nicky <a href="tel:07866 310093">07866 310093</a>
Chi Gong	De La Warr Pavillion. Standing or seated exercise. Every Friday 10:30am-11am		Alexandra Bolton 07734905386 <a href="mailto:alexandrabolton@btinternet.com">alexandrabolton@btinternet.com</a>
Bowling	Egerton Park Bowls Club  Bowls Martlets at Sidley		01424 733354  07450 257305
Aqua Aerobics			Bexhill Leisure Pool, Bexhill, 01424 731508
The Pelham	Various groups: Running Space, Table Tennis, Ladies only Exercise, AA, History Group, Gardening Group (Pelham Growz), Fluid Yoga	<a href="http://www.thepelham.co.uk">www.thepelham.co.uk</a> <a href="mailto:office@thepelham.co.uk">office@thepelham.co.uk</a>	01424 576304 Holliers Hill, Bexhill

Pebsham Community Hub	Active friends meet and move. Wednesday 2-3p m, chair/standing exercises. £3	<a href="#">Pebsham Community Hub – ESCIS</a>	07739082538 Sally
Bexhill Senior Citizens Club	Various activities including: Carpet Bowls, Arts & Crafts, Knit & Natter, Garden Group, Pool, Table Tennis, Skittles, Bingo, Dancing	<a href="#">Bexhill Senior Citizens Club – Bexhill-on-Sea in East Sussex (bexhillsussex.uk)</a>	Eversley Road, Bexhill. Christine Nee: 01424 212911
Walking Football	Tuesday morning and Thursday evening £3 per week. Aimed at over 50s.	<a href="#">Old Bexhillians Walking Football - WFA (thewfa.co.uk)</a>	Bexhill Leisure Centre, Down Road, Bexhill, 01424 731171 <a href="mailto:Mickdaves48@gmail.com">Mickdaves48@gmail.com</a>
Walking Netball (over 50s)	Every Monday 11.15-12:15am. £2.50 per week	<a href="#">Walking sports   Freedom Leisure (freedom-leisure.co.uk)</a>	Bexhill Leisure Centre, Down Road, Bexhill, 01424 731171
Walking indoor Cricket (over 50s)	Wednesday 2-4pm Friday 9:30-12pm £2.50	<a href="#">Bexhill &amp; Sidley Walking Cricket Club – Walking Cricket in East Sussex (bexhillandsidleywalkingcc.org)</a>	Bexhill Leisure Centre, Down Road, Bexhill, 01424 731171
Bexhill Health Walks	FREE Sidley: Monday 11-12pm Bexhill Seafront Friday 11-12pm Guided walks in various locations around Bexhill	<a href="http://www.eastsussexhealthwalks@tcv.org.uk">www.eastsussexhealthwalks@tcv.org.uk</a>	Sidley Walk: The Green at New Inn, 32 Ninfield Road, Bexhill 07740 899559 <a href="mailto:Lorna.neville@tcv.org.uk">Lorna.neville@tcv.org.uk</a>
Bexhill Down Ladies Group	FREE 2 <sup>nd</sup> Wednesday of the month 2pm		St Augustine's Church Hall, St Augustine's Close, Bexhill 01424 216150
Active Friends: Meet & Move gentle exercise & social 50+	Around £5 a session. Meet friends and improve stamina & overall fitness. Chair & standing classes. Social lunch afterwards	Various locations/days across Bexhill. All Saints Church Sidley- Tuesday 10.30-11.30.	<a href="mailto:Sal_r_tay@yahoo.co.uk">Sal_r_tay@yahoo.co.uk</a> Call Sally Taylor: 07739 082538

		Pebsham Community Hub Wednesday 2-3pm.	
20/20 Health	20/20 Health is an exercise referral company working with clients that requires a health professional to refer you into the scheme. Payment required.	<a href="https://www.facebook.com/2020health">www.facebook.com/2020health</a>	<a href="mailto:2020exercisereferral@gmail.com">2020exercisereferral@gmail.com</a> 07872 525432

RESOURCES FOR CARERS			
Name of Organisation/Group	What is it & when?	Website	Contact
Care for the Carers	Free Practical & emotional help and advice for Carers. Time to Talk Counselling service, Carers Wellbeing Group, Support for young carers also. Face to face, telephone, online.	<a href="http://www.cftc.org.uk">www.cftc.org.uk</a>	01323 738390 Text: 07860 077300 Registered Address: Highlight House, 8 St Leonards Road, Eastbourne BN21 3UH
Association of Carers	Free volunteer-led support services for unpaid carers. Telephone Befriending for Carers, Support plan residential respite, telephone counselling, Carers Lunch Club	<a href="http://www.associationofcarers.org.uk">www.associationofcarers.org.uk</a>	01424 722309 <a href="mailto:info@associationofcarers.org.uk">info@associationofcarers.org.uk</a> Jackson Hall, Portland Place, Hastings, TN34 1QN
Bexhill Caring Community	Variety of support, including carer support. £30 membership fee.	<a href="http://BexhillCaringCommunity.org.uk">Bexhill Caring Community</a>	Monique: 01424 215116 Sackville Road, Bexhill
Dementia Support-DISC	Support service for carers of people with dementia. 4 <sup>th</sup> Wednesday every month at St Augustine's Church, Dennis Ranking Room. Free		Emma 07591250988 Louise 07591251005 <a href="mailto:admin@discdementiasupport.org">admin@discdementiasupport.org</a>
East Sussex Young Carers	Free Practical & emotional help and advice for Carers	<a href="http://EastSussexYoungCarers.imago.community">East Sussex Young Carers (imago.community)</a> -	0300111110

SUPPORT AT HOME			
Name of Organisation/Group	What is it & when?	Website	Contact
East Sussex One Space	East Sussex hold a list of approved providers PA companies and care companies-signposting.	<a href="#">Home - East Sussex 1Space</a> Includes home care providers, personal assistants, transport and other specialist services.	
Bexhill Caring Community	Support at home- various. Yearly subscription fee (£30).	<a href="#">Bexhill Caring Community</a>	Monique: 01424 215116 Sackville Road, Bexhill
Seniors helping Seniors	Support at home- various. Matching vetted 'seniors' to older people needing an extra pair of hands. Companionship, Shopping, Meal times, Medical appointments, housekeeping, Dementia care.	<a href="http://www.seniorshelpingseniors.co.uk">www.seniorshelpingseniors.co.uk</a>	23 St Leonard's Road, Bexhill 01424 605705
Lifeline, door alarm, fall alarm, trackers, equipment	Referral by health professional to ASC, HSSC, JCR via Millbrook Can be purchased privately		
Food bank	For those struggling to put food on the table, daily living	<a href="#">Bexhill Foodbank   Helping Local People in Crisis</a>	<a href="tel:01424736515">01424 736515</a>
Home Library Service (Bexhill Library)	Regular library service for those who are housebound/frail or caring for someone who cannot be left alone. Books, ebooks, e-audiobooks, CDs & DVDs (extra charge). Visits between Mon-Sat.	<a href="http://www.eastsussex.gov.uk/libraries">www.eastsussex.gov.uk/libraries</a>	0345 60 80 196

Homecall (for visually impaired and hearing impairment)	Regular visits at home to help with: reading & writing correspondence, attending appointments, help to attend clubs and social activities.	<a href="http://www.homecall.uk.com">www.homecall.uk.com</a>	01424 845812 <a href="mailto:Claire.homecall@gmail.com">Claire.homecall@gmail.com</a>
AGE UK Silverline 24hr Helpline	Call for a chat with a volunteer day or night.	<a href="http://TheSilverLineHelpline.org">The Silver Line Helpline</a>	0800 4 70 80 90
Association of Carers	Provide respite and befriending service available free to carers to provide respite for upto 3 hours/wk.	<a href="http://Home-AssociationofCarers.org">Home - Association of Carers</a>	01424 722309
Chapter Two- local restaurant	Meal Delivery, made by a chef	Little Common	<a href="http://01424842066">01424 842066</a>
Cook	Frozen Home cooked meals	<a href="http://COOK-FrozenReadyMeals-DeliveredMeals-PreparedMealDelivery-COOK-cookfood.net">COOK   Frozen Ready Meals, Delivered Meals, Prepared Meal Delivery   COOK (cookfood.net)</a>	01732 759020, 01323 738525
Wiltshire Farm Foods	Meal delivery service	<a href="http://ReadyMealsDelivered-WiltshireFarmFoods">Ready Meals Delivered - Wiltshire Farm Foods</a>	0800 077 3100
Oakhouse Foods	Meal delivery service	<a href="http://ReadyMeals-HomeDeliveredMealsandDesserts-OakhouseFoods">Ready Meals   Home Delivered Meals and Desserts   Oakhouse Foods</a>	0333 370 6700
Cookmere meals	Meal delivery service	<a href="http://Cookmere-CookmereMeals">Cookmere – Cookmere Meals</a>	01323 884 274
Home from Home meals	Meal delivery service	<a href="http://ChilledFoodDeliveryinEastSussex-HomePage-homefromhomemeals.co.uk">Chilled Food Delivery in East Sussex   Home Page (homefromhomemeals.co.uk)</a>	01323 335 034



## BENEFITS/DEBT/FINANCES

Name of Organisation/Group	What is it & when?	Website	Contact
Hastings Advice & Representation Centre (HARC)	Expert local Benefits Advice	<a href="http://www.harc.uk.com">www.harc.uk.com</a>	Benefit Advice Line: 0333 344 0681 HARC Advice Line: 01424 428375
Citizens Advice 1066	Money Advice service can support with:  Debt write-offs, bankruptcy, affordable repayments terms, debt relief orders  Other support includes budgeting, benefit checks, local grants/vouchers.	<a href="http://www.citizensadvice1066.co.uk">www.citizensadvice1066.co.uk</a>	Call-back advice line 01424 869352 or Drop in sessions available at Bexhill Branch (St Leonards Road, Bexhill)
Turn2Us	Benefits Calculator & local Grant Search. General Benefits info & advice	<a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a>	Online support only.
Step Change Debt Support	Free debt advice: Debt management plans, Debt relief orders, bankruptcy advice & more	<a href="#">StepChange Debt Charity - Free Expert Debt Advice.</a>	Debt Advice Line: 0800 138 1111
Age UK advice line	Free signposting advice		080005506112

### • **Benefits (types)**

- **PIP (Personal Independence Payment):** [Personal Independence Payment \(PIP\): What PIP is for - GOV.UK \(www.gov.uk\)](#) NB: Not means tested, to help with costs related to difficulties carrying out daily tasks due to a health condition
- **Universal Credit:** [Universal Credit: What Universal Credit is - GOV.UK \(www.gov.uk\)](#) NB: For Housing Benefit support, paying rent to landlords, job seekers
- **Attendance Allowance:** [Attendance Allowance: Overview - GOV.UK \(www.gov.uk\)](#) NB: personal support for those both pension age or older & physically or mentally disabled  
[Pension Credit: Pension Credit: Overview - GOV.UK \(www.gov.uk\)](#) NB: support with living costs if on low wage & over state pension age, support with housing costs such as ground rent or service charges

<b><u>COST OF LIVING</u></b>			
<b>Name of Organisation/Group</b>	<b>What is it &amp; when?</b>	<b>Website</b>	<b>Contact</b>
Citizens Advice 1066 (CAB)	Range of support: debt, energy bills, housing, employment. Grants & vouchers to help with cost of living. Money Advice Service	<a href="http://www.citizensadvice1066.co.uk">www.citizensadvice1066.co.uk</a>	01424 869352 Mon-Fri 9-4:30pm
East Sussex Warm Home Check Service	Free advice and home energy efficiency visits	<a href="http://www.warmeastsussex.org.uk">www.warmeastsussex.org.uk</a>	0800 464 7307 Text WARM to 80011
East Sussex Fire & Rescue Service	Free home safety visits and electric blanket safety advice	<a href="http://www.esfrs.org">www.esfrs.org</a>	0800 177 7069
Helpful Websites		<a href="http://www.Eastsussex.gov.uk/costofliving">www.Eastsussex.gov.uk/costofliving</a> <a href="http://www.rother.gov.uk/cost-of-living/">www.rother.gov.uk/cost-of-living/</a> <a href="http://www.rother.gov.uk/financial-support-for-residents">www.rother.gov.uk/financial-support-for-residents</a>	
Warm Spaces	Buildings/Hubs that have a free space for anyone struggling to stay warm.	<a href="#">Spaces — Warm Spaces</a>	The Beulah Centre, Every Thursday 4-6:30pm (Free Tea & Coffee). The Pelham, Mon-Fri 9:30-2:30pm. Little Common Methodist Church, Fridays 10am-11:30am
Warming up the Homeless	Charity supporting homeless people	<a href="http://Warming Up The Homeless   (wuth.org)">Warming Up The Homeless   (wuth.org)</a>	07367060708 hello@wuth.org
Food bank	For those struggling to put food on the table	<a href="#">Bexhill Foodbank   Helping Local People in Crisis</a>	<a href="tel:01424736515">01424 736515</a>

The HUG (Homeless Unity Group)	For those who are homeless or at risk of becoming homeless, or vulnerably housed.	<a href="http://www.Bexhillhug.org.uk">www.Bexhillhug.org.uk</a>	St Barnabas Church, Sea Road, Bexhill <a href="mailto:connect@bexhillhug.org.uk">connect@bexhillhug.org.uk</a> <a href="mailto:bexhillhug@gmail.com">bexhillhug@gmail.com</a> 07881 642331
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ADDICTION			
Name of Organisation/Group	What is it & when?	Website	Contact
ESRA (East Sussex Recovery Alliance)	Drug & Alcohol Recovery café, peer support groups & 1:1, recreational activities (art, baking, reiki, fishing group, beach clean)	<a href="https://esrauk.org">https://esrauk.org</a>	01424 435318 5 Harold Place, Hastings TN34 1JA
Drug and Alcohol service for children and young people	Substance Misuse Service (addiction in under 25 year olds)	<a href="#">Drug and alcohol services for children and young people   East Sussex County Council</a>	<a href="mailto:Under25sSMS.Duty@eastsussex.gov.uk">Under25sSMS.Duty@eastsussex.gov.uk</a> 01323 464 404
CGL (Change Grow Live)	Support for addictions: alcohol, drugs, gambling, pornography, food, social media. Recovery courses at local churches & hubs across the UK. Online Recovery courses available.  Drop-in facilitated by ESRA & STAR Pelham, Sidley – Mondays 8:3am-5pm	<a href="#">Change Grow Live   Charity   We can help you change your life</a>  <a href="http://Changegrowlive.org">Changegrowlive.org</a>	0300 303 8160
GamCare (National Gambling Support Network)	1:1 face to face, online & telephone support & treatment for those facing gambling addiction and their families & friends impacted by it. Chatrooms & Forums also available.	<a href="#">What support do we provide? - GamCare</a>	Helpline: 0808 8020 133, webchat, Whatsapp, facebook messenger
The Oasis Group (Project)	Addiction recovery support – Women only - weekly online and in person groups	<a href="#">Oasis Project - We give hope to people affected by drugs &amp; alcohol.</a>	Renaissance House, Albert Road, Hastings, 01273 696970 <a href="mailto:owrs@oasisproject.org.uk">owrs@oasisproject.org.uk</a>
Breakeven	Free Gambling counselling	<a href="#">Breakeven: free counselling help for problem gambling</a>	Based at: Wellington Wellbeing Centre, 44 Wellington Square, Hastings. 01273 833 722 <a href="mailto:info@breakeven.org.uk">info@breakeven.org.uk</a>

TRANSPORT			
Name of Organisation/Group	What is it & when?	Website	Contact
Bexhill Community Town Bus	<p>Adult Single Fare: £1.20. Children 50p</p> <p>Various routes/destinations including, Little common, Bexhill Hospital, Pebsham, Cooden Beach, Sutton Place</p> <p>Timetable: <a href="#">Bexhill Community Bus Timetables</a></p>	<a href="#">Bexhill Community Bus: welcome to our site for local community bus services in Bexhill</a>	<p>Please call for most up to date routes.</p> <p>01424 222820</p> <p><a href="mailto:Info@bexhillcommunitybus.co.uk">Info@bexhillcommunitybus.co.uk</a></p>
Bexhill Caring Community	<p>Dial-a-Ride Bus Service: minibus &amp; tail lift (for wheelchair users or those with walking difficulties) taking people anywhere in Bexhill (£8.50 return, escort goes free). Lifts for shopping, hairdressers, lunch with friends etc.</p> <p>Community Car Service: for medical appointments &amp; funerals anywhere in south east. Suggested donation to Conquest of £20 return</p> <p>Yearly membership fee £30.</p>	<a href="#">Bexhill Caring Community</a>	<p>Call 01424 215116</p> <p>Western Road, Bexhill</p>
Hospital transport: Non-emergency patient transport service (NEPTS)	Provides transport for hospital treatment to people who cannot make the journey themselves due to medical reasons. There is eligibility criteria.	<a href="#">Non-emergency patient transport service (NEPTS)   East Sussex County Council</a>	Call 0300 123 9841
Flexi-bus	Contact the local Council. £2 per journey within 14 mile radius or £6 day rider. Not available on Sundays or bank holidays. 7am-7pm Monday to Saturday.	<a href="#">Flexibus   East Sussex County Council</a>	01273078203. Also bookable via Ride Pingo App.

### CONDITION SPECIFIC SUPPORT

Name of Organisation/Group	What is it & when?	Website	Contact
Dementia Support Service	East Sussex Adult Social Care support worker signposting role for those with dementia	Adultsocialcare.eastsussex.gov.uk	01323 432340
Dementia Support-DISC	Support service for carers of people with dementia. 4 <sup>th</sup> Wednesday every month at St Augustine's Church, Dennis Ranking Room. Free		Emma 07591250988 Louise 07591251005 admin@discdementiasupport.org
Bexhill Dementia Supper Club	Once a month in Bexhill. First Tuesday each month	Care for carers	07730872293
Bexhill Dementia Alliance Allotment	Gardeners invited to join near Collington Wood. For those with dementia and their carers	<a href="#">Allotment – Bexhill Dementia Action Alliance</a>	07749037257
Singing down memory lane	Everyone welcome	<a href="#">Singing Down Memory Lane – Bexhill Dementia Action Alliance</a>	07874864898 admin@discdementiasupport.org
Clifford Day Centre	For elderly People who live alone or whose carers need a break. £15 inc lunch and transport	<a href="#">Clifford Day Centre, Bexhill – ESCIS</a> Beulah Church, Clifford Road. Thursday 9-2pm.	01424 073001 Suebbc@outlook.com
Ashgrove day centre	Monday-Friday 9am-4pm. £80 a day without transport, £100 a day with transport. Includes lunch etc		Woodville Rd, Kelly Alexander-manager. 01424 730497
The Golden Marigold Club	Social Club mainly over 60s, Every Monday, £18 to include meals & transport. £14 without transport.		Christchurch Hall, Holliers Hill Bexhill. Frances Rowland: 01424 223354, 07979-576397
Diabetes Support Group	2 <sup>nd</sup> Tuesday of the month, 2-4pm. £6 annual fee.	<a href="http://www.bexhill-diabetes.co.uk">www.bexhill-diabetes.co.uk</a>	Bagnall Hall, 25 Sackville Road 01424 218401

Parkinsons Social Group	4 <sup>th</sup> Friday of the month, 2-4pm. £3 per week.		Wheatsheaf Little Common <a href="mailto:Chris.griffith5@btinternet.com">Chris.griffith5@btinternet.com</a>
Parkinsons Chair Based class	Bexhill Leisure Centre		07872 525432
1066 Pink Ladies (Breast Cancer Support Group)	FREE 2 <sup>nd</sup> Wednesday of the month 7-9pm		The Pelham, Holliers Hill, Bexhill 01424 220665
Sara Lee Trust	Counselling for those with a Cancer diagnosis. Referrals via Health professional	<a href="http://www.Saraleetrust.org">www.Saraleetrust.org</a>	01424 456608
Little Gate Farm-	Creating opportunities for those with learning difficulties and Autism.	<a href="#">Little Gate - Creating opportunities for people with learning disabilities and autism</a>	01797260580 <a href="mailto:info@littlegate.org.uk">info@littlegate.org.uk</a>
The Pelham	A provider and host of many activities and opportunities for adults & children.	<a href="#">Community Hub - The Pelham</a>	01424 576304 <a href="mailto:office@thepelham.co.uk">office@thepelham.co.uk</a>
SAYPH- safe hub for young persons	Support for adolescent and young persons health hub run by Bexhill PCN	Thursday 3-5pm, Sidley Children's centre. Throughout school term, some breaks in holiday time.	Just turn up.
Employment support for youth	Info on job centres/websites/CV writing tips	<a href="#">CXK Services: Youth Employability Service</a>	<a href="mailto:info@cxk.org">info@cxk.org</a> 01233224244
Holding Space	Parent peer support for parent carers and families whose young people are struggling with mental health. It offers telephone support, parent coffee mornings and counselling.	<a href="http://www.holdingspace.org">www.holdingspace.org</a>	01323 315055 <a href="mailto:hello@holdingspace.org.uk">hello@holdingspace.org.uk</a>
British Heart Foundation	Charity, Information, Volunteering, shop	<a href="http://www.bhf.org.uk">www.bhf.org.uk</a>	
Stroke Association	Charity, Information, Volunteering	<a href="http://www.stroke.org.uk">www.stroke.org.uk</a>	

One You East sussex	Free wellness programmes	oneyoueastsussex.org.uk	<a href="mailto:Hello@oneyoueastsussex.org.uk">Hello@oneyoueastsussex.org.uk</a> 01323 404600
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