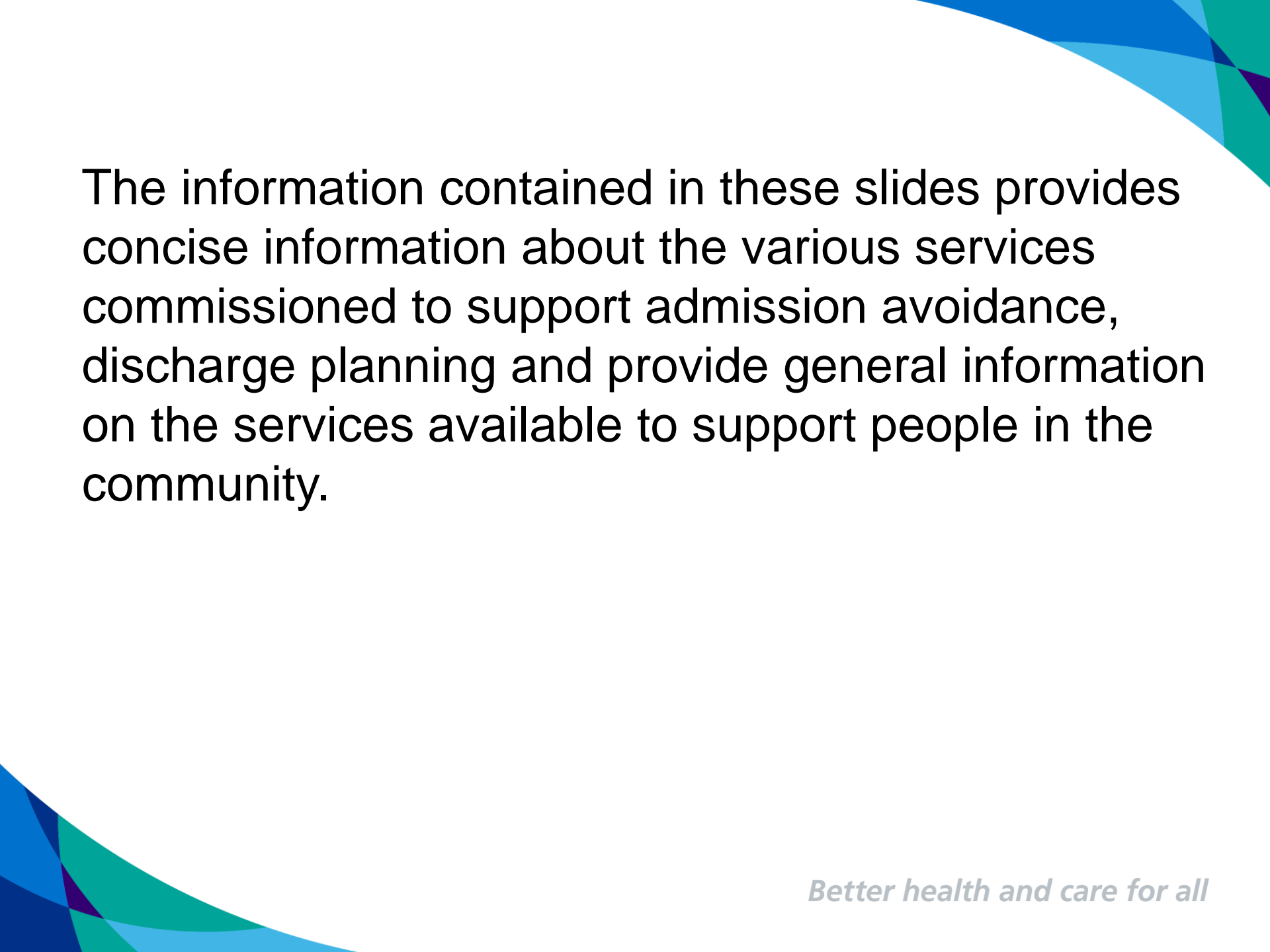


# Overview of Admission Avoidance, Discharge Services and General Information

**February 2023**

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The information contained in these slides provides concise information about the various services commissioned to support admission avoidance, discharge planning and provide general information on the services available to support people in the community.

# Admission Avoidance Community

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
<b>Brighton and Hove Aging Well</b>	<b>Ageing Well is a programme of services and activities for people living in Brighton and Hove aged 50+.</b> looking for information and advice, social activities, health and wellbeing groups, including strength and balance, and volunteering opportunities	Monday to Friday from 9am to 5pm	<b>Self referrals</b>  Telephone <b>01273 322 947</b> . <b>Text 07770061072</b>  Email: <a href="mailto:ageingwellbh@impact-initiatives.org.uk">ageingwellbh@impact-initiatives.org.uk</a> <a href="http://ageingwellbh.org/">http://ageingwellbh.org/</a>
<b>Carers Centre Carers hub</b>	Carers Hub offers a wide range of services and comprehensive local resources to help improve the quality of life of carers in Brighton & Hove. Carers Hub is a partnership of three local charities and local authority assessment staff, who have joined together to create a focal point for unpaid carers, to get information and support they need. The partnership comprises The Carers Centre for Brighton and Hove, Brighton and Hove Crossroads Care, Brighton and Hove Alzheimer's Society and Brighton and Hove City Council.	Brighton & Hove / 9am – 5pm daily	<b>The Carers Centre for Brighton &amp; Hove</b> , 18 Bedford Place, Brighton, BN1 2PT <b>01273 746 222</b> <a href="mailto:info@thecarerscentre.org">info@thecarerscentre.org</a> <a href="http://TheCarersCentreforBrightonandHove.org">The Carers Centre for Brighton &amp; Hove</a>
<b>Walk in Centre</b>	Offers treatment, information and advice for a range of minor illnesses and injuries. Brighton Station Health Centre is part of the Practice Plus network; a comprehensive NHS GP service, improved to give patients a better experience whenever they need medical advice or care.	Monday –Sunday Including BHs 8am -8 pm	<b>Self Referrals</b> available to everyone in Brighton and Hove. For Walk-in and sexual health services call: <b>0333 321 0946</b> Email: <a href="mailto:enquiries.brightonstationgp@nhs.net">enquiries.brightonstationgp@nhs.net</a>  Brighton Station Health Centre Aspect House, 84-87 Queens Road, Brighton, East Sussex, BN1 3XE
<b>GoodGym Brighton &amp; Hove</b>	A group of local residents who run, walk, or cycle to help out community projects and older people in Brighton. From hanging curtains, to shovelling a tonne of compost every GoodGym session is different		<b>Self Referrals</b> Via email: <a href="mailto:getinvolved@goodgym.org">getinvolved@goodgym.org</a>  <a href="https://www.goodgym.org/v3/areas/brighton">https://www.goodgym.org/v3/areas/brighton</a>

# Admission Avoidance Community

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
<p><b>UOK Brighton &amp; Hove</b></p>	<p>Citywide network brings together 16 separate organisations to strengthen, developing support for different levels of need.</p> <p>As well as working with one another, Southdown and UOK Brighton &amp; Hove's organisations work with partners in the mental health and wider health and care system to find the right mental health support for people in Brighton &amp; Hove.</p>	<p>Monday to Friday, 9am to 5pm</p>	<p><b>Self referrals</b> <b>Telephone: 0808 196 1768</b></p> <p>The other 15 local organisations that make up, and <b>provide services as part of UOK Brighton &amp; Hove</b> are: Allsorts Youth Project, Assert, Brighton Women's Centre, Cruse Bereavement Care, Fabrica, Friends, Families &amp; Travellers, Grassroots, The Hangleton &amp; Knoll Project, Mind, Mind Out, Money Advice Plus, Trust for Developing Communities (TDC), Rethink, Switchboard and The Clare Project.</p>
<p><b>Single Point of Access (AASPA) and Virtual Wards Avoidance and supported Discharge</b></p>	<p>A virtual ward is a safe and efficient <b>alternative to NHS bedded</b></p> <p>Virtual wards support patients who would <b>otherwise be in hospital</b> to receive the acute care, monitoring and treatment they need in their own home.</p> <p>This includes either <b>preventing avoidable admissions</b> into hospital, or <b>supporting early discharge</b> out of hospital.</p>	<p>24/7 CALL ANSWERING Access to Urgent Community Response (UCR) 2-Hour response, Virtual Wards and overnight services</p>	<p><b>Call: 0300 37 37 111</b> <b>Option1: West Sussex</b> <b>Option2: Brighton &amp; Hove</b> <b>Option 3: East Sussex</b></p>

# Admission Avoidance Community

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
<b>Brighton and Hove Adult Social Care Support (Access Point)</b>	Find out how to get help from Adult Social Care, and how to stay safe, healthy, and well. Get information and advice or complete an assessment to find out what support you can access. The service can refer and sign post clients to relevant services	Monday to Friday, 9am to 4:30pm	<b>Self referrals</b> Telephone: <b>01273 295 555</b> . Email: <a href="mailto:accesspoint@brighton-hove.gov.uk">accesspoint@brighton-hove.gov.uk</a> <a href="http://www.brighton-hove.gov.uk/adult-social-care">www.brighton-hove.gov.uk/adult-social-care</a>
<b>Care link plus</b>	Brighton & Hove telecare alarm service. Provide a range of services and equipment known as telecare to help support people at home. Care Link can also assess for living equipment such as chair raisers, rails etc	Monday to Friday, 0830 am to 4:30pm  available 24 hours a day, 7 days a week for the community alarm service	<b>Self referrals</b> Telephone: <b>0300 123 3301</b> . Email: <a href="mailto:CareLinkPlus@brighton-hove.gov.uk">CareLinkPlus@brighton-hove.gov.uk</a> <a href="https://www.brighton-hove.gov.uk/carelink-plus">https://www.brighton-hove.gov.uk/carelink-plus</a> Suite 6a Patching Lodge, Park Street, Brighton BN2 0AQ
<b>Healthy Lifestyles Team Public health</b>	Get support on a wide range of healthy lifestyle services for people living in Brighton & Hove including Health improvement advice, Increasing Physical Activity (Active for Life and Healthwalks), Weight Management Support, and Health Checks Reducing alcohol Stopping or reducing smoking		<b>Self Referrals</b>  Telephone: <b>01273 294589</b> . Email: <a href="mailto:healthylifestyles@brighton-hove.gov.uk">healthylifestyles@brighton-hove.gov.uk</a> <a href="http://www.brighton-hove.gov.uk/healthy-lifestyle-referrals">www.brighton-hove.gov.uk/healthy-lifestyle-referrals</a>
<b>Community Hub Helpline</b>	For anyone needing emergency help with food, energy bills and other essentials	Monday to Friday from 10am to 4.30pm	<b>Self Referrals</b> Telephone: <b>01273 293 117</b> Request help using online form: <a href="https://www.brighton-hove.gov.uk/benefits/help-and-support/request-help">https://www.brighton-hove.gov.uk/benefits/help-and-support/request-help</a>  Bartholomew House, Brighton & Hove City Council Bartholomew Square, Bartholomew House, Brighton BN1 1JE


# Admission Avoidance Community and Acute: Social Prescribing

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
<p><b>Together Co</b></p>	<p>Providers of social prescribing solutions to individuals and carers to support independence.</p> <p>City Wide Social Prescribing service which aims to reduce health inequality and improve outcomes for people who may not traditionally access services via their GP practice.</p> <p>Social Prescribing Plus</p> <ul style="list-style-type: none"> <li>• Friends, Families and Travellers – for the Gypsy, Roma and Traveller communities</li> <li>• LGBT Switchboard Trans Link – for trans and non-binary people</li> <li>• Trust for Developing Communities – for people from BAME backgrounds</li> <li>• Sussex Interpreting Services – for those with a language need</li> </ul>	<p>Brighton &amp; Hove / 9.00-5.00pm Monday. (Not open Bank holidays</p> <p>City Wide</p>	<p><b>Self referral or referral from a health care professional or VCSE organisation. Referrals are triaged before being allocated to the most appropriate person or pathway.</b></p> <p>Referral for individuals via online contact form <a href="http://www.togetherco.org.uk/contact-us">www.togetherco.org.uk/contact-us</a> or calling <b>01273 229382</b></p> <p>Referral pack for professionals available <a href="http://www.togetherco.org.uk/social-prescribing">www.togetherco.org.uk/social-prescribing</a></p> <p><a href="mailto:rachel.friggens@togetherco.org.uk">rachel.friggens@togetherco.org.uk</a> – Social Prescribing Head of Service</p> <p><a href="mailto:nia.wildblood@togetherco.org.uk">nia.wildblood@togetherco.org.uk</a> – Social Prescribing Operational Lead</p>
<p><b>The Robin Hood Foundation (Known as the HERA Project)</b></p>	<p>The programme integrates the work of NHS primary care, NHS SPLWs and artist-led group creative activities to provide integrated, wraparound support for people with long-term health conditions and/or who are at risk of avoidable decline to the pressures of the social determinants of health (such as income, isolation and cultural background).</p> <p>The role of the SPLWs working under the HERA project is to provide person-centred support to people who health &amp; wellbeing is adversely affected by the ‘social determinants of health’ – money, housing, education, discrimination, family or social isolation</p>	<p>Residents registered with Goldstone PCN</p> <p>Generally services are available 9-5, or during GP practice hours</p>	<p><b>Via health professional within the GP practices in that PCN and via patient activated referral</b></p> <p><a href="mailto:contact@robinhoodhealth.org">contact@robinhoodhealth.org</a> or <b>01273 712175</b></p> <p><a href="mailto:Emma@robinhoodhealth.org">Emma@robinhoodhealth.org</a> – Director, Hera Project</p>
<p><b>East and Central Brighton PCN</b></p>	<p>East and Central Brighton PCN employ their own Social Prescribing Link Workers .</p> <p>The vast majority of patients come from the most deprived areas, with fewer patients found in areas of lower deprivation. The greater proportion of social prescribing referrals were for female patients.</p>	<p>Residents registered with East and Central Brighton PCN</p> <p>Generally services are available 9-5, or during GP practice hours</p>	<p><b>Via health professional within the GP practices in that PCN and via patient activated referral</b></p> <p><a href="mailto:peter.sutcliffe@nhs.net">peter.sutcliffe@nhs.net</a> – PCN Operational Manager</p>

# Admission avoidance Community and Acute: Social Prescribing

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
Age UK	The team supports people to connect to services within their local community promoting their overall wellbeing. Age UK are working closely with the PCNs to continue to embed the service.	Preston Park Community and North and Central Brighton PC  Generally services are available 9-5, or during GP practice hours	<b>Via health professional within the GP practices in that PCN and via patient activated referral</b> <a href="#">Age UK West Sussex, Brighton &amp; Hove   Social Prescribing</a> email: <a href="mailto:info@ageukwsbh.org.uk">info@ageukwsbh.org.uk</a> Or write to us at: Age UK West Sussex, Brighton and Hove, Suite 2, First Floor Anchor Springs, Littlehampton, BN17 6BP <a href="mailto:Lucy.martin@ageukwestsussex.org.uk">Lucy.martin@ageukwestsussex.org.uk</a> - Integrated Health Manager
West Hove PCN and Deans and Central PCN	These PCNs fund and employ their own Link Workers however their Link Workers are supported by Together Co on Peer Support, Training and 1:1s.	West Hove PCN and Deans and Central PCN  Generally services are available 9am -5pm ,or during GP practice hours	<b>Via health professional within the GP practices in that PCN and via patient activated referral.</b>  Referral via the practice.





# Services aimed at Supported Discharge Acute Slides 10, 11

# Supported Discharge Acute

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
<b>British Red Cross - Assisted Discharge Service</b>	Transportation to support patient discharges from RSCH to help with patient flow and MRD numbers	Brighton & Hove / 9.30am-9.30pm Daily	<b>Referral via mobile : 07718244047</b> B&H cut off 8pm, East & West Sussex 6pm Contact: Shila Patel <a href="mailto:spatel@redcross.org.uk">spatel@redcross.org.uk</a>
<b>British Red Cross - Home to Settle</b>	Support discharges, providing support to re-climatise patients within their home environments	Brighton & Hove / 8.30am-9pm Daily	<b>Referral via mobile : 07718244047</b> B&H cut off 8pm, East & West Sussex 6pm Contact: Shila Patel <a href="mailto:spatel@redcross.org.uk">spatel@redcross.org.uk</a>
<b>British Red Cross – High intensity Users</b>	Provides a de-medicalised approach to better meet the needs of people who attend accident and emergency (A&E) regularly.  Supports Frequent attenders to take greater control of their health and well-being and reduce their need for NHS services.	Brighton & Hove / 9.30am-9.30pm Daily excluding bank holiday	<b>The service manages access by analysing recurring users.</b>
<b>Age UK - Crisis Response</b>	The service provides low level crisis response support, for up to 4 days for patients (aged 60+) being discharged from RSCH.	Brighton & Hove 8am-8pm Daily	<b>Referrals managed via SCFT Responsive Services or 01273 328555</b>
<b>Possibility People - Hospital Discharge Service</b>	Provides support for vulnerable patients aged 55+ leaving the Royal Sussex County hospital (RSCH) or Intermediate Care Unit. The service links patients to the community, voluntary, private and public sector services. Support with removal of furniture, rubbish.  We also co-ordinate Brighton and Hove City Council's Hospital Discharge Disabled Facilities Grant. This grant is available to any patient who is disabled or who is aged 65 and over and living in their own home or private renting.	Brighton & Hove Monday- Friday 9am- 4;30pm  Not weekends/BH	Email: <a href="mailto:HDS@possabilitypeople.org.uk">HDS@possabilitypeople.org.uk</a> Telephone: <b>01273 069851</b> Deaf/hard hearing Text: <b>07718424214</b> <a href="https://possabilitypeople.org.uk/our-services/support-after-hospital/">https://possabilitypeople.org.uk/our-services/support-after-hospital/</a>

# Supported Discharge Acute: Homelessness and Housing

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
<b>Brighton &amp; Hove Homeless Team</b>	<p><b>Arch Healthcare Homeless team, At Royal Sussex County Hospital</b> provides an in reach and referral support service for identified homeless patients from the ED and inpatient wards</p> <p>Once referred the team with support and sign post to various other services that are available</p>	Monday to Friday, 9am to 4pm	<p><b>Community Self referrals</b>  <b>01273 003930</b>            School Clinic, Morley Street, BN2 9DH            archhealthcare.uk            Hospital homeless team - tel: <b>07884 195 417</b>            email: Sxicb-bh.archpathway@nhs.net            Justlife homeless in-reach for A&amp;E rough sleepers  <b>07395 246 432</b>            Hospital drug &amp; alcohol liaison ext. <b>67826</b>  <b>Alcohol liaison nurse 07909 206 655</b>            Arch homeless GP practice, Brighton - tel: <b>01273 003 930</b>            email: Sxicb-bh.archhealthcare@nhs.net</p>
<b>Single Point of Access (AASPA) and Virtual Wards Avoidance and supported Discharge</b>	<p>A virtual ward is a safe and efficient <b>alternative to NHS bedded</b> Virtual wards support patients who would <b>otherwise be in hospital</b> to receive the acute care, monitoring and treatment they need in their own home.  <b>supporting early discharge</b> out of hospital.</p>	24/7 CALL ANSWERING Access to Urgent Community Response (UCR) 2-Hour response, Virtual Wards and overnight services	<p><b>Professional/Clinical Staff referrals</b>  <b>Call: 0300 37 37 111</b>  <b>Option1: West Sussex</b>  <b>Option2: Brighton &amp; Hove</b>  <b>Option 3: East Sussex</b></p>
<b>The Clock Tower Sanctuary</b>	<p>1-1 support, life skills, activities, laundry, showering &amp; cooking facilities for people who are homeless or insecurely housed 16-25 year-olds.            homeless            Hot lunch available every day 12:30 -1:30 <b>except Wednesday and Sunday</b></p>	<p>Day Centre            10:30 -1:30 for people rough sleeping              12:00-1:30 for people in supported accommodation</p>	<p><b>Self referrals</b>    <b>01273 722353</b>            Wenlock House, 41-43 North Street, BN1 1RH            thects.org.uk</p>
<b>ST. Anne's' Day Centre</b>	<p>Food, clothes, toiletries and sleeping bags – when available. Advice for homeless and marginalised people.</p>	Weekdays 9:30am-12.30pm.	01273 602824 • saintannescentre@gmail.com 61 St James Street, BN2 1PR stannesdaycentre.org.uk
<b>Project Antifreeze (Off the Fence )</b>	<p>Practical support for homeless people. Provides food, hot drinks , sleeping bags            Emotional support</p>	The Antifreeze Centre Monday to Friday call on 01273774140 to book an appointment	<p><b>Self referrals</b>  <b>01273 774140</b>            37 Portland Road, BN3 5DQ            offthefence.org.uk/antifreeze</p>
<b>ST. John Ambulance Homeless Service</b>	<p>Healthcare for homeless &amp; vulnerable people.</p>		<p><b>01273 371540</b>            sja.org.uk/what-we-do/our-work-in-thecommunity/our-homeless-services/brighton</p>



**General Information: Cost of Living**  
**Slides 13,14,15**

**Homelessness, Drugs and Alcohol Services**  
**Slides 14,16**

**Digital Services**  
**Slides 17**

# General Information: Cost of Living

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
<b>ACORN</b>	A mass membership organisation and network of low-income people organising for a fairer deal for our communities.	Monday to Friday, 9am to 5pm	<b>Self referrals</b> brighton@acorntheunion.org.uk acorntheunion.org.uk <b>07947 524 226</b>
<b>FIRST BASE Day Centre</b>	<p>First Base offers a range of services to support people who are sleeping rough or insecurely housed in the city, to get off the streets</p> <p>Activity sessions: Arranged by appointment</p> <ul style="list-style-type: none"> <li>•Food, showers, lockers and laundry facilities</li> <li>•Case Work Support so people can address the problems causing them to be homeless</li> <li>•Accommodation and relocation services</li> <li>•Health Care – access to physical, mental and emotional health services including podiatry, physiotherapy, optometry, dentistry and mental health advice and support</li> </ul>	<p>Monday to Friday 9am to 4 pm</p> <p>Rough Sleepers session: 9am – 11am, Monday to Friday</p>	<p><b>Self referrals</b> first.base@bht.org.uk St Stephen's Hall, Montpelier Place, BN1 3BF bht.org.uk/services/homelessness <b>01273 326844</b> Office hours (for telephone enquiries): 9am - 4.30pm</p>
<b>CHANGE GROW LIVE Brighton and Hove Recovery Advice</b>	Information and treatment for people experiencing substance misuse. Support for family members and carers	Monday to Friday 9am to 5pm	<p><b>Self referrals</b> brighton.info@cgl.org.uk changegrowlive.org/brighton-hove <b>01273 731900</b> Richmond House, Brighton BN2 3FT</p>
<b>KEYS COMMUNITY DETOX</b>	Holistic community-based Christian detox and recovery programme for those struggling with drug and alcohol addictions.	Monday to Friday, 9am to 5pm	<p><b>Self referrals</b> <b>0800 634 9638</b> keysuk.org</p> <p>c/o Christchurch. Ropemaker Park, South Road, Hailsham BN27 3GY</p>
<b>Homeless ,Health Inclusion Team on the SCFT intranet</b>	Support homeless people who engage with their physical health needs who have tri morbidity care needs e.g. psychological and mental health issues, substance use issues, social care needs, and palliative and long term chronic health conditions.	Monday to Friday, 9am to 5pm	<p><a href="mailto:SC-TR.HomelessProjectTeam@nhs.net">SC-TR.HomelessProjectTeam@nhs.net</a> <b>01273 696011 ext.1930/1931</b> The School Clinic Morley Street Brighton BN2 9DH</p>

# General Information: Cost of Living, Drug and Alcohol Services

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
<b>Brighton and Hove City Council Cost of Living Support</b>	Provided advice and support for Brighton & Hove residents struggling this winter with food, money, energy bills, and how to look after your physical and mental wellbeing.		<b>Self referrals</b> <b>01273290000</b> Link to use for signposting <a href="https://www.brighton-hove.gov.uk/cost-of-living-support">Cost of living support (brighton-hove.gov.uk)</a>
<b>FIRST BASE Day Centre</b>	First Base offers a range of services to support people who are sleeping rough or insecurely housed in the city, to get off the streets  Activity sessions: Arranged by appointment  <ul style="list-style-type: none"> <li>•Food, showers, lockers and laundry facilities</li> <li>•Case Work Support so people can address the problems causing them to be homeless</li> <li>•Accommodation and relocation services</li> <li>•Health Care – access to physical, mental and emotional health services including podiatry, physiotherapy, optometry, dentistry and mental health advice and support</li> </ul>	Monday to Friday 9am to 4 pm  Rough Sleepers session: 9am – 11am, Monday to Friday	<b>Self referrals</b> First.base@bht.org.uk St Stephen's Hall, Montpelier Place, BN1 3BF bht.org.uk/services/homelessness <b>01273 326844</b>  Office hours (for telephone enquiries): 9am - 4.30pm
<b>CHANGE GROW LIVE Brighton and Hove Recovery Advice</b>	Information and treatment for people experiencing substance misuse. Support for family members and carers	Monday to Friday 9am to 5pm	<b>Self referrals</b> brighton.info@cgl.org.uk changegrowlive.org/brighton-hove  <b>01273 731900</b> Richmond House, Brighton BN2 3FT
<b>KEYS COMMUNITY DETOX</b>	Holistic community-based Christian detox and recovery programme for those struggling with drug and alcohol addictions.	Monday to Friday, 9am to 5pm	<b>Self referrals</b> <b>0800 634 9638</b> keysuk.org c/o Christchurch. Ropemaker Park, South Road, Hailsham BN27 3GY
<b>Homeless ,Health Inclusion Team on the SCFT intranet</b>	Support homeless people who engage with their physical health needs who have tri morbidity care needs e.g. psychological and mental health issues, substance use issues, social care needs, and palliative and long term chronic health conditions.	Monday to Friday, 9am to 5pm	<a href="mailto:SC-TR.HomelessProjectTeam@nhs.net">SC-TR.HomelessProjectTeam@nhs.net</a> <b>01273 696011 ext.1930/1931</b> The School Clinic Morley Street Brighton BN2 9DH

# General Information: Cost of Living and General Support

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
<b>Brighton and Hove Adult Social Care Support (Access Point)</b>	Find out how to get help from Adult Social Care, and how to stay safe, healthy, and well The service can sign post clients to relevant services as required	Monday to Friday, 830am to 5pm	<b>Self referrals</b> 2nd Floor, Bartholomew Square, Bartholomew House, BRIGHTON EAST SUSSEX Postcode BN1 1JP  <b>Telephone 01273 295555</b>  E-mail <a href="mailto:accesspoint@brighton-hove.gov.uk">accesspoint@brighton-hove.gov.uk</a> Website <a href="http://www.brighton-hove.gov.uk/.../access-point-support-and-social-care-services">www.brighton-hove.gov.uk/.../access-point-support-and-social-care-services</a>
<b>Community Hub Helpline</b>	For anyone needing emergency help with food, energy bills and other essentials	Monday to Friday from 10am to 4.30pm	<b>Self referrals</b> Telephone: <b>01273 293 117</b> Request help using online form: <a href="https://www.brighton-hove.gov.uk/benefits/help-and-support/request-help">https://www.brighton-hove.gov.uk/benefits/help-and-support/request-help</a>
<b>Care Link Plus</b>	Brighton & Hove telecare alarm service. Provide a range of services and equipment known as telecare to help support people at home. CareLink can also assess for living equipment such as chair raisers, rails etc	Monday to Friday, 0830am to 4:30pm  available 24 hours a day, 7 days a week for the community alarm service	<b>Self referrals</b> Telephone: <b>0300 123 3301</b> . Email: <a href="mailto:CareLinkPlus@brighton-hove.gov.uk">CareLinkPlus@brighton-hove.gov.uk</a> <a href="https://www.brighton-hove.gov.uk/carelink-plus">https://www.brighton-hove.gov.uk/carelink-plus</a>
<b>Healthy Lifestyles Team</b>	Get support on a wide range of healthy lifestyle services for people living in Brighton & Hove including Health improvement advice, Increasing Physical Activity (Active for Life and Healthwalks), Weight Management Support, and Health Checks, reducing alcohol, stopping or reducing Smoking	Brighton and Hove city council Phone or email	<b>Self referrals</b> Telephone: <b>01273 294589</b> . Email: <a href="mailto:healthylifestyles@brighton-hove.gov.uk">healthylifestyles@brighton-hove.gov.uk</a> <a href="http://www.brighton-hove.gov.uk/healthy-lifestyle-referrals">www.brighton-hove.gov.uk/healthy-lifestyle-referrals</a>

# General Information, Brighton and Hove City Counsel and Alcohol Services

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
<b>Moneyworks Brighton &amp; Hove</b>	Moneyworks is here to help Brighton & Hove residents save money, make money and manage their money better. The services are for anyone who is struggling to make ends meet.	Monday: 3pm to 7pm Tuesday: 10am to 2pm Wednesday & Thursday: 12.30pm to 4.30pm Friday: 10:00 am – 2:00 pm	<b>Self referrals</b> Telephone: <b>0800 988 7037 or 01273 809288</b>
<b>East Sussex Fire &amp; Rescue Service</b>	Free Home Safety Visit (for those most at risk from fires) offering a wide range of advice around home safety, the checking and fitting of smoke alarms and specialist equipment if required. Community Safety Team	Monday to Friday 9am – 5pm	<b>Self Referrals</b> Telephone: <b>0800 177 7069.</b> Email: <a href="mailto:homefire.safetycisits@esfrs.org">homefire.safetycisits@esfrs.org</a> <a href="https://www.esfrs.org/your-safety/home-safety-visits/">https://www.esfrs.org/your-safety/home-safety-visits/</a>
<b>Safe Space</b>	Provides physical and emotional support anyone who has become intoxicated, distressed or injured during their night out in Brighton.	Brighton & Hove / 10pm-4.40am Friday-Saturday	<b>Self Referrals</b>  Telephone: <b>07979104406</b> Service does not require referral to access Address: St Paul's Church West Street Brighton BN1 2RE
<b>Brighton &amp; Hove Sexual Health &amp; Contraception Service (SHAC)</b>	Brighton & Hove Sexual Health & Contraception Service (SHAC) is free, confidential & open to everyone. We offer a range of Sexual Health & Contraception clinics at 3 sites across Brighton & Hove. Our HIV Outpatients clinic is based at the Lawson Unit	Monday to Friday 1015am – 5pm Wednesdays Closed	<b>Self Referrals</b> Telephone: <b>01273 523 388</b> <a href="https://brightonsexualhealth">https://brightonsexualhealth</a> <b>SHAC Central (Morley St)</b> Morley Street Brighton BN2 9RE.
<b>Adult Social Care Hub Brighton and Hove City Council</b>	Health and Social care Directory of Services includes Charities and Support groups for: Cost of Living, money advice Dementia support Support for Carers Counselling Black & minority ethnic groups End of Life support Religious and faith groups Befriending services Lesbian, Gay, Bisexual and transgender LGBT Money advice for ill or disabled people Drug and alcohol support Homelessness and living on the street	Monday to Friday from 9am to 4.30pm	<b>Self referrals</b> Telephone: <b>01273 295 555 access point</b>  <b>01273290000</b> <b>Visit in person</b> Bartholomew House, Brighton & Hove City Council Bartholomew Square, Bartholomew House, Brighton BN1 1JE



# General information: Digital

Service/support	Brief description of services	Geography covered / Opening Times	Referral Point & Process (include Service Contact Person)
<p><b>Digital Brighton and Hove:</b></p>	<p>Digital Brighton &amp; Hove supports residents who are digitally excluded to get online and build digital skills in Brighton &amp; Hove. In addition to providing direct support, the project runs a local network of 300 organisations working together to tackle digital exclusion. Here we share best practice and train and support digital champions in other organisations within the Network. Support will be delivered through a mix of one-to-one and group sessions and learning of how to motivate patients to adopt digital healthcare tools will be gathered and shared to support digital inclusion throughout Sussex.</p>	<p>Digital Brighton &amp; Hove is working in partnership with Preston Park Community Primary Care Network and there will be a referral route for additional digital skills support from this PCN.</p>	<p><a href="mailto:sxicb.digitalprojects@nhs.net">sxicb.digitalprojects@nhs.net</a></p>
<p><b>Grace Eyre</b></p>	<p>Grace Eyre supports adults with learning disabilities, autism and/or mental health needs in Brighton and Hove and West Sussex</p> <p>The Digital Inclusion project plans to create and deliver six-week training courses to people with learning disabilities and/or autism to increase skills, confidence, empowerment and motivation to use digital healthcare tools to benefit their health and wellbeing.</p>	<p>Brighton and Hove and West Sussex</p> <p><b>Out of hours emergency contacts</b> <b>All services</b> <b>Telephone:</b> 07584 706015</p> <p>If you are unable to access the main on call number call 07921 439825.</p>	<p><b>Self referrals</b> <b>Address:</b> 36 Montefiore Road, Hove, East Sussex, BN3 6EP <b>General enquiries</b> (calls are answered by Reception between 08:45-16:45) <b>Telephone: 01273 201900</b> <b>Email:</b> <a href="mailto:enquiries@grace-eyre.org">enquiries@grace-eyre.org</a> Activities, Supported Living, Outreach services, Shared Lives or Housing <b>Telephone: 07719 953582</b> <b>Email:</b> <a href="mailto:referrals@grace-eyre.org">referrals@grace-eyre.org</a></p>