

Assert **Guide** *to* **Useful Services**



LOTTERY FUNDED

Contents

Autism	2
Welfare / Benefits / Debt	6
Housing	16
Health & Wellbeing	19
LGBT	36
Volunteering	40
Police & Emergency Services	41

Autism

Assert

Address: Community Base
113 Queens Road
Brighton BN1 3XG

Phone: 01273 234 850

Email: assert.bh@assertbh.org.uk

Website: www.assertbh.org.uk

A local charity in Brighton and Hove that supports both people with Asperger Syndrome (AS) and High Functioning Autism (HFA) and their parents, partners and carers.

We offer:

- One to one support
- Benefits advice and support
- Monthly drop in
- Monthly mutual support group for parents, partners and carers
- One to one support for parents, partners and carers
- Social events and activities
- Resource Library
- Support with accessing volunteering opportunities with other charities and community groups
- 2 Life Skills courses
- A monthly walking group
- Peer Support Group

For more information please contact via phone or email to arrange an informal chat.

National Autistic Society

Address: 393 City Road
London, EC1V 1NG

Phone: Helpline: 0808 800 4104

Email: nas@nas.org.uk

Website: www.autism.org.uk

The leading UK charity for autistic people (including those with Asperger syndrome) and their families. They provide information, support and services, and campaign for a better world for autistic people. They promote the independence of the people they support and act as a beacon of best practice for other providers.

Autism Sussex

Address: Sussex House, Tills Courtyard
19 High Street, Battle
East Sussex TN33 0AE

Phone: 0345 450 0060

Email: enquiries@autismsussex.org.uk

Website: www.autismsussex.org.uk

Autism Sussex is a charity which exists to enable people with an autistic spectrum condition to receive the help and specialist support services they and their families need.

Their adult services include:

- Residential Supported Living
- Community Outreach
- Day Services and Activities
- Asperger Support Groups
- Online Talk 1:1

- Welfare
- Benefits
- Debt

National Debtline

Phone: 0808 808 4000

Website: www.nationaldebtline.org

Helpline open:

Monday to Friday - 9am to 9pm

Saturday - 9.30am to 1pm

National Debtline provides information and advice on debt and budgeting. Their website has in-depth information on a number of topics, or you can contact them by phone, e-mail, or online chat.

The Clock Tower Sanctuary Day care

Address: Wenlock House,
41-43 North Street, Brighton BN1 1RH

Phone: 01273 722353

Email: info@thects.org.uk

Website: www.thects.org.uk

The Clock Tower Sanctuary is the only drop-in service providing information, advice and support to homeless young people aged 16-25 in Brighton & Hove. Their centre is open 6 days a week, providing a friendly and safe space for young people to engage with peers and other visiting agencies.

They provide:

- Crisis support services – including access to food, showers, laundry, computers, telephone, postal address and dentist visits.
- Move on support – via structured one-to-one casework, monthly activities, life skills and mentoring schemes to help a young person with the goal to be able to live independently.

Welfare Rights Team

Brighton & Hove City Council

Phone: 01273 291 116

Email: welfarerights@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk/content/council-tax-and-benefits/welfare-rights

Advice line open: Monday to Thursday - 10am to 1pm
Other times by appointment

Offering advice on all social security benefits.

Christians Against Poverty CAP

Address: Holland Road Baptist Church
71 Holland Rd, Hove BN3 1JN

Phone: 0800 328 0006

Email: info@capuk.org

Website: www.capuk.org

Lines are open: Monday to Friday - 8:30am to 5pm
Calls are free from landlines and mobiles in the UK

The Brighton & Hove Debt Centre in partnership with Holland Road Baptist Church give free debt help to anyone feeling weighed down by debt. They run a Money Course to help teach budgeting skills, provide debt advice and a Job Club to help find employment.

Project Antifreeze

Address: Off The Fence Trust
37 Portland Road, Hove BN3 5DO

Phone: 01273 774 140

Email: antifreeze@offthefence.org.uk

Website: www.offthefence.org.uk

Their drop in center is open:

Monday, Tuesday, Thursday and Friday - 12pm to 4pm

Providing specific care, including help with housing, benefits and addiction issues.

A Christian charity offering spiritual, practical and emotional support to the homeless in Brighton & Hove. Their outreach teams are on the streets in the evenings supporting the basic needs of those who are homeless and sleeping rough.

First Base Day Centre

Address: St Stephen's Hall
Montpelier Place, Brighton BN1 3BF

Phone: 01273 326 844

Website: www.bht.org.uk/services/first-base-day-centre/

Rough Sleepers session: Monday to Friday - 8am

Activity sessions: Monday to Friday - 11am

Close: 3.30pm

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, start realising their aspirations through work, learning and leisure and find a place they can call home.

Money Advice Plus

Money Advice & Community Support Service

Address: 7a Old Steine, Brighton BN1 1EL
Public entrance at 7a Steine Street

Phone: 01273 664 000

Email: info@moneyadviceplus.org.uk

Website: www.moneyadviceplus.org.uk

They provide money and debt advice services:

Telephone advice and case work support:

Calls are confidential and the service is free to clients. The number to call is **0800 988 7037**.

Advice via email: Impartial, confidential, and free advice available to the general public. Contact them using moneyworksadvice@moneyadviceplus.org.uk

Face to face advice: Tailored to meet the needs of individuals. They can offer home visits and take time to establish positive working relationships.

Debt advice: They help to deal with current debt problems, manage essential bill payments, budget and understand about legal action taken by creditors. They also offer support with repayments by contacting creditors on the client's behalf, and provide advice about state benefits and tax credits.

Money management and support services: Ongoing help and support tailored to meet the needs of individuals with things like money handling, managing benefits and paying bills on the client's behalf. This service is available to Sussex residents referred by professionals like Social Services.

Appointees: They are recognised as a Corporate Appointee by the Benefits Agency so they can claim and receive social security benefits on behalf of those unable to do so for themselves.

Welfare Rights Team

Address: Brighton Customer Service Centre
Bartholomew House
Opposite Brighton Town Hall
Bartholomew Square, Brighton BN1 1JE

Phone: 01273 291 116

Email: welfarerights@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk/content/council-tax-and-benefits/welfare-rights

Advice Line Open:

Monday to Thursday - 10am to 1pm

The Welfare Rights Team works with people and organisations to reduce poverty and social exclusion in the city. They also offer advice to people who have been turned down for benefits. They can help prepare a case for an appeal or a mandatory reconsideration and represent people at an appeal tribunal.

Brighton Unemployed Centre Families Project BUCFP Welfare Rights

Address: 6 Tilbury Place, Brighton BN2 0GY

Phone: 01273 671 213 / 01273 601 211

Email: info@bucfp.org

Website: www.bucfp.org

They provide practical support, education and services for the unemployed, pensioners, unwaged & those in poor housing or on low income in order to relieve poverty, distress and hardship.

St. Luke's Advice Service

Address: 18 Exeter Street, Brighton BN1 5PG
By appointment only

Phone: 01273 549 203

Email: info@stlukesadvice.org.uk

Website: www.stlukesadvice.org.uk

An advice service that aims to offer free practical advice, help and guidance related to debt and benefits. They can help with things like completing benefits forms and managing debts.

Possability People

Previously the Federation of Disabled People

Address: Montague House, Montague Place
Somerset Street, Brighton BN2 1JE

Phone: 01273 894 040

Email: info@thefedonline.org.uk

Website: www.possabilitypeople.org.uk

They offer support for disabled people, older people, their carers, families and friends.

Their services include: disability advice and advocacy, free information and advice including help with benefits, helping with managing care, support and Direct Payments.

Citizens Advice Bureau CAB

Address: Bartholomew House - *For drop in sessions*
Bartholomew Square
Brighton BN1 1JA

Phone: 01273 223 951

Website: www.brightonhovecab.org.uk

General Advice and guidance in all areas including;

- **Benefits**
- **Employment**
- **Debt and money**
- **Consumer issues**
- **Relationships**
- **Housing**
- **Law and rights**
- **Discrimination**
- **Tax**
- **Healthcare**
- **Education**

Housing

YMCA Downlink Group Sussex Central YMCA – Youth Advice Centre

Address: Reed House, 47 Church Road, Hove BN3 2BE

Phone: 01273 222 550

Email: info@ymcadlg.org.uk

Website: www.ymcadlg.org

They focus on the needs of young people aged 13-25, who find themselves on the fringes of society and need support. They offer support in the following areas: accommodation, family, work, health and wellbeing, support and advice as well as providing training and education.

Brighton Housing Trust

Address: Community Base
113 Queens Road
Brighton BN1 3XG

Phone: 01273 234 737

Email: advice@bht.org.uk

Website: www.bht.org.uk/services/brighton-advice-centre

They provide specialist advice with housing problems that meet the following criteria:

- defending rent possession proceedings
- unlawful eviction
- disrepair that causes a serious risk to health
- help with homelessness (whether actual or threatened)
- court proceedings for housing related anti-social behaviour
- injunctions under the Protection from Harassment Act 1997

You must be eligible for legal aid for them to be able to help you. Call or drop in to book an appointment.

Southdown Housing Association

Address: 2 Bell Lane, Lewes
East Sussex BN7 1JU

Phone: 01273 898 700

Text: 07773 377 754

Email: referrals@home-works.org.uk

Website: www.southdownhousing.org/housing-support

A specialist housing provider and landlord for more than 600 tenants and shared home owners across Sussex.

As well as providing different types of affordable housing, they also provide a wide range of housing support.

Health & Wellbeing

Counselling and Autistic Spectrum Support CASS

Phone: 07769 218 986

Email: casscounselling@hotmail.co.uk

Website: www.casscounselling.weebly.com

They provide counselling and support services, specialising in autism and Asperger Syndrome to individuals and their families. They also provide specialist training to employers and organisations.

You can self-refer.

Rock Clinic East

Phone: 01273 621 841

Email: office@rockclinic.org.uk

Website: www.rockclinic.org.uk

A co-operative association of psychotherapists, counsellors, yoga teachers and complementary therapists, providing accessible therapy to the community of Sussex.

The Rock has two sites:

One in **East Brighton** and one in **Hove** – both of which have disabled access, facilities for individual psychological and physical therapy and space for group work.

The assessment interviews cost **£10**, and there is a low cost counselling scheme, which costs **£15** per session. There are also reduced psychotherapy costs available for those on a low income, enabling access to psychotherapy for between **£5-15**.

Without reductions therapy can cost up to £50 a session. It may be worthwhile to check costs before booking, as **prices can change**.

New Road Psychotherapy

Phone: 01273 681 333

Email: contact@newroadpsychotherapy.com

Website: www.newroadpsychotherapy.com/low-cost

New Road Psychotherapy Centre is offering affordable low cost counselling at **£20** per session.

Anxiety Alliance

Helpline: 0845 296 7877

Phone: 01926 779 911 - *Office*

Email: harris835@btinternet.com

Website: www.anxietyalliance.org.uk

Helpline opening hours:

Everyday - 10am to 10pm - *Calls charged at local rate*

Anxiety Alliance offers support to those who experience anxiety disorders, panic attacks, phobias, or Obsessive Compulsive Disorder, together with those who wish to withdraw from tranquilizers and antidepressants.

Help and support also offered to carers, family and friends.

Anxiety UK

Phone: 08444 775 774

Email: support@anxietyuk.org.uk

Website: www.anxietyuk.org.uk

Open: Monday to Friday - 9.30am to 5.30pm

National anxiety disorders charity that provides a range of support services for people affected by anxiety conditions such as panic attacks, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), phobias, etc.

Rise

Address: PO Box 889, Brighton BN2 1GH

Phone: 0300 323 9985 - *Free*

Email: via their website

Website: www.riseuk.org.uk

Helping survivors of domestic abuse rebuild a safer future. They have lots of useful information on their website, have a free helpline, provide crisis accommodation and advisors for those escaping domestic abuse, offer counselling and they run a drop-in service at Hove Town Hall.

Brighton & Hove Wellbeing Service

Phone: 0300 002 0060

Email: BICS.brighton-and-hove-wellbeing@nhs.net

Website: www.bics.nhs.uk/patient-information/brighton-and-hove-wellbeing-service

Available to anyone over 18 years old who is residing and registered with a GP in Brighton and Hove.

They offer a range of mental health support for common mental health problems, such as low mood, stress, anxiety and depression.

There are clinics in a wide variety of locations across the city.

They also offer therapy over the phone and a wide range of courses.

You can self-refer to this service. There is a self-referral form on their webpage.

Sussex Recovery College

Address: 42 Frederick Place, Brighton BN1 1EA
Phone: 01273 749 500
Email: recoverycollege@southdownhousing.org
Website: www.sussexrecoverycollege.org.uk

Sussex Recovery College offers educational courses about mental health and recovery which are designed to increase your knowledge and skills and promote self-management.

This may help you take control and become an expert in your own wellbeing and recovery and get on with your life despite mental health challenges.

The College is open to people with mental health challenges, their relatives, friends and carers.

A Prospectus and registration form can be downloaded from their website.

Rethink Mental Health Information

Phone: 0300 5000 927 - *Same cost as a local call*
(if local calls are free on your tariff
the call will be free)
Website: [www.rethink.org/about-us/
our-mental-health-advice](http://www.rethink.org/about-us/our-mental-health-advice)

Lines are open:

Monday to Friday - 10am to 2pm
Not open on Bank Holidays

The Rethink Mental Health Information phone-line offers advice and information on issues such as:

- **Different types of therapy and medication**
- **Benefit, debt, money issues**
- **Police, courts and prison**
- **Your rights under the Mental Health Act and other laws**

They do not provide emergency help.

Access Point

Phone: 01273 295 555
Email: accesspoint@brighton-hove.gov.uk
Website: www.brighton-hove.gov.uk/content/access-point-adult-social-care-services
Open: Monday to Friday - 8.30am to 5pm

Brighton and Hove Council's Adult Social Care department aims to protect, care for and support vulnerable people. It provides information, signposting and referrals to a range of services. The website includes information about Access Point in a range of different languages.

The Platform Previously Care Co-ops

Phone: 01273 468 200
Email: info@theplatform.org.uk
Website: www.theplatform.org.uk

The Platform offers various support services for adults with mental health issues and/or learning disabilities. Services include housing support, personal assistants and life opportunities, creative and educational opportunities, all to help maintain independence.

Healthwatch Brighton & Hove

Address: Community Base
113 Queens Road
Brighton BN1 3XG
Phone: 01273 234 040
Email: help@healthwatchbrightonandhove.co.uk
Website: www.healthwatchbrightonandhove.co.uk

Helpline open:

Monday to Friday - 10am to 12pm

Healthwatch runs a helpline which can provide information and signposting about local health and social care services.

This includes how to access them and what to do if things go wrong. It can also help with queries related to local NHS and social care services, including those provided by GP practices/family doctors, dental surgeries, pharmacists, opticians.

The Grow Project

Phone: 07557 501 557

or: 07504 217 445

Email: info@GrowingWellbeing.org.uk

Website: www.growingwellbeing.org.uk

The Grow Project offer a range of low cost and free activities and courses that connect people with nature to help grow wellbeing.

The courses are for anyone who would enjoy exploring the restorative power of nature to improve their mental health. They aim to help to improve: mood, self-worth, motivation, confidence, energy, zest for life and can re-build a sense of trust, belonging & purpose.

To get involved call or email for more info, or apply by completing the registration which can be found on their website.

Mental Health Foundation

Phone: 020 7803 1101

Website: www.mentalhealth.org.uk

The Mental Health Foundation is a leading UK charity that provides information, carries out research, campaigns and works to improve services for anyone affected by mental health problems, whatever their age and wherever they live.

They aim to help people survive, recover from and prevent mental health problems.

They do this by: learning what makes and keeps people mentally well; communicating their findings to a wide range of people; turning research into practical solutions that make a difference to people's lives.

Brighton Station Health Centre

Address: Aspect House
84-87 Queens Road
Brighton BN1 3XE

Phone: 0333 321 0946

Website: www.brightonstationhealthcentre.nhs.uk

Open:

Every day - 8am to 8pm
Including Bank Holidays

A walk in service available to everyone in Brighton and Hove, even if you are not registered with them. They can treat minor illnesses and injuries.

They also offer free contraception support and STI screening, without having to be registered.

Confidential sexual health clinic. Open:

Every day - 8am to 7pm
Bookable and walk-in appointments

MIND

Phone: 01273 666 950

Email: info@mindcharity.co.uk

Website: www.mindcharity.co.uk

Mind in Brighton and Hove works to promote good mental health in the city of Brighton and Hove and across West Sussex. Mind seek to empower people to lead a full life as part of their local community.

To achieve these aims Mind in Brighton and Hove:

Promotes mental health in our community; works with mental health 'service users' to increase their influence and control over their own lives; challenges discrimination and promotes social inclusion; campaigns and raises funds; works in partnership with other organisations; involves service users and volunteers in our work; focuses on quality in service provision.

Impetus

Address: First Floor, Intergen House
65-67 Western Road
Hove BN3 2JQ

Phone: 01273 775 888

Email: info@bh-impetus.org

Website: www.bh-impetus.org

Impetus deliver a range of services aimed at improving the wellbeing and quality of life of vulnerable adults across Brighton through the following project:

Interact - Advocacy, support and information for adults with learning disabilities and Autism.

Neighborhood Care Scheme - Provides volunteers to support older people, those with physical disabilities and carers.

Better Futures - Helps people with a variety of support needs (including learning disabilities and mental health issues) to volunteer, and support organisations to host volunteers.

Community Navigation - Provide volunteers to help make accessing community activities, social support and other non-medical services easier.

BHT Mental Health & Wellbeing services

Address: 27-29 North Street, Brighton BN1 1EB

Phone: 01273 929 471

Email: wellbeing@bht.org.uk

Website: www.bht.org.uk/services/mental-health-and-wellbeing

They offer a variety of activities that help people to learn ways to cope with the challenges and changes they may be faced with:

- **One to one sessions with trained counsellors**
- **Wellbeing groups with trained counsellors**
- **Practical life-skills workshops**
- **Practical advice and signposting with a dedicated caseworker**
- **Peer led groups and activities**
- **Peer support volunteer and mentor training**
- **Women only counselling and drop-in provided by Threshold Women's Services**

The Samaritans of Brighton & Hove

Address: Dubarry House, Newtown Road
Hove BN3 6AE

Phone: 01273 772 277 - *Local call charges apply*
116 123 - *National number - Free*

Email: jo@samaritans.org

Open to receive callers at the door:

Daily - 10am to 10pm

Sussex Mental Healthline

Phone: 0300 5000 101

Lines are open:

Monday to Friday - 5pm to 9am

Weekends and Bank Holidays - 24 hours

They welcome **Text Relay** calls and **New Generation Text** calls from hearing and speech impaired callers.

You can find out more about New Generation Text here:
www.ngts.org.uk

The Sussex Mental Healthline is a telephone service offering support and information to anyone experiencing mental health problems including stress, anxiety and depression. The service is also available to carers and healthcare professionals.

You do not need an appointment.

“We are a service available to anyone concerned about their own mental health or that of a relative or friend.

We provide support for people experiencing distress. Please note this is a limited service, if you are in urgent need of help seek urgent help in a crisis.”



LGBT

Allsorts

Address: Young People's Centre
69 Ship Street, Brighton BN1 1AE

Phone: 01273 721 211

Email: admin@allsortsyouth.org.uk

Website: www.allsortsyouth.org.uk

A project based in Brighton to support and empower young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity. Offering weekly drop-in social evenings, a range of groups and activities, volunteering programs and telephone, email and one-to-one support.

The Clare project

Address: C/O Community Base
113 Queens Road
Brighton BN1 3XG

Email: clareprojectinfo@gmail.com

Website: www.clareproject.org.uk

The Clare Project is a self-supporting group based in Brighton and Hove open to anyone wishing to explore issues around gender identity.

Their weekly drop-in session aims to provide a safe and confidential place for people to meet with others who share their life experiences, and find information, support and companionship, with the support of a facilitator and a psychotherapist.

The drop in is held at **Dorset Gardens Methodist Church** in Brighton.

LGBT Switchboard

Address: Community Base
113 Queens Road
Brighton BN1 3XG

Phone: 01273 234 009

Email: lesley.whittal@switchboard.org.uk

Website: www.switchboard.org.uk

Supporting lesbian, gay, bisexual and transgender people in Brighton & Hove and beyond by offering a help-line, accessed by phone, email or webchat, a low cost counselling service and health and inclusion projects.

Helpline:

01273 204 050

Open:

Daily - 5pm to 7pm

FTM Brighton

Website: www.ftmbrighton.wordpress.com

A group for transgender men, trans masculine people, genderqueer people, non-binary people, those assigned intersex and/or female at birth that fit somewhere else on or off the spectrum or those who are questioning their gender identity.

They provide a social space, support, advice and co-ordinate local campaigns relevant to those they support. You can email them through their website.

MindOUT LGBT Mental health Project

Address: Community Base, 113 Queens Road
Brighton BN1 3XG

Phone: 01273 234 839

Email: info@mindout.org.uk

Website: www.mindout.org.uk

MindOUT is a mental health service run by and for lesbians, gay men, bisexual, trans, and queer people. They provide advice & information, advocacy, a peer support group, wellbeing activities and events, a peer mentoring service, an out of hours online chat service and a food & allotment project.

Volunteering

Community Base Volunteer Locally

www.communitybase.org/volunteers

Do-it Volunteer in the UK

www.do-it.org

Vinspired Volunteering for ages 16-25

www.vinspired.com

Certificates are available for meeting certain milestones in volunteering for young people.

Police & Emergency Services

Emergency SMS

Website: www.emergencysms.org.uk

The emergency SMS service lets people in the UK with disabilities send an SMS text message to the UK 999 service where it will be passed to the Police, Ambulance, Fire Rescue, or Coastguard.

Simply by sending an SMS message to 999 you can call for help and the emergency services will be able to reply to you.

You will need to register your mobile phone before using the emergency SMS service, which can be done on the webpage.

Pegasus Card

Website: [www.sussex.police.uk/contact-us/
accessible-contact-methods/
pegasus-scheme](http://www.sussex.police.uk/contact-us/accessible-contact-methods/pegasus-scheme)

If you have speech or communication difficulties, registering for a Pegasus card could help you in an emergency.

You give your details when you register with Pegasus (Sussex Police) which are saved in a secure database.

You will then be issued with a personal identification number (PIN) you can use when calling the police.

If you need to call them, you tell them your PIN and they can access your details right away.

This means that you don't have to spend time giving your name and details and you can quickly get on with telling them why you called.

Pegasus is not just about contacting the police by phone, you can also show your card to a police officer or other emergency services staff should you require assistance in person.

When you show the card to someone, this will let the officer or emergency services worker know that you may require additional help and support.

To apply, complete the form on the webpage.

Sussex Police

Website: www.sussex.police.uk/contact-us

Direct SMS numbers:

Phone: 65999 - *For Emergencies*

Phone: 07786 208 090 - *For Non-Emergencies*



Assert

Address: Community Base
113 Queens Road
Brighton BN1 3XG

Phone: 01273 234 850

Email: assert.bh@assertbh.org.uk

Website: www.assertbh.org.uk