

Category	Service	Info	Contact
COVID-19 info	NHS	For the latest information and developments on Coronavirus, visit the NHS website. https://www.nhs.uk/conditions/coronavirus-covid-19/	
	Brighton & Hove City Council	B&H Council are offering information on amendments to services, contact details and support in light of Coronavirus on their website. https://new.brighton-hove.gov.uk/coronavirus-covid-19	
Info and Advice/ Disability Support	Impact Advocacy	We are continuing to run advocacy support over skype or telephone. We can help with a range of health and social care issues. We can also signpost you to services and will support as best we can during the COVID-19 crisis. Please complete an online referral form or contact us via telephone.	advocacy@impact-initiatives.org.uk 01903 730044
	Possability People	They help with a range of advice and information for those with long term conditions/disabilities. This can include housing, benefits, support, etc.	01273 89 40 40 If you are deaf/hard of hearing, text 07774 910064 hello@possabilitypeople.org.uk
	Brighton & Hove Council	Brighton & Hove council have information on council services for those with a range of disabilities. Telephone lines are still in operation. https://www.brighton-hove.gov.uk/content/community-and-life-events/life-events/people-disabilities	01273 290000
	Assert	Assert support adults with Asperger syndrome or High Functioning Autism. They help with a range of issues, and are currently operating a telephone support service.	01273 234850 assert.bh@assertbh.org.uk

	<p>Scope</p> <p>Brighton Womens Centre</p>	<p>https://assertbh.org.uk/2020/03/remote-support/</p> <p>Scope are a charity dedicated to equality for disabled people. They run a helpline in which you can discuss a wide range of topics including benefits, finance, social care, work, housing/home adaptations. Open Monday to Friday 8am to 8pm, Saturday and Sunday 10am to 6pm.</p> <p>They offer a whole range of support for vulnerable women. They continue to maintain their service delivery as far as possible.</p> <p>https://womenscentre.org.uk/</p>	<p>0808 800 3333</p> <p>01273 698036 (ext 1)</p>
Social Care	Access Point	<p>Access Point are the main point of contact for adult social care. If you already have a social worker, please do ensure that they are aware of your needs at this time.</p> <p>This phone line is open 8:30am – 5pm.</p> <p>If you are in need of emergency support after 5pm you can contact 01273 29 55 55. This call will be answered by Carelink Plus.</p>	<p>01273 29 55 55</p> <p>accesspoint@brighton-hove.gov.uk</p>
Housing issues	BHCC	Brighton and Hove Housing service continue to operate via telephone and email.	<p>01273 293030</p> <p>housing.customerservices@brighton-hove.gov.uk</p>
	Citizens Advice	<p>CA hold a whole range of information and support on a variety of issues, including Housing. Factsheets, information and support can be found on their website. They also offer personalised support via their advice line, online chat service or via email.</p> <p>https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/</p> <p>https://www.citizensadvice.org.uk/housing/</p>	<p>03444 111 444</p>
	Shelter	https://england.shelter.org.uk/get_help	<p>0808 800 4444</p>

	Brighton Housing Trust	Offer support and advice on a wide range of housing issues. https://www.bht.org.uk/	01273 645455
Domestic Violence	RISE	RISE is a Sussex-based charity that supports people affected by domestic abuse and violence. If you need support from RISE or are worried about a friend you can call our helpline on 01273 622 828, or contact us online via the Portal http://theportal.org.uk/ The helpline number is 01273 622 828. It is open Monday – Friday, 9am – 5pm, Wednesday until 8pm.	01273 622 828
	National Domestic Violence Helpline	Help and support for women facing domestic violence	0808 2000 247
	Men's Advice Line	A helpline service for male domestic abuse survivors	0808 801 0327
	LGBTQ+ Domestic abuse line	Emotional and practical support for LGBTQ+ people experiencing domestic abuse	0800 999 5428
Mental Health	Mind	MIND have information on their website about looking after your mental health during this time. https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse4d52b MIND also operate a helpline - 0300 123 3393 They also have a list of services that may help if you are experiencing a Mental Health crisis. https://www.mind.org.uk/need-urgent-help/finding-out-what-support-is-out-there/	0300 123 3393
	Samaritans	Samaritans operate a listening service, if you want to talk through your feelings and have somebody there.	116 123

	NHS	<p>If you or someone else needs urgent care, but it is non life threatening, call NHS 111.</p> <p>If you are in need of urgent care, call 999 or find your nearest A&E.</p> <p>https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/</p>	111
Isolation/ Social	<p>Together Co</p> <p>COVID-19 Mutual Aid Networks</p>	<p>Together co Befriending are offering telephone befriending support during this time. This can help tackle feelings of isolation and loneliness. Some of their volunteers are able to help in dropping off crucial shopping etc.</p> <p>https://togetherco.org.uk/contact-us</p> <p>https://togetherco.org.uk/update-on-covid19-and-together-co-brightons-lonelinesscharity</p> <p>You can find community group pages on Facebook, where individuals in your community can offer or seek support.</p> <p>Brighton COVID-19 Mutual Aid group</p> <p>https://brightoncovid19mutualaid.weebly.com/</p> <p>https://www.facebook.com/groups/491658741529273/</p>	01273 775 888
Finances	<p>Possability People</p> <p>Stepchange</p>	<p>Possability people are continuing to operate a telephone service. Their Advice Line can support on a range of financial issues, including disability benefits, appeals, food bank referrals, council tax.</p> <p>Stepchange support individuals with a range of debt issues. If you are concerned about your finances, or how they might be affected by Coronavirus, Stepchange have a range of information on their website.</p> <p>https://www.stepchange.org/debt-info/debt-and-coronavirus.aspx</p> <p>They also have information if you need to apply for some emergency funding.</p>	01273 894050 advice@possabilitypeople.org.uk

		https://www.stepchange.org/debt-info/emergency-funding.aspx	
	Understanding Universal Credit	This page provides information about Coronavirus and its impact on benefits. This is to be updated frequently. https://www.understandinguniversalcredit.gov.uk/coronavirus/?fbclid=IwAR1Q7iFgDeXFjexYLWC-bV4vIGm_I4yCK6ycNMVqrmESZPA9tdxvTI9xnc4	
	Moneyworks	https://www.bht.org.uk/services/legal-advice/brighton-advice-centre/moneyworks/	
Food	Brighton and Hove Food Partnership	They have been developing plans with partners across the city, to deliver hot meals and food parcels via distribution hubs https://bhfood.org.uk/coronavirus-andemergency-food-in-brighton-hove/ B&H Food Partnership also a useful and full list of open Foodbanks in different areas of the city and advice on how to contact them. https://bhfood.org.uk/resources/referring-to-a-food-bank/	01273 234810 info@bhfood.org.uk
	Brighton Unemployed Centre Families Project	BUCFP are offering limited support in delivering emergency food for those most vulnerable – largely operating in East Brighton. https://bucfp.org/news/2020/3/17/bucfp-statement-on-covid-19 Application form: https://docs.google.com/forms/d/e/1FAIpQLSdW6NReTJg9WI_k4GkxbLWxq_yODgn1Iem1iLgXfM3y_57YxQ/viewform	
	Morrisons	Morrisons are offering foodboxes of essential items. https://www.morrisons.com/food-boxes/	
	Presto	https://getpresto.co.uk	01323 643726

Mother Theresa's Foods	https://www.mothertheresas.co.uk/	01323 441114 info@mothertheresas.co.uk
Oakhouse Foods	https://www.oakhousefoods.co.uk/	01273 582 260
Wiltshire Farm Foods	https://www.wiltshirefarmfoods.com/	01903 206 777
Cook	https://www.cookfood.net/	01732 759 020
Soul Soup	Local cafes and restaurants are offering support for those unable to leave the house Info@soulsoup.cafe	07423557433 Info@soulsoup.cafe
Adam's Wholesale	https://www.adams-wholesale.com/	01903 282 220
Milk and More	www.milkandmore.co.uk	
Happy Hens	http://www.happyhensuk.com/	01273 703 727
Turners Pies	http://piesbypost.co.uk/	
Deliveroo	Below services are delivering meals from local restaurants as a takeaway service. https://deliveroo.co.uk/	
JustEat	https://www.just-eat.co.uk/	
Dinner2go	https://dinner2go.co.uk/brighton	
Online shopping	Supermarkets are offering slots for deliveries however these are in high demand, however they are upping capacity and some are making effort to prioritise slots for those who are vulnerable. Sainsbury's sainsburys.co.uk 0800 328 1700 Tesco https://www.tesco.com/groceries/	

		<p>Waitrose https://www.waitrose.com/</p> <p>Ocado www.ocado.com/</p> <p>Asda www.asda.com</p> <p>Morrison's www.groceries.morrisons.com/browse</p> <p>Coop https://www.coop.co.uk/in-storeservices/home-delivery</p>	
Medical/ Health	<p>NHS</p> <p>Macmillan</p> <p>Pavillions</p> <p>Alcoholics Anonymous</p> <p>Narcotics Anonymous</p>	<p>The NHS run a telephone advice service for non-life threatening medical advice and support on 111. This line is open 24/7.</p> <p>In emergencies please call 999.</p> <p>Macmillan help if you or someone you care about has been diagnosed with cancer. They can support you and give information by calling their helpline.</p> <p>Pavillions provides drug and alcohol services for adults in Brighton & Hove. Support is available to anyone concerned about their drug or alcohol use, or to the families and carers supporting those struggling with substance misuse. https://pavillions.org.uk/</p> <p>AA are holding online meetings and you can find information about these on the link https://www.alcoholicsanonymous.org.uk/AA-Meetings/Find-aMeeting/online</p> <p>NA are also holding online meetings and you can find information on the below link: https://ukna.org/forum/welcome-uknawebsite/online-meetings-website-mondayswednesdays-fridays-saturdays-730pm</p>	<p>0808 808 0000</p> <p>01273 731 900</p>
Transport	Brighton & Hove Buses	B&H Buses are now accepting all Older persons and Disabled persons concessionary passes for travel 24 hours a day. This is to support those who may choose to go to the shops to get essential supplies.	<p>01273 886 200</p> <p>info@buses.co.uk</p>

		https://buses.co.uk	
Digital support	Digital Unite	Over 400 how-to guides cover range of topics including online shopping, social networking, health & fitness and music. www.digitalunite.com/	
Carers Support	Carers Centre	If you are a carer and are in need of any information or support, the Carers Centre are offering a support line. https://www.thecarerscentre.org/	01273 746 222 info@thecare rscen tre.org
	Carers Hub	https://carershub.co.uk/	01273 977 000
	Childline	Childline have a section on their website called Calm Zone to support parents whose children can be struggling at home. https://www.childline.org.uk/toolbox/calm-zone/	
Entertainment	Brighton Mindfulness Centre	Free online mindfulness course. https://brightonmindfulnesscentre.com/courses/the-turning-point/	
	Brighton & Hove Libraries	If you're a library member you can borrow eBooks and eAudiobooks from Borrowbox. You can also borrow eBooks, eAudiobooks, eComics and eMagazines from RBDigital. If people are not yet members, then you can register to join online: — Register for a library card online, we will give you a temporary membership number and PIN. — Usually they would then ask people to come to a library and collect their proper membership card, but if they are not open in coming weeks due to Covid 19, we will arrange for temporary memberships to be made permanent without people having to collect a card.	01273 290 800

		<p>— You will then be able to use the eServices described above.</p> <p>libraries@brighton-hove.gov.uk</p> <p>https://new.brighton-hove.gov.uk/librariesleisure-and-arts/libraries/borrowelectronic-books-and-audiobooks</p>	
	Chatterpack	<p>A list of free, online, boredom-busting resources</p> <p>https://chatterpack.net/blogs/blog/list-ofonline-resources-for-anyone-who-isolated-athome?fbclid=IwAR0bVpC39CEZcIfKO8yBI0DnkawXRNX3kNBF8s7g6OT4ahBYIX4gwGO2g</p>	
	Online Scrabble	<p>Free scrabble games online.</p> <p>https://www.lexulous.com/</p>	
	Headspace	<p>An app predominantly focussing on mindfulness and guided meditation. They have opened up their 'Weathering the Storm' service for free, which includes exercises, meditations and sleep support. They also offer a subscription service for daily meditations.</p> <p>https://www.headspace.com/covid-19</p>	
	Craftiosity	<p>With craftiosity you can subscribe to receive a box of craft supplies each month. Each month you will receive a different craft set. Subscription is £24.95/month.</p> <p>https://www.cratejoy.com/box-insider/craft-subscription-boxes-uk/</p>	