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<b>Supported Employment West Sussex</b>	Information, advice and guidance on Employment issues for Carers and disabled people, including employment rights, sick pay, voluntary redundancy	Workability - 01903 730044  Work Aid - 01243 544607  <a href="mailto:workability@impact-initiatives.org.uk">workability@impact-initiatives.org.uk</a>  <a href="mailto:workaid@aldingbourne.org">workaid@aldingbourne.org</a>
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### Befriending

<b>Time To Talk Befriending</b>	Time To Talk Befriending are offering telephone befriending support at this time. <a href="http://www.tttb.org.uk/">http://www.tttb.org.uk/</a>	01903 898696 <a href="mailto:info@tttb.org.uk">info@tttb.org.uk</a>
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### Carers

<b>Carers Support West Sussex</b>	An independent charity supporting family and friend carers in West Sussex	0300 028 8888 <a href="http://www.carerssupport.org.uk">www.carerssupport.org.uk</a>
<b>Carers UK</b>	A national charity supporting carers, includes advice on Corona virus for carers	<a href="http://www.carersuk.org/home">www.carersuk.org/home</a>
<b>Crossroads Care South</b>	Offer emergency respite care for carers	<a href="http://www.crossroadscare-sc.org/adult-services/">www.crossroadscare-sc.org/adult-services/</a>
<b>Agespace</b>	An online group for people supporting elderly relatives at risk of Coronavirus. A chance to virtually meet others in the same position and share your experience in these strange and uncertain times	<a href="http://www.agespace.org/coronavirus">www.agespace.org/coronavirus</a>

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## Coronavirus

### **Citizens Online**

A list of resources gathered from around the web to help you stay in touch with family, friends or colleagues during the coronavirus outbreak – or to help you to help others!

[www.citizensonline.org.uk](http://www.citizensonline.org.uk)

### **Covid 19 Mutual Aid UK**

Covid Mutual Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the covid-19 outbreak in the UK. We focus on providing resources and connecting people to their nearest local groups, willing volunteers and those in need.

<https://covidmutualaid.org/get-involved/>

<https://www.facebook.com/CovidAidUK/>

### **Adur and Worthing Council**

<https://www.adur-worthing.gov.uk/coronavirus/>

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## Domestic Violence

### **Safe in Sussex**

Safe in Sussex is a registered charity providing help and support for people affected by domestic abuse in West Sussex.

0300 333 7416

[info@safeinsussex.org.uk](mailto:info@safeinsussex.org.uk)

We're also committed to preventing domestic abuse and providing education and training on how to spot the signs of domestic abuse and promoting healthy relationships.

### **National Domestic Violence Helpline**

Help and support for women facing domestic violence.

0808 2000 247

### **The Men's Advice Line**

A helpline service for male domestic abuse survivors

0808 801 0327

### **National LGBT+ Domestic Abuse Helpline**

Emotional and practical support for LGBT+ people experiencing domestic abuse.

0800 999 5428

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## **Entertainment Libraries**

If you're a library member you can borrow eBooks and eAudiobooks from Borrowbox. You can also borrow eBooks, eAudiobooks, 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.

— You will then be able to use the eServices described above.

[libraries@brighton-hove.gov.uk](mailto:libraries@brighton-hove.gov.uk)

<https://new.brighton-hove.gov.uk/libraries-leisure-and-arts/libraries/borrow-electronic-books-and-audiobooks>

## **ChatterPack**

A list of free, online, boredom-busting resources

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR0bVpC39CEZclfKO8yBI-0Dnka-wXRNX3kNBF8s7g6OT4ahBYIX4gwGO2g>

## **Online Sudoku for Free**

Free sudoku games online.

<https://sudoku.com/>

## **Online Scrabble**

Free scrabble games online.

<https://www.lexulous.com/>

## **Word Games online**

Free word games online

<https://puzzles.independent.co.uk/category/>

## **Free knitting patterns online**

<https://www.laughinghens.com/knitting-patterns/free-knitting-patterns>

## **Online guide to museums**

Stuck at home? These 12 famous museums offer virtual tours you can take on your couch

<https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>

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## **Financial Advice**

### **Understanding Universal Credit**

[www.understandinguniversalcredit.gov.uk](http://www.understandinguniversalcredit.gov.uk)

This page provides information about coronavirus and claiming benefits. It will continue to be updated. Please check this page regularly for updates arrangements.

<https://www.citizensadvice.org.uk/benefits/universal-credit/before-you-apply/Check-if-you-can-get-Universal-Credit/>

### One Stop Junction

Provides a helping hand for people who are struggling with managing their money, and can check benefit entitlements. For anyone living in Adur & Worthing

<https://onestopjunction.org.uk/mon-ey-support/>

01903 221400  
07917 515299

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## Information & Advice

### Southern Prevention Assessment Teams

01273 268900  
(Shoreham)

[aaw.pat@westsussex.gov.uk](mailto:aaw.pat@westsussex.gov.uk)

We aim to help people living locally to stay healthy and remain independent. Normally, we work with people who do not receive services from specialist health care teams or social care services. This means we can check your general state of health and wellbeing, help you identify what may benefit you to retain your independence, enable you to make any changes, let you know what resources may be useful to you, provide assistance to access practical and emotional support

### Lifelong Services

[lifelongservices@westsussex.gov.uk](mailto:lifelongservices@westsussex.gov.uk)

<https://wiki.rixwiki.org/wiki/est-sussex-mm/home/westsussexlifelong>

We are currently creating a Lifelong Service for anyone that has a lifelong disability acquired before the age of 25 and or autism. The service is for people that require social care support either as a child and/or adult.

The vision of Lifelong Services is to provide a consistent approach to working in partnership with children, young people and adults with lifelong disabilities, autism and their families.

### My Network

<https://www.worthingmencap.org/mynetwork.php>

Worthing Mencap run the My Network Worthing & Littlehampton service in partnership with WSCC to provide adults with learning disabilities, who live independently in the community, with a point of contact where they can get help and advice. The service is currently only available phone text or email.

01903 202030

For anyone without a support network, they can offer regular contact and food/care packages dropped to their door if they are unable to get out.

## Citizens Advice

Citizens Advice will not be offering any face to face services. 0300 330 9033

The public can ring or email for advice sessions.

<https://www.brightonhovecab.org.uk/home>

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## Food

### Food Banks

For a list of Food Banks in Adur Worthing areas and how to access your local one:

<https://www.adur-worthing.gov.uk/community-wellbeing/foodbanks/>

<https://littlehamptondistrict.foodbank.org.uk/>

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## Medical

### NHS non emergency

NHS 111 is here to make it easier and quicker for patients to get the right advice or treatment they need, be that for their physical or mental health.

24 hours a day, 7 days a week. To get help from NHS 111, you can:

— Go online to nhs.uk (for assessment of people aged 5 and over only)

— Call 111 for free from a landline or mobile phone