

Services for Cluster Five Priority Needs: Quick Reference Guide November 2016

Priority Needs for Cluster Five

Key themes for healthcare are...

- Environment
- transport
- drinking
- fuel poverty
- housing
- student needs

There are more people than expected who...

- identify as BME
- live in one person households
- are students
- live in lone pensioner households
- have no heating
- live in over- crowded housing
- live in educational establishments e.g halls/student housing
- are admitted to hospital due to coronary heart disease
- are admitted to hospital due to Chronic obstructive pulmonary disease

Surgeries in this cluster are: Brighton Station Health Centre, Carden, Montpelier, New Larchwood, Seven Dials Medical Centre, University of Sussex Health Centre

There are fewer people than expected who ...

- have breast cancer
- have colorectal cancer
- die due to a stroke
- die due to respiratory disease
- die due to coronary heart disease
- die due circulatory disease

Useful Generic Websites

My Life Brighton and Hove

<http://www.mylifebh.org.uk/>

This website provides reliable information to residents and professionals in Brighton & Hove, and aims to support those wishing to improve their health and wellbeing. By giving access to both local and national information it aims to help people with a health condition or a social care need, their families and carers, to find the information they require to help with everyday living.

For more information see Community Insight

<http://bit.ly/1wAnF7A>

Directory of Health and Wellbeing Services 2015

<http://bit.ly/1pKiQMY>

Commissioned by Brighton & Hove City Council
Public Health Department

It's Local Actually

<http://bit.ly/1zeXZm1>

Looking for something to do or get involved with in your area? Find an activity perfect for you.

Community Works can help

We want to make sure that voluntary and community action has the greatest positive impact on everyone and that it is integrated with health and social care services. If you want to find out more about voluntary and community sector activities and services beyond those listed here or discuss a need in your community which you think a voluntary or community organisation could respond to, please contact info@bhcommunityworks.org.uk or visit <http://bhcommunityworks.org.uk/member-directory> to find out more about our 400+ member organisations.

Useful Services and Support for Cluster Five Priority Needs

Mental health

Mind in Brighton and Hove

<http://www.mindcharity.co.uk/>

Works to promote good mental health and empower people to lead a full life as part of their community. Services include advocacy and advice and information for people with mental health issues, their carers and families. Mind also provides peer support and offers a range of volunteer opportunities. Additionally, Mind provides bespoke mental health training.

Brighton & Hove Wellbeing Service

<http://bit.ly/1wEZKoA>

Offers a range of mental health support for common mental health problems, such as low mood, stress, anxiety and depression. The service is staffed by a team of qualified mental health specialists who deliver evidence based care with an aim to support people to achieve their goals.

Reduce alcohol consumption

Pavilions

0800 014 9819

www.pavilions.org.uk/contact-us

Pavilions provide adult Drug and Alcohol Services. Support is available to anyone concerned about their drug or alcohol use, or for the families and carers supporting those struggling with substance misuse.

Individuals can be referred or self-referred.

Reducing isolation

The Brighton & Hove Befriending Coalition Contact Point

01273 374 367

friends@bh-impetus.org

The Brighton & Hove Befriending Coalition is a group of organisations that provide befriending services to a wide range of people at risk of isolation and loneliness in the city. A central referral point has been set up to help people find the most suitable befriending organisation to for their needs.

Age UK Brighton and Hove <http://bit.ly/1o9giGz>

Offers a wide range of services, including counselling, a crisis service, help at home, volunteer help before and after hospital visits, information and advice.

Impact Initiatives <http://bit.ly/1nqwcwe>

From social activities, advocacy or counselling, employment support they provide support to people of all ages to live healthy and fulfilling lives. For projects for older residents **The Hop 50+** offers a range of activities, classes and trips, and has a community café.

Impetus <http://www.bh-impetus.org/>

Connects people to reduce isolation and improve wellbeing. Services support adults with learning disabilities, mental health issues, physical disabilities,

Young people

Brighton and Hove Youth Collective

01273 230130

Brighton and Hove Youth Collective is a “one stop shop” for everything young people need to know about what to do across Brighton and Hove if you are aged between 13 and 19 years old and are looking for events, clubs, advice or counselling.

Useful Services and Support for Cluster Five Priority Needs

Support for older people

Community Transport

01273 677559

<http://bhct.co.uk/>

provides accessible, safe and affordable transport to community groups, and individuals with mobility difficulties.

Age UK Brighton and Hove

01273 720603

<http://www.ageuk.org.uk/brightonandhove/>

Age UK Brighton & Hove offer a wide range of services for older people that cover the area of Brighton and Hove. This includes; advocacy and advice services, nail cutting and help at home.

Staying well as a student

The Student Life centre at the University of Sussex

01273 87 6767

<http://www.sussex.ac.uk/studentlifecentre/>

The SLC provides information, guidance, referrals and resources to enhance student transition to and progress through the University. Additional tailored support is provided for international students.

Student Support and Guidance Tutors at the University of Brighton

studentservices@brighton.ac.uk

<http://bit.ly/1KZpeph>

SSGTs are available for all students, and can help with a range of issues that might be impacting on studies.

Food, Health and Wellbeing

Brighton and Hove Food Partnership

01273 431700

www.bhfood.org.uk

Brighton and Hove Food Partnership helps people learn to cook, to eat a healthy diet, to grow their own food and to waste less food.

Get smokefree!

<http://bit.ly/1RAw9L1>

Information from Brighton and Hove City Council including the Stop Smoking Service which is provided by most of the pharmacies and GP practices in Brighton and Hove.

Domiciliary Smoking Cessation Service for Housebound Smokers

<http://bit.ly/1ZZQbUm>

A new service to support housebound smokers wanting to quit, providing one to one support.

Carers

The Carers Centre 01273 746222

<http://www.thecarerscentre.org/>

A local centre offering different kinds of carers services working with and supporting young and adult carers in the city.

Brighton and Hove City Council

<https://www.brighton-hove.gov.uk/content/social-care/carers>

Useful information about local services and an online self-assessment.

Useful Services and Support for Cluster Five Priority Needs

Advice

Advice Brighton and Hove

advice@advicebrighton-hove.org.uk

<http://www.advicebrighton-hove.org.uk/>

The Advice Brighton and Hove Partnership brings together some of the most well-known and trusted advice organisations in the city such as:

- **Moneyworks** 01273 809288
- **St Luke's Advice Service** 01273 549203
- **Brighton and Hove Citizens Advice** 01273 223951
- **Brighton Housing Trust** 01273 645400

Possability People 01273 89 40 40

<http://www.possabilitypeople.org.uk/>

Provide free, independent information and support to everyone including disabled people, their carers, families and friends.

Cancer Screening and Support

Macmillan Horizon Centre

020 7840 7840

<http://bit.ly/1ReZDK4>

The Centre will be opening in Spring 2016 and will offer all round support from a team of specialists in a calm, friendly and welcoming environment.

It has been designed with input from people affected by cancer to make it the best place to offer the support and services that people in Sussex need.

The **Impetus Cancer Advocacy** service
01273 775888

<http://bit.ly/1Rw5OZx>

supports adults in their client groups who are affected by cancer to make informed choices about treatment and care.

Advice for parents

Amaze 01273 772289

<http://amazebrighton.org.uk/>

Amaze is a charity that gives information, advice and support to parents and carers of children and young people with special educational needs and disabilities (SEND). They also support young people with SEND up to 25.

The Family Information Service 01273 293545

<http://bit.ly/28MTOGq>

FIS offers a range of information and advice for families. Information on local services that can help your family, such as groups that offer support and advice agencies.

Comments and updates?

Contact kaye@bhcommunityworks.org.uk Thanks.

For the most up to date version of this guide go to <http://www.bhcommunityworks.org.uk/gp-clusters/>