

# Services for Cluster Four Priority Needs: Quick Reference Guide November 2016

## Priority Needs for Cluster Four

Key themes for healthcare are...

- cancer
- healthy lifestyles
- isolation
- mental health
- older people

For more information see Community Insight  
<http://bit.ly/1wAnF7A>

There are more people than expected who...

- live in lone pensioner households
- have colorectal cancer
- claim mental health related benefits
- are admitted to hospital due to hip fracture
- are admitted to hospitals due to strokes

**Surgeries in this cluster are:**

Hove Medical Centre, Links Road, Mile Oak Medical Centre, Portslade Health Centre, Hangleton Manor, Wish Park, Benfield Valley healthcare.

There are fewer people than expected who ...

- eat healthily
- binge drink
- smoke (little variation)
- die due to circulatory disease
- die due to respiratory 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.

### 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](mailto: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 Four Priority Needs

### Mental health

#### Mind in Brighton and Hove

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

**01273 66 69 50**

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.

#### Brighton & Hove Wellbeing Service

<http://bit.ly/1wEZKoA> **0300 002 0060**

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.

#### No Panic – Youth Helpline

**07738040451**

Right Here is an innovative health and wellbeing project led by volunteers aged 16-25.

### Reduce alcohol consumption

#### Pavilions

[www.pavilions.org.uk/contact-us](http://www.pavilions.org.uk/contact-us)

**01273 731900**

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.

### Give up smoking

#### 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.

### Food, Health and Wellbeing

#### Brighton and Hove Food Partnership

**01273 431700**

[www.bhfood.org.uk](http://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.

#### Hangleton & West Blatchington Food Bank

**07990 631892**

The Food Bank provides food parcels to individuals and families who find themselves in crisis. To receive a food parcel one must be referred to the Food Bank by a local agency.

### 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 Four 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.

### Hangleton and Knoll Project

**01273 881446**

<http://www.hkproject.org.uk/index>

The Hangleton and Knoll Project exists to work in partnerships with residents to access and develop opportunities and resources and to facilitate positive change as identified by the residents of our communities.

#### Related projects include:

##### HaKIT 01273 881446

provides IT resources to the local community

##### Hangleton and Knoll Health Forum

01273 410858

This forum is made up of representatives from the local GP Surgeries and patients.

### Support for older people

#### Hangleton and Knoll Project

[www.hk50plus.org.uk](http://www.hk50plus.org.uk)

For information about all 50+ activities in Hangleton and Knoll contact Clare Hopkins on 01273 410858, email [clare.hopkins@hkproject.org.uk](mailto:clare.hopkins@hkproject.org.uk)

#### 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.

#### Community Transport

**01273 677559**

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

Community Transport (Brighton, Hove & Area) Ltd provides accessible, safe and affordable transport to community groups, voluntary sector organisations and individuals with mobility difficulties.

### Cancer Screening and Support

#### Macmillan Horizon Centre

0808 808 00 00

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

This new centre 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.

## Useful Services and Support for Cluster Four Priority Needs

### Reducing isolation

#### The Brighton & Hove Befriending Coalition Contact Point

01273 374 367

[friends@bh-impetus.org](mailto: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.

#### Impetus

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

01273 775888

Connects people to reduce isolation and improve wellbeing. Services support adults with learning disabilities, mental health issues, physical disabilities, autistic spectrum conditions and older people. The **Neighbourhood Care Scheme** provides befriending support: social visiting, accompanying out, form filling and some practical tasks.

#### Impact Initiatives

01273 322940

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

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.

#### Hangleton and Knoll Multi Cultural Women's Group

A group open to all women. Providing health focused activities and monthly coffee mornings. **Contact:**

Takako on 07830266819

Email: [takako18@hotmail.com](mailto:takako18@hotmail.com)

Miranda (Arabic speaker) on 07805033421

Email: [allanmiranda0@gmail.com](mailto:allanmiranda0@gmail.com)

### Be more physically active

#### Council's Sport and Physical Activity Team

01273 292724

<http://bit.ly/1Ro4VTu>

Whether you are completely new to sport or physical activity or would like to do a little more each day, the Council's Sport and Physical Activity Team can help. High quality programmes are designed to meet the needs of the City's diverse communities. All activities are provided locally, at low cost or free.

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

This Activity Finder A-Z allows you to search for specific sports and provides you with the contacts for the clubs and groups across Brighton and Hove.

#### Health trainers (01273) 296877

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

Health trainers offer one-to-one advice, support and encouragement to help people be fitter and healthier.

### Comments and updates?

Contact [kaye@bhcommunityworks.org.uk](mailto:kaye@bhcommunityworks.org.uk)  
Thanks.

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