

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

Priority Needs for Cluster One

Key themes for healthcare are...

- Lifestyles
- Mental health
- Social isolation
- Multi-morbidity

There are more people than expected who...

- die prematurely
- die from heart related issues or cancer and are under 75
- smoke
- are overweight
- drink alcohol excessively
- have mental health issues

Surgeries in this cluster are: Albion Street, Ardingly Court, Brighton Homeless Practice, Lewes Road, North Laines, Park Crescent, Pavilion, St Peters.

There are fewer people than expected who have ...

- bowel cancer screening
- heart issues identified
- dementia diagnosed

For more information see Community Insight

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

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 or visit <http://bhcommunityworks.org.uk/member-directory> to find out more about our 400+ member organisations.

Useful Services and Support for Cluster One Priority Needs

Mental health

Mind in Brighton and Hove

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

01273 666950

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>

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.

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>

01273 720603

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

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 894040**

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

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

Useful Services and Support for Cluster One Priority Needs

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. This Stop Smoking Service is flexible and tailored to meet the needs of individual smokers.

Smoke Free Me

<http://dsd.me/smokefreeme/>

A six-week programme using scientifically-proven psychological techniques to help you quit for good and claim back your passion for life. You can sign up free online on your phone, tablet or PC.

Domiciliary Smoking Cessation Service for Housebound Smokers

<https://www.brighton-hove.gov.uk/content/health/health-and-wellbeing/home-based-stop-smoking-service>

A new service to support housebound smokers wanting to quit, providing one to one behaviour support along with stop smoking medicine.

Food, Health and Wellbeing

Brighton and Hove Food Partnership

www.bhfood.org.uk

01273 431700

Brighton and Hove Food Partnership provide free 10 week exercise and nutrition programmes and individual sessions with a Dietitian for people above an ideal weight, Eat Well workshops for community groups and cookery courses for beginners and those looking to teach others. They also offer a volunteer referral service for people wanting to get involved in community gardens and run a project called Sharing the Harvest, which offers support to those with support needs.

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 qualify for free support, you need to be over 18, living in Brighton & Hove and interested in committing to eating more healthily, becoming more physically active, drinking less alcohol or quitting smoking.

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.

Useful Services and Support for Cluster One Priority Needs

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/28MTOGg>

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.

Dementia Support

Alzheimer's Society

01273 726266

<https://www.alzheimers.org.uk/>

They Alzheimer's Society has information to help you understand dementia and what to expect, and practical advice and support to help you to live as well as possible with the condition.

You can speak to friendly experts on their Helpline, talk to others affected by dementia on their online forum, and get face-to-face support at one of their community-based services.

Reduce alcohol consumption

Pavilions <http://www.pavilions.org.uk/>

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.

Pavilions works to make life better for those affected by alcohol and drugs. It places service users at its heart and recovery as its goal.

Individuals can be referred or self-refer during drop in times.

Cancer Screening and Support

Macmillan Horizon Centre

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

0808 808 00 00

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

<http://bit.ly/1Rw5OZx> **01273 737888**

Service supports adults who are affected by cancer to make informed choices about treatment and care.

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/>