

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

Priority Needs for Cluster Six

Surgeries in this cluster are: Brighton Health and Wellbeing Centre, Central Hove, Charter Medical Centre, Hove Park Villas, Matlock Road, Sackville Medical Centre.

Key themes for healthcare are...

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

There are more people than expected who...

- drink alcohol excessively
- have mental health issues
- smoke
- have emergency hip operations
- live in single person households
- have colorectal cancer

There are fewer people than expected who die from ...

- Coronary heart disease (CHD)
- Respiratory disease
- Stroke
- Circulatory disease

But fewer people are on CHD or diabetes registers than are expected

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 Six Priority Needs

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.

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

01273 322940

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/>

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.

Time To Talk Befriending **01273 737710**

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

Time To Talk Befriending provides a befriending service to people aged 65+ across the city.

Mental health

Brighton & Hove Wellbeing Service

0300 002 0060

<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.

Mind in Brighton and Hove

01273 66 69 50

<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.

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.

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

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

Useful Services and Support for Cluster Six Priority Needs

Lifestyles

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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 extremely flexible and tailored to meet the needs of individual smokers.

Smoke Free Me

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

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

Advice

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.

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

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 Six Priority Needs

Food, Health and Wellbeing

Brighton and Hove Food Partnership

01273 431700

www.bhfood.org.uk

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 helps support people with learning disabilities, or those with experience of homelessness, mental health issues, abuse and addiction to improve their health and wellbeing by growing food. The Food Partnership also gives advice on community composting, reducing food waste at home and on food poverty and support for food banks.

Cancer Screening and Support

Macmillan Horizon Centre

0808 808 00 00

<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.

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.

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.

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/>