

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

Priority Needs for Cluster Two

Key themes for healthcare are...

- cancer
- smoking
- healthy lifestyles
- housing
- child needs
- Isolation

There are more people than expected who...

- have lung cancer
- have breast cancer
- have a long term illness.
- live in health deprivation hotspots
- Smoke
- live in overcrowded accommodation
- live in a deprived area
- are aged 65+

Surgeries in this cluster are: Broadway, Regency, Ridgeway, Saltdean and Rottingdean School House, Ship Street, Avenue, Woodingdean Medical Centre, Saltdean, Rottingdean and St.Lukes

There are fewer people than expected who ...

- eat healthily
- binge drink
- die from a stroke
- die from a respiratory disease
- have prostate cancer

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 Two Priority Needs

Mental health

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. 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.

Reduce alcohol consumption

Pavilions

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.

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

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.

Somerset Day Centre

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

We provide day services for older people to promote independence and enhanced quality of life. We offer social and creative activities, trips and advice as well as minibus transport within East Brighton. We also provide a fully inclusive social club 'Older and Out' for older LGBTQI people.

Lifelines

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

01273 688117

LifeLines is an exciting local volunteer-led project which aims to improve the health and wellbeing of isolated and vulnerable older people living in East Brighton. Anyone aged 50 or over can volunteer or take part in our free activities which range from art classes to Tai Chi. Our oldest volunteer is 92!

Advice for parents

Amaze

<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.

Family Information Service

<http://bit.ly/22CDVXt>

01273 293545

FIS offers a wide range of information and advice for families. There is an online directory along with advisors for more complex issues. Some of the information you can find online includes:

The different types of childcare available.

Local services that can help your family, such as groups that offer support and advice agencies, activities for children and young people.

Stop smoking

Get smokefree!

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

Information from Brighton and Hove City Council including the Stop Smoking Service is provided by most of the pharmacies and GP practices in Brighton and Hove. This Service is flexible and tailored to meet the needs of individual smokers.

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 behavior support along with stop smoking medicine.

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. They also offer a volunteer referral service for people wanting to get involved in community gardens. They also 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.

Meals on wheels

01273 410117

<http://bit.ly/1ZwHA6R>

Meals on wheels delivers frozen and hot meals delivered to people in their own home. A meal can be delivered at lunch time every day, or specified days as requested.

The Sport & Physical Activity team

01273 292724

The Sport & Physical Activity team aims to help more people in the city to lead an active lifestyle. If you are looking for advice or support, please contact the team

Health Trainers

01273 296877

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

Health trainers offer one-to-one advice, support and encouragement.

Health Walks

<http://bit.ly/28QB5v6>

There are 18 regular walks across the city and lengths I range from under a mile They are all free, led by trained Volunteer Walk Leaders and are also accessible by public transport.

Useful Services and Support for Cluster Two Priority Needs

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

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

Housing and 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 64540

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.

The Whitehawk Inn

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

01273 682 222

The Whitehawk inn provides support and advice for those who are looking to go back to work in the form of careers advice and employment support.

- one to one advice and guidance to help people save and better manage their money
- An internet cafe.
- source suitable training
- Arrange appointments with specialist agencies.
- support to access the internet online

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.

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/>