



# Sussex Signposting manual

## Contents

National Signposting .....	4
Pre-Diabetes Support .....	4
Healthy Weight .....	4
Mental Health .....	4
Healthy Lifestyles .....	5
Smoking .....	5
Nutrition/Dietetic .....	5
Physical Activity Guidelines .....	5
Active10 .....	5
Sleep .....	5
Alcohol Consumption .....	6
Mood .....	6
Drugs .....	6
Carer Support Services .....	6
Dementia .....	6
Ageing .....	6
Bereavement Services .....	7
Domestic Abuse .....	7
Learning Disability Advice and Support .....	7
Sussex .....	8
Pre-diabetes Support .....	8
Physical Activity .....	8
Alcohol and Drugs .....	9
Mental Health .....	9
Mindfulness .....	9
Domestic Abuse Services .....	9
Housing .....	9
Local Libraries Directory .....	10
West & Mid Sussex Generic .....	11
Mid Sussex Wellbeing Coaching Service .....	11
West Sussex & Mid Sussex Wellbeing .....	11
East Sussex & Brighton & Hove Generic .....	11
One at You East Sussex .....	11

Sussex Community Development Association (SCDA) .....	12
East Sussex Community Information Service (ESCIS).....	12
Healthy Lifestyles – Brighton & Hove .....	12
West Sussex & Mid Sussex .....	13
Smoking Cessation.....	13
Weight Management .....	13
Physical Activity .....	13
Alcohol and Drugs .....	14
Mental Health .....	14
Carer Support Services .....	15
Dementia Services .....	16
East Sussex .....	16
Smoking Cessation.....	16
Weight Management .....	16
Healthy Eating .....	17
Physical Activity .....	17
Alcohol and Drugs .....	17
Mental Health .....	18
Carer Support Services .....	18
Dementia Services .....	18
Domestic Abuse .....	18
Brighton & Hove .....	19
Smoking Cessation.....	19
Weight Management .....	19
Physical Activity .....	19
Alcohol and Drugs .....	20
Mental Health .....	20
Domestic Abuse .....	20
Health and Wellbeing .....	20

## National Signposting

### Pre-Diabetes Support

#### Diabetes UK

<https://www.diabetes.org.uk/preventing-type-2-diabetes/prediabetes>

Support, advice and information relating to everything prediabetes. Including links to the 'Know your risk' self-referral tool.

### Healthy Weight

#### NHS Live Well

<https://www.nhs.uk/live-well/healthy-weight/>

### Mental Health

#### Mind-Mental Health Charity

[0300 123 3393](tel:03001233393)

[info@mind.org.uk](mailto:info@mind.org.uk)

Text: [86463](tel:86463)

When you're living with a mental health problem, or supporting someone who is, having access to the right information – about a condition, treatment options, or practical issues.

#### Rethink

<https://www.rethink.org/> tel:03005000927

[advice@rethink.org](mailto:advice@rethink.org)

Our advice and Information Service offers practical help on a wide range of topics such as The Mental Health Act, community care, welfare benefits, debt and carers rights. We also offer general information on living with mental illness, medication and care.

#### Samaritans

<https://www.samaritans.org/>

Call: 116 123/0330 094 5717

Samaritans is a national charity which is a unique organisation dedicated to reducing the feelings of isolation and disconnection that can lead to suicide.

#### The Marmalade Trust

<https://www.marmaladetrust.org/law>.

[info@marmaladetrust.org](mailto:info@marmaladetrust.org)

To provide support for those facing loneliness and social isolation



## Healthy Lifestyles

### NHS Live Well

<https://www.nhs.uk/live-well/healthy-body/>

## Smoking

### NHS Live Well

<https://www.nhs.uk/live-well/quit-smoking/>

## Nutrition/Dietetic

### NHS Live Well

<https://www.nhs.uk/live-well/eat-well/>

### BDA – The Association of UK Dietitians

<https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html>

The BDA Food Facts sheets are free for you to read, download and print for your own reference. Food Fact Sheets are written by dietitians to help you learn the best ways to eat and drink to keep your body fit and healthy

## Physical Activity Guidelines

### NHS Live Well

<https://www.nhs.uk/live-well/exercise/>

## Active10

### NHS One You

<https://www.nhs.uk/oneyou/active10/home>

## Sleep

### NHS Live Well

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

## Alcohol Consumption

### NHS Live Well

<https://www.nhs.uk/live-well/alcohol-support/>

## Mood

### NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

## Drugs

### Talk To Frank

<https://www.talktofrank.com/>

Call: 0300 123 6600

Text: 82111

## Carer Support Services

### Carers UK

0808 808 7777

<https://www.carersuk.org/>

Advice and support for carers and the people they care for.

## Dementia

### Alzheimer's Society

01234 327 380

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

Services for people with dementia and their carers.

## Ageing

### Age UK

01903 731 800

Age UK is a local charity working in the community to support older people.

## Bereavement Services

### **NHS (online)**

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

Advice on how to deal with grief – dos and don'ts when dealing with grief.

### **Cruse Bereavement Care (online)**

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Advice on how to deal with grief throughout COVID-19

## Domestic Abuse

### **Refuge**

0808 2000 247

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

On any given day Refuge supports more than 6,000 clients, helping them rebuild their lives and overcome many different forms of violence and abuse; for example domestic violence, sexual violence, so-called 'honour'-based violence, human trafficking and modern slavery, and female genital mutilation. The freephone, 24-hour National Domestic Abuse Helpline.

## Learning Disability Advice and Support

### **Mencap**

0808 808 1111

<https://www.mencap.org.uk/advice-and-support>

Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers. Our vision is a world where people with a learning disability are valued equally, listened to and included.

### **Scope**

0808 800 3333

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

Provide practical information and emotional support when it's most needed and campaign relentlessly to create a fairer society.

## Gestational Diabetes

### Gestational Diabetes UK

<https://www.gestationaldiabetes.co.uk/gestational-diabetes-support/mail@gestationaldiabetes.co.uk>

Gestational Diabetes UK® is here to help and support anyone with gestational diabetes, those who would like to know more about the condition and those who care for people with gestational diabetes [GDM].

## Sussex

### Pre-diabetes Support

#### Diabetes Support Forum

[https://www.diabetes.org.uk/how\\_we\\_help/community/diabetes-support-forum/south.east@diabetes.org.uk](https://www.diabetes.org.uk/how_we_help/community/diabetes-support-forum/south.east@diabetes.org.uk)

Our Support Forum is an online community where you can exchange knowledge and experiences with other people with diabetes, family and carers.

The site is free, and simple to use. If you just want to read the existing conversations, you can choose a topic from the message boards. To join the community and have your say, you will need to register. Your details will not be passed on to any third parties.

## Physical Activity

### Active Sussex

<https://www.activesussex.org/#>  
<http://www.activesussex.org/wp-content/uploads/2020/12/Active-Sussex-TGC-Network-Pack-.pdf>

Active Sussex's main aim is to increase participation in sport and physical activity at a local level. Including 'This Girl Can' is a Sport England national campaign. It's a celebration of active women everywhere who are doing their thing, no matter how they do it, how they look or even how sweaty they get.

### We are Undefeatable

<https://weareundefeatable.co.uk/>

We Are Undefeatable" is a movement supporting people with a range of long term health conditions, Our purpose is to support and encourage finding ways to be active that work with each person's conditions, not against them



## Alcohol and Drugs

### Change, Grow Live (CGL)

0300 303 8677

<http://changeGrowLive.org>

Offers non-judgemental and discrete support to all West Sussex residents affected by alcohol and other drugs, including prescription medications.

## Mental Health

### Sussex Mental Healthline - Sussex

0300 5000 101

[https://www.sussexpartnership.nhs.uk/sites/default/files/documents/0052\\_core\\_leaflet\\_west\\_sussex\\_mental\\_healthline\\_final\\_digi\\_version.pdf](https://www.sussexpartnership.nhs.uk/sites/default/files/documents/0052_core_leaflet_west_sussex_mental_healthline_final_digi_version.pdf)

Helpline that can support you with any mental health issues.

## Mindfulness

### Sussex Mindfulness Centre

0300 304 2057

[smc@sussexpartnership.nhs.uk](mailto:smc@sussexpartnership.nhs.uk)

<https://sussexmindfulnesscentre.nhs.uk/about/contact/>

Sussex Mindfulness Centre aims to improve wellbeing through mindfulness

## Domestic Abuse Services

### The Saturn Centre SARC (sexual assault referral centre) – West Sussex

01293 600469

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

Provides a range of services to women and men who have been raped or sexually assaulted.

## Housing

### Southdown

01273 405800

<https://www.southdown.org/>

At Southdown we have a shared supportive approach that focuses on five key areas housing and homelessness prevention, health and wellbeing, financial resilience, community inclusion, and work and learning.

## Local Libraries Directory

<https://www.gov.uk/local-library-services>

Your local library provides many services such as book loans, CD rental and internet access.

## Visual Impairment

### East Sussex Vision Support

<https://eastsussexvisionsupport.org/>

01323 832252

Our aim is to promote independence, provide support, prevent feelings of social isolation and maximise opportunities for people with sight loss in East Sussex, Brighton and Hove

## Hearing Impairment

### Sussex Deaf Association

<https://www.charitychoice.co.uk/sussex-diocesan-association-for-the-deaf-2813>

02073594442

Sussex Deaf Association was founded in 1912 to provide spiritual and social welfare for deaf people in Sussex by the Diocese of Chichester. In 1995, SDA became an independent organisation in its own right although The Lord Bishop of Chichester remains our President.

## British Sign Language (BSL)

### East Sussex Hearing

<https://www.eshrc.org/our-services/bsl-drop-in/>

07950 855 580

## West & Mid Sussex Generic

### Mid Sussex Wellbeing Coaching Service

<https://xylahealthandwellbeing.com/our-services/social-prescribing-and-health-coaching/mid-sussex-wellbeing/>

07484 039035  
sussexwellbeing@xylahealth.com

Xyla Health & Wellbeing are working alongside Mid Sussex District Council to offer a free 1 to 1 lifestyle support programme for adults registered with a GP in Mid-Sussex. Each programme we provide is unique and tailored to the individual. Our evidence-lead approach alongside providing support, encouragement and motivation throughout ensures that the changes last a lifetime.

### West Sussex & Mid Sussex Wellbeing

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

<https://www.westsussexwellbeing.org.uk/events>

01444 477191  
wellbeing@midsussex.gov.uk

This wellbeing service can help you to find local wellbeing information and services. Mid Sussex Wellbeing is a friendly and impartial service and the majority of the services are completely **FREE** to all users.

## East Sussex & Brighton & Hove Generic

### One at You East Sussex

<https://oneyoueastsussex.org.uk/>  
01323 404600

hello@oneyoueastsussex.org.uk

We can help you get back to a healthier you, and support you to make simple changes towards a longer and happier life. We will provide tools, motivational support and encouragement every step of the way, to help improve your health right away.

## Sussex Community Development Association (SCDA)

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

Offering a variety of community services and initiatives:

- Support and run health walks
- Offering affordable counselling services
- Wellfair/benefits advice
- Run several food banks (donations and recipients)

## East Sussex Community Information Service (ESCIS)

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

ESCIS is a broad directory, encompassing all community information and events in East Sussex. It is a database of community information and events including:

- Information and advice
- Hobbies and clubs
- Business advice
- Places of worship
- Toddler groups
- Clubs and societies
- Environmental groups
- Sports clubs and facilities
- Places to visit

## Healthy Lifestyles – Brighton & Hove

<https://www.brighton-hove.gov.uk/sites/default/files/health/Healthy%20Lifestyles%20Referral%20Pack%20BHCC%20-%202011%20Oct%202019.pdf>  
01273 294589

Brighton & Hove City Council Healthy Lifestyles Team provide a single point of access to a range of healthy lifestyle services for Brighton & Hove residents who would like to make healthy lifestyle changes. Services include: **Stop smoking**,

increase physical activity, get to a healthy, alcohol reduction, improving general wellbeing.

## West Sussex & Mid Sussex

### Smoking Cessation

#### West Sussex Wellbeing

<https://www.westsussexwellbeing.org.uk/topics/smoking/services-for-west-sussex>

01444 477191

[wellbeing@midsussex.gov.uk](mailto:wellbeing@midsussex.gov.uk)

A full list of smoking cessation providers across the whole of West Sussex. Simply enter your postcode, and the nearest service to you will be available. They will offer you free one-to-one support for 6 weeks and will arrange for you to have a stop smoking product for 12 weeks for the cost of a prescription.

### Weight Management

#### West Sussex Wellbeing

<https://midsussex.westsussexwellbeing.org.uk/topics/healthy-eating/weight-off-workshop>

01444 477191

[wellbeing@midsussex.gov.uk](mailto:wellbeing@midsussex.gov.uk)

Their 8 week virtual courses aim to support people towards a sustainable lifestyle change by motivating you to make positive food choices, increasing activity (participants will have access to up to 6 free online exercise classes) and considering practical ways to create and sustain healthy eating habits.

### Physical Activity

#### West Sussex Wellbeing

<https://midsussex.westsussexwellbeing.org.uk/topics/being-active/coronavirus-exercise>

01444 477191

[wellbeing@midsussex.gov.uk](mailto:wellbeing@midsussex.gov.uk)

Ideas, useful information and government guidance on how to initiate, maintain or improve your physical activity throughout any stage of your life. Includes how to make exercise more exciting!

## Alcohol and Drugs

### West Sussex Wellbeing

<https://midsussex.westsussexwellbeing.org.uk/topics/alcohol/alcohol-advice-during-covid-19>

<https://midsussex.westsussexwellbeing.org.uk/topics/drugs/what-drugs-do-to-you>

01444 477191

[wellbeing@midsussex.gov.uk](mailto:wellbeing@midsussex.gov.uk)

Their Alcohol Wellbeing Advisors are available across West Sussex. They provide one-to-one support to help you cut down or stop drinking. Currently this service is being offered by telephone, video calling and text. Links to services for drug dependency.

### DAWN (Drug and Alcohol Wellbeing Network) – West Sussex

0300 303 8677

<https://www.pathfinderwestsussex.org.uk/service/west-sussex-drug-alcohol-and-wellbeing-network-dawn-northern-area>

[wsypsms@cgl.org.uk](mailto:wsypsms@cgl.org.uk) (24 and under). [WestSussex.contact@cgl.org.uk](mailto:WestSussex.contact@cgl.org.uk) (25 and over)

Provides support to people of any age, who are looking to reduce or stop their drinking or use of drugs.

## Mental Health

### West Sussex Wellbeing

<https://midsussex.westsussexwellbeing.org.uk/topics/healthy-mind/coronavirus-mental-wellbeing>

01444 477191

[wellbeing@midsussex.gov.uk](mailto:wellbeing@midsussex.gov.uk)



Helpful ideas on looking after our mental health whilst socially distancing and self-isolating.

### **Time to Talk**

<https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?DirectoryID=16358>

Adur, Arun, Chancetonbury and Worthing – 01903 703540

Bognor, Chichester – 01273 265967

Crawley, Horsham – 01403 620434

Mid Sussex – 01444 251084

Offering talking therapies to people struggling with stress, anxiety, depression, self-esteem, PTSD and more.

## **Carer Support Services**

### **West Sussex Wellbeing Service**

<https://midsussex.westsussexwellbeing.org.uk/topics/falls-prevention/wellbalanced>  
01444 477191

[wellbeing@midsussex.gov.uk](mailto:wellbeing@midsussex.gov.uk)

This course is for you or if you know someone who has felt unsteady on their feet, experienced a fall, want to prevent a fall, have been referred by an NHS falls prevention service and are able to rise from a chair without help.

### **Carers Wellbeing Service**

<http://www.sussexcommunity.nhs.uk/services>

01403 227000

They can visit you at home and check your general state of health and wellbeing.

The team can offer advice on how to stay healthy and manage any health issues you might have.

### **Carers Support – West Sussex**

<https://www.carerssupport.org.uk/about-us/who-we-are/>

0300 028 8888

Support Groups; a Carer Response Line; Help carers access equipment to assist them in their caring role or provide funds so that carers can do something for themselves.

## Dementia Services

### Dementia Support – West Sussex

01243 888 691

[info@dementia-support.org.uk](mailto:info@dementia-support.org.uk)

<https://www.dementia-support.org.uk/>

Sage House is open to anyone with a concern about dementia and memory loss in the West Sussex area.

## East Sussex

### Smoking Cessation

#### One You East Sussex

01323 404600

<https://oneyoueastsussex.org.uk/quit-on-the-go/>

[hello@oneyoueastsussex.org.uk](mailto:hello@oneyoueastsussex.org.uk)

One to one consultations or regular group sessions to help you quit smoking. Services are also available from participating GPs and pharmacies across East Sussex. Contact your local GP or pharmacy for more information. One You East Sussex can all discuss local options

## Weight Management

#### One You East Sussex

01323 404600

<https://oneyoueastsussex.org.uk/services/manage-your-weight/>

Weight managementsupport, click the 'Get Started Today' to start the Lose Weight with One You East Sussex or Man V Fat programmes.

#### Ready, Steady, Go!

0300 123 4062

<https://www.kentcht.nhs.uk/service/school-health/school-health-service-east-sussex/ready-steady-go-east-sussex/>

8 week programme to support families to achieve and maintain a healthy weight with a focus on making small, achievable lifestyle changes around healthy eating and activity.

## Healthy Eating

### **Community Chef \***

07766 526217

<http://communitychef.org.uk/events-booking/>

Community cookery courses that are running remotely, including pre-diabetic cooking courses. Based in the Lewes area.

### **Bags of Taste (Hastings only)**

<https://www.bagsoftaste.org/about/>

To help change the everyday diets of people who are either in, or who face food poverty, away from being dependent on highly processed and takeaway foods, to regularly cooking good, tasty, home-cooked food for themselves and their families.

## Physical Activity

### **One You East Sussex – Move More**

01323 404600

<https://oneyoueastsussex.org.uk/services/move-more/>

Click the 'Get Started' button on web page, and a health coach will be in touch to help you become more active.

### **Sustrans**

<https://sustransuk.github.io/>

Sustrans in East Sussex welcomes anyone who would like to try some gentle cycling to feel fitter and meet new people. They offer a free bike loan and cater their rides to meet the physical needs of those who are joining them. They also plan low traffic and beautiful routes to make sure everyone gets the most out of our rides. They offer online resources as well so everyone who takes part can join them in group zoom sessions where they share tips and advice on getting the most out of your bike."

## Alcohol and Drugs

### **One you East Sussex – Drink Less**

01323 404600

<https://oneyoueastsussex.org.uk/services/drink-less/>

Information, guidance and support on how to 'drink less'.

## Mental Health

### Health in mind

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

Health in Mind is a free NHS service for anyone in East Sussex experiencing these kinds of emotional or psychological difficulties.

### East Sussex 1Space – Support for Survivors of Suicide

01273 519108

<https://1space.eastsussex.gov.uk/Services/2605>

Support for people affected by suicide

## Carer Support Services

### Care for the Carers

01323 738390

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

Our team of staff and volunteers can provide free practical and emotional advice – face to face, by telephone, or online, for carers in the East Sussex Area.

## Dementia Services

### Dementia Support East Sussex (DSES)

07799 886856

<http://www.dementiasupport.me.uk/>

Free membership, voluntary initiative, aiming to address the gaps in the existing provision of care for those touched by dementia, and respite for their carers.

## Domestic Abuse

### The Portal – East Sussex

0300 323 9985

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

Help and support for those who have suffered from domestic abuse in East Sussex area.

## Brighton & Hove

### Smoking Cessation

#### Healthy Lifestyles Team

01273 294589

<https://new.brighton-hove.gov.uk/health-and-wellbeing/support-improve-your-health/help-stop-smoking>

Free one to one support and regular group sessions for people living in Brighton & Hove who would like to stop smoking. We provide support in locations across the city and can offer stop smoking medication for the same price as a prescription.

### Weight Management

#### BeeZee Bodies

01273 041397

<https://beezeebodies.com/>

We help adults, children and families make healthy habits to eat well, move more and feel great – for good. We will help you make healthy habits and take the first step toward a healthier, happier lifestyle. Discover which group is right for you.

### Physical Activity

#### Healthy Lifestyles Team

01273 294589

<https://www.brighton-hove.gov.uk/health-and-wellbeing/support-be-active>

How to find local activities, get support from a health trainer, and get active in the city.

#### Brighton & Hove Walking Football Club

<https://brightonwfc.com/>

It's a gentler and safer version of the beautiful game - ideal for older people - because running and physical contact are not allowed

## Alcohol and Drugs

### **Pavilions Drug & Alcohol Service**

01273 731 900

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

We provide treatment for all residents, over the age of 18, who are struggling with issues around drug or alcohol misuse.

## Mental Health

### **Community Roots**

0808 196 1768

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

We're a network of local community services committed to supporting good mental health and wellbeing in Brighton & Hove. If you need support, or know somebody that does, please get in touch and we will help you navigate and access services.

## Domestic Abuse

### **Rise Brighton**

01273 622 828

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

RISE is an independent, Brighton-based registered charity that helps people affected by domestic abuse. We offer practical help ranging from direct advice to refuge accommodation for those whose lives are at risk.

### **The Portal – Brighton & Hove**

0300 323 9985

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

Help and support for those who have suffered from domestic abuse in Brighton & Hove.

## Health and Wellbeing

### **Together Collective**

01273 229382



<https://togetherco.org.uk/what-we-do/social-prescribing>

Together Co Social Prescribing can help link people in with resources in their local community, such as activity groups, peer support, financial advice services, and much more.