



Community Services Directory

Eastbourne & South Wealden
Hastings & Rother
Lewes & North Wealden
Countywide



August 2014/v2.0

Introduction

The services listed in this directory have been collated from information available on various different directories, e.g. East Sussex 1Space and ESCIS, and from organisations' websites.

As such the information is accurate to the best of our knowledge but we would strongly recommend that you contact the organisation listed to ensure that the information is still correct, or use the relevant staff practice guidance where appropriate.

The services included in this directory are, to the best of our current knowledge, either free to the client or low-cost. Work to map and catalogue community-based services is on-going and as such we will be issuing updates to this Directory in the near future.

If you have any feedback or updates on the services listed, or if you are aware of any additional free or low-cost community-based services that are not currently listed here, please let us know using the contact details listed below:

Kevin Moore – Service Development Manager

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Zareen Graves – Project Support Officer

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EASTBOURNE AND SOUTH WEALDEN			
Organisation	Contact Details	Details	Cost
Age Concern: Eastbourne Befriending scheme	Zara O'Brien/Mari Easton The William and Patricia Venton Centre Junction Road Eastbourne, BN21 3QY Phone: 01323 749034 Other: 01323 638474 E: info@ageconcerneastbourne.co.uk W: www.ageconcerneastbourne.org.uk	Offers a regular visitor to give friendship and support to isolated older people who are unable to leave their home. Coverage: Eastbourne	Free
Age Concern: Eastbourne Forget-me-not	Zara O'Brien/Mari Easton The William and Patricia Venton Centre Junction Road Eastbourne, BN21 3QY Phone: 01323 749034 Other: 01323 638474 E: info@ageconcerneastbourne.co.uk W: www.ageconcerneastbourne.org.uk	Is a telephone befriending service that provides a regular contact call to brighten the day of an isolated older person. Coverage: Eastbourne	Free

<p>Age Concern: Eastbourne</p> <p>Home from Hospital</p>	<p>Zara O'Brien The William and Patricia Venton Centre Junction Road Eastbourne, BN21 3QY</p> <p>Phone: 01323 749854</p> <p>E: info@ageconcerneastbourne.co.uk</p> <p>W: www.ageconcerneastbourne.org.uk</p>	<p>Visit you in Hospital then at home, collect prescriptions and shopping.</p> <p>Coverage: Eastbourne & Pevensey Bay</p>	<p>Free</p>
<p>Age Concern: Eastbourne</p> <p>Social Activities</p> 	<p>The William and Patricia Venton Centre Junction Road Eastbourne, BN21 3QY</p> <p>Phone: 01323 638474</p> <p>E: info@ageconcerneastbourne.co.uk</p> <p>W: www.ageconcerneastbourne.org.uk</p>	<p>There are a variety of activities that take place Monday to Friday, early morning to mid afternoon. Each day will offer different activities including: Creative Writing, Tai Chi, Making Memories, Drop in Café, Poetry Circle, Extend Classes, art Groups, Hourly Computer Open Sessions and Community Choir (all ages).</p> <p>Coverage: Eastbourne</p>	<p>Some activities are free of charge, others range between £1.50 to £4.00 - please contact the provider to confirm availability and book a place.</p>
<p>Age Concern: Eastbourne</p> <p>Transport service to local supermarkets</p>	<p>Roger The William and Patricia Venton Centre Junction Road Eastbourne, BN21 3QY</p> <p>Phone: 01323 638474</p> <p>E: info@ageconcerneastbourne.co.uk</p> <p>W: www.ageconcerneastbourne.org.uk</p>	<p>Transport to local supermarkets - 1.5hr shopping trip assisted by a volunteer – who will also help taking in the shopping away.</p> <p>Coverage: Eastbourne</p>	<p>£7 includes travel fee & assistance of a volunteer during shopping trip.</p>

<p>Age Concern: Hailsham, Hellingly & Herstmonceux</p> <p>Social events for over 55's</p>	<p>Dave Snoxell</p> <p>Charles Hunt Centre Vicarage Field Hailsham BN27 1BG</p> <p>Phone: 01323 844398</p> <p>E: info@ageconcernhailsham.org.uk</p> <p>W: www.ageconcernhailsham.org.uk</p>	<p>Caring for the over 55's. We are a Social club offering cooked lunches, chiropody, nail care, hairdresser, charity shop and a lot lot more. We are open weekdays 9.30am-4pm and Saturdays 10-12noon. We offer warmth, comfort, good homemade food and a fun and friendly environment for all our members. Hot meals are served week days, afternoon activities every week day include bingo, Kurling, line dancing, movement to music, shortmat bowling and entertainment shows. We also offer personal services e.g. hairdressing, nail cutting, chiropody, hearing aid advice and maintenance, home friendship visits, holidays and outings. We have approximately 600 members and 65 volunteers.</p> <p>Coverage: Hellingly, Hailsham & Herstmonceux</p>	<p>Lunches: members £4.25/non members: £5.25 –</p> <p>Friday PM dementia sessions £2.50 contribution</p>
<p>Age UK East Sussex</p> <p>Healthy Living Club</p>	<p>Su Reece</p> <p>Bowes Court Battle Road East Hailsham BN27 1DX</p> <p>Phone: 01273 476 704 (ext 117)</p>	<p>The clubs will be for two hours, normally from 10am - 12pm and are volunteer-led. Participants will be encouraged to give suggestions for activities and the types of support they would like to receive to help them improve their health. This service is funded by East Sussex County Council to support people aged 50 or over who are at risk of health inequalities to lead healthier lifestyles.</p>	<p>Free (funded by ESCC) - There will be a 50p charge for refreshments</p>

	<p>Mob: 07850 987148</p> <p>E: susan.reece@ageukeastsussex.org.uk</p> <p>W: www.ageuk.org.uk/eastsussex/our-work/healthy-living-clubs</p>	Coverage: Hailsham	
<p>Age UK East Sussex</p> <p>Healthy Living Club</p>	<p>Su Reece</p> <p>Shinewater Sports and Community Centre Milfoil Drive Langley BN23 8ED</p> <p>Phone: 01273 476 704 (ext 117)</p> <p>Mob: 07850 987148</p> <p>E: susan.reece@ageukeastsussex.org.uk</p> <p>W: www.ageuk.org.uk/eastsussex/our-work/healthy-living-clubs</p>	<p>The clubs will be for two hours, normally from 10am - 12pm and are volunteer-led. Participants will be encouraged to give suggestions for activities and the types of support they would like to receive to help them improve their health. This service is funded by East Sussex County Council to support people aged 50 or over who are at risk of health inequalities to lead healthier lifestyles.</p> <p>Coverage: Hampden Park</p>	Free (funded by ESCC) - There will be a 50p charge for refreshments
<p>Alice Croft House</p> <p>Over 50's Club</p> 	<p>Lesley Penfold/Kim Colman</p> <p>Cornfield Lane Eastbourne BN21 4NE</p> <p>Phone: 01323 728 157</p> <p>E: alicecrofthouse@yahoo.co.uk</p>	<p>Open to members and non members. Open Monday to Friday between 9am -4pm. Offering activities, social events, bowls, exercise classes, creative writing, Tai Chi. Coffee mornings take place on Tuesday mornings.</p> <p>Coverage: Eastbourne and 7 mile radius from the Town Hall</p>	Cost for non members £3.50/ members £2.50

<p>Autism Sussex</p> <p>Autism Sussex Family Support Services</p> <p>Parent/Carer Support Groups</p> 	<p>Diane Reeves - Parent Liaison Officer</p> <p>Deerfold Centre 233 Seaside Road Eastbourne BN22 7NR</p> <p>Mob: 07889 829125</p> <p>W: www.asfamilysupport.org.uk</p>	<p>We currently run support groups which are facilitated by Parent Liaison officers and specialist staff from both within and outside the organisation. Morning Drop in groups are from 10.00am - 12noon - refreshments are included. Guest speakers will be arranged as the groups become established.</p> <p>Coverage: Eastbourne</p>	<p>Please contact the provider for details.</p>
<p>British Red Cross</p> <p>Volunteer Home Visitor</p>	<p>Service takes place in Client Homes</p> <p>Phone: 0800 0280831</p> <p>W: http://www.redcross.org.uk/</p>	<p>Offer practical and emotional support to carers in the community for a period of 4-6 weeks after the person they care for has left Hospital or a Care Home. Includes providing encouragement/confidence building/companionship to either/both the carer and the cared for and shopping.</p> <p>Coverage: Eastbourne</p>	<p>Free</p>

<p>Downland Village Lunch Group</p> 	<p>Mrs Linda Hallums</p> <p>Village Hall The Street Selmeston BN26 6UG</p> <p>Phone: 01323 896 008</p>	<p>A delicious meal of fresh local produce in a friendly atmosphere for all village members. Free transport provided to and from venue. Call first for availability.</p> <p>Coverage: Berwick & downland villages</p>	<p>Cost £5.00 per head</p>
<p>Goodnews Evangelical Mission Trust (G.E.M)</p> <p>GEM Befriending and Support Ministry</p> 	<p>Ralph Harris</p> <p>Service takes place in Client's Home</p> <p>Phone: 01323 641 531</p> <p>E: ralph.harris10@yahoo.co.uk</p>	<p>This service aims at visiting residents in Care/Nursing Homes to bring companionship, friendship and where required practical help and support. The Trust will also provide trips out and (Subject to Trustee Approval) fund the cost of mobility equipment (specialised wheelchairs, etc) provided that certain pre-conditions are met (contact provider for further details). The service is also available to adults who, for reasons of age or disability, are effectively "shut-in" their own homes and/or suffer from isolation, loneliness and a lack of human companionship.</p> <p>Coverage: Eastbourne</p>	<p>Services are funded by the Trust - please note: some maybe subject to Trustees approval e.g.) Trips out and mobility equipment.</p>
<p>Hailsham Probus Club</p> <p>The Hailsham Club</p>	<p>Richard Jeffries</p> <p>43 Vicarage Field Hailsham BN27 1BG</p>	<p>Association for retired & semi-retired professional and business men. The Hailsham Probus Club meets on the 2nd Monday of every month for guest speakers and club business. Other</p>	<p>£25 membership plus £12.50 one off joining fee</p>

	Phone: 01323 845 418	activities include members and ladies lunches, day outings and short holidays. Coverage: Eastbourne	
PARCHE Pastoral Action in Residential Care Homes for the Elderly 	Jackie Delaney Service takes place in Care Homes/Client's Homes Phone: 01323 438 527 (Mon & Tues only) E: PARCHEenquiries@hotmail.co.uk W: www.parche.org.uk	PARCHE is a Church-based Ministry of Christian Teams bringing fellowship, comfort, Bible teaching, Communion and friendship to the Elderly living in Care Homes. They will also, on occasions, provide visits to clients home - please contact provider for availability. Coverage: Eastbourne only	Visits are free of charge
Pevensey Senior Support Group Pop in & social events	Mrs Simpkin Ethel Wood Community Centre 129 Coast Road Pevensey Bay BN24 6SG Phone: 01323 762929	The group meets every Tuesday morning, from 11.30am to 1pm for a light lunch, social events such as Bingo, Sales table & assistance with form filling in a relaxed atmosphere. Coverage: Pevensey	Cost of light lunch £3.00
Royal Voluntary Service Get Well Stay Well & Good Neighbour Scheme (Get Well)	Russell Centre 24 Hyde Road Eastbourne BN21 4SX Phone: 01273 611 441 E: getwellstaywell@royalvoluntaryservice.org.uk	We deliver a home support and befriending service which enables those who need a helping hand and those who are socially isolated to remain independent, improve their quality of life and know that there is 'someone who cares'. Coverage: East Saltdean to Newhaven	Good Neighbour Scheme is free, other than mileage costs if being taken out by a volunteer.

<p>Royal Voluntary Service</p> <p>Lunch Club and Pop in Centre</p>	<p>Peter Stenning, Centre Manager</p> <p>Russell Centre 24 Hyde Road Eastbourne East Sussex BN21 4SX</p> <p>Phone: 01323 412 279</p> <p>W: www.royalvoluntaryservice.org.uk</p>	<p>Lunch and activities for the over 55's (men and women). The Royal Voluntary Service provides a range of services to help people in need who might otherwise feel lonely and isolated. The Eastbourne Russell Centre is aimed at the Elderly. The centre is open Monday - Friday 9.00 - 5.00, you can book a fresh 2 course lunch by telephoning 01323 412279. The centre offers a friendly welcome and has various daily activities including I.T. coaching, alongside a drop in cafe and rooms for hire. Reasonable disabled access.</p> <p>Coverage: Eastbourne</p>	<p>Lunch for non regulars £5.50 and regulars £5.00 includes dessert</p>
<p>Shinewater Shaftesbury Centre Trust (SSC)</p> <p>Light Bite</p> 	<p>St. Barnabas Church Kingfisher Drive Eastbourne BN23 7RL</p> <p>Phone: 01323 760 654</p>	<p>Held on the first Monday of each month, offering a light meal with pudding and a drink.</p> <p>Coverage: Eastbourne</p>	<p>Cost £2.50</p>
<p>Shinewater Shaftesbury Centre Trust (SSC)</p> <p>Lunch Club</p>	<p>Di Game</p> <p>St. Barnabas Church Kingfisher Drive Eastbourne</p>	<p>Held every Wednesday at St Barnabas Church offering a cooked meal with dessert and drink. Around 40 people attend each week ages range between 39yrs to 97yrs. Following on from the</p>	<p>Cost £3.50</p>

	<p>BN23 7RL</p> <p>Phone: 01323 760 654</p>	<p>meal there will be a social event such as bingo or entertainment. Please contact Di for availability.</p> <p>Coverage: Eastbourne</p>	
<p>Sussex Oakleaf</p> <p>Social Activities</p>	<p>Peter Noble/Ann Boniface</p> <p>Old Town Community Centre 1A Central Avenue Eastbourne BN20 8PL</p> <p>Phone: 01323 430203</p> <p>E: brightview@sussexoakleaf.org.uk</p> <p>W: www.sussexoakleaf.org.uk</p>	<p>Sussex Oakleaf are commissioned to provide Day Services in East Sussex based on the ethos of recovery and social inclusion for adults with mental health issues, offering social and structured support to members. Social meetings take place on Thursdays between 10am -12pm at the Community Centre. Other meetings take place in the Town Centre, currently at Dickens Tea Shop on Mondays, 10am-12pm and Eucalyptus, Grove Road on Thursdays also between 10am - 12pm.</p> <p>Coverage: Eastbourne</p>	<p>Pay for own refreshments.</p>
<p>The Blind Centre Hall</p> <p>NHS Retirement Fellowship</p>	<p>Hazel Wilks - Branch Secretary</p> <p>Eastbourne Blind Society Centre Longstone Road Eastbourne, BN22 8DA</p> <p>Phone: 01323 483454</p> <p>E: barriehazel@hotmail.co.uk</p> <p>W: www.nhsrf.org.uk/branchesdata.php?brnm=62</p>	<p>To promote fellowship and alleviate loneliness and worry amongst retirees from the National Health Service. We enjoy speakers, outings and sociable occasions. Our age group is wide ranging so we also enjoy walking, swimming and ten pin bowling.</p> <p>Coverage: Eastbourne</p>	<p>Annual subscription of £8.00 applies</p>

<p>The Villagers Lunch Club</p> 	<p>Mrs Penny Petrides</p> <p>Village Hall Bodle Street Green Hertsmonceux BN27 4RE</p> <p>Phone: 01323 833 146</p>	<p>Local lunch club. Takes place every 3rd Monday monthly from 11.30am to 2.30pm. Offers tea/coffee and a two course lunch followed by talks, socialising, quizzes, raffle and more recently has aquired an indoor curling set. Transport maybe available for local residents. Please call first to check for availability.</p> <p>Coverage: Bodle Street Green</p>	<p>Tea/Coffee & two course meal costs £6.00</p>
<p>U3A: Eastbourne Central Member meetings</p>	<p>Church Hall St Saviour's Church South Street Eastbourne BN21 4UT</p> <p>Phone: 01323 647329</p> <p>W: www.u3asitec.org.uk</p>	<p>Meeting place is the Church Hall, Eastbourne.</p> <p>Study Groups which meet regularly in members' homes offer shared learning experinces in a wide range of interest groups and activities.</p> <p>Coverage: Eastbourne</p>	<p>Membership fee of £12.50 applies plus contributions</p>
HASTINGS & ROTHER			
Organisation	Contact Details	Details	Cost
<p>Age UK East Sussex Healthy Living Club</p>	<p>Su Reece</p> <p>Bevin Court St Leonards on Sea Hollington TN38 9DE</p>	<p>The clubs will be for two hours, normally from 10am - 12pm and are volunteer-led. Participants will be encouraged to give suggestions for activities and the types of support they would like to receive to help them improve their health.This</p>	<p>Free (funded by ESCC) - There will be a 50p charge for refreshements</p>

	<p>Phone: 01273 476 704 (ext 117)</p> <p>Mob: 07850 987148</p> <p>E: susan.reece@ageukeastsussex.org.uk</p> <p>W: www.ageuk.org.uk/eastsussex/our-work/healthy-living-clubs</p>	<p>service is funded by East Sussex County Council to support people aged 50 or over who are at risk of health inequalities to lead healthier lifestyles.</p> <p>Coverage: Hollington</p>	
<p>Age UK East Sussex Information & Advice</p>	<p>Enquiries</p> <p>50 Robertson Street Hastings TN34 1HL</p> <p>Phone: 01424 426 162</p>	<p>Information is provided for older people, their families and friends and professionals who may be helping to care for older people.</p> <p>We can provide help and advice on:</p> <ul style="list-style-type: none"> • Information about Age UK East Sussex's services • Pensions • Attendance allowance • Housing issues • Finding support at home • Choosing and funding a place in a residential care home • Health and social care • Leisure and social activities • Family and personal matters • Filling in forms • Rights to local services • Utility bill queries • Any other issues that affect older people 	<p>Free</p>

		<p>This service is free and confidential. Face-to-face appointments are available, Monday to Friday 10.00am – 1.00pm – please call first to check that someone is able to see you.</p> <p>Coverage: Hastings</p>	
<p>Age UK East Sussex</p> <p>Take Home and Settle</p>	<p>Enquiries</p> <p>50 Robertson Street Hastings TN34 1HL</p> <p>Phone: 01424 426 162</p>	<p>This service enables older people who have attended A&E at the Conquest Hospital to go home rather than be admitted.</p> <p>Coverage: St Leonard's, Hastings & Rother</p>	Free
<p>Activities, Respite, Rehabilitation, Care Centre (ARRCC)</p> <p>Drop in for Lunch</p> 	<p>Magdala House Ferry Road Rye TN31 7DN</p> <p>Phone: 01797 226 535 for week day lunch reservations.</p> <p>Please ring 01797 229 363 for further details and to reserve a place for the Sunday Roast Lunch</p>	<p>A nutritious and freshly cooked 2 course meal including a juice drink, served on Mondays, Thursdays & Fridays. Orders must be placed before 10am and a place will be reserved for you. There will also be a two course Sunday Roast coming soon. Orders must be placed by 10am on the Saturday to reserve a place. This service is open to people aged 65+ and places are limited.</p> <p>Coverage: Rye</p>	Cost of meal £5.00

<p>Association of Carers Support Services for Young Carers</p>	<p>Sue Palmer, Services Manager</p> <p>Association of Carers Jackson Hall Portland Place Hastings, TN34 1QN</p> <p>Phone: 01424 722 309</p> <p>E: sue@associationofcarers.org.uk</p> <p>W: http://www.associationofcarers.org.uk/</p>	<p>We support unpaid Carers in East Sussex by providing free, high quality, volunteer-led services that encourage independence and reduce isolation. Young Carers Association provides a befriending service for young carers between 7yrs-13yrs. Peer to peer support is provided as well as social activities such as outings.</p> <p>Coverage: Hastings & Rother</p>	<p>Free</p>
<p>Association of Carers Young Carers Association</p>	<p>Sue Palmer, Services Manager</p> <p>Association of Carers Jackson Hall Portland Place Hastings TN34 1QN</p> <p>Phone: 0300 330 9498</p> <p>Other: 01424 722 309</p> <p>E: sue@associationofcarers.org.uk</p> <p>W: http://www.associationofcarers.org.uk/</p>	<p>A befriending Scheme that offers peer support, friendship, guidance and outings to young carers between the ages of 7yrs - 13yrs.</p> <p>Coverage: Hastings & Rother</p>	<p>Free</p>

<p>Autism Sussex</p> <p>Autism Sussex Family Support Services - Parent Support Groups</p> 	<p>Alison Salmon - Parent Liaison Officer</p> <p>Roebuck 3 Resource Centre Roebuck Street Hastings TN34 3BB</p> <p>Phone: 0845 450 0060</p> <p>E: alison.salmon@autismsussex.org.uk</p> <p>W: www.asfamilysupport.org.uk</p>	<p>We currently run support groups which are facilitated by Parent Liaison officers and specialist staff from both within and outside the organisation. Morning Drop in groups are from 10.00am - 12noon - refreshments are included. Guest speakers will be arranged as the groups become established.</p> <p>Coverage: Hastings</p>	<p>Please contact provider for charges</p>
<p>Autism Sussex</p> <p>Teenz Group</p> 	<p>For more details or to book a place contact: Nina Wolecki or Samantha Fievez</p> <p>Wave Leisure Shakespear Hall Fort Road Newhaven BN9 9DL</p> <p>Phone: 0845 450 0060</p> <p>E: childrenesx@autismsussex.org.uk</p> <p>W: www.asfamilysupport.org.uk</p>	<p>This is a social group for young people aged 10+ with Autism Spectrum Conditions. The group focuses on improving social and communication skills, making new friends and having fun in a relaxed and informal setting. The group runs alternate Mondays term time only 5pm- 7pm (10-13yrs) and 7pm - 9pm (14-19yrs). The sessions are participant led, so the Teenz choose the activities on offer which can include: Film nights, sports, Quiz nights, Social Skills workshops, Cookery and Art. There are also monthly trips to the cinema, bowling, swimming, Cafe and Restaurants.</p> <p>Coverage: Newhaven</p>	<p>The cost is £6 per session</p>

<p>Catsfield Village Hall Catsfield Social Club</p> 	<p>Jim and Sarah Campbell</p> <p>Church Road Catsfield Battle TN39 9DP</p> <p>Contact Jim & Sarah Campbell and they will pass on your details to the relevant person who will then contact you. Phone: 01424 893498.</p>	<p>Meetings occur every Tuesday between 7pm and 10pm. There are numerous board games, Wii and a Table Tennis table. Members come to enjoy a game of Scrabble or simply to chat and enjoy free refreshments. Come for the evening or simply pop in for a while.</p> <p>Coverage: Catsfield</p>	<p>Cost is £2.00</p>
<p>Catsfield Village Hall The Catsfield Book Group</p> 	<p>Jim and Sarah Campbell</p> <p>Church Road Catsfield Battle TN39 9DP</p> <p>Contact Jim & Sarah Campbell on 01424 893 498 and they will pass on your details to the relevant person who will then contact you.</p>	<p>We meet the third Tuesday of the month at 4pm to discuss book of the month. These are provided by Battle Library who allow members to keep their books longer to return it to any ESCC library. Discussion is always lively and adds to the enjoyment of reading. The more difficult the book, often the more interesting the discussion. Current members come from Catsfield, Battle, Bexhill and Ashburnham. New readers are welcome.</p> <p>Coverage: Catsfield</p>	<p>Cost is £1 per meeting to cover the cost of the hall.</p>
<p>Marsham Older People's Project (MOPP)</p>	<p>Jim Saphin (Vice Chairman)</p> <p>Fairlight Village Hall Broadway</p>	<p>Include lunch, transport is available, information and advice on health with Podiatry and other health services, meet new friends and social</p>	<p>Cost including lunch and refreshments £5.00. Cost for</p>

Meeting at Fairlight Village Hall	Fairlight TN35 4DA Mob: 07905 981036	activities Coverage: Fairlight, Pett Level & Three Oaks	transportation £2.00.
Royal Voluntary Service Isabel Blackman Club	Mrs. Sue Adey, Centre Development Manager Winding Street Hastings TN34 3AT Phone: 01424 717674 E: sue.adey@tesco.net	We provide a welcoming and pleasant environment for socialising and activities e.g. art, IT, Salsa-size, Extend, Thai Chi, Heritage Reminiscence sessions, Community Cafe, Community Cars and lots more together with a hot meal. Open Monday, Tuesday, Thursday, Friday 10.00am - 3.30pm. Also we have Church meetings here on a Sunday. Coverage: Hastings	Contact provider for cost.
Rye & District Day Centre Day Centre	Mr Dave Pellen, Co-ordinator Magdala House Day Centre Ferry Road TN31 7DN Phone: 01797 223 467	Meets at Magdala House Day Centre, Ferry Road, Rye on Tuesdays & Wednesdays 10.00 - 2.30pm - To provide a convivial atmosphere in which socially and rurally isolated elderly people can meet and where they can enjoy a two course, home-cooked meal, social activities, art and exercise classes, access to large print library books, help and advice. Toe nail clipping and hearing aid service can be provided. Coverage: Rye & surrounding villages	Some availability on Wednesdays, more on Tuesdays £5.50 for the day excluding transport. Rye Community Transport depending on location: £3 base charge and 50p per

			mile.
Salvation Army Salvation Army Silver Threads Club	Major Hatcher The Salvation Army Citadel St Andrews Square Hastings TN34 1SR Phone: 01424 426894	We meet every Wednesday, hall open from 12 noon. Meeting time is 1.45pm to 2.45pm. A club for over sixties with singing/ quizzes/ outings/ guest speakers. Serious and fun. Coverage: Hastings	Membership £4-00 per year and small contributions may apply.
Salvation Army Triple 20's Club	Mrs B Bassett Salvation Army Hall 418 Old London Road Ore Hastings TN35 5LL Phone: 01424 422422	Monday 2.30-4.00pm. People over 50 welcome. Fun and friendly atmosphere. Activities include entertainment, good company, outings, educational programming, exercises and quizzes. The club is preceded by a Tai Chi class - 1.15-2.00 for more info phone Mrs Bassett. Coverage: Hastings	£1 contribution.
Senior Citizens Club Bexhill Senior Citizens Club	Mrs. Shirley Rolt, Chairman 45 Eversley Road Bexhill On Sea TN40 1HA Phone: 01424 846105 E: bexhillseniors@yahoo.com	A club for the over 55's with varied daily activities. The club is open from 9.00am each morning, daily activities take place every morning and some afternoons, coffees/teas available from 10.00am until 11.15am and light lunches from noon. Coverage: Bexhill	membership runs from April - £18 first year and £15 annually thereafter. Computer courses: 6 weeks - £12. All other activities contribution of 50p.

<p>U3A: Battle and District</p> <p>Monthly meetings</p> 	<p>W: www.bexhill-seniors-club.co.uk</p> <p>Mrs Kathryn Rumsby - Membership Secretary</p> <p>Battle Memorial Hall 81 High Street, Battle TN33 0AQ</p> <p>E: kratglenleigh@tiscali.co.uk</p> <p>W: http://u3asites.org.uk/code/u3asite.php?site=405&page=2</p>	<p>Meetings are normally held on the first Monday of the month at 10.30am. There are a variety of activities and groups on offer including singing, bird watching, current affairs, Scrabble, Theatre and French conversation. Membership is open to all those who are no longer in full-time employment. No qualifications are required or awarded. Please see website for further details of courses and groups.</p> <p>Coverage: Battle & District</p>	<p>Membership fees: £13 - full year (from September) £6.50 (Joining Apr-Aug)</p>
<p>U3A: Hastings & Rother</p> <p>Member meetings</p>	<p>Mrs Julie Windus, Membership Enquiries</p> <p>Members Homes</p> <p>Hastings</p> <p>Phone: 01424 752681</p> <p>W: http://u3asites.org.uk/code/u3asite.php?site=383</p>	<p>Unique and exciting self help educational movement for people no longer in full time work. Study groups are held in members homes. Offers new friendship opportunities.</p> <p>Coverage: Hastings & Rother</p>	<p>Membership fee of £17 applies - membership starts from Sept.</p>

U3A: Rye & District Member meetings	Noel & Kathy Varley Rye Community Centre Conduit Hill Town Centre Rye TN31 7LE Phone: 01797 223760 W: www.u3asites.org.uk/rye	We meet at Rye Community Centre in Conduit Hill on the third Monday of the month at 2pm. There are also activity and study groups for art, craft, history, French, German, Spanish, literature, current affairs, bird watching, militaria, walking history, rambling, gardening, luncheons and swimming. Coverage: Rye & District	Annual membership £12 (starts from September)
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LEWES & NORTH WEALDEN

Organisation	Contact Details	Details	Cost
British Red Cross Volunteer Home Visitor	Enquiries The service takes place in client's Homes Heathfield Phone: 0800 0280831	Offer practical and emotional support to carers in the community for a period of 4-6 weeks after the person they care for has left Hospital or a Care Home. Includes providing encouragement/confidence building/companionship to either/both the carer and the cared for and shopping. Coverage: Heathfield, Lewes, Newick, Peacehaven & Seaford	Please contact the provider.

<p>Carillion Cottage</p> <p>Help & information centre</p> 	<p>Barbara Liddle</p> <p>Carillon Cottage High Street Wadhurst, TN5 6AA</p> <p>Phone: 01892 785658</p>	<p>Carillon Cottage is located in the centre of Wadhurst High Street next to the Post Office and is owned by the Parish Church of St Peter and St Paul. It offers information and support for the whole village. It houses the parish church administrative office, the office for the Social Action Project (SAP) and an information centre open six mornings and four afternoons a week. Information is available on a wide range of subjects and volunteers are always willing to help those people who come to us with a problem or query.</p> <p>Opening Times: Mon – Sat: 9:30am – 12:30pm and 2:00pm – 4:00pm</p> <p>Closed Weds and Sat afternoons.</p> <p>Coverage: Wadhurst</p>	<p>Free</p>
<p>Carillion Cottage</p> <p>Voluntary driver's scheme</p> 	<p>Barbara Liddle</p> <p>Local Wadhurst</p> <p>Wadhurst</p> <p>Phone: 01892 785658</p>	<p>Voluntary drivers scheme and information service available to local Wadhurst residents only. Clients call the cottage who will contact the driver on call. Local residents will be picked from their home and taken on short trips to local hospitals, GP, Opticians, dentists, etc.</p> <p>Coverage: Wadhurst only</p>	<p>Contribution towards cost of petrol</p>

<p>Community Transport for the Lewes Area</p> <p>Community Transport</p> 	<p>The Hillcrest Centre, Hillcrest Road, Newhaven BN9 9EA</p> <p>Phone: 01273 517 332</p> <p>E: info@ctla.org.uk</p> <p>W: www.ctla.org.uk</p>	<p>Provides transport for those who have difficulty with access to public transport. The office is available for bookings from 8.00am to 4.00pm Monday to Friday.</p> <p>Coverage: Lewes</p>	<p>Fares differ according to distance travelled and can range between £2.00 - £5.00. Contact provider for exact charges.</p>
<p>Crowborough Lunch Club</p> <p>Lunch Club</p>	<p>Cindy Hamilton</p> <p>United Church Hall Croft Road Crowborough TN6 1HA</p> <p>Mob: 07968 756 748</p> <p>E: cindy.hamilton@btinternet.com</p>	<p>This lunch club offers the town's citizens a place to meet and enjoy a freshly cooked meal in a happy and friendly atmosphere. It is held every Wednesday with morning tea/coffee with biscuits served between 10.30am to mid-day. A two course lunch is served at 12.30pm. After lunch there is a club raffle, followed by bingo. Public transport to and from the lunch club is available via the community bus, Wealdlink, which operates a door to door service from member's homes.</p> <p>Coverage: Crowborough</p>	<p>Yearly Lunch Club membership £2 + Weekly Lunch £4.00. Wealdlink community bus travel costs £1 for a lifetime membership fee & a return fare of £3.00.</p>
<p>Downs 60 Plus Club</p> <p>Social meetings</p>	<p>Kathy</p> <p>Sutton Corner Seaford BN25 4QW</p>	<p>The Downs 60 Plus Club was inaugurated in 1966. It's premises are within the grounds of the Downs Leisure Centre facility at Sutton Corner, Seaford. It is run by members for members</p>	<p>Annual subscription is £50 per adult which entitles Members to take</p>

	Phone: 01323 896422	through its active Committee and it has strong links with Age Concern (Seaford) who assist in many ways. The purpose of the Club is to provide facilities for those over 60 years to come together and enjoy the range of interests. If interested, come along any day between 10am -Noon and 2-4pm and see for yourself. On Tuesday morning the club Secretary Kath is usually here to help, but other members can always assist you. Coverage: Seaford	part in one or more of the Activities.
Five Ash Down Village Hall Five Ash Down Social Group & Pop-in 	Jane Sturt Village Hall Five Ash Down Uckfield TN22 3AH Phone: 01825 732 129	Social Group. Every Tuesday 10-11am. We pass on information e.g. neighbourhood watch, bus times, hospital and NHS also what is being organised locally etc. Coverage: Uckfield	Entrance fee 40p - entitles you to Tea/Coffee + Biscuit
Forest Row Parish Council and Community Centre (FRPC) Thursday Club over 60's	Carolyn Coomber The Community Centre Hartfield Row Forest Row, RH18 5DZ Phone: 01342 822661 E: info@forestrow.gov.uk	Thursday Club held twice a month for over 60's Coverage: Forest Row and surrounding areas	£1 for a cup of tea and piece of cake

Forest Row: Village Support Network Befrienders Scheme	The Community Centre Hartfield Row Forest Row, RH18 5DZ Phone: 07581 131822 E: frvsn@yahoo.com	Visit by an approved volunteer for a friendly chat Coverage: Forest Row	£5 membership fee per year
Forest Row: Village Support Network Coffee mornings/Outings/Therapies & Exercise classes	The Community Centre Hartfield Row Forest Row, RH18 5DZ Phone: 07581 131822 E: frvsn@yahoo.com	Regular coffee mornings held in the village whilst Venue on the green is being built. Coverage: Forest Row	£5 membership fee per year
Forest Row: Village Support Network Community information	The Community Centre Hartfield Row Forest Row, RH18 5DZ Phone: 07581 131822 E: frvsn@yahoo.com	Website and advisory service line to inform senior citizens of available facilities. Coverage: Forest Row	£5 membership fee per year
Forest Row: Village Support Network Forest Row Community Transport	Carolyn Coomber The Community Centre Hartfield Row Forest Row, RH18 5DZ Phone: 01342 822661/07581 131822 E: frvsn@yahoo.com	Community transport scheme Coverage: Forest Row	45p per mile and £1 admin fee

<p>Hartfield Social Group & Lunch Club</p> 	<p>Linda Graham High Street Hartfield TN7 4AA Phone: 01892 770487 E: linda.graham@hartfieldonline.org</p>	<p>This social lunch group is held once a month on the third Wednesday in the Village Hall and is open to the wider community. The session starts from 12.30pm to 2.00pm and includes lunch, quizzes, bingo, dominoes and an occasional speaker. Coverage: Hartfield & Coleman's Hatch</p>	<p>Lunch costs £3.00 per head</p>
<p>Lewes House of Friendship (Friend of Age UK) Meeting at the House of Friendship</p>	<p>Mrs Heather Hicks, Chairman 208 High Street Lewes BN7 2NS Phone: 01273 476469 E: hoflewes@aol.com W: http://www.houseoffriendship.org.uk/</p>	<p>Meeting place for over 55's, social events, activities, lip reading classes, Computer tuition & professional footcare. Coverage: Lewes</p>	<p>Membership fee starts from January - single person £10 & couples £15 - small contributions to activities maybe required.</p>
<p>Linked Hands Short term transport</p> 	<p>Christine Bell Village Hall Lewes Road Cross in Hand TN21 0UY Phone: 01435 863293</p>	<p>Short term help with car lifts for essential appointments such as visits to the GP or Dentist. Coverage: Waldron & Cross in Hand</p>	<p>Contributions are requested for petrol</p>

<p>Linked Hands</p> <p>Social meetings</p> 	<p>Mrs Marion Perry</p> <p>Village Hall Lewes Road Cross in Hand TN21 0UY</p> <p>Phone: 01435 867 271</p>	<p>Monthly Monday meetings for social contact, activities and Outings. Between 10am -12pm.</p> <p>Coverage: Waldron & Cross in Hand</p>	<p>Contribution of £1 for Tea/Coffee & refreshments - cost of outings will vary please contact provider</p>
<p>Linked Hands</p> <p>Information advice</p> 	<p>Mrs Marion Perry</p> <p>Village Hall Lewes Road Cross in Hand TN21 0UY</p> <p>Phone: 01435 867 271</p>	<p>Contacts available for advice and help in an Emergency</p> <p>Coverage: Waldron & Cross in Hand</p>	<p>Contribution of £1 for Tea/Coffee & refreshments - cost of outings will vary please contact provider</p>
<p>Linked Hands</p> <p>Home visits</p> 	<p>Mrs Marion Perry</p> <p>Service is provided at Client's Home</p> <p>Waldron</p> <p>Phone: 01435 867 271</p>	<p>Home visits to those who are Housebound or Bereaved</p> <p>Coverage: Waldron & Cross in Hand</p>	<p>Please contact provider</p>

<p>Newhaven & District Mencap</p> <p>Social club & Open Door drop in</p> 	<p>Riverside Hall West Quay Newhaven BN9 9BP</p> <p>Phone: 01273 517 345</p> <p>Open Door enquiries: 01273 584 762</p> <p>E: newhaven.lewesmencap@btconnect.com</p> <p>W: www.mencap.org.uk</p>	<p>Social club held on Friday evenings from 7pm - 9pm. Monday's there is an Open Door drop in session between 10.00am - 2.30pm ideal for socialising, chatting and playing games.</p> <p>Coverage: Newhaven</p>	<p>Drop in £1 entry fee includes Tea/Coffee and use of facilities.</p>
<p>Newhaven Age Concern Club</p> <p>Social Club</p>	<p>West Quay Newhaven BN9 9BP</p> <p>Phone: 07850 987 131</p> <p>W: www.ageuk.org.uk/eastsussex/our-work/day-centres-and-clubs</p>	<p>Opportunity to meet other people and form friendships, transport provided, freshly cooked midday meal, quizzes, Reminiscence, therapeutic activities, etc</p> <p>Coverage: Newhaven</p>	<p>Cost of meal - contact provider for costs.</p>

<p>Newhaven Day Club</p> 	<p>Tony Roaf</p> <p>West Quay Newhaven BN9 9HD</p> <p>Phone: 01273 512 708</p>	<p>Open 50yrs+ who live in the Newhaven and surrounding area. The club opens Monday/Tuesday/Thursday between 10am-4pm with a range of activities such as Bingo, Darts, Art classes and Snooker. Refreshments and lite bite snacks are available. On Fridays the club runs from 10am to 2pm and lunch is available on this day.</p> <p>Coverage: Newhaven</p>	<p>Tea/Coffee 45p - Friday lunch £4 - membership fee £10 per year.</p>
<p>Newick Area Community Care Association (NACCA)</p> <p>Community Club</p> 	<p>Peggy Oswald-Fotheringham</p> <p>Community Centre The Green Newick BN8 4LR</p> <p>Phone: 07561 372 403</p>	<p>This Community Club is aimed at the elderly inhabitants of Newick and surrounding areas. Meetings take place on Tuesdays and Fridays from 10.30am to 3.30pm. Tea & Coffee is available as well as lunch and various activities and entertainments. Easy access for disabled people, no steps. Transport can be provided.</p> <p>Coverage: Newick</p>	<p>Contact provider for details.</p>
<p>Rotherfield St Martin Church-in-Community project</p>	<p>Jo Evans</p> <p>The RSM Centre Rotherfield Memorial Institute North Street Rotherfield TN6 3LX</p>	<p>RSM Volunteer Driver Scheme, Often it's as simple as dropping in to say "Hello" in a neighbourly way, befriending, reaching things down from a high shelf or helping to collect some shopping. Therapies, massage, foot therapy, toenail cutting. We provide a centre where people</p>	<p>£10 membership per year, and then contributions depending on activity. Please call for further</p>

	<p>Phone: 01892 853021 W: www.rotherfieldsmartin.org.uk</p>	<p>can meet and participate a range of social and creative activities and enjoy refreshments in a relaxed and caring environment. We provide transport to medical appointments, an information service, library, health programme and supportive therapies. We visit people in their homes and involve the wider community wherever possible. Coverage: 15-mile radius of the RSM Centre</p>	<p>information.</p>
<p>Royal Voluntary Service Get Well Stay Well & Good Neighbour Scheme (Get Well)</p>	<p>Service takes place in Client's homes Newhaven Phone: 01273 611441 E: getwellstaywell@royalvoluntaryservice.org.uk W: www.royalvoluntaryservice.org.uk</p>	<p>Collecting a prescription Coverage: Newhaven & Lewes Coastal Strip</p>	
<p>The Friends of Beechgrove Unit Friends of Beechgrove activities</p>	<p>Noeleen Carpenter Crowborough Community Hospital Southview Road Crowborough TN6 1HB Phone: 01892 662089</p>	<p>Friends of Beechgrove provides a range of activities such as Ballroom Dancing, Singing, Yoga, Movement to Music and Craft. These take place in community venues and are aimed at preventing social isolation, and promoting re-integration into the community for elderly people who have or have had mental health issues. The activities are for older isolated and vulnerable people, some with dementia. Transport can be arranged. Coverage: Crowborough & Uckfield</p>	<p>Modest contribution</p>

<p>U3A: Crowborough</p> <p>Member meetings</p>	<p>Meetings take place in Members Homes in the area of Crowborough</p> <p>W: http://u3asites.org.uk/code/u3asite.php?site=371</p>	<p>Self-help, self-managed lifelong learning co-operatives for older people, sharing learning experiences in a wide range of interest groups for fun.</p> <p>Coverage: Crowborough</p>	<p>Membership fee may apply</p>
<p>U3A: Mayfield & District</p> <p>Member meetings</p>	<p>Brian Grimwood , Membership Secretary</p> <p>Mayfield Memorial Hall Mayfield TN20 6EH</p> <p>Phone: 01892 852128</p>	<p>Unique and exciting self help educational movement for people no longer in full time work. Study groups are held in members homes. Offers new friendship opportunities.</p> <p>Coverage: Mayfield & District</p>	<p>Membership is £14 for a single person and £25 for two people at the same address.</p>
<p>U3A: Newhaven & Peacehaven</p> <p>Member meetings</p>	<p>Mrs Roma Humphrey, Membership Secretary</p> <p>Meetings take place in Members Homes</p> <p>Newhaven & Peacehaven (meetings alternate between the two locations)</p> <p>Phone: 012732 515958</p> <p>W: www.u3asites.org.uk/newhaven-peacehaven</p>	<p>Meetings with speakers, alternate between both areas, trips to theatre and places of interest. Offers new friendship opportunities.</p> <p>Coverage: Newhaven & Peacehaven</p>	<p>Membership fee £12 (runs from Sept to Sept)</p>

<p>U3A: Ringmer</p> <p>Member meetings</p>	<p>Meetings take place in Members Homes</p> <p>Ringmer</p> <p>E: i.loughborough@btinternet.com</p>	<p>Ringmer U3A belongs to a national network of local U3As. Each U3A operates autonomously. Activity groups in Ringmer are Art Appreciation, Astronomy, Listening to Music, Play Reading, Poetry, Readers Circle, Scrabble, Spanish, Cookery, Genealogy (family history), Gardening and French. Meetings are held on a weekday at 2, 3 or 4 week intervals, depending on the group</p> <p>Coverage: Ringmer</p>	<p>Membership fee and small contributions may apply</p>
<p>U3A: Seaford</p> <p>Member meetings</p> 	<p>Mary Young</p> <p>The Downs Leisure Centre,</p> <p>Jumble Cottage, Alfriston Road, Seaford BN25 3JN</p> <p>Phone: 01323 351 882</p> <p>E: gmaryyoung@gmail.com</p> <p>W: www.seafordu3a.co.uk</p>	<p>Aims to enable older people to extend and share their knowledge, experience and skills. Held at members homes, and larger groups are held at the Leisure Centre. Call provider to check courses and availability as these tend to book up very quickly.</p> <p>Coverage: Seaford</p>	<p>Annual subscription of £10 - plus additional fees for any courses booked.</p>

U3A: Uckfield Member meetings	Chris Churchman, Membership Secretary Uckfield Civic Centre, Uckfield TN22 1AE E: membership@uckfieldu3a.co.uk W: http://www.uckfieldu3a.co.uk/	Aims to enable older people to extend and share their knowledge, experience and skills. Groups include: Literature, walking, painting, languages, Scrabble, Bridge, etc Coverage: Uckfield	Membership of £10 per annum applies.
COUNTYWIDE			
Age UK East Sussex Home from Hospital	Enquiries Head Office 54 Cliffe High Street Lewes BN7 2AN Phone: 01424 426 162	Volunteer hospital visitors for patients aged 55+, also providing short-term support and encouragement at home. Coverage: Countywide (except from Eastbourne)	Free
Association of Carers Computer Support	Sue Palmer, Services Manager Association of Carers Jackson Hall Portland Place Hastings	Helps Carers learn how to use their computer in ways that will support them in their caring role, helping them to have more time to themselves and reducing their isolation.	Free

	<p>TN34 1QN</p> <p>Phone: 0300 330 9498</p> <p>Other: 01424 722 309</p> <p>E: sue@associationofcarers.org.uk</p> <p>W: http://www.associationofcarers.org.uk/</p>	Coverage: Countywide	
<p>Association of Carers</p> <p>Respite and befriending</p>	<p>Sue Palmer, Services Manager</p> <p>Association of Carers Jackson Hall Portland Place Hastings TN34 1QN</p> <p>Phone: 0300 330 9498</p> <p>Other: 01424 722 309</p> <p>E: sue@associationofcarers.org.uk</p> <p>W: http://www.associationofcarers.org.uk/</p>	<p>We support unpaid Carers in East Sussex by providing free, high quality, volunteer-led services that encourage independence and reduce isolation, including a respite service to family Carers, matching a volunteer who sits with the cared for person for around three hours a week so that the Carer can get a break from their caring role.</p> <p>Coverage: Countywide</p>	Free

<p>Association of Carers Telephone Support Service for Carers</p>	<p>Sue Palmer, Services Manager</p> <p>Association of Carers Jackson Hall Portland Place Hastings TN34 1QN</p> <p>Phone: 0300 330 9498</p> <p>Other: 01424 722 309</p> <p>E: sue@associationofcarers.org.uk</p> <p>W: http://www.associationofcarers.org.uk/</p>	<p>Provides Carers with a listening ear and the opportunity to discuss their caring role in confidence.</p> <p>Coverage: Countywide</p>	<p>Free</p>
<p>Care for the Carers Befriending Service</p>	<p>Service takes place at client's homes.</p> <p>Hightlight House 8 St Leonards Road Eastbourne BN21 3UH</p> <p>Phone: 01323 738390</p> <p>E: info@cftc.org.uk</p>	<p>Trained volunteers with warmth and good listening skills provide social interaction and emotional support to isolated rural carers by way of a regular home visit (times to be agreed with the Befriending Scheme Co-ordinator)</p> <p>Coverage: Countywide</p>	<p>Free</p>

<p>Carers Breaks Dementia Engagement Service</p> <p>Dementia Supper Clubs</p>	<p>The Dementia Supper Clubs are mainly held in eateries Countywide – current areas include: Eastbourne/ Hailsham, Seaford, Lewes, Heathfield, Uckfield, Robertsbridge, Hastings & Bexhill.</p> <p>Phone: Contact 01323 449294 for information about your local supper club.</p>	<p>They offer informal social groups for Carers and the cared for person as part of the Carers Breaks Dementia Engagement Service meeting monthly at various locations around the county.</p> <p>Coverage: Countywide</p>	<p>Cost of a meal</p>
<p>The East Sussex Association of Blind and Partially Sighted People</p> <p>Social meetings</p> 	<p>Fiona Blyth</p> <p>Ringmer Village Hall Lewes Road Lewes BN8 5QH</p> <p>Phone: 01323 832252</p> <p>E: info@eastsussexblind.org</p> <p>W: www.eastsussexblind.org</p>	<p>East Sussex Association of Blind and Partially Sighted People is an independent Charity and is a member of the East Sussex Vision Care partnership delivering a comprehensive cross county service. ESAB supports 14 local social groups around the county. The groups usually meet once a month and transport can be arranged to the meetings. The groups are organised by teams of local volunteers. See our website for a list of our social groups. To find out where your nearest social group meets, please contact the provider. A home visit will be arranged to assess suitability of membership.</p> <p>Coverage: Herstmonceux, Polegate & Lewes</p>	<p>Membership fee £10 - there may be additional contributions for events.</p>

<p>East Sussex Hearing Resource Centre</p> <p>Support Resources</p>	<p>David Rowan</p> <p>8 St Leonard's Road Eastbourne BN21 3UH</p> <p>Phone: 01323 722 505</p> <p>E: mail@eshrc.org.uk</p> <p>W: http://www.eshrc.org.uk/</p>	<p>Resources/support for deaf & blind. Elderly mental health support group.</p> <p>Our work involves almost all issues to do with Deaf, deafened and deafblind people. The services include:</p> <ul style="list-style-type: none"> •Communication Support •Technology for deaf people •Lip-reading •Sign Language •Hard of Hearing groups •Hearing aid maintenance •Hearing aid batteries •Home Visits •Outreach •Deaf Outreach Service (bus) •Provision & installation of assistive devices •Hearing screening tests <p>Drop-in sessions operate on Tuesdays and Wednesdays between 10am - 4pm. Appointments are not necessary.</p> <p>Coverage: Countywide</p>	
<p>East Sussex Library and Information Service</p> <p>Books on Prescription</p>	<p>Business Information Centre</p> <p>Phone: 01424 724 620</p> <p>To find your nearest library call 0345</p>	<p>Items can be borrowed from any library in East Sussex. These are self-help mental health books for adults, families and young people which have been read and recommended by local experts. The books cover common mental health issues</p>	<p>Free</p>

	<p>6080196</p> <p>E: library.enquiries@eastsussex.gov.uk</p> <p>W: www.eastsussex.gov.uk/libraries</p>	<p>including anxiety and depression and can be borrowed from any library either with or without a prescription from a health practitioner. Libraries also have books about lots of other health conditions including pain management, dementia, cancer and long term conditions.</p> <p>Coverage: Countywide</p>	
<p>East Sussex Library and Information Service</p> <p>Home Library Service</p> 	<p>Business Information Centre</p> <p>Phone: 01424 724 620</p> <p>To find your nearest library call 0345 6080196</p> <p>E: library.enquiries@eastsussex.gov.uk</p> <p>W: www.eastsussex.gov.uk/libraries</p>	<p>This is a free volunteer delivery of books and audiobooks to people who are housebound or carers. Your volunteer will visit at a time and frequency convenient to you and bring your choice of books which can include Large Print books or books on cassette or CD.</p> <p>Coverage: Countywide</p>	<p>Free</p>
<p>East Sussex Library and Information Service</p> <p>Reminiscence resources: books, games and objects</p>	<p>Business Information Centre</p> <p>Countywide</p> <p>Phone: 01424 724 620</p>	<p>These resources are books, music, films, photocards, or objects which help to re-awaken, people's memories of their experiences and lives. They can be used for working with older people and adults or children with disabilities, either in a</p>	<p>Free</p>

<p>for people with memory loss</p> 	<p>To find your nearest library call 0345 6080196</p> <p>E: library.enquiries@eastsussex.gov.uk</p> <p>W: www.eastsussex.gov.uk/libraries</p>	<p>group setting or one-to-one. They are ideal for care homes, carers and family members. The materials are available to borrow free of charge to any library member and it is free to join the library.</p> <p>Coverage: Countywide</p>	
<p>Home Works Housing Related Support Service</p> 	<p>Southdown Housing Association 2 Bell Lane Lewes BN7 1JU</p> <p><u>Hastings & Rother:</u></p> <p>Phone: 01424 858 341 Mobile: 07540 721 244 Fax: 01424 858 342 E: referrals@homeworkseast.org.uk</p> <p><u>Eastbourne, Lewes & Wealden:</u></p> <p>Phone: 01273 898 700 Mobile: 07773 377754</p>	<p>Home Works is a housing related support service for clients aged 16-64 whether single, a couple or a family to overcome housing difficulties (Council/Housing Association or privately rented) such as:</p> <ul style="list-style-type: none"> • Struggling to manage their home/tenancy. • Living in unsuitable accommodation (including overcrowding). • Preparing to/or in the process of moving into a more suitable home. • Homelessness - including "sofa surfing"/staying with friends and families temporarily. • Managing health and safety in the home and keeping safe at home. If a client is eligible for Home Works or STEPS 	<p>Free to client</p>

	<p>Fax: 01273 898 701</p> <p>E: referrals@homeworkswest.org.uk</p> <p>W: http://www.southdownhousing.org/services/housing-support/homeworks/</p>	<p>because of a housing issue they will receive a service that will holistically support them to increase their choice, control and confidence. For example</p> <ul style="list-style-type: none"> -learn how to deal with budgeting/debt issues, - keep themselves safe e.g. report anti social behaviour, avoid scams, - develop local and informal networks of support, - learn how to access a wide range of community based services, - link in with statutory services e.g. register with a GP, - find out how to get online and use a computer, - find out how to look for work, training or volunteering. <p>Coverage: Countywide</p>	
<p>Living Well Service</p>	<p>Living Well First Floor Offices Warrior Square Station St Johns Road St Leonard's on Sea East Sussex TN37 6HP</p>	<p>The Living Well Service aims to support clients to maintain their independence by preventing isolation and showing them alternative ways to live in greater comfort and improve wellbeing. The service is primarily for people who are either frail or elderly, or have a long-term physical condition, sensory impairment or physical</p>	<p>Free to client</p>

	<p>Phone: 0800 917 4569</p> <p>E: livingwell@familymosaic.co.uk</p> <p>W: www.safeandwellathome.co.uk</p>	<p>disability.</p> <p>The Service visits clients in their own home (up to two visits), offering a range of personalised support, advice and practical solutions to maximise the client's quality of life and improve their health and wellbeing.</p> <p>Coverage: Countywide</p>	
<p>Living Well Enhanced Service</p>	<p>Living Well First Floor Offices Warrior Square Station St Johns Road St Leonard's on Sea East Sussex TN37 6HP</p> <p>Phone: 0800 917 4569</p> <p>E: livingwell@familymosaic.co.uk</p> <p>W: www.safeandwellathome.co.uk</p>	<p>The Living Well Enhanced Service is aimed at supporting people with substantial and critical needs, and supports health and social care practitioners in Neighbourhood Support Teams to develop creative support plans by working with clients to access universal, low cost and free local services.</p> <p>In addition to the support provided by the main service, the Enhanced service will:</p> <ul style="list-style-type: none"> • Work with volunteer agencies or identify alternative ways to help support needs such as shopping, cleaning, community transport and social activities; • Support behavioural change to improve lifestyles through motivational interviewing and setting smart goals; • Recommend and support clients to access 	<p>Free to client</p>

		<p>relevant Telecare and Telehealth solutions.</p> <p>These clients are supported for up to six visits to achieve their goals.</p> <p>A pilot Enhanced Volunteer Service is operational until end of October 2014 to increase volunteering support available to ASC clients. The pilot will offer clients up to a further six visits from volunteers to help with needs such as daily living chores, social support, signposting and one-off practical help with odd jobs around the home.</p> <p>Referrals to the Enhanced Volunteer Service can be made via the normal referral route to the Living Well service.</p> <p>Coverage: Countywide</p>	
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<p>STEPS Housing Support</p>	<p>If you live in Eastbourne, Lewes or Wealden, contact Eastbourne Homes:</p> <p>Telephone: 01323 436 414 Text: 07970 668 106 Email: referrals@stepswest.co.uk</p> <p>If you live in Hastings or Rother, contact In Touch:</p> <p>Telephone: 0300 123 2422 (local rate) Text: 07944 140 016 Email: referrals@stepseast.co.uk</p>	<p>STEPS to stay independent is a free and confidential housing support service.</p> <p>They can visit you at home, and help you work out what support you personally need to keep living independently, regardless of what kind of accommodation you live in.</p> <p>They can support you to:</p> <ul style="list-style-type: none"> • liaise with your landlord or mortgage company • understand your tenancy or mortgage arrangement • find more suitable accommodation • claim any welfare benefits you are entitled to • get specialist debt advice • set up or change utility suppliers • resolve disputes or other issues with your neighbours • find out about local groups or activities in your area • take part in healthy living activities • make sure your home is safe. <p>Coverage: Countywide</p>	<p>Free to client</p>
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<p>The Fire Fighters Charity</p> <p>Beneficiary Support Services</p> 	<p>Countywide</p> <p>Countywide</p> <p>Phone: 0800 389 8820</p> <p>W: www.firefighterscharity.org.uk</p>	<p>We provide recuperation, rehabilitation & psychological therapy at 3 Centres, in Cumbria, Devon and Littlehampton. Our beneficiaries are serving personnel (uniformed & support staff, full time & retained) + retired and their dependants. We can advise on/ sign-post or assist with; financial hardship, debt, welfare benefits, disability issues, equipment and adaptations. These are just a small sample of some of the issues the Charity can help with.</p> <p>Coverage: Countywide</p>	<p>Cost is dependant on service. Please contact provider for further details.</p>
<p>Wel Being</p> <p>Telecare</p> 	<p>Wealden and Eastbourne Lifeline 68 Grove Road Eastbourne BN21 4UH</p> <p>Phone: 01323 644 422</p> <p>E: info@welbeing.org.uk</p> <p>W: http://www.welbeing.org.uk/</p>	<p>Telecare offers a comprehensive way of managing the risks to a person's independence, health and home environment, 24 hours a day, 7 days a week. The Telecare solutions that are available can be tailored according to an individual's needs; by placing a variety of discreet wireless sensors around the home, which will automatically raise an alert if they detect a possible problem.</p> <p>Coverage: Countywide</p>	<p>Client's personal budget will be charged for cost of equipment, sensors and monitoring. The maximum contribution from the client is £2.85 per week, subject to a financial assessment.</p>

<p>Wel Being Telecheck</p>	<p>Wealden and Eastbourne Lifeline 68 Grove Road Eastbourne BN21 4UH</p> <p>Phone: 01323 644 422</p> <p>E: Welbeing case worker: azar.kamyar@eastbourne.gcsx.gov.uk</p> <p>W: http://www.welbeing.org.uk/</p>	<p>TeleCheck provides a monitoring service to ensure that people are supported to live safely and securely in their own community and maintain their wellbeing. The calls will be structured to provide brief time limited support and information to the client so that they can make informed choices about their wellbeing, security and independence.</p> <p>Coverage: Countywide</p>	<p>This free service is initially available for up to 3 months.</p>
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