

Your local support

Your local emergency food hubs

The Food Partnership is working with The Purple People Kitchen, The Hangleton and Knoll project, The Hangleton & West Blatchington foodbank and Extra Time to arrange food aid distribution. **Please see contact details on the front page for Community Support Hub.**

Community Transport Food Delivery Service:

Service for anyone in the city who needs food and basic supplies. In partnership with local independent grocer. Deliveries in Hangleton, Portslade & Mile Oak **on Tuesdays & Fridays.** Residents can order online on the website food.bhct.co.uk or by calling Community Transport 9am-5pm Ellis: 07548 226452 or Daniel: 07739 953600.

Other local groups

Hangleton & Knoll Project website: www.hkproject.org.uk

The following Covid19 Mutual Aid groups can be found on Facebook or WhatsApp: Hangleton; Portslade and Mile Oak; Portslade and West Hove; Southern Cross. Find links to join them here www.brightonmutualaid.co.uk/local-groups

The following local groups can be found by searching on Facebook: Portslade and Mile Oak Forum; Buzz on Boundary.

For IT support & help: contact HKP IT Tutor David Purkiss: hakit@hkproject.org.uk; 07422665761 (call or text)

Local neighbourhood updates

Keep an eye on your local neighbourhood noticeboards on the streets near you. We aim to keep these updated with your local neighbourhood information.

Local volunteers

Covid-19 Mutual Aid Groups connect willing volunteers to those in need; errands, information and emotional comfort. Your area support team (page1) can help connect you with a Mutual aid group www.brightonmutualaid.co.uk

ACORN is organising local volunteers to support people in the community who need shopping, prescription collection, post, check-in phone calls and anything else they may need if they are stuck at home. 07947524226 www.acorntheunion.org.uk/corona

Want to help?

Community Works has information about organisations you can volunteer with.

www.bhcommunityworks.org.uk Or phone your area support team (front page) who can help signpost you.

Donate Brighton & Hove: www.justgiving.com/crowdfunding/hungry-at-home-2020

Your local councillors:

Hangleton & Knoll

Dawn Barnett

01273291198
Dawn.barnett@brighton-hove.gov.uk

Tony Janio

01273 296434
Tony.janio@brighton-hove.gov.uk

Nick Lewry

01273291641
Nick.lewry@brighton-hove.gov.uk

North Portslade

Peter Atkinson

01273 291080
Peter.atkinson@brighton-hove.gov.uk

Anne Pissaridou

07562437609
Anne.pissaridou@brighton-hove.gov.uk

South Portslade

Les Hamilton

01273 702052
Leslie.hamilton@brighton-hove.gov.uk

Alan Robins

01273 29115
Alan.robins@brighton-hove.gov.uk

Community Support Newsletter Covid-19



Support is available, you are not alone

Hello, this newsletter is to give you information about the various services and support that is available for all residents across **Brighton West** — covering **Hangleton & Knoll, North Portslade and South Portslade** communities.

Your West Support Team

Struggling to access information online? Not enough data allowance, computer knowledge or equipment? If you have any questions or would like more information, please contact us:



Diane Coe

07738 100 764

Diane.Coe@brighton-hove.gov.uk

Christie Knipe

Christie.Knipe@brighton-hove.gov.uk



Cal Chester

07440 032 215
calchester@trustdevcom.org.uk



Claire Johnson

01273 410858
claire.johnson@hkproject.org.uk

For the latest Brighton & Hove City Council information go to:

www.brighton-hove.gov.uk/coronavirus

Latest health advice from the NHS:

www.nhs.uk/coronavirus

Latest government advice:

www.gov.uk/coronavirus

Brighton & Hove City Council COVID-19

Community Support Hub

If you can't find what you need in these pages and need extra help accessing essential services and supplies

Where possible please use the online, easy to use form, or fill it in on behalf of someone else, so we can keep phone lines free for those with no alternative.

Go to: new.brighton-hove.gov.uk/coronavirus-covid-19/request-help

If you can't get online, you can call: **01273 293117**

Need coronavirus information in a different language?

Translated NHS information: www.tiny.cc/nhs-lang

Easy Read and other formats: www.tiny.cc/bhcc-easy

NHS 111 BSL video interpreter (computer or phone app): www.interpreternow.co.uk/nhs111

إذا كنت بحاجة إلى مساعدة أو دعم بسبب فيروس كورونا (Covid-19)، اتصل على الرقم التالي **01273293117** والخيار 2. المترجمون الفوريون متاحون.

কভিড - ১৯ এর কারণে আপনার জরুরী সাহায্য বা সহায়তার প্রয়োজন হলে 01273 293117, অপশন ২, নম্বরে ফোন করুন - ইন্টারপ্রিটারের ব্যবস্থা আছে।

اگر شما بعلت ویروس کورونا (Covid-19) نیاز فوری به کمک یا حمایت دارید با شماره **01273 293117** گزینه 2 تماس حاصل نمائید - مترجم موجود میباشد.

如果您因为新冠病毒需要紧急的帮助和支持请致电**01273 293117**，选择2能提供口译员服务。

Jeżeli potrzebują Państwo pilnej pomocy lub wsparcia ze względu na wirus Covioid-19, należy zadzwonić pod numer **01273 293117** i wybrać opcję 2 – dostępna jest pomoc tłumaczy ustnych.

Citywide and national support

Need help now? Call 999 for urgent help in an emergency. To make a silent or discreet 999 call, make yourself heard by the operator by coughing or tapping the handset or by pressing 55 on your keypad when prompted.

Call 101 for non-urgent police help, 116123 for the Samaritans.

Help us to keep our children, families and vulnerable adults SAFE in Brighton & Hove:

If you **see** or **hear** something that worries you... **say** something.

Please call BHCC Children's Services on 01273 290400 or Health and Adult Social Care on 01273 295555 to report a safeguarding concern. In an emergency call 999.

Food & essentials

Delivery services

www.brightonquarantine.co.uk
www.bhfood.org.uk/category/directory/where-to-buy

Struggling to afford food & essentials?

New food hubs can deliver food and hygiene products to your door for free.

Contact the Community Support Hub on the front page

Befriending

Together Co – offer a volunteering support service for anyone who's feeling lonely or isolated **01273 775 888**

Time to Talk Befriending— offer emergency care packages (food + supplies), emotional support and long term shopping solutions for 65+ **01273 737710** Mon-Fri (9-5pm)
www.tttb.org.uk or info@tttb.org.uk

Older people

The Ageing Well service – offer a chat service to talk through your needs, interests and help you maintain your physical and emotional health. **07770 061072** Mon-Fri (9-5pm) www.ageingwellbh.org

The Hangleton and Knoll Project offer local support. Contact Claire Johnson on **01273 410858** or email claire.johnson@hkproject.org.uk

Advice for Carers

Carers Hub – support for unpaid, informal family carers **01273 977000**

Disability support

Possability People – If you are a disabled person and are concerned about being isolated. **01273 894040** Mon-Fri (10-4pm)

Adult social care Access Point – www.brighton-hove.gov.uk/adult-social-care **01273 295555** Mon-Fri (9- 4.30pm)

Speak Out: helpline & online support for adults with learning disabilities 01273 21921 Mon-Fri (9-5pm); www.Bhspeakout.org.uk

Travel

Brighton Buses – **01273 886200** Mon-Fri (7-7pm), Sat (8.30-5.30pm), Sun (9.30-4.30pm); www.buses.co.uk/communitysupport SMS for Deaf passengers text **07583 051915**

BTN Bike Share - Free annual membership (£72) for NHS and council home care workers - www.btnbikeshare.com/ **01273 978 096** Mon-Fri (9-5pm)

Up to £300 -worth travel help If you are looking for work and live in Portslade **07876 394 865**, simon.hickmott@brighton-hove.gov.uk

Mental health support

Community Roots - If you, or someone you know needs support: **0808 196 1768** Mon-Fri (9-5pm)

Mind - information about local services or to speak to someone about support for your mental health 01273 666950

Samaritans - for emotional support. 116 123 (24 hours a day - 7 days a week)

Cruse Bereavement Care – 0808 808 1677 www.cruse.org.uk Mon & Fri (9.30-5pm)
Tues, Weds, Thurs (9.30-8pm)

Domestic and Sexual Violence and Abuse support

The Portal for help and support for survivors of domestic and sexual violence and abuse, call the helpline: 0300 323 9985. theportal.org.uk.

National Domestic Abuse Helpline for out of hours support call the 24-hour number **0800 2000247**. You are not alone.

Anti-Social Behaviour and Hate Incidents

Community Safety To report anti-social behaviour or hate incidents, call **01273 292735** or email communitysafety.casework@brighton-hove.gov.uk
www.safeinthecity.info/getting-help.
In an emergency call 999.

Support for women

Brighton Women's Centre – online groups and phone support for local women and their families. **07463 288007**

LGBTQ support

Switchboard – for support and information call **01273 359042** - www.switchboard.org.uk/projects/helpline/

Trans & Non-Binary Link for health and wellbeing **07928830757** translink@switchboard.org.uk Other community info via Rainbow Hub therainbowhubbrighton.com/

Financial Wellbeing

Money Advice Plus – support managing money and advice about benefits and tax credits. **01273 664000**
www.moneyadviceplus.org.uk

Citizens Advice – free, confidential and impartial advice: **0300 3309033**
www.brightonhovocab.org.uk

Be aware of scams

Please be safe with your money and information, use groups or people you trust. If you are unsure, contact the Central Support Team or Money Advice Plus.

Report a scam: Citizens Advice Consumer

Helpline on **03454 040 506** or on Freephone **080 223 1133**

Keeping healthy and well

Free support and information to help you or your family keep physically active, stop smoking, eat well, manage your weight or reduce alcohol is available through the Healthy Lifestyles Team at Brighton & Hove City Council. Visit www.brighton-hove.gov.uk/healthylifestyles or call **01273 294589** to find out more.

Children Families and Young People

Pregnant or children under 4—if on benefits Healthy Start Vouchers are available. Visit www.healthystart.nhs.uk or call **0345 607 6823** to apply and they will post a form out

Nappies + formula — contact the council's Community Support Hub (front page)

Parent line a text-based service for parents to get advice from health visitors. **07507 331 296**; Mon-Fri (9:30-3:30pm)

Department for Education helpline - To answer questions about COVID-19 related to education - **0800 046 8687** Mon-Fri (8-6pm)

Schools Wellbeing Service — for concerns about a child's emotional or mental wellbeing talk to a Primary Mental Health Worker SWSConsultationLine@brighton-hove.gov.uk or leave a message on **01273 293481**, we aim to respond within 48hours. Please note, we are not a crisis line. If you need immediate support, contact your GP, call Child and Adolescent Mental Health Services (CAMHS) duty care on **03003040061** or go directly to A&E.

Front Door for Families
www.brighton-hove.gov.uk/front-door-families, **01273 290400**
Mon- Thur (9-5pm) Fri (9-4.30pm)

Hangleton and Knoll Project are operating a youth support service through social media and phone calls.

West Helen Baxter on 07702 392339 helen.baxter@hkproject.org.uk