



*Eastbourne, Hailsham and Seaford CCG  
Hastings and Rother CCG  
High Weald Lewes Havens CCG*



# Mental Health Directory of Community Support

**East Sussex Clinical Commissioning Groups & East Sussex County Council (ASC)**

**November 2013**

## Some useful contacts:



1Space is a database of support services and organisations.

<http://www.eastsussex1space.co.uk/>



**Tel: 08457 909090**

“It doesn’t matter who you are, how you feel, or what has happened. If you feel that things are getting to you, get in touch.”

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

Sussex Partnership   
NHS Foundation Trust

**Tel: 0300 5000 101**

The Sussex Mental Healthline is a telephone service providing support and information to anyone experiencing mental health problems including stress, anxiety and depression. The service is also available to carers and healthcare professionals.

<http://www.sussexpartnership.nhs.uk/service-users/help/need-help/healthline>

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# Introduction

Mental health is integral to general health and well-being, and good mental health is fundamental to our physical health, our relationships, our education, our training, our work and achieving our potential. Good mental health is dependant on how we are able to access, experience and enjoy these life domains.

The services in this directory have a common goal; to support people according to their personal choices and levels of needs into social, cultural, spiritual, health, educational, voluntary and employment opportunities. They promote social inclusion and recovery approaches, enabling the development (or re-establishment) of valuable social networks, social capital and coping strategies to enable people to recover, maintain their mental health, and live their life as independently as possible.

In East Sussex the impact on people's mental health continues to rise. It has never been more important to ensure that people know how and where to access support for their mental health at an early stage.

The services listed here are available to help people understand their condition and self-manage, maintain good mental health as much as practically possible, ensuring good up to date and timely advice, supporting people to plan and develop their personal recovery goals.

All of the provision listed in this directory is free, universally accessible and can support a broad range of mental health needs such as, but not exhaustively:

- people who have common or moderate mental health needs, where their mental health is adversely impacting on their lives or impeding them to access their typical activities, routines or responsibilities;
- people who have long term, and enduring mental health conditions; and
- people in secondary care, who may have used services before, may become unwell and require access to a safe environment to receive support and move towards their personal recovery goals.

This support is commissioned by the 'East Sussex Joint Mental Health Commissioning Unit', on behalf of East Sussex Clinical Commissioning Groups (CCG's) and East Sussex County Council Adult Social Care (ASC).

# Accessing mental health support

## **What should I do if I'm concerned about my mental health?**

If you are concerned about your mental health, you should visit your doctor (GP). Your GP has experience and knowledge about how to treat your mental health. They can help you find out what treatment, support or therapy is suitable and available.

If you have a more serious mental health condition that requires access to specialised mental health services, your GP may refer you to a specialist service to be assessed, or receive specialist treatment and support.

## **What if I don't have a GP?**

There are 2 walk in Health Centres that can be accessed without needing to be registered with a GP, at Eastbourne railway station BN21 3QJ (Tel: 01323 726650), or Station Plaza Health Centre in Hastings TN34 1BA (Tel: 01424 884410). They are open between 08:00 and 20:00 and are available to all, including visitors.

## **I just need some support now!**

You may be aware of, and manage your mental health condition but require support from time to time. The services in this directory are free, and available to anyone who needs support regarding their mental health. This doesn't require a 'referral' from your doctor, you can just phone up the service you think will help to discuss your needs, or drop in at a wellbeing centre in your local area.

## **What if I'm in crisis?**

If this is a new experience, you may not know what is happening. If you have had similar symptoms previously, then you may know what does and does not help you in such circumstances. There are a number of actions you can take:

- Visit a GP, as soon as you can so you can access suitable advice and treatment.
- Talk to someone you trust.
- Focus on things, or advice that has helped in the past.
- Use a care plan that gives hints and tips on what to do and most importantly, who to contact in a crisis. (If you don't have one then we strongly recommend you develop this) it should have contact details or information in how you can access quick support.
- If you think this is an emergency that can't wait then visit your local A&E

## **Other contacts:**

**Sussex Mental Healthline** – This helpline can be reached in East Sussex between 5pm and 9am and all day during weekends and bank holidays on 0300 5000 101. (Local call rate from a BT landline.)

**Adult Social Care** – Anyone can ask for an assessment of social care needs. You can do this for yourself or on behalf of someone you know. They will respond to your request within three working days. Call our contact centre: telephone 0345 60 80 191

**The Samaritans** – If you, or someone you know is having suicidal thoughts, the Samaritans run a 24 hour helpline – phone 08457 909090.

# Mental health and wellbeing

Wellbeing has two main elements; feeling good and functioning well. The New Economics Foundation (NEF) has developed 'Five Ways To Wellbeing'; a set of evidence-based actions to improve personal wellbeing. A small improvement in wellbeing can help to decrease some mental health problems and also help people to flourish. The services in this directory will be able to provide information and advice on approaches and local services that enable people to take action on the 'Five Ways To Wellbeing'.

## CONNECT...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

## BE ACTIVE...

Go for a walk or run, step outside, cycle, play a game, garden, dance. Exercise makes you feel good. Most importantly discover a physical activity you enjoy and one that suits your level of mobility and fitness.

## TAKE NOTICE...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

## KEEP LEARNING...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

## GIVE...

Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time. Join a community or group. Look out as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

# Physical wellbeing

Physical health and mental health impact on one another, mental health problems can increase the risk of physical health problems and vice versa. A healthy lifestyle improves both physical and mental wellbeing, and reduces the risk of heart disease, respiratory and mental health problems. Diet, exercise, smoking and drinking alcohol play an important role in how our bodies function and how we feel. Individual lifestyle changes make a big difference to people's physical and mental health.

## Here are some useful numbers and information for lifestyle services.

**East Sussex Stop Smoking Service** – [www.stopsmokingineastsussex.co.uk](http://www.stopsmokingineastsussex.co.uk) – for advice and support to stop smoking – 0800 917 8896 or email [esh-tr.stopsmoking@nhs.net](mailto:esh-tr.stopsmoking@nhs.net)

**Action-for-Change** – For anyone who is concerned about their own or someone else's drinking – 0300 111 2470 or email [info@action-for-change.org](mailto:info@action-for-change.org)

**East Sussex Sexual Health services** – 01424 464750 or 01323 416100 or email <http://eastsussexsexualhealth.co.uk/>

**Health Trainers** -there to help you make positive changes that make a real difference to your health – 0800 917 8896 website [www.esht.nhs.uk/health-trainers](http://www.esht.nhs.uk/health-trainers)

## Primary care psychological therapies and wellbeing service



**Provider:** Delivered in partnership by Sussex Partnership NHS Foundation Trust and Turning Point.

**Web:** <http://www.sussexpartnership.nhs.uk/services/him/accessing-him>

**Description:** Assessment and brief interventions/treatments for mental health problems. A broad range of Improving Access to Psychological Therapies (IAPT). Available across East Sussex, Monday to Friday, but out-of-hours services can be arranged.

**Treatments include:**

Identification and provision of self help material, signposting individuals to the most appropriate source of support, providing psycho educational courses to help people manage, low self esteem, anxiety and moderate depression. Short 1-1 face-to-face interventions are also available, as are assessments and treatments delivered via the telephone.

Intensive 1-1 Cognitive Behavioural Therapy (CBT), treatments for post traumatic stress disorder and individual personal therapy (up to 12 face-to-face sessions). Health in Mind also offers Mindfulness based CBT.

Primary care mental health workers also offer more comprehensive (non IAPT) assessment interventions to facilitate anger management, general mental health support and wellbeing interventions, advice regarding eating disorders and medication.

Health in Mind referrals can come via GPs, however we welcome direct self-referral.

Locations	Contact	Main contact:
This is a county-wide service provision	1st Floor Woodside, The Drive Hellingly, East Sussex, BN27 4ER <b>Tel:</b> 03000 030130	spnt.healthinmind@nhs.net

## Wellbeing centres - Wellbeing centres are designed to give a broad range of mental health support, advice and guidance in local communities across East Sussex.



**Provider: Sussex Oakleaf**

**Web:** <http://www.eastsussex1space.co.uk/Services/1408/Sussex-Oakleaf>

**Description:** People with a variety of mental health support needs can access Sussex Oakleaf drop-in well being centres. The wellbeing centres offer support into social, cultural, spiritual, health, educational, voluntary and employment opportunities in the community.

Hubs are available in Eastbourne and across North and South Wealden for people significantly affected by mental ill health. These are “safe” environments where people are encouraged to develop their own recovery plans, as well as gain and maintain good mental health.

Locations	Contact	Main contact:
<b>Eastbourne</b> Wellbeing Centre (Brightview)	<b>Tel:</b> 01323 430203	Victoria.Hodge@sussexoakleaf.org.uk Miriam.Mitchell@sussexoakleaf.org.uk brightview@sussexoakleaf.org.uk
<b>North Wealden</b> (Uckfield and Crowborough Hubs)	<b>Tel:</b> 01825 766528	Alan.Hendry@sussexoakleaf.org.uk bellbrook@sussexoakleaf.org.uk
<b>South Wealden</b> (The Old Chapel)	<b>Tel:</b> 01323 849524	Sara.Palmer@sussexoakleaf.org.uk theoldchapel@sussexoakleaf.org.uk



**Provider: Together**

**Web:** <http://www.eastsussex1space.co.uk/Services/1431/Newhaven-Your-Way>

**Description:** The 'Your Way' Wellbeing Centres are places where people can socialise and get support for their mental health. This may be helpful for people who have a short term issue who have lost confidence and skills and those living with long term difficulties.

The service enables people to deal with everyday problems as well as approaching new challenges. This could include training or education, employment, voluntary opportunities or simply being healthier and getting more exercise. The aims of the service are to help people manage their mental health as independently as possible whilst moving towards their personal recovery goals.

Locations	Contact	Main contact:
Bexhill 'Your Way'	Tel: 01424 213099	bexhill-yourway@together-uk.org
Hastings 'Your Way'	Tel: 01424 434886	hastings-yourway@together-uk.org
Lewes 'Your Way'	Tel: 01273 475219	lewes-yourway@together-uk.org
Newhaven 'Your Way'	Tel: 01273 514753	newhaven-yourway@together-uk.org

## Employment and job retention support



**Provider: Southdown Housing**

**Web:** <http://www.eastsussex1space.co.uk/Services/1455/East-Sussex-Employe>

**Description:** One-to-one support to gain and retain employment, self employment, voluntary work and education. Southdown support people's interests, skills, strengths, experiences and goals. People will be allocated a dedicated Vocational Specialist, supported to develop a back to work plan, and if required will continue to receive support once in work.

**The practical activities on offer include:**

- Rapid job search
- CV and applications
- Interview techniques
- How and when to disclose mental health to an employer
- Support when starting a job or course
- Access to 'the Work and Learning Fund'

Locations	Contact	Main contact:
This is a county-wide service provision	<b>Tel:</b> 01273 405822 <b>Tel:</b> 07805 811160	l.kirby@southdownhousing.org

## Community Links



**Provider: Southdown Housing**

**Web:** <http://www.eastsussex1space.co.uk/Services/1456/Community-Links>

**Description:** Community Links service offers individually tailored support for people with mental health needs and/or Autism to engage and participate within their community.

Advisors will help people identify goals according to individual aspirations as well as develop existing and new skills. The aim of the service is to enable people to participate in and sustain mainstream activities such as employment and volunteering, education and training, arts and culture, health and leisure, faith and spirituality, and special interests.

**Who is eligible for this service?** This is a free service open to all adults (16+) with mental health needs and/or Autism in East Sussex. Referrals can be made on behalf of individuals by organisations or by self referral. Please contact Community Links on the phone number or email below to request a referral form.

Locations	Contact	Main contact:
This is a county-wide service provision	<b>Tel:</b> 01273 405822	h.denman@southdownhousing.org

## Peer specialist support



**Provider: Recovery Partners**

**Web:** <http://www.eastsussex1space.co.uk/Services/1391/Recovery-Partners-Pe>

**Description:** Peer support is an exciting approach to recovery. Our Peer Support Specialists live with mental health challenges themselves, are professionally trained, supervised and supported to help other people experiencing mental distress decide on their own recovery pathway. We respect and value people as individuals, and we listen, support, share and model our own experiences of recovery. We help people access resources in their communities. As a result people are motivated to think differently about their situations, developing approaches and plans while maintaining and gaining good levels of mental health.

Peer support is available as a series of 1-2-1 sessions or in group settings. We also offer the following services:

- Drop-in services based in wellbeing centres and community venues
- Independent support planning and brokerage
- Enhanced peer support
- Training & support for mental health service users and carers (SUCCES Project\*)
- Workshops & coaching
- Training for staff and mental health professionals

Recovery Partners is fully user-led, and all our Peer Support Specialists are employed by us.

*\*Service Users and Carers Collaborating in East Sussex*

**Who is eligible for this service?** This is a free service open to adults with mental health needs.

Locations	Contact	Main contact:
This is a county-wide service provision	<b>Tel:</b> 07881981565 <b>info:</b> 07976 628737	k.iles@recovery-partners.co.uk info@recovery-partners.co.uk

## Support for hard to engage/vulnerable people



**Provider: Seaview Project**

**Web:** <http://www.eastsussex1space.co.uk/Services/888/Seaview>

**Description:** The Seaview Project delivers services for vulnerable people. The large majority of these people will have undiagnosed mental health problems. This service works with people who could be considered “hard to engage” tending to live on the edge of society, being unable or unwilling to engage with other support services and formal day care provisions.

The Seaview project will ensure that it works with individuals, providing information advice and guidance, as well as links with other appropriate services to support identified needs.

**Who is eligible for this service?** This is a free service open to adults from vulnerable groups described above.

Locations	Contact	Main contact:
Hastings, St Leonard’s and rural Rother areas	Tel: 01424 717981	admin@seaviewproject.org.uk

## Support for vulnerable people from BME communities



### Provider: The Links Project

**Description:** The Links Project is a multi agency partnership that provides support and advice for the excluded BME population living in Hastings and Rother. The excluded BME population includes asylum seekers, refugees and new migrant communities. The project is delivered through a drop-in and gives access to a range of service such as health, welfare benefits, immigration and education.

The service is provided via a drop-in based at Concordia Hall, St Leonards on Sea on Wednesdays each week from 10.30am - 4pm.

**Who is eligible for this service?** This is a free service open to adults from BME groups described above.

Locations	Contact	Main contact:
Hastings, St Leonard's and rural Rother areas	<b>Tel:</b> 01424 444010 <b>Mob:</b> 07752495508	marc@hvauk.org

## Support for Gypsy and Traveller communities



### **Provider: FFT**

**Description:** This service aims to increase knowledge and access to support services and healthcare, and improve understanding of available services amongst the Gypsy and Traveller communities in East Sussex.

FFT will ensure that it works with individuals offering support, information advice and guidance and facilitate access to other services appropriate to identified needs.

**Who is eligible for this service?** This is a free service open to adults from Gypsy and Traveller groups across East Sussex.

Locations	Contact	Main contact:
This is a county-wide service provision	<b>Tel:</b> 01273 234 796 <b>Mob:</b> 07990 516627	<b>Zoe@gypsy-traveller.org</b>

## Support for people with Early Onset Dementia



**Provider:** The Sea Haven Club

**Web:** <http://www.eastsussex1space.co.uk/Services/478/See-Haven-Day-Centre>

**Description:** The service offers a setting that allows people with dementia to relax, engage and enjoy themselves, enabling their carer/s to enjoy some free time.

**Who is eligible for this service?** This is a service open to younger people (working age) assessed to have early onset dementia in East Sussex.

Locations	Contact	Main contact:
This is a county-wide service provision	<b>Mob:</b> 07714 917171 <b>Tel:</b> 01424 773687	donna.stavrou@alzheimers.org.uk

## Support for younger people 16-24

The services listed below support people who are younger than traditional “Working age”, enabling younger people to access appropriate peer groups and opportunities.



Bexhill, Hastings, Newhaven and Lewes

**Together** have a younger person group (16+) with a dedicated younger person worker who ensures that clients have access to educational, social and leisure pastimes appropriate to their peer groups. This service is currently available in the Hastings and Bexhill areas, and is developing this across Newhaven and Lewes.

For further details contact: [bexhill-yourway@together-uk.org](mailto:bexhill-yourway@together-uk.org) Tel: **01424 213099**



Eastbourne and Wealden

**Sussex Oakleaf** delivers a young adult's service (16+). This service aims to engage younger people, build confidence, and deliver information/advice sessions. The service links with employment, education and volunteering opportunities through to health advice, and works with The Princes Trust. [brightview@sussexoakleaf.org.uk](mailto:brightview@sussexoakleaf.org.uk). Tel: **01323 430203**



East Sussex

**Employment support** enabling young people (16+) to access educational and employment opportunities. Although most referrals come via clinical teams, as well as Early Intervention Service (EIS), they can also be accessed via self-referral. For info contact: [l.kirby@southdownhousing.org](mailto:l.kirby@southdownhousing.org) Tel: **01273 405822**



East Sussex

**Community Links Support** (CLS) for people (16+) with mental health needs and/or Autism in East Sussex. Similarly to the vocational services (see above) Referrals can be made on behalf of individuals by organisations or by self referral. Please contact Community Links on the phone number or email below to request a referral form. [h.denman@southdownhousing.org](mailto:h.denman@southdownhousing.org) Tel: **01273 405822**

## Sussex Downs College:

There are a range of programmes on offer at Sussex Downs College which have been developed to engage with and support young people who are not in education, employment or training. The aims of the programmes are to develop the essential skills which the young people need in order to successfully progress into work or college. They include:



Eastbourne

**The Opt Into Project** (aged 14 to 18) is designed specifically to inspire young people to discover their hidden talents and undiscovered passions. Opt Into allows young people to explore their options whether it be into potential employment with training, traineeships, apprenticeships, enterprise and voluntary opportunities as well as supporting those who want to progress into mainstream education and college. For info contact: [camilla.oniell@sussexdowns.ac.uk](mailto:camilla.oniell@sussexdowns.ac.uk) or Tel: **01273 511425**



Eastbourne and Newhaven

**Prince's Trust Team** is a 12 week programme aimed at young people aged 16-25. This programme engages with 15 young people, from a range of diverse backgrounds, who all contribute to the overall success of the team. It is a full-time programme and is designed to be challenging as it is ultimately preparing young people for future employment as well as apprenticeships and college. The Team Programme includes:

- a week team building activity residential
- a 2 week work placement
- interview skills practice and CV writing
- fundraising and enterprise skills
- working on a community project and team challenge
- achievement of a Prince's Trust qualification
- and much more!

For info. contact: [camilla.oniell@sussexdowns.ac.uk](mailto:camilla.oniell@sussexdowns.ac.uk) or Tel: **01273 511425**

**Young Parents** (aged 16 – 24) is designed to engage and support young parents and parents to be. The programme is based in a nurturing environment at college and not only provides the young parents with a supportive network but enables them to explore their future progression into mainstream college courses, volunteering and employment with training. They will complete a level 1 qualification and will participate in activities which will raise their confidence and ability to make a positive impact in their local community.

For info. contact: [camilla.oniell@sussexdowns.ac.uk](mailto:camilla.oniell@sussexdowns.ac.uk) or Tel: **01273 511425**

# The Race Equality in Mental Health Service (REMH)



## Provider: East Sussex County Council

**Description:** ESCC Mental Health Joint Commissioning Unit wants more people to have access to support, advice and guidance to ensure good levels of mental health. This means we must focus on tackling inequalities in accessing services.

All services are commissioned to ensure that equality issues are recognised and services offer support across all local communities. However, some Black and Minority Ethnic (BME) groups, particularly people from Black African and Black Caribbean backgrounds, have historically experienced poorer mental health outcomes than the rest of the population.

The REMH's service works with statutory and voluntary mental health provision to ensure that consideration around BME cultural issues is explored and offers recommendations such as translation links or engagement approaches.

**Access to translation support:** For information regarding BME groups, access or interpreting/translation issues for mental health services please see contact details below:

Locations	Contact	Main contact:
This is a county-wide service	Tel: 01273 336355	Val.biggs@eastsussex.gov.uk

## Local Mind associations in East Sussex



For better  
mental health

**Provider: WEL Mind (Wealden Eastbourne and Lewes MIND)**

**Web:** [www.welmind.co.uk](http://www.welmind.co.uk)

**Description:** Promoting good mental health through education and support for organisations and individuals within the community.

WEL Mind offers telephone support and signposting in addition to the following services:

- **ROC** (Reaching Out to the Community): A peer support, befriending service to empower and enable individuals and volunteers to gain confidence to engage with, and contribute to, their communities.
- **MHFA** (Mental Health First Aid Training): Training suitable for all, in common mental health issues and how to deal with someone in distress.
- **ASIST** (Applied Suicide Intervention Skills Training): Practical skills based training on how to deal with someone who is suicidal.
- **BRIDGES UK** (Building Recovery & Individual Dreams & Goals through Education & Support) A new and innovative peer led recovery education programme.

Locations	Contact	Main contact:
Wealden Eastbourne and Lewes	<b>Tel:</b> (01323) 648836 <b>Mob:</b> 07786 135326	info@welmind.org.uk



Activ8 Recovery College

**Provider: Activ8 (Hastings and Rother MIND)**

**Web:** [www.activ8forlife.org](http://www.activ8forlife.org)

**Description:** Activ8 offer a recovery orientated model of health support based around learning and self-help. The service is developing 'health & wellbeing' courses that offer opportunities for individuals to learn practical 'self-help' skills, enabling them to cope with symptoms and experiences in their everyday lives, using an educational model.

Locations	Contact	Main contact:
Hastings and Rother	Tel: 01424 442435	activ8network@hotmail.co.uk

## Service user engagement and involvement



**Provider: Rethink Mental Illness**

**Web:** [www.rethink.org](http://www.rethink.org)

**Description:** Rethink Mental Illness's mission is to improve the lives of everyone affected by Mental Illness. Locally, Rethink provide an Eastbourne-based Service covering East Sussex.

Supporting people to manage their mental health and wellbeing by providing training on a range of issues such as benefits and/or coping with anxiety. Rethink offer a number of support groups, where you can meet with others who have similar experiences. You can keep up to date with changes to services, and have your say. We also have opportunities for volunteers and those interested in being part of service development and delivery.

**Our main focus** is to listen and gather people's views of local Services, and work with the people that commission or lead them. Our role is to ensure that service users are at the heart of planning, commissioning and reviewing so we can help shape and improve the quality of future mental health services.

**Who is eligible for this service?** This is a free service open to all adults with mental health needs.

Location	Contact	Main contact:
Covering East Sussex	<b>Tel:</b> 01323 644027 <b>Mob:</b> 0797 3892160 engagement.6533@rethink.org	Carol Gosal Carol.gosal@rethink.org

## Advocacy and representation



**Web link:** [POhWER Mental Health Advocacy - East Sussex 1Space](#)

**Description:** POhWER provides advocacy services for people who need support because of problems with their mental health. Advocacy can help people to:

- understand their situation and rights;
- prepare for meetings;
- communicate with staff and services ;
- explore their options and choices; and
- access relevant support.

There are two main services available:

### **Independent Mental Health Advocacy (IMHA)**

People who have been detained under the Mental Health Act have a legal right to receive information and support from an Independent Mental Health Advocate. This service is also for people subject to Guardianship or a Community Treatment Order and people who are sectioned and are considering certain treatments.

### **Community Mental Health Advocacy**

This is a service for anyone living in the community who would like support because of their mental health. This service can help people to understand and access mental health support services in the community.

Locations	Contact	Main contact:
East Sussex	<b>Tel:</b> 03004562370 (Local Rate Number)	pohwer@pohwer.net



Healthwatch is the new independent consumer champion created to gather and represent the views of the public on issues relating to health and social care. Healthwatch will play a role at both a national and local level, ensuring that the views of the public and people who use services are taken into account.

<http://www.healthwatcheastsex.co.uk/>

### **Healthwatch East Sussex information and signposting**

Healthwatch East Sussex can help point you in the right direction if you are trying to find out about local health and social care services in East Sussex. Email your enquiry to us on [info@healthwatcheastsex.co.uk](mailto:info@healthwatcheastsex.co.uk) or ring the Helpline on 0333 101 4007.

## Bilingual advocacy service



Bilingual Advocacy is an interim advice and support service providing those who do not have English as a first language with the information and guidance to gain access to health services and maintain health and wellbeing. Vandu Language Services have worked extensively in reaching out to different migrant and refugee communities to ensure that every voice is heard.

Vandu's bilingual advocates support vulnerable, isolated and marginalised people to express their views and advocate on their behalf to make sure everyone can equally influence the planning, delivery and development of services that impact on their lives. Empowerment and personal independence is the long term aim for different communities with the advocacy service providing trained personnel in the development of health goals for individuals, signposting other local services where appropriate.

Locations	Contact	Main contact:
This is a county-wide service	Tel: 01273 473986	info@vlslanguages.com

## Books on prescription



**Web:** [www.eastsussex.gov.uk/libraries/booksfilmsmusic/books/goodreads/selfhelpscheme.htm](http://www.eastsussex.gov.uk/libraries/booksfilmsmusic/books/goodreads/selfhelpscheme.htm)

These books are recommended by mental health practitioners to help people who are finding it difficult to cope or need advice on specific emotional or mental health problems.

### **How the 'Books on Prescription' scheme works**

Choose books yourself or browse through the books at your local library. It's free and easy to join the library and borrow books.

When books are recommended by your GP or other adviser you will get a 'Books on Prescription' recommendation slip. Take this slip to the library to collect the book or reserve the book free of charge.

To find out more, please read our leaflet: [Books on Prescription: guide for patients and families \(Adobe PDF\)\(opens new window\)](#) or calling 01273 335383 or asking their GP.

## Carers support

**Sussex Oakleaf, Carers Engagement:** A service for mental health carers, family and friends in Wealden and Eastbourne



Personal Development and Support: have a better understanding of mental health and wellbeing and how to look after yourself.

Information and advice: about services available for you and the person you support.

Training and leadership skills: develop skills and confidence to influence services.

We hold regular support groups in Eastbourne, Hailsham and Uckfield and other rural locations contact us for the latest details.

### Contact details:

Nelida Senoran tel: 07850642969 [Nelida.Senoran@sussexoakleaf.org.uk](mailto:Nelida.Senoran@sussexoakleaf.org.uk)

Alan Wallace tel: 07850643029 [Alan.Wallace@sussexoakleaf.org.uk](mailto:Alan.Wallace@sussexoakleaf.org.uk)

**Eastbourne Wellbeing Service tel:** 01323 430203

**North Wealden Wellbeing Service tel:** 01825 766528

**South Wealden Wellbeing Service tel:** 01323 849524



To find out more about WRAP visit [www.coastalwellbeing.co.uk/WRAP](http://www.coastalwellbeing.co.uk/WRAP)

**Provider:** Coastal Wellbeing

**Description:** Wellness Recovery Action Planning (WRAP®) Course for carers.

### **WRAP (Wellness Recovery Action Planning) for Mental Health Carers**

WRAP (Wellness Recovery Action Planning) supports people to create positive change in their lives and maintain their wellbeing.

#### **WRAP for Carers**

Coastal Wellbeing will be delivering eight WRAP courses to carers in East Sussex.

#### **What is a WRAP course?**

We deliver WRAP as a weekly six-week course with up to twelve participants.

#### **Your wellbeing matters**

Attending a WRAP group will help carers:

- \* gain information around wellness and recovery
- \* support their own wellbeing
- \* explore ways of supporting the wellbeing of those they care for
- \* develop a plan for coping with the challenges they face
- \* build a supportive network
- \* share experience and learn from others

We have found that participants of WRAP groups gain in self-confidence which may lead to carers being able to better advocate for themselves as well as those they care for.

#### **To find out where your nearest WRAP course is being held please contact:**

Molly Booth on **07507 734 370** or via email: [molly@coastalwellbeing.co.uk](mailto:molly@coastalwellbeing.co.uk)

Lucy Tucknott on **07598 323 254** or via email: [lucy@coastalwellbeing.co.uk](mailto:lucy@coastalwellbeing.co.uk)

Or visit our website: [www.coastalwellbeing.co.uk](http://www.coastalwellbeing.co.uk)



Care for the Carers offer specialised support for carers of people with mental health support needs across East Sussex. Their services include:

- Support, information and advice from a specialist support worker
- Access to a range of specialist Carer support groups across the three CCG areas within the County
- Working with stakeholder partners and agencies to raise awareness of Carers issues and to uphold / cultivate joint working initiatives
- Access to free Counselling sessions
- Working in Partnership to deliver bespoke training and education programmes on identified areas of support.

### Contact details:

Hub helpline: Referrals and enquiries **01323 738390**

'Contact us': Online referrals [www.cftc.org.uk](http://www.cftc.org.uk)

Referrals and enquiries. [info@cftc.org.uk](mailto:info@cftc.org.uk)

## Improving carers' experience



### Building opportunities...

**Description: Involvement and training**

Ice Pro offers support to carers of people with mental health difficulties, helping them to get their views across to mental health professionals. We support carers to provide training for professionals and to be involved in planning and providing services.

Ice Pro facilitates FREE training courses at different venues across East Sussex for carers of people with mental health difficulties. Find out more about:

- Mental illness and treatment
- How the mental health system works
- How to keep well

You will also be able to talk with others in similar situations.

Locations	Contact	Main contact:
This service is available in: Lewes The Havens, Crowborough and Uckfield	<b>Tel:</b> 01273 617100	Alan Stenning alan.icepro@btconnect.com

## Welfare reform advice



**Web:** <http://www.eastsussex.gov.uk/community/benefits/>

From October 2013, the government is gradually introducing a new benefit called Universal Credit. It will be administered by the Department of Work & Pensions (DWP).

East Sussex County Council has developed a comprehensive range of information with up to date advice, and links to other support helping people understand and navigate the changes to benefits and welfare reforms. Look up the links on the web page or you can call the East Sussex benefit helpline for more information on Tel: 0333 3440681

## Drug and alcohol advice



positive action  
healthy lifestyles

Community Alcohol Team

**Web:** <http://www.eastsussex1space.co.uk/Services/682/Action-for-Change>

**Description:** Action for Change provides a comprehensive service across the whole of East Sussex for anyone who is:

- concerned about their drinking
- concerned about someone else's drinking
- is a carer or looking after someone who is an alcohol or drug misuser

Our services are all **free**; they are confidential too, though if you or someone else, especially a child, is at risk as a result of your behavior, we ask you to share that information with the correct authorities.

Our services are a mixture of advice and information, help, support and specialist treatment. Some people only use our service once; some use them for much longer periods. It very much depends on your individual situation.

### Locations

This service is available county wide with locations in Eastbourne and Hastings

### Contact

**Tel:** 0300 111 2470

### Email:

[info@action-for-change.org](mailto:info@action-for-change.org)



Community Substance Misuse Team

**Web:** <http://www.eastsussex1space.co.uk/Services/1412/Hastings-and-Rother> & <http://www.eastsussex1space.co.uk/Services/1413/Eastbourne-Wealden-a>

**Description:** Is drug use affecting you or someone you know?

Call in or contact us, for free and confidential advice and information regarding your treatment choices.

We provide:

- A full assessment of your needs
- Ongoing support from an individual care coordinator
- Hepatitis B and C testing and Hepatitis B vaccination programme
- A recovery care plan that considers all aspects of your life
- Medication / prescribing options
- Referral for inpatient detox and rehabilitation
- Harm reduction advice and needle and syringe exchange programme
- Evening and Saturday morning service for workers
- Peer support, recovery support groups and links with NA, Smart Recovery and East Sussex Recovery Alliance.

**Locations**

This service is available county wide with locations in Eastbourne, Wealden and Lewes, Hastings and Rother

**Contact**

**Tel:** 01323 410 092  
**Tel:** 01424 452 580

**Email:**

lift.housereception@sussexpartnership.nhs.uk  
Thriftreception@sussexpartnership.nhs.uk

## Housing support



**Provider:** Southdown Housing Association in partnership with, Brighton Housing Trust

**Web:** <http://www.southdownhousing.org/services/housing-support/homeworks/>

**Description:** For people with mental health support needs whether you're single, a couple or a family, Home Works can help if you are experiencing housing difficulties. It is a short term service for up to one year but this may be less according to your needs.

The service is delivered via a coaching model and can support a person to:

- understand the rights and responsibilities of holding a tenancy/ lease /mortgage
- deal with rent and other payments
- re-settle into the home (e.g. know how to choose repayment schemes for gas and electricity, water & sewerage) how to read meters, know when the bins are emptied, where local services are, respond to mail)
- know what to do if things go wrong that could affect the tenancy or mortgaged property
- know how to deal with anti social behaviour
- be safe and secure in their home, deal with visitors
- manage money and get specific help where there are debts
- gain knowledge and confidence around using a computer and getting on line
- know how to look for work, training or volunteering using all available resources
- get involved with other services that can offer specialist support and link in with children's centres if needed
- link in with other services and groups, e.g. getting a GP
- feel less isolated
- feel better informed and more in control

Locations	Contact	Email:
Home Works is available across East Sussex (West) Eastbourne, Lewes or Wealden (East) Hastings or Rother	<b>Tel:</b> 01273 898700/ <b>Text:</b> 07773 377754 <b>Tel:</b> 01424 858341/ <b>Text:</b> 07540 721244	referrals@homeworkswest.org.uk referrals@homeworkseast.org.uk

## Notes

### **Getting more copies of this publication**

You can get all our publications in large print, easy read format, in Braille, on audio tape or CD, or in other languages. Please phone Social Care Direct on 0345 60 80 191 (calls may be recorded). They are also available in PDF form, which you can download from our website at [eastsussex.gov.uk](http://eastsussex.gov.uk)

### **East Sussex County Council**

County Hall

St Anne's Crescent

Lewes BN7 1UE

Phone: 0345 60 80 190

Fax: 01273 481261

Website: [eastsussex.gov.uk/contactus](http://eastsussex.gov.uk/contactus)

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