



*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)**

**August 2014**

## 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/>



**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 that help to promote our personal wellbeing. A small improvement in wellbeing can help to decrease some mental health problems and help people to flourish. The services in this directory will be able to provide information and advice on things that people can do to take action on each of the Five Ways To Wellbeing.

## **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, sexual health 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.

# Mental health and wellbeing

Here are some useful numbers and information for services that can help you make the lifestyle changes you want to make.

## **My Time Active - East Sussex Health Trainers**

There to help you make positive changes that make a real difference to your health

Contact details: 0800 917 8896 [www.mytimeactive.co.uk](http://www.mytimeactive.co.uk) Or search for 'East Sussex Health Trainers'

## **Re:Balance – East Sussex Weight Management Service**

There to help you lose weight and keep it off. It is not a diet.

Contact details: 08452 160 120 [www.rebalanceeastsex.co.uk](http://www.rebalanceeastsex.co.uk)

## **East Sussex Sexual Health Services**

Provision of STI and HIV testing, free treatment, condoms, emergency hormonal contraception and all forms of contraception, HIV treatment and care.

Contact details: 01424 464 750 or 01323 416 100 [www.eastsussexsexualhealth.co.uk](http://www.eastsussexsexualhealth.co.uk)

## **Quit 51 East Sussex Stop Smoking Service**

For advice and support to stop smoking

Contact details: 0800 622 6968 [www.quit51.co.uk](http://www.quit51.co.uk)

## **STAR – East Sussex Drug and Alcohol Service**

For anyone who is concerned about their own or someone else's drinking or use of drugs

Contact details: 0300 303 8160 [www.thinkdrinkdrugs.co.uk](http://www.thinkdrinkdrugs.co.uk)

## Primary care and psychological therapies



**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



## Support for people affected by suicide or attempted suicide



**Provider: Sussex Community Development Association and Counselling Plus Community**

**Web:** [www.ncda.org.uk](http://www.ncda.org.uk) and [www.counsellingplus.org](http://www.counsellingplus.org)

**Description:** Counselling Partners – support for people affected by suicide, is a partnership service between Sussex Community Development Association and Counselling Plus Community. The project (beginning in October 2014) will provide effective and timely support for anyone affected by suicide or attempted suicide (families and carers, friends and colleagues) concentrating primarily on the Havens, Hailsham, Eastbourne, Hastings and Rother.

The 2 services will provide 1:1 counselling for individuals who present as suicidal as well as working with groups who have been affected by suicide to build resilience, understanding and support networks.

We will also provide crisis telephone counselling which could lead to a series of 1:1 sessions.

Locations	Contact	Main contact:
The Havens and Hailsham	<b>Tel:</b> 01273 519108	Sue Starnes <a href="mailto:sue.starnes@ncda.org.uk">sue.starnes@ncda.org.uk</a>
Eastbourne, Hastings and Rother	<b>Tel:</b> 01424 428300	<a href="mailto:verra.papaspyrou@counsellingplus.org">verra.papaspyrou@counsellingplus.org</a>

## 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	brightview@sussexoakleaf.org.uk
<b>North Wealden</b> (Uckfield and Crowborough Hubs)	<b>Tel:</b> 01825 766528	bellbrook@sussexoakleaf.org.uk
<b>South Wealden</b> (The Old Chapel)	<b>Tel:</b> 01323 849524	theoldchapel@sussexoakleaf.org.uk
		<b>Manager:</b> Glyn Marchant glyn.marchant@sussexoakleaf.org.uk

## 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: Together

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

**Description:** The Your Way Wellbeing Centres offer support and information for people experiencing mental health issues. This may be a short term issue for those who have lost confidence or for individuals living with long term difficulties.

There is a drop-in facility and a small range of activities within the centre for those who may feel socially isolated and are finding it difficult to move forward. Additionally people are offered one to one support to work on improving their wellbeing and achieving their own personal goals. We encourage and support people to access a range of activities in the community these may be recreational, educational, health and fitness related or vocational.

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

**Southdown**

**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.

Using the Individual Placement and Support (IPS) approach, Southdown support people's interests, skills, strengths, experiences and goals. People will be allocated a dedicated Employment Specialist, supported to develop a back to work, or job retention, 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
- Support to retain current employment, including direct liaison with employers where required, and the implementation of reasonable adjustments in the workplace

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

## Community Links

Southdown

**Provider: Southdown**

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

**Description:** The Community Links service offers individually tailored support for people with mental health needs and people with Autism and mental health needs to take part in community activities.

Advisors work one-to-one with people to help them identify goals in line with their interests as well as developing existing and new skills. The aim of the service is to enable people to independently take part in and sustain activities available in their community, 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+) who have mental health needs and all adults (16+) with Autism and mental health needs who live in East Sussex. Referrals can be made on behalf of individuals by organisations or by self referral. Please contact Community Links on the phone or email to request a referral form. Alternatively you download a referral form on Southdown's website [www.southdownhousing.org](http://www.southdownhousing.org).

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

## Housing Support – For people who need support to either set up or keep their home



**Provider: Southdown Housing Association**

**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 usually up to one year.

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 a 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

**Location:** Home Works is available across East Sussex.

**Contact:**

Tel: 01273 898700    Fax: 01273 898701    Email: [referrals@home-works.org.uk](mailto:referrals@home-works.org.uk)  
[www.facebook.com/HomeWorks.SHA](http://www.facebook.com/HomeWorks.SHA)

## Peer Support Specialists



### 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
- Workshops & coaching
- Training for staff and mental health professionals

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

**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> 07881 981565 <b>info:</b> 07976 628737	k.iles@recovery-partners.co.uk info@recovery-partners.co.uk

## Drug and alcohol advice and support

**Provider:** STAR Service

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

**Email:** [eastsussex.star@cri.org](mailto:eastsussex.star@cri.org)

**Tel:** 0300 3038160

STAR (Support and Treatment for Adults in Recovery) is an integrated service for both drug and alcohol treatment that operates across the whole of East Sussex. If you, or someone you know, is being affected by either drugs or alcohol they can contact the service for free and get confidential advice and information regarding treatment and support.

We provide:

- A full assessment of your needs
- On-going 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	Contact	Main contact:
<b>Hastings Hub</b> Thrift House, 13 Wellington Place, Hastings, East Sussex, TN34 1NY <b>Open:</b> Monday to Saturday; 08:00 – 20:00	<b>Tel:</b> 0300 3038160	Jay Harley <a href="mailto:jay.harley@cri.org.uk">jay.harley@cri.org.uk</a>
<b>Eastbourne Hub</b> Lift House, 6 St Leonards' Road, Eastbourne, East Sussex, BN21 3UH <b>Open:</b> Monday to Friday; 08:00 to 20:00	<b>Tel:</b> 0300 3038160	Jacqui Davis-Smith <a href="mailto:Jacqui.DSmith@cri.org.uk">Jacqui.DSmith@cri.org.uk</a>
<b>Uckfield</b>		Paul Burley <a href="mailto:Paul.Burley@cri.org.uk">Paul.Burley@cri.org.uk</a>



## Drug and alcohol advice and support



Recovery Matters is a PEER led Community Interest Organisation (CIO) and intends to be a truly independent and focused organisation. We aim to assist in the care of vulnerable members of our local society combating the effects of addiction to drugs and alcohol. We do not offer any guarantees of a “cure” because we know from our own experiences that recovery is day to day. However, we also know there is hope from the effects of addiction by winning small and daily battles. Hope is also augmented by visible and contagious recovery as radiated by our Recovery Coaches and volunteers.

Those eligible to access our services are individuals moving through their recovery journey as well as those affected directly or indirectly by addiction.

We intend to that through the use of basic life skills and individual empowerment an individual can create a new and wholesome life. We will offer support in creating a healthy and sustaining diet on a limited budget, basic computer training as well as essential job and CV building techniques. Our coaches and volunteers offer an informed and honest voice for service users across a varied spectrum. We aim also to offer our knowledge and expertise to the recovery community in assessing services, identifying problems and assisting in the overall improvement of these services for all.

We are based in Eastbourne and our main points of contact are:-

Richard Martin – 07950 947983 or Cliff Roe – 07597 621546.

Our email address is: [recoverymatters@hotmail.co.uk](mailto:recoverymatters@hotmail.co.uk)

# Drug and alcohol advice and support



## Coastal Wellbeing WRAP for Drug and Alcohol Recovery

### WRAP (Wellness Recovery Action Planning) for Drug & Alcohol Recovery

WRAP supports people to create positive change in their lives and maintain their wellbeing. Coastal Wellbeing will be delivering four WRAP courses a year to people in recovery from drug and alcohol addiction in East Sussex.

### WRAP for Carers

Coastal Wellbeing will be delivering four WRAP courses a year to people in recovery from drug and alcohol addiction in East Sussex. This service has been funded one year.

### What is a WRAP course?

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

### Your wellbeing matters

Attending a WRAP group will help participants:

- explore ways of managing their own health and wellbeing
- discuss existing and new wellness tools to support their wellbeing
- identify triggers and early warning signs
- create action plans for times when life gets challenging
- explore crisis planning
- feel empowered to make choices
- develop self-awareness and resilience
- share experience and learn from others
- build a supportive network
- time to focus on their recovery needs

We have found that participants of WRAP groups gain in self-confidence as they explore ways to look after themselves and look after their needs. WRAP provides people with a framework that exists beyond the six-week course, which can support people in every part of their lives.

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)

# Drug and alcohol advice and support



## Drug and Alcohol Housing and Employment Support Service

**Provider:** Southdown

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

### Housing Support

Southdown Housing Engagement Workers provide outreach support to people with drug or alcohol needs to resolve issues placing them at risk of homelessness; find suitable accommodation, move and set up home, and develop skills to help them keep their home.

### Employment Support

Southdown Employment team provide a one to one service to explore a person's interests, skills and employment aspirations. We work with individuals to offer a tailored service to meet personal interests and preferences.

### Who is eligible for this service?

Adults with alcohol and or substance misuse needs aged 16 and over, living in East Sussex, and motivated about exploring their employment goals and/ or have a housing support need. Referrals will not be excluded due to severity of substance misuse.

Locations	Contact	Main contact:
This service is available county-wide	Tel: 01273 405 822	Housing and Employment Team

## Drop-in for hard to engage/vulnerable people



**Provider: Seaview Project**

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

**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



Advice and Assistance  
for Black and Ethnic  
Minority 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 services 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:
Based in Hastings, St Leonard's but available across East Sussex	<b>Tel:</b> 01424 444010 <b>Mob:</b> 07752 495508	marc@hvauk.org

## Support for vulnerable people from BME 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 vulnerable people from BME communities



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 good mental 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	<b>Tel:</b> 01273 473986 <b>Emergency contact:</b> 0800 0087650	info@vlslanguages.com

## Support for vulnerable people from BME communities



### 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 equalities training and 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



## Younger people with early onset dementia support



**Provider:** The Sea Haven Club

**Web:** <http://www.eastsussex1space.co.uk/Services/1559/See-Haven-Club>

**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

## Education and group 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**

## Education and group support for younger people (16-24)

### 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: [lynsey.cameron@sussexdowns.ac.uk](mailto:lynsey.cameron@sussexdowns.ac.uk) or Tel: **07584 684365**



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: [lynsey.cameron@sussexdowns.ac.uk](mailto:lynsey.cameron@sussexdowns.ac.uk) or Tel: **07584 684365**

**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: [lynsey.cameron@sussexdowns.ac.uk](mailto:lynsey.cameron@sussexdowns.ac.uk) or Tel: **07584 684365**

## Service user involvement and engagement

Southdown

### Peers in Partnership

Peer Support, Client Engagement and Involvement.

**Provider:** Southdown

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

**Description:** Southdown's Peers in Partnership service aims to review and improve the quality and experience of care and support provided by mental health providers in East Sussex.

A team of peers will work alongside Southdown staff to encourage people with lived experience of mental health issues and their carers to get involved. They will provide peer networking opportunities, collaborations and partnerships. Peer training and support is available with direct links to East Sussex Mental Health Recovery College and mainstream Colleges.

**Who is eligible for this service?** Peers in Partnership would like to encourage services users, peers, carers and providers to get involved.

Locations	Contact (from 01/10/2014)	Main contact:
This service is available county-wide	Tel: 01273 405822	Peers in Partnership project coordinator

## 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

## Advocacy and representation



Healthwatch East Sussex is your independent consumer champion for health and social care. Healthwatch East Sussex has a responsibility to actively engage with the community and encourages local people to share their opinions on the health and social care services that are available in the area. We work hard to ensure that all sections of the community are represented in the decision making process and that your views are listened to, recorded and reported. We are interested to hear your experiences, whether good or less good. Just give us a call.

### Healthwatch East Sussex information and signposting

You can ring our information line with any question on local health or care services on 0333 101 4007 Monday – Friday 10.00am – 4.00pm (except Bank Holidays). We can listen to your concerns or question, help you look at options and point to you where you may get further help or support. We cannot however provide case work support although we can refer you to where you can get advocacy support to help you.

Ring: 0333 101 4007

Text: 07826 021114

Email: [enquiries@healthwatcheastssussex.co.uk](mailto:enquiries@healthwatcheastssussex.co.uk)

Website: <http://www.healthwatcheastssussex.co.uk/>

## Advocacy and representation



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 good mental 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	<b>Tel:</b> 01273 473986 <b>Emergency contact:</b> 0800 0087650	<a href="mailto:info@vlslanguages.com">info@vlslanguages.com</a>

## Carers support



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

- Provision of expert advice regarding Carers' Issues
- Support with finding help and support for those in a caring role
- Access to a range of local carers' groups
- Access to free Counselling

### 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)



## Carers support



### Improving carers' experience

#### Building opportunities...

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

**Description: Involvement and training**

“ICE Project” offers support to carers of people with mental health difficulties, helping them to get their views across to mental health professionals.

Ice Project 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 across East Sussex	<b>Tel:</b> 01273 617100	Alan Stenning <a href="mailto:alan.icepro@btconnect.com">alan.icepro@btconnect.com</a>

## Carers support



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

**Provider:** Coastal Wellbeing

### **WRAP (Wellness Recovery Action Planning) for 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 a year to carers in East Sussex. This service has been funded for the next three years.

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

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

#### **Your wellbeing matters**

Attending a WRAP group will help carers:

- explore ways of managing their own health and wellbeing
- discuss existing and new wellness tools to support their wellbeing
- identify triggers and early warning signs
- create action plans for times when life gets challenging
- explore crisis planning
- feel empowered to make choices
- support them to manage their caring role
- develop self-awareness and resilience
- share experience and learn from others
- build a supportive network
- time to focus on their own needs

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)

## 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:

Christine Saunders 07850 642971. [Christine.saunders@sussexoakleaf.org.uk](mailto:Christine.saunders@sussexoakleaf.org.uk)

**Eastbourne Wellbeing Service tel:** 01323 430203

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

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

## Carers support



### Ambitions

**Realising and Releasing Potential –  
Education, Employment and Volunteering Service**

**Provider: Southdown**

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

**Description:** Southdown’s Ambitions service is designed to support adult carers in East Sussex achieve their vocational aspirations.

A skilled Vocational Specialist works alongside individuals to help them identify and achieve their employment, educational and volunteering ambitions. Support is also offered to assist carers to retain their current employment. The support is flexible and tailored to individual’s needs.

**Who is eligible for this service?** Adults, aged 16 and over, live in East Sussex and have caring responsibilities for another adult.

Referrals can be made on behalf of individuals by organisations or by self-referral. Please contact the Ambitions project coordinator on the phone number below to request a referral form.

Locations	Contact (from 01/10/2014)	Main contact:
This service is available county-wide	Tel: 01273 405822	Ambitions Project Coordinator

## Low cost counselling services



### **Summerhayes Therapy Services**

**Provider:** SCDA

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

**Description:** Summerhayes Therapy Services

Summerhayes Therapy Services offer a range of accessible counselling:

#### **Summerhayes Counselling Service (Low cost counselling)**

We provide an accessible, confidential, affordable service within the local community, supporting adults (16+) who are feeling low, worried or distressed for many reasons including depression, anxiety, physical difficulties, life events, loneliness and isolation.

Short-term, low cost counselling is currently offered in Newhaven, Lewes and Hailsham. The service is available by self or GP referral.

Contact details: Sue Starnes on 01273 519108 or via email [sue.starnes@ncda.org.uk](mailto:sue.starnes@ncda.org.uk)

#### **Haven Project**

The Haven Project offers up to 18 sessions of affordable counselling to both men and women who have been raped, sexually abused or have experienced sexual violence with qualified Counsellors who have had specific training. The service is available by self or GP referral.

Contact details: Sue Starnes on 01273 519108 or via email [sue.starnes@ncda.org.uk](mailto:sue.starnes@ncda.org.uk)

#### **'You Talk, We Listen' Listening Service (Youth Counselling)**

A free confidential listening service for young people which runs as part of the Youth Drop-in at Denton Island Community Centre in Newhaven offering access to professional counselling practitioners experienced in working with young adults. Young people can self refer: referrals are also accepted from other professionals with the young person's agreement.

Contact details: text to 07920 526215 or email [counselling@ncda.org.uk](mailto:counselling@ncda.org.uk)

## Low cost counselling services



**Provider: Counselling Plus Community**

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

**Description:** Counselling Plus is a charity which offers confidential counselling to people aged 16 years and over, in Hastings, Eastbourne, Bexhill, Rye and Northiam, at times of stress, change, pain or loss. One of our main aims is to provide a service for those on low income or living on benefits. We offer:

One to One Counselling

Counselling for young people from age 16 years

Specialist counsellors who are trained to counsel people who have been raped or sexually assaulted referred by the Saturn Centre

Couple Counselling

Anger Management groups

Anger Management groups for young people

Wellbeing in Maturity groups

Continued Professional Development workshops

We counsel on a wide range of issues including: depression; anxiety; relationship issues; suicidal ideation; identity issues; anger; isolation; abuse; self-harm; loss; bullying; attachment disorders; couple counselling; low self-esteem; trauma.

Our counsellors have a variety of different approaches but all work within a theoretical framework which is known as ‘person-centred’, which means that the client’s needs and own self-knowledge is at the centre of what we do.

As a small charity, we are reliant upon client contributions.

Locations	Contact	Main contact:
Hastings, Eastbourne, Bexhill, Rye and Northiam	Tel: 01424 428300	<a href="mailto:verra.papaspyrou@counsellingplus.org">verra.papaspyrou@counsellingplus.org</a>

## Books on prescription

# READING WELL

**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 your GP.

## Music Therapy



## Music for Wellbeing

**Provider: The Music Well Community Interest Company**

**Web:** [www.themusicwell.org.uk](http://www.themusicwell.org.uk), [www.eastsussex1space.co.uk/Services/926/The-Music-Well](http://www.eastsussex1space.co.uk/Services/926/The-Music-Well)

### **Description:**

- The Music Well offers music therapy sessions on a one to one basis
- Group drum circles
- Singing for wellbeing
- Improvisation/jamming groups
- Gong baths for relaxation
- All music sessions are enjoyable as well as supporting your health

**Who is eligible for this service?** This service is available for people of all ages from children and young people with mental health needs to those of working age suffering mental ill health to the elderly with dementia, problems of isolation and depression. Details of costs available on request.

<b>Locations</b>	<b>Contact</b>	<b>Email:</b>
Rye and rural Rother	<b>Tel:</b> 01797 226330	enquiries@themusicwell.org.uk



## Welfare Reform Information



### 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

# East Sussex Recovery College



**Provider: Sussex Recovery College: a partnership of Sussex Partnership NHS Foundation Trust, NHS and local third sector organisations**

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

twitter: @SussexRecoveryC web link: <https://twitter.com/SussexRecoveryC>

**Description:** Sussex Recovery College offers educational courses about mental health and recovery, designed to increase knowledge and skills to promote self-management. This may help people take control and become an expert in their own wellbeing and recovery. Students choose what courses to attend from the prospectus

All courses are co-produced. They are designed and delivered by people with lived experience of mental health challenges and mental health professionals.

All courses are free for people with mental health support needs.

**Who can access Recovery College?** The Recovery College is open to adults of all ages with moderate to severe mental health challenges or mental health support needs, their carers, friends and families.

Location	Contact	Main Contact
Hastings and Rother Campus Eastbourne, Hailsham and Seaford Campus High Weald, Lewes and Havens Campus	<b>Tel:</b> 0300 303 8086	enquiries@sussexrecoverycollege.org.uk Sussex Recovery College, Aldrington House, 35 New Church Road, Hove, BN3 4AG



## East Sussex MIND organisations



**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:

- **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.

Locations	Contact	Main contact:
Wealden Eastbourne and Lewes	Tel: (01323) 648836	info@welmind.org.uk

## Notes

## Notes

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website at [eastsussex.gov.uk](http://eastsussex.gov.uk)

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