

Directory of Health and Wellbeing Services Commissioned by Brighton & Hove City Council Public Health Department **2018**

Information for front line workers

This version of the directory is current
as of 1 January 2018

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Introduction

This directory

Public Health is about promoting and protecting health and wellbeing, preventing ill health and prolonging life through the organised efforts of society. The Public Health pages on the Council website provide up-to-date information about key health messages and local services. Please see: www.brighton-hove.gov.uk/content/health

In Brighton & Hove, a range of services that promote healthy living have been developed through joint working between health, social care, community groups, business and local people. This has been in response to local need as identified by needs assessments and good practice. This directory provides an overview of these services, which are available either directly, or by referral, to people in Brighton & Hove. Information for each service is arranged under the following headings:

- **Who are we?**
- **What do we do?**
- **Why is this important?**
- **Contact details**

The intended audience for this directory is front line workers, to assist with referrals and training. We hope it will prove useful to you and the people you work with.

Ellie Katsourides (Public Health Team Administrator, Brighton & Hove City Council) and colleagues have compiled this information and intend to update it annually. If you have any amendments or additions for the directory, please contact:
ellie.katsourides@brighton-hove.gov.uk

You may also find the following of interest and use;

BHConnected

<http://www.bhconnected.org.uk/content/local-intelligence>

This page contains links to the information, data and intelligence that we use to inform our plans and strategies. It is a useful source of information for all working in the city. It has: Reports - Briefings on various topics from the 2011 Census and the latest annual report of the Director of Public Health; Surveys - Briefings and reports from the City Tracker survey, Health Counts and the annual Safe & Well at School survey; Needs Assessments - The Joint Strategic Needs Assessment (JSNA) provides analysis of current and future needs of the population. Here you can find the most recent JSNA summary along with in

depth needs assessments covering key issues for the city; Community Insight - a service that allows you to find, explore and use a wide range of facts and figures at different geographic levels for Brighton & Hove and the surrounding area; Performance data - City performance information and reports are also available.

My Life

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

This website provides reliable local and national information to residents and professionals in Brighton & Hove, and aims to support those wishing to improve their health and wellbeing. It contains information about;

Health Conditions; Health Services; Social Care services; Healthy Living, Social and Leisure; Families and Young People; Advice for Carers; Support Groups and Charities; Housing; Financial Advice and Benefits; Education and Training; Employment and Volunteering; Transport; Crisis Support

Community Works Brighton & Hove

<http://bhcommunityworks.org.uk>

Community Works provides support and networks to enable every organisation and individual to most effectively contribute their time, expertise and energy towards making the city stronger and fairer. It provides advice & support to groups, opportunities for volunteering, a Skills Exchange, a Directory of

community and voluntary groups, information about community events. Community Works works with public sector organisations e.g. consultancy, partnerships and responses to consultations and engagement opportunities.

It's Local actually

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

There are over 1000 free and low cost activities going on every month across the city. This website gives details of local activities and groups across Brighton & Hove. You can search by category and/or location.

Sussex Interpreting Services

www.sussexinterpreting.org.uk

Language support services

- Community Interpreting - Sussex Interpreting Services provide community interpreting. Their community interpreters work face to face to ensure access to services for people with language support needs. They have contracts with the NHS and local authorities across Sussex.
- Bilingual Advocacy - Sussex Interpreting Services provide bilingual advocates who work with more vulnerable and isolated people. They take the time to appreciate people's views, needs, expectations and concerns and ensure they are heard, respected and acted upon.
- Community Translation - Sussex Interpreting

Services provide written translation services. Their community translators are experienced in translation of a wide range of written information and documentation, including: letters, reports, leaflets, newsletters, websites, medical records and passports, birth and marriage certificates.

Alcohol & Substance Misuse

Pavilions Drug & Alcohol Service

Who are we?

Pavilions is the Adult Drug & Alcohol Service for Brighton & Hove, bringing together a range of partners with proven expertise, creative minds and a shared desire to re-shape drug and alcohol treatment and recovery services in Brighton & Hove. The partnership is led by Cranstoun in partnership with Surrey & Borders NHS Partnership Foundation Trust, Equinox, Brighton Oasis Project and Cascade Creative Recovery.

What we do?

We provide treatment for all residents, over the age of 18, who are struggling with issues around drug or alcohol misuse. We also provide the following specialist services, details of which can be found in this directory:

- Pavilions Families & Carer Service
- Pavilions LGBTQ* Service
- Pavilions Women's Service

Services Available:

- Crèche facility for all clients
- Criminal Justice Services

- Education, Training & Employment Support
- Group work
- Health Checks
- Health Promotion
- Substance Misuse training
- Holistic Health Support
- Hostel In-reach
- Keyworking
- Mutual Aid & Smart Recovery
- Needle Exchange
- Open Access / Drop In

Why is this important

Drug & alcohol problems affect the whole of society; from the individual with the issue, to their family & friends, and the communities in which they live. The human cost is high as is the cost to society. Most people with drug & alcohol problems will have other issues that affect them alongside, or as a direct result of their addiction. This can include crime, housing/homelessness, children & family problems, benefits, unemployment, health problems, sexual health issues, and involve a host of local organisations and departments.

Pavilions vision is to develop excellent partnership working with the different agencies involved in a client's case, with the Pavilions Care

Coordinator acting as a the 'case lead'. This means that we look at a client's whole life, and don't look at each issue as separate and unconnected, but as another facet of their substance misuse problem. Hopefully we can help move clients seamlessly through services, keeping them engaged and committed to their recovery.

Contact details

Referral Number: 01273 731 900
Email: referrals@pavilions.org.uk
Website: www.pavilions.org.uk
Twitter: @Pavilions_org
Facebook: Pavilions Alcohol and Drug Service

If you would prefer to come in and talk to us in person then please ring us to find out our assessment times and the most suitable location for you to access.

Pavilions Families & Carers Service

Who are we?

We are a specialist service, within the Pavilions adult drug & alcohol service.

What we do

We offer support services to the family and friends of individuals experiencing the effects of someone else's drug or alcohol problems. Supporting someone you care about through recovery can be a difficult and lonely process, so our service offers the following support:

- Advice, Support & Information on a range of issues.
- Referrals to other services which can help.
- Support Groups
- Outreach Support through home visits.
- Training around communication skills, first aid, overdose prevention and basic drug & alcohol awareness.
- One-to-one support in a safe environment.
- Confidential Counselling for families, friends & carers.
- Relationship Counselling for any two people affected by drug or alcohol use.
- Structured Education Groups offering

knowledge and awareness around common issues for families, friends & carers.

Why this is important

Family, friends and carers can be a vital avenue of support for users and can provide the hope and inspiration that they need to turn their lives around. But often, the family cannot do it alone. That's where support services like ours comes in. Here you can meet other people going through similar experiences and get the support you need from our experienced staff.

Contact details

Referral Number: 01273 680714 / 731 900

Email: familyandcarers@pavilions.org.uk

Website: www.pavilions.org.uk

Pavilions LGBTQ* Service

Who are we?

We are a specialist service, as part of the Pavilions adult drug & alcohol service.

What We Do

Our LGBT worker provides a confidential, non-judgemental, outreach service. With specialist knowledge of drugs & alcohol, our worker is able to support people over 18, wishing to address their substance misuse. We won't judge you or tell you what to do. We will listen and give you impartial information & advice.

Find out how drugs & alcohol can affect:

- Your Health
- Your Relationships
- Your Money
- Your Life

Why this is important

Brighton's large LGBT community is under represented in services. A lot of LGBT people are reluctant to come into 'traditional' drug & alcohol services, because they feel that staff might not have any understanding about the scene, the

lifestyle & context in which drugs are taken, or the sorts of drugs being used on the scene at the moment. Our dedicated LGBT worker has a wealth of knowledge and understanding. He also works closely with LGBT agencies like THT and Clinic M. The aim is to encourage LGBT individuals who have substance misuse issues to get help, in an environment in which they feel comfortable, understood, supported and safe.

Contact details:

Mobile: 07884 476 634

Email: gsmith@pavilions.org.uk

Website: www.pavilions.org.uk

Alcohol and Substance Misuse Hepatitis Nurse Specialist

Who are we?

Free service providing hepatitis; screening, vaccination, and treatment for those in drug and alcohol treatment

What do we do?

- Free advice, information and support on all types of hepatitis
- New base in the community so no longer necessary to go to hospital for these services
- Flexible support to meet the needs of people in drug and alcohol treatment around their hepatitis status

Why is this important?

Blood borne viruses are a vital health issue for Brighton and Hove and particularly for people who use drug and alcohol. A survey of injecting substance users in 2016* found that of the 55 people who tested positive for hepatitis C 27 (49%) did not know they were positive.

This new, specialist service, based in the community is a fantastic resource for those already accessing treatment for drug or alcohol use. The nurse is very flexible and is able to support people to make informed choices about their options for screening and treatment of hepatitis.

*(Total number of people tested = 550 and
Total number of people treated at the community clinic
= 110)

Contact:

Mags O'Sullivan

Specialist Nurse Practitioner

Tel: 07768355937

Email: mosullivan@pavilions.org.uk

Pavilions Women's Service

Who are we?

We are a specialist service, within the Pavilions adult drug & alcohol service. The service is run by Brighton Oasis Project.

What we do

We exist to support and empower women who have difficulties with drink or drugs to make positive changes in their lives. We know that women will have a better chance of overcoming addiction and maintaining recovery with the support of our service. We run three main programmes for women depending on their circumstances. Some women may be referred as part of a court order, others through social services and others come voluntarily. Groups cover:

- Harm minimisation: Being safe - you and your family
- Triggers and relapse prevention
- Relationship support
- Identity and self esteem

Why this is important

We understand that some women can find it difficult to have their needs met in mainstream services. At Pavilions we provide a women-only service where women are able to openly discuss issues that affect them, in an environment where they feel safer and better understood. This gives women the freedom to make choices and decisions whilst accessing help with children and families.

Contact details:

Referral Number: 01273 696 970

Email: info@pavilions.org.uk

Website: www.pavilions.org.uk

If clients would prefer to drop in in person, they can come to 11 Richmond Place on Tuesdays and Thursdays, 10am - 2.45pm. No appointment is needed.

Safe Space

Who are we?

At Safe Space, Red Cross volunteers are available to deliver any medical support needed and Resolve Security Services help keep everyone on the project safe. The experienced YMCA DownsLink Group project workers are also on hand to deliver quality advice and emotional support to both visitors and residents enjoying Brighton's busy clubbing scene.

What do we do?

The project helps those who have become distressed, either through being intoxicated, injured, have lost their friends or are unable to get home. The majority of people who access the project have become vulnerable through alcohol or drug use and are in need of immediate support and assistance.

Why is this important?

Safe Space aims to provide a joined up approach between the large numbers of support services across Brighton & Hove. They work in partnership with key organisations to signpost their clients to the necessary services both locally and nationally for those people who are visitors to Brighton & Hove.

Some of the projects we link in with include: The Drug and Alcohol Services such as RUOK? and the Brief Intervention Service (including harm minimisation), counseling and family mediation services, housing and homelessness projects and advice centres, sexual health clinics and NHS direct services.

Safe Space also work with Brighton and Hove Police to feed back and monitor the area of the city covered by “Operation Marble”, which includes Safe Space and the West Street area. Working in partnership with multiple organisations, Safe Space has linked the night-time economy to daytime services, which helps to support people enjoying Brighton’s nightlife and keep them safe.

Contact:

The Safe Space project runs every Friday and Saturday night from St Paul’s Church on West Street in the city centre, 11pm until 3.45am.

Safe Space Coordinator- 47 Reed House, Church Road, Hove BN3 2BE, Tel: 07545 205352

www.pavilions.org.uk/services/safe-space
www.facebook.com/SafeSpaceBrighton

Cancer Prevention & Screening

Albion in the Community

Speak Up Against Cancer - <http://speakupagainstcancer.org/index.html>

Cancer awareness work in the community aiming to raise awareness of signs and symptoms and increase early detection of cancer amongst men and women in Brighton and Hove.

What do we do?

- Working with a team of local volunteers with an experience of cancer, we raise awareness and help to dispel myths around cancer.
- Inform and encourage people to participate in free NHS Cervical, Breast and Bowel cancer screening programmes.
- Provide training and information on prevention and early symptom recognition of various cancers in line with local campaigns
- Work across the city with health professional colleagues and employers, as well as the public

Why is this important?

In the UK, one in three people will develop cancer at some point in their lives.

Every year, over 285,000 people are diagnosed with the disease.

The good news is that many cancers can be prevented by lifestyle changes; and early detection of cancer, through screening and early recognition of symptoms, can save lives

Cervical screening saves 5,000 lives a year in the UK, breast screening saves around 1,500 lives a year. When bowel cancer is detected at the earliest stage there is a 90% chance of survival.

Contact:

Speak Up Against Cancer Team, Albion in the Community

Email: speakup@albioninthecommunity.org.uk

Tel : 01273 878261

Health Checks

Who are we?

Anyone who meets the following criteria is entitled to a free NHS health check. Those who:

- are between 40-74 years of age
- aren't diagnosed with or being treated for cardiovascular disease (i.e. heart disease, diabetes, stroke, kidney disease, cholesterol, blood pressure)
- have not had an NHS Health Check within the last 5 years
- are living in the Brighton & Hove area.

What do we do?

Appointments last around 30 minutes and are carried out by a qualified nurse who will check your:

- blood pressure
- body mass index
- risk of heart disease
- diabetes risk
- cholesterol.

Your surgery will provide you with personalised healthy lifestyle advice to lower your risk.

Taking action now can help prevent the onset of conditions including heart disease, type 2 diabetes, kidney disease and stroke.

After a health check you could be referred to local services to help reduce your risk and stay healthy.

Why is this important?

Even if you feel fine, there may be things happening beneath the surface you can't see. It's a simple appointment that could save your life.

Taking action now can help prevent the onset of conditions including heart disease, type 2 diabetes, kidney disease and stroke.

Contact:

Health Checks are available at GP surgeries. You can book a Health Check and find out more information by contacting your GP surgery directly.

Health Trainers

Who are we?

Health Trainers are part of a national programme to provide support for people to improve their health by making and maintaining healthy lifestyle changes. The Brighton & Hove Health Trainer service is funded and provided by Brighton & Hove City Council.

What do we do?

The Brighton & Hove Health Trainer Service provides free and confidential support to adults (aged 18 and over) to make realistic and manageable lifestyle changes, through one-to-one support, guidance and signposting.

Typical areas covered are:

- Getting more physically active
- Drinking less alcohol
- Eating more healthily
- Stopping smoking
- Improving general wellbeing

Through information, behaviour change tools and motivation, adults wanting to improve their health are encouraged and supported to achieve and maintain healthy changes.

Why is this important?

Healthier lifestyle choices can have a big impact on an individual's short and longer term health. But making changes can be difficult – Health Trainers support, motivate, build confidence and make it more likely that changes will be achieved and maintained.

Contact:

For more information about how this service supports people to improve their health, and to make a referral, please contact:

Rachel Friggens/ Lara Morgan
Community Health Trainer Coordinator
Brighton & Hove City Council

Tel: 01273 296876

Email: healthtrainers@brighton-hove.gov.uk

Healthy Ageing

Age Friendly City Programme

We want older people to have a good quality of life and for the city to be a great place in which to age. We are following the WHO's age friendly city approach which helps cities encourage and support active ageing.

The programme is led by the City Council in partnership with older people's organisations and older people's groups. We work together to find new approaches and solutions and challenge stigma around ageing so that older people stay healthy and well, connected and involved.

Contact

To find out more please contact @
agefriendlycity@brighton-hove.gov.uk

Age UK

Who are we?

Age UK Brighton & Hove provide a range of home care services, information and advice on a range of issues, and activities to keep you fit, healthy and feeling good.

What do we do?

We aim to support you in your home, help you access the benefits and entitlements you need, and make your later life an enjoyable and safe experience. We also provide a range of Age UK products and services.

Contact

www.ageuk.org.uk/brightonandhove

Citywide Connect

Who are we?

Citywide Connect aims to create an environment that unlocks the potential of all sectors (public, private, voluntary, community, faith, social enterprise, and emergency services) to collaborate; build on existing assets and strengths; to find solutions to reduce loneliness, social isolation and address health and social care inequalities. There are now 152 organisations involved in the programme

What do we do?

Since 2014, it has brought agencies from the public sector, community and voluntary sector, faith organisations, emergency services, social enterprises and the private and independent health and social care sector. Through events and outreach work, it has enabled different sectors to learn from each other and create innovative, cost effective ways of delivering services.

Why is this important?

With government funding for health and social care going down and demand for services increasing, the care sector, in its broadest sense, needs to find innovative ways of supporting more people with less money. Citywide Connect has developed a solution focused programme that prevents societal issues from

escalating into acute needs – in a nutshell, lonely older people are better cared for, and it costs the state less..

Contact:

The Citywide Connect Team on
connect@possabilitypeople.org.uk
or by phone on 01273 208934

Hangleton and Knoll

Who are we?

This 50+ group runs a wide range of community projects for older residents in the ward.

Contact:

St Richard's Community Centre, Egmont Road, Hove
BN3 7FP

Tel: 01273 414483

Hangleton Community Centre, Harmsworth Cescent,
Hove BN3 8BW

Tel: 01273 292962

www.hk50plus.org.uk

Clare.hopkins@hkproject.org.uk

Impact Initiatives: The Hop 50+

Who are we?

The Hop 50+ offers a range of activities, classes and trips at low cost. There is also a community café.

Contact:

St John's Centre & Café, Palmeira Square, Hove BN3
2FL

Email: [olderpeopleservices.bh@impact-
initiatives.org.uk](mailto:olderpeopleservices.bh@impact-initiatives.org.uk)

Impetus: Neighbourhood Care Scheme

Who are we?

The Neighbourhood Care Scheme supports older people, adults with physical and/or sensory disabilities, and their carers.

Contact:

Sean De Podesta, Service Manager,
Neighbourhood Care Scheme, 1st Floor,
Intergen House, 65-67 Western Road, Hove
BN3 2JQ

Tel: 01273 775888

Mobile: 07884 43 1029

Email: sean.depodesta@bh-impetus.org

Possability People

Who are we?

We are a charity committed to helping you make more things possible for you in your life, no matter what your situation. We work with disabled people, older people, younger people or anyone with an impairment or long term health condition.

What do we do?

Whether it's helping you find help at home, or giving you moral support or advice, we have the knowledge and expertise to advise you on what's possible.

Our new It's Local Actually site –now includes two sections – 'Out and About' and 'Support at Home'.

Out and About is perfect if you or people you support want to get out and about more, meet new people or just want to know what's going on in the local area. Simply put in a keyword or your postcode, and the database will come back to you with plenty of free or low cost activities to choose from. If you run a free or low cost activity, you can register it on the site for free. You can now also upload your logo, leaflets, posters and lots of images. Support At Home is where you can search for local in-home services that can help older and

disabled people stay independent at home, such as hairdressers, gardeners, handymen, pet services, cleaners, etc.

Why is this important?

There is nowhere else to find this information in one place. The site is searchable by category and postcode and lists what's happening on your doorstep. It lists over 250 groups offering over 500 activities per week in the City.

Contact: www.itslocalactually.org.uk

The Citywide Connect Team on
connect@possabilitypeople.org.uk
or by phone on 01273 208934

Somerset Day Centre

Who are we?

Somerset Day Centre offers a **wide range** of building based social and educational activities, trips and events to local residents and groups age50+.

Contact:

Tel: 01273 699000

info@somersetdaycentre.org.uk or

info@olderandoutbrighton.org.uk

Trust for Developing Communities (TDC)

Who are we?

TDC works with older people in their communities to support and encourage them to set up groups and activities based on their needs, to volunteer and to learn new skills.

Contact:

Steve Andrews

Trust for Developing Communities

C/O The Hive

Stoneham Park, Hove

Tel: 01273 676416

Work Mobile: 07480 113773

Email: steveandrews@trustdevcom.org.uk

Volunteering Matters' LifeLines

LifeLines aims to improve the health and well-being of isolated and vulnerable older people and is a volunteer-led project run by Volunteering Matters. People aged 50+ can access LifeLines groups and activities which run in the East of the City. New groups are also being developed in other parts of the City including Woodingdean, Rottingdean and Portslade.

What do we do?

LifeLines volunteers provide a range of groups and activities for older people (such as art, Tai Chi, meditation and IT) to help people keep active, engaged and get more out of life. Volunteers also provide one to one support for older people needing help to get to health appointments through the HealthLink scheme. LifeLines' one to one support and activities are free, although some activity groups may ask for a voluntary donation towards small costs.

HealthLink

HealthLink volunteers accompany people aged 50+ who don't have anyone else to take them to GP surgeries, hospital appointments, dentists, health screenings and other routine health visits. HealthLink doesn't provide transport but getting to appointments can be much less stressful with the company and support of a HealthLink volunteer.

HealthLink is a city-wide project so anyone in the City

can ask for support.

Contact:

Lifelines, Montague Place, Brighton BN2 1JE

Tel: 01273 688117

www.lifelinesbrightonhove.org.uk

lifelines@volunteeringmatters.org.uk

Healthy Living Pharmacy

Who we are?

Healthy Living Pharmacies provide health promotion campaigns and advice to support people with healthy lifestyle choices and signpost to appropriate NHS and Local Authority Services.

What do we do?

- Support key health promotion campaigns in the city
- Healthy Living Champions are trained to provide healthcare advice and signpost to appropriate pharmacy, NHS and local authority services
- Build relationships with other healthcare service providers to maximise information available to support healthy living, self-care and support people living with long term conditions and their carers.
- Providing information and advice to people who are reluctant to access other NHS or local authority services.

Why is it important?

Pharmacies have trained healthcare teams, long opening hours and are nearby GP surgeries and local shops. They are within walking distance or on bus routes and are accessible to all members of the community.

Contact:

Healthy Living Pharmacies in Brighton and Hove
(28)

<u>Ashtons Pharmacy</u>	98 Dyke Road, Brighton BN1 3JD
<u>Boots</u>	129 North Street, Brighton, BN1 2BE
<u>Bridgman Pharmacy</u>	116 Cowley Drive, Brighton, BN2 6TD
<u>Burwash Pharmacy</u>	9 Burwash Road, Hove, BN3 8GP
<u>Coldean Pharmacy Ltd</u>	16 Beatty Avenue, Coldean BN1 9ED
<u>Fields Pharmacy</u>	38-40 Eldred Avenue, Brighton, BN1 5EG
<u>Gunns Pharmacy</u>	108 Western Road, Hove, BN1 2AA
<u>Harpers Pharmacy</u>	12 Hollingbury Place, Brighton, BN1 7GE_
<u>Kamsons</u>	175 Preston Road, Brighton, BN1 6AG
<u>Kamsons Pharmacy</u>	88-90 Beaconsfield Rd, Brighton, BN1 6DD
<u>Kamsons</u>	1a Lewes Road, Brighton, BN2 3HP
<u>Kamsons</u>	50 The Highway Moulescoomb, BN2 4GB
<u>Kamsons</u>	St James's Street, Brighton, BN2 1TH
<u>Kamsons</u>	25-26 Whitehawk Rd ,BN2 5FB
<u>Kamsons</u>	74-76 Elm Grove Brighton BN2 1GA
<u>Kamsons</u>	191b Portland Road, Hove, BN3 5JA
<u>Lane and Steadman</u>	100 Western Road, Hove, BN3 1GA
<u>Leybourne</u>	Leybourne Parade Brighton BN2 4LW
<u>Lloyds Pharmacy</u>	Wellsbourne Health Centre, Whitehawk Rd

<u>Lloyds Pharmacy</u>	County Oak, Carden Hill BN18DD
<u>Lloyds Pharmacy</u>	9 Longridge Avenue, Saltdean, BN2 8LG
<u>O'Flinns Pharmacy</u>	77-78 Islingword Road, Brighton, BN2 9SL
<u>Patcham Pharmacy</u>	37 Ladies Mile Road, Brighton BN1 8TA
<u>Portland Pharmacy</u>	83 Portland Road, Hove, BN3 5DP
<u>Ross Pharmacy</u>	3 York Place Brighton, BN1 4GU
<u>Trinity Pharmacy</u>	3 Goldstone Villas, Hove BN3 3AT
<u>Well Pharmacy</u>	Warren Rd, Woodingdean, Brighton BN2 6PH
<u>Westons Pharmacy</u>	6-7 Coombe Terrace, Lewes Rd, BN2 4AD

Information & Training

Health Promotion Library

Who are we?

Library and Knowledge Services health promotion team.

What do we do?

We supply health improvement leaflets, posters, models, DVDs, teaching packs, and other resources to those working in Brighton & Hove and the surrounding area. The Public Health Librarian provides an information service to healthcare professionals working in public health and primary care in East Sussex and Brighton & Hove.

For a calendar of national health events and campaigns go to www.bsuh.nhs.uk/library.

Please order leaflets, posters and resources to support these events from the [Health Promotion Library](#).

Contact:

Website: www.bsuh.nhs.uk/library

Health Promotion Training

Understanding health behaviours and how to make appropriate positive steps for health is our key aim. Whether your interest is in supporting your peers, your organisation, your workforce or your community to be healthier, we can help you to learn and develop the skills you need to be able to support others. We deliver quality assured training which can help you become an active health promoter. Taking part in our training programme will enable you to increase your skills and knowledge in health promotion; consider the wider determinants and influences on our health and wellbeing; understand health behaviours and how to support behaviour changes. Our courses explore key health messages and attitudes and also provide information about local services. We aim to build confidence using sound health promotion strategies to actively support health improvement where you live and work.

Our health promotion training programme of accredited courses include general skill based courses, information, knowledge and topic courses. The trainers use a variety of teaching methods to facilitate different learning styles. Most of the courses are attended by workers (paid and voluntary) from a wide range of organisations, professions and roles - this we find, not only makes the courses more

interesting but helps build networks for health across the city! Most of the courses meet national skills for health competencies along with other recognised good practice frameworks.

For the full training programme please see:

<http://www.brighton-hove.gov.uk/content/health/health-and-wellbeing/health-promotion-training>

The Royal Society for Public Health accredited courses are:

Health Awareness Award (1 day) - An introductory-level health awareness course, suitable for practitioners with a role in promoting health and wellbeing. The course provides learners with a basic awareness of the principles of health and the impact of health behaviour on health and well-being. Participants will be provided with a range of resources on promoting health.

Understanding Health Improvement (1.5 days)
This Level 2 course is specifically designed for practitioners with an interest in developing public health knowledge and skills and who wish to build on their role in promoting health and wellbeing. The course provides learners with understanding of the benefits of positive health and well-being and how to support and guide individuals towards further

practical support in adopting and maintaining a healthier life.

Understanding Behaviour Change (2 days) - This Level 2 course is designed for practitioners currently working face to face with individuals to change health related behaviours. The course provides learners with knowledge, skills and understanding of effectively supporting health behaviour change with individuals. It enables participants to develop skills and confidence to work with individuals whatever their readiness to change, drawing on the theoretical and evidence base of behaviour change. Participants will develop skills in reflective listening and be introduced to the principles which underpin motivational interviewing, while also considering what helps and hinders the change process.

My Life Brighton & Hove

Who are we?

This online directory www.mylifebh.org.uk was developed by NHS Brighton and Hove, and Brighton & Hove City Council.

What do we do?

Provide reliable up-to-date, local and national information to residents and professionals in Brighton & Hove with the aim to support those wishing to improve their health and wellbeing.

The aim is to help people with a health condition or a social care need, their families and carers, to find the information they require to help with everyday living.

If residents have any problems finding the information they need or do not have access to the internet, they are encouraged to visit their local library where trained staff are on hand to assist them. Alternatively, they can email the Access Point:

accesspoint@brighton-hove.gov.uk or call them on 01273 295555.

Contact:

Vicky Cadby

Tel: 01273 295820

Email: MyLifeBrighton&Hove@brighton-hove.gov.uk

Mental Wellbeing

Allsorts Youth Project

Who are we?

Allsorts is a project based in Brighton to support and empower children and young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.

What do we do?

- Weekly drop-in for LGBTU young people aged 16-25
- Open Minds (monthly mental health group for 16-25s)
- Transformers (monthly trans and gender questioning group for ages 16-25)
- TAG (under 16s LGBTU group)
- Kids Group (monthly group for trans and gender questioning/exploring children of primary school age)
- Parents Group (monthly group for parents/carers of trans and gender questioning children and young people under 26)
- Men's and women's activities
- Menu of services for schools
- Telephone, email and one to one support for LGBTU children and young people

- Homophobia / biphobia / transphobia awareness training for staff at schools, colleges, youth services and other statutory and community organisations
- Volunteering opportunities for LGBTU young people

Why is this important?

Allsorts Youth Project supports and empowers lesbian, gay, bisexual and trans young people to take a lead in raising awareness of homophobia, biphobia and transphobia and challenge prejudice and discrimination in all areas of young people's lives.

Contact:

Tel: 01273 721211

admin@allsortsyouth.org.uk

www.allsortsyouth.org.uk

@allsortsyouth

BandBazi

Who are we?

BandBazi is a performing arts charity that seeks to give a voice to those who are marginalised and challenge stereotypes through the arts – primarily circus, theatre and creative writing.

What do we do?

We encourage people of all ages to engage in the arts, either as workshop participants or audience members. We run a variety of free or low cost projects for different age groups.

Why this is important?

We aim to de-stigmatise mental health through workshops, performances and training sessions that raise awareness of the issues faced by current and ex-service users

Contact

Sita Yebga

mail@bandbazi.co.uk

01273 245584

www.bandbazi.co.uk

Brighton Men in Shed's Project

Who are we?

Brighton Men in Sheds Project

What do we do?

A larger, shared version of the typical man's shed in the garden - we are a place where men can feel at home pursuing practical interests, sharing tools and resources to work on personal and group projects in a safe and inclusive environment. The Shed is aimed at men aged 35 or more, living in Brighton & Hove, who have retired or are unemployed (or whose employment is temporary and part-time e.g. zero hours contracts).

Why is this important?

Men in Sheds offers men who may be reluctant to seek help about their mental health a space to be social, to create and to achieve.

The overall purpose of this project is to improve mental health and wellbeing among men who may be vulnerable because of their life circumstances, but who may not wish to access conventional support. Activities provide structure and companionship but without emphasis on discussion of mental wellbeing. This approach might be described as 'shoulder to shoulder' rather than 'face to face'.

Contact:

Clare Hankinson (Project Manager), Fabrica, 40
Duke Street, Brighton BN1 1AG.

meninsheds@fabrica.org.uk

Tel: 01273 778646

The Clare Project

Who are we?

We are a self supporting group based in Brighton and Hove open to anyone wishing to explore issues around gender identity.

What do we do?

Our main activity is our weekly Drop-In every Tuesday. We have also started an innovative new series of courses and workshops in collaboration with Mind Out, and with the support of Brighton Council, concentrating on well-being and good mental health.

Whilst the group is mainly attended by transgender, transsexual and gender dysphoric people, we aim to be all-inclusive, as we recognise the complexities surrounding the issue of gender identity. We have no religious affiliation.

Why is this important?

We aim to provide a safe and confidential place for people to meet with others who share their life experiences, and find information, support and companionship. A facilitator and a psychotherapist are at the drop-in each Tuesday.

Contact:

Contact can be in person at the drop-in but we encourage people to email to let us know they are coming. It's best if you can contact us directly at the Tuesday afternoon drop-in. The address is:

Dorset Gardens Methodist Church
Dorset Gardens
(off St James's Street)
Brighton
BN2 1RL

Email address: clareprojectinfo@gmail.com

Grassroots

Who are we?

Grassroots is a small Brighton based charity who engages communities and professionals in preventing suicide through training, consultancy, and campaigning. *Grassroots* vision is that no one has to contemplate suicide alone, and believes that together we can make our communities safer from suicide.

What do we do?

We teach suicide alertness and intervention skills to community members and professionals. We also raise awareness around suicide prevention through campaigns, sharing resources and a strong online presence. We developed the first UK suicide prevention mobile phone app *Stay Alive*, available on Apple and Android devices.

Our core training is called *ASIST* (Applied Suicide Intervention Skills Training). *ASIST* is a two-day workshop that teaches a powerful model of suicide first aid. It is licensed to a Canadian organisation called *LivingWorks* and has been developed over 30 years; it is internationally recognised and evidence-based (www.livingworks.net).

We offer a range of training programmes to complement *ASIST*, including the half-day *safeTALK* (Suicide Alertness) and *Tune Up* (*ASIST* Refresher) both of which are *LivingWorks* courses, and the *MHFA: Mental Health First Aid* training packages.

We also deliver our own range of mental health training packages, including *One in Four: Mental Health Awareness*, and *Understanding & Working with Self Injury*.

Why is this important?

Figures released by the Office for National Statistics (ONS) show that 6,233 suicides of people over the age of 15 were registered in 2013, with at over ten times that attempting suicide. Every suicide is a tragedy. For people thinking of taking their own lives being able to talk to someone can literally be the difference between life and death. Our courses help people to become ready, willing and able to have the kind of conversations that can really save lives.

Contact:

office@prevent-suicide.org.uk

www.prevent-suicide.org.uk

Grassroots Suicide Prevention, Valley Social Centre,
Whitehawk Way, Brighton, BN2 5HE

01273 675764 (this is not a helpline)

Right Here Brighton & Hove

Who are we?

Right Here are a youth-led health and wellbeing

project for 12-25 year olds run by YMCA DownsLink Group

What do we do?

Free resilience building activities

We run a programme of free activities for 18-25 year olds in Brighton & Hove, aiming to build resilience and confidence. Activities include- Keep Calm and Carry On (anger group), a creative arts course for building confidence and a walk and talk programme where young people experiencing anxiety or isolation can go on a group walk with our therapy dog. View our activities timetable here – <http://right-here-brightonandhove.org.uk/activities/>

Workshops

We deliver a range of peer-facilitated workshops in schools across Brighton and Hove covering topics such as exam stress, 5 ways to wellbeing and mental health and social media.

Campaigns and resources

Right Here are currently developing a number of health promotion campaigns aimed at young people in Brighton and Hove.

We create and maintain resources to support young people, parents and carers and professionals. These include films and guides developed and created by young people.

We have also produced a number of digital projects

including- Find Get Give- a national directory of mental health services for young people. This includes a rate and review function, help and advice pages and support for parents and carers and Where To Go For- an online directory of support services for young people in Brighton and Hove.

Why is this important?

Resilience is arguably the most vital trait to possess when it comes to dealing with life's ups and downs. By building resilience in young people, we can prepare them to face any difficulties that life might throw at them. We firmly believe that the most effective project for young people is one run by young people too, and therefore our decision-making and work is developed and delivered with our volunteer team, who are all 16-25 year olds themselves.

Contact:

Cat Dyson - Email: cat.dyson@ymcadlg.org

Tel: 07912 479967

For enquiries about activities please contact Kate Watts on 07850 500 420 or rh.activities@ymcadlg.org

Mind in Brighton and Hove

Who we are?

We are a mental health charity affiliated to national Mind who works across Brighton and Hove and Sussex. We run a number of services offering information and support for people experiencing mental health issues and for people who are interested in looking after their mental wellbeing.

What we do?

Wellbeing in the City

We offer mental health promotion activities in Brighton and Hove with a particular focus on some geographical wards and communities in the city.

We can offer:

- a range of wellbeing events, and information stalls
- workshops on a range of 'how to look after your wellbeing' topics both open access and to existing groups
- wellbeing taster activities and small information sessions

Why is it important?

Mental health issues are common and 1 in 4 of us will experience issues at some point in our lives. We believe that access to information and support can help people to look after their mental wellbeing and help them access any

support they may need. We also work to promote and raise awareness on the importance of looking after your mental wellbeing and raise s and challenge stigma.

How to contact us

Telephone: 01273 66 69 50

Email: info@mindcharity.co.uk

Website: www.mindcharity.co.uk

Address:

Mind in Brighton and Hove

51 New England Street

Brighton

BN1 4GQ

Oral Health

Oral Health Promotion

Who are we?

Oral Health Promotion is part of the Special Care Dental Service in Sussex Community NHS Foundation Trust. We are a dedicated team of Dental Care Professionals with qualifications in oral health promotion, health education and teaching. Our remit is to work with all sections of the community to improve the oral health status of the population within Brighton & Hove. We take a holistic approach to oral health and its importance to general health. Our main aim is to work with all vulnerable groups within the community.

What do we do?

We provide Free Oral Health Improvement Programmes throughout the City of Brighton & Hove. Linking with government and local health improvement programmes we develop and deliver oral health sessions aimed at improving the dental health of the local population and reducing health inequalities.

We work closely with diverse groups offering advice, practical sessions and support:

- Children's Centres – babies and preschool groups

- Schools and Colleges – input into National Curriculum, support Wellbeing Events
- Special Schools and Care Groups
- Residential / Nursing Care Homes
- Learning Disability Residential and Day Care Settings
- Homeless Groups
- Substance Misuse Settings
- Gypsies and Travellers
- Mental Health Settings

Oral Health Awareness for staff can be offered to increase overall knowledge of oral care, dental diseases and how to prevent them. Basic oral care, hygiene, prevention and improvement of oral health for staff, their clients and dependants. Holistic approach at how oral care can impact on general health. Looking at prevention and support needed for specific client groups. This can cover infants, children, vulnerable groups and older people and include a practical session on how to clean another person's mouth.

Why is this important?

Oral health is essential to general health and quality of life – and is important at all stages of life. Good oral health is more than having healthy teeth. It includes being free of chronic mouth and facial pain, oral / throat cancer, gum disease, tooth decay and

tooth loss. Poor oral health can limit the ability to eat, smile, speak, and can affect social and emotional wellbeing.

Contact:

For more information or to book sessions please contact:

Ali Mcnealy

Oral Health Promotion Team Leader Tel: 01273
267345

Email: alison.mcnealy@nhs.net

Debbie Robinson

Oral Health / Business Administration Officer Tel:
01273 267345

Email: Debbie.robinson@nhs.net

Physical Activity and Weight Management

Active for Life

Who are we?

Active for Life is a community based project which works in areas of high deprivation and health inequalities. It aims to increase participation in physical activity levels in order to improve health and well-being and encourage communities to work together.

What do we do?

We help communities get active and improve their health, by providing information and support to those who want to be more physically active. Activities run by Active for Life are either free or at a reduced cost. Our projects include:

In Shape for Life - Weekly physical activity sessions for adults who want a fun, relaxed fitness session, followed by friendly healthy living / weight management advice

Fit & Fun Families - Free after school sessions for parents

/ carers and their children to take part in fun games activity sessions

Girls Get Active - Weekly evening sessions for girls aged 14 – 19 to go to a local leisure centre and try activities like zumba, pilates and yoga

Street Games - After school activity sessions in the local community for young people aged 8 – 16, including street cricket, street dance and basketball.

Active Forever - Weekly physical activity sessions for adults aged 50+

Other local community based sessions – Ranging from yoga sessions to pilates and zumba. Low cost and in local areas

Holiday based activities - Free Soup and Stomp events, multi sport and other family activity based sessions during the school holidays in local areas

Why is this important?

Being active can reduce the risk of chronic illnesses, such as coronary heart disease and obesity, depression and anxiety, hypertension, cancer, osteoporosis, stroke and diabetes

Contact:

Emma Greenough or Julie Stacey
Active for Life Team
Brighton & Hove City Council

Tel: 01273 292724

Email: emma.greenough@brighton-hove.gov.uk
or julie.stacey@brighton-hove.gov.uk

www.brighton-hove.gov.uk/activeforlife

Albion in the Community

Who are we?

Albion in the Community is the official charity of Brighton & Hove Albion Football Club. Its work is driven by three key objectives: to inspire and motivate young people and their families to be physically active and to lead healthy lifestyles; to provide opportunities for young people to play football whatever their ability or background; and to work with our local community, particularly those that are disadvantaged, to help raise aspirations and improve life chances.

A number of diverse and exciting projects underpin our work across many areas from health disability, inclusion, schools and skills and training.

What do we do?

The Albion in the Community health team works across Sussex to improve the health and wellbeing of people of all ages, abilities and backgrounds. Together with local authorities, the NHS and third sector partners, we run a wide range of targeted health projects and initiatives throughout the county.

Current projects in Brighton and Hove include:

Shape Up at the Stadium: A free weight management programme for men taking place at the

American Express Community Stadium who live or work in Brighton and have a BMI of >25. Delivered in conjunction with Brighton & Hove Food Partnership. Contact: shapeup@albioninthecommunity.org.uk or 01273 878275

Weight Management Coaching: One to one motivational support and guidance for a healthy weight. Delivered in the community with a focus on making it easy for people to attend, if group programmes or other support are not easily accessed. Delivered in conjunction with Brighton & Hove Food Partnership. Contact: healthyweight@bhfood.org.uk or 01273 431703.

Speak Up Against Cancer: Working with a team of volunteers with an experience of cancer, we aim to increase early detection of cancer amongst residents in the most deprived areas of Brighton and Hove. We concentrate on bowel, breast, lung and prostate cancer as well as all NHS cancer screening programmes. We encourage residents to 'Speak up' to their GP as early as possible if they experience any symptoms that could indicate cancer Contact: speakup@albioninthecommunity.org.uk 01273 878261

Brighter Outlook: Tailored, specialist physical activity support for people living in the city who have been diagnosed with cancer in the last five years.

Brighter Outlook provides free to access 1-2-1 sessions and safe and effective groups to help build confidence and encourage people to live well through and beyond cancer. **Contact:** brighteroutlook@albioninthecommunity.org.uk, visit www.brighteroutlook.org.uk or call 01273 668591

Schools healthy lifestyle programmes: Using fun, engaging sessions delivered in schools to reinforce healthy lifestyle messages around eating well and being physically active. Zip Zap after-school clubs are delivered for a minimum of one term with the option to extend over the year. **Contact:** zipzap@albioninthecommunity.org.uk or 01273 878275

Brighton & Hove Food Partnership

Who are we?

The healthy weight team offers free healthy lifestyle programmes which can help adults, children and families to establish a healthier weight. Our advice follows government recommendations for establishing a healthy lifestyle for now and for the future.

What's included?

Shape Up group programmes, one to one clinics and weight management coaching for adults.

What do we do?

- Shape up is a healthy lifestyle programme for adults who want to achieve weight loss in a supportive group environment. Sessions include nutritional advice and activity
- Weight management clinics offer individual help and guidance that combines nutrition and behaviour change advice
- Family Shape Up is a family-based programme that helps children aged 7-13 yrs who are above their ideal weight to become fitter, healthier and happier

The Food Partnership also organises a range of other services which include:

- Workshops and training courses on all aspects of food
- The community cookery project that aims to spread cookery skills and knowledge about healthy eating across the city.
- Operates a referral scheme to a network of over 70 community gardens across Brighton & Hove. Anyone wanting to get involved in gardening can get advice about joining the thousands of people growing food together across the city. Not only have past participants reported improved diets and increased activity, but also improvements to mental wellbeing, new skills and opportunities to meet new people". <http://bhfood.org.uk/garden-referrals>

Contact:

To find out more about our programmes or to refer please call the healthy weight team on 01273 431703 or email

healthyweight@bhfood.org.uk or visit www.bhfood.org.uk

Healthwalks

Who are we?

Brighton & Hove Healthwalks is one of 300 UK-wide walking initiatives under the 'Walking for Health' banner. It sits within the City Council's Sports Development team and is joint-funded by the Public Health Department. For the last 13 years we have been providing a range of free, volunteer-led walks across the city for all ages and abilities. GPs and other health professionals regularly recommend the scheme to patients, and it is particularly popular with people in the 50+ age bracket, women, those with physical or mental health issues and those who are socially isolated. About 1000 people walk with us every year, and most continue to walk with the scheme for many years as new friendships are often forged.

What do we do?

We run 17 regular walks across the city, ranging from under a mile (average walking time: 20-30 minutes) to three/four miles (average walking time 1.5 / 2 hours). They are all free, led by trained Volunteer Walk Leaders and accessible by public transport. We also have a number of special walks every year in partnership with a range of organisations including the museums and library service, MIND and local charities.

Why is this important?

Healthwalks are friendly, supportive and ideal for those who want to start exercising in a gentle and safe way. Walking is an accessible form of exercise and is particularly beneficial for those who are getting little or no exercise, recovering from illness, or lacking in confidence. Nearly half the walks are also wheelchair and buggy-accessible.

On average, around half of those who walk with the scheme each year have one or more long-term health conditions. Walking in green spaces is also very beneficial for those with mental health issues, reducing feelings of anxiety and encouraging the release of 'happy hormones'. Regular walkers report improved physical health, reduced social isolation, reduced anxiety, and the majority also report going on to walk more as a mode of transport. A significant percentage also say they go on to try other forms of exercise and start working to improve their diet.

You can have free copies of the Led Walks Programme by calling the team or downloading from the website.

Contact:

Corinna Edwards-Colledge, Healthwalks Manager,
Active for Life team, Public Health, Brighton & Hove
City Council, Tel: 01273 292564 / 01273 292724

Sexual Health

Allsorts Youth Project

Allsorts is a project based in Brighton to support and empower young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity. Please refer to the Mental Wellbeing Section for further information.

Contact:

Mel Berry

01273 721211

info@allsortsyouth.org.uk

www.allsortsyouth.org.uk

Brighton and Hove Sexual Health and Contraception Service

Who are we?

From 1st April 2015 the Claude Nicol and Morley Street services have combined to provide an integrated sexual health and contraception service. This means that in time patients will be able to access both sexual health screening and contraception as a 'one stop shop' if needed.

We are a centre of excellence for sexual health and contraception staffed by a friendly team of specialist doctors, nurses and health advisers.

The service is open to everyone regardless of age, sexuality or area of residence and is confidential.

There is no need for a GP referral and care is completely free. For sexual health screening we guarantee an appointment within two working days. We offer a mix of appointments and a 'walk-in and wait' service at both sites.

Clients are given the choice of male or female members of staff, and because we have the latest technology and testing methods, we can often diagnose and treat on the same day.

What do we do?

Full sexual health screening including HIV testing for men and women, pregnancy testing, emergency contraception, contraception, cervical smears, STI testing including self-taken tests & vaccinations for gay

and bisexual men, access to cutting edge research projects, post-exposure prophylaxis (PEP) for the prevention of HIV infection, information, testing and advice for survivors of sexual assault, support for people working in the sex industry, free condoms, referral for termination of pregnancy. We also run dedicated specialist clinics including Clinic M (for MSM); Clinic T (for trans people) and Clinic W (dedicated women's clinic), implant clinics and coil clinics. We are a centre of excellence for all contraception, including complex contraception issues and management of coil and implant provision. We work closely with Youth Services across the city to provide an enhanced contraception service for Young People.

Why is it important?

Through appropriate treatment and partner notification, treating acute STIs will prevent onward transmission within the community. HIV transmission and acquisition is less likely in the absence of other infections. Providing contraception (including LARC) will reduce unintended pregnancies, and facilitate healthier sexual health overall.

Contact:

01273 523388

www.brightonsexualhealth.com

Please see our website for details of opening times – we run a mixture of appointment and walk-in and wait clinics at both sites.

Chlamydia Screening Programme

Who are we?

The Chlamydia Screening Programme is part of Brighton & Hove Sexual Health and Contraception service.

What do we do?

The Chlamydia Screening Programme offers free and confidential, self-taken Chlamydia & Gonorrhoea screening for all young people aged under 25. Testing is available through community services including the youth service, school/college health drop-ins and GP surgeries and outreach events. Results are sent within 2 weeks, usually by text message. Positive patients are supported to access antibiotic treatment at a convenient location to them, are followed up 7 days after treatment and are offered a repeat test 3 months after a positive result.

Why is this important?

Chlamydia is the most common Sexually Transmitted Infection in under 25 year olds and often has no signs or symptoms. Left untreated Chlamydia can cause painful complications including infertility, Pelvic Inflammatory Disease and ectopic pregnancy. The Chlamydia Screening Programme encourages opportunistic and regular Chlamydia & Gonorrhoea screening.

Contact:

Tel: 01273 690 985 for information & advice, test kits and results

Email: SC-TR.BrightonCASH@nhs.net for free and confidential postal kits

www.brightonsexualhealth.com

Community HIV Specialist Service

Who are we?

We are a specialist health service supporting adults living with HIV.

What do we do?

We offer specialist HIV and Mental Health nursing including home visits and health checks, as well as information, access and referrals to other relevant practitioners. We also work with other professionals such as the specialist HIV clinics, pharmacy, psychology, psychiatry, and dietician services, and with other agencies including voluntary bodies.

We have three units covering Brighton & Hove and West Sussex areas:

- Brighton and Hove Team (based at The School Clinic, Brighton)
- North Team (based at Crawley Hospital)
- South Team (based at Zachary Merton Hospital, Rustington)

We also run a Service User Group for those using our service, as well as an online user survey.

Why is this important?

The Brighton & Hove area has one of the largest HIV positive populations in the country, with the highest rate of sexually transmitted infections (STIs) outside of London and the ninth highest HIV prevalence in

England. The number of people with HIV is growing, and attendances at the main GUM clinic in Brighton remain very high and are increasing year on year. Where someone is having difficulties, whether it be dealing with their HIV diagnosis or struggling with adherence to anti-retroviral medication or trying to manage HIV and other chronic diseases we can offer assessments and personal care planning to help empower people to manage their HIV.

Contact

Community HIV Specialist Service

Tel: 01273 267575

The Lawson Unit

Who are we?

We are the leading HIV specialist treatment centre in the south providing treatment and care to HIV positive adults.

Our multidisciplinary team [MDT] consists of consultants, specialist registrars, specialist pharmacists, nurses and health care assistants.

What do we do?

We offer an MDT approach to care providing a wide range of services that include joint Clinics with other specialities, an email clinic and a variety of nurse led services. We have a dedicated inpatient unit that provides specialist nursing care for those individuals requiring admission to hospital.

We have a large Research centre that offers access to a range of new studies for both HIV and Sexual Health. We work closely with other disciplines to maximise care and minimise patient attendance.

We work in collaboration with all the community based agencies and have medical and nursing representation at a weekly MDT with our community colleagues.

Why is this important?

Brighton & Hove has the oldest cohort in the UK with more than 40% patients being over 50 and has one of the largest HIV positive populations in the country.

We offer HIV positive individuals a menu of services

which provides a flexible and individualised approach to care in a friendly and welcoming environment.

Contact

01273 664722

SHAC Sexual Health Promotion

Who are we?

We are the Brighton SHAC Sexual Health Promotion team. We work in partnership with other providers of Sexual Health Information & Health Promotion including THT, The University CASH Action team and school nursing.

What do we do?

Provide professional training including bespoke sessions for providers of community sexual health services and deliver teaching at the university on sexually transmitted infections including HIV.

Manage a programme of schools health promotion around local services, chlamydia screening & C-Card reducing stigma and demystifying the screening process for young people. Manage the C-Card free condom scheme, supporting providers to deliver services. Work to embed Chlamydia screening in community services, providing support to GP surgeries, Youth Service and Pharmacies. Deliver an outreach programme across the city to offer targeted support to vulnerable young people through education sessions and events.

Why is it important

There are still taboos and embarrassment surrounding sexual health, so any opportunity to normalise talking

about sexual health openly and honestly is crucial. We provide a joined up approach and consistent health promotion messages across the city, supporting patients and professionals to access excellent sexual health services, aiming to contribute to local health targets and to the reduction of sexually transmitted infections (STIs), HIV and unplanned pregnancy.

Contact:

Contact:

Tel: 01273 690985

Email: SC-TR.BrightonCASH@nhs.net

Terrence Higgins Trust (THT)

Who are we?

THT is the UK's largest HIV and sexual health charity. We provide a wide range of HIV and sexual health services. These include HIV and sexually transmitted infection (STI) testing, HIV prevention and sexual health promotion outreach, peer support groups and training. We also provide social care support services and counselling for people living with or affected by HIV. Our priority audiences are those most at risk of HIV or poor sexual health; people living with HIV, Black Africans, men who have sex with men, young people, sex workers and BAME communities.

What do we do?

We provide HIV and STI testing, one to one advice and support, counselling, outreach, peer support groups, social care support, welfare rights advice and training. All our services are free of charge.

- 'FasTEST' HIV & Sexually Transmitted Infection (STI) Testing, Monday 10.00am-8.00pm (except bank holidays), Tuesday to Friday 1.00am -5.00pm
THT Brighton Office, 61 Ship Street, Brighton BN1 1AE
- Walk-in rapid finger prick HIV and syphilis testing service for men who have sex with men with results delivered in less than 10 minutes. Chlamydia and gonorrhoea screening is also available. Extended

clinic opening times on Monday evenings.

- Sauna 'FastEST' HIV & STI Testing, Wednesday 6.00pm – 8.00pm, The Brighton Sauna, 75 Grand Parade, Brighton BN2 9JA
- Walk-in rapid finger prick HIV and syphilis testing service for men who have sex with men with results delivered in less than 10 minutes. Chlamydia and gonorrhoea screening is also available. Sauna membership is not required to access this service.
- The Face-to-Face Service - Are you happy with the sex you may be having? Need advice on HIV or sexual health? Are you taking risks you feel unhappy about? No judgements or lectures, just a space for you to talk. The Face-to-Face Service is a free, confidential and non-judgemental service for gay, bi-sexual and other men who have sex with men. You can talk to a trained gay male worker in a relaxed environment about issues that may be affecting you and your sexual health, PEP, PrEP, chems, drug or alcohol use.
- HIV Support Service - The service provides one-to-one support for people living with HIV in Brighton & Hove, by appointment. People can be supported with numerous social care issues including: issues relating to living with HIV help to explore and plan changes in lifestyle, form filling, money management issues, accommodation issues, signposting and referral to other agencies.
- HIV Welfare Rights Service - Advice line: 01273 764200, Tuesday to Thursday 1.30pm -2.30pm

- Help and advice around welfare benefits for people living with HIV. One to one and group support on benefit entitlement and claiming benefits. Guidance around return to work and in-work benefits. Regular workshops on completing benefit forms and changes to the benefit system. Help with appeals and representation at Tribunals. One –to-one appointments restricted to people living with HIV who are resident in Brighton & Hove.
- Counselling - Free counselling is available for any adult who is affected by HIV living in Brighton & Hove. All our counsellors are qualified and can offer up to 12 weekly sessions per client.
- PRO(TECT) Service - The PRO(TECT) service is a tailor made service dedicated to provide help, advice and support to male escorts and masseurs who live or work in Brighton & Hove. Free condoms, HIV and STI screening available via our walk-in clinic Monday – Friday 10am-5.00pm
- Female Sex Workers Outreach Project (SWOP) - A service offering confidential information and advice to women working in the sex industry delivered in partnership with Brighton Oasis Project. Free condoms, HIV and STI screening available via our walk-in clinic Monday – Friday 10am-5.00pm
- Outreach - Venue, sauna, on-line and street outreach providing sexual health information, campaigns and safer sex resources to the local community. STI screening in selected venues.

- **BME & Black African Health Improvement Project** - The project offers specialist centre based and outreach services providing free condoms, sexual health resources & information, free and confidential rapid HIV & STI testing (HIV result delivered in less than 10 minutes) to BME, black African men & women.
- **Positive Voices** - Hear from people living with HIV by booking one of our educational talks for your school, college, organisation or business.
- **Specialist Training** - We offer awareness training to develop an up to date, broad understanding of HIV and how stigma affects the lives of those living with the virus. We also offer comprehensive sexually health training courses that include the subjects of STIs and Chemsex. All our training is offered free of charge to local community groups, voluntary, public and private sectors.

Why is this important?

HIV remains one of the most important communicable diseases in the UK. It is associated with serious morbidity, high costs of treatment and care, significant mortality and a potentially shortened lifespan. The effectiveness of HIV treatment means that most people living with HIV in the UK are able to live a reasonably normal life. However, people living with HIV can often require support to help them achieve this. Social care is one of the main ways in

which this support is provided. Social care covers a range of interventions from counselling to money and welfare rights advice to support with every day living or employment.

There is a health inequality in relation to HIV as not all sectors of the community are equally affected with gay men and men who have sex with men (MSM) and black Africans being disproportionately at risk. Some groups at higher risk of HIV and poor sexual health face stigma and discrimination which can influence their ability to access services. Residents of Brighton & Hove are also disproportionately affected by all sexually transmitted infections (STIs) compared to residents in all other parts of the South East.

Contact:

For enquiries on any service, please contact:
Terrence Higgins Trust South
61 Ship Street Brighton, BN1 1AE
Reception open: 10am to 5pm Monday to Friday
Telephone: 01273 764200
Email: info@tht.org.uk

- Marc Tweed - Centre Manager, 01273 764212, marc.tweed@tht.org.uk
- Sue Sargent – Senior Practitioner (Social Care) 01273 764223 Sue.sargent@tht.org.uk
- Richard Cooper – Centre Based Services Co-

ordinator, 01273 764222,
Richard.cooper@tht.org.uk

- Ben Bloom – Outreach and Community
Engagement Co-ordinator, 01273 764225
Ben.bloom@tht.org.uk

Stop Smoking Service

Who are we?

Local stop smoking services follow an evidence based programme to provide smokers with the information, advice and treatment to become Smokefree.

What do we do?

We offer free information, advice and treatment for smokers. Prescription costs apply for stop smoking medicines. The community stop smoking services offer face-to-face advice and support, and nicotine replacement therapies to smokers wanting to quit. Within the city these services are available either through GP practices, local pharmacies, or health trainers.

Why is this important?

Smoking kills half of all long term smokers - approximately 80,000 in England each year. It also contributes to significant reductions in health and wellbeing for smokers, as well as their families.

The good news is the combination of behavioural and stop smoking medicines as part of the local stop smoking services is the most effective way of stopping smoking.

Contact:

Brighton and Hove Stop Smoking Service
Tel: 01273 29 6877

e-mail: smokefree@brighton-hove.gov.uk

<http://www.brighton-hove.gov.uk/stopsmoking>

<http://www.nhs.uk/smokefree>