

Stay safe and think of others this winter



Thank you for
everything
you've been
doing to keep
Brighton & Hove
safe and well

Coronavirus remains a serious health risk. With it now circulating alongside flu and colds, this winter may be difficult for many.

We all need to keep doing what we can to protect ourselves and keep cases down, but please also consider the people you come into contact with and do what you can to protect them too.

Support is available

We know this can be a hard time of year for many people for many reasons.

Practical, emotional, financial and wellbeing support is available. Please ask for help if you need it.



Brighton & Hove
City Council

Get support in Brighton & Hove

Food, energy bills and other essentials

Extra help is available if you're struggling to pay for food, fuel and other essential costs
www.brighton-hove.gov.uk/household-support-fund
01273 293117 (option 2).

Keep your home warm or reduce energy bills

www.brighton-hove.gov.uk/help-with-fuel-bills

LEAP www.applyforleap.org.uk
freephone 0800 060 7567.

Money and debt advice

www.brighton-hove.gov.uk/debt-advice.

If you've been told to isolate by NHS Test and Trace you may be entitled to a Self-Isolation Payment
www.brighton-hove.gov.uk/TTSP.

Citizens Advice 0808 278 7815.

Moneyworks 0800 988 7037.

Food, shopping, meal deliveries Brighton & Hove Food

Partnership www.bhfood.org.uk.

Impact Initiatives www.ageingwellbh.org 01273 322947.

Free School Meals

www.brighton-hove.gov.uk/free-school-meals 01273 293497.

Healthy Start Vouchers

www.healthystart.nhs.uk.

Mental health support

Community Roots www.communityroots.org.uk 0808 196 1768.

Online advice and resources

Every Mind Matters www.nhs.uk/every-mind-matters.

YMCA e-wellbeing for children, young people and parents
www.e-wellbeing.co.uk.

Preventing Suicide for anyone at risk or concerned about someone
www.preventingsuicideinsussex.org.

Talk to someone (freephone 24/7)

Sussex Mental Healthline 0300 500 0101.

Samaritans 116 123.

Childline 0800 1111.

Feeling lonely

Together Co www.togetherco.org.uk
01273 229386.

Lifestyle and wellbeing advice

Healthy Lifestyles Team

www.brighton-hove.gov.uk/healthylifestyles 01273 294589.

Looking after someone

The Carers Hub www.carershub.co.uk 01273 977000.

BME

BMECP Centre www.bmecp.org.uk
0300 303 1171.

Voices in Exile www.voicesinexile.org
01273 328798.

LGBTQ+

Switchboard www.switchboard.org.uk 01273 359042.

Disabled people or anyone with an impairment or long-term health condition

Possability People www.possabilitypeople.org.uk 01273 894040.

Blind or partially sighted

East Sussex Vision Support

www.eastsussexvisionsupport.org
01323 832252.

D/deaf

DeafCOG www.deafcog.co.uk/community-assist.

Older people

Ageing Well www.ageingwellbh.org 01273 322947 or text 0777 006 1072.

The Silver Line 0800 470 8090.

Digital support and resources

Digital Brighton & Hove

www.digitalbrightonandhove.org.uk
08081965883 or text 07575977345.

Brighton & Hove City Libraries

digital access and support, eBooks, eAudiobooks and digital newspapers
www.brighton-hove.gov.uk/libraries.

Library Connect free 121 basic IT tuition at Jubilee and Hove libraries
01273 290800.

Home fire safety advice

East Sussex Fire & Rescue Service

www.esfrs.org 0800 177 7069.

Experiencing domestic abuse

24hr National Domestic Abuse helpline

0808 200 0247.

Personal alarm

CareLink Plus telecare alarm

service provides 24-hour, 365-day monitoring www.brighton-hove.gov.uk/carelink-plus 0300 123 3301.

Worried about a vulnerable adult

Adult Social Care Hub

www.brighton-hove.gov.uk/adult-social-care-hub 01273 295555.

Worried about a child or young person

Front Door for Families

www.brighton-hove.gov.uk/front-door-families 01273 290400.

NHS health services are available if you need them

For urgent medical help, call NHS 111 or visit 111.nhs.uk.
Please only call 999 in an emergency.

Reduced services are likely on bank holidays and over the festive period.

Still not sure where to go for help?

If you can't find the help you need and don't have anyone to help you, please contact our **Community Hub** www.brighton-hove.gov.uk/coronavirus-help.

If you can't get online, call 01273 293117 (option 2) Monday to Friday, 10am to 4.30pm. Phone interpreters are available on this number.

Please help protect yourself and others



Get your first, second and Covid booster vaccines if you're eligible – book online, call 119 or visit a walk-in session www.sussexhealthandcare.uk/get-my-jab



Find out if you're eligible for a free flu jab and book an appointment with your GP or pharmacy www.nhs.uk/flu



Take lateral flow tests when you are mixing with others and report your results – order online, collect from Jubilee Library or Hove Town Hall, or pick up from pharmacies



Book a PCR test if you have any symptoms or if you test positive on a lateral flow test - and isolate if required



Wear a face covering in all crowded or enclosed places, including most indoor public places and public transport



Meet outside where possible, or let fresh air in



Wash your hands regularly



Check on vulnerable friends, family or neighbours to see if they need any support, especially in the cold weather

You should self-isolate and book a PCR test if you have any coronavirus symptoms, even if they are mild:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste.

If in doubt, get tested.

Go to www.nhs.uk/coronavirus or call 119.