



Practical and emotional support for families

This factsheet contains information about services & their current availability.
We have included opening hours wherever possible.

***Services are currently subject to change at very short notice.**

You can search for local services online at: www.familyinfobrighton.org.uk

For the latest information/updates about coronavirus:

<https://new.brighton-hove.gov.uk/coronavirus-covid-19>
[Coronavirus - Government response and advice UK](#)

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The Family Information Service cannot accept any responsibility for errors or omissions in this factsheet. All information provided is for guidance only and correct to the best of our knowledge at 23rd March 2020.

Children and young people at risk of harm

If a child or young person is in danger or immediate risk of harm, you should always call 999.

Brighton & Hove City Council's Front Door for Families

If you are concerned about the welfare and safety of a child or young person, you can contact the **Front Door for Families** to discuss your concerns. The service is open Monday to Thursday 9am-5pm and Fridays 9am – 4.30pm.

Tel: 01273 290400 during office hours.

Outside of office hours, call the Emergency Duty Team on 01273 335905 / 335906.

Childline

Children and young people can call Childline, or contact them online to talk to a counsellor about anything they are worried about. They are open 24 hours a day, 7 days a week.

Tel: 0800 1111 Online: www.childline.org.uk

Young Minds – talking to your child about Coronavirus

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Foodbanks and emergency food

Foodbanks

Visit <https://bhfood.org.uk/> for foodbank information.

Always call foodbanks in the first instance if possible, as some are referral only.

Brighton and Hove Food Partnership – [what you can do to help](#)

[*Latest updates*](#)

23/3/20 – East Brighton Food Cooperative will be serving a hot lunch delivered daily from the Bristol Estate Community Hall for vulnerable residents on the estate starting on **MONDAY 30th MARCH**.

The hall has been deep cleaned. The EBFC will also be a community hub able to redistribute parcels and supplies from food banks.

Brighton Foodbank

*Referral needed

City Mission, Calvary Church, Stanley Road, Brighton BN1 4NJ

Existing clients only. No new referrals.

Tel: 01273 695330 email: foodbank@bhcm.org.uk

Mutual Aid Vegan Foodbank

*No referrals required. Call first if possible, to check whether food is available.

The Cowley Club, 12 London Road, Brighton, BN1 4JA.

Open **Tuesdays 13:00-15:00** Tel: **01273 696104**

Purple People Kitchen

Portslade Town Hall, Victoria Road, Portslade BN41 1YF

Open **Fridays 12:00-14:00**

Tel: 07789 765933 email: grannyunderhill@gmail.com

Craven Vale Foodbank

*You can drop-in to this foodbank, however please call first to check if food is available.

The Vale Community Centre, 17a Hadlow Close, Brighton BN2 0FH

Open **Fridays 13:00-14:00**

Tel: 01273 571573 email: amyallison@trustdevcom.org.uk

Hangleton Foodbank

St George's Church Hall, 13 Court Farm Road, Hove, BN3 7QR

The foodbank is for residents of Hangleton and Knoll and West Blatchington.

Tel: 07990 631892 email: info@hangletonfoodbank.org

Whitehawk Foodbank

*Drop-in until 25th March, after which a timeslot collection will be in effect. Clients need to call ahead to book a time. Food orders filled out, as possible.

St Cuthman's Church, Whitehawk Way, Brighton BN2 5HE

Open **Wednesdays 12:00 – 14:00**

Tel: 07941 397648 email: info@thewhitehawk.foodbank.org.uk

Bevendean Foodbank

*Referral or drop-in with proof of postcode (Lower/Higher Bevendean, Moulsecoomb, Bates Estate, Saunders Park, Meadow View, Lewes Road)

Church Hall, Norwich Drive, BN2 4LA

Open **Wednesdays 09:30-12:00**

Tel: 07449 464695 email: kate.knight@bht.org.uk

Salvation Army Hove

*Home deliveries only at present. Please contact to self-refer and discuss your needs/preferences.

159 Sackville Road, Hove, BN3 3HD

Tel: 07954 614838 email: Andrew.A.Tinsley@salvationarmy.org.uk

Shoreham Foodbank

*Referral only

Shoreham Free Church, Buckingham Road, Shoreham by Sea BN43 6WF

Open **Tuesdays and Fridays 10:00-12:00**

Tel: 07708 384906 info@shoreham.foodbank.org

Voices in Exile Destitution Service and Foodbank

For refugees, asylum seekers and those who have no recourse to public funds.

36 Upper Bedford Street, Brighton, BN2 1JP

Open **Fridays 11:00-13:00**

Tel: 01273 328598 email: administrator@voicesinexile.org

Youth Advice Centre (YAC)

Emergency food is available for young people aged 26 and under on an interim basis while waiting for a foodbank referral. Food is limited.

11 St George's Place, Brighton BN1 4GB

Open **Monday-Thursday 15:00-18:00 and Fridays 15:00-17.30**

Tel: 01273 624432

Peacehaven House Project

For residents of Peacehaven, Newhaven and Seaford

Next to Martletts, South Coast Road

Open **every day until 15:00**

Tel: 01273 582467 email: houseproject@peacehaven@outlook.com

Children's Centre Foodbanks

For families with children aged under 5.

*Please contact your local Children's Centre to discuss your needs.

- **Tarner Children's Centre : Tel: 01273 296700
Thursdays 09:00 onwards**
- **Roundabout Children's Centre: Tel: 01273 290300
Thursdays 09:00 onwards**
- **Moulsecoomb Children's Centre: Tel: 01273 294040
Thursdays 12:300 onwards**

Parents can also speak to their health visitor or visit the [Brighton and Hove Food Partnership](#) website.

Benefits – Coronavirus information and support

If your earnings reduce, you may be able to claim Universal Credit.

[Coronavirus and claiming benefits](#)

To claim, go to <https://www.gov.uk/universal-credit/how-to-claim>

Help to claim helpline – **0800 144 8444**

Queries about other benefits can be made by calling 0800 169 0310

For further information/advice, visit:

[Turn 2 Us – Coronavirus information and support](#)

<https://www.turn2us.org.uk/About-Us/News/Coronavirus-information-and-support>

The Money Advice Service

[Coronavirus – what it means for you](#)

<https://www.moneyadviceservice.org.uk/en>

Emergency funds

Local Discretionary Social Fund

The fund is designed to provide help in an emergency situation or crisis. Money is not provided; instead vouchers can be given for things like food, gas and electricity and other help needed in an emergency.

When you make a claim, you may be asked to provide bank statements for the last 30 days.

Applications should be made online by going to:

www.brighton-hove.gov.uk/LDSF

Tel: 01273 293117

Housing / homelessness

Shelter helpline

Call the helpline for urgent housing advice if you have nowhere to sleep, or are facing homelessness. The helpline is normally open all year round from 8am-8pm on weekdays and 9am-5pm at weekends.

Tel: 0808 800 4444.

Brighton and Hove City Council - Housing Options

Bartholomew House, Bartholomew Square, Brighton BN1 1JP

Office hours are 9am to 5pm Monday to Friday. On Wednesdays, phone lines are open from 1pm to 5pm.

Tel: 01273 294400 email: housing.advice@brighton-hove.gov.uk

Youth Advice Centre (YAC)

11, St Georges Place, Brighton, BN1 4GB

Tel: 01273 624432

Mental Health

MIND

[Coronavirus and your wellbeing - MIND](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/)

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Community Roots

www.communityroots.org.uk

Brighton and Hove's Freephone number, where you can speak to someone about what community services are available to support your mental health and wellbeing.

Tel: 0808 196 1768

Urgent mental health support for adults

The Mental Health Rapid Response Service (MHRRS) provides support for people who feel at risk to themselves and/or others or if someone feels concerned that a person is at risk to themselves and/or others due to their mental health.

Tel: 0300 304 0078, 24 hours a day, 7 days a week

Children and Adults - Wellbeing Service

Tel: 0300 002 0060 <https://www.brightonandhovewellbeing.org/>

CAMHS

Tel: 0300 304 0061

If someone is at immediate risk of taking their own life, or harming others or is showing severe psychotic symptoms call 999.

Domestic abuse

If you or your children are at risk of harm, call the police on 999.

The National Domestic Violence helpline

The helpline is open 24 hours a day, 7 days a week.

Tel: 0808 2000 247

RISE

www.rise.org.uk

Sussex based charity supporting anyone affected by domestic abuse. They offer a helpline service open from 9am – 5pm Monday to Friday.

Tel: 01273 622828

Helplines offering support

Samaritans

www.samaritans.org

Samaritans provide help and support to people in a crisis 24 hours a day, 7 days a week.

Tel: 116 123

Family Lives

Talk to Family Support Workers about any family issue, big or small. The helpline is open from 7.00am – midnight.

Tel: 0800 800 222

Voices in Exile

Currently no drop-in service. Replacement advice line on Tuesdays 13:30-15:30 for refugees, asylum seekers and people with no recourse to public funds.

Tel: 01273 082 105

Cruse Bereavement

Cruse helps those missing someone, whether they died recently or many years ago.

Tel: 0808 808 1677

Rape crisis

Offers confidential help and emotional support to girls and women aged 13+ who have survived any form of sexual violence, no matter how long ago. Open from 12 noon – 2.30pm and 7pm – 9.30pm all year round.

Tel: 0808 802 9999

LGBT+ Switchboard

A one stop listening, information and advice service for the LGBT+ community. Open from 10am – 10pm all year round.

Tel: 0300 330 0630

How can I get help or help others?

***N.B. This is an unregulated volunteer initiative.**

Brighton mutual aid

We want to aid one another and ensure that nobody is left isolated or without what they need.

We **don't ask for anything in return**, we just believe in helping each other in a time of difficulty.

We have not been checked or vetted, and there are no processes in place for this. We can only offer help within reason, where possible, and in adherence with health advice. We cannot offer any medical advice or assistance. If this is what you need please call NHS on 111 from your telephone.

- 1) If you want help, get in touch with me on the details overleaf (if none are provided, use the contact details below)
- 2) If you are at low risk of infection and want to help others in Brighton, get in touch via:

Add your details: shorturl.at/drX56

Facebook group: "Brighton Mutual Aid"

Email: brightonma19@gmail.com

Phone: 07872023446 (call or text—incl. your area)

HELLO! If you are self-isolating, I can help.

My name is

.....

I live locally at

.....

My phone number is

.....

If you are self-isolating due to COVID-19 I can help with:

- Pick up urgent shopping/supplies
- Friendly phone-chat

Call/text me & I'll do my best to help you (for free)

See receipts for my account details—if you don't do e-banking, leave cash in sealed bag. If you don't have money to refund, just let me know when you call.

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness