Contents

National Signposting ........................................................................................................... 4

West Sussex ................................................................................................................................. 5
Smoking Cessation ...................................................................................................................... 5
Weight Management .................................................................................................................. 5
Physical Activity ...................................................................................................................... 5
Alcohol and Drugs .................................................................................................................... 6
Mental Health .......................................................................................................................... 7
Carer Support Services .......................................................................................................... 8
Dementia Services ................................................................................................................... 8
Ageing ..................................................................................................................................... 8
Mindfulness ............................................................................................................................. 9
Domestic Violence Services .................................................................................................... 9

East Sussex ................................................................................................................................. 9
Smoking Cessation .................................................................................................................... 9
Weight Management ................................................................................................................ 10
Physical Activity ..................................................................................................................... 10
Alcohol and Drugs .................................................................................................................... 11
Mental Health ........................................................................................................................ 11
Carer Support Services ......................................................................................................... 12
Dementia Services ................................................................................................................... 12
Ageing ..................................................................................................................................... 13
Domestic Violence ................................................................................................................ 13

Surrey .......................................................................................................................................... 13
Smoking cessation ..................................................................................................................... 13
Weight Management ............................................................................................................... 14
Physical Activity ...................................................................................................................... 14
Alcohol and Drugs .................................................................................................................... 15
Mental Health ........................................................................................................................ 15
Carer Support Services ......................................................................................................... 16
Dementia Services ................................................................................................................... 16
Ageing ..................................................................................................................................... 17
Mindfulness ............................................................................................................................. 17
Domestic Violence ................................................................................................................ 17
Brighton & Hove ................................................................................................................................. 17
Smoking Cessation.............................................................................................................................. 17
Weight Management......................................................................................................................... 17
Physical Activity............................................................................................................................... 18
Alcohol and Drugs............................................................................................................................ 18
Mental Health................................................................................................................................... 18
Carer Support Services.................................................................................................................... 18
Dementia Services............................................................................................................................. 19
Ageing ................................................................................................................................................ 19
Domestic Violence............................................................................................................................. 19
National Signposting

Healthy Weight
https://www.nhs.uk/live-well/healthy-weight/

Healthy Lifestyles
https://www.nhs.uk/live-well/healthy-body/

Smoking
https://www.nhs.uk/live-well/quit-smoking/

Nutrition
https://www.nhs.uk/live-well/eat-well/

Physical Activity Guidelines
https://www.nhs.uk/live-well/exercise/

Active10
https://www.nhs.uk/oneyou/active10/home

Sleep
https://www.nhs.uk/live-well/sleep-and-tiredness/

Alcohol Consumption
https://www.nhs.uk/live-well/alcohol-support/

Mood
https://www.nhs.uk/conditions/stress-anxiety-depression/
West Sussex

Smoking Cessation

West Sussex Wellbeing
https://www.westsussexwellbeing.org.uk/local-service/full/smoking
A full list of smoking cessation providers across the whole of West Sussex. Simply enter your postcode, and the nearest service to you will be available. They will offer you free one-to-one support for 6 weeks and will arrange for you to have a stop smoking product for 12 weeks for the cost of a prescription.

Weight Management

Feeling Good Weight Management – Sussex Medical Chambers (Worthing)
01903 503447
https://www.smcfeelinggood.co.uk/
Designed to work along side you, each step of the way through your journey towards a healthier and fitter lifestyle. We have two goals - to improve your quality of life and assist you in reducing your weight.

The Bariatric Consultancy LTD – Why Weight (Crawley, Horsham & Mid Sussex)
01322 220294
http://www.bariatricconsultancytier3.com/whyweight.html
Weight management service for adults with a BMI >35 via GP referral.

Physical Activity

Crawley Borough Council (Crawley Wellbeing) – Health Walks
01293 585350
http://www.crawley.gov.uk/pw/Leisure_and_Culture/Sport__Activity_and_Wellbeing/Health_Walks/index.htm
3 tiered graded health walks for different abilities. These free of charge health walks are supervised by staff, giving physical, psychological and social benefits.

Crawley Borough Council (Crawley Wellbeing) – Disability Sport
01293 585350
http://www.crawley.gov.uk/pw/Leisure_and_Culture/Sport__Activity_and_Wellbeing/Disability_Sport/index.htm
A variety of clubs and groups to ensure that opportunities are provided for people of all disabilities to be able to participate in sport.
Crawley Borough Council (Crawley Wellbeing) – Wheels for Wellbeing
01293 585350
http://www.crawley.gov.uk/pw/Leisure_and_Culture/Sport__Activity_and_Wellbeing/Disability_Sport/WheelsforWellbeing/index.htm
A range of inclusive cycles that will make cycling a fun, healthy option for people who might find regular bikes unsuitable.

The Right Track Programme – West Sussex
01273 069850
right-track@possabilitypeople.org.uk
https://www.possabilitypeople.org.uk/how-we-can-help/support/right-track-2/
Right Track is a collaboration between the voluntary sector and health to support you (and your carer if you have one) to become more active. We can link you into support and activity near you which can help improve your health and well being.

Wellbeing Service
Crawley: 01293 585317
Horsham: 01403 215111
Mid Sussex: 01444 477191
https://www.westsussexwellbeing.org.uk/
Getting your family fitter and doing more regular exercise.

Crawley FC: Extra Time Walking Football - Crawley
adamwicking@crawleytownfc.com
Walking football in the community.

West Sussex Age UK
01903 731 800
https://www.ageuk.org.uk/westsussex/activities-and-events/
From Zumba for seniors to Tai Chi and many other recreational activities, games and hobbies - our activity centres and social clubs have something for all older adults.

Alcohol and Drugs

DAWN (Drug and Alcohol Wellbeing Network) – West Sussex
0300 303 8677
wsypsms@cgl.org.uk (24 and under). WestSussex.contact@cgl.org.uk (25 and over)
Provides support to people of any age, who are looking to reduce or stop their drinking or use of drugs.

**Families & Friends Network**
0300 028 8888
[https://www.carerssupport.org.uk/](https://www.carerssupport.org.uk/)
Families & Friends Network supports anyone affected by someone else’s drug and/or alcohol use. All services are confidential, and you can receive free information, advice and support.

**Mental Health**

**Sussex Mental Healthline - Sussex**
0300 5000 101
Helpline that can support you with any mental health issues.

**Samaritans – Horsham & Crawley**
01403 276276
[https://www.samaritans.org/branches/horsham/](https://www.samaritans.org/branches/horsham/)
4 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

**Time to Talk**
Adur, Arun, Chanctonbury and Worthing – 01903 703540
Bognor, Chichester – 01273 265967
Crawley, Horsham – 01403 620434
Mid Sussex – 01444 251084
Offering talking therapies to people struggling with stress, anxiety, depression, self-esteem, PTSD and more.

**Big White Wall**
(0)203 405 6196
Online mental health community.
West Sussex Wellbeing
https://www.westsussexwellbeing.org.uk/contact-us
A list of wellbeing divisions for all the different councils in West Sussex.

Carer Support Services

Carers Support – West Sussex
0300 028 8888
https://www.carerssupport.org.uk/about-us/who-we-are/
Support Groups; a Carer Response Line; Help carers access equipment to assist them in their caring role or provide funds so that carers can do something for themselves.

Carers UK
0808 808 7777
https://www.carersuk.org/
Advice and support for carers and the people they care for.

Dementia Services

Alzheimer’s Society
01234 327 380
www.alzheimers.org.uk
Services for people with dementia and their carers.

Dementia Support – West Sussex
01243 888 691
info@dementia-support.org.uk
https://www.dementia-support.org.uk/
Sage House is open to anyone with a concern about dementia and memory loss in the West Sussex area.

Ageing

Age UK – West Sussex
01903 731 800
Age UK West Sussex is a local charity working in the community to support older people.
Mindfulness

Sussex Mindfulness Centre
0300 304 2057
smc@sussexpartnership.nhs.uk
https://sussexmindfulnesscentre.nhs.uk/about/contact/
Sussex Mindfulness Centre aims to improve wellbeing through mindfulness.

Domestic Violence Services

Domestic Abuse Community Action Network – West Sussex
033 022 28181
DomesticAbuseServicesCentral@westsussex.gov.uk
Group support groups across a variety of friendly venues in West Sussex

The Saturn Centre SARC (sexual assault referral centre) – West Sussex
01293 600469
http://www.saturncentre.org/
Provides a range of services to women and men who have been raped or sexually assaulted.

East Sussex

Smoking Cessation

One You East Sussex
01323 404600
https://oneyoueastsussex.org.uk/quit-on-the-go/
hello@oneyoueastsussex.org.uk
One to one consultations or regular group sessions to help you quit smoking.

Burwash Pharmacy – Smoking Cessation Service
01273 204 905
https://www.burwashpharmacy.co.uk/services/east-sussex-smoking-cessation-service
Smoking cessation products and a stop smoking plan created by a team member, helping you to quit smoking.
Weight Management

One You East Sussex
01323 404600
https://oneyoueastsussex.org.uk/services/manage-your-weight/
Weight management programme, click the ‘Get Started Today’ to start the programme.

Rebalance East Sussex
01273 643869
12-week group weight-loss programme designed for adults, children & families at local leisure and community centres.

Physical Activity

Football Therapy - Lewes
01273 470820
info@lewesfc.com
Free drop in for adults of all abilities and mobility.

East Sussex Walking
01273 643869
info@activesussex.org
Walking in the countryside for all kinds of levels and abilities.

Hastings Online – Activities for Adults
https://www.hastings.gov.uk/sport_play/getactive/activitiesforadults/
A variety of different activities for all abilities. Small fee per activity

Wave Leisure – East Sussex
https://www.waveleisure.co.uk/
Leisure centres all over East Sussex. Discounted annual memberships for adults.

Wave Leisure – Health Walks
01323 408862
https://www.walkingforhealth.org.uk/walkfinder/south-east/wave-leisure-health-walks
Short walks to build up physical activity levels.

One You East Sussex – Move More
https://oneyoueastsussex.org.uk/services/move-more/
Click the ‘Get Started’ button on web page, and a health coach will be in touch to help you become more active.
Alcohol and Drugs

Change, Grow, Live - East Sussex drug and alcohol recovery service (STAR) - Eastbourne & Hastings
0300 3038 160
https://www.changegrowlive.org/content/east-sussex-drug-and-alcohol-recovery-service-star
We are a drug and alcohol recovery service commissioned to work with people from the age of 18 upwards.

One You East Sussex
https://oneyoueastsussex.org.uk/services/drink-less/
Click the ‘Get Started’ button on web page, and a health coach will talk to you about how much you are drinking.

East Sussex Recovery Alliance (ESRA)
01323 466549
safercommunities@eastsussex.gov.uk
Provides mutual aid and peer support to those in recovery form drug and alcohol misuse and those affected by the substance misuse of someone else.

East Sussex Safer Communities
Narcotics Anonymous - 0300 999 1212
Cocaine Anonymous - 0800 612 0225
Alcoholics Anonymous - 0800 9177 650
Meetings for people who have a problem with the following.

Mental Health

Health in Mind
0300 00 30 130
https://www.healthinmind.org.uk/him-courses
Free East Sussex based courses and therapy to help with stress, anxiety and low mood.

NHS Mental Health
0300 304 0100
https://www.esht.nhs.uk/service/mental-health/
A variety of mental health services on offer.
Samaritans – Eastbourne
01323 735555
https://www.samaritans.org/branches/eastbourne/
4 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

East Sussex 1Space – Survivors of Suicide
01273 519108
https://1space.eastsussex.gov.uk/Services/2605
Support for people affected by suicide

Carer Support Services

Carers UK
0808 808 7777
https://www.carersuk.org/
Advice and support for carers and the people they care for.

Care for the Carers
01323 738390
https://www.cftc.org.uk/
Our team of staff and volunteers can provide free practical and emotional advice – face to face, by telephone, or online, for carers in the East Sussex Area.

Dementia Services

Alzheimer’s Society
01234 327 380
www.alzheimers.org.uk
Services for people with dementia and their carers.

Dementia Support East Sussex (DSES)
07799 886856
http://www.dementiasupport.me.uk/
Free membership, voluntary initiative, aiming to address the gaps in the existing provision of care for those touched by dementia, and respite for their carers.
Ageing

Age UK East Sussex
01273 467404
https://www.ageuk.org.uk/eastsussex/
Age UK East Sussex is a local charity working in the community to support older people.

Domestic Violence

Refuge – National Domestic Violence Free Helpline
0808 2000 247
http://www.nationaldomesticviolencehelpline.org.uk/
The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

The Portal – Brighton & Hove and East Sussex
0300 323 9985
http://theportal.org.uk/
Help and support for those who have suffered from domestic abuse in East Sussex area.

Surrey

Smoking cessation

One You Surrey
01737 652168
https://oneyousurrey.org.uk/
One to one consultations or regular group sessions to help you quit smoking.

Royal Surrey County Hospital NHS
Call Quit 51 on 0800 622 6968 or 07855 092148
rsc-tr.royalsurreystopsmoking@nhs.net
Encouraging and helping people to stop smoking. We are able to offer free and confidential advice on how to quit successfully.
Weight Management

Healthy Surrey
https://www.healthysurrey.org.uk/news/one-you
Online quiz which will then put you through to personalised advice and support options.

YMCA – East Surrey
A 10 week weight management course that can help you lose weight and keep it off for good.
Reigate +44 (0)1737 222859
Redhill +44 (0)1737 779979

Physical Activity

Surrey Heath Walking for Health
01276 707422
www.surreyheath.gov.uk/walkingforhealth
A variety of walks in Frimley, Windlesham, Lightwater and Chobham led by our team of park rangers and volunteers.

See this website for other locations across Surrey:
https://www.surreycc.gov.uk/culture-and-leisure/countryside/walking/health-groups

Walking Football – Surrey FA
01372 384 194
http://www.surreyfa.com/players/ways-to-play/walking-football
Walking Football is designed to help people keep an active lifestyle despite their age, as well as getting those back playing football who had to stop due to injuries.

Explore Surrey
https://www.surreycc.gov.uk/culture-and-leisure/countryside
Information based site including walking, cycling and horse riding routes.

Surrey Ramblers
membership@surreyramblers.org.uk
https://www.surreyramblers.org.uk/
16 Ramblers' groups in Surrey Area, which covers part of South and South West London as well as the county. Each group organises two or more walks every week.
Get Surrey Park Run  
https://www.getsurrey.co.uk/whats-on/family-kids-news/26-parkruns-surrey-help-you-15675367  
A list of 26 Park Runs in the Surrey Area. All free to participate. Just turn up.

**Alcohol and Drugs**

**Getting Help Surrey**  
0300 222 5932  
NHS service offering advice and help with drugs and alcohol.

**Surrey Drug and Alcohol Care (SDAC)**  
0808 802 5000  
info@SDAC-helpline.co.uk  
https://sdac-helpline.co.uk/  
24/7 365 days a year free phone line for those having problems with drugs or alcohol.

**Mental Health**

**Centre for Psychology - Guildford and Waverley**  
01483 901 429  
http://www.centreforpsychology.co.uk/  
Centre for Psychology is your local provider of psychological therapy.

**Thinkaction Woking** (Thinkaction are in other locations in Surrey – see website)  
01483 746 900  
https://www.thinkaction.org.uk/contact-us/thinkaction-surrey/  
Face to face and group sessions for psychological support.

**Mind Matters Surrey**  
0300 330 5450  
https://www.mindmattersnhs.co.uk/  
Talking therapies for those experiencing common mental health problems.
Kingston iCope
0203 317 7850
https://www.icope.nhs.uk/kingston/
Talking about your problems such as stress, anxiety, depression, and insomnia.

Richmond Wellbeing Service
020 8548 5550
https://www.richmondwellbeingservice.nhs.uk/
The Richmond Wellbeing Service offers a range of free and confidential talking therapies and specialist support.

Carer Support Services

Surrey County Council – Support for Carers
0303 040 1234
carersupport@actionforcarers.org.uk
Help includes: a variety of support groups, as well as confidential telephone support as required; information on services, including benefits; practical help on moving and handling; advocacy and information on your rights; well-being events; free resources; and opportunities to influence change for carers locally and nationally.

Action for Carers Surrey
0303 040 1234
https://www.actionforcarers.org.uk/getting-help/support-near-you/
Advice from experienced carers to help support you.

Dementia Services

Alzheimer’s Society UK
0300 222 11 22
https://www.alzheimers.org.uk/
National support for those suffering or caring for people with dementia.

Surrey Dementia Action Alliance
https://www.dementiaaction.org.uk/local_alliances/20355_surrey_dementia_action_alliance
The above link will show where in Surrey there is a local alliance. Contact details are on the site (easily accessible).
Ageing

Age UK Surrey
01483 503414
https://www.ageuk.org.uk/surrey/
Age UK East Sussex is a local charity working in the community to support older people.

Mindfulness

Healthy Surrey – Mindfulness
https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/#.XThvh-hKjIU
Mindfulness exercises and tips to help you manage stress.

Domestic Violence

Healthy Surrey – Surrey against Domestic Abuse
01483 776822
https://www.healthysurrey.org.uk/your-health/domestic-abuse
Helpline for those in the Surrey area.

Brighton & Hove

Smoking Cessation

Brighton and Hove Stop Smoking Service
01273 29 6877
https://www.brighton-hove.gov.uk/content/health/stop-smoking
We offer free information, advice and treatment for smokers.

Weight Management

Brighton & Hove Food Partnership
01273 431703
http://www.bhfood.org.uk/
The healthy weight team offers free healthy lifestyle programmes which can help adults, children and families to establish a healthier weight.
Physical Activity

Active for Life
01273 292724
http://www.brighton-hove.gov.uk/activeforlife
We help communities get active and improve their health, by providing information and support to those who want to be more physically active.

Alcohol and Drugs

Pavilions Drug & Alcohol Service
01273 731 900
http://www.pavilions.org.uk/
We provide treatment for all residents, over the age of 18, who are struggling with issues around drug or alcohol misuse.

Mental Health

Mind in Brighton and Hove
01273 66 69 50
www.mindcharity.co.uk
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.

Carer Support Services

Carers Centre Brighton
01273 746222
https://www.thecarerscentre.org/cause/activities-adult-carers/
The Carers Centre provides a range of peer-support groups and workshops for Adult Carers who live in the City of Brighton & Hove.
Dementia Services

Alzheimer’s Society UK
0300 222 11 22
https://www.alzheimers.org.uk/
National support for those suffering or caring for people with dementia.

Ageing

Age Friendly City Programme
agefriendlycity@brighton-hove.gov.uk
Working together to find new approaches and solutions and challenge stigma around ageing so that older people stay healthy and well, connected and involved.

Age UK
01273 720603
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.

Domestic Violence

Rise Brighton
01273 622 828
https://www.riseuk.org.uk/
RISE is an independent, Brighton-based registered charity that helps people affected by domestic abuse. We offer practical help ranging from direct advice to refuge accommodation for those whose lives are at risk.