

# MAKING CARERS COUNT



**Directory of Useful Contacts & Resources for Signposting**

**Last Updated: August 2023**

## About this Directory

This directory lists services pan-Sussex that specifically support individuals from ethnically diverse communities and is intended for signposting purposes. This is not an exhaustive list of services available and will be continually updated with new information. We therefore encourage you as staff and volunteers to recommend services you may be aware of for inclusion by contacting your organisational Carer Engagement or Inclusion Worker Lead.

## About Making Carers Count

This directory has been produced as part of Making Carers Count. A project to help develop services that will address the barriers, challenges and needs experienced by under-represented carers from minority backgrounds across Sussex.

Making Carers Count is a Carers Trust partnership programme supported by the [Covid-19 Support Fund](#).

**MAKING  
CARERS COUNT**

Working in partnership with Carers Trust

## Community Specific Support

ORGANISATION	SUPPORT	CONTACT
<a href="#">BMECP: Black &amp; Minority Ethnic Community Partnership (Brighton &amp; Hove)</a>	Run a range of services for diverse communities in Brighton and Hove, including: BMECP FOOD BANK - emergency food parcels for people in crisis who live in Brighton and Hove. BMECP 50+ GROUP - a multicultural club for people aged 50 years and over. BMECP CHINESE ELDERS GROUP - meets at the BMECP Centre, 10A Fleet Street, Brighton, BN1 4ZE (Fridays 12.00 noon to 3.30pm).	Phone: 0300 303 1171 Email: <a href="mailto:contact@bmeccp.org.uk">contact@bmeccp.org.uk</a>
<a href="#">Brighton and Hove Chinese Society</a>	A non-profit organisation with the aim of spreading Chinese traditions onto the wider community in and around Brighton. Every Sunday, they hold classes for all age groups teaching Tai Chi, Kung Fu, Lion Dancing. They also have classes teaching children of all ages Mandarin and Cantonese (including speaking, reading and writing).	Phone: 07733104019 (Ask for Tom Lam) Email: <a href="mailto:bandhchinesesociety@gmail.com">bandhchinesesociety@gmail.com</a>
<a href="#">Diversity Resources International (DRI)</a>	A non-profit organisation, working across Sussex, across all ethnically diverse communities. They support people from migrant and culturally diverse communities to access the services they need and to develop their skills and confidence to achieve their goal – be it a job, supporting their community, qualification, work experience or new business. They run 5 carers groups for ethnically diverse carers in Hastings/ St.Leonards, Eastbourne, Uckfield and Seaford - <a href="https://driorg.com/projects/supporting-bame-carers-in-east-sussex/">https://driorg.com/projects/supporting-bame-carers-in-east-sussex/</a>	Phone: 07586 340592 Email: <a href="https://driorg.com/contact-us/">https://driorg.com/contact-us/</a> Or <a href="mailto:Community@driorg.com">Community@driorg.com</a>
<a href="#">Euro-Mediterranean Resources Network (Euro-Mernet)</a>	Euro-Mediterranean Resources Network (EuroMernet) is a not-for-profit, independent, non-aligned and non-partisan organisation, registered as a charity and based in the UK since 2001. Focus on the Euro-Mediterranean countries and offer following community Support: Advice, guidance, referral, mentoring, advocacy.	Email: <a href="mailto:info@euromernet.org">info@euromernet.org</a>
<a href="#">Families, Friends and Travellers (FFT) (pan-Sussex)</a>	Offer advice and information about work, health and wellbeing, and rights/benefits to members of the Gypsy, Roma and Traveller Community across Sussex.	Phone: 01273 234 777 Email: <a href="mailto:fft@gypsy-traveller.org">fft@gypsy-traveller.org</a>

<a href="#">Hastings Chinese Association</a>	Social and cultural community group raising awareness of Chinese culture and traditions.	Phone: 01424 466100
<a href="#">Hangleton and Knoll Project (HKP)</a>	A Community Development charity based in the Hangleton and Knoll ward of Brighton and Hove in South East England. A part of the community since 1983, the project works for and with the community and managed by the community.	Claire Johnson or Aleya Khatun Email: <a href="mailto:claire.johnson@hkproject.org.uk">claire.johnson@hkproject.org.uk</a> or <a href="mailto:aleya.khatun@hkproject.org.uk">aleya.khatun@hkproject.org.uk</a>
<a href="#">MOSAIC Black and Mixed Parentage Family Group</a>	MOSAIC Black and Mixed-Parentage Family group is an organisation set up to combat the effects of racism on Black and Mixed Parentage families and individuals. Offer and run: A monthly Bring –A-dish families get together, A monthly newsletter to combat social isolation by promoting opportunities for Black and Mixed Parentage families and children, Successful Advocacy in Education programme supporting parents of Black and mixed parentage children with issues in schools.	Phone: 01273 234017
<a href="#">Rivers LPC (West Sussex)</a>	Rivers LPC is a local women's charity based primarily in Crawley. They used to run ESOL classes in the community from 2014-2020 and since COVID, have been delivering a Fare Share Food programme. Their clients include those from South Asian and Pan-African and Caribbean (including Mauritius and Chagossian) backgrounds.	Email: <a href="mailto:contact@riverslpc.org.uk">contact@riverslpc.org.uk</a> Phone: 07340 215 678
<a href="#">Shunar Bangla (Bengali) Association</a>	Shunar Bangla Association is a Community organisation for members of the Bengali population in Eastbourne and surrounding area with the aim of improving education and training, to provide recreational activities and to work towards a general Improvement in quality of life.	Phone: 07713 170548 Email: <a href="mailto:info@shunarbanglaassociation.org">info@shunarbanglaassociation.org</a>
<a href="#">The Hangleton &amp; Knoll Multi-Cultural Women's group (Brighton and Hove)</a>	A Community Development charity based in the Hangleton and Knoll ward of Brighton and Hove. They host arts and crafts sessions, Bollywood dancing sessions, yoga, monthly coffee mornings and other fun and social days out and get togethers.	Phone: (01273) 706469 Email: <a href="mailto:info@hkproject.org.uk">info@hkproject.org.uk</a> or <a href="mailto:aleya.khatun@khproject.oeg.uk">aleya.khatun@khproject.oeg.uk</a>
<a href="#">United African Community in Hastings (UACH)</a>	The aims of this organisation are:* to provide help, advice, information and advocacy to individual and different groups within the African community.* To establish links with other communities and	Phone: 07982 818661 Email: <a href="mailto:ucahastings@gmail.com">ucahastings@gmail.com</a>

	local authorities, in order to participate in development programmes and community initiatives.* To promote true equality and African integration into civil society. We are proud to be one of the founding groups involved with Hastings Intercultural Organisation (HIO).	
<a href="#">Women's Hub Worthing</a>	A community group which aims to bring together women from different backgrounds, ages, cultures and religions to socialise together, learn together and from each other, in order to understand each other better.	Email: <a href="mailto:womenshub@gmail.com">womenshub@gmail.com</a>

## Domestic Violence

ORGANISATION	SUPPORT	CONTACT
<a href="#">Ashiana Network (National)</a>	Specialises in helping Black and Minority Ethnic women, in particular, women from South Asian, Turkish & Iranian communities, aged 16-30 years who are at risk of domestic violence and sexual violence.	Phone: 020 8539 0427 Email: <a href="mailto:info@ashiana.org.uk">info@ashiana.org.uk</a>
<a href="#">Muslim Women's Network (National)</a>	Operate a national specialist faith and culturally sensitive helpline that is confidential and non-judgmental, which offers information, support, guidance and referrals for those who are suffering from or at risk of abuse or facing problems on a range of issues.	Phone: 0800 999 5786 Or 0303 999 5786  Text: 07415 206 936 (Respond during operating hours - Monday to Friday, 10am to 4pm)  Email: <a href="mailto:info@mwnhelpline.co.uk">info@mwnhelpline.co.uk</a>
<a href="#">Respect Men's Advice Line</a>	The Respect Men's Advice Line offer advice and support for men experiencing domestic violence, with information online, as well as a freephone number, e-mail and online chat.	Phone: 0808 801 0327 Email: <a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a>
<a href="#">Survivors' Network</a>	Support survivors of sexual violence and abuse in Sussex. With the understanding that a healing journey starts with a small step.	Email: <a href="mailto:INFO@SURVIVORSNETWORK.ORG.UK">INFO@SURVIVORSNETWORK.ORG.UK</a>

## Education & Learning

ORGANISATION	SUPPORT	CONTACT
<a href="#">Chapel Park Community Centre (Eastbourne)</a>	Chapel Park Community Centre offers a variety of services to support people in the local community, including funded educational and wellbeing courses. Linked in with DRI, who are working with CFTC East Sussex to set up a peer support group at the centre for Black, Asian and Minority Ethnic carers, who face additional barriers when accessing support.	Phone: 01424 714095
ISEND East Sussex	ISEND Gypsy, Roma and Traveller Provision (GRT) Schools with children from the Gypsy, Roma and Traveller community can get advice and guidance with schooling from the East Sussex Teaching and Learning Provision GRT Team.	Phone: 01323 464215 Email: <a href="mailto:travellereducation@eastsussex.gov.uk">travellereducation@eastsussex.gov.uk</a>
<a href="#">Mid Sussex – Free English Classes</a>	Free classes to improve English, build confidence and make new friends. Held at Cyprus Hall, Burgess Hill, RH15 8DX.  See leaflet for 2022/23 dates: <a href="https://www.advicewestsussex.org.uk/wp-content/uploads/2022/04/English-Language-Classes.pdf">https://www.advicewestsussex.org.uk/wp-content/uploads/2022/04/English-Language-Classes.pdf</a>	Phone: 01273 944460 Email: <a href="mailto:community.engagement@westsussexcab.org.uk">community.engagement@westsussexcab.org.uk</a>
<a href="#">Reminiscence Packs for South Asian Communities (West Sussex)</a>	West Sussex Library Service's collection of reminiscence packs which help people with dementia and memory loss has been expanded to help people from South Asian countries and communities. The packs contain objects, music, photographs and replica items which can help re-awaken people's memories of their experiences and lives.	For more details have a look at the <a href="#">Reminiscence Pack catalogue</a> . A printed copy of this is also available in your local West Sussex library.
<a href="#">West Sussex Ethnic Minority &amp; Traveller Achievement Service</a>	The Ethnic Minority and Traveller Achievement Service works with West Sussex schools to support pupils from minority ethnic backgrounds, particularly Gypsy Roma Traveller (GRT) pupils and pupils with English as an Additional Language (EAL)	Phone: 0330 222 2111 Email: <a href="mailto:emat@westsussex.gov.uk">emat@westsussex.gov.uk</a>

ISEND – English as an additional language	Team of specialist English as an additional language teachers and bi lingual support officers. Supports pupils to access the curriculum and to fully integrate in to school life	Phone: 01323 464210 Email: eals@eastsussex.go.uk
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## Emotional Wellbeing

ORGANISATION	SUPPORT	CONTACT
<a href="#">Bilingual Counselling for Carers (pan-Sussex)</a>	<p>The Sussex Carers Partnership recognises that if English is not a carer's first language, attending a counselling session could be difficult if the counsellor is not fluent in their native language. Currently, the bilingual counselling sessions will be offered in the following languages:</p> <ul style="list-style-type: none"> <li>• Arabic</li> <li>• Farsi</li> <li>• Gujarati</li> <li>• Hindi</li> <li>• Hebrew</li> <li>• Italian</li> <li>• Spanish</li> <li>• Polish</li> <li>• Portuguese</li> <li>• Punjabi</li> <li>• Russian</li> <li>• Turkish</li> <li>• Urdu</li> <li>• English (This service can also support ethnic minority carers who speak English but wish to be supported by a counsellor who has knowledge of cultural sensitivities).</li> </ul> <p>See more information here:  <a href="https://www.carerssupport.org.uk/bilingual-counselling-support">https://www.carerssupport.org.uk/bilingual-counselling-support</a></p>	<p>Email:  <a href="mailto:carerengagement@carerssupport.org.uk">carerengagement@carerssupport.org.uk</a></p>

## Faith & Spirituality

ORGANISATION	SUPPORT	CONTACT
<a href="#">Brighton &amp; Hove Muslim Forum</a>	Brighton & Hove Muslim Forum is a non-profit organisation hoping to serve the religious, social, and cultural needs of the Brighton & Hove Muslim Community. Aim is to provide support and weekend activities for Muslim children and to work and assist with projects for Muslim women.	Phone: 07958771411 (Tariq Jung – Chair) Email: <a href="mailto:info@bhmf.org.uk">info@bhmf.org.uk</a>
<a href="#">Brighton and Hove Faith in Action (Interfaith Group)</a>	The Brighton & Hove Inter-Faith Contact Group (IFCG) exists as a resource for contact and dialogue between the many faith communities & traditions in the Brighton & Hove area. Their aim is to help build and maintain good relations, and greater understanding between communities of faith.  See website for events and activities: <a href="https://interfaithcontactgroup.com/">https://interfaithcontactgroup.com/</a>	Email: <a href="mailto:admin@interfaithcontactgroup.com">admin@interfaithcontactgroup.com</a>
<a href="#">Brighton and Hove Jewish Community Foundation</a>	Manage the <a href="#">Jewish Community Centre</a> at Ralli Hall and run the Jewish Day Centre, for senior citizens.	Phone: 01273 202254 Email: <a href="mailto:rallihallcentre@gmail.com">rallihallcentre@gmail.com</a>
<a href="#">Brighton and Hove Muslim Women's Group (Women only)</a>		
<a href="#">Crawley Interfaith Network</a>	Crawley Interfaith often host a variety of events that appeal to a range of people from different backgrounds and faiths. Their website will also list helpful resources in languages other than English. They also have representatives who can be asked to give talks around faith and spirituality.	
<a href="#">Crawley Mosque (Broadfield, West Sussex)</a>	Has facilities for worshiping, cultural and religious education for adults and children, marriage services (nikkah) and funeral/burial services.	Phone: 01293 553070 or 07951 235737 (ask for Ubaid Khan) Email: <a href="mailto:info@crawleymosque.com">info@crawleymosque.com</a>
<a href="#">Eastbourne Mosque</a>	Place of worship and community centre for those from the Muslim (Islamic) faith. Hold a women's group once a week organised by the following named contact: Fozia Malik	Phone: 01323648785 or 07886 131518



<a href="#">Hastings and Rother Interfaith Forum</a>	Working together for the solution of problems experienced by local faith communities in the practice of their religions. Each month the Forum meets to hear presentations about different faiths and projects These can range from Muslim Christian Dialogues in a local mosque to conferences on Forgiveness, explorations of interfaith dialogue, experiences of art and culture and sharing of religious festivals.	Phone: 07717 221 559 Email: <a href="mailto:timjmiller52@outlook.com">timjmiller52@outlook.com</a> (Tim Miller, Secretary)
<a href="#">Jewish Helpline (National)</a>	The Jewish Helpline offers support to people across the Jewish community who are in crisis; feeling lonely, anxious, depressed or suicidal. Common calls involves drug, family or mental health problems. They are open from 12 noon to 12 midnight every day except Shabbat and Yom Tovim.	Phone: 0800 652 9249  Opening Hours: Sunday – Thursday: Midday to Midnight, Friday: Midday to 3pm
<a href="#">Methodist Churches for all South-East England</a>	The South East District of the Methodist Church covers the counties of Kent, East and West Sussex and parts of Surrey, Berkshire and Hampshire.	Phone: 01293 813970
<a href="#">Bexhill Masjid &amp; Islamic Centre</a>	Provides Community services such as counseling and meditation.	Email: <a href="mailto:info@bmic.org.uk">info@bmic.org.uk</a>

## Gender and Sexuality

ORGANISATION	SUPPORT	CONTACT
<a href="#">Allsorts Youth Project (LGBT+)</a>	Run a People of Colour (POC) Group, open to 16–25-year-olds who are LGBT+ and identify as POC and/or with a mixed heritage/identity. The sessions are led by LGBT+ people of colour, and are available twice a month (one in person, one online).	Email: <a href="mailto:youth@allsortsyouth.org.uk">youth@allsortsyouth.org.uk</a>
<a href="#">Switchboard LGBT+ Helpline (National)</a>	Provide support on the phone, and through our email and instant messaging services, to people from across the UK.	Phone: 0300 330 0630 Email: <a href="mailto:chris@switchboard.lgbt">chris@switchboard.lgbt</a>
<a href="#">Traveller LGBT Pride</a>	A network that can provide guidance, support and information to make life easier for LGBT+ Travellers as well as providing essential services, meetup spaces and collaborating with other organisations to make them more welcoming to us.	Email: <a href="mailto:travellerlgbtpride@gmail.com">travellerlgbtpride@gmail.com</a>

## Immigration & Asylum

ORGANISATION	SUPPORT	CONTACT
<a href="#">Asylum Help (National)</a>	Asylum Help is part of a charity called Migrant Help. Asylum Help services are free of charge and are available to anyone entering the UK and applying for refugee status, or anyone who has had their refugee status refused. They can provide advice at every stage of the asylum application process and can assist with applying for accommodation and support if you are an asylum seeker.	Telephone helpline for advice: 0808 8000630 Telephone helpline for support applications: 0808 8000631
<a href="#">Brighton Advice Centre - Immigration Legal Service</a>	Support for those who qualify for Legal Aid. Areas covered: <ul style="list-style-type: none"> <li>• Asylum matters</li> <li>• Advice, preparation and representation on Asylum applications and in all appeal stages</li> <li>• Advice, preparation and representation on Article 3 matters</li> <li>• Domestic Violence and Bail matters – advice, preparation and representation on all appeal stages</li> <li>• Advice on the merits of making an application for Judicial Review</li> <li>• Appeals on Judicial Review where there are merits.</li> </ul>	Email: <a href="mailto:ImmigrationLegalServices@bht.org.uk">ImmigrationLegalServices@bht.org.uk</a>  Tel: 01273 645455 (Call into reception and leave your name, phone number and the nature of your query. One of their caseworkers will return the call)
<a href="#">Refugees Welcome Crawley</a>	A small registered charity based in Crawley offering welcome and support to refugees, asylum seekers or other migrants who need some extra help to cope with life in a new country. Offer practical support, befriending and help with integrating into the community through English language groups and social events. Help to provide household goods and other necessities for newly settled refugees and other vulnerable migrants in need	Contact via online form: <a href="https://refugeeswelcomecrawley.co.uk/contact/">https://refugeeswelcomecrawley.co.uk/contact/</a>
One Stop Shop for Refugees and Asylum Seekers	Drop-in organised by BMECP. Providing money advice (offered by <a href="#">Money Advice Plus</a> ) and a hate crime service.	Phone: 0300 303 1171 Email: <a href="mailto:hanan@bmecp.org.uk">hanan@bmecp.org.uk</a>
<a href="#">Sanctuary Café (Eastbourne)</a>	Sanctuary Café offering support and free access to advice services for asylum seekers, refugees and immigrants living	07876388782 Email: <a href="mailto:hellosanctuarycafe@gmail.com">hellosanctuarycafe@gmail.com</a>

	in or around Eastbourne. English Conversation Classes. Free Supervised Crèche for babies and children every Friday morning, 10 - 12 noon,	
<a href="#">The Refugee Buddy Project (Hastings and Rother)</a>	Registered charity supporting over 25 families through buddying, advocacy and financial and emotional support for the most vulnerable in our community.	Email: <a href="mailto:info@therefugeebuddyproject.org">info@therefugeebuddyproject.org</a>
<a href="#">TOGETHER South (Hastings &amp; Rother)</a>	Together South works to support refugees and non-EU migrants in Hastings & Rother, helping them to connect with and thrive in their communities by providing English language lessons, employment advice and community activities. All activities the programme offers are free of charge.	Phone: 07715 632 036 Email: <a href="mailto:pierre.matate@groundwork.org.uk">pierre.matate@groundwork.org.uk</a>
<a href="#">UK Lesbian and Gay Immigration Group (UKLGIG) (National)</a>	UKLGIG promotes equality and dignity for lesbian, gay, bisexual, trans, queer and intersex + (LGBTQI+) people who seek asylum in the UK, or who wish to come here to be with their partners.	Phone: 020 7922 7811 Email: <a href="mailto:admin@uklgig.org.uk">admin@uklgig.org.uk</a>
<a href="#">University of Sussex - Migration Law Clinic</a>	Offers pro bono (cost-free) immigration and asylum law advice to members of the public who cannot access legal aid and cannot afford to pay privately for a legal practitioner. Areas of advice: <ul style="list-style-type: none"> <li>• Asylum claims (and other protection claims),</li> <li>• Family life claims (Article 8 ECHR),</li> <li>• Claims for leave to remain as a victim of domestic violence,</li> <li>• Citizenship.</li> </ul>	Email: <a href="mailto:migrationlaw@sussex.ac.uk">migrationlaw@sussex.ac.uk</a> Tel: 01273 876797  Online self-referral form: <a href="https://www.sussex.ac.uk/law/clinical-legal-education/free-legal-advice">https://www.sussex.ac.uk/law/clinical-legal-education/free-legal-advice</a>
<a href="#">Voices in Exile</a>	Works with refugees, asylum seekers and vulnerable migrants with no recourse to public funds in East and West Sussex and Surrey.	Tel: <a href="tel:01273328598">01273 328598</a>
<a href="#">Red Cross Refugee Service</a>	Covers East and West Sussex. May be able to provide emergency practical support, in the form of financial, food and toiletries and advice on the family reunion visa scheme and support with access to dental treatment.	Phone: 01622 625112 Email: <a href="mailto:RsSussex@redcross.org.uk">RsSussex@redcross.org.uk</a>

<a href="#">The Links Project Hastings</a>	Offers weekly drop in with multi agency professionals to offer advice and information on Asylum Support (NASS), EU Settled Status scheme, accessing health care, immigration advice, housing, welfare benefits and provides a social space to connect with other migrants.	Phone: 01424 444010 Email: <a href="mailto:marc@hastingsvoluntaryaction.org.uk">marc@hastingsvoluntaryaction.org.uk</a>  Marc Turczanski Project Co-ordinator
Association of Ukrainians in Britain – East Sussex Branch Facebook Page	Lots of really useful information posted daily about various free pop up/bespoke English classes, social meet ups, free child care and holiday club places for Ukranian Children, free gym memberships and yoga classes all over East Sussex.	Connect via Facebook: <a href="#">(20+) Association of Ukrainians in Britain East Sussex Branch (being formed)   Facebook</a>

## Mental Health and Physical Wellbeing

ORGANISATION	SUPPORT	CONTACT
<a href="#">Rethink Shayak Asian Language Mental Healthline</a>	<p>The Rethink Shayak Asian Language Mental Healthline offers free, confidential, telephone-based information and support for anybody from diverse ethnic communities who is affected by issues of mental health, including carers and professionals. Volunteer operators speak English, Punjabi, Hindi, Urdu and Gujarati.</p> <p>Opening Hours: Monday - Wednesday : 4.00pm - 7.00pm, Tuesday - Thursday : 12.00pm - 3.00pm, Friday - Sunday : Closed</p>	Phone: 0808 800 2073
Healthy Lifestyles Team (Brighton & Hove)	<p>Healthy Lifestyles Team is run by Brighton &amp; Hove City Council to support people in the city to lead active lifestyles. The team reaches out to thousands of Brighton &amp; Hove residents every year, supporting them to become more active, more often.</p> <p>The team have a variety of physical activity sessions across the City all low cost or free.</p>	Phone: 01273 294589 Email: <a href="mailto:healthylifestyles@brighton-hove.gov.uk">healthylifestyles@brighton-hove.gov.uk</a>

<a href="#">Brighton Natural Health Centre</a>	<p>Run a variety of paid classes and activities to support your physical and mental health &amp; well-being, including low-cost community classes, free outreach classes including yoga for female refugees, migrants and asylum seekers and trauma-informed yoga classes for those who identify as women in Brighton and Hove.</p> <p>Classes cost just £5:</p> <ul style="list-style-type: none"> <li>• LGBTQIA+ yoga – Tuesday 4-5pm</li> <li>• Qi Gong – Thursday – 4-5pm</li> <li>• Gentle yoga – Friday 2.30-3.30pm</li> <li>•</li> </ul>	<p>Phone: 01273 600010 (Mon – Fri 9am-5pm)</p> <p>Email: <a href="mailto:hello@brightonnaturalhealthcentre.org.uk">hello@brightonnaturalhealthcentre.org.uk</a></p>
<p>Hope – G (Hastings Older People’s Ethnic Group)</p>	<p>Provides a voice for BAME Older People (50+) in Hastings. The organization speaks up about Health, social care and community issues. Hope – G gives a voice to people to engage with statutory organisations and contributes to improvements in services. It hosts a yearly wellbeing event in Hastings.</p>	<p>Phone: 07511248278 Email: <a href="mailto:hopeg1947@gmail.com">hopeg1947@gmail.com</a></p>

## Poverty Relief

ORGANISATION	SUPPORT	CONTACT
<a href="#">Hastings Area Community Trust (Relief)</a>	<p>Grants to local people in relief of poverty. Most grants do not exceed £100 for a single person and £200 for a family. Also set up the Hastings Pantry which helps people on low incomes access food.</p>	<p>Phone: 01424 718880</p>
<a href="#">Family Support Network</a>	<p>Support families in Sussex struggling with issues such as poverty, ill health, learning difficulties, bereavement, family break-up and domestic abuse.</p>	<p>Phone: 01273 832963 Email <a href="mailto:admin@familysupportwork.org.uk">admin@familysupportwork.org.uk</a></p>

## Social & Peer Support

ORGANISATION	SUPPORT	CONTACT
<a href="#">Bilingual Memory Navigator (West Sussex)</a>	<p>Carers Support West Sussex Bilingual Memory Worker (Parveen Khan) is more than an interpreter, using her culturally empathic and/or bilingual skills to help encourage families who have concerns about someone they care for experiencing memory loss related issues.</p> <p>She supports the family and not only the main carer as there may well be more than one person in the family carrying out a caring role.</p>	<p>Phone: 0300 028 8888            Email: <a href="mailto:info@carerssupport.org.uk">info@carerssupport.org.uk</a></p>
Café Ukraine – Eastbourne	Weekly, Saturday, 10.30-12.30, social, topical support	<p>Connect via Facebook:  <a href="https://m.facebook.com/CafeUkraineEastbourne/">https://m.facebook.com/CafeUkraineEastbourne/</a></p>
Community Café (Burgess Hill, West Sussex)	<p>Local café for anyone to drop in every Thursday from 10am-12pm for tea/coffee and light refreshments. Including a drop-in for Ukrainian Refugee Guests and/or their hosts so that they can support one another and share information.</p> <p>Address: MSVA, The Cherry Tree Centre, Fairfield Road, Burgess Hill, West Sussex, RH15 8QB</p>	Phone: 01444 258102
<a href="#">Creative Future (Brighton)</a>	Nurture underrepresented artists in their creative development. Provide skills training, mentoring, exhibiting, promoting, and publishing opportunities by working with those who feel they lack opportunities due to mental health issues, disability, identity, or other social circumstances.	<p>Phone: 01273 234780            Email: <a href="mailto:info@creativefuture.org.uk">info@creativefuture.org.uk</a></p>
<a href="#">Diverse Crawley</a>	Diverse Crawley organise, host and promote events to celebrate the different cultures of the local community. Including running a cultural kitchen event.	<p>Email: <a href="mailto:info@diversecrawlley.org.uk">info@diversecrawlley.org.uk</a>            Phone: 07709821741</p>
<a href="#">Possability People</a>	Supporting disabled people to live independently, with dignity and without prejudice. Can help with:	<p>Helpline: 01273 89 40 40            Email: <a href="mailto:hello@possabilitypeople.org.uk">hello@possabilitypeople.org.uk</a></p>

	<ul style="list-style-type: none"> <li>• Disability benefits: ESA (Employment Support Allowance), Universal Credit (UC), Personal Independence Payment (PIP), Attendance Allowance (AA), Carers Allowance, Working Tax Credit (WTA)</li> <li>• Disability benefits appeals</li> <li>• Some pension credit enquiries</li> <li>• Some Council Tax enquiries</li> <li>• Fuel debt or changing fuel providers</li> <li>• Utilities debt</li> <li>• Information on equipment or assistive technology</li> <li>• Accessible holidays</li> <li>• Food bank referrals</li> </ul> <p>Leaflet in Community Languages  <a href="https://www.possabilitypeople.org.uk/wp-content/uploads/2021/11/Final-Community-languages-leaflet.pdf">https://www.possabilitypeople.org.uk/wp-content/uploads/2021/11/Final-Community-languages-leaflet.pdf</a></p>	If you are Deaf or hard of hearing, text us on 07718 42 42 14
South Asian Carers Group – Alzheimer’s Society	Host a monthly get together (currently online) for carers from South Asian background for peer support (Indian, Pakistani, Bengali etc.). Also deliver a South Asian Carer Information and Support Programme (CrISP).	Contact Priya Bhawaneedin at Alzheimer’s Society (Horsham Office) or make referral via Carers Support West Sussex Bilingual Memory Navigator Worker.
<a href="#">Speak Out: Brighton &amp; Hove Independent Advocacy</a>	Support people with learning disabilities to speak up and take action about the things that matter to them. Deliver advocacy support for anyone who: has a learning disability, is 17+ years old, and lives in Brighton or Hove.	Phone: 01273 421921 Complete online referral form: <a href="https://www.bhspeakout.org.uk/referrals/">https://www.bhspeakout.org.uk/referrals/</a>
Tamil Learning Centre – Crawley, West Sussex	The Tamil Learning Centre, Crawley was started in 2006. Our motto is to enlighten the Tamil language, art, culture, games and morals for Tamil speaking community.  In August 2023, have launched a senior citizen welfare group, which is held at Northgate Community Centre.	Website: Phone: 07367 395859

<a href="#">The Gujarati Cultural Society Brighton and Hove</a>	GCS has been running since 1970's and successfully running, delivering cultural and community support. GCS is a unique organisation serving people from all over India as one united family.	Phone: 07768080831 (Ask for Anita Agnihotri) Email: <a href="mailto:contact@gcs-brighton.org.uk">contact@gcs-brighton.org.uk</a>
<a href="#">Trust for Developing Communities (TDC)</a>	Tackle inequality in Brighton and Hove through community-led solutions. Trained staff team works across a variety of neighbourhoods and citywide, supporting communities and individuals to develop and flourish.	Phone: 01273 234 769 Email: <a href="mailto:info@trustdevcom.org.uk">info@trustdevcom.org.uk</a>
<a href="#">Ukraine Lunch Club - Hellingly</a>	Free Lunch club held every Monday for people from Ukraine.	Phone: 01323 449415 Email: <a href="mailto:hubbookings@hellingly-pc.org.uk">hubbookings@hellingly-pc.org.uk</a>
Ukrainian Café Hub – Hastings	Weekly, Tuesdays, 1-4pm, 'His Place', Robertson Street, Hastings, Social, English conversation classes, other topical support (i.e. psychologist)	Hosted at <a href="https://www.hisplacehastings.co.uk/">https://www.hisplacehastings.co.uk/</a>

## Other

ORGANISATION	SUPPORT	CONTACT
<a href="#">Vandu Languages</a>	Interpreting and translation agency, based in Sussex. Offers interpretation and translations services (over the phone, in writing, via video call). They also offer a bilingual advocacy service - an interim service that helps those that do not speak English to access the services they need and empowers individuals to make informed decisions about health and social care, business or personal decisions.	Phone: 01273473986 Email: <a href="mailto:translations@vlanguages.com">translations@vlanguages.com</a>
<a href="#">Sussex Interpreting Services (SIS)</a>	Operates a self-referral system for service users to request their own interpreter for appointments with NHS providers in East and West Sussex and Brighton and Hove and also East and West Sussex and Brighton and Hove Council. It also delivers Emergency interpreting 24/7/365. Self-referral form is available in many different languages.	Phone: 01273 702005 (Can leave a message in service users own language and someone will make contact in your language)  <a href="https://sussexinterpreting.org.uk/">https://sussexinterpreting.org.uk/</a>