

# Thank you for playing your part

2020 has been a challenging year for all of us.

Brighton & Hove is a caring community and we're proud of how our city has come together to keep people safe.

Everyone has played a part in helping to stop Covid. Thank you for all the sacrifices you've made. Thank you for looking out for each other. Thank you for finding new ways to work, study and do business during this pandemic.

We wish you good health and happiness at this time of year.

## Get support in Brighton & Hove

We know this can be a difficult time of year for many people. Support is available. Please ask for help if you need it. We've listed some useful services inside.



## **Emergency help with food, energy bills and other essentials**

Brighton & Hove City Council  
[www.brighton-hove.gov.uk/emergency-help-with-bills](http://www.brighton-hove.gov.uk/emergency-help-with-bills) 01273 293117 (option 1).

## **Money and debt advice**

If you need to self-isolate you may be entitled to a Self-Isolation Payment of up to £500 if you're receiving certain benefits or in financial hardship.  
[www.brighton-hove.gov.uk/debt-advice](http://www.brighton-hove.gov.uk/debt-advice)  
Citizens Advice freephone 08082 78 78 15.  
Money Advice Plus 0800 988 7037.

## **Help to keep your home warm**

LEAP [www.applyforleap.org.uk](http://www.applyforleap.org.uk)  
freephone 0800 060 7567.

## **Food, shopping, meal deliveries and essential supplies**

Brighton & Hove Food Partnership  
[www.bhfood.org.uk](http://www.bhfood.org.uk)

## **Support with food or medicine collection**

Ageing Well  
[www.ageingwellbh.org](http://www.ageingwellbh.org) 07770 061072  
(Mon to Fri, 9am to 5pm).

Together Co [www.togetherco.org.uk](http://www.togetherco.org.uk)  
01273 775888.

**Free School Meals** [www.brighton-hove.gov.uk/free-school-meals](http://www.brighton-hove.gov.uk/free-school-meals) 01273 293497

**Healthy Start Vouchers** to spend on milk, fresh fruit and vegetables  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## **Mental health and wellbeing**

Every Mind Matters [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)  
Community Roots [www.communityroots.org.uk](http://www.communityroots.org.uk) 0808 196 1768 (Monday to

Friday, 9am to 5pm). Limited availability 24 Dec and bank holidays.

Sussex Mental Healthline  
freephone 0300 5000 101.  
Samaritans 116 123.

## **Looking after your wellbeing**

**Feeling lonely** Together Co  
[www.togetherco.org.uk](http://www.togetherco.org.uk) 01273 775888.

**Bereavement** Cruse Bereavement Care  
[www.cruse.org.uk](http://www.cruse.org.uk) 0808 808 1677.

## **Lifestyle and wellbeing advice**

Healthy Lifestyles team  
[www.brighton-hove.gov.uk/healthylifestyles](http://www.brighton-hove.gov.uk/healthylifestyles) 01273 294589.

**Looking after someone** The Carers Hub  
[www.carershub.co.uk](http://www.carershub.co.uk) 01273 977000 (Monday to Friday, 9am to 5pm).  
Closed 25 Dec until 4 Jan.

**LGBTQ+** Switchboard [www.switchboard.org.uk](http://www.switchboard.org.uk) 01273 359042.

**BAME** BMECP Centre [www.bmecp.org.uk](http://www.bmecp.org.uk) 0300 303 1171  
Voices in Exile [www.voicesinexile.org](http://www.voicesinexile.org)

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

[www.possabilitypeople.org.uk](http://www.possabilitypeople.org.uk) 01273 89 40 40 (Monday to Friday, 10am to 4pm).  
Some services will be open, with limited availability.

**D/deaf** DeafCOG [www.deafcog.co.uk/covid19-support](http://www.deafcog.co.uk/covid19-support). Text 07703 378 098.

**Older people** Ageing Well service  
[www.ageingwellbh.org](http://www.ageingwellbh.org) 07770 061072.  
Closed 25 Dec until 4 Jan.

The Silver Line 0800 470 8090.

## Digital support and resources

Digital Brighton & Hove

[www.digitalbrightonandhove.org.uk](http://www.digitalbrightonandhove.org.uk)

07475 946084. Unattended 25 Dec until 4 Jan.

Ability Net [www.abilitynet.org.uk](http://www.abilitynet.org.uk) 0800

048 7642. Limited availability.

## Free ebooks, audiobooks and newspapers

Brighton & Hove City Libraries [www.brighton-hove.gov.uk/libraries](http://www.brighton-hove.gov.uk/libraries). Libraries closed 25 Dec until 2 Jan.

## Your safety and care

### Worried about a vulnerable adult

Access Point [www.brighton-hove.gov.uk/adult-social-care](http://www.brighton-hove.gov.uk/adult-social-care) 01273 295555.

### Worried about a child or young person

Front Door for Families [www.brighton-hove.gov.uk/front-door-families](http://www.brighton-hove.gov.uk/front-door-families) 01273 290400 (Monday to Thursday, 9am to 5pm, Friday until 4.30pm).

### Experiencing domestic abuse

The Portal [www.theportal.org.uk](http://www.theportal.org.uk) 0300 323 9985.

24hr National Domestic Abuse helpline 0808 2000 247.

### If you feel lonely, frightened or live on your own

CareLink Plus telecare alarm service can provide 24-hour, 365-day monitoring so you can call for help if you need it [www.brighton-hove.gov.uk/carelink-plus](http://www.brighton-hove.gov.uk/carelink-plus) 0300 123 3301.

### Home fire safety advice and smoke alarms

East Sussex Fire & Rescue Service [www.esfrs.org](http://www.esfrs.org) 0800 177 7069.

### NHS health services and pharmacies are available if you need them

[www.keepsussexsafe.uk](http://www.keepsussexsafe.uk)

## Search for other local organisations

[www.covidbrightonhove.org.uk](http://www.covidbrightonhove.org.uk)

### 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 advice and support hub** [www.brighton-hove.gov.uk/coronavirus-help](http://www.brighton-hove.gov.uk/coronavirus-help)

If you can't get online, call 01273 293117 (option 2). Phone interpreters are available on this number.

**Many of these services will be running reduced hours over Christmas. Please check online or call the service directly for availability.**

**Please plan ahead and make arrangements early if you think you will need help over the festive period. If you already receive support from health, social care or mental health services they are still operating, with a limited service.**

### If you need emergency support out of hours or over the bank holidays.

For urgent medical help, call NHS 111 or visit [111.nhs.uk](http://111.nhs.uk)

Support for adults at risk, call Access Point 01273 295 555.

Support for child safeguarding concerns, call the Emergency Duty Service 01273 335905 or 01273 335906.

If you or someone else is in immediate danger, call 999.

# Keep doing this to stop Covid



**Wear a face covering if you're able to**

**on public transport, shops and busy places where you can't keep your distance**



**Keep your distance**

**try to keep two metres apart from people you don't live with**



**Wash your hands regularly**

**use hand sanitiser when you're out and try not to touch your face**

For the latest local information go to [www.brighton-hove.gov.uk/coronavirus](http://www.brighton-hove.gov.uk/coronavirus)

The government is changing some restrictions during the Christmas week, 23 - 27 December.

Check the latest guidance about Covid tiers and Christmas bubbles at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

**Self-isolate immediately and book a test**

**at the first sign of a high temperature, continuous cough or change to sense of smell or taste – even if the symptoms are very mild.**

**For more information or to book a test, go to [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or call 119.**

**Follow the advice of NHS Test and Trace**

**if they ask you to isolate or get a test**