

# Directory of Health and Wellbeing Services Commissioned by Brighton & Hove City Council Public Health Department 2013

## Information for front line workers

This version of the directory  
is current on 1st April 2013.



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# How to use this directory

This guide lists the health and wellbeing services that are commissioned by the Brighton & Hove City Council Public Health Department.

## Type of Service

If you know the type of service you are looking for you can use the headings along the top of the pages or the contents list to guide you.

Services are grouped under the following headings:

Alcohol and substance misuse, Cancer prevention and screening, Citizens Advice Bureau, East Brighton Services, Expert Patients Programme, Health trainers, Healthy ageing, Information and training, Mental wellbeing, Neighbourhood Care Scheme, NHS Health Checks, Oral health, Physical activity and weight management, Sexual health, Stop smoking.

## **Please Note:**

**The online referral system, 'Refer-all'** allows health professionals to make quick, easy and secure referrals to several services in this document. To register to use Refer-all, contact Ed Brotherton on 0845 4651052 or [edmund.brotherton@refer-all.net](mailto:edmund.brotherton@refer-all.net)

**Services using the Brighton & Hove Referral to Health Form:** Please ensure you send the referral form to the relevant individual service. Individual service contact information is detailed within this directory and listed on the reverse of the referral form.

**Information on reasonable adjustments that can be made for people with learning disabilities** for each of the services is available in an alternative version of this directory. To request a copy, please contact: [ellie.katsourides@brighton-hove.gov.uk](mailto:ellie.katsourides@brighton-hove.gov.uk)

**For information on a wealth of other local services,** please visit [www.cvsectorforum.org.uk](http://www.cvsectorforum.org.uk). Click on 'Membership' and then 'New Community and Voluntary Sector Directory'.

# Introduction

## *Why is it important to promote healthy living?*

**People in different social circumstances experience avoidable differences in health, well-being and length of life.** This is known as the social gradient in health, meaning those who are least advantaged in society also experience the worst health. In England today, people living in the poorest neighbourhoods die, on average, seven years earlier than people living in the richest neighbourhoods.

**There is overwhelming evidence that changing people's health-related behaviour can have a major impact on some of the largest causes of death and disease.** Lifestyle related diseases and conditions are responsible for 70-80% of all deaths in developed countries, yet 96% of our national health expenditures are focused on medical care and treatment – with only 4% dedicated to the prevention of ill health. The promotion of healthy living and reduction of inequalities in health cannot be left to the health sector alone; it requires determined joint working across whole communities.

# Introduction

## *This directory*

**In Brighton & Hove, a range of services that promote healthy living have been developed** through joint working between health, social care, community groups, business and local people. This has been in response to local need as identified by needs assessments and clinical evidence. This directory provides an overview of these services, which are available either directly, or by referral, to people in Brighton & Hove. Information for each service is arranged under the following headings:

- **Who are we?**
- **What do we do?**
- **Why is this important?**
- **Contact details**

The intended audience for this directory is front line workers, to assist with referrals and training. We hope it will prove useful to you and the people you work with.

Ellie Katsourides (Public Health Team Administrator, Brighton & Hove City Council) and colleagues have compiled this information and intend to update annually. If you have any amendments or additions for the directory, please contact [ellie.katsourides@brighton-hove.gov.uk](mailto:ellie.katsourides@brighton-hove.gov.uk).

# Alcohol and Substance Misuse

## CRI Alcohol Brief Interventions Service (BIS)

### Who are we?

BIS provides one to one sessions for individuals looking to address and reduce their alcohol consumption to safer levels of drinking. BIS is a mainstream service available to anyone aged 16 or over.

### What do we do?

BIS can offer 2 to 6 sessions using the motivational interviewing technique to support clients to make healthy changes.

Referrals can be made to the service by professionals or by self referral. We will signpost and refer on to other services where appropriate.

### Contact

Email for all referrals: [SPNT.BIS@nhs.net](mailto:SPNT.BIS@nhs.net)

#### Project Workers:

Rita Figueiredo

Tel: 07717 863 183

Emily Miller

Tel: 07738 994 907

# Alcohol and Substance Misuse

## CRI Cannabis Reduction and Cessation Service

### Who are we?

This project delivers a cannabis reduction and cessation service in Brighton & Hove.

### What do we do?

- Provide structured interventions to support cannabis users to significantly reduce or stop using
- Refer to other services and treatments if appropriate
- Provide harm reduction and health promotion advice
- Refer clients and support them in accessing stop (tobacco) smoking service

### Why is this important?

Two million people in the UK smoke cannabis, half of all 16 to 29 year olds have tried it at least once. In spite of government warnings, many people see it as a harmless substance that helps you to relax and 'chill'. But, recent research has suggested that it can be a major cause of psychotic illnesses in those who are genetically vulnerable. Cannabis was re-classified in January 2009 and is now a Class B drug under the Misuse of Drugs Act, 1971.

### Contact:

Jo Hart, Senior Project Worker

Mobile: 07500961586

Email: [Joanna.Hart@cri.org.uk](mailto:Joanna.Hart@cri.org.uk)



# Alcohol and Substance Misuse

## CRI Drug and Alcohol Health Promotion

### Who are we?

CRI Brighton and Hove's Drug and Alcohol Health Promotion Practitioners

### What do we do?

We offer a range of training courses to practitioners and community / student groups via Brighton & Hove City Council. The courses aim to educate and inform, reduce stigma and tackle discrimination, and equip people with the skills and confidence to support others affected by substance misuse.

**To find out more:** follow this link [www.brighton-hove.gov.uk/healthpromotion](http://www.brighton-hove.gov.uk/healthpromotion), call Ben Miles on 01273 296184, or visit [coursesforcare@brighton-hove.gov.uk](mailto:coursesforcare@brighton-hove.gov.uk)

We promote local campaigns and initiatives, support local businesses to promote sensible drinking, facilitate the sharing of best practice and manage the [www.thinkdrinkdrugs.com](http://www.thinkdrinkdrugs.com) website, which offers information and advice on drugs and alcohol.

# Alcohol and Substance Misuse

## Why is this important?

Brighton & Hove has a significant issue with substance misuse and associated issues, with around 1,400 people in structured drug and alcohol treatment at any one time. The city also has a 'party' reputation, with a small but significant proportion of the resident population and visitors using a range of substances in an 'experimental' or 'recreational' way. This style of use is often not regarded as being 'problematic' by those using substances in this way, but remains a risk to many aspects of health.

## Contact:

Penny Ashby

Health Promotion Team Leader (Substance Misuse)

Tel: 07738 994322

Email: [Penny.Ashby@sussexpartnership.nhs.uk](mailto:Penny.Ashby@sussexpartnership.nhs.uk)

# Alcohol and Substance Misuse

## CRI Harm Reduction and Treatment Service

### Who are we?

Drug and community based advice and treatment service. A flexible service that meets the needs of the individuals we work with.

### What do we do?

As part of Brighton & Hove's recovery-based treatment services, the harm reduction service at No. 11 St George's Place provides the main route of access into the treatment system within the city. It also provides advice on substances, support to reduce and/or stop use of substances, and information on relevant services in the city.

We offer a free, open-access information and advice service to those affected by substance use. This includes:

- Referral to structured treatment
- Group work and peer support
- Hepatitis screening and vaccinations
- Complementary therapies
- Outreach workers to engage with those in the community
- Needle exchange
- Aftercare
- 'Holding' groups for those waiting for treatment

# Alcohol and Substance Misuse

## Why is this important?

**No. 11 is the 'gateway' for adults** wishing to access drug treatment and related services. No.11 staff can support adults to access the Community Alcohol Team (CAT) at 9 The Drive, Hove, if the individual chooses not to access the regular CAT drop-in sessions (held at 9 The Drive on Mondays, Tuesdays and Wednesdays, 10am - 2pm).

Advice and support is also available from No. 11 staff for professionals who work with those affected by substance misuse, including families / partners / carers; whether this is related to treatment packages, supporting those in treatment, or supporting people who are not yet ready to access structured support.

**The young people's service 'ru-ok?'** is run by Brighton & Hove City Council and can be accessed by calling 01273 293966, or visiting [www.areyouok.org.uk](http://www.areyouok.org.uk).

## Contact:

CRI: 01273 607575

Office: No. 11 St George's Place, Brighton

Website: [www.thinkdrinkdrugs.co.uk](http://www.thinkdrinkdrugs.co.uk)

- for a range of current information on drugs and alcohol, including details of drug and alcohol services in the city.

# Alcohol and Substance Misuse

## Safe Space

### Who are we?

At Safe Space, Red Cross volunteers are available to deliver any medical support needed and Resolve Security Services help keep everyone on the project safe. The experienced Sussex Central YMCA project workers are also on hand to deliver quality advice and emotional support to both visitors and residents enjoying Brighton's busy clubbing scene.

### What do we do?

The project helps those who have become distressed, either through being intoxicated, injured, have lost their friends or are unable to get home. The majority of people who access the project have become vulnerable through alcohol or drug use and are in need of immediate support and assistance.

### Why is this important?

Safe Space aims to provide a joined up approach between the large numbers of support services across Brighton & Hove. They work in partnership with key organisations to signpost their clients to the necessary services both locally and nationally for those people who are visitors to Brighton & Hove.

# Alcohol and Substance Misuse

Some of the projects we link in with include: The Drug and Alcohol Services such as RUOK? and the Brief Intervention Service (including harm minimisation), counseling and family mediation services, housing and homelessness projects and advice centres, sexual health clinics and NHS direct services.

Safe Space also work with Brighton and Hove Police to feed back and monitor the area of the city covered by "Operation Marble", which includes Safe Space and the West Street area. Working in partnership with multiple organisations, Safe Space has linked the night-time economy to daytime services, which helps to support people enjoying Brighton's nightlife and keep them safe.

## Contact:

The Safe Space project runs every Friday and Saturday night from St Paul's Church on West Street in the city centre, 11pm until 3.45am.

Safe Space Coordinator- 47 Reed House, Church Road, Hove  
BN3 2BE 07841 211 216

<https://twitter.com/SafeSpaceSCYMCA>

# Cancer prevention & screening

## Health Promotion Cancer Team

### Who are we?

We are a Health Promotion team based within Sussex Community Health NHS Trust, working for the people of Brighton & Hove. We promote the three NHS cancer screening programmes; breast, bowel and cervical - and early symptom recognition of cancer.

### What do we do?

- Raise awareness and help to dispel myths around cancer
- Inform and encourage people to participate in free NHS Cervical, Breast and Bowel cancer screening programmes
- Provide training and information on prevention and early symptom recognition of various cancers in line with local campaigns
- Work across the city with health professional colleagues and employers, as well as the public

### Why is this important?

In the UK, one in three people will develop cancer at some point in their lives.

# Cancer prevention & screening

Every year, over 285,000 people are diagnosed with the disease.

The good news is that cancer can be prevented, or significantly delayed, through cancer screening and early symptom recognition. Being aware of early symptoms to look out for and having them checked with the GP saves lives.

Cervical screening saves around 4,500 lives each year  
Breast screening saves around 1,500 lives each year  
When bowel cancer is detected at the earliest stage there is a 90% chance of survival

## Contact:

Margaret Felton  
Health Promotion Specialist  
Cancer Prevention and Early Detection Team

Tel: 01273 267378  
Mob: 07919 572877  
Email: [margaretfelton@nhs.net](mailto:margaretfelton@nhs.net)



## Citizen's Advice Bureau

### Who are we?

We give confidential and free benefits outreach advice based in 6 GP surgeries across Brighton & Hove. This advice can only be accessed by clients / patients of the GP surgeries that we are based in. The surgeries are St Peters, Park Crescent, The Practice and The Broadway surgeries at The Welsbourne Medical Centre, Goodwood and Eaton Medical Centre and Mile Oak Medical Centre.

### What do we do?

We can give advice on a wide range of benefits, for example Disability Living Allowance, Attendance Allowance, Carers Allowance, Statutory Sick Pay, Income Support, Job Seekers Allowance, Working and Child Tax Credit, Housing and Council Tax Benefit, Community Care Grants, Social Fund Loans, Incapacity Benefit, Employment and Support Allowance.

### Why is this important?

The clients we see are from a vulnerable group and may not otherwise be able to access advice and assistance.

### Contact:

This is a referral only service via the Doctors and users of the surgeries.

# East Brighton Services

There are a number of services listed in this directory for residents of East Brighton. The services work together to promote health awareness within the East Brighton community and offer both one to one and group support.

## What do we do?

We offer an open and friendly service to help local East Brighton residents access a range of health support from any of the services listed below. People can self refer or be referred by their GP, Practice Nurse, or a range of other community health professionals.

### **Mental Health - Mind in Brighton & Hove**

Confidential one to one advice / information for adults feeling low, stressed, anxious or experiencing any other mental health issue. Help to access local groups, activities and services.

### **Substance Misuse - Whitehawk Clinic**

Confidential information, advice and support for adults with substance misuse issues. Harm reduction, access to treatment and relapse prevention

### **Advice and Support for Carers – The Carers Centre**

One to one emotional support and advocacy. Information and signposting to a wide range of support services. Access to dedicated carers groups and activities.

## **Sexual Health - Morley Street Contraception and Sexual Health (CASH) Clinic**

Therapeutic support for young people at risk of pregnancy and poor sexual health. To make a referral to this service please contact 01273 242091

## **Healthy Weight and Community Cookery – The Food Partnership**

Information for people who want to learn to cook healthily. Signposting to local cookery courses and training resources. Recipes and nutritional information available on request.

## **Community Health Trainers**

Free, confidential support to adults (aged 18+) to make realistic and manageable lifestyle changes. Support offered through one-to-one behaviour change support, motivation, guidance and signposting. Typical lifestyle areas covered are: getting more physically active, drinking less alcohol, eating more healthily and stopping smoking. Please also see the Health Trainers page in this directory for more information (p. 22).

# Expert Patients Programme

## Expert Patients Programme

### Who are we?

The Expert Patients Programme is a free self management course for people who are living with any long term health condition. All our courses are delivered by trained and accredited tutors who themselves live with a long term health condition.

### What do we do?

We provide regular courses across Brighton & Hove, which equip people with the tools and skills to better manage their condition and improve quality of life. The courses are run over six weekly sessions lasting 2.5 hours each, including a break. All courses are held in accessible community venues and cover the following topics:

- How to manage your condition and common symptoms such as pain, fatigue, anxiety, depression and stress
- Weekly action planning
- Shared problem solving
- Communication skills
- Relaxation, distraction and visualisation techniques
- Dealing with difficult emotions
- Making appropriate treatment decisions
- Healthy eating and physical activity
- Working with your healthcare professional

# Expert Patients Programme

**We provide a range of courses, which include:**

- **Living Well** – a generic course for people with any long term condition
- **New Beginnings** – a 7 week course specifically for people living with a mental health condition and delivered by tutors who have experience of a mental health condition themselves
- **Carers Course** – a set of 7 flexible workshops specifically designed for Carers. Sessions include; Caring and Coping, Caring and Resources, Caring and Me.

## **Why is this important?**

Self management is a key element of maintaining health and wellbeing when you live with a long term health condition. A national evaluation of the Expert Patients Programme found that six months after completing the course there were improvements in patients' confidence to manage their condition; energy levels; quality of life; psychological wellbeing; partnerships with doctors and other healthcare professionals; feelings of isolation and anxiety.

## **Contact:**

Charlotte Stevens, Expert Patients Programme Manager  
Sussex Community NHS Trust

Tel: 01273 574647 or 01273 574780

Email: [sc-tr.epp@nhs.net](mailto:sc-tr.epp@nhs.net)

Website: [www.sussexcommunity.nhs.uk](http://www.sussexcommunity.nhs.uk)

# Health Trainers

## Health Trainers

### Who are we?

Health Trainers are part of a national programme to provide support for people to improve their health by making and maintaining healthy lifestyle changes. The Brighton & Hove Health Trainer service is funded and provided by Brighton & Hove City Council.

### What do we do?

The Brighton & Hove Health Trainer Service provides free and confidential support to adults (aged 18 and over) to make realistic and manageable lifestyle changes, through one-to-one support, guidance and signposting.

Typical areas covered are:

- Getting more physically active
- Drinking less alcohol
- Eating more healthily
- Stopping smoking
- Improving general wellbeing

# Health Trainers

Through information, behaviour change tools and motivation, adults wanting to improve their health are encouraged and supported to achieve and maintain healthy changes.

## Why is this important?

Healthier lifestyle choices can have a big impact on an individual's short and longer term health. But making changes can be difficult – Health Trainers support, motivate, build confidence and make it more likely that changes will be achieved and maintained.

## Contact:

For more information about how this service supports people to improve their health, and to make a referral, please contact:

Rachel Friggens  
Community Health Trainer Coordinator  
Brighton & Hove City Council

Tel: 01273 296876  
Email: [Rachel.friggens@brighton-hove.gov.uk](mailto:Rachel.friggens@brighton-hove.gov.uk)

## Albion in the Community

**Standing Tall: Extra Time** provides post NHS support to people over 60 years old who have suffered falls, by providing a specially designed exercise programme that aims to increase individuals' physical activity levels and improve muscle strength, balance and flexibility while using the pull of professional football to help combat social isolation.

### Contact

Dan Lawson, Health Development Manager

Tel: 01273 878262 or 07912 092334

Email: [dan.lawson@albioninthecommunity.org.uk](mailto:dan.lawson@albioninthecommunity.org.uk)

## Age UK

### Who are we?

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.

### What do we do?

We aim to support you in your home, help you access the benefits and entitlements you need, and make your later life an enjoyable and safe experience. We also provide a range of Age UK products and services.

### Contact

[www.ageuk.org.uk/brightonandhove](http://www.ageuk.org.uk/brightonandhove)



## The Fed Centre for Independent Living - “It’s Local Actually”

### Who are we?

The Fed is a user-led organisation that promotes independent living for all. It works towards equality by inspiring disabled people to identify barriers and define solutions.

### What do we do?

The Fed offers a range of support services to disabled people. “It’s Local Actually” is a community resource for all residents which lists free / low-cost activities on offer in neighbourhoods across Brighton & Hove. These include things such as lunch clubs, arts groups and social activities.

### Why is this important?

There is nowhere else to find this information in one place. The site is searchable by category and postcode and lists what’s happening on your doorstep. It lists over 250 groups offering over 500 activities per week in the City.

### Contact:

[www.thefedonline.org.uk/local](http://www.thefedonline.org.uk/local)

Keith Beadle: [keith.beadle@thefedonline.org.uk](mailto:keith.beadle@thefedonline.org.uk)

01273 208934

## LifeLines (for people over 50)

Anyone who lives in Queens Park, Craven Vale, Kemp Town, Turner and Eastern Road area and is over 50 years old can access support.

### Who are we?

LifeLines is a volunteer-led project run by Community Service Volunteers (CSV) in partnership with Brighton & Hove City Council and NHS Sussex which aims to improve the health and well-being of isolated and vulnerable older people.

### What do we do?

Volunteers who are over 50 years old support individual older people and run activities to help them get more out of life. All LifeLines one to one support and activities are free although some activity groups may ask for a voluntary donation towards small costs.

### Activity Partners

Older volunteers enable an older person who may be feeling isolated, lacking in confidence or frail, to get out more. Activity Partners also help older people to set goals to become more physically active or join in social activities that they may not have the confidence to do on their own.

# Healthy Ageing

## HealthLink

Importantly, if the older person wishes, a HealthLink volunteer can sit in an appointment and take an unofficial record of the points discussed. Transport is not provided but volunteers can accompany the older person on journeys.

## Activities

Volunteer run activities are open to all at Patching Lodge, Eastern Road. Activities include Yoga, Meditation, Memory Groups, Tea Dance, Short Mat Bowls, Knitting Groups and much more.

## Why is this important?

Isolated people are supported to improve their quality of life by getting involved in activities and building social networks. This reduces isolation and improves confidence and well-being.

Supporting people not currently accessing medical services or who have frequently missed appointments may avoid deterioration of health conditions and allow more effective treatment.

**Contact** [LifeLines@csv.org.uk](mailto:LifeLines@csv.org.uk)

**Tel:** 01273 688117

## Health Promotion Library

### Who are we?

Library and Knowledge Services health promotion team.

### What do we do?

We supply health improvement leaflets, posters, models, DVDs, teaching packs, and other resources to those working in Brighton & Hove and the surrounding area. The Public Health Librarian provides an information service to healthcare professionals working in public health and primary care in East Sussex and Brighton & Hove.

**For a calendar of national health events and campaigns go to [www.bsuh.nhs.uk/library](http://www.bsuh.nhs.uk/library).**

Please order leaflets, posters and resources to support these events from the [Health Promotion Library](#).

### Contact:

Website: [www.bsuh.nhs.uk/library](http://www.bsuh.nhs.uk/library)

## Public Health / Health Promotion Training

Brighton & Hove City Council offer health promotion training. The courses support development of the skills, knowledge and confidence needed to help improve the health of people living in your area.

The courses are suitable for anyone working in:

- primary and community health
- education
- housing
- social care
- mental health
- police and criminal justice
- voluntary organisations that support these service areas

### Contact:

Further information on all the above courses can be found at: [www.brighton-hove.gov.uk/healthpromotion](http://www.brighton-hove.gov.uk/healthpromotion)

## Information Prescriptions Website

### Who are we?

The Information Prescriptions website [www.ipbh.org.uk](http://www.ipbh.org.uk) was developed by NHS Brighton and Hove, and Brighton & Hove City Council.

### What do we do?

Provide high quality online information to local residents to support their health and wellbeing.

If patients do not have access to the internet, they are encouraged to visit their local library where trained staff are on hand to assist them in finding the information that has been prescribed by the health professional. Alternatively, they can call Access Point on 01273 295555.

### Contact:

Jane Lodge

Tel: 01273 574649

Email: [Jane.lodge1@nhs.net](mailto:Jane.lodge1@nhs.net)

## Allsorts Youth Project

### Who are we?

Allsorts is a project based in Brighton to support and empower young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.

### What do we do?

We train, campaign and support; providing many services based at the Young People's Centre on 69 Ship Street, Brighton:

- Weekly drop-in on Tuesday evenings for LGBTU young people aged 16-25 between 5.30 and 8.30pm
- Male Matters (monthly young men's group for ages 16-25)
- No Dress Code (monthly young women's group for ages 16-25)
- Bi Brighton (monthly young bi / pan / omni / poly / queer group for ages 16-25)
- Transformers (monthly young trans and gender questioning group for ages 16-25)
- TAG (an under 16s group)
- Young People's Voice (LGBT youth volunteering and campaign programme)

# Mental Wellbeing

- Telephone, email and one to one support to LGBTU young people with LGBT Youth Workers.
- Homophobia / biphobia / transphobia awareness training for staff at schools, colleges, youth services and other statutory and community organisations
- Trained peer educators help run LGBT Youth Awareness workshops for young people at local schools, colleges and youth projects
- Teen To Adult Personal Advisor (TAPA) one-to-one support sessions

## Why is this important?

Allsorts Youth Project supports and empowers lesbian, gay, bisexual and trans young people to take a lead in raising awareness of homophobia, biphobia and transphobia and challenge prejudice and discrimination in all areas of young people's lives.

### Contact:

Mel Berry

01273 721211

[info@allsortsyouth.org.uk](mailto:info@allsortsyouth.org.uk)

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



## Big White Wall

### Who are we?

[Bigwhitewall.com](http://Bigwhitewall.com) is an award winning national online psychological wellbeing support service delivered in partnership with the Tavistock and Portman NHS Foundation Trust.

### What do we do?

Bigwhitewall.com provides 24/7 access to a safe, anonymous, supportive community where members can choose from a range of therapeutic interventions to help take steps towards improving wellbeing. Furthermore, the site is facilitated 24/7 by trained counselling staff and access to support is immediate as there are no waiting lists. Support on offer includes:

- Peer support
- Guided self-care
- Professionally led programmes and guided group therapies
- A broad range of self-care resources, including clinical tests to track progress
- Creative self-expression
- Mindfulness, sleep, relationships and other topics

# Mental Wellbeing

## Why is this important?

73% of our members have talked about an issue for the first time; 95% of members feel better as a result; 24/7 and immediate; Online; By providing a complete, interactive, safe and engaging psychological support service online bigwhitewall.com is offering a flexible service which essentially takes the member's care to them 24/7, be they at home, workplace, or in the community.

## Contact:

To access the service ask your client to go to [www.bigwhitewall.com](http://www.bigwhitewall.com) and enter their Brighton or Hove postcode where prompted. This will enable them to register and access support for up to 6 months.

The service is also available free nationally for all British Serving Personnel, Veterans and their families.

For more information please contact:

[joly@bigwhitewall.com](mailto:joly@bigwhitewall.com)

07415-120255

Joly Babu

Client Engagement Manager

Big White Wall

## Dialogue Therapeutic Services, Sussex Central YMCA

### Who are we?

Dialogue Therapeutic Counselling Services are accredited by the British Association of Counselling and Psychotherapy; the only accredited counselling service in Sussex working with children and young people.

### What do we do?

Dialogue provides therapeutic counselling, art and play therapy to children, young people and families. We are based in primary and secondary schools and colleges, at the Youth Advice Centre in Hove and via our Families Plus service at The Dialogue Centre in Brighton.

Our counselling helps children and young people to explore their feelings around current or past difficulties, whilst simultaneously addressing specific problems.

They are supported to make choices, manage crises, work through feelings of inner conflict and focus on improving relationships with others.

# Mental Wellbeing

## Why is this important?

Counselling enables children and young people to gain a better understanding of themselves and situations, as well as developing strategies to manage change. Counselling is an effective, early intervention and prevention strategy in the management of stress levels, and significantly increases the emotional well being of children and young people.

## Contact:

Anita Barnard

01273 320500

[dialogue@sussexcentralymca.org.uk](mailto:dialogue@sussexcentralymca.org.uk)

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

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

## **First Steps to Mental Wellbeing in Brighton & Hove** (online resource)

### **Who are we?**

First Steps to Mental Wellbeing in Brighton & Hove is an on-line resource providing information to the public in Brighton & Hove on a range of mental health and emotional issues. Our aim is to help those experiencing these difficulties.

### **What do we do?**

Provide effective self-help booklets and links to recommended websites and local sources of support. Multiple copies of self help booklets are available for professionals to order via the website.

### **Why is this important?**

Mental health problems are common: one in four of us will experience a mental health problem at some point in our lives. One in ten children has a mental health problem at any one time. Stress-related conditions are the commonest reported cause of sickness absence from work. Self-help resources have been shown to be effective in helping to manage common mental health problems such as anxiety and depression.

# Mental Wellbeing

Self-help resources have been shown to be effective in helping to manage common mental health problems such as anxiety and depression.

## Contact:

Elizabeth Rowan  
Public Health Librarian  
Brighton & Hove City Council

Tel: 01273 523300  
Email: [elizabeth.rowan@bsuh.nhs.uk](mailto:elizabeth.rowan@bsuh.nhs.uk)

Website: [www.bsuh.nhs.uk/library/first-steps](http://www.bsuh.nhs.uk/library/first-steps)

***NB. There has been no capacity to update the First Steps website in the past year, but it remains in use as a way of ordering leaflets and other resources from the Health Promotion Library. A new information and advice service for mental health is currently being commissioned and will become available during spring/summer 2013.***

# Mental Wellbeing

## Grassroots

### Who are we?

Grassroots Suicide Prevention is a registered charity, number 1149873, and a company limited by guarantee, 5687263

### What do we do?

Grassroots Suicide Prevention: supporting community members to prevent suicide, one life at a time. We teach suicide alertness and intervention skills to community members and professionals.

### Training

Our core product is a training workshop called ASIST (Applied Suicide Intervention Skills Training). ASIST is a two-day workshop that teaches a powerful model of suicide first aid. It is licensed to a Canadian organisation called LivingWorks and has been developed over 26 years; it is internationally recognised and evidence-based ([www.livingworks.net](http://www.livingworks.net)).

We offer a range of training programmes to complement ASIST, including safeTALK (Suicide Alertness) and Tune Up (ASIST Refresher) both of which are LivingWorks courses. We also deliver our own range of mental health training packages: One in Four: Mental Health Awareness, Mental Health & Recovery, Mental Wellbeing in the Workplace, and Understanding & Working with Self Injury.

# Mental Wellbeing

## Why is this important?

Effective communication is fundamental to the health and strength of a community. Our courses offer a chance for open and positive discussion around the issue of suicide: bringing light to an often dark and confused issue.

## Contact:

[office@prevent-suicide.org.uk](mailto:office@prevent-suicide.org.uk)

[www.prevent-suicide.org.uk](http://www.prevent-suicide.org.uk)

Grassroots Suicide Prevention  
Room 10, Valley Social Centre  
Whitehawk  
Brighton  
BN2 5HE

01273 675764



## MindOut, LGB&T Mental Health Project

### Who are we?

MindOut is a mental health project run by and for LGB&T people with experience of mental health issues. We are based in Brighton & Hove, working across Sussex. We provide training and consultancy around the UK. We aim to improve the mental wellbeing of LGB&T people through empowerment for individuals and groups.

### What do we do?

We offer a range of confidential, free, independent and impartial services, including:

- advice, information and advocacy
- peer support group work
- activity based groups
- suicide prevention, including Out of the Blue peer support group
- wellbeing initiatives, short courses and events
- training for mental health and substance misuse service providers
- mental health promotion
- anti-stigma campaigning

# Mental Wellbeing

## Why is this important?

LGB&T people make up the largest minority community in Brighton & Hove. Research shows higher rates of common mental health issues and suicidal distress for LGB&T people, many of whom do not access mainstream mental health support. Our services support people to gain access to services, explore their options and make informed choices. There is a high level of social isolation for LGB&T people who experience mental health issues, our group work service provides a safe, supportive place for people to meet each other, share experiences and learn self-management from each other.

## Contact:

Enquiries welcome on [info@mindout.org.uk](mailto:info@mindout.org.uk)  
or ring 01273 234839  
or see our website [www.mindout.or.uk](http://www.mindout.or.uk)

## Right Here Brighton and Hove

### Who are we?

A project led by young people aged 16-25 in Brighton & Hove. We are a partnership between Sussex Central YMCA and Mind in Brighton & Hove. We promote the mental and emotional wellbeing of young people in the city.

### What do we do?

#### Free resilience building activities

We run a programme of free activities for 16-25 year olds in Brighton & Hove, aiming to build resilience and confidence. Activities include rock-climbing, Chill Out (yoga), Keep Calm and Carry On (anger management), a creative arts course for building confidence, and more. View our activities timetable here – [www.right-here-brightonandhove.org.uk/activities/activities-timetable](http://www.right-here-brightonandhove.org.uk/activities/activities-timetable)

#### Campaigns and resources

We create and maintain resources to help 16-25 year olds in Brighton & Hove. Recently we have produced a film, How Can I, about getting the most out of a GP appointment - [www.howcanifilm.com](http://www.howcanifilm.com)

We also run an online service map and database of local services, which is available to view at [www.wheretogofor.co.uk](http://www.wheretogofor.co.uk)

# Mental Wellbeing

## Why is this important?

Resilience is arguably the most vital trait to possess when it comes to dealing with life's ups and downs. By building resilience in young people, we can prepare them to face any difficulties that life might throw at them. We firmly believe that the most effective project for young people is one run by young people too, and therefore much of our decision-making and work is carried out by 16-25 year olds themselves.

## Contact:

Email: [info@right-here-brightonandhove.org.uk](mailto:info@right-here-brightonandhove.org.uk)

Tel: 01273 222562

For enquiries about activities please contact Jo Woodhams at: 07850 500420 or

[jo.woodhams@sussexcentralymca.org.uk](mailto:jo.woodhams@sussexcentralymca.org.uk)

# Neighbourhood Care Scheme

## The Neighbourhood Care Scheme

### Who are we?

The Neighbourhood Care Scheme (NCS) is a good neighbour scheme that supports older people, adults with physical disabilities and carers by recruiting local volunteers to support them in various ways. The NCS has been operating for nearly thirty years and, with over 300 volunteers, is one of largest befriending schemes in the country. We work in ten neighbourhoods of Brighton & Hove: Hangleton & Knoll; Hanover; North Laine; North Portslade; Patcham & Hollingbury; Poets Corner / Vallance; Queens Park; Regency; Whitehawk, Manor Farm and the Bristol Estate. The NCS is a project of the local charity Impetus.

### What do we do?

The NCS creates positive connections between neighbours. In 2012, we enabled 245 volunteers to support 249 individuals. Our volunteers provide social support (befriending), help with getting people out of the house, assistance with paperwork, odd jobs etc. Volunteers “look out” for the person they visit and, when necessary, can assist them with getting help or signposting them to someone who can help them.

# Neighbourhood Care Scheme

## Why is this important?

10% of people over the age of 65 are chronically lonely; around 20% of older people are in contact with family and friends less than once a week. Our volunteers' visits help to keep individuals connected to their community via a person who cares about them. Over 40% of scheme members report feeling less depressed thanks to the support they receive from their volunteer. Messages about lifestyle (healthy eating, doing more exercise) are more likely to be heeded when they come from a trusted person or a trusted organisation like the NCS.

## Contact:

Project Leader: Sean de Podesta

E-mail: [sean.depodesta@bh-impetus.org](mailto:sean.depodesta@bh-impetus.org)

General Enquiries: Tel. 01273 775888

E-mail: [ncs@bh-impetus.org](mailto:ncs@bh-impetus.org)

Website: [http://www.bh-impetus.org/neighbourhood\\_care\\_scheme/index.php](http://www.bh-impetus.org/neighbourhood_care_scheme/index.php)

## NHS Health Checks (Community and Workplace)

### Who are we?

NHS Health Checks is a national programme for everyone between 40 and 74 years old.

### What do we do?

We provide NHS Health Checks to people in community and workplace settings. The Health Check assesses an individual's risk of developing cardiovascular disease (CVD), which includes heart disease, stroke, kidney disease and type 2 diabetes and will support them to reduce or manage that risk through individually tailored advice.

### Contact:

Tel: 01273 294589 (Mon, Tues, or Wed)

E-mail: [healthchecks@brighton-hove.gov.uk](mailto:healthchecks@brighton-hove.gov.uk)

Website: [www.brighton-hove.gov.uk/healthchecks](http://www.brighton-hove.gov.uk/healthchecks)

## Oral Health Promotion

### Who are we?

Oral Health Promotion is part of the Special Care Dental Service in Sussex Community NHS Trust. Our remit is to work with all sections of the community to improve the oral health status of the population within Brighton & Hove. We take a holistic approach to oral health and its importance to general health. Our main aim is to work with all vulnerable groups within the community.

### What do we do?

We offer Oral Health Promotion to a wide range of groups in the local population, giving practical advice and support for babies, pre-school children, special schools, those with learning disabilities, travellers, homeless, those affected by substance misuse and older people.

Training for staff can be offered, depending on the needs of the client group:

- Practical sessions with service users to raise awareness of the importance of oral care and to improve tooth brushing technique
- Practical sessions with hands on tooth brushing and adaptation of oral aids for carers



# Oral Health

## Why is this important?

Oral health is essential to general health and quality of life – and is important at all stages of life. Good oral health is more than having healthy teeth. It includes being free of chronic mouth and facial pain, oral / throat cancer, gum disease, tooth decay and tooth loss. Poor oral health can limit the ability to eat, smile, speak, and can affect social and emotional wellbeing.

## Contact:

Ali Mcnealy

Oral Health Promotion Team Leader

Tel: 01273 267345

Email: [alison.mcnealy@nhs.net](mailto:alison.mcnealy@nhs.net)

Debbie Robinson

Oral Health / Business Administration Officer

Tel: 01273 267345

Email: [debbie.robinson@nhs.net](mailto:debbie.robinson@nhs.net)

# Physical Activity and Weight Management

## Active for Life

### Who are we?

Active for Life is a community based project which works in areas of high deprivation and health inequalities. It aims to increase participation in physical activity levels in order to improve health and well-being and encourage communities to work together.

### What do we do?

We help communities get active and improve their health, by providing information and support to those who want to be more physically active. Activities run by Active for Life are either free or at a reduced cost. Our projects include:

**In Shape for Life** - Weekly physical activity sessions for adults who want a fun, relaxed fitness session, followed by friendly healthy living / weight management advice

**Fit & Fun Families** - Free after school sessions for parents / carers and their children to take part in fun games activity sessions

**Girls Get Active** - Weekly evening sessions for girls aged 14 – 19 to go to a local leisure centre and try activities like zumba, pilates and yoga

**Street Games** - After school activity sessions in the local community for young people aged 8 – 16, including street cricket, street dance and basketball.

# Physical Activity and Weight Management

**Active Forever** - Weekly physical activity sessions for adults aged 50+

**Other local community based sessions** – Ranging from yoga sessions to pilates and zumba. Low cost and in local areas

**Holiday based activities** - Free Soup and Stomp events, multi sport and other family activity based sessions during the school holidays in local areas

## Why is this important?

Being active can reduce the risk of chronic illnesses, such as coronary heart disease and obesity, depression and anxiety, hypertension, cancer, osteoporosis, stroke and diabetes

## Contact:

Emma Greenough or Julie Stacey

Active for Life Team

Brighton & Hove City Council

Tel: 01273 292724

Email: [Emma.greenough@brighton-hove.gov.uk](mailto:Emma.greenough@brighton-hove.gov.uk)

[Julie.stacey@brighton-hove.gov.uk](mailto:Julie.stacey@brighton-hove.gov.uk)

Website: [www.brighton-hove.gov.uk/activeforlife](http://www.brighton-hove.gov.uk/activeforlife)

# Physical Activity and Weight Management

## Albion in the Community

### Who are we?

Winner of the Brighton and Hove Business in the Community Award, Albion in the Community leads the way in using football as a power for good, to improve and change people's lives. Diverse and exciting projects underpin the work of our four departments – Education, Sports Participation, Health and Community Cohesion.

### What do we do?

Albion in the Community delivers educational activities and events, fosters links with the community and facilitates more opportunity and participation. In addition to our own projects, we develop the programmes instigated by central and local government through initiatives targeting education, social inclusion, participation, health and employment.

### Our projects include:

**Standing Tall: Extra Time:** Provides post NHS support to people over 60 years old who have suffered falls by providing a specially designed exercise programme that aims to increase individuals' physical activity levels and improve muscle strength, balance and flexibility while using the pull of professional football to help combat social isolation.

# Physical Activity and Weight Management

**Make a Change Clubs and Lessons:** Fun, engaging sessions run in schools to teach children about living healthily and help them get more physically active

**Be Clear on Cancer; Be Clear Brighton and Hove:** This project aims to raise awareness of early symptom recognition for different cancers to ensure cancer is diagnosed and treated earlier.

**Sun Safety Workshops:** Working with the Cancer Prevention team, we use a fun, physically active game to teach young people about how to keep safe in the sun.

**Chlamydia Screening:** Football tournaments and other events to educate young people about Chlamydia and encourage them to test.

## Why is this important?

Across Sussex and beyond, more than 60,000 people directly benefit from our work every year.

## Contact:

Dan Lawson, Health Development Manager

Tel: 01273 878262 or 07912 092334

Email: [dan.lawson@albioninthecommunity.org.uk](mailto:dan.lawson@albioninthecommunity.org.uk)

Sally Moore, Be Clear on Cancer Health Co-ordinator

Tel: Tel 01273 878262 or 07826 463560

Email: [sally.moore@albioninthecommunity.org.uk](mailto:sally.moore@albioninthecommunity.org.uk)

# Physical Activity and Weight Management

## Brighton & Hove Food Partnership

### Who are we?

The healthy weight team offers free healthy lifestyle programmes which can help adults, children and families to establish a healthier weight. Our advice follows government recommendations for establishing a healthy lifestyle for now and for the future.

### What's included?

Shape up, or weight management clinics for adults  
MEND for 7-13 year olds and their families

### What do we do?

- Shape up is a healthy lifestyle programme for adults who want to achieve weight loss in a supportive group environment. Sessions include nutritional advice and activity
- Weight management clinics offer individual help and guidance that combines nutrition and behaviour change advice
- MEND is a family-based programme that helps children aged 7-13 yrs who are above their ideal weight to become fitter, healthier and happier

# Physical Activity and Weight Management

The Food Partnership also organises a range of other services which include:

- Workshops and training courses on all aspects of food
- The healthy choice award that offers practical menu planning advice for breakfast clubs, nurseries, residential homes, cafes and restaurants
- The community cookery project that aims to spread cookery skills and knowledge about healthy eating across the city.

## Contact:

To find out more about our programmes or to refer please call the healthy weight team on 01273 431703 or email [healthyweight@bhfood.org.uk](mailto:healthyweight@bhfood.org.uk) or visit [www.bhfood.org.uk](http://www.bhfood.org.uk)

# Physical Activity and Weight Management

## Healthwalks

### Who are we?

Brighton & Hove Healthwalks is one of 300 UK-wide walking initiatives under the 'Walking for Health' banner. It sits within the City Council's Sports Development team and is joint-funded by the Public Health Department. For the last eight years we have been providing a range of free, volunteer-led walks across the city. GPs and other health professionals regularly recommend the scheme to patients, and it is particularly popular with people in the 50+ age bracket, those with physical or mental health issues and those who are socially isolated.

### What do we do?

We run fifteen regular walks across the city, ranging from under a mile (average walking time: 20-30 minutes) to three/four miles (average walking time 1.5 / 2 hours). They are all free, led by trained Volunteer Walk Leaders and accessible by public transport.

### Why is this important?

Healthwalks are friendly, supportive and ideal for those who want to start exercising in a gentle and safe way. Walking is an accessible form of exercise and is particularly beneficial for those who are getting little or no exercise, recovering from illness, or lacking in confidence. Nearly half the walks are also wheelchair and buggy-accessible.



# Physical Activity and Weight Management

Nearly 40% of the 1,000 or so people who walk with the scheme each year have one or more long-term health conditions. Walking in green spaces is also very beneficial for those with mental health issues, reducing feelings of anxiety and encouraging the release of 'happy hormones'.

You can have free copies of the Led Walks Programme by calling the team or downloading from the website.

## Contact:

Corinna Edwards-Colledge  
Healthwalks Manager  
Healthwalks, Sports Development  
Brighton & Hove City Council

Tel: 01273 292564

Email: [corinna.edwards-colledge@brighton-hove.gov.uk](mailto:corinna.edwards-colledge@brighton-hove.gov.uk)

Website: [www.brighton-hove.gov.uk/healthwalks](http://www.brighton-hove.gov.uk/healthwalks)

# Physical Activity and Weight Management

## ZestERS

### Who are we?

Zest People are a well-established organisation with a clear social aim for improving peoples' health and wellbeing. We work at both strategy and delivery level on a range of health agendas, encompassing all elements of evidence based research.

Our focus is long-term behaviour change in relation to physical activity.

### What do we do?

The Zest Exercise Referral Scheme (ZestERS) for Brighton & Hove is designed to initiate long-term lifestyle changes with a programme of supported physical activity options for residents of Brighton & Hove. Residents who are at risk of chronic disease, with two or more existing medical conditions, are currently inactive and/or have recently undergone rehabilitation from physiotherapy, can be referred to the scheme.

Specially trained instructors (REPs Level 3 in Exercise Referral) understand what exercises are safe and effective for a range of medical conditions. They will support your patients, for a one-off period of 3 months, to make healthy lifestyle changes and become active. Our activity providers offer various options after the 3 months, which aim to encourage continuation of physical activity.

# Physical Activity and Weight Management

ZestERS is highly subsidised by Brighton & Hove City Council. The cost varies between our activity providers and will depend on the activity chosen to participate in. Please contact one of the ZestERS team to start referring online via Refer-all, the system commissioned by Public Health in Brighton & Hove for online healthy living referrals.

## Why is this important?

“The ZestERS programme is just the thing I needed to get me started. Having being diagnosed with type II diabetes, plus my existing high blood pressure, I felt at first - why me? Through the support and advice I received when I attended ZestERS, I know that fighting the effects of diabetes are well within my control.” - ZestERS participant.

## Contact:

Rachel Stokes, or a member of the ZestERS team

ZestERS team: 01903 660070 (Option 1)

Email: [zesters@zestpeople.co.uk](mailto:zesters@zestpeople.co.uk)

## Allsorts Youth Project

Allsorts is a project based in Brighton to support and empower young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.

Please refer to the Mental Wellbeing Section for further information.

**Contact:**

Mel Berry

01273 721211

[info@allsortsyouth.org.uk](mailto:info@allsortsyouth.org.uk)

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

## Chlamydia Screening Programme

**Contact:**

01273 690985

## Claude Nicol Sexual Health Clinic

Free and confidential specialist sexual health service for HIV and Sexually Transmitted Infection testing.

**Contact:**

01273 664721

# Sexual Health

## Contraception and Sexual Health Clinic (CASH) Morley Street

Free and confidential specialist contraception service for emergency contraception, pregnancy testing, contraception.

### Contact:

01273 242091

## Sexual Health Promotion

### Who are we?

A partnership of local sexual health / HIV agencies, services and initiatives who deliver sexual health promotion – the Community HIV Team, Claude Nicol Centre, Terrence Higgins Trust, Chlamydia Screening Programme, C-Card Scheme and the Contraceptive and Sexual Health Clinic (CASH).

### What do we do?

We provide Information, advice, and teaching about sexual health and HIV, including opportunities for testing, local services and support. Chlamydia screening (self tests) to under 25's; free condoms and 'C-Card' scheme for condom promotion.

# Sexual Health

## Why is this important?

Rates of sexually transmitted Infections (STIs), HIV and unplanned pregnancy remain high in our local population and responsibility has to be taken across the city to help address this. There are still taboos and embarrassment surrounding sexual health, so any opportunity to normalise talking about sexual health openly and honestly is crucial.

## Contact:

Sexual Health Promotion

Community HIV Team, Sussex Community Trust

Tel: 01273 267575

For full service information for Brighton & Hove sexual health / HIV services and support

Website: [www.swish.org.uk](http://www.swish.org.uk)

## Terrence Higgins Trust (THT)

### Who are we?

THT is the UK's largest HIV and sexual health charity. We provide a wide range of HIV and sexual health promotion services. These include HIV and sexually transmitted infection (STI) testing for men who have sex with men, targeted health promotion outreach, group work and training. Our target audiences are men who have sex with men, people living with HIV, young people, sex workers and black and minority ethnic communities.

### What do we do?

We provide one to one advice and support, outreach, group work and training.

### 'Fastest' HIV Testing

Walk-in rapid finger prick HIV testing service for men who have sex with men. Hepatitis A, B, C, syphilis, chlamydia and gonorrhoea testing also available.

### Sauna 'Fastest'

Rapid HIV, Chlamydia and Gonorrhoea testing service in The Brighton Sauna.

# Sexual Health

## Why is this important?

Brighton has one of the highest levels of HIV outside of London, with an increasing number of infections seen on a yearly basis, particularly amongst men who have sex with men.

## Contact:

Reception 10am to 5pm, Mon to Fri – 01273 764200, email [info@ttht.org.uk](mailto:info@ttht.org.uk)

Marc Tweed - Centre Manager, 01273 764222,  
[marc.tweed@ttht.org.uk](mailto:marc.tweed@ttht.org.uk)

Peter Boorman – Centre Based Services Co-ordinator,  
01273 764225, [peter.boorman@ttht.org.uk](mailto:peter.boorman@ttht.org.uk)



# Stop Smoking

## Stop Smoking Service

### Who are we?

The NHS Stop Smoking Service is part of a national programme to provide smokers with the information, advice and treatment to become Smokefree.

### What do we do?

We offer free information, advice and treatment for smokers and those wishing to make their homes or workplaces Smokefree.

The service is provided in workplaces, hospitals, clinics, community centres and people's homes according to need. It is free to access and the Nicotine Replacement Therapy products are free to use; other medications may be subject to prescription charges.

### Why is this important?

Smoking kills half of all long term smokers - approximately 80,000 in England each year. It also contributes to significant reductions in health and wellbeing for smokers, as well as their families.

# Stop Smoking

The good news is that using the support of the NHS is the most effective way of stopping smoking.

## Contact:

Anna Fairhurst  
Stop Smoking Service Manager/Trainer  
Brighton & Hove Stop Smoking Service

Tel: 01273 267397  
Email: [anna.fairhurst@nhs.net](mailto:anna.fairhurst@nhs.net)

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

[www.brighton-hove.gov.uk/get-smokefree](http://www.brighton-hove.gov.uk/get-smokefree)

[www.sussexcommunity.nhs.uk](http://www.sussexcommunity.nhs.uk)