**Useful Advocacy, Advice & Information and Support Services**

**Below are a list of services that offer independent advocacy, client-led representation, support self-advocacy or provide advice and information. In addition, we have supplied information about MindOut’s relationship to each of these services.**

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| *Relationship to MindOut* |

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| **ADVOCACY SERVICES**  **Mind**  (mental health)  Services include:  Community Advocacy Service (adults, B&H and West Sussex)  Speak Your Mind (for people under 25)  Older People’s Advocacy Service  IMHA Service (in psychiatric hospitals) Mill View and Nevill Hospitals  Mind in Brighton & Hove 51 New England Street Brighton, East Sussex, BN1 4GQ  Tel: 01273 66 69 50  Fax: 01273 66 69 51  e-mail: [info@mindcharity.co.uk](mailto:info@mindcharity.co.uk)  **Brighton & Hove LGBT Community Safety Forum**  (practical help with safety, access, inclusivity issues for LGBT people, services for deaf people, people with disabilities and older people, informal advocacy)  01273 855620, [info@lgbt-help.com](mailto:info@lgbt-help.com), [www.lgbt-help.com](http://www.lgbt-help.com). Urgent calls: 01273 231189  **Independent Complaints Advocacy Service (ICAS),** run by Impetus B&H  (for NHS complaints)  Advocacy to help you make complaints about any NHS services including dentists.  01273 229 002  [info@bh-icas.org](mailto:info@bh-icas.org)  Link to self-advocacy guide to making a complaint about NHS services  <http://www.bh-impetus.org/projects/independent-complaints-advocacy-service-icas/#information-pack>  **Age UK**  (for people in “later life”)  29-31 Prestonville Road, Brighton, BN1 3TJ Phone: 01273 720603 Email: [info@ageuk-bh.org.uk](mailto:info@ageuk-bh.org.uk)  Age UK East Sussex, The Almonry High Street, Battle, East Sussex, TN33 0EA. Tel: 01424 775721.  **Survivors network**  (For male and female victims of rape or sexual assault)  6a Pavilion Buildings, Brighton, BN1 1EE  01273 203380  Email support  [help@survivorsnetwork.org.uk](mailto:mailto:mailto:help@survivorsnetwork.org.uk)  Text 07717 999 989  **Sussex Interpreting Services (bilingual advocacy)**  (For people with language support needs)  Community Base, 113 Queen’s Road, Btn BN1 3XG  01273 234802  Email [advocacy@sussexinterpreting.org.uk](mailto:advocacy@sussexinterpreting.org.uk)  **Trans support**  **The Clare Project**  Supportive community providing informal advice and information, signposting and referrals.  Email [clareprojectinfo@gmail.com](mailto:clareprojectinfo@gmail.com)  www.clareproject.org.uk  **Navigate**  For those assigned female at birth  [**https://navigatebrighton.wordpress.com/**](https://navigatebrighton.wordpress.com/)  **Clinic T**  Sexual health service for anyone who identifies as trans or gender variant (partners are welcome too).  <http://brightonsexualhealth.com/service/clinic-t/>  01273 664722  **Lawson Unit**, Lawson Unit, Royal Sussex County Hospital Eastern Road Brighton BN2 1HS  **Transformers**  Social support group for trans and gender questioning youth (age 16-26). \*See Allsorts under Youth Services below  [info@allsortsyouth.org.uk](mailto:info@allsortsyouth.org.uk)  01273 721211  **SUPPORT & GUIDANCE**  **PRACTICAL SUPPORT (BENEFITS AND MONEY)**  **St Luke’s Advice Centre**: make an appointment by calling 01273 549203,  email: [info@stlukesadviceservice.org.uk](mailto:info@stlukesadviceservice.org.uk).  [www.stlukesadviceservice.org.uk](http://www.stlukesadviceservice.org.uk)  **Disability Advice Centre**: Advice line 01273 89 40 50; email: [disabilityadvice@thefedonline.org.uk](mailto:disabilityadvice@thefedonline.org.uk).  Face-to-face drop-in: Mon-Fri 10am-4pm, Montague House, Montague Place, Brighton BN2 1JE.  [www.thefedonline.org.uk/disability-advice-centre](http://www.thefedonline.org.uk/disability-advice-centre)  **Brighton Unemployed Centre Families Project**: call 01273 601211 Mon-Thurs 10:30am-1pm and Tues-Fri 2pm-4:30pm, 6 Tilbury Place, Brighton BN2 0GY.  Confidential Advice Line 01273 676171 (answerphone please leave a message)  Email: [info@bucfp.org](mailto:info@bucfp.org). Website: <http://www.bucfp.org>  **Citizens Advice Bureau:** Daily drop-in sessions at Bartholomew House, Bartholomew Square, Brighton, East Sussex BN1 1JA, Mon-Thurs, 8.45am-10.30am – further appointments can be booked at drop-in session.  Telelphone advice: 01273 223951, Mon, Weds and Thurs 9.30am-12.30pm and 1.30pm-3.30pm; Tues 9.30am-12.30pm and 4pm-6.30pm; Friday 9.30am -12.30pm.  Check link for updates on session times: <https://citizensadvice.citizensadvice.org.uk/brightonhovecab.htm>  **Money Advice Plus**  Advice and support with claiming benefits, budgeting, debts and other issues for people granted refugee status or leave to remain. Advice Line: 0800 988 7037 Mon, Tues &  Thurs 10am-4pm,  Wed 5-8pm and Fri 10am-2pm.  Address: 24 Old Steine, Brighton, East Sussex BN1 1EL (Public entrance at 7a Steine Street - no steps). Minicom **01273 664036;** Email: [info@moneyadviceplus.org.uk](mailto:info@moneyadviceplus.org.uk); website: [www.moneyadviceplus.org.uk/](http://www.moneyadviceplus.org.uk/)  **Welfare Rights Team at Brighton & Hove Council**: Advice line every Wednesday morning on 01273 291116 from 10am until 1pm.  **SPECIFIC SUPPORT & GUIDANCE**  **Brighton Women’s Centre**  Drop-in service is open to all women in need of emotional support, advice and information.  Check website for opening times <http://www.womenscentre.org.uk/index.php?What_We_Do:Drop-in>  Call 01273 698036 or e-mail [dropinservices@womenscentre.org.uk](mailto:dropinservices@womenscentre.org.uk)  **Substance misuse**  **Pavilions**  Outreach support for people over 18 who want to address their substance misuse problem  LGBT worker Gary Smith 07884 476634 or 0800 0149819  [gsmith@pavilions.org.uk](mailto:Gary.smith@cri.org.uk)  **Domestic abuse (physical, emotional, psychological, financial or sexual**  **RISE**  Support and guidance. Contact Mark Sole LGBT Domestic Violence and Abuse Advisor by telephone on 07581 466 438 or fill in contact form online.  http://www.riseuk.org.uk  **For young LGBT people age 13-26)**  **Allsorts**  **Aims 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.**  Young People’s Centre, 69 Ship Street, Brighton, BN1 1AE.  **Tel:** 01273 721211  **General Enquiries:**  [info@allsortsyouth.org.uk](mailto:info@allsortsyouth.org.uk)  **For people living with HIV or AIDS**  **The Sussex Beacon**  Respite care and other services  Day Service aims to meet the physical, social and psychological needs of people affected by HIV and AIDS, thereby enhancing their quality of life. Runs a women and families service  01273 645 695 or email via the website <http://www.sussexbeacon.org.uk>  **Terrence Higgins Trust**  They employ two Social Care Co-ordinators, Tim and Gins, who offer support and guidance  61 Ship Street Brighton BN1 1AE  01273 764 200 Fax: 01273 764 201  [info@tht.org.uk](mailto:info@tht.org.uk)  [www.tht.org.uk](http://www.tht.org.uk)  **Lunch Positive**  Supportive community providing informal advice and information, signposting and referrals.  **For people with Aspergers or those who think they might have**  **Assert**  1:1 support and guidance  Community Base, 113 Queen’s Road, Btn BN1 3XG (01273) 234850  www.assertbh.org.uk/  **For LGBT carers**  **The Carers Centre for Brighton and Hove**  1:1 support and guidance  18 Bedford Place, Brighton, East Sussex, BN1 2PT.  Tel: 01273 746222.  **ADVOCACY SERVICES IN B&H FOR PEOPLE WITH LEARNING DISABILITIES**  **Interact**  (for people with Learning Disabilities)  The Junction, 1A Isetta Square, New England Street, Brighton, BN1 4GQ  (01273) 810223  [www.bh-impetus.org/projects/interact/](http://www.bh-impetus.org/projects/interact/)  [**Mencap**](http://www.mencap.org.uk/) Works with people with a learning disability to support them to lead full lives.  Community Base, 113 Queen’s Road, Btn BN1 3XG (01273) 234759  [bobparr5@hotmail.com](mailto:bobparr5@hotmail.com)  [www.mencap.org.uk/](http://www.mencap.org.uk/)  **Speak Out**  (for people with Learning Disabilities)  **Tel:** (01273) 421921 **Email:** [info@bhspeakout.org.uk](mailto:info@bhspeakout.org.uk) **Web:** [www.bhspeakout.org.uk](http://www.bhspeakout.org.uk/)  **OUT OF AREA ADVOCACY SERVICES**  **London: PACE**  LGBT community advocacy for people who live in or near London  Contact Jemma or Karen by on 020 7700 1323 or by email at [jemma.lunniss@pacehealth.org.uk](mailto:jemma.lunniss@pacehealth.org.uk)  **West Sussex:** **Mind**  Community advocacy service, contact Brighton office (see above)  **East Sussex: PowHer**  (mental health, physical or sensory disabilities)  \*MindOut can refer you  0300 456 2370  [pohwer@pohwer.net](mailto:pohwer@pohwer.net)  **Address:** PO Box 14043, Birmingham, B6 9BL  <http://www.pohwer.net/in-your-area/where-you-live/east-sussex/independent-advocacy-service.htm>  **East Sussex: SEAP Advocacy** Provide advocates (IMHA service) in psychiatric hospitals in East Sussex,  and Independent Complaints Advocay Service, advocates to help you complain about NHS services. [www.seap.org.uk](http://www.seap.org.uk)  Cavendish House, 7th Floor, Breeds Place, Hastings, TN34 3AA 0330 4409000  **OTHER SPECIALIST SERVICES IN B&H**  **Youth Advocacy Project** ( for young people 5-21 yr olds)  (01273) 295510  07870 168948  email [melanie.carroll@brighton-hove.gov.uk](mailto:melanie.carroll@brighton-hove.gov.uk)  [http://www.bhyap.org.uk](http://www.bhyap.org.uk/)  [**Friends, Families and Travellers (FFT)**](http://www.escis.org.uk/Entry/View/Friends,_Families_and_Travellers/19926)Working towards a more equitable society where everyone has the right to travel and to stop without constant fear of persecution because of their lifestyle. Support and guidance. [www.gypsy-traveller.org](http://www.gypsy-traveller.org)  Community Base 113 Queens Road, Brighton, BN1 3XG 01273 234777  **Mendos**  Support for ex-offenders  Rethink Mental Illness, St Richards Community Centre, Egmont Road, Hove BN3 7FP  01273 709060  **For parents and carers of children with special needs**  [**Amaze**](http://www.amazebrighton.org.uk/) Offers support, advice and information  Community Base, 113 Queen’s Road, Btn BN1 3XG (01273) 234850  (01273) 772289  <http://amazebrighton.org.uk/>  **For people who live with deafness or who are hard of hearing**  **Action On Hearing Loss**  Community Base, 113 Queen’s Road, Btn BN1 3XG  Telephone 0808 808 0123 (freephone) Textphone 0808 808 9000 (freephone)  www.actiononhearingloss.org.uk/help-items/contact-us.aspx | MindOut are in a partnership with Mind in B&H to run Brighton & Hove’s advocacy services. Mind in B&H are the lead partners. MindOut has close links with Mind in B&H but remains independent from them.  MindOut are in partnership with ICAS to deliver ICAS-funded complaints at the client’s request. One MindOut advocate handles ICAS complaints (Phil Brooke). This advocate and MindOut Advocacy manager Jason Saw attend meetings with ICAS alongside the sister organisations (peer support, management meetings).  Sister organisations also in agreement to deliver ICAS-funded complaints include Sussex Interpreting Services, Mind in B&H advocacy services, Age UK, Speak Out.  Also part of the ICAS agreement (see above). Otherwise referrals, signposting, mutual work at client’s request  Also part of the ICAS agreement (see above). Otherwise referrals, signposting, mutual work at client’s request  MindOut Advocacy does outreach work at the Clare Project and has close links.  MindOut Advocacy is in partnership to run the Urgent Need contract funded by Big Lottery Help Through Crisis Fund. Allsorts advocate will attend MindOut Advocacy meetings.  MindOut Trans Advocate Maeve Divine also works at Allsorts as a group worker.  MindOut Advocacy does outreach work at Lunch + and has close links. |