

## List of Support Services

Name	Contact	Information
<b>Domestic Abuse Service - East Sussex   Change Grow Live</b>	0300 323 9985	Provides support to help for anyone over 16 who has been affected by domestic abuse and violence. Support around increasing safety and reducing further risk of harm and also support to report (if desired) and refer or signpost into services to meet specific needs.
<b>National Domestic Abuse hotline</b>	0808 2000 247	Support and advice around domestic abuse and access to Refuge
<b>Hastings Primary Care Hub</b>	Hastings Primary Care Hub, Station Plaza Health Centre, Station Approach, Hastings TN34 1BA. 01424 884410.	Mon to Fri 08:00: 18:30 Weekends 08:00 to 20:00 Call for appointment after attempting to contact your own GP first if you registered locally. Medical advice on : Minor illness/infections, minor injuries, abdominal pain, general pain, urinary tract infections, skin complaints/rashes and wound care
<b>NHS 111</b>	111  Or online at : <a href="#">Get help for your symptoms - NHS 111</a>	Advice when you think you need medical help right now
<b>Sussex Mental Healthline</b>	0800 0309 500 Or text Sussex to 85258	You can call this helpline for care and advice (24 hours, 7 days a week, for all ages) to discuss concerns you have for the mental health of yourself or someone else.  For callers whose first language is not English, a telephone interpreter can be arranged for other community languages, by phoning the helpline and letting them know the language needed.

## Rother Support Services and Voluntary Organisations

Name	Address	Contact	Opening Times	Information
<b>HUG</b>	St Barnabas Church, Sea Road, Bexhill-on-Sea ,TN40 1JG	connect@bexhillhug.org.uk 07881 6422331	Mon 08:30 – 11:30 Thu 08:30 – 11:30 Sat 3:30 – 18:00	Drop-in Centre with hot meals and general support and signposting to agencies
<b>Bexhill Foodbank</b>	19-20 Station Road Bexhill-on-Sea TN40 1RE	01424 736515	Tue 13:00- 15:00 Thu 10:00 – 12:00 Fri 15:00- 17:00	Foodbank for emergency food needs to have a valid foodbank voucher from referral agencies
<b>Citizens Advice Bureau</b>	40 St Leonards Road, Bexhill-On-Sea TN40 1JB .	01424 869352 East Sussex CAB online advice	Contact by telephone to find out about visiting the office for appointments	Money advice, energy advice, digital inclusion & general advice, incl. benefits &housing
<b>East Sussex Veterans Hub</b>	5 Harold Place Hastings East Sussex TN34	0330 1077 808 or 01424 446292 Email: esvh99100@esvh99100.onmicrosoft.com	Mon 10:00 -15:00	Welfare information, advice and guidance for veterans Specific Support for those with PTSD and Mental Ill Health. Close Liaison with other Agencies and Military Charities. Refreshments provided
<b>HARC</b>	Various locations.  Including outreach surgeries at community venues	01424 428375  enquiries@harcuk.com	<b>Must book an appointment. Please call first</b> Wednesday -Food Bank at Rye Methodist Church. Fridays only - The Pelham, The first Wednesday of the month -Battle Foodbank	Support understanding what financial assistance you are entitled to, assist with claims and support you to challenge and appeal unfavourable decisions.

			The first Tuesday of the month– Bexhill foodbank	
<b>The Pelham</b>	The Pelham Hollier's Hill, Bexhill-on-Sea East Sussex TN40 2DD	tel:01424 576304	Monday 09:30 - 14:30 Tuesday 09:30 - 14:30 Wednesday 09:30 - 14:30 Thursday 09:30 - 14:30 Friday 09:30 - 14:30	Community Hub and coffee lounge, weekly activities, counselling, running space
<b>Warming Up the Homeless</b>	8-12 Wickham Avenue, Bexhill-On-Sea. TN39 3EN	07367 060708  hello@wuth.org	Outreach is daily.  Family Support is in St Johns Centre. Victoria Road. Bexhill. 6.30pm every Monday.	Outreach support for rough sleepers and drop in services  Can assist with Home start kits.  <b>ROUGH SLEEPER SERVICES</b>  Washing machine and tumble dryer available for use On site chef who will cook hot breakfasts, lunches or dinners Purpose built shower suite New, clean clothing available free of charge Underwear and socks free of charge Our rough sleeper food bank for food to take away Power points for charging phones etc

## Rye

Name	Address	Contact	Open	Info
Rye Community Food Bank	Rye Baptist Church, Cinque Ports Street, Rye, East Sussex TN31 7AN	07526 349847	Wed 13:00 - 15:00	Foodbank for emergency food no voucher or referral required

## Battle

Name	Address	Contact	Open	Info
Battle Foodbank	Upper Church Hall St Mary's Church Upper Lake Battle TN33 0AN	01424 736515	Wed 13:00 -14:30	Foodbank for emergency food needs to have a valid foodbank voucher

## Hastings

Name	Address	Contact	Opening Times	Information
<b>Seaview Project</b>	Southwater Centre, Hatherley Road, St Leonards, TN37 6LB	01424 717980	Mon 10:00 - 16:00 Tue 10:00 - 16:00 Wed 10:00 -14:00 Thu 08:15 –10:00 (rough sleepers only) 10:00-16:00 Fri 10:00 - 16:00	Day centre: foodbank vouchers, Housing & benefits advice, showers, laundry, clothing, food, gym
<b>STAR (CGL) Drug &amp; Alcohol Service</b>	Thrift House, 13 Wellington Place, Hastings, TN34 1NY	0300 30 38 160	Monday – Friday 09:00- 17:00 Evening opening Mon and Thu 17:00 to 19:00	Drug & alcohol services, incl. needle exchange
<b>Hastings Foodbank</b>	The Hastings Centre, The Ridge, Hastings, East Sussex, TN34 2SA	01424 753322	Mon, Wed, Fri 10:30-3:00	Food Parcels distributed with voucher code
<b>ESRA</b>	Queens Apartments, 5 Harold Place,	01424 435318	Mon/Weds/Fri 09.30-:	To support those in recovery from substance misuse. Recovery cafe

	Hastings, East Sussex TN34 1JA			
<b>i-Rock</b>	Rock House, 49-51 Cambridge Road	irockeastsussex@sift.nhs.uk	Email for appointment or attend virtual drop in service by video call, audio call or text chat between 11:00 am and 18:00 Mon- Fri	Housing advice, mental health support, aged 14-25
<b>BHT Hastings Advice</b>	Renaissance House, London Road	01424 452618 hastingsadvice@bht.org.uk	Please call to arrange an appointment Mon – Fri 9 – 5pm.	Housing legal advice
<b>Salvation Army, Ore</b>	418 Old London Rd, Ore, Hastings TN35 5BB	01424 443022.	Tues 09.30-11.30 Thu 10:00 12.30pm	Foodbank, CAP & Employment Plus A 'Safe Space' to be' with hot drinks and support available
<b>LINKS Project</b>	Central Hall, 6B Station Road, Hastings. TN34 1NG.	01424 444 010	Wed 11:00-15:00	Advice for asylum seekers, refugees and migrant communities living in East Sussex. Wednesday 11-3
<b>St John Ambulance Homeless Service</b>	Clinics at Seaview & Salvation Army	01424 435358 sussexhomelesservice@sja.org.uk	Contact for dates and times	Nurse-led healthcare for homeless and vulnerably housed people, incl. wound care, foot care, health advice, nurse prescribing, listening, advocacy, support with accessing NHS healthcare.
<b>Surviving the Streets UK</b>		Office 01424 850219 Mobile (out of hours) 07929176462	Contact for support	Support local communities, schools and less fortunate families with food and support. Night outreach for people on the streets 24/7 Food bank and homeless support bank and pet support
<b>XTRAX</b>	27-29 Cambridge Road Hastings, East Sussex, TN34 1DJ	01424 722 524 07752674581	Mon 0900 – 17:00 Wed 0900- 17:00 Fri 13:00- 17:30	Offer support and a safe place for the young people in our community, working to ensure they are aware that there is somewhere that will always offer them a warm welcome, whatever the needs.