

# Are you in need of extra support because of COVID-19, or worried about someone who is?

If you don't have anyone who can help you at the moment, our community advice and support hub could support you with:

- **Finding help with shopping, collecting prescriptions and other support**
- **Emergency foodbank referrals**
- **Advice to keep active and well and to reduce feelings of isolation and loneliness**

To find out more or request help, go to:  
[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)**  
Monday to Friday, 10am to 4.30pm  
This line is very busy so if you can, please contact us online instead.

If you know where to go for the support you need, or you have someone that you trust, please contact them so we can help the people that have no one else.

**We care  
you care**   
**carers  
key workers  
volunteers**

**CORONAVIRUS**

**STAY HOME  
PROTECT  
THE NHS  
SAVE LIVES**

  
**Brighton & Hove  
City Council**

# Help available in Brighton & Hove

**Help getting essential goods or services if you have no money** Local Discretionary Social Fund  
[www.brighton-hove.gov.uk/emergency-help-with-bills](http://www.brighton-hove.gov.uk/emergency-help-with-bills) 01273 293117 (option 1)

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**Food, shopping and meal delivery suggestions**  
Brighton & Hove Food Partnership  
[www.bhfood.org.uk/coronavirus-update](http://www.bhfood.org.uk/coronavirus-update)

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**Mental health** Community Roots  
[www.communityroots.org.uk](http://www.communityroots.org.uk) 0808 196 1768  
Monday to Friday, 9am to 5pm

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

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**Carers** The Carers Hub  
[www.carershub.co.uk](http://www.carershub.co.uk) 01273 977 000  
Monday to Friday, 9am to 5pm

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

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**Older people** Ageing Well  
[www.ageingwellbh.org](http://www.ageingwellbh.org) 07770 061072

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**Domestic violence and abuse** The Portal  
[www.theportal.org.uk](http://www.theportal.org.uk) 0300 323 9985  
[info@theportal.org.uk](mailto:info@theportal.org.uk)

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**Adult social care** Access Point  
[www.brighton-hove.gov.uk/adult-social-care](http://www.brighton-hove.gov.uk/adult-social-care)  
01273 295555  
Monday to Friday, 9am to 4.30pm

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**Children or families** 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,  
and Friday until 4.30pm

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**Bereavement** Cruse Bereavement Care  
[www.cruse.org.uk](http://www.cruse.org.uk) 0808 808 1677  
Monday and Friday, 9.30am to 5pm,  
Tuesday, Wednesday and Thursday until 8pm

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**Support for businesses**  
[www.brighton-hove.gov.uk/coronavirus-covid-19/businesses-and-employers](http://www.brighton-hove.gov.uk/coronavirus-covid-19/businesses-and-employers)

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For more about services and support:  
[www.brighton-hove.gov.uk/coronavirus](http://www.brighton-hove.gov.uk/coronavirus)