



Mid Sussex Signposting Manual

Service provided by

xyla health & wellbeing
Part of Acacium Group

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National Signposting

Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

Mental Health

Mind-Mental Health Charity

[0300 123 3393](tel:03001233393)

info@mind.org.uk

Text: [86463](tel:086463)

When you're living with a mental health problem, or supporting someone who is, having access to the right information – about a condition, treatment options, or practical issues.

Rethink

<https://www.rethink.org/> <tel:03005000927>

advice@rethink.org

Our advice and Information Service offers practical help on a wide range of topics such as The Mental Health Act, community care, welfare benefits, debt and carers rights. We also offer general information on living with mental illness, medication and care.

Samaritans

<https://www.samaritans.org/>

Call: 116 123/0330 094 5717

Samaritans is a national charity which is a unique organisation dedicated to reducing the feelings of isolation and disconnection that can lead to suicide.

Mindline Trans+

National evening helpline offering emotional and mental health support for anyone who identifies as transgender, non-binary or genderfluid.
phone: 0300 330 5468 (8pm to midnight)

Healthy Lifestyles

NHS Live Well

<https://www.nhs.uk/live-well/healthy-body/>

Smoking

NHS Live Well

<https://www.nhs.uk/live-well/quit-smoking/>

Nutrition/Dietetic

NHS Live Well

<https://www.nhs.uk/live-well/eat-well/>

BDA – The Association of UK Dietitians

<https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html>

The BDA Food Facts sheets are free for you to read, download and print for your own reference. Food Fact Sheets are written by dietitians to help you learn the best ways to eat and drink to keep your body fit and healthy

Physical Activity Guidelines

NHS Live Well

<https://www.nhs.uk/live-well/exercise/>

Active10

NHS One You

<https://www.nhs.uk/oneyou/active10/home>

Sleep

NHS Live Well

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

Alcohol Consumption

NHS Live Well

<https://www.nhs.uk/live-well/alcohol-support/>

Mood

NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Drugs

Talk To Frank

<https://www.talktofrank.com/>

Call: 0300 123 6600

Text: 82111

Carer Support Services

Carers UK

0808 808 7777

<https://www.carersuk.org/>

Advice and support for carers and the people they care for.

Dementia

Alzheimer's Society

01234 327 380

www.alzheimers.org.uk

Services for people with dementia and their carers.

Ageing

Age UK

01903 731 800

Age UK is a local charity working in the community to support older people.

Bereavement Services

NHS (online)

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

Advice on how to deal with grief – dos and don'ts when dealing with grief.

Cruse Bereavement Care (online)

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Advice on how to deal with grief throughout COVID-19

Domestic Abuse

Refuge

0808 2000 247

<https://www.nationaldahelpline.org.uk/>

On any given day Refuge supports more than 6,000 clients, helping them rebuild their lives and overcome many different forms of violence and abuse; for example domestic violence, sexual violence, so-called 'honour'-based violence, human trafficking and modern slavery, and female genital mutilation. The freephone, 24-hour National Domestic Abuse Helpline

Sussex

Physical Activity

Active Sussex

<https://www.activesussex.org/#>

<http://www.activesussex.org/wp-content/uploads/2020/12/Active-Sussex-TGC-Network-Pack-.pdf>

Active Sussex's main aim is to increase participation in sport and physical activity at a local level. Including 'This Girl Can' is a Sport England national campaign. It's a celebration of active women everywhere who are doing their thing, no matter how they do it, how they look or even how sweaty they get.

We are Undefeatable

<https://weareundefeatable.co.uk/>

We Are Undefeatable" is a movement supporting people with a range of long term health conditions, Our purpose is to support and encourage finding ways to be active that work with each person's conditions, not against them

Disabled Ramblers

<https://disabledramblers.co.uk/>

The Disabled Ramblers is a small charity working across England and Wales to help make the countryside more accessible to people with limited mobility – which benefits everyone. We run 25 – 30 rambles each year, organised into groups of 3 or 4 in selected areas of the country. They are run from April to October, whatever the weather. All our routes are checked well ahead, with a written Risk Assessment, and are graded from Category 1 to 3, according to difficulty.

Health walks - Gentle Walks

<https://www.midsussex.gov.uk/leisure-sport/walking-in-mid-sussex/>

All our walks are led by trained walk leaders. We have a leader at the front and a marker at the back so we won't leave anyone behind!

Walk levels

Level 1: 30 minutes on paved paths. No stiles

Level 2: 30 minutes to one hour. No more than two and a half miles on non-paved paths. No stiles

Level 3: Between one and one-and-a-half hours. No more than three miles on non-paved paths. Some stiles and hills

Level 4: One-and-a-half to two hours at the most. No more than five miles. Stiles and hills

Level 5: Two to three hours. No more than seven miles. Stiles, steep hills, faster pace

Places Leisure, Community Sports Centre exercise referral membership at their sites across the 3 main towns in Mid Sussex.

<https://www.placesleisure.org/centres/fairfield-leisure/centre-activities/gym/exercise-referral-scheme/>

Exercise on Referral is a 12-week programme for people who need support to become more active

- We accept referrals from all types of health and wellbeing professionals, GPs, Wellbeing team, Social Prescribers, other NHS staff, Physios, Carers Support and others - if we are concerned about the client or information, we will refer the client back to the GP for clarification on suitability
- The cost is £80 for 12 weeks and can be followed by a reduced rate membership of £40 per month
- Membership includes a 1-2-1 evaluation with one of our team and regular support throughout their membership. They will be given guidance on their exercises or activity

Learn to run course

01444 477191

wellbeing@midsussex.gov.uk

Open to all ages and fitness levels this course will take you from absolutely nothing to 5k over 10 weeks courses are running in conjunction with Burgess Hill runners and Haywards Health Harriers

Free outdoor gyms

Gyms can be an expensive way to get fit. For those of you who would like to make good use out of gym equipment without the heavy price tag or long contract you can use outdoor equipment in the following places.

- Balcombe Recreation Ground, Balcombe
- Fairfield Recreation Ground, Burgess Hill
- St John's Park, Burgess Hill
- Jane's Lane Park, Burgess Hill
- Holland's Way, East Grinstead
- Kings Park, East Grinstead
- London Road, Hassocks
- Victoria Park, Haywards Heath
- Barn Cottage, Haywards Heath
- Reeds Lane, Sayers Common

Haywards heath running club

www.haywardsheath.gov.uk/Running

There are many marathons, half marathons and fun runs across Sussex and a variety of running clubs from beginners through to endurance running and racing.

Salsa Dancing

www.salsajulia.com/classes

Our structured courses are tailored to suit the ability of each group in general. Of course, individuals do progress with their dancing at different rates and we are keen to find the most suitable level for everyone.

Venue: WIVELSFIELD VILLAGE HALL and ST WILFRID'S C of E PRIMARY SCHOOL

Alcohol and Drugs

Change, Grow Live (CGL)

0300 303 8677

<http://changeGrowLive.org>

Offers non-judgemental and discrete support to all West Sussex residents affected by alcohol and other drugs, including prescription medications.

Mental Health

Sussex Mental Healthline - Sussex

0300 5000 101

https://www.sussexpartnership.nhs.uk/sites/default/files/documents/0052_core_leaflet_west_sussex_mental_healthline_final_digi_version.pdf

Helpline that can support you with any mental health issues.

Mindfulness

Sussex Mindfulness Centre

0300 304 2057

smc@sussexpartnership.nhs.uk

<https://sussexmindfulnesscentre.nhs.uk/about/contact/>

Sussex Mindfulness Centre aims to improve wellbeing through mindfulness

Mind in Brighton and Hove

www.Mindcharity.co.uk

01273666950 (please note this is NOT a crisis helpline)

MIND in Brighton and Hove works to promote good mental health in the city and across Sussex. It seeks to empower people to lead a full life as part of their community. They work with other local services and partners. Offering peer support, employment and financial advice. Links to Breathing Space which will provide a space and time talk, provide advice and signposting to specialist and community services and deliver individualised support for those experiencing mental health issues

Domestic Abuse Services

The Saturn Centre SARC (sexual assault referral centre) – West Sussex

01293 600469

<http://www.saturncentre.org/>

Provides a range of services to women and men who have been raped or sexually assaulted.

West & Mid Sussex Generic

West Sussex & Mid Sussex Wellbeing

<https://www.westsussexwellbeing.org.uk/>

<https://www.westsussexwellbeing.org.uk/events>

01444 477191

wellbeing@midsussex.gov.uk

This wellbeing service can help you to find local wellbeing information and services. Mid Sussex Wellbeing is a friendly and impartial service and the majority of the services are completely **FREE** to all users.

Sussex Community Development Association (SCDA)

<http://sussexcommunity.org.uk/>

Offering a variety of community services and initiatives:

- Support and run health walks
- Offering affordable counselling services
- Wellfair/benefits advice
- Run several food banks (donations and recipients)

West Sussex & Mid Sussex

Smoking Cessation

West Sussex Wellbeing

<https://www.westsussexwellbeing.org.uk/topics/smoking/services-for-west-sussex>

01444 477191

wellbeing@midsussex.gov.uk

A full list of smoking cessation providers across the whole of West Sussex. Simply enter your postcode, and the nearest service to you will be available. They will offer

you free one-to-one support for 6 weeks and will arrange for you to have a stop smoking product for 12 weeks for the cost of a prescription.

Weight Management

West Sussex Wellbeing

<https://midsussex.westsussexwellbeing.org.uk/topics/healthy-eating/weight-off-workshop>

01444 477191
wellbeing@midsussex.gov.uk

Their 8 week virtual courses aim to support people towards a sustainable lifestyle change by motivating you to make positive food choices, increasing activity (participants will have access to up to 6 free online exercise classes) and considering practical ways to create and sustain healthy eating habits.

Physical Activity

West Sussex Wellbeing

<https://midsussex.westsussexwellbeing.org.uk/topics/being-active/coronavirus-exercise>

01444 477191
wellbeing@midsussex.gov.uk

Ideas, useful information and government guidance on how to initiate, maintain or improve your physical activity throughout any stage of your life. Includes how to make exercise more exciting!

Alcohol and Drugs

West Sussex Wellbeing

<https://midsussex.westsussexwellbeing.org.uk/topics/alcohol/alcohol-advice-during-covid-19>
<https://midsussex.westsussexwellbeing.org.uk/topics/drugs/what-drugs-do-to-you>

01444 477191
wellbeing@midsussex.gov.uk

Their Alcohol Wellbeing Advisors are available across West Sussex. They provide one-to-one support to help you cut down or stop drinking. Currently this service is being offered by telephone, video calling and text. Links to services for drug dependency.

DAWN (Drug and Alcohol Wellbeing Network) – West Sussex

0300 303 8677

<https://www.pathfinderwestsussex.org.uk/service/west-sussex-drug-alcohol-and-wellbeing-network-dawn-northern-area>

wsypsms@cgl.org.uk (24 and under). WestSussex.contact@cgl.org.uk (25 and over)
Provides support to people of any age, who are looking to reduce or stop their drinking or use of drugs.

Mental Health

West Sussex Wellbeing

<https://midsussex.westsussexwellbeing.org.uk/topics/healthy-mind/coronavirus-mental-wellbeing>

01444 477191

wellbeing@midsussex.gov.uk

Helpful ideas on looking after our mental health whilst socially distancing and self-isolating.

Time to Talk

<https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?DirectoryID=16358>

Adur, Arun, Chanctonbury and Worthing – 01903 703540

Bognor, Chichester – 01273 265967

Crawley, Horsham – 01403 620434

Mid Sussex – 01444 251084

Offering talking therapies to people struggling with stress, anxiety, depression, self-esteem, PTSD and more.

CAPITAL Project Trust

www.capitalproject.org

01243869662

Offers Peer support in West Sussex at Langley Green Hospital. Crawley Medowfield hospital, Worthing and Oaklands Chichester.

A peer from Capital Peer support is someone who offers friendly, informal, and confidential support drawing on their own experiences of mental health problems.

Rethink Sahayak Asian Mental Health Helpline

<https://www.rethink.org/help-in-your-area/services/advice-and-helplines/rethink-sahayak-asian-mental-health-helpline/>

Advice and information helpline 0808 800 2073 (Mon- Wed 4pm- 7pm Tue and Thurs 12pm-3pm closed Fri-Sun). Calls to our number are free and will not show up on your bill. Callers may speak to us in Asian languages (Gujarati, Punjabi, Hindi, and Urdu) or English.

Offers culturally sensitive listening and information service for the Asian community in Kent and West Sussex

Hub of Hope

www.hubofhope.co.uk

Find support that is right for you. An excellent search tool to help find support in your local area. Just enter your post code into the search bar, choose your concerns e.g. depression, disability panic attacks, men's health, women's health etc and search for support resources that are local to you.

Staying Well Crawley

<https://www.richmondfellowship.org.uk/services/crawley-staying-well/>

If you're struggling with your mental health and need support outside normal working hours, Staying Well, Crawley is here for you. Get help and advice from professionals in a safe, relaxed and friendly environment. We also provide support for carers, who many need support with their own mental wellbeing due to the pressure of caring for someone with episodes of mental ill-health.

Horsham Outreach

<https://www.richmondfellowship.org.uk/services/horsham-outreach%20%20HYPERLINK%20%22http://www.richmondfellowship.org.uk/service/s/horsham-outreach%2001403241866>

01403241866

Richmond fellowship Horsham Outreach community based support works with individuals affected by mental health and living in their own homes to receive assistance with day to day tasks and activities such as budgeting or doing the weekly shop.

Together – University of Sussex

www.togetherall.com/en-gb

Free online anonymous online community who will listen support and give your mental wellbeing a boost. Open 24hours

The Mix

National support for young people under 25, with an online community and a helpline, free counselling services and other support.

Website: www.themix.org.uk/

Helpline: 0808 8084994 (every day 4pm-11pm, freephone)

POhWER

www.pohwer.net/east-sussex

Phone: 0300 456 2370

Email: pohwer@pohwer.net

Information and advocacy services for people who need support because of problems with their mental health. Available across Sussex.

Carer Support Services

West Sussex Wellbeing Service

<https://midsussex.westsussexwellbeing.org.uk/topics/falls-prevention/wellbalanced>

01444 477191

wellbeing@midsussex.gov.uk

This course is for you or if you know someone who has felt unsteady on their feet, experienced a fall, want to prevent a fall, have been referred by an NHS falls prevention service and are able to rise from a chair without help.

Carers Wellbeing Service

<http://www.sussexcommunity.nhs.uk/services>
01403 227000

They can visit you at home and check your general state of health and wellbeing. The team can offer advice on how to stay healthy and manage any health issues you might have.

Carers Support – West Sussex

<https://www.carerssupport.org.uk/about-us/who-we-are/>

0300 028 8888

Support Groups; a Carer Response Line; Help carers access equipment to assist them in their caring role or provide funds so that carers can do something for themselves.

Dementia Services

Dementia Support – West Sussex

01243 888 691

info@dementia-support.org.uk

<https://www.dementia-support.org.uk/>

Sage House is open to anyone with a concern about dementia and memory loss in the West Sussex area.

Employment

Southdown - Employment support

www.southdown.org

Support people to get well stay well and prevent crisis. They provide a range of mental health and employment support services across Sussex Services are holistic, person centred and recovery focused. They provide a range of services that provide support through an approach called individual Placement and Support (IPS)

Free skills and employability support

www.careerseastsussex.co.uk

An online brochure full of the latest information on free to access skills, employment and other support, arranged by area.

General

Community Connections

www.community-connections.org.uk/

Directory of Services for Older People in Mid Sussex. It has been developed in partnership with organisations working with, and for, older people in Mid Sussex.

Pathfinder Mid Sussex and Crawley

<https://www.pathfinderwestsussex.org.uk/service/pathfinder-mid-sussex-and-crawley-0>

Provide information, advice, signposting, community groups, peer support and recovery focused one to one session for people aged 18+ who are affected by mental health as well as carers friends professionals and other agencies.

United Response – Community support for people with a disability

<https://www.unitedresponse.org.uk/>

We are a charity that supports autistic people and adults with learning disabilities and mental health needs, at home and in the community.

Richmond Fellowship, Making recovery Reality

www.richmondfellowship.org.uk

Model of support:

Supported Housing and Residential Recovery Services

Crisis Services and Havens

Employment Services

Community Based Services

Social Enterprises

Domestic Abuse Services

LGBTQ directory

www.sussexrainbowcounselling.com

This directory of free support (Sussex and UK wide) lists the local support and social groups run by and for people who identify as LGBTQ, or who are unsure or questioning their gender and/or sexuality.

East Sussex Community Information Service

Search www.escis.org.uk for both adult and youth LGBTQ+ support groups and organisations.