

Organisation	Contact Name	Contact Information	Biography
<b>Health and Social Care Connect</b>	Alison O’Shea is the Operations Manager	<a href="mailto:HSCC@eastsussex.gov.uk">HSCC@eastsussex.gov.uk</a>  <b>0345 60 80 191</b>  Other ways to contact us: Minicom via type talk – 18001 0345 60 80 191 Mobile SMS text – 0779 7878 111  <b>8am to 10pm – 7 days a week</b>	Health and Social Care Connect (HSCC) is the point of contact for adults and carers with health, care and support needs to access information, advice and community services in East Sussex. The service is available if you or the person you care for is aged 18 or over.  How can HSCC Help? <ul style="list-style-type: none"> <li>• Provide information and advice</li> <li>• Point you to other services or organisations</li> <li>• Take applications to assess your needs</li> <li>• Consider whether you would benefit from daily living equipment or telecare</li> <li>• Provide support to carers</li> <li>• You can raise safeguarding concerns with us</li> </ul>
<b>Age UK East Sussex</b>	Charles Sheldon  Health and Community Development Manager	<a href="mailto:Charles.sheldon@ageukeastsussex.org.uk">Charles.sheldon@ageukeastsussex.org.uk</a>  01273 476704	Age UK East Sussex is the main countywide charity serving people in later life in East Sussex. We do this by providing a range of client centred services which support older people who: <ul style="list-style-type: none"> <li>• Need non-personal care to help them remain independent</li> <li>• Need support as part of hospital discharge</li> <li>• Are at risk of being scammed</li> <li>• Are socially isolated</li> <li>• Need day care support</li> <li>• Need advice while at A&amp;E</li> <li>• Need support to become more active</li> <li>• Need podiatry</li> </ul> There are full service details on our web site or for more information call 01273 476704
<b>Alzheimer’s Society</b>	Claire Grover-Forde  Services Manager East Sussex	<a href="mailto:claire.grover-forde@alzheimers.org.uk">claire.grover-forde@alzheimers.org.uk</a>  01424 773687	Dementia can happen to anyone and there's currently no cure. There are 850,000 people with dementia in the UK and the number is set to rise to 1 million by 2021. Alzheimer’s Society is the UK’s leading support and research charity for people with dementia, their families and carers. We provide information and support to people with any form of dementia and their carers through our publications, National Dementia Helpline, website, and more than 2,000 local services. We campaign for better quality of life for people with

			<p>dementia and greater understanding of dementia. We also fund an innovative programme of medical and social research into cause, cure and prevention of dementia and the care people receive.</p> <p>At Alzheimer's Society, we believe passionately that life doesn't end when dementia begins. We are here for anyone affected by dementia, and we do everything we can to keep people with dementia connected to their lives and the people who matter most.</p>
<p><b>Welfare Benefits Project</b> (I am employed by Sussex Community Development Association who are contracted by ESCC to deliver the project)</p>	<p>Barry Cooper</p> <p>Welfare Benefits Project Manager</p>	<p><a href="mailto:barry.cooper@sussexcommunity.org.uk">barry.cooper@sussexcommunity.org.uk</a></p> <p>07977 336610</p>	<p>Provides confidential and impartial benefits advice to everyone over working age in Hastings and Rother, and Eastbourne, Hailsham and Seaford areas. Phone helpline: 0333 3440681, email: <a href="mailto:benefitseastsussex@harcuk.com">benefitseastsussex@harcuk.com</a>. Expert benefit advisors can also give face to face advice and support to resolve more complex benefit issues. We also provide outreach sessions in GP and community venues. Service is open to residents and professionals, no referral procedure, just call or email to speak to one of our expert advisors. Poverty is a determinant of health inequality and we want to ensure people are in receipt of their full and correct benefit entitlement.</p>
<p><b>Care for the Carers</b></p>	<p>Jacqui Skilton</p> <p>Community Partnership Worker</p>	<p><a href="mailto:info@cftc.org.uk">info@cftc.org.uk</a></p> <p>01323 738390</p>	<p>Care for the Carers is the Carers Centre for East Sussex and as an independent charity we have been supporting unpaid carers in East Sussex since 1989. A Carer is anyone who provides unpaid support to a relative, partner or friend who is ill, frail, disabled or has mental health problems and couldn't manage without their help. There are around 60,000 unpaid carers in East Sussex. At Care for the Carers a team of staff and volunteers provide free practical and emotional advice – face to face, by telephone, or online. Care for the Carers can put carers in touch with other carers and offer a range of groups, training and events across the county. We also support carers to share their views and experiences through our Carers Voices work and our 'Building a Carer Friendly Community' initiative works with local communities, organisations and service providers, supporting them to be more carer aware and accessible.</p> <p>Carers and professionals can access Care for the Cares Services in range of ways  By Telephone: 01323 738390 (Open 8am -8pm Monday and Friday and 9am - 5pm Tuesday – Thursday)  By Text: 07860 077300  By Email: <a href="mailto:info@cftc.org.uk">info@cftc.org.uk</a>  Online: <a href="http://www.cftc.org.uk">www.cftc.org.uk</a></p>

<p><b>Public reference forum- Supporting East Sussex Better Together</b></p>	<p>Frances O'Donnell  Information and Sign Posting Officer</p>	<p><a href="mailto:prforum@ecsv.org.uk">prforum@ecsv.org.uk</a>  07432 570521</p>	<p>East Sussex Community Voice (ESCV) delivers Healthwatch East Sussex and commission's seAp to deliver the Independent Health Complaints Advocacy service in East Sussex. This enables people to access support when they wish to make a complaint related to the NHS. ESCV encourages people in communities to have a voice by sharing their experiences of health and care services and becoming involved in the planning and design of these services locally. ESCV facilitates this through focus groups, one to one interviews and social media. Through our Healthwatch work we have 'enter and view' powers which enable us to visit services and talk to people there about their experiences. We also have a Feedback centre where comments can be left on-line or in hard copy.</p> <p>Recognising ESBTs expertise in public engagement. ESBT have asked us to provide a service that supports the commissioning organisations to communicate and engage with a wide public audience across East Sussex, and will actively encourage and empower the public to engage with service transformation. This contributes to the positive relationship between the stakeholders and the NHS/ East Sussex County Council commissioning.</p>
<p><b>East Sussex Fire &amp; Rescue Service</b></p>	<p>Steve Wright  Community Safety Team Manager</p>	<p><a href="mailto:stephen.wright@esfrs.org">stephen.wright@esfrs.org</a>  01323 462449</p>	<p>The Fire &amp; Rescue Service strives to achieve safer communities, to achieve this we offer vulnerable members of the community <b>Free</b> Home Safety Visits. The visits enable us carry out an assessment of risks within the home environment and give professional advice on both, Fire Safety and the general well-being of the occupier, where we identify the need we will supply and install again <b>Free</b> of charge domestic smoke alarms, individuals identified with a hearing impairment will be provided with specialist radio linked alarms again supplied and installed <b>Free</b> of charge. With the occupiers consent this Service enables us to refer the individual to our partner organisations or signpost them to professional bodies, for a variety of interventions and support mechanisms to assist the person to live independently in their own home.</p>
<p><b>3VA</b></p>	<p>As per location</p>	<p>Phone: 01323 639 373 Lee Shepherd, Community Development Officer (Lewes District): <a href="mailto:lee.shepherd@3va.org.uk">lee.shepherd@3va.org.uk</a> Fiona Morton, Community Development Officer (Wealden): <a href="mailto:fiona.morton@3va.org.uk">fiona.morton@3va.org.uk</a></p>	<p>3VA supports and develops the voluntary and community sector in Eastbourne, Lewes District and Wealden. We do this by helping new groups to set up, find funding, improve their governance, and by providing training. We also provide networking opportunities that enable groups to share experience and expertise, and support the sector to have a say in policy and local decision making.</p>

		<p>Stephen Hughes, Community Development Officer (Eastbourne):  <a href="mailto:stephen.hughes@3va.org.uk">stephen.hughes@3va.org.uk</a></p> <p>Martina Taylor, Community Development Support Officer:  <a href="mailto:martina.taylor@3va.org.uk">martina.taylor@3va.org.uk</a></p>	
<b>Hastings Voluntary Action (HVA)</b>	<p>Tanya Vice</p> <p>Group Support Worker</p>	<p><a href="mailto:admin@hvauk.org">admin@hvauk.org</a></p> <p>01424 444010</p>	<p>HVA helps charities, community groups and social enterprises in Hastings and St Leonards to start up, grow and thrive. Our services include: Providing information; Funding advice; Community accountancy; Group support; Training and Representation. There is no charge for membership to HVA. We run the Hastings Community Network (ensures under-represented communities have a voice). Some of our community projects are LINKS (supporting asylum seekers, refugees and new migrant communities), CHANCES4CHANGE (improving public health), TEAM WELL FIT (increasing physical activity) and HELPING SELF HELP (supporting self-help groups, linked to long term health conditions, to thrive); as well as others – all information available on our website <a href="http://www.hastingsvoluntaryaction.org">www.hastingsvoluntaryaction.org</a></p>
<b>Rother Voluntary Action (RVA)</b>	<p>Sam Stone</p>	<p><a href="mailto:sam.stone@rothervoluntaryaction.org.uk">sam.stone@rothervoluntaryaction.org.uk</a></p> <p>01424 217259</p>	<p>RVA offers a range of services to support and develop the work of the voluntary and community sector in Rother.</p>
<b>ESCV/Healthwatch East Sussex</b>	<p>Kate Richmond</p> <p>Patient Participation Group Development</p> <p>Charlie Rustem</p> <p>Marketing Executive</p>	<p><a href="mailto:enquiries@healthwatcheastsussex.co.uk">enquiries@healthwatcheastsussex.co.uk</a></p> <p>0333 101 4007</p>	<p>Healthwatch East Sussex is the independent watchdog for health &amp; social care services in our county. We gather feedback from the public and make those views known to service providers and commissioners in order to help shape and improve the services you and your family use. We work to promote Healthwatch across all media, and is currently working with all three CCGs to launch a pharmacy bag campaign to further raise customer awareness. Healthwatch East Sussex also has a designated staff member working on the development of Patient Participation Groups. As well providing feedback to their GP Practices, PPGs can play an important role in circulating health and wellbeing related messages to other patients.</p>

<b>Macmillan Horizon Centre</b>	Geoff Brown  Centre Manager	<a href="mailto:gbrown@macmillan.org.uk">gbrown@macmillan.org.uk</a>  077 036 72773	<p>The Macmillan Horizon Centre is a new Cancer Information and Support Centre based in Brighton with a focus on providing support to people affected by cancer from across Sussex. Macmillan also supports and works with a number of partners across East Sussex. The Macmillan Horizon Centre can sign post people affected by cancer to the support that is available to them, not only at the Horizon Centre, but also nearer to their home. The support available at the Macmillan Horizon Centre includes Cancer information, Welfare Benefits Advice, Counselling &amp; Psychological Support, Complementary Therapies, Physical Activity, Body Image support, access to peer support groups, a cafe and cooking workshops and advice.</p>
<b>Southdown</b>	Stephanie Foard  Team Manager, East Sussex Community Links	<a href="mailto:s.foard@southdownhousing.org">s.foard@southdownhousing.org</a>  07805 863176 or 01323 340151	<p>East Sussex Community Links offers individually tailored coaching for people with mental health needs and people with Autism and mental health needs. This is a solution focussed service, offering 12 sessions of coaching to enable people to take part in community activities.</p> <p>This service helps people to take more control over their lives, by building up networks of support. The aim is to increase community resilience and social inclusion through participation in mainstream activities to decrease isolation, stigma and health inequalities.</p> <p>Advisors work with clients to help them identify goals in line with their interests as well as developing existing and new skills in the following areas:</p> <ul style="list-style-type: none"> <li>• Employment / Volunteering</li> <li>• Education / Training</li> <li>• Faith / Spirituality</li> <li>• Arts / Culture</li> <li>• Health / Leisure</li> <li>• Special interests</li> </ul> <p>To refer:          Call: 01323 340151          Or email <a href="mailto:C.Links@southdownhousing.org">C.Links@southdownhousing.org</a></p>