

Your local support

Community Action: Local Food

To access free food deliveries contact:

- ◆ Emma Reeves (Tarnar/Hanover area) phone or text 07411 251969
- ◆ Amy Allison (Pankhurst/Hanover area) phone or text 07477 972455

Volunteers for the food hubs are fully supported and supervised by The Trust for Developing Communities and/or the Council.

Community Transport Food Delivery Service:

Service for anyone in the city who needs food and basic supplies. In partnership with local independent grocer

Deliveries in Hanover and Queen's Park are on Tuesdays and Thursdays. For Elm Grove/Lewes Road area, deliveries are on Mondays and Wednesdays.

Residents can order online on the website food.bhct.co.uk or by calling our office staff 9am - 5pm Ellis: 07548 226452 or Daniel: 07739 953600.

Tarnar Children's Centre run a food bank Thursdays and Fridays for local families with children under five-years-old and pregnant women. 01273 296700

Weekly vouchers for children who receive benefits-related Free School Meals - worth £15 per child - will be issued by schools after Easter holidays. They can be redeemed at most - but not all - supermarkets (not at Aldi or Lidl).

Can you help feed our community and alleviate hardship?

Hanover and Elm Grove Communities Forum are teaming up with the Food Partnership, TDC and the council to provide additional foodbank style distribution in three nearby community venues. This brings food closer to those needing it. The Communities Forum are pledging up to £5,000 to match residents donations to provide a fund, both for food and dealing with the hardship for those losing work and incomes. If you can please help us reach our target of £10,000 by donating at <https://hanoverandelmgrove.net/givehelp/>

For more information on the communities forum contact Sarah McCarthy on 01273 389964 or go to www.hanoverandelmgrove.net The Forum holds weekly video meetings open to all

Local volunteers

Mutual Aid – To find out more about Mutual Aid in your area go to

www.brightonmutualaid.co.uk

Covid-19 Mutual Aid Groups support people with errands, information and emotional comfort. They connect willing volunteers to those in need.

If you are not online but would like help contacting your nearest Mutual aid group contact the Central Support Team (see p1).

ACORN is organising local volunteers to support people who need shopping, prescription collection, post and dog walking. To find out more about ACORN support in your area contact **07947 524226** www.acorntheunion.org.uk

Local neighbourhood updates

Keep an eye on your local neighbourhood noticeboards on the streets near you. We will try to keep these updated with your local neighbourhood information.

Community Support Newsletter Covid-19



Support is available, you are not alone

Hello, this newsletter is to give you information about the various services and support that is available for all residents.

During the coronavirus outbreak most services will still be running, although they may be operating differently just by phone or on the internet. There are also some new services (listed on the next page) that have been set up to help people during this challenging time.

Food & essentials

Delivery services

- ◆ www.brightonquarantine.co.uk
- ◆ www.bhfood.org.uk/category/directory/where-to-buy

Struggling to afford food & essentials?

Contact Emma or Amy (details below)

Three new food hubs have been set up to help people in the Hanover, Pankhurst, Tarnar and other city areas.

We can deliver food and hygiene products to your door for free. If you have dietary requirements, we will do our best to meet your needs.

Your Central Support Team

Struggling to access information online? Not enough data, knowhow or equipment? If you have any questions or would like more information, please contact us:



Hannah Barker

07771 389497

Hannah.Barker@brighton-hove.gov.uk



Simon Bannister

07795 336202

Simon.Bannister@brighton-hove.gov.uk



Emma Reeves

07411 251969

emmareeves@trustdevcom.org.uk



Amy Allison

07477 972455

amyallison@trustdevcom.org.uk

Brighton & Hove City Council COVID-19 Community Support Hub

If you can't find what you need in these pages and need extra help accessing essential services and supplies.

Please use the online easy to use form if you can, or fill it in on behalf of someone else, so we can keep phone lines free for those with no alternative.

Go to: new.brighton-hove.gov.uk/coronavirus-covid-19/request-help

If you can't get online, you can call: **01273 293117**

For the latest Brighton & Hove City Council information go to:

www.brighton-hove.gov.uk/coronavirus

Latest health advice from the NHS:

www.nhs.uk/coronavirus

Latest government advice:

www.gov.uk/coronavirus

Need help now?

Call 101 for non-urgent police help, 999 for urgent help and 116123 for the Samaritans.

Citywide and national support

Befriending

Together Co – offer a befriending service for anyone who's feeling lonely or isolated
01273 775 888

Older people

The Ageing Well service – can chat through your needs, interests to help you maintain your physical and emotional health. **07770 061072** phone & text service, Mon–Fri 9am – 5pm www.ageingwellbh.org

Disability support

Possability People – If you are a disabled person in Brighton & Hove and concerned about being isolated, call to see if we can help. **01273 894040** (10am–4pm)

Advice for Carers

Carers Hub – support for unpaid, informal family carers **01273 977000**

Travel

Brighton Buses – Customer services **01273 886200** Mon-Fri 7am–7pm, Sat 8.30am–5.30pm, Sun 9.30am–4.30pm;
www.buses.co.uk/communitysupport
SMS for passengers who have a hearing impairment text **07583 051915**

Mental health support

Community Roots – Contact them if you, or someone you know needs support: **0808 196 1768** (Mon–Fri, 9am–5pm)

Mind – for information about local services or to speak to someone about support for your mental health **01273 666950**

Samaritans - 24 hours a day, 365 days a year. Call **116 123**.

Domestic and Sexual Violence and Abuse support

Rise – Call the helpline for support
01273 622 828 (Mon–Fri 9am–5pm).

Survivors' Network -
www.survivorsnetwork.org.uk

National Domestic Abuse Helpline for out of hours support please call the 24-hour number **0800 2000247**. You are not alone.

Support for women

Brighton Women's Centre – online forums and telephone support for local women and their families. **07463 288007**
www.womenscentre.org.uk

LGBTQ support

LGBTQ Switchboard – due to the Coronavirus pandemic currently operating a new phone number **01273 359042**
www.switchboard.org.uk/projects/helpline/

Financial Wellbeing

Money Advice Plus – support and advice to people experiencing difficulty managing their money or needing advice about benefits and tax credits. **01273 664000**
www.moneyadviceplus.org.uk

Citizens Advice – offer free confidential and impartial advice: **0300 3309033**
www.brightonhovecab.org.uk

Be aware of scamming. Please be safe with your money, use trusted groups or people. If you are unsure, contact the Central Support Team or MoneyAdvicePlus.

Report a scam: Citizens Advice Consumer Helpline on **03454 040 506** or on Freephone **080 223 1133**

Children Families & young people

Tarner Community Project is operating a youth support service through social media and phone calls. contact youth workers Sophie Murphy on **07869 378722** sophie@tarner.org.uk or Tom Hines by email tom@tarner.org.uk Ask to receive their online newsletter for families and parents.

The **Parent line** text based service allows parents to get advice from health visitors in Brighton and Hove. **07507 331 296**; Mon–Fri, 9:30am–3:30pm

Department for Education Coronavirus helpline - 0800 046 8687, 8am –6pm, Mon–Fri. To answer questions about Covid-19 related to education.

Mental & emotional wellbeing support for children still at school

If your child is still going to school and you have any concerns about their emotional or mental wellbeing, you're invited to talk to a Primary Mental Health Worker from the Schools Wellbeing Service. Telephone consultations are available while schools are closed. Please email SWSConsultationLine@brighton-hove.gov.uk or call **01273 293481**.

If you need immediate support, contact your GP, call Child and Adolescent Mental Health Services (CAMHS) duty care on **030003040061** or go directly to A&E.

Want to help?

Community Works has information about organisations you can volunteer with.
www.bhcommunityworks.org.uk

Or phone the central team who can help signpost you.

Your local councillors: here to help



Hanover and Elm Grove

David Gibson
07810 150833 / 01273 291424
david.gibson@brighton-hove.gov.uk



Elaine Hills
07704 314867
Elaine.Hills@brighton-hove.gov.uk



Steph Powell
07795 335967
Steph.Powell@brighton-hove.gov.uk

Queens Park



Nick Childs
07562 437628
Nick.Childs@brighton-hove.gov.uk



Amanda Evans
07562 437629
Amanda.Evans@brighton-hove.gov.uk



Clare Rainey
07562437626
Clare.Rainey@brighton-hove.gov.uk

Need coronavirus information in a different language?

Doctors of the World have NHS information translated into 36 languages:
www.doctorsoftheworld.org.uk/coronavirus-information

<https://new.brighton-hove.gov.uk/coronavirus-covid-19/how-protect-yourself-and-others>

NHS 111 interpreter service - for PC/laptop or phone app. It enables you to make a video call to an interpreter who will relay on to the NHS. **www.interpreternow.co.uk/nhs111**