

## Local & National Support Groups



### **Age Concern (Hastings)**

Priory Meadow, Queens Road (01424) 440333

**Age UK** (01273 476 704)

**Age UK Foot Service** Home Visits available (01273 476 704 x101)

**Age UK Isabel Blackman Centre** Day Centre, Advice clinics, café (01424 446 428)

### **Alzheimers Society**

[dementiaconnect@alzheimers.org.uk](mailto:dementiaconnect@alzheimers.org.uk)

0333 1503456

[helpinghandshomecare.co.uk](http://helpinghandshomecare.co.uk)

### **Arthritis Care**

Helpline: 0800 5200520

### **Bexhill and Hastings branch of the Autistic Society**

Contact Sarah Fletton Email:- [bexhill@nas.org.uk](mailto:bexhill@nas.org.uk) Mobile:07920 254569

We have two support groups term time only. Our Bexhill support group is currently taking a break. Our Hastings group meets on the 3rd Friday of the month. Both venues offer a relaxed and informal environment where you can chat to other parents and carers over a coffee. Children are welcome. During school holidays we hire venues exclusively for families with a child with autism spectrum disorder (ASD) to enjoy.

### **Breast Cancer Support Group, Hastings and Bexhill**

The Pelham, Holliers Hill, Bexhill

[info@1066pinkladies.org.uk](mailto:info@1066pinkladies.org.uk)

### **Breathe Easy Support Group**

Supporting people with Lung Disease and Asthma in Eastbourne and surrounding areas

<https://www.breatheasyeastbourne.org/> Helpline: 07949 811599

### **British Diabetic Association**

<https://www.diabetes.org.uk/> Email : [SECandLondon@diabetes.org.uk](mailto:SECandLondon@diabetes.org.uk)

Helpline: 01372 720148 (regional team)

0345 1232399 (national helpline)

### **British Heart Foundation**

[BHF.org.uk](http://BHF.org.uk)

Helpline: 0300 330 3311

Email: [hearthelpline@bhf.org.uk](mailto:hearthelpline@bhf.org.uk)

## **British Lung Foundation**

How local support groups have been helping people Breathe Easy  
The Monthly Breathe Easy meetings in Eastbourne and Bexhill provided a valuable combination of support from others living with lung conditions



Health & Social Care 0345 60 80 191 (8am-8pm 7 days a week)

[www.linguk.org](http://www.linguk.org)

## **Bexhill, Hastings and Rother Diabetic Support**

Contact Chris Cooper 01424 218401

**Citizens Advice** Home Visits available for older people

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

Helpline: 01424 869352 (leave a message)

The Magnet Centre, Alfred Street, TN38 0ND

## **Care for the Carers**

[www.cftc.org.uk](http://www.cftc.org.uk)

Call: 01323 738390 Text:07860077300

Email: [info@cftc.org.uk](mailto:info@cftc.org.uk)

## **Clearwell Mobility Equipment Supplier**

24 Castle Street, Hastings, TN34 3DY

Call: 01424 439911

## **Conquest/ Bexhill Hospital NHS – Non Emergency**

**Was:-** 01424 755 255 **Now:-** 0300 131 4500  
111

## **Crohn's and Colitis (IBS)**

Helpline: 0300 222 5700

Email: [helpline@crohnsandcolitis.org.uk](mailto:helpline@crohnsandcolitis.org.uk)

## **Cruse Bereavement Line**

Helpline: 0808 8081677

Estbourne Group: 01323 642942

## **Dial a Ride Scheme**

Call: 01424 436868

Email:[info@hastingsst.com](mailto:info@hastingsst.com)

## **DISC Dementia Support**

DISC is a support service for Carers and former Carers of people living with Dementia

Contact Jackson Hall, Portland Place, Hastings, TN34 1QN

Helpline 07591 2500988 admin@discdementiasupport [www.discdementiasupport.org](http://www.discdementiasupport.org)

## **DWP Department of Works & Pension**

**0800 991234**

## **East Sussex Fire and Rescue Service Health Partnerships** [www.esfrs.org](http://www.esfrs.org)

The Fire Service works with many partners:-

[www.nhs.uk/change4life](http://www.nhs.uk/change4life) [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) [www.mind.org.uk](http://www.mind.org.uk)

[www.dementiauk.org](http://www.dementiauk.org) [www.warmeastsussex.co.uk](http://www.warmeastsussex.co.uk)

to reduce the risk of fire in the home, and increase positive outcomes for the most vulnerable people in our communities. With Initiatives to improve health and inclusion are delivered, working with key partners, targeting those who may be at greatest risk.

**Free Home Fire Safety Check**

**Free Home Safety Visits**

## **Fellowship of St Nicholas**

A local charity with a range of services for children, young people and families

66 London Rd, Hastings, St Leonards, Saint Leonards-on-sea TN37 6A **01424 423683**

## **J C R Joint Community Rehabilitation**

Supporting your independence:- Our team members will visit you in your home and work with you to restore or maintain your ability to carry out everyday tasks and activities

Hastings & Rother 01424726750

## **Macmillan Support**

Phone 0808 808 00 00 [www.macmillan.org.uk](http://www.macmillan.org.uk)

## **Hastings and Rother Voluntary Association for the Blind**

Contact **29 St. Leonards Road, Bexhill TN40 1HP**  
**01424 213154**  
**Open · Closes 15:30**

John Taplin Centre Healy House

3 Upper Maze Hill, St. Leonards-on-Sea, TN38 0LQ  
**(01424) 436359**

## **Hastings Talking Newspapers**

Contact Sue Dawson 01424 447933  
64 The Croft (Love Lane), Hastings TN34 3HH

**Hastings Borough Council** 01424 45 1066

## **Home Start Hastings and Rother**

offers friends and support to local families with children under 5yrs

66 London Road, St Leonards on Sea TN37 6AS 01424 443636 [contact@hshr.org.uk](mailto:contact@hshr.org.uk)

## **Hastings and District Stoma Support Group**

Contact Mr Tony White, 29 Fieldway, Broad Oak, Brede, (01424) 882592  
Mrs May Selves (01424) 773879 and Mr. Haggata (01424) 842481.

Meets 2nd Wednesday of the months March/May/July/Sept/Nov, in the meeting room, Bexhill Hospital. Mutual support and social contact for those who have a colostomy, an ileostomy or urostomy.

## **Hastings Gateway Club**

Youth and Community organisation for teenagers and adults with mild or moderate learning difficulties.

Contact Lesley Chapman Secretary 01424 753920

C /O Frimley 64 London Road St Leonards on sea East Sussex TN37 6AS

## **Hastings Shop Mobility**

We are a charity that hires disability vehicles to people who find it hard to get around.

Our opening hours are Tuesdays, Fridays and Saturdays, 10.00 - 16.30.

Priory Meadow Shopping Centre, Queens Rd, Hastings TN34 1PH Phone [01424 447847](tel:01424447847)

## **Hastings Association of Retired People**

Mon – Fri 9am-12noon

6 Bank Buildings Station Rdad, East Sussex England, TN34 1NG

01424 431924

## **Independent Age**

Independent Age is a National charity, providing free confidential advice for older people, their families and carers in England

Call our Freephone line on 0800 319 6789

Email:- [advice@independentage.org](mailto:advice@independentage.org)

Free Publications at [www.independentage.org/order](http://www.independentage.org/order)

## **Memory or Dementia Support**

c/o Jackson Hall, Portland Place  
0782 555 1974 [hastingsrother@mssociety.org.uk](mailto:hastingsrother@mssociety.org.uk)

## **Multiple Sclerosis Society Hastings and Rother**

c/o Jackson Hall, Portland Place 0800 707 6645 [hastingsrother@mssociety.org.uk](mailto:hastingsrother@mssociety.org.uk)

**Patient Transport** For Medical appointments – eligibility criteria in place  
0300 111 2131

## **Parkinson's UK – Bexhill and Hastings Branch**

Email: [chrisgriffith@btinternet.com](mailto:chrisgriffith@btinternet.com)

Meet: Every 4<sup>th</sup> Friday of each month, 2-4pm at St Augustines Church, Bexhill, TN39 3AZ

National Website and helpline: <https://www.parkinsons.org.uk/> 0808 800 0303

**Police Emergency** 999

**Non-Emergency** 101

## **Re-engage**

Re-engage provides vital, life-enhancing social connections for older people at a time in their lives when their social circles are diminishing.

<https://www.reengage.org.uk/> Call: 0800 716 543

**Samaritans** Confidential Helpline for people who are feeling low  
08457 90 90 90

**Silver -Line** Confidential Helpline for older people

**Social Care Direct** Social Services Contact Point 0345 60 80 191

## **Stroke Association Relatives and Helpers (S.A.R.A.H.)**

Contact 39 Kenrith Court  
Hastings  
TN34 2SQ  
Phone: 01424 714605

S.A.R.A.H offers understanding, help and support to stroke victims, family and carers. S.A.R.A.H is a local club affiliated to the Stroke Association, a charity run by a group of volunteers.

We offer a social opportunity for those affected by strokes. Carers are always welcome. As well as meeting to chat, members take part in various social activities including talks with guest speakers, games and outings. Some transport is available from Hastings & St Leonards. Subscription is £5.

## **Together Hastings 'Your Way Centre**

Carisbrooke House St Leonards-on-Sea TN38 0JP  
Phone 01424 434886 Email:- [hastings-yourway@together-uk.org](mailto:hastings-yourway@together-uk.org)

The Service offers support for people who may feel socially isolated or wish to make changes in their lives and are finding it difficult to move forward. Usually these are people who are experiencing mental health issues. There is information available about work, voluntary work, training opportunities and fitness related or vocational and educational. We also have peer support training opportunities within.

## **WRVS is **Now** "Royal Voluntary Service" – St Leonards**

Dial a Ride, Social events, help in the Community services 01424 426 090

The Information in this Directory has been compiled by Members of Sedlescombe House Surgery's PPG (Patient Participation Group)

Compiled/Amended	28/11/2022
Contacts Added	10/03/2023