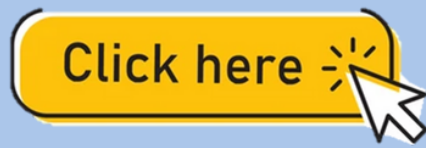


East Brighton Health Forum updates



For more update & minutes

Welcome to our January 26 update

East & Central Primary Care Network continue their weekly Health Hub, 10-1 on Fridays. They have produced an easy read and accessible directory of all the services available. Deans & Central PCN continue to offer satellites in communities like Saltdean that might struggle to access The Hub.

Just click this image to access



UOK & other service wellbeing drop ins In North Whitehawk started up. Click image for more information.

Wild East Walks click image for website new walks for 2026



Other New Projects

- Workwell has started at The Crew Club to support people with health conditions to stay in, or return to, employment.
- Community toe nail service in partnership with the University of Brighton & a local business.
- Community participation in Sleep Research.

Not just a meeting! Join us on
10.30-12.30, Tuesday 3rd February
at **Robert Lodge Community Space**
35-70 Robert Lodge,
Manor Place, BN2 5FG



What we've been discussing

- Pharmacy 1st changes
- Act on Cancer Together
- Covid & Flu vaccine walk ins & promotion.
- Public Health Staying Well in Winter & Falls Prevention, including advice on mobility workshops.

February Agenda

- Welcome and Actions
- Neighbourhood Mental Health Teams updates from the Commissioning Team
- UOK services in East Brighton
- Mental Health workshop with University of Brighton
- Updates:
 - PCN Health Hub
 - Wild East Walks
 - Updates from North & Central
 - Round Robin updates

Future dates for your diary 10.30-12 on

- 12th May
- 25th August,
- 24th November

Contact

claireburchell@trustdevcom.org.uk
or text/phone 07809 829734





Free Pilates



This mat based class will strengthen weak muscles and improve mobility. It is specifically designed to be inclusive and welcoming to beginners and individuals of all fitness levels.

Funded by



free parking on Coolham Drive BN2 5QW
Number 1 or 21 bus to Coolham Drive



Diabetes and Wellbeing Group

It can be hard living with a long term health condition, but **you are not alone.**

Meet other people near you and share ideas on managing conditions like diabetes, fatigue, cardiovascular disease and more.

Light refreshments and hot drinks available. Carers welcome.

**Every second Thursday of the month,
10am - 11:30am at Robert Lodge
Community Rooms**

35 - 70 Manor Place, Brighton, BN2 5FG
Just drop in, no booking required.

Any questions:

Call Lucy Hetherington
at the Trust for Developing Communities
07886 207046
lucyhetherington@trustdevcom.org.uk

Join our
peer support
group



[click here for the latest What's on in East Brighton
activity directory 2026](#)

WOMEN'S WELLBEING WEEKLY



Free
refreshments

Meet new friendly women, find out about local opportunities and support, be creative, have fun with lots of laughter in a safe supportive space. If you feel lonely and fed up come along!

**Every Tuesday at Robert Lodge
Community Rooms From 10-12pm**



Contact Anita for more info:
Trust For Developing Communities
anitadoherty@trustdevcom.org.uk
07307681963

Feeling stuck or unsure what's next?

Join the

Work Well Crew



.....a friendly, drop-in space at the Crew Club for
ages 16+ where you can get free support on your
journey towards work or training

There's no pressure, no judgement – just real
people helping each other move forward.

What's on Offer

One-to-one chats about jobs, training and next steps.
Tips on confidence, wellbeing and motivation.
Help with CVs, applications and interviews.
Connections to local employers, mentors and opportunities.
£50 Voucher when you complete your Work Well Action Plan
Free lunch, refreshments and a warm welcome.

Info:

Thursdays - term time
11am-2pm

Come for a chat....
leave with a plan!

Crew Club, 26 Coolham Dr,
Brighton BN2 5QW