



This Directory will be updated regularly and can be found on the **what's on BN2Five facebook page** or scan this QR code with your phone/device to join. If you would like a paper copy or have something you would like to add or query email [bn2Five@gmail.com](mailto:bn2Five@gmail.com) There is also a list of hireable spaces if you are looking for activity space.



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مرحبا

إذا كنت تحتاج مساعدة لقراءة قائمة النشاطات هذه الجاء الاتصال ب (اسم الشخص) و سنكون سعداء بمساعدتكم

## MONDAY

WHATS ON	TIME	WHERE	WHO	CONTACT	COST
Beginners Yoga	10am-11am	The Manor Gym	Tanya	07788992205	
Social coffee morning drop-in	10-12 am	Kingfisher Community Rooms, 1st floor Kingfisher Court, North whitehawk	Gabs Community Engagement Team	Gabriel Tiranti Gabriel.Tiranti@brighton-hove.gov.uk	FREE
Sew Much Better Activity	10-11am	Phoenix Art Space 10-14 Waterloo Place BN2 9NB in the white room, ground floor	Primary Care Network (PCN) East and Central	TEXT 07380 595054	FREE
Art & Crafts	11.30-12.30	Phoenix Art Space, 10-14 Waterloo Place, BN2 9NB, in the white room, Ground floor	TEXT 07481 610975 Only for patients of east & central gp surgeries list here: <a href="https://ecb.pcn.gpweb.org.uk/our-primary-care-network">https://ecb.pcn.gpweb.org.uk/our-primary-care-network</a>	Cult Milk Crafts TEXT 07380 595054	FREE
Wellsbourne Drop-in Cafe	1.30-3.30pm	Walter May House, The Broadway	Wellsbourne Healthcare CIC	01273 006444	FREE
Arts & Crafts	11.30am-2.30 pm	The Manor Gym	Sarah Griffiths	07568 694525	FREE
Creative writing after school club yrs 3-6	3.15-3.45pm term time only	The Whitehawk Library	Little Green Pig	Contact Nicki on info@littlegreenpig.org.uk	FREE
Mindfulness Session	3-4.30pm	The Bighthelm Centre, North Road	Primary Care Network	TEXT 07481 610975 Only for patients of east & central gp surgeries list here: <a href="https://ecb.pcn.gpweb.org.uk/our-primary-care-network">https://ecb.pcn.gpweb.org.uk/our-primary-care-network</a>	FREE
Sama Karate (5-17yrs)	5pm-6pm	The Manor Gym	John Klimatys	07840222995	-
Spiral disability football	6.30pm-8pm	The Manor Gym	Lisa Nobbs	07791055090	
Sussex Sword Academy	8pm-10pm	The Manor Gym	Sussex Sword Academy	www.sussexswordacadamy.org	
Tennis	6pm-6.30pm	The Manor Gym	Badgers	The.manor@btconnect.com	FREE
Youth Session 11+	3.30-5.30pm	Bristol Estate Rooms	TDC Youth Team	amybaker@trustdevcom.org.uk	FREE
Football (12-19yrs)	5pm-7pm	The Manor Gym	Albion in the Community	07876898023	FREE
Netball	7pm-9pm	The Manor Gym	Powerplay Netball League	powerplayrichard@powerplay.co.uk 07741 911417	
Nursery	8am-6pm	178 Whitehawk Rd	Roundabout Nursery	0173 294780 Roundabout.nursery@brighton-hove.gov.uk	
ABC Boxing & Youth session	Boxing 4-5pm aged 11-16 yrs  Youth session 5-6pm	Robert lodge basement, Manor Way, Brighton BN2 5FG  Robert Lodge Community rooms (next door)	Whitehawk Amateur Boxing Club Gary Emms  TDC Youth Workers	Youth session contact TDC Caroline Vitta on 07481 896892  Or Gary 07738 527677	FREE

## TUESDAY

WHATS ON	TIME	WHERE	WHO	CONTACT	COST
Baby Boogie	10.15-11.15am	1 <sup>st</sup> Tuesday of the month Whitehawk Library	Whitehawk Library	Whitehawk Library 01273 290800	FREE
Mindfulness & meditation	10-12 noon	The Manor Gym	The Manor Gym	01273 294589	FREE
Qi Gung & wellbeing drop-in weekly	Q-Gung 12-1pm Drop-in 2-3pm on trauma & mental health	Outside East Brighton Cafe in the Park BN2 5UA	for patients of East & Central PCN with qualified coach & Dr A Fazakerley	TEXT 07481 610975 Only for patients of East & Central gp surgeries list here: <a href="https://ecb.pcn.gpweb.org.uk/our-primary-care-network">https://ecb.pcn.gpweb.org.uk/our-primary-care-network</a>	FREE
Tai Chi Session	2-3pm	St Martins Church Hall, 37 Lewes Road, BN2 3HQ	Primary Care Network	TEXT 07481 610975 Only for patients of East & Central gp surgeries list here: <a href="https://ecb.pcn.gpweb.org.uk/our-primary-care-network">https://ecb.pcn.gpweb.org.uk/our-primary-care-network</a>	FREE

Street Dance Sessions (ages 10-16 yrs)	4.30-5.30pm	The Manor Gym from Tues 7 <sup>th</sup> Feb	The Y.E.S Project	The Manor Gym 01273 294589	FREE
For Parents of children & young people with SEND	9.30-11.30am once a month	St Cuthmans	AMAZE	Sandra on 07485 347388 or email <a href="mailto:sandra@amazesussex.org.uk">sandra@amazesussex.org.uk</a>	FREE
Bristol Estate open social living space	Every Tuesday 11.30-3pm from Nov 22 <sup>nd</sup> to be confirmed	Bristol Estate Community Room (Belta), Donald Hall Road	Belta, Feedback and Tdc Various weekly activities yoga/arts/music/sewing etc	TDC Sara Fernee 07307 683581 or contact Belta on 07447 599087	FREE
Zumba Keep fit	11.30pm-12.15pm	The Manor Gym	Active for Life	01273 294589	FREE
Kida Multi Sport	3.30pm-4.30pm	The Manor Gym	Healthy Lifestyle team	01273 292724	FREE
Robert Lodge Knit & Natter Club	10-12 noon	Robert Lodge Community Space	with Maureen	contact <a href="mailto:sarafernee@trustdevcom.org.uk">sarafernee@trustdevcom.org.uk</a> for more information	FREE
Boccia & lunch club	1pm-3pm	The Manor Gym	The Manor	01273 676828	
Stay & Play (2-5 years)	1pm-2.30pm	Whitehawk Family Hub	Children's Centre team	01273 290300	Free (Booking required)
Football (7-10)	5pm-6pm	The Manor Gym	Albion in the community	07876 898023	Free
Nursery	8am-6pm	178 Whitehawk Rd	Roundabout Nursery	0173 294780 <a href="mailto:Roundabout.nursery@brighton-hove.gov.uk">Roundabout.nursery@brighton-hove.gov.uk</a>	
Tennis	5pm-6pm	Church Pl, Brighton BN2 5JN	Badgers Tennis Club	01273 677795	

## WEDNESDAY

WHATS ON	TIME	WHERE	WHO	CONTACT	COST
Diabetes wellbeing group	1st Wed of the month 10-11.30am	Robert Lodge Community Space	Group led support drop-in	Claire Burchell 07809 829734 <a href="mailto:claireburchell@trustdevcom.org.uk">claireburchell@trustdevcom.org.uk</a>	FREE
Pilates	10am-11am	The Manor Gym	Kellie Sheppard	07712005333	
Jump for Joy	10 - 11:30	Whitehawk Family Hub	Louise Sargeant	18 months - 5 years play group Term times <a href="mailto:Louise.Sargeant@brighton-hove.gov.uk">Louise.Sargeant@brighton-hove.gov.uk</a>	Free
Post Natal Pilates	11.15-12.15	The Manor Gym	Active for Life	01273 294589	FREE
Basketball (7-11yrs)	5pm-6pm	The Manor Gym	Tanya	01273 676828	
Sussex Sword Academy	7.30pm-10pm	The Manor Gym	Sussex Sword Academy	<a href="http://www.sussexswordacademy.org">www.sussexswordacademy.org</a>	
Girls Football	5pm-6pm	The Manor Gym	Albion in the community	07876898023	FREE
Hawks 50+ lunch club	11.30am-1pm	Robert Lodge Community Space	Hawks 50+ Group	<a href="mailto:anitadohererty@trustdevcom.org.uk">anitadohererty@trustdevcom.org.uk</a> 07307 681963	Pay as you feel
Zumba for all	5.30pm-6.15pm	The Manor Gym	Healthy Lifestyles team	01273 294589 <a href="mailto:healthylifestyles@brighton-hove.gov.uk">healthylifestyles@brighton-hove.gov.uk</a>	£3/£2
Tea & Tech Drop in	1pm - 4pm	Walter May House	Lifelines	01273 688117 <a href="mailto:lifelines@volunteeringmatters.org.uk">lifelines@volunteeringmatters.org.uk</a>	FREE
Nursery	8am-6pm	178 Whitehawk Rd	Roundabout Nursery	0173 294780 <a href="mailto:roundabout.nursery@brighton-hove.gov.uk">roundabout.nursery@brighton-hove.gov.uk</a>	
Youth Café (7-11)	3pm-3.45pm	St Cuthmans Church	St Cuthmans Church	<a href="http://www.stcuthmanswhitehawk.org">http://www.stcuthmanswhitehawk.org</a>	
Advice service	10am-2pm	Valley Social Centre	St Cuthmans Church	Contact for more info on <a href="mailto:info@thewhitehawk.foodbank">info@thewhitehawk.foodbank</a>	FREE
Young Women's Group	3.30pm	Whitehawk Family Hub	TDC Youth Team	<a href="mailto:amybaker@trustdevcom.org.uk">amybaker@trustdevcom.org.uk</a>	FREE
Community Garden	2pm-5.30pm	179 Whitehawk Road, BN2 5FL	Wellsbourne CIC	079277086399 <a href="mailto:community@wellsbournehealthcare.org.uk">community@wellsbournehealthcare.org.uk</a>	FREE
Community Gardening	various times	Bristol Estate community Allotment	Belta	contact 07447 599087 or website: <a href="https://www.belta.org.uk/">https://www.belta.org.uk/</a>	FREE

## THURSDAY



WHATS ON	TIME	WHERE	WHO	CONTACT	COST
Arts & Crafts Workshop 30 <sup>th</sup> June 7 <sup>th</sup> & 14 <sup>th</sup> July	10am-12pm	Whitehawk Library	Eastside Print	Booking required 01273 694976 <a href="mailto:info@eastsideprint.org">info@eastsideprint.org</a>	FREE
NHS social proscriber link worker drop-in	10-1pm	Blenheim House (opposite Brighton DOME) 3rd floor 120 Church Street BN1 1UD	Primary Care Network East & Central social proscribing Team	TEXT 07481 610975 <b>Only</b> for patients of East & Central gp surgeries list here: <a href="https://ecb.pcn.gpweb.org.uk/our-primary-care-network">https://ecb.pcn.gpweb.org.uk/our-primary-care-network</a>	FREE
Speak Out advocacy drop-in	11-1pm	St Georges Church Cafe, Kemptown	Speak-Out East Adults 18+ with additional needs	contact 01273 421921 to find out more or just drop-in - disability friendly venue	FREE
Robert Lodge Art Club	1-2.30pm	Robert Lodge Community Space	Arts with Karen	contact <a href="mailto:sarafernee@trustdevcom.org.uk">sarafernee@trustdevcom.org.uk</a>	£1 per session
Patching Lodge social group 50+	1-3pm	Patching Lodge, ground floor, BN2 OAQ	PCN frailty Team	TEXT 07481 610975 <b>Only</b> for patients of East & Central gp surgeries list here: <a href="https://ecb.pcn.gpweb.org.uk/our-primary-care-network">https://ecb.pcn.gpweb.org.uk/our-primary-care-network</a>	FREE
Yoga (7-11 years)	4-pm	The Manor Gym	The Brighton Yoga Foundation	Contact <a href="mailto:samathayogafoundation@gmail.com">samathayogafoundation@gmail.com</a> 07740 531250	Free
Beginners Yoga	6.30pm-8pm	The Manor Gym	Tanya	07788992205	
Childrens Arts & Crafts	3.30pm-5pm	The Manor Gym	Sarah Griffiths	07568694525 <a href="mailto:sarahgriffiths230187@gmail.com">sarahgriffiths230187@gmail.com</a>	
Kids Yoga	4pm-5pm	The Manor Gym	Oli Howker	07584208913 <a href="mailto:yoga@balancekids.co.uk">yoga@balancekids.co.uk</a>	
Football (10-12yrs)	5pm-6pm	The Manor Gym	Albion in the community	07966 390055	FREE
Nursery	8am-6pm	178 Whitehawk Rd	Roundabout Nursery	0173 294780 <a href="mailto:roundabout.nursery@brighton-hove.gov.uk">roundabout.nursery@brighton-hove.gov.uk</a>	
Foodbank	10am-4pm	St Cuthmans		<a href="http://www.stcuthmanswhitehawk.org/">http://www.stcuthmanswhitehawk.org/</a> (contact for referral email)	
Community cafe	11am-1pm	St Cuthmans		<a href="http://www.stcuthmanswhitehawk.org/">http://www.stcuthmanswhitehawk.org/</a>	
Brightstore - affordable food	1pm-4pm	Whitehawk Family Hub	Brightstore	<a href="mailto:info@brightstore.org">info@brightstore.org</a> 07306 655432	
Youth café drop-in	3-5pm	The Hawks	Amy and the TDC Youth Team	<a href="mailto:amybaker@trustdevcom.org.uk">amybaker@trustdevcom.org.uk</a> or call 07414 038340	Free
Bike Workshop	3.30pm-7pm	St Davids Hall, Whitehawk Road		<a href="mailto:whitehawkbikes@gmail.com">whitehawkbikes@gmail.com</a> facebook here: <a href="https://www.facebook.com/whitehawkbikes">https://www.facebook.com/whitehawkbikes</a>	small donation
Boxing various ages	6pm - 7pm	Robert lodge basement, Manor Way, Brighton BN2 5FG	Whitehawk Amateur Boxing Club Gary Emins	Call for different age group session 07738 527677	
Community cafe	12.30pm-2pm	Bristol Estate community rooms	Sussex Surplus	01273 675741	

## FRIDAY

WHATS ON	TIME	WHERE	WHO	CONTACT	COST
Funkfit Dance	11am-2pm	The Manor Gym	JP Omari	<a href="mailto:info@funkfit.co.uk">info@funkfit.co.uk</a>	
Drum and base boxercise	10-12 noon	St Davids Hall	Masie at FFT	<a href="mailto:fft@gypsy-traveller.org">fft@gypsy-traveller.org</a> or call 01273 234777 children welcome and free healthy lunch included	Check with Masie
Dementia support drop-in	11-12.30 noon	Kingfisher Community Room, North Whitehawk	Fran & Davina BHCC Healthy Lifestyles Team	Fran Hamilton on <a href="mailto:franhamilton_ot@yahoo.co.uk">franhamilton_ot@yahoo.co.uk</a> or call 07838719519	Free
Children and families group	3-5pm	Whitehawk Family hub	The Hawks café drop-in	Tdc Tony Silsby on <a href="mailto:tonysilsby@trustdevcom.org.uk">tonysilsby@trustdevcom.org.uk</a> or Tracey on 07759 012936	Free
Brighton Pebbles	4pm-6pm	The Manor Gym	Lisa Hinton	07584208913	
Football (12-19yrs)	5pm-7pm	The Manor Gym	Albion in the community	07966 390055	
Nursery	8am-6pm	178 Whitehawk Rd	Roundabout Nursery	01273 294780 <a href="mailto:roundabout.nursery@brighton-hove.gov.uk">roundabout.nursery@brighton-hove.gov.uk</a>	
Children's activity sessions (term time)	1pm -1.45pm	Whitehawk Family Hub	Active for life	01273 290300	Free (Booking required)

Coffee & chat for parents (term time)	1.45pm-2.30pm	Whitehawk Family Hub	Children's Centre	01273 290300	Free (booking required)
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## SATURDAY

WHATS ON	TIME	WHERE	WHO	CONTACT	COST
Dance & Gymnastics	9am-4pm	The Manor Gym	PW Performers (Pippa)	07972416947	
Wellsbourne Welcome drop-in	11-12.30 noon	Every Saturday at Wellsbourne Healthcare CIC	At Whitehawk hub - tea and biscuits and chat all welcome	01273 005444	Free
Parkrun	9am	East Brighton Park	Parkrun	eastbrighton@parkrun.com	Free

## SUNDAY

WHATS ON	TIME	WHERE	WHO	CONTACT
Racehill Orchard activities	11am-3pm	Racehill Orchard		racehillorchard@gmail.com 01273 431718  <a href="https://www.facebook.com/groups/130844300446732/">https://www.facebook.com/groups/130844300446732/</a> about <a href="https://racehillorchard.wordpress.com/">https://racehillorchard.wordpress.com/</a> lifestreamgospelchoir@gmail.com <a href="https://lifestreamcommunitychoir.blogspot.com">https://lifestreamcommunitychoir.blogspot.com</a> <a href="http://www.stcuthmanswhitehawk.org/">http://www.stcuthmanswhitehawk.org/</a>
Community Choir	4pm-5pm	The Manor Gym	Lifestream	lifestreamgospelchoir@gmail.com <a href="https://lifestreamcommunitychoir.blogspot.com">https://lifestreamcommunitychoir.blogspot.com</a>
Family Gathering (0-7yrs)	3.30pm	St Cuthmans		<a href="http://www.stcuthmanswhitehawk.org/">http://www.stcuthmanswhitehawk.org/</a>

WHAT	community space for hire	WHERE	WHO	CONTACT
Community support for small groups	X	Based at Whitehawk hub	Due East Brighton	feedback@dueeast.org.uk
Healthcare Centre	Garden space may be hired	179 Whitehawk Road, BN2 5FL	Wellsbourne Healthcare CiC	01273 005444 <a href="https://www.wellsbournehealthcare.org.uk/">https://www.wellsbournehealthcare.org.uk/</a>
Community support for funding grants	has office space to hire	East Brighton	The East Brighton Trust	<a href="http://www.eastbrightontrust.org.uk">www.eastbrightontrust.org.uk</a>
Community worker support from TDC	X	Whitehawk, Manor Farm and Bristol Estate	The Trust for Developing Communities	TDC Development worker Sara Fernee <a href="mailto:sarafernee@trustdevcom.org.uk">sarafernee@trustdevcom.org.uk</a> or 07307 683581 or Manager Claire Burchell 07809 829734
School		Whitehawk Road, BN2 5FL	City Academy Whitehawk	01273 681377
Leisure Centre		120 Wilson Avenue, BN2 5PB	Stanley Deason Leisure Centre	01273 694281 <a href="https://www.freedom-leisure.co.uk/centres/stanley-deason-leisure-centre/">https://www.freedom-leisure.co.uk/centres/stanley-deason-leisure-centre/</a>
Arts activities	X	Brighton East Arts Network	Maggie Anderson	07913 511759
Whitehawk Community food Project	Green Space	Whitehawk Hill	Community Food Project	info@brightoncommunityfoodproject.com
Bristol Estate Community Hub	has activity space for hire	Bristol Estate community centre 146a Donald Hall Road, BN1 5DJ	Bristol Estate Leaseholders and Tenants Association (Belta)	<a href="http://www.belta.org">www.belta.org</a> email <a href="mailto:trustees@belta-brighton.co.uk">trustees@belta-brighton.co.uk</a> or call the community hub on 07447 599097
Robert Lodge Community Space	has activity space for hire	Robert Lodge Manor Place, Whitehawk Rd, BN2 5FG	Robert Lodge Community space planning group	Contact Chris El Shabba on 07853 298705 or East Community Engagement Officer Gabriel Tiranti <a href="mailto:Gabriel.Tiranti@brighton-hove.gov.uk">Gabriel.Tiranti@brighton-hove.gov.uk</a>
Kingfisher Community Space	has small activity space for hire	1st Floor Kingfisher room, kingfisher Court, North Whitehawk	North Whitehawk Resident Association	Community Engagement Officer Gabriel Tiranti <a href="mailto:Gabriel.Tiranti@brighton-hove.gov.uk">Gabriel.Tiranti@brighton-hove.gov.uk</a> or contact Anne Glow on <a href="mailto:anneglow774@yahoo.com">anneglow774@yahoo.com</a>
School		Whitehawk Hill Rd, Brighton BN2 0AH	St John the Baptist Primary	01273 607924

School		7 Manor Rd, Brighton BN2 5EE	St Marks Primary	01273 605588
St Davids Hall	activity space for hire	Whitehawk Road, Brighton, BN2 5FL	St Davids Community space	contact Ruth +44 1273 004407 email <a href="mailto:hire@stdavidshall.org">hire@stdavidshall.org</a> website: <a href="https://www.stdavidshall.org">https://www.stdavidshall.org</a>
Library	activity space for hire	179a Whitehawk Rd BN2 5FL	Whitehawk Library and Hub	01273 290 800 or email <a href="mailto:libraries@brighton-hove.gov.uk">libraries@brighton-hove.gov.uk</a>
Whitehawk family Hub	has activity spaces for family activities	178 Whitehawk Road, BN2 5FL	BHCC Family Hub for 0-19 years	email <a href="mailto:familyhubs@brighton-hove.gov.uk">familyhubs@brighton-hove.gov.uk</a> or contact 01273 293545
The Manor Gym	Has activity space for hire	Manor Road, BN2 5EA	Centre Manager Tanya	01273 676828 <a href="http://www.themanorbrighton.com">www.themanorbrighton.com</a>

If you have a regular Community activity, service, or provision for residents in East Brighton BN2 5 area and you would like it added to the East Directory contact [bn2five@gmail.com](mailto:bn2five@gmail.com) - tell us your activity, where, when, and who it is for and if applicable the fee/price to attend and contact details and we will add it to the Directory.

**Would you like to be more involved in Community Conversations in 2024?** We would be happy to help you find the right place to do it. If you've some time to spare and feel passionate about living in Whitehawk, Bristol Estate and Manor Farm. Volunteering locally to share your life skills would be really valued and knowing about new training opportunities would be an avenue to learn new ones! Got a project you think would benefit the wider area, need help to fundraise for it or build networks with others to support it.

Contact TDC East Community Development Manager - Claire on 07809 829734 check out the website to see the sorts of things we can support with [www.trustdevcom.org.uk](http://www.trustdevcom.org.uk)

## Warm welcome - Online city map of indoor activities & social spaces



<https://www.brighton-hove.gov.uk/cost-living-support/warm-welcome-indoor-activities-and-warm-places-go-winter>

## USEFUL INFORMATION

### Free Wifi spots in Whitehawk, Manor Farm & Bristol Estate

- Whitehawk Library and Hub 179a Whitehawk Road, BN2 5FL - LinkFree signup needed and equipment available to use - libraries extra operates on Mond, Wed and Fridays how to sign up to libraries extra here: [Sign up to extra card info](#)
- Bristol Estate Community Rooms – 146a Donald Hall Road, BN2 5DJ – LinkFree signup needed and free to charge Tech

*Check with local volunteers or staff on how to access the WIFI if unclear.*

### National and local resources to help you save money

- Turn2Us (National website, benefit calculator, grant search...) <https://www.turn2us.org.uk/>

- Money Advice Plus (local money and debt support) - <https://www.moneyadviceplus.org.uk/> or advice line 0800 988 7037
- Citizens Advice - <https://www.cabrightonhove.org/get-advice/>
- Healthy Start Vouchers (vouchers for milk/fruit/veg for under 4s) – [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)
- Free School Meals – [www.brighton-hove.gov.uk/free-school-meals](http://www.brighton-hove.gov.uk/free-school-meals) or 01273 293497

### Help with energy bills

- Local Energy Advice Partnership (LEAP) <https://applyforleap.org.uk/> or freephone 08000607567BHESCo (energy & switching advice, community energy etc) – <https://bhesco.co.uk/>
- The Energy Saving Trust (tips for energy saving) - <https://energysavingtrust.org.uk/>
- Southern Water Advice – [www.southernwater.co.uk/account/help-paying-your-bill](http://www.southernwater.co.uk/account/help-paying-your-bill)
- Brighton and Hove City Council Discretionary Fund 01273 293117 (option 1)

### Mental health support

- UOK Brighton & Hove (Mental health & wellbeing support) – Free phone 0808 1961768 (open Mon-Fri 9am-5pm)
- Sussex Mental Healthline (urgent support) – 0800 0309500  
<https://www.sussexpartnership.nhs.uk/sussex-mental-healthline>
- Free Worry Tree Café – friendly non-judgemental drop-in where to meet other people and a health practitioner is available over a cuppa for a chat, or signposting to services at Whitehawk Inn, Whitehawk Road, Mondays 1.30-3.30pm contact on 01273 290800 for more details or just pop in
- Ageing well [www.ageingwellbh.org](http://www.ageingwellbh.org) gateway to activities & services for people over 50
- Brighton and Hove wellbeing service [www.brightonandhovewellbeing.org](http://www.brightonandhovewellbeing.org)
- TDC health Community Connectors are here to talk to you about your health and to help you connect to local services. We are in East Brighton every Thursday - St Cuthmans foodbank 11.30am Bristol Estate Community, Social Living Space on Tuesdays 11.30-3 contact us on [info@trustdevcom.org.uk](mailto:info@trustdevcom.org.uk)

### Community & Charity services in Brighton & Hove

- Trust for Developing Communities - <https://www.trustdevcom.org.uk/> 01273 234768
- Community Works - <https://www.bhcommunityworks.org.uk/> 01273 234023
- Community Base - <https://communitybase.org/> 01273 234000
- Resource Centre a useful space for individuals and groups to rent equipment, get training and get community printing at low cost and funding support 01273 606160 [www.resourcecentre.org](http://www.resourcecentre.org) or email [info@resourcecentre.org](mailto:info@resourcecentre.org)
- Brighton and Hove help in an emergency links - <https://www.brighton-hove.gov.uk/benefits/help-and-support/get-emergency-help-food-energy-bills-and-ot-her-essentials> email: [LDSF@brighton-hove.gov.uk](mailto:LDSF@brighton-hove.gov.uk) or telephone 01273 293117
- Speak out East for people aged 18+ with learning and additional needs – friendly weekly sessions at the Café in St Georges Church, Kempdown, BN2 1ED, Thursdays 11-1pm contact 01273 421 921 website: <https://www.bhspeakout.org.uk>
- Ageing Well Directory - <https://ageingwellbh.org/> services and activities for 50+

### Food projects in the area for free & affordable food & Pay as you feel and food share projects

- St Cuthmans Foodbank and café drop-in and pantry - free food/donation, open Thursday mornings (mornings/referral-based) at St Cuthmans Church, Whitehawk Way, BN2 5HE, tel: 07941 397648 or [info@thwhitehawk.foodbank.org.uk](mailto:info@thwhitehawk.foodbank.org.uk)
- Brightstore low cost Pantry Thursdays at Roundabout Children's Centre – contact for more details 07306 655432 or [info@brightstore.org](mailto:info@brightstore.org) to join membership
- East Brighton Food Co-op low cost cooked meal support – Tel: 07539 635017 or email [eastbrightonfoodcoop@gmail.com](mailto:eastbrightonfoodcoop@gmail.com)

- Feedback Café donation/pay as you feel Thursdays 12-2pm Bristol Estate Community Rooms, 146a Donald Hall Road contact Tel 01273 675741 or email [abi.sussexsurplus@gmail.com](mailto:abi.sussexsurplus@gmail.com) to find out more
- Community Fridge @ Bristol Estate rooms (BELTA) food waste project (pay as you feel and bring your own produce to share with others as well as take some away) email [sophie.sussexsurplus@gmail.com](mailto:sophie.sussexsurplus@gmail.com) or call 01273 675741 open Tue & Thurs 10-4pm
- Real Junk Food Project (Pay as you feel shop with suggested minimum donation, usually open afternoons) -<https://www.facebook.com/realjunkfoodbrighton/>
- Citywide support with Food can be found at Brighton and Hove Food Partnership and Emergency food resources here: <https://bhfood.org.uk/directory-hub/accessing-emergency-food/> call 01273 234810 or [info@bhfood.org.uk](mailto:info@bhfood.org.uk) For Translated documents go here: [Publications – Brighton and Hove Food Partnership \(bhfood.org.uk\)](#)
- The Fitzherbert Community Hub with Real Junk Food Project <https://fitzherbertcommunityhub.org.uk/> Tues/Wed/Thurs 11-3pm pay as you feel and Foodbank every Monday 11-12 noon Community Works helpful advice and support directory - [Get ready for Winter Resources](#)

### Meeting dates - Join us in 2024

**East area Health Forum** – If you are living with an on-going health condition or feel you can't access the right help you need, join us. We are a group of local residents who gather to talk about all things health & everyone is welcome. We are building networks with local health services, NHS commissioners and providers, so we can have influence on improving our health services in East Brighton – we meet every quarter on **Tuesdays 10.30-12.30pm** contact [claireburchell@trustdevcom.org.uk](mailto:claireburchell@trustdevcom.org.uk) for more information

**East Area Networking** is quarterly on **Tuesdays 10.30-12.30 noon** in BN2 5 - It is for anyone who delivers activities and services in East Brighton which includes small businesses & groups. They have themed Topic's so conversations and action planning is geared toward moving forward the priorities set by the community itself in the Community Neighbourhood Action Plan. These are held at various community spaces locally contact [claireburchell@trustdevcom.org.uk](mailto:claireburchell@trustdevcom.org.uk) or sign-up to the East area network [eastareanetworking+subscribe@groups.io](mailto:eastareanetworking+subscribe@groups.io)



# OUR PLACE, OUR HEALTH



HEALTH SERVICES ON OFFER TO RESIDENTS IN **BN2 5**



Your **GP** can be the gateway to some fantastic **EXTRA** services that can support you with your health!

(turn over for more info!)

The GP practices in **BN2 5** are both housed in the **SAME** place and can support you to access services provided by the East and Central Brighton Primary Care Network (PCN):

**Wellsbourne Healthcare CIC**  
179 Whitehawk Road  
Brighton, BN2 5FL  
Tel: 01273 005444  
Wellsbournehealthcare.org.uk



**The Broadway Surgery**  
179 Whitehawk Road  
Brighton, BN2 5FL  
Tel: 01273 600888  
Thebroadwaysurgerywhitehawk.co.uk

**Wellsbourne Healthcare CIC** also provides in house mental health support, as well as focused care support. This works to help the most vulnerable patients access the care that they need.

**Other local health services include:**

**Wellsbourne Dental Clinic**  
1st Floor, Wellsbourne Health Centre  
Brighton, BN2 5FJ  
Tel: 01273 605182  
Colosseumdental.co.uk/practices/wellsbourne-dental-clinic



**Kamsons Pharmacy**  
179 Wellsbourne Road  
Brighton BN2 5FL  
01273 606829  
Kamsons.co.uk/pharmacy/brighton-wellsbourne/



## MENTAL HEALTH SUPPORT

The mental health team provide a short term service to help people with a wide range of mental health challenges, including common and more complex challenges.

## CARE CO-ORDINATORS

Care Co-ordinators can support you to attend appointments and community events. They can help you to access things like mental health support, housing advice, or help you to attend things like cancer screening appointments (e.g. a smear test or mammogram). One of the five care co-ordinators specifically supports people with learning disabilities.

## FRAILTY SERVICE

The frailty team includes a specialist nurse, occupational therapist and physiotherapist. They can support you to carry on doing the activities that matter to you, and help you with the steps you can take to remain independent.

## HEALTH AND WELLBEING COACHING

The health and wellbeing coaches can support you to make positive changes to improve your overall health. They will work alongside you to build your confidence and make healthy choices. This service often works well for people managing long-term health conditions.

## SOCIAL PRESCRIBING

Social prescribers can help you to identify what is important to you, set your own goals and find ways to connect with activities that could make a difference. The team will provide a safe environment for you, and they can offer support with different type of problems, including general wellbeing, money worries, social isolation, stress, employment issues, poor housing, etc.

For more information about the PCN and what's on offer you can scan the code with your phone camera or go to:



[ecb.pcn.gpweb.org.uk/pcn-services](http://ecb.pcn.gpweb.org.uk/pcn-services)

**EAST + CENTRAL BRIGHTON**  
Primary Care Network  
Arch | Ardingly | Broadway  
Park Crescent | Pavilion  
Regency | St Peter's | Wellsbourne

