



Services Open Over Christmas and New Year 2017

This list has been updated, but changes to these services may happen without our knowledge – so please do contact these services directly to confirm they are running as advertised.

Mental Health Rapid Response Service (MHRRS)

Telephone: 0300 304 0078

Available 24/7, Brighton & Hove, Mental Health Rapid Response Service offers support from a mental health professional anytime, day or night, as well as face-to-face appointments.

The service offers mental health support for people who feel at risk to themselves and/or others or if someone feels concerned that a person is at risk to themselves and/or others due to their mental health.

Mind in Brighton and Hove

Our services are open as normal on the dates below. You can call to speak to an advice worker and/or book an appointment if you have concerns you want to discuss.

Closed: Mon 25th Dec, Tue 26th Dec & Mon 1st Jan

Open: Wed 27th Dec – Fri 29th Dec

Normal opening hours resume from 2nd of January 2017

Telephone: 01273 66 69 50

Website: www.mindcharity.co.uk

Address: 51 New England Street, Brighton BN1 4GQ

Safe Space: St Pauls Church West Street

Safe Space is open on Friday and Saturday nights to support anyone who has become intoxicated, distressed or injured during their night out.

Open: 10.30pm – 3am

Friday 22nd Dec, Sat 23rd Dec

Friday 29th Dec, Sat 30th Dec, Sun 31st Dec.

MindOut Online Support Service

The online support service is delivered by and for LGBTQ people and can offer mental health support, advice and information on other services

The website details when the chat service will next be open and you can leave a message if they are closed.

Closed: 25th Dec – 1st January
Re-opening Tues 2nd January

Advice Line: December

M 18th 6pm-7.30pm
T 19th 5.30pm-7.30pm
W 20th 5.30pm-7.30pm
T 21st 1pm-4pm and 5.30pm-9pm
F 22nd 10am- 12noon
S 23rd 5.30pm-7.30pm
S 24th 2pm-4pm
M 25th Closed
T 26th 5.30pm-7.30pm
W 27th 2.30pm-4.30pm
T 28th 5.30pm-9pm
F 29th 2.30pm-4.30pm
S 30th 5.30pm-7.30pm
S 31st 2pm-4pm

January

M 1st 6pm-9pm
T 2nd 5.30pm-7.30pm
W 3rd 2.30pm-4.30pm
T 4th 1pm-4pm and 5.30pm-9pm
F 5th 10am- 12noon
S 6th 5.30pm-7.30pm
S 7th 2pm-4pm

Pavilions

Drug and Alcohol Services

The Drive:

Closed: The Drive services are closed from Saturday 23rd Dec and reopen Tuesday 2nd January 2018.

Richmond House:

- Sat 23th Dec - Tue 26th Dec **Closed**
- Wed 27th - Fri 29th Dec **open as usual**
- Sat 30th December **Closed**
- Mon 1st January **Closed**
- Tues 2nd January – **open as usual**

All groups will be taking place at Richmond House during this time

Telephone: 01273 731 900

Website: www.pavilions.org.uk/

Cascade Coffee Shop

Coffee shop primarily for people in or wanting recovery from substance misuse to connect with each other.

Opening times:

Christmas Eve 12-4pm.
Christmas Day 12-4pm
Boxing Day 12-4pm
Wednesday 27th Dec 12-4pm
Thursday 28th Dec 12-4pm
Friday 29th - **CLOSED**
Saturday 30th Dec 12-4pm

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| | <p>New Years Celebration – 7pm -1am (Ticket only)</p> <p>Telephone: 07477072956</p> <p>Website: www.facebook.com/CascadeCreativeRecovery</p> <p>Address: 24 Baker Street, Brighton. BN1 4JN</p> |
| <p>Brighton Unemployed Centre Families Project Drop in for practical support for unwaged /unemployed and pensioners</p> | <p>Open as usual until Friday 22nd Dec.</p> <p>Closed: 25th, 26th Dec and 1st Jan.</p> <p>Open: 27th Dec - 10am - 2pm only 28th Dec - 10am - 2pm only 29th Dec - 10am - 2pm only. Open as usual from 2nd Jan.</p> <p>Telephone: 01273 671213/ 601211</p> <p>Website: www.bucfp.org</p> <p>Address: 6 Tilbury Place Brighton, BN2 9QU</p> |
| <p>Firstbase Friendly advice, information, healthcare, showers and food for people sleeping rough</p> | <p>Closed: 23rd Dec 24th Dec</p> <p>Open: 25th Dec - 8.30am – 11am only 26th Dec- 8.30am – 11am only 1st Jan - 8.30am – 11am only</p> <p>Telephone: 01273 326844</p> <p>Address: St Stephen’s Hall, Montpelier Place, BN1 3BF</p> |
| <p>St Anne’s Day Centre Hot meal and advice and Info for the unemployed, unwaged, homeless or insecurely housed</p> | <p>Open: Wednesday 27th and Thursday 28th Dec 10am-1pm</p> <ul style="list-style-type: none"> • 10am- 11am: light breakfast • 12pm-1pm: lunch (hot 3 course meal) <p>Closed: Friday 29th Dec</p> <p>Telephone : 01273 602824</p> <p>Website: www.stannesdaycentre.org.uk/</p> <p>Address: St Mary's Church Hall, 61 St James's Street, Kemptown, Brighton BN2 1PR</p> |
| <p>Youth Advice Centre (YAC)</p> | <p>Open: Re-opens on 27th Dec, 10am – 2pm</p> |

Safe, friendly impartial advice for young people YAC runs a support and advice drop-in for 13 -25 year olds Monday – Friday 3.00 – 6pm

Young people can come to this drop-in to get advice around a number of issues, including emotional wellbeing, sexual health, relationships, and substance misuse. Money management , work and learning

They also run a housing advice drop-in Monday – Friday 9.00am – 12pm for 16 – 25 year olds

Open: 18th -22nd December, 27th – 29th December

Closed:

23rd, 24th, 25th & 26th December and 1st Jan

Drop-ins

Housing and Advice Drop-in:

Open:

Fri 22nd 9-12pm

Wed 27th 9-12pm

Thurs 28th 9-12pm

Fri 29th 9-12pm

Closed: 23rd, 24th, 25th & 26th Dec and 1st Jan

Address: 11, St Georges Place, Brighton BN1 4GB

Website: www.ymcadlg.org/support-advice/youth-advice-centre-yac/

Telephone: 01273 624432

Money Advice Plus

Money Advice Service.

Money Advice Plus will only be running their core service over the Christmas period, meaning that they **will not** be at any of their normal outreach location (including Mind in Brighton and Hove) between 18th-29th Dec.

Open:

Mon – Fri 9:30am-5pm

Closed:

Mon 25th Dec

Tues 26th Dec

Mon 1st Jan

Money Works Advice Line

Normal hours:

Mon 3pm-7pm

Tues 10am-2pm

Weds 12.30pm-4.30pm

Thurs 12.30pm-4.30pm

Fri 10am-2pm

Closed:

Mon 25th Dec

Tues 26th Dec

Mon 1st Jan

Outreach Services

Closed: 18th-29th Dec

As above

Telephone: Office phone (for general info): 01273 664 000
Moneyworks Advice Line (for debt & welfare benefit advice): 0800 988 7037

Website: www.moneyadviceplus.org.uk

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| | <p>Address: Tisbury Road Offices, Hove Town Hall, Hove, BN3 3BQ</p> |
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Tisbury Road, Hove. BN3 3BQ

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| <p>Salvation Army – Brighton</p> <p>Christmas Day lunch</p> <p>Wednesday Drop in Service offering food.</p> | <p>Open: Christmas Day Lunch 10.15am – Short service 11.00am – Coffee 12noon – Lunch served until 1.30pm/2.00pm</p> <p>There will be no charge for lunch but it is asked that people wishing to attend call ahead to book a place (01273 607095).</p> <p>As well as the Christmas Lunch there will be the usual Wednesday drop in service offering food. Open: Wednesday 20th December Wednesday 3rd January</p> <p>Closed: Wednesday 27th December.</p> <p>Address: 1-6 Park Crescent Terrace</p> <p>Telephone: 01273 607095</p> |
| <p>The Real Junk Food Project, Brighton</p> <p>'Pay as you feel' Cafe</p> | <p>Their usual locations on Wednesday, Thursdays and Fridays:</p> <ul style="list-style-type: none"> • Wed. (12:00pm - 2:30pm) @ St Luke's Church, Old Shoreham Road, Brighton • Thurs. (1:00pm - 3:00pm) @ Hollingdean Community Centre, Thompson Road, Hollingdean, Brighton • Fri. (1:00pm – 3:00pm) @ One Church, Gloucester Place Brighton BN1 4AA <p>Please check their website for opening days and times during the Christmas break.</p> <p>Website: www.realjunkfoodbrighton.co.uk</p> <p>Facebook: https://www.facebook.com/realjunkfoodbrighton/</p> |
| <p>St Michael's Church Hall</p> <p>Saturday Breakfast</p> <p>St Michael's Café – open on Tuesdays and Thursdays between 10.00 am and 1.00 pm.</p> | <p>Community cooked breakfast.</p> <p>Open: as usual on Saturdays (ie 23rd and 30th December) from 08.45 am to last orders 10.30 am</p> <p>Closed: Tuesday 26th December.</p> <p>Open: Thursday 28th December - 10.00 am and 1.00 pm Tuesday 2nd January - 10.00 am and 1.00 pm</p> <p>Cost: Low cost (£3 approx)</p> <p>For more details: Telephone: 01273 822284</p> <p>Website: www.saintmichaelsbrighton.org/cafe</p> <p>Address: St Michael's Place, BN1 3FU</p> |

Crossover

Free cooked breakfasts for homeless, hostel and inadequately housed persons

Crossover will be providing cooked breakfasts from their catering van parked in Morley Street between 7.30 am and 8.45 am on the following days:

- Saturday 23rd December
- Sunday 24th December (Christmas Eve)
- Saturday 30th December
- Sunday 31st December (New Year's Eve)

USEFUL CRISIS SUPPORT AND HELPLINES

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| Mental Health Rapid Response Service (MHRRS) | <p>Telephone: 0300 304 0078</p> <p>Available 24/7, Brighton & Hove, Mental Health Rapid Response Service offers support from a mental health professional anytime, day or night, as well as face-to-face appointments.</p> <p>The service offers mental health support for people who feel at risk to themselves and/or others or if someone feels concerned that a person is at risk to themselves and/or others due to their mental health.</p> |
| NHS 111 – When it's not a 999 emergency | <p>Non Emergency: NHS 111</p> <p>If it is not an emergency, you can telephone the NHS 111 number who can help you access specialist mental health support.</p> <p>Calls are free from landlines and mobile phones. Available 24hrs a day, 365 days a year</p> <p>Telephone: 111</p> <p>Website: www.nhs.uk</p> <p><u>Sign language</u></p> <p>NHS 111 offers a video relay service that allows you to make a video call to a British Sign Language (BSL) interpreter. The BSL interpreter will call an NHS 111 adviser on your behalf, and you're then able to have a real-time conversation with the NHS 111 adviser via the interpreter. You'll need a webcam, a modern computer, and a good broadband connection to use this service. Visit NHS 111 BSL interpreter service for more details, including an online user guide.</p> |
| Sussex Mental Healthline | <p>Support and information open to anyone experiencing mental health problems, also available to carers and healthcare professionals.</p> <p>Helpline: 0300 5000 101</p> <p>Open: Mon – Fri 5pm and 9am Open 24 hours at weekends and bank holidays.</p> <p>Website: www.sussexpartnership.nhs.uk</p> |
| Samaritans | <p>Drop-in for a face to face meeting:</p> <p>Open: 10am until 10pm every day</p> |

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| | <p>Brighton Branch Address: Dubarry House Newtown Road Hove (nr Hove Station) Open: Christmas Day: 10am – 2pm for face to face contact Boxing Day: 10am – 10pm As normal for the rest of the Christmas period.</p> <p>Local Helpline: 01273 772277 (local charges apply)</p> <p>National Helpline: 116 123 this is free to call and open all over Christmas and New Year</p> <p>Open: 24hours all year</p> <p>Website: www.samaritans.org.uk/www.brightonsamaritans.org</p> |
| <p>Narcotics Anonymous</p> | <p>National Helpline: 0300 999 1212 Open all year round</p> <p>Open: 10.00am – midnight</p> <p>Website: www.ukna.org for details of meetings in your area over Christmas.</p> |
| <p>Alcoholics Anonymous</p> | <p>National Helpline: 0800 9177 650 Open 24 hrs, as usual, over the Christmas period.</p> <p>Website: www.alcoholics-anonymous.org.uk for details of meetings and events over Christmas.</p> |
| <p>The SILVERLINE</p> | <p>The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.</p> <p>National Hepline: 0800 4 70 80 90.</p> <p>Website: www.thesilverline.org.uk</p> <p>Open: 24hrs daily</p> |
| <p>LGBT Switchboard</p> | <p>The helpline is a supportive, non-judgemental and confidential space for LGBT people as well as for their family, friends and supporters. The helpline is run by trained volunteers who will listen, inform and support you.</p> <p>Open: Sat 23rd: 5-7pm Sun 24th: 5-7pm Christmas Day – Closed Boxing Day – Closed Wed 27th: 6:30-9pm Thurs 28th: –3-9pm Fri 29th: 6:30pm-9pm Sat 30th: 5-7pm Sun 31st: 5-7pm New Years Day – Closed</p> |

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| | <p>Normal opening hours: Mon-Sun, usually between 5pm-9pm (7pm on weekends).</p> <p>Helpline: 01273 204050</p> <p>Website: www.switchboard.org.uk</p> |
| <p>SANELINE</p> | <p>SANeline is a national out-of-hours telephone helpline offering emotional support and information for people affected by mental health problems.</p> <p>Opening hours: 4:30pm – 10:30pm daily, as usual, over the Christmas period.</p> <p>Helpline: 0300 304 7000</p> <p>Website: www.sane.org.uk</p> |
| <p style="text-align: center;">Where to go if you run out of medicine or were to get health care and advice over the Christmas Break</p> <p>For information on where you can go if you run out of your regular medication over Christmas and New Year and where you can get health care and advice over the Christmas break, please visit:</p> <p style="text-align: center;">https://www.nhs.uk/Livewell/Pharmacy/Pages/Medicinesoutofhours.aspx</p> <p>For information on emergency/urgent care services (including suicide and self-injury, illness, accidents and emergency eye and dental care) please visit</p> <p style="text-align: center;">https://www.sussexhelpmy.nhs.uk/</p> | |