



Our activities and services **Brighton & Hove**

Your one-stop information & advice hub



Call us:
0800 019 1310

Pop in and see us

We are open weekdays 9:30am - 4pm

Our Hub

Our hub is a one stop destination, providing information, advice and support on a range of topics. You can ask us about everything from cost-of-living support, to help at home and care planning, to benefits checks, getting a blue badge and much more.

Information & advice

Get expert information and advice on a wide range of issues, including benefits, housing and health.

Support and sign posting

Face-to-face support at the hub. Get help with smartphones and laptops, plus join pop-up events such as workshops, vaccinations, hearing checks and more.

Help at home*

Do you need a little extra help around the home or garden? We can provide you with a trusted home help to meet your needs.

Dementia & carers support*

Expert dementia support, assessments and social groups, plus services for carers to offer respite and improve wellbeing.

Digital skills service*

We can provide one-to-one support in your own home, enabling you to become confident using technology such as mobile phones, tablets or laptops.

Social prescribing

Our Social Prescribers work with the NHS and other organisations to support people and find solutions to their problems e.g. housing or financial difficulties.

Gift of Friendship

The programme offers up to 26 weeks of befriending support, either face-to-face or over the phone.

Wellbeing support

We can share information on healthy living, nutrition, hydration and exercise.

Services are subject to change, so for an up-to-date list please check our website.

**** paid for service.***



Donate

Many older people live in poverty, experience loneliness or have no one to turn to. **Your support can help us be there when we're needed the most.**

You can scan the QR code, visit our donation page below or contact us by email or phone.



0800 019 1310



fundraising@ageukwsbh.org.uk



www.ageukwsbh.org.uk/get-involved/donate



Volunteer for us

Join our incredible team and make a difference. We'll find a role to suit you.

Find out more about volunteering



0800 019 1310



volunteering@ageukwestsussex.org.uk



www.ageukwsbh.org.uk/get-involved/volunteer

