



## Support in Brighton & Hove during Coronavirus Pandemic

### **Requesting help for yourself or someone else**

Brighton and Hove City Council have set up a community hub, which details all of the urgent help that can be requested during the Coronavirus pandemic for either yourself or someone else; please see the enclosed leaflet for further information.

### **Aging Well**

Aging Well is an excellent organisation for people aged 50+ in Brighton & Hove. They have compiled a comprehensive listing of food services, picking up prescriptions, activities, support, and guidance. They are an excellent source of information, and they can be reached on the details below Monday – Friday, 9am to 5pm:

Website: <http://ageingwellbh.org/>

Email: [ageingwellbh@impact-initiatives.org.uk](mailto:ageingwellbh@impact-initiatives.org.uk)

Telephone: **07770 061 072**

The above number can be used for both calling and texting.

### **Alzheimer's Society**

The Alzheimer's Society is a brilliant Charity with a great deal of support, guidance, and advice for people with dementia, and for those who support us.

Website: <https://www.alzheimers.org.uk/>

Telephone: **01273 726266**

The Alzheimer's Society is running a national Dementia Connect support line for practical and emotional support, that can be contacted on the below details:

Website: <https://www.alzheimers.org.uk/get-support/dementia-connect-support-line>

Telephone: **0333 150 3456**

### **Adult Social Care**

Brighton and Hove City Council's Adult Social Care department is able to provide care and support for adults, along with guidance on how to stay safe, healthy, and well.

Website: <https://new.brighton-hove.gov.uk/adult-social-care>

Telephone: **01273 295 555**

Email: [accesspoint@brighton-hove.gov.uk](mailto:accesspoint@brighton-hove.gov.uk)

### **Government Guidance**

Guidance and advice from Central Government can be found on the below website, where you can also find details on those identified as 'extremely vulnerable' and guidance for informal carers (found in the "Healthcare Workers" section).

Website: <https://www.gov.uk/coronavirus>

### **Looking after someone else**

You can get advice and support with looking after someone from The Carer's Hub:

Telephone: **01273 977 000**

Email: [info@carershub.co.uk](mailto:info@carershub.co.uk)

### **Keeping yourself safe**

If you are finding the current situation very overwhelming, and feel that your mental health may be deteriorating, please contact the Sussex Mental Health Line, who are open 24 hours a day, 7 days a week.

Telephone: **0300 500 0101**

For further information about any of our services please call the Alzheimer's Society Sussex Helpline –

Telephone: **01403 213017**

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