

prime  
time

from

**VOLUNTEERING** **MATTERS**

Local and national organisations providing information and running activities suitable for men aged 50+

September 2017



ID KEY: A = Activities, I = Information, P = Publication/Media

ID	Organisation	Phone	Email	Website	Details
A	Albion in the Community (Walking Football)	01273 878265	<a href="mailto:chris.day@albioninthecommunity.org.uk">chris.day@albioninthecommunity.org.uk</a>	<a href="http://www.albioninthecommunity.org.uk/">http://www.albioninthecommunity.org.uk/</a>	Walking Football for over 50s at various locations across the city for a range of abilities.
A	Bevy, The	01273 281009	Via website	<a href="http://www.thebevy.co.uk/">http://www.thebevy.co.uk/</a>	Community owned estate pub in Bevendean with many themed events.
A	The Bridge, The, Lucraft Rd, Brighton, East Sussex County BN2 4PN	01273 687053	<a href="mailto:hjones@bridgecommunity.org.uk">hjones@bridgecommunity.org.uk</a>	<a href="http://www.thebridgebrighton.com/latest/news/441-getting-on-at-the-bridge">http://www.thebridgebrighton.com/latest/news/441-getting-on-at-the-bridge</a>	A programme of free activities, events and trips for older people living in the Moulsecoomb area who are aged 50 years plus.
A	Brighthelm, North Rd, Brighton BN1 1YD	01273 821512	<a href="mailto:urc@brighthelm.org.uk">urc@brighthelm.org.uk</a>	<a href="http://www.brighthelm.org.uk/">http://www.brighthelm.org.uk/</a>	A community space with meeting and performance rooms for hire
A	Brighton Conservation Volunteers	01273 736135	<a href="mailto:mike@brightonconservationvolunteers.org">mike@brightonconservationvolunteers.org</a>	<a href="http://www.brightonconservationvolunteers.org/index.php">http://www.brightonconservationvolunteers.org/index.php</a>	Brighton Conservation Volunteers has established a reputation as an active, friendly and effective countryside group committed to enhancing the local environment. This is mostly due to the dedication of the volunteers, about eight to ten of whom turn out every Tuesday.
A	Brighton Table Tennis Club	07985 141788	<a href="mailto:tim@brightontabletennisclub.com">tim@brightontabletennisclub.com</a>	<a href="http://www.brightontabletennisclub.co.uk/">http://www.brightontabletennisclub.co.uk/</a>	Various sessions for people aged 50+
A	Brighton & Hove Arts Council/Forum Society		Via website	<a href="http://www.bh-arts.org.uk/members/forum-society/?doing_wp_cron=1458143680.8806209564208984375000">http://www.bh-arts.org.uk/members/forum-society/?doing_wp_cron=1458143680.8806209564208984375000</a>	A social society formed in 1958 to arrange talks, social functions and other activities. Members mostly 50+.

A	Brighton & Hove City Council Senior Housing Schemes		<a href="mailto:seniorshousing@brighton-hove.gov.uk">seniorshousing@brighton-hove.gov.uk</a>	<a href="https://www.brighton-hove.gov.uk/content/housing/council-housing/seniors-housing-independent-community-living">https://www.brighton-hove.gov.uk/content/housing/council-housing/seniors-housing-independent-community-living</a>	There are a large number of schemes across the city and many of them run activities that non-residents are welcome to attend.
A	Brighton & Hove Food Partnership	01273 341700	<a href="mailto:nfo@bhfood.org.uk">nfo@bhfood.org.uk</a>	<a href="http://bhfood.org.uk/whats-on">http://bhfood.org.uk/whats-on</a>	Oranises a wide range of demos/classes related to healthy eating/cooking, awarenes about food waste and weight loss and in partnership with Albion in the Community, "shape up" classes for men at the Amex Stadium.
A	Brighton Male Voice Choir	07899 874969	<a href="mailto:tommyryan2@btinternet.com">tommyryan2@btinternet.com</a>	<a href="http://www.brightonmalevoicechoir.co.uk/">http://www.brightonmalevoicechoir.co.uk/</a>	Meet on Wednesday evenings, at Woodingdean Methodist Chruchurch
A	Brighton Palace Pier Angling Association		<a href="mailto:craigide@hotmail.co.uk">craigide@hotmail.co.uk</a>	<a href="http://www.sussexseafishing.co.uk/5.html">http://www.sussexseafishing.co.uk/5.html</a>	Local site aimed at all anglers, experienced or novice.
A	Brighton & Hove Ramblers			<a href="http://bahr.org.uk/">http://bahr.org.uk/</a>	A walking and social group based in Brighton and Hove with over five hundred members. Many of their new members are in their 30's, 40's and 50's.
A	Cranks, 22 Chapel Street Brighton, BN2 1RQ	07800 802697	<a href="mailto:ian@bikebrighton.com">ian@bikebrighton.com</a>	<a href="http://cranks.org.uk/">http://cranks.org.uk/</a>	A volunteer run, do it yourself bicycle workshop.
A	Digital Brighton & Hove	07471 351970	<a href="mailto:DigitalBH@citizenonline.org.uk">DigitalBH@citizenonline.org.uk</a>	<a href="http://digitalbrightonandhove.org.uk/">http://digitalbrightonandhove.org.uk/</a>	Find free places in Brighton and Hove to get online or improve your skills like searching, security, email, social media, form-filling, finding jobs, shopping and paying bills

A	Emmaus Café, Drove Rd, Portslade, Brighton BN41 2PA	01273 426470	<a href="mailto:contact@emmausbrighton.co.uk">contact@emmausbrighton.co.uk</a>	<a href="http://www.emmaus.org.uk/brighton/hove/our_services_shops/our_shops/892_revive_-_emmaus_brighton">http://www.emmaus.org.uk/brighton/hove/our_services_shops/our_shops/892_revive_-_emmaus_brighton</a>	Solidarity is key to the Emmaus ethos, and means helping those less fortunate than yourself. Everyone at Emmaus, companions, staff, trustees and volunteers, is encouraged to carry out acts of solidarity.
A	Eventbrite			<a href="https://www.eventbrite.co.uk/">https://www.eventbrite.co.uk/</a>	National ticketed event listings site, free and charged.
A	Evergreen Strollers	01273 694989		<a href="http://www.emmaus.org.uk/brighton/hove/our_services_shops/our_shops/892_revive_-_emmaus_brighton">rvice/out-and-about/its-local-actually/listings/867-evergreen-strollers</a>	Fortnightly walks every other Wednesday starting 0930 for the over 55s of between 4 & 7 miles.
A	Fabrica (Men in Sheds)	01273 778646	<a href="mailto:office@fabrica.org.uk">office@fabrica.org.uk</a>	<a href="http://fabrica.org.uk/">http://fabrica.org.uk/</a>	Fabrica is a visual arts organisation, soon to be launching a "Men in Sheds" project in East Brighton: a space for men aged 30+.
A	Brighton GEMS	07561 166407	<a href="mailto:brightongems@aol.com">brightongems@aol.com</a>	<a href="http://www.brightongems.com/">http://www.brightongems.com/</a>	A social group of older gay men that meets regularly and holds events.
A	Grow, based at Saddlescombe Farm	07557 501557	<a href="mailto:Info@GrowingWellbeing.org.uk">Info@GrowingWellbeing.org.uk</a>	<a href="http://www.growingwellbeing.org.uk/">http://www.growingwellbeing.org.uk/</a>	A free nature connection course that runs on 8 consecutive Thursdays, starting 19/5/16 and 4/8/16.
A	Hangleton & Knoll 50+ Steering Group/ Getting On 50+ Project	01273 410858	<a href="mailto:admin@hk50plus.org.uk">admin@hk50plus.org.uk</a>	<a href="http://www.hkproject.org.uk/50plus">http://www.hkproject.org.uk/50plus</a>	The 50+ Steering group run events, project support, promotion, fundraising and consultation.
A	Hangleton & Knoll Project	01273 881446	<a href="mailto:info@hkproject.org.uk">info@hkproject.org.uk</a>	<a href="http://www.hkproject.org.uk/">http://www.hkproject.org.uk/</a>	"A model of good practice for how a community is able to develop and manage it's own resources".

A	Healthwalks	01273 292724	<a href="mailto:healthwalks@brighton-hove.gov.uk">healthwalks@brighton-hove.gov.uk</a>	<a href="http://www.brighton-hove.gov.uk/content/leisure-and-libraries/sports-and-activity/healthwalks">http://www.brighton-hove.gov.uk/content/leisure-and-libraries/sports-and-activity/healthwalks</a>	There are 18 regular walks across the city. They are all free, led by trained Volunteer Walk Leaders and are also accessible by public transport.
A	Hove Music and Record Society	01273 672718	<a href="mailto:estelleleigh@yahoo.co.uk">estelleleigh@yahoo.co.uk</a>	<a href="https://www.escis.org.uk/leisure/leisure-sport-and-">https://www.escis.org.uk/leisure/leisure-sport-and-</a>	Presentations of recorded music at the Avenue Bridge Club
A	Impact Initiatives (The Hop 50+), Palmeira Square, Hove BN3 2FL	01273 322940	<a href="mailto:info@impact-initiatives.org.uk">info@impact-initiatives.org.uk</a>	<a href="http://impact-initiatives.org.uk/hop-50/">http://impact-initiatives.org.uk/hop-50/</a>	A centre and café open seven days a week in Palmeira Square: community based groups and minibus trips.
A	In Shape For Life/Active Forever	01273 293458	<a href="mailto:laura.wood@brighton-hove.gov.uk">laura.wood@brighton-hove.gov.uk</a>	<a href="https://www.brighton-hove.gov.uk/event/shape-life-2">https://www.brighton-hove.gov.uk/event/shape-life-2</a>	Fitness classes and groups run by Brighton & Hove Council
A	It's Local Actually			<a href="http://www.itslocalactually.org.uk/">http://www.itslocalactually.org.uk/</a>	An easy way to find activities and services in your area, and it covers the whole of the city.
A	LGBT Switchboard	01273 204050	<a href="mailto:helen.bashford@switchboard.org.uk">helen.bashford@switchboard.org.uk</a>	<a href="http://switchboard.org.uk/">http://switchboard.org.uk/</a>	Established in 1975 and is here to listen to, inform and support lesbian, gay, bisexual and transgender people in Brighton & Hove
A	Lifelines, , Montague House, Montague Place, Brighton BN2 1JE	01273 688117	<a href="mailto:lifelines@volunteeringmatters.org.uk">lifelines@volunteeringmatters.org.uk</a>	<a href="http://lifelinesbrightonhove.org.uk/">http://lifelinesbrightonhove.org.uk/</a>	Volunteer run group based activities for older people, mainly in East Brighton, part of Volunteering Matters.
A	Meet Up			<a href="http://www.meetup.com/">http://www.meetup.com/</a>	An international website listing groups taking place in your local (or extended) area.

A	Open Strings (Silver Strings)		Via website	<a href="http://openstrings.co.uk/">http://openstrings.co.uk/</a>	Open Strings provides participatory music opportunities for marginalised groups, running projects for people to connect and create through music. Silver Strings group focuses on older people.
A	Park Run		Via website	<a href="http://www.parkrun.org.uk/bevendanddown/">http://www.parkrun.org.uk/bevendanddown/</a>	Runs take place every Saturday across a range of locations and older people are encouraged to participate at their own pace. Clare Ryan is link volunteer.
A	Patcham Companions	01273 557716	<a href="mailto:atquk@me.com">atquk@me.com</a>		Providing opportunities for local people to meet and engage.
A	Plot 22	07717 467862	<a href="mailto:info@plot22.org">info@plot22.org</a>	<a href="http://plot22.org/">http://plot22.org/</a>	PLOT 22 hosts activities for groups and individuals of all ages and backgrounds to plant, tend, harvest, create, share, eat and celebrate together.
A	Prime Time	0300 303 2015	<a href="mailto:primetime@volunteeringmatters.org.uk">primetime@volunteeringmatters.org.uk</a>	<a href="http://www.meetup.com/PrimeTimeBrighton/">http://www.meetup.com/PrimeTimeBrighton/</a>	Opportunities for men aged 50+ to volunteer and run groups for their peers across the city and/or participate in a range of groups.
A	Sing for Better Health	01273 556755	<a href="mailto:uditamusic@googlemail.com">uditamusic@googlemail.com</a>	<a href="http://betterbreathing-singing-groups.blogspot.co.uk/">http://betterbreathing-singing-groups.blogspot.co.uk/</a>	Their aim is to improve health and wellbeing, using a combination of relaxation/ stretching/breathing exercises, and singing songs together.
A	Trust for Developing Communities, Wavertree House, Somerhill Rd, Hove BN3 1RN	01273 262220	<a href="mailto:info@trustdevcom.org.uk">info@trustdevcom.org.uk</a>	<a href="http://www.trustdevcom.org.uk/">http://www.trustdevcom.org.uk/</a>	Offer expert advice and guidance in governance structures, financial management & fundraising and mentor and develop these skills within the community.

A	University of the Third Age (U3A)		Via website	<a href="http://www.brightonandhoveu3a.org.uk/">http://www.brightonandhoveu3a.org.uk/</a>	The University of the Third Age (U3A) is a learning co-operative of people no longer in full time employment. Anyone can join - all you need is interest and enthusiasm. No qualifications are required and none are given.
A	Weight Management Coaching Service	01273 341700	<a href="mailto:healthyweight@bhfood.org.uk">healthyweight@bhfood.org.uk</a>		Free bespoke one-to-one weight management coaching sessions for adults in groups or in your own home.
A	Whitehawk Inn, Whitehawk Rd, Brighton BN2 5NS	01273 682222	<a href="mailto:whitehawkinn@whinn.org.uk">whitehawkinn@whinn.org.uk</a>	<a href="http://www.whinn.org.uk/">http://www.whinn.org.uk/</a>	A place in East Brighton where people can develop and fulfill their aspirations for their own lives, their families and their community.
A	Woodingdean Men's Social Club, woodingdean Methoist Church, The Ridgway, BN2 6PA	01273 887618 01273 380302			Meet at Woodingdean Methodist Church every Tuesday 1400-1700, various activities, aimed at older men (darts, dominoes, cribbage etc)
A	Working 50 Plus	07757 169172	<a href="mailto:working50plus@live.co.uk">working50plus@live.co.uk</a>	<a href="http://working50plus.co.uk/">http://working50plus.co.uk/</a>	Supporting the pre-retirement community, people who have retired early or been made redundant.
I	Access All	01273 677559	<a href="mailto:easylink@bhct.co.uk">easylink@bhct.co.uk</a>	<a href="http://www.bhct.co.uk">www.bhct.co.uk</a>	A new community bus service to support people to get to hospital, GP appointments etc @ £2.50 per single fare.
I	Access Point Team	01273 295555	<a href="mailto:accesspoint@brighton-hove.gov.uk">accesspoint@brighton-hove.gov.uk</a>	<a href="https://www.brighton-hove.gov.uk/content/a-z/a-z-pages/access-point-adult-social-care-services">https://www.brighton-hove.gov.uk/content/a-z/a-z-pages/access-point-adult-social-care-services</a>	First contact point for Brighton & Hove City Council and safeguarding referrals (adult abuse).

I	Action for Happiness			<a href="http://www.actionforhappiness.org/">http://www.actionforhappiness.org/</a>	A movement of people committed to building a happier and more caring society.
I	Action on Elder Abuse	080 0808 8141	<a href="mailto:enquiries@elderabuse.org.uk">enquiries@elderabuse.org.uk</a>	<a href="http://elderabuse.org.uk/">http://elderabuse.org.uk/</a>	Working to prevent the abuse of vulnerable older people.
I	Age UK Brighton, 29 Prestonville Rd, Brighton BN1 3TJ	01273 720603	<a href="mailto:info@ageuk-bh.org.uk">info@ageuk-bh.org.uk</a>	<a href="http://www.ageuk.org.uk/brightonandhove/">http://www.ageuk.org.uk/brightonandhove/</a>	Offer a wide range of service/information for older people and cover the area of Brighton and Hove, including a low cost counselling service for residents aged 50+.
I	Alzheimer's Society	0300 222 1122	<a href="mailto:enquiries@alzheimers.org.uk">enquiries@alzheimers.org.uk</a>	<a href="https://www.alzheimers.org.uk/">https://www.alzheimers.org.uk/</a>	For anyone affected by dementia, and do everything they can to keep people with dementia connected to their lives and the people who matter most.
I	B&H Adult Learning Group	01273 294287	<a href="mailto:communitylearning@brighton-hove.gov.uk">communitylearning@brighton-hove.gov.uk</a>	<a href="http://www.bh-adultlearning.org.uk/">http://www.bh-adultlearning.org.uk/</a>	Represents all the organisations that work collaboratively in Adult Education within the city
I	B&H Wellbeing Service	0300 0020060	<a href="mailto:BICS.brighton-and-hove-wellbeing@nhs.net">BICS.brighton-and-hove-wellbeing@nhs.net</a>	<a href="http://www.bics.nhs.uk/patient-information/brighton-and-hove-wellbeing-service/">http://www.bics.nhs.uk/patient-information/brighton-and-hove-wellbeing-service/</a>	A Primary Care based mental health service for all people over 18 who are residing and registered with a GP in Brighton and Hove.
I	Brighton Business	01273 773973	<a href="mailto:info@brightonbusiness.co.uk">info@brightonbusiness.co.uk</a>	<a href="http://www.brightonbusiness.co.uk/">http://www.brightonbusiness.co.uk/</a>	The Business Forum operates a number of schemes designed to make Brighton & Hove a better place to live, work and visit including the Business Crime Reduction Partnership and administering the city centre Business Improvement District (BID).



I	Brighton & Hove Befriending Coalition			<a href="http://impact-initiatives.org.uk/considered-befriending-join-us-tea-find/">http://impact-initiatives.org.uk/considered-befriending-join-us-tea-find/</a>	Brighton & Hove Befriending Coalition was formed in September 2014 to bring together befriending organisations in the city to address the problem of isolation and loneliness.
I	Brighton & Hove Citizen's Advice Bureau	01273 223951	Via website	<a href="https://citizensadvice.citizensadvice.org.uk/brightonhovcab.htm">https://citizensadvice.citizensadvice.org.uk/brightonhovcab.htm</a>	See website for advice session/drop in times.
I	Brighton & Hove Bus Services	01273 886200	<a href="mailto:info@buses.co.uk">info@buses.co.uk</a>	<a href="http://www.buses.co.uk/">http://www.buses.co.uk/</a>	Details of all bus journeys and days out
I	Brighton & Hove CCG	01273 295490	<a href="mailto:bhccg.ccg@nhs.net">bhccg.ccg@nhs.net</a>	<a href="http://www.brightonandhoveccg.nhs.uk/">http://www.brightonandhoveccg.nhs.uk/</a>	Led by a group of local doctors and nurses and brings together all GP practices in the city
I	Brighton & Hove City Council	01273 295555	<a href="mailto:accesspoint@brighton-hove.gov.uk">accesspoint@brighton-hove.gov.uk</a>	<a href="https://www.brighton-hove.gov.uk/">https://www.brighton-hove.gov.uk/</a>	All services managed/commissioned by the council, including housing.
I	Brighton & Hove City Council (Seniors Housing Scheme)	01273 293248	<a href="mailto:peter.huntbach@brighton-hove.gov.uk">peter.huntbach@brighton-hove.gov.uk</a>	<a href="https://www.brighton-hove.gov.uk/content/housing/council-housing/seniors-housing-independent-community-living">https://www.brighton-hove.gov.uk/content/housing/council-housing/seniors-housing-independent-community-living</a>	Managing 23 schemes across the city, supporting residents to age well.
I	Brighton & Hove Libraries	01273 290800	<a href="mailto:libraries@brighton-hove.gov.uk">libraries@brighton-hove.gov.uk</a>	<a href="http://www.brighton-hove.gov.uk/content/leisure-and-libraries/libraries">http://www.brighton-hove.gov.uk/content/leisure-and-libraries/libraries</a>	Public library and information services
I	Brighton Volunteer Centre, 113 Queens Rd, Brighton BN1 3XG	01273 234826	<a href="mailto:volunteercentre@bhcommunityworks.org.uk">volunteercentre@bhcommunityworks.org.uk</a>	<a href="http://www.bhcommunityworks.org.uk/volunteering/looking-volunteer/">http://www.bhcommunityworks.org.uk/volunteering/looking-volunteer/</a>	Promote a huge range of volunteering opportunities on behalf of groups and organisations in the city who are looking for volunteers

I	CALM	0800 585858	<a href="mailto:info@thecalmzone.net">info@thecalmzone.net</a>	<a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>	A registered charity, which exists to prevent male suicide in the UK, call 1700 to midnight every day.
I	Campaign to End Loneliness	020 7012 1409		<a href="http://www.campaigntoendloneliness.org/">http://www.campaigntoendloneliness.org/</a>	A network of national, regional and local organisations to ensure that loneliness is acted upon as a public health priority at national and local levels
I	Carelink Plus	0300 123 3301	<a href="mailto:CarelinkPlus@brighton-hove.gov.uk">CarelinkPlus@brighton-hove.gov.uk</a>	<a href="https://www.brighton-hove.gov.uk/content/social-care/support-live-home/telecare-carelink-plus-personal-alarms">https://www.brighton-hove.gov.uk/content/social-care/support-live-home/telecare-carelink-plus-personal-alarms</a>	Referrals accepted for Carelink community alarm system and telecare to support independent living and carers.
I	Carelink Living Well Project	0300 123 3301	<a href="mailto:livingWell@brighton-hove.gov.uk">livingWell@brighton-hove.gov.uk</a>	<a href="https://www.brighton-hove.gov.uk/content/social-care/support-live-home/telecare-carelink-plus-personal-alarms">https://www.brighton-hove.gov.uk/content/social-care/support-live-home/telecare-carelink-plus-personal-alarms</a>	New telecare referrals and reviews of existing customers with at least one additional need eg Provision of daily living equipment, advice on adaptations, Carers support, general social care advice and signposting.
I	Carers Centre, 18 Bedford Pl, Hove BN1 2PT	01273 746222	<a href="mailto:Sheila.Killick@thecarerscentre.org">Sheila.Killick@thecarerscentre.org</a>	<a href="http://www.thecarerscentre.org/">http://www.thecarerscentre.org/</a>	The Centre works with family/informal carers, resident within the unitary authority of Brighton and Hove.

I	Citywide Connect	01273 208934	<a href="mailto:citywideconnect@thefedonline.org.uk">citywideconnect@thefedonline.org.uk</a>	<a href="http://www.thefedonline.org.uk/citywide-connect">http://www.thefedonline.org.uk/citywide-connect</a>	Citywide Connect brings together health and social care providers, voluntary and community sector activity providers (including faith groups) and private and independent providers, such as care homes, care agencies and services.
I	City Synergy	01323 832252	Via website	<a href="http://www.citysynergy.org.uk/">http://www.citysynergy.org.uk/</a>	Social activities and information for people with sight loss, in the Brighton and Hove Area
I	Community Base, 113 Queens Rd, Brighton BN1 3XG	01273 234000	<a href="mailto:reception@communitybase.org">reception@communitybase.org</a>	<a href="http://www.communitybase.org/content/welcome">http://www.communitybase.org/content/welcome</a>	A charity providing a home for community and voluntary groups in Brighton and Hove and services to the local community.
I	Community Insight			<a href="http://brighton-hove.communityinsight.org/">http://brighton-hove.communityinsight.org/</a>	A service that allows you to find, explore and use a wide range of facts and figures at different geographic levels for Brighton & Hove and the surrounding area
I	Community Transport	01273 677559	<a href="mailto:easylink@bhct.co.uk">easylink@bhct.co.uk</a>	<a href="http://bhct.co.uk/">http://bhct.co.uk/</a>	Provide accessible, safe and affordable transport to community groups, voluntary sector organisations and individuals with
I	Community University Partnership	01273 643004	<a href="mailto:cupp@brighton.ac.uk">cupp@brighton.ac.uk</a>	<a href="http://about.brighton.ac.uk/cupp/">http://about.brighton.ac.uk/cupp/</a>	Tackling disadvantage and promote sustainable development through partnership working.
I	Community Works, 113 Queens Rd, Brighton BN1 3XG	0273 234023	<a href="mailto:info@bhcommunityworks.org.uk">info@bhcommunityworks.org.uk</a>	<a href="http://bhcommunityworks.org.uk/">http://bhcommunityworks.org.uk/</a>	Connecting charities, volunteers and businesses in Brighton and Hove.

I	Connect & Share			<a href="https://connectandshare.sharetribe.com/">https://connectandshare.sharetribe.com/</a>	This is a place to sell, rent, swap and share goods and services with the other members of the marketplace, hosted by Then Fed.
I	Connected City	01273 291128	Via website	<a href="http://www.bhconnected.org.uk/">http://www.bhconnected.org.uk/</a>	Brighton & Hove Connected brings together council, public sector, business, voluntary sector and community leaders.
I	Conscious Ageing		Via website	<a href="http://consciousageing.org/">http://consciousageing.org/</a>	Their aim is to grow community capacity 'grassroots up' for better ageing and dying
I	Conservative Party (Simon Kirby)	01273 589178	<a href="mailto:simon.kirby.mp@parliament.uk">simon.kirby.mp@parliament.uk</a>	<a href="http://www.simonkirby.org/">http://www.simonkirby.org/</a>	MP for Brighton Kemptown
I	Crossroads Care (ESBH)	07881 526211	<a href="mailto:sharlene.small@esbhcrossroads.org.uk">sharlene.small@esbhcrossroads.org.uk</a>	<a href="http://www.esbhcrossroads.org.uk/">http://www.esbhcrossroads.org.uk/</a>	Providing respite and support for carers.
I	Cruise Bereavement Care	01273 234007	<a href="mailto:stanwhitesspurs@gmail.com">stanwhitesspurs@gmail.com</a>	<a href="http://www.cruse.org.uk/">http://www.cruse.org.uk/</a>	Offering support after the death of someone close to you.
I	Do It		via website	<a href="https://do-it.org/">https://do-it.org/</a>	Listing for volunteering opportunities (national) and a general resource for all things volunteering
I	Due East/Serendipity	07766 383624	Via website	<a href="http://www.dueeast.org.uk/">http://www.dueeast.org.uk/</a>	Operating in the estates of Whitehawk, Manor Farm, and the Bristol Estate, a resident led organisation that promotes its area of operation, tackles exclusion, and maximises resources available
I	Equal Arts	0191 477 5775	<a href="mailto:information@equalarts.org.uk">information@equalarts.org.uk</a>	<a href="https://equalarts.org.uk/">https://equalarts.org.uk/</a>	Improving older people's lives through creativity. New "Hen Power" project in Brighton & Hove, supporting residents in sheltered accommodation to look after hens.

I	Fed, The, Montague House, Somerset St, Brighton BN2 1JE	01273 894040	<a href="mailto:info@thefedonline.org.uk">info@thefedonline.org.uk</a>	<a href="http://www.thefedonline.org.uk/">http://www.thefedonline.org.uk/</a>	A user-led organisation that promotes independent living for all, offering support for disabled people, older people, their carers, families and friends.
I	Food Bank, Calvary Church Building, Stanley Road, Brighton, BN1 4NJ	01273 695330		<a href="http://www.bhcm.org.uk/teams/brighton-food-bank">http://www.bhcm.org.uk/teams/brighton-food-bank</a>	The Brighton Food Bank exists to serve local people, both individuals and families, who are experiencing financial crisis.
I	Grassroots	01273 675764	<a href="mailto:office@prevent-suicide.org.uk">office@prevent-suicide.org.uk</a>	<a href="http://www.prevent-suicide.org.uk/">http://www.prevent-suicide.org.uk/</a>	Proudly working towards making Brighton & Hove the UK's first Suicide-Safer City.
I	Green Party (Caroline Lucas)	01273 766670	<a href="mailto:caroline.lucas.mp@parliament.uk">caroline.lucas.mp@parliament.uk</a>	<a href="http://www.carolinelucas.com/">http://www.carolinelucas.com/</a>	Website for Caroline Lucas, MP for Brighton Pavilion
I	Health & Wellbeing Visits Project	01323 639373	<a href="mailto:info@healthandwellbeingproject.org">info@healthandwellbeingproject.org</a>	<a href="http://www.esfrs.org/your-safety/health-wellbeing-visits-project/">http://www.esfrs.org/your-safety/health-wellbeing-visits-project/</a>	Aims to reduce health inequalities and increase life expectancy for vulnerable older people living in deprived neighbourhoods
I	Healthwatch	01273 234041	<a href="mailto:office@healthwatchbrightonandhove.co.uk">office@healthwatchbrightonandhove.co.uk</a>	<a href="http://www.healthwatchbrightonandhove.co.uk/">http://www.healthwatchbrightonandhove.co.uk/</a>	Healthwatch helps local people to get the best out of their local health and social care services.
I	Ivo		Via website	<a href="http://ivo.org/volunteering-brighton-and-hove">http://ivo.org/volunteering-brighton-and-hove</a>	A general resource for volunteers & volunteering.
I	Labour Party (Peter Kyle)	01273 933380	<a href="mailto:peterkylelabour@gmail.com">peterkylelabour@gmail.com</a>	<a href="http://www.peterkyle.co.uk/">http://www.peterkyle.co.uk/</a>	MP for Hove
I	Mankind	01273 911680	<a href="mailto:admin@mankindcounselling.org.uk">admin@mankindcounselling.org.uk</a>	<a href="http://www.mankindcounselling.org.uk/">http://www.mankindcounselling.org.uk/</a>	Support for men who have been sexually abused

I	Members Directory	01273 719 097		<a href="https://www.businessinbrighton.org.uk/our-members/members-directory/L">https://www.businessinbrighton.org.uk/our-members/members-directory/L</a>	Directory for the Brighton Chamber of Commerce.
I	Men Beyond 50		Via website	<a href="http://consciousageing.org/men-beyond-50/">http://consciousageing.org/men-beyond-50/</a>	Help older men avoid mental health issues such as depression, anxiety and loneliness by creating opportunities for older men to get together to share, learn and grow.
I	Men's News Brighton			<a href="http://brightonmanplan.wordpress.com">brightonmanplan.wordpress.com</a>	No longer active but an interesting resource for useful information
I	MIND, 51 New England Street Brighton BN1 4GQ	01273 666950	<a href="mailto:info@mindcharity.co.uk">info@mindcharity.co.uk</a>	<a href="http://www.mindcharity.co.uk/">http://www.mindcharity.co.uk/</a>	Mind in Brighton and Hove works to promote good mental health in our city and across Sussex.
I	MIND Out, Community Base, 113 Queens Road Brighton BN1 3XG	01273 234839	<a href="mailto:info@mindout.org.uk">info@mindout.org.uk</a>	<a href="http://www.mindout.org.uk/">http://www.mindout.org.uk/</a>	MindOut is a mental health service run by and for lesbians, gay men, bisexual, trans, and queer people.
I	National Osteoporosis Society	0845 4500230	<a href="mailto:info@nos.org.uk">info@nos.org.uk</a>	<a href="https://www.nos.org.uk/health-professionals/~/document.doc?id=1303&amp;gclid=CKqvWwricwCFUefGwodJCML8g">https://www.nos.org.uk/health-professionals/~/document.doc?id=1303&amp;gclid=CKqvWwricwCFUefGwodJCML8g</a>	The National Osteoporosis Society (NOS) is the only UK wide charity dedicated to ending the pain and suffering caused by osteoporosis and runs a monthly Brighton & Hove support group.
I	Care Scheme, 1st Floor, Intergen House, 65-67 Western Road Hove BN3 2JQ	01273 775888	Via website	<a href="http://www.bh-impetus.org/projects/neighbourhood-care-scheme/">http://www.bh-impetus.org/projects/neighbourhood-care-scheme/</a>	Working with local volunteers to support older people, people with physical disabilities and carers.

I	Older Men's Network	07833 715753	<a href="mailto:roger@oldermenswellbeing.org">roger@oldermenswellbeing.org</a>	<a href="http://oldermenswellbeing.co.uk/">http://oldermenswellbeing.co.uk/</a>	An organisation dedicated to help Older Men to live more healthy, active and fulfilling lives.
I	Older People's Council			<a href="http://www.olderpeoplescouncil.org/">http://www.olderpeoplescouncil.org/</a>	The OPC works to ensure that all older people in Brighton & Hove are treated with respect and dignity and have access to services, support and opportunity to lead a fulfilling life
I	One You			<a href="https://www.nhs.uk/oneyou#hJBW7gZLb24RxjR.97">https://www.nhs.uk/oneyou#hJBW7gZLb24RxjR.97</a>	NHS public health website full of useful information to get healthier.
I	Public Health Team	01273 290000	<a href="mailto:info@brighton-hove.gov.uk">info@brighton-hove.gov.uk</a>	<a href="http://www.brighton-hove.gov.uk/content/health/public-health-brighton-hove">http://www.brighton-hove.gov.uk/content/health/public-health-brighton-hove</a>	Work with key partners across the city – the NHS, local businesses and the community and voluntary sector – to ensure that health is made a priority in every area of life, and that everyone has access to the support and services they need to be healthy.
I	Resource Centre, Prior House, 6 Tilbury Place, BN2 0GY	01273 606160	<a href="mailto:info@resourcecentre.org.uk">info@resourcecentre.org.uk</a>	<a href="http://www.resourcecentre.org.uk/">http://www.resourcecentre.org.uk/</a>	Whatever your group is doing, from producing a newsletter to putting on a funday, from organising an AGM to running a sports club, the Resource Centre has a service designed to make things easier for you

I	Royal British Legion Pop In, Hyperion House, 100-101 Queens Road, Brighton, BN1 3XF	0808 802 8080	<a href="mailto:info@britishlegion.org.uk">info@britishlegion.org.uk</a>	<a href="http://www.britishlegion.org.uk/">http://www.britishlegion.org.uk/</a>	A " Pop In" advice and information centre is a welcoming space for Service personnel and veterans to get practical help and advice, and for members of the public to find out more about the wide range of services and community activities provided by the Legion. Open 1000-1600 Monday- Friday
I	Samaritans	01273 772277	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	<a href="http://www.samaritans.org/branches/samaritans-brighton-hove-and-district">http://www.samaritans.org/branches/samaritans-brighton-hove-and-district</a>	Available to call 24/7 off the record – about whatever’s getting to you. You don’t have to be suicidal.
I	Blind Veterans UK Brighton (St Dunstons)	01273 307811		<a href="http://www.blindveterans.org.uk/how-we-help/our-centres/brighton/">http://www.blindveterans.org.uk/how-we-help/our-centres/brighton/</a>	As well as helping with fitness and mobility, we give veterans with sight loss the skills they need to live an independent life.
I	Sussex Interpreting Services	07880 561660	<a href="mailto:ben@sussexinterpreting.org.uk">ben@sussexinterpreting.org.uk</a>	<a href="http://www.sussexinterpreting.org.uk/">http://www.sussexinterpreting.org.uk/</a>	SIS exists to enable full access, for people with language needs, to publicly funded services in order to improve health, education and overall quality of life.
I	Terence Higgins Trust, 61 Ship Street, Brighton, BN1 1AE	01273 764200	<a href="#">Via website</a>	<a href="http://www.tht.org.uk">www.tht.org.uk</a>	We are the largest voluntary sector provider of HIV and sexual health services in the UK, running services out of local centres across Great Britain.
I	Time Bank		<a href="mailto:pete@brightontimebank.co.uk">pete@brightontimebank.co.uk</a>	<a href="http://www.brightontimebank.co.uk/">http://www.brightontimebank.co.uk/</a>	Time banking is a tool by which a group of people can create an alternative economic model where they exchange their time and skills rather than acquire goods and



I	Time to Talk	01273 737710	<a href="mailto:emily.sinclair@timetotalkbefriending.org.uk">emily.sinclair@timetotalkbefriending.org.uk</a>	<a href="http://www.timetotalkbefriending.org.uk/">http://www.timetotalkbefriending.org.uk/</a>	Time to talk befriending show love, hope and compassion towards older people who feel lonely and isolated within society.
I	Turn to Us		Via website	<a href="https://www.turn2us.org.uk/">https://www.turn2us.org.uk/</a>	Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services.
P	Argus, The	01273 544544	<a href="mailto:mike.gilson@theargus.co.uk">mike.gilson@theargus.co.uk</a>	<a href="http://www.theargus.co.uk/">http://www.theargus.co.uk/</a>	Brighton & Hove online and daily paper: news and local events/activities.
P	BBC/Radio Sussex	01273 320441	<a href="mailto:sussexnews@bbc.co.uk">sussexnews@bbc.co.uk</a>	<a href="http://www.bbc.co.uk/news/england/sussex">http://www.bbc.co.uk/news/england/sussex</a>	Latest local news, online and TV
P	BN1 Magazine	01273 911919	<a href="mailto:info@bn1magazine.co.uk">info@bn1magazine.co.uk</a>	<a href="http://www.bn1magazine.co.uk/">http://www.bn1magazine.co.uk/</a>	Local event listings, online and weekly leaflet
P	Brighton & Hove Independent	01273 358889	<a href="mailto:news@brightonandhoveindependent.co.uk">news@brightonandhoveindependent.co.uk</a>	<a href="http://brightonandhoveindependent.co.uk/">http://brightonandhoveindependent.co.uk/</a>	A free weekly newspaper available at more than 140 pick-up points in a wide variety of locations every Friday
P	Brighton Source		<a href="mailto:ben@brightonsource.co.uk">ben@brightonsource.co.uk</a>		Events across the city.
P	G Scene		<a href="mailto:info@gscene.com">info@gscene.com</a>	<a href="http://gscene.com/">http://gscene.com/</a>	Magazine for the Brighton & Hove LGBT Community
P	Latest TV/Publications		<a href="mailto:tim@thelatest.tv">tim@thelatest.tv</a>	<a href="http://www.thelatest.tv/">http://www.thelatest.tv/</a>	Local TV station
P	Metro		<a href="mailto:webnews@metro.co.uk">webnews@metro.co.uk</a>	<a href="http://metro.co.uk/tag/brighton/">http://metro.co.uk/tag/brighton/</a>	Online version of local Metro paper
P	Sussex Magazines	01273 5510021	<a href="mailto:info@sussexmagazines.net">info@sussexmagazines.net</a>	<a href="http://www.sussexmagazines.net/">http://www.sussexmagazines.net/</a>	Local magazines: West Hove Directory, Hannover Directory, Queens Park Living, West Hove Directory

P	This is Brighton		<a href="https://www.thisisbrighton.co.uk/contact/">https://www.thisisbrighton.co.uk/contact/</a>	<a href="https://www.thisisbrighton.co.uk/about-us/">https://www.thisisbrighton.co.uk/about-us/</a>	What's on and lifestyle magazine
P	Viva Magazines	01273 434567	<a href="mailto:katie@vivamagazines.com">katie@vivamagazines.com</a>	<a href="http://www.vivamagazines.com/">http://www.vivamagazines.com/</a>	Monthly magazine available online with news/events in Brighton & Hove.