



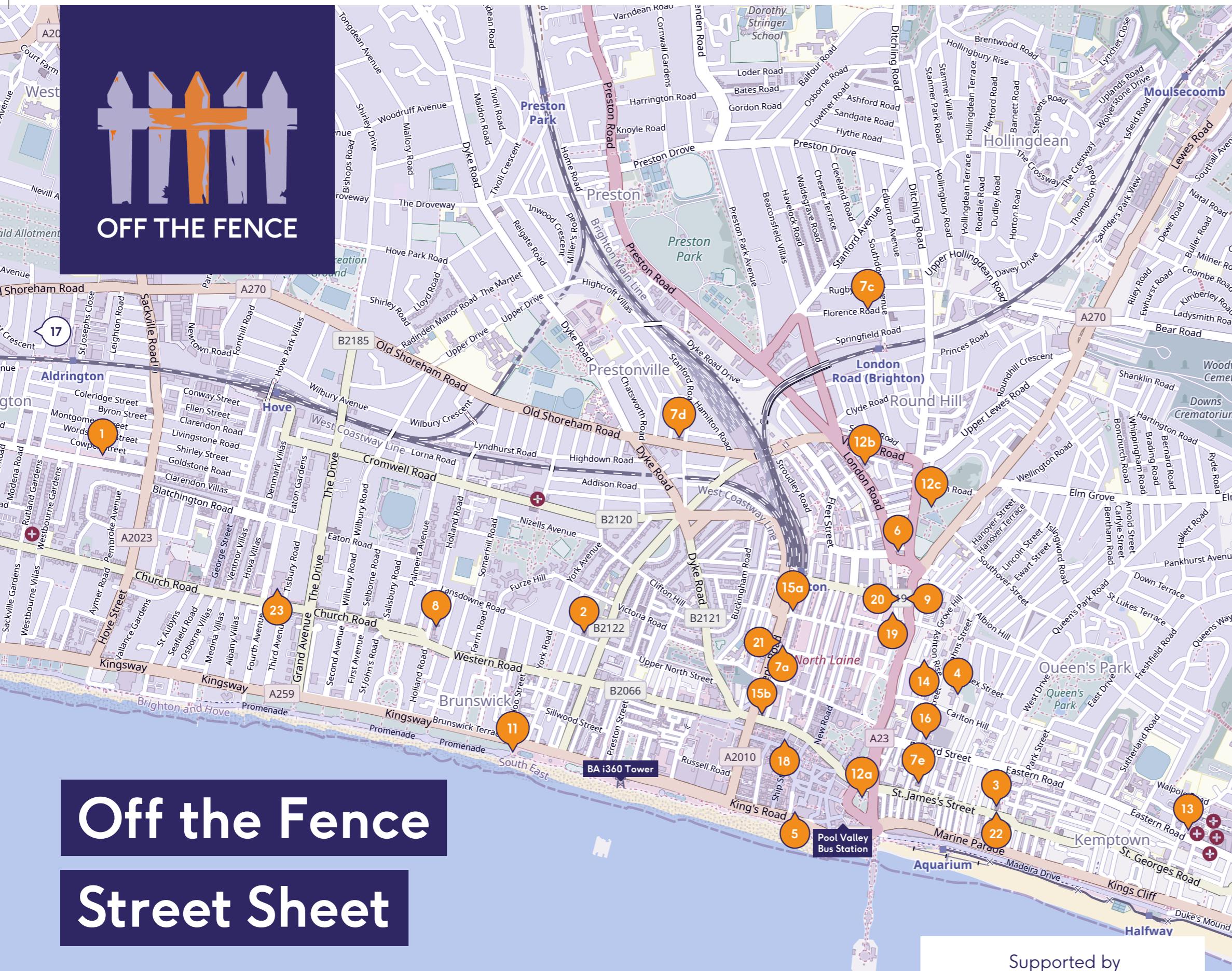
OFF THE FENCE

Off the Fence Street Sheet

Project Antifreeze

Helping people experiencing homelessness in Brighton & Hove | 2022

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Supported by

Brighton&Hove Buses

COMPASS TRAVEL

Bus Services and Coach Hire

**Advice,
information
and referrals**

**1 Project
Antifreeze**

37 Portland Road, Hove, BN3 5DQ • 01273 774140
Mon-Fri 10-5 (see back page for daily timetable details)
Street outreach Mon-Thurs evenings.

2 First Base Day Centre

Friendly advice, information, healthcare, showers and food for people sleeping rough.

St Stephen's Hall, Montpelier Place, BN1 3BF • 01273 326844
Mon-Fri: 9-10:30 and 11-12:30.

CGL

SOS street outreach service.
24hrs Streetlink: 0300 500 0914
www.streetlink.org.uk
brighton.sosenquiries@cgl.org.uk

3 St. Anne's Centre

St Anne's Centre, 61 St James St, Brighton BN2 1PR • 01273 602824
Monday to Friday. Breakfast from 9.30 am until 11.30 course sit down meal at 12noon. Some toiletries and clothing are available.

4 Brighton Unemployed Centre Families Project

Providing practical support, education, advice and much more to those in poverty, in poor living conditions, benefit claimants, the unwaged, pensioners, families and those on low incomes and suffering social exclusion and poor wellbeing.

6 Tilbury Place, Brighton, BN2 0GY • 01273 671213
Mon - allotment project
Tues, Thurs, Fri 10 - 4 pm drop in (lunch at 1pm).
Wed - pre booked sessions only.

Safe Haven Sussex CIC

Providing Supported Accommodation to vulnerable adults with low to medium support needs.

info@safehavensussex.org.uk
01273 757070

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Brighton and Hove City Council

Housing Options Team.
Bartholomew Square, Brighton, BN1 1JE • 01273 294400
Appointment only system, there is no drop in service anymore at Bartholomew Square.

Homelessness enquiries - Phone lines are open Monday to Friday 9.30 to 1.30 pm and voicemails can be left from 1.30pm to 5pm.

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Brighton Advice Centre (BHT Sussex)

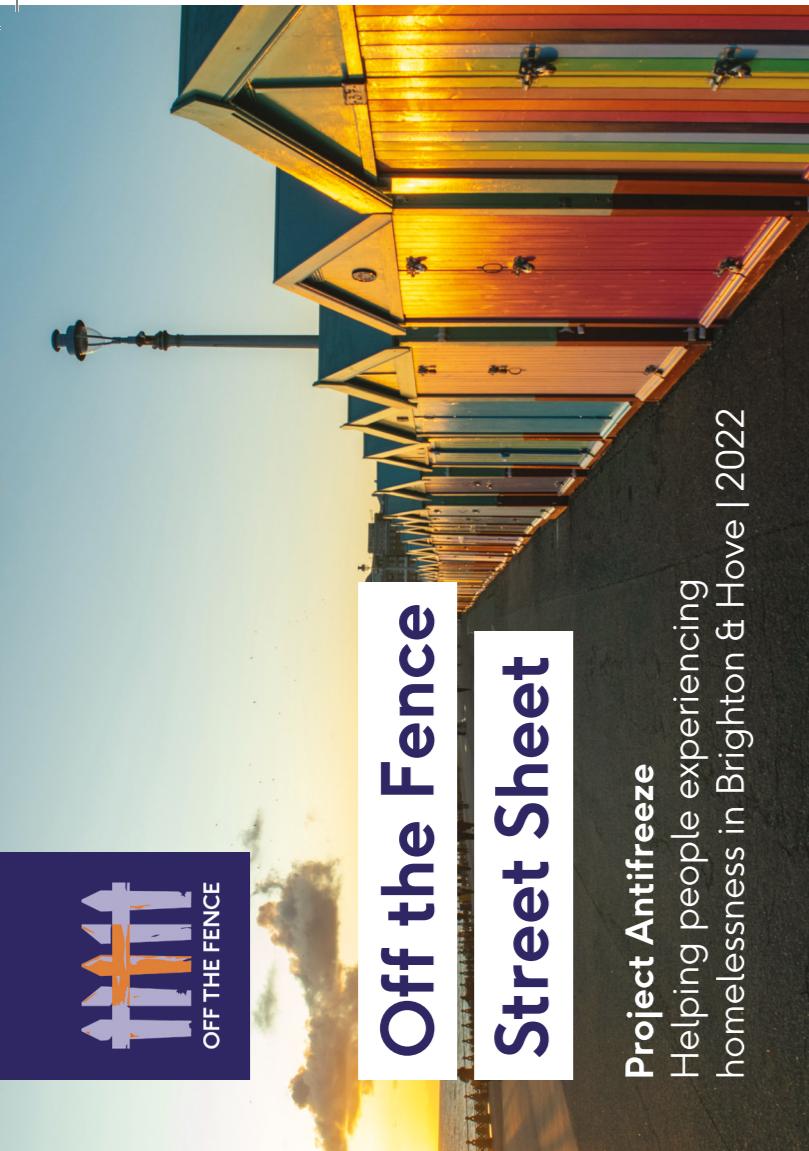
Specialist advice on housing, benefits and immigration related issues.

144 London Road, BN1 4PH
Email: advice@bht.org.uk
Telephone: 01273 645455
Appointments can be made by email or telephone.

Street Support - Brighton & Hove

Connecting people and organisations locally, to tackle homelessness in Brighton and Hove.
www.streetsupport.net/brighton-and-hove/





Jesus said: "Let anyone who is thirsty come to me and drink".

John 7:37

Project Antifreeze Drop-in Centre

We are a Christian charity offering information and support to anyone experiencing homelessness or recently housed in the following areas:

Homelessness, Tenancy Support, drug and alcohol misuse, access to healthcare, benefits, employment, drinks, food, sleeping bags, clothing, phone use, faith discussions, prayer, shower and laundry service, toiletries and much more!

Monday: Benefits drop in 10-12, | General drop in, with showers 1-3

Tuesday: General drop in, with showers 1-3
Keeping it Real group 3-4:30

Wednesday: Women's only drop in 10-12,

Thursday: Mobile Van Support Jubilee Square 10:30-12:30,
General drop in, with showers 2-4,
Worship service 4-5

Practical provisions and emergency advice at the door
Mon-Fri 10-5.

Laundry can be dropped off at the door any time we are open and needs to be collected within 48 hours.

Find us: Project Antifreeze, 37 Portland Road, Hove, BN3 5DQ
On bus routes: 2, 5, 5A, 5B, 46, 49
T: 01273 774140
E: antifreeze@offthefence.org.uk
W: offthefence.org.uk

Food and other support

7 Sunday Meals

1st Sun: Brighthelm, North Road, BN1 1YD, 1pm

2nd Sun:

3rd Sun: One Church, Florence Road, BN1 6DL, 2pm

4th Sun: St. Luke's Prestonville, BN1 5DD, 2pm

5th Sun: Dorset Gardens Methodist, BN2 1RL, 2pm.

8 Monday Lunch

Holland Road Baptist Church. 12-1pm every Monday (excl. holidays). Free lunch. Also, access to emergency food bank /clothing and signposting to other services.

9 Safehaven

Food and Friendship.
St Peter's Church Brighton, York Place, BN1 4GU • 01273 698182. **Saturday** 6.00pm–7.30pm (term times only).

Safehaven men

Free lunch, activities and access to city services.

Wednesday 1.00pm–2.30pm (term times only).

10 Crossover Mobile

St. Peters Car Park. Hot breakfast and hot drinks. Primarily for rough sleepers – arrive early.
Sat & Sun: 8am–9am.

11 Brighton Food Bank

Calvary Church Building, Stanley Road, BN1 4Nj.
Food Bags provided.
By referral (from Antifreeze and other organisations)
Tel : 01273 695330
Open **Monday to Wednesday** 10am to 4pm.

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Knight Support / Deen Relief / Purple People Kitchen

Peace Statue. **Sunday** Evening at 6.15pm. Supplying hot food, drinks, food to take away, essential items such as clothes, sleeping bags, footwear, toiletries etc. Signposting to other services and advice on alcohol and substance misuse issues.

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Metropolitan Community Church

Wednesdays, 3-5pm, providing hot & cold drinks, hot noodles, and biscuits by the Victoria fountain in the Old Steine.

Fridays, by appointment, providing advice, pastoral support, and help with forms, at Alcampo Lounge, London Road.

Sundays, 4-6pm, providing food & drinks, with access to worship service, by the Level Cafe, near to the skate park.

Health care, addiction help & emotional well-being

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A&E Hospital

Royal Sussex County Hospital, Eastern Road, BN2 5BE • 01273 696955 • Emergency 999
Open 24 hours, 7 days a week.

14 Pathway Homeless Team

Multidisciplinary in-reach team supporting homeless people, facilitating safe hospital discharge.
Self-referral or referral by hospital/community staff.
07884 195417 • Mon–Fri: 8am–4pm.

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Arch Healthcare CIC

School Clinic, Morley Street, BN2 9DH. Appointments: call 01273 003930. Open Monday to Friday 8.00am - 5.00pm Register to access, no identification or proof of address needed. Pre-booked appointments available by phone. Same day appointments available every day, call at 8am and 1pm to book in. Please call as early as possible to ensure you can get a same-day appointment if needed.

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Health related drop-ins

Project Antifreeze
Monday 1pm–2.30pm.

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St John's Ambulance

Every Thursday 6.30pm-7.30pm approx. Peace Statue. Outreach providing first aid and primary care to homeless and vulnerably housed people.

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Drop in Nurse clinics for people who rough sleep

Fortnightly Monday 9-11 First Base Every Monday 10-12 St Anne's Every Thursday 11-12.30 William Collier House hostel. Every Friday 11-12.30pm Glenwood Lodge hostel.

Drop in Physiotherapy Clinics for people who rough sleep

Currently at First Base, and Antifreeze.

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Practice Plus - Brighton

15a Station 84–87 Queens Road, BN1 3XE (walk-in).

15b Boots 129 North Street, 1st Floor, Brighton, BN1 2BE (pre-booked). 0300 130 3333. Drop-in: Mon–Sun: 8am–8pm.

Providing a 'walk in' GP and sexual health clinic.

Emergency Dental Service in Brighton & Hove and NHS Dental Helpline

Emergency Dental Service: 03000 24 25 48 (5.30pm–10.30pm Mon–Fri; 9am–5.30pm Sat, Sun, Bank Hols)
NHS Dental Helpline: 0300 123 1663 (8am–4pm, Mon–Fri)

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Samaritans

Listening service for despairing or suicidal people.

National helpline (free): 116 123 24 hours, 365 days.

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Mental Health Homeless Team

Delivering mental health care to mentally ill homeless and insecurely housed people in Brighton and Hove.

0300 304 0098
Mon–Fri: 9am–5pm.

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Alcoholics Anonymous

Aiming to stay sober and help other alcoholics to achieve sobriety.

0800 9177 650 (24 hrs). www.alcoholics-anonymous.org.uk

22

Narcotics Anonymous

Recovering addicts who meet regularly to help each other stay clean.

0300 999 1212 (10am–midnight) ukna.org

23

Cocaine Anonymous

Recovering addicts helping others to recover from their addiction.

0800 612 0225 (10am–10pm) www.ca.uk.org.uk

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Welfare benefits

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Brighton Jobcentre Plus

16 30-35 Edward Street, BN2 0LN 0800 169 0190

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Hove Jobcentre Plus

87A Boundary Road, Hove BN3 7GA • 0800 169 0190

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Helplines

Universal Credit
0800 328 5644

New Claims for JSA
0800 055 6688

Existing Claims for JSA and ESA:
0800 169 0310

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RISE

For women and LGBTQ+ people suffering from Domestic Abuse. Please call 01273 622822, or see www.riseuk.org.uk for more information.

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Other specialist advice, Information and help

Support and advice for survivors of sexual violence and abuse of all genders. Helpline for survivors & supporters aged 14+.

Mon 7-9pm & Wed 12-2pm. 01273 720110. help@survivorsnetwork.org.uk

For referrals and information on other services contact info@survivorsnetwork.org.uk or visit www.survivorsnetwork.org.uk

St. Luke's Advice Service

Free professional advice & support with debt and benefit advice to people in need.

Brighthelm, North Road, BN1 1YD

Phone or email for an appointment. 01273 549203 info@stlukesadviceservice.org.uk Mon–Fri: 9am–5pm.

The Big Issue

An opportunity to earn a living by selling The Big Issue. Also offering a range of support to vendors including employment and financial & digital inclusion.

St Mary's Church on St. James St.

Hope Project at Dogs Trust

Veterinary scheme – Essential & emergency veterinary treatments for dog owners who are experiencing homelessness or in housing crisis. 020 7833 7611

Email: hopeproject@dogstrust.org.uk Web: dogstruthopeproject.org.uk

Support and Advice drop in 12-5pm Monday to Friday

YACBrightonservices@ymcadlg.org

Welcoming Dogs –

Supporting homelessness services and temporary accommodation providers to become dog. Email: welcomingdogs@dogstrust.org.uk

Citizen's Advice Bureau

Providing free, confidential and impartial advice.

Hove Town Hall, Tisbury Road, BN3 3BQ • 08082 78 78 15