

## OFF THE FENCE

# Off the Fence Street Sheet

### Project Antifreeze

Supporting people out of homelessness  
in Brighton & Hove | 2024

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### Supported by:



**Compasstravel**  
Bus Services and Coach Hire

### Advice, information, and referrals

#### 1 Project Antifreeze

37 Portland Road, Hove,  
BN3 5DQ • 01273 774140  
Mon-Fri 10-5pm (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: 9-10.30pm and 11-12.30pm.

#### Brighton & Hove Street Outreach Service (CGL)

Brighton & Hove Street Outreach  
Service, supporting rough sleepers  
into accommodation.

To refer, go to Streetlink at <https://streetlink.org.uk/> or email  
[brighton.sosenquiries@cgl.org.uk](mailto:brighton.sosenquiries@cgl.org.uk)

#### 3 Brighton Unemployed Centre Families Project

Open access community centre  
open Tuesday to Friday 10 -4pm  
Providing practical help,

education, computer access,  
information and advice, a food  
project and crisis support.

Free hot lunch - Tues to Fri 1pm  
6 Tilbury Place, Brighton,  
BN2 0GY • 01273 671213

#### Safe Haven Sussex CIC

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

[info@safehavensussex.org.uk](mailto:info@safehavensussex.org.uk)  
01273 757070

#### 4 Brighton and Hove City Council

Housing Options Team  
Bartholomew Square, Brighton,  
BN1 1JE • 01273 294400 Option 1

Appointment only system, there  
is no drop-in service anymore at  
Bartholomew Square.

Homelessness  
enquiries - phone  
lines are open  
Mon to Fri 9.30  
to 4.30 or use  
online form:  
[www.tinyurl.com/  
BHCHomeless](http://www.tinyurl.com/BHCHomeless)

#### 5 Brighton Advice Centre (BHT Sussex)

Specialist advice on housing,  
benefits, and immigration  
related issues.

144 London Road, BN1 4PH  
Email: [advice@bht.org.uk](mailto:advice@bht.org.uk)  
Telephone: 01273 645455

Appointments can be made by  
email or telephone

### Food and other support

#### 6 Sunday Meals

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

2nd Sun: Emmanuel  
Church, New England  
Street, BN1 4GQ, 2pm

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  
for 2.30pm lunch.

[www.christianactionbrighton.org.uk/  
carpenters-arms](http://www.christianactionbrighton.org.uk/carpenters-arms)

#### 7 Fitzherbert Community Hub

The Real Junk Food Project  
Brighton's Community Cafe is  
now open at The Fitzherbert  
Community Hub on a 'pay as  
you feel' basis.

2 Bristol Road, Kemptown, BN2 1AP  
Tuesday, Wednesday &  
Thursday 11am to 3pm

Also at St Luke's, Prestonville  
(6d), Tuesday and Wednesday  
from 12.30-2pm

#### 8 Monday lunch

Holland Road Baptist Church  
12-1pm every Monday (excl. holidays)  
Free lunch

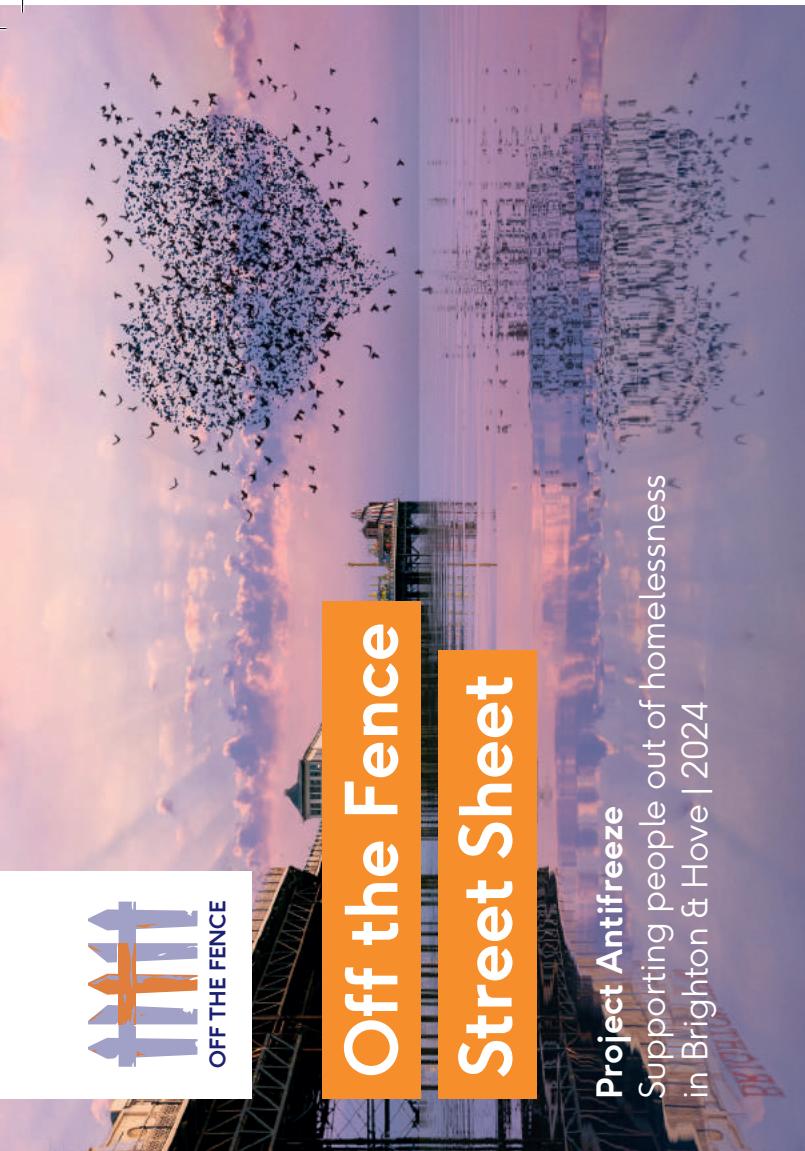
Also, access to emergency food  
bank/clothing and signposting  
to other services.

#### Street Support - Brighton & Hove

[streetsupport.net/  
brighton-and-hove/](http://streetsupport.net/brighton-and-hove/)

Connecting people  
and organisations locally, to tackle  
homelessness in Brighton & Hove.





# Off the Fence

## Street Sheet

**Project Antifreeze**  
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**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:**  
General drop in, with showers 1-3pm

Christian reflection 3-4pm\*

**Tuesday:**  
General drop in, with showers 1-3pm

Workshop (creative, well-being) 3-4pm

**Wednesday:**  
Women's only drop in 10.30-11.30am

Friday:  
General drop in, with showers 1-3pm

Christian reflection 3-4pm\*

Emergency provision and advice at the door Mon-Fri 10-5pm

Laundry can be dropped off during the general drop ins between 1-3pm

**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

\*For people with all faiths or none – everyone welcome!

**9**  
**Safehaven Saturday (men & women)**  
St Peter's Church Brighton, York Place, BN1 4GU 01273 698182 Food, Friendship & optional service with communion. **Saturday** 5.00pm – 6.30pm (term times only)

**Safehaven Men**  
Free lunch, activities, and access to city services. **Wednesday** 1.00pm – 2.30pm (term times only)

**9**  
**Crossover Mobile**  
St. Peters Car Park Hot breakfast and hot drinks. Primarily for rough sleepers – arrive early **Saturday & Sunday:** 8am – 9am

**10**  
**Brighton Food Bank**  
Calvary Church Building, Stanley Road, BN1 4NJ • 01273609484 - Option 1 Food Bags provided. By referral (from Antifreeze and other organisations) Open **Monday to Wednesday** 10am to 4pm

**11**  
**Knight Support/Deen Relief/Purple People Kitchen**  
Peace Statue **Sunday** Evening at 6pm 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.

**12**  
**Metropolitan Community Church**  
**Sundays**, between 4 - 6pm, providing food & drinks, with access to worship service, by the Level Café, near to the skate park.



**13**  
**St Mary's Church**  
61 St James's Street, Brighton BN2 1PR Monday/Wednesday/Friday morning, from 9am until 1pm, hot drinks and biscuits. A limited supply of clothes is available at that time, based on what has been donated. Wednesday from 3pm until 5pm, drop-in café, tea & company, with drinks, sandwiches, and biscuits.

## Health care, addiction help & emotional well-being

**14**  
**A&E Hospital**  
Royal Sussex County Hospital, Eastern Road, BN2 5BE • 01273 696955 • Emergency 999 Open 24 hours, 7 days a week.

**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

**15**  
**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.

**16**  
**Practice Plus – Brighton Station**  
84-87 Queens Road, BN1 3XE (walk-in). Drop-in: Mon-Sun: 8am–8pm Providing a 'walk in' GP and sexual health clinic offering treatment, information, and advice for a range of minor illnesses and injuries.

**17**  
**Emergency Dental Service in Brighton & Hove and NHS Dental Helpline**  
Emergency Dental Service: 03000 24 25 48 Mon-Fri 5.30pm-10.30pm Sat, Sun, Bank Hols 9am-5.30pm NHS Dental Helpline: 0300 123 1663 Mon-Fri 8am-4pm

**18**  
**Kennedy Street Addiction Recovery**

Offering a safe sober space to start your recovery journey from any kind of addiction. To find out more about recovery support, Drop in Monday to Friday 2pm to 5pm The Recovery Hub, Ditchling Road, The Level, Brighton, BN1 4SB Contact: 020 3416 3643 Referrals: admin@kennedystreetrecovery.org



**Health related drop-ins**  
Sussex Community NHS Foundation Trust, Homeless Health Inclusion Team Tel: 01273 265975 / 07341 049499. People can self-refer or be referred by their keyworkers/GPs if living in Supported Accommodation, Emergency/Temporary Accommodation and/or rough sleeping/sofa surfing.

We provide health outreach for people who are struggling to see their GP practice. Our Outreach Team includes Physiotherapy, Occupational Therapy and Nursing.

We provide support around all physical health concerns and triage around mental health and substance misuse.

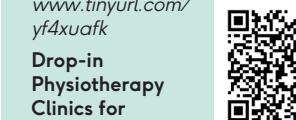
**Drop-ins:**

Antifreeze every second Monday Firstbase every Wednesday 10-12pm William Collier House Thursdays 11-12.30pm

Glenwood Lodge Fridays 11-12.30pm. [www.tinyurl.com/yf4xuafk](http://www.tinyurl.com/yf4xuafk)

**Drop-in Physiotherapy Clinics for people who sleep rough**

Currently at First Base and Antifreeze. 



**Cocaine Anonymous**

Recovering addicts helping others to recover from their addiction. 0800 612 0225 (10am-10pm) [www.cauk.org.uk](http://www.cauk.org.uk)

**Samaritans**

Listening service for despairing or suicidal people. National helpline (free): 116 123 24 hours, 365 days.

**Mental Health Homeless Team**

0300 304 0098 Delivering mental healthcare to homeless and insecurely housed people in Brighton and Hove.

**Mental Health Rapid Response Service (MHRRS)**

0300 304 0078 A number to call 7 days a week if you feel at risk to yourself or you are concerned about someone else harming themselves or others due to their mental health.

**Mind in Brighton and Hove**

Providing a range of advice and information, advocacy, and support services to empower anyone experiencing a mental health issue. 01273 66 69 50 [info@mindcharity.co.uk](mailto:info@mindcharity.co.uk)

**MindOut**

MindOut is a mental health service run by and for lesbian, gay, bisexual, trans, and queer (LGBTQ) people, working to improve the mental health and wellbeing of all LGBTQ communities and to make mental health a community concern. 01273 234839 [admin@mindout.org.uk](mailto:admin@mindout.org.uk)

## Welfare benefits

**18**  
**Brighton and Hove Jobcentre**

15 Queen Square, Brighton, BN1 3FD 0800 169 0190

**Helplines**  
**Universal Credit** 0800 328 5644  
**New Claims for JSA** 0800 055 6688  
**Existing Claims for JSA and ESA:** 0800 169 0310

## Other specialist advice, Information and help

**19**  
**Clock Tower Sanctuary for 16 -25 yr olds**

Ship Street (next to Trading Post Café) 01273 722353

Monday, Tuesday, Thursday, Friday, Saturday

10.30 – 1.30pm for rough sleepers, sofa surfers and those in emergency accommodation 12.30 – 1.30pm for everyone in supported accommodation Closed on Wednesdays & Sundays

**20**  
**Youth Advice Centre (YAC) for 16 -25 yr olds**

11 St Georges Place, BN1 4GB 01273 624432 or Freephone 0800 9120789

Housing advice Opening times-9-12pm Monday to Friday for 16–25-year olds [YACBrightonhousingadvice@ymcadlg.org](mailto:YACBrightonhousingadvice@ymcadlg.org)

Support and Advice drop in 3-6pm Monday to Thursday, 2-4.30pm Friday [YACBrightonservices@ymcadlg.org](mailto:YACBrightonservices@ymcadlg.org) Low-cost food market, Tues-Thurs, 3-5pm [tth@dogstrust.org.uk](mailto:tth@dogstrust.org.uk)

**21**  
**Safehaven Women**

St Peter's Church Brighton, York Place, BN1 4GU • 01273 698182 Food and Friendship Thursday 1.30pm – 3.00pm (term times only)

**22**  
**St. Luke's Advice Service**

Brightelm, North Road, BN11 YD Free professional advice & support with debt and benefit advice to people in need.

Phone or email for an appointment: 01273 549203 [info@stlukesadviceservice.org.uk](mailto:info@stlukesadviceservice.org.uk)

Mon-Fri: 9am–5pm

**23**  
**Citizen's Advice Bureau**

Providing free, confidential, and impartial advice. Hove Town Hall, Tisbury Road, BN3 3BQ • 08082 78 7815 [www.cabrightonhove.org](http://www.cabrightonhove.org)

**Justlife**  
Health Engagement and befriending for people living in emergency accommodation. Referral only. 0300 123 1550

**RISE**  
For women and LGBTQ+ people suffering from domestic abuse. Please call 01273 622822 or see [www.riseuk.org.uk](http://www.riseuk.org.uk) for more information.

**Survivors' Network**  
Support and advice for survivors of sexual violence and abuse of all genders.

Helpline for survivors & supporters aged 14+ Mon 7-9pm & Wed 12-1.30pm 01273 720110 / [help@survivorsnetwork.org.uk](mailto:help@survivorsnetwork.org.uk)

For referrals and information on other services contact [info@survivorsnetwork.org.uk](mailto:info@survivorsnetwork.org.uk) or visit [www.survivorsnetwork.org.uk](http://www.survivorsnetwork.org.uk)

**Together Through Homelessness (for Dog Owners)**

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

Welcoming Dogs Supporting homelessness services and temporary accommodation providers to become dog-friendly. 020 7833 7611 [tth@dogstrust.org.uk](mailto:tth@dogstrust.org.uk)

**Lawstop**  
Law firm specialising in housing 01273 109566 Call to confirm your financial eligibility and that your issue is within their area of work before being allocated a caseworker.