

Older People's Directory of Services



Horsham District
Wellbeing



@horshamhealth

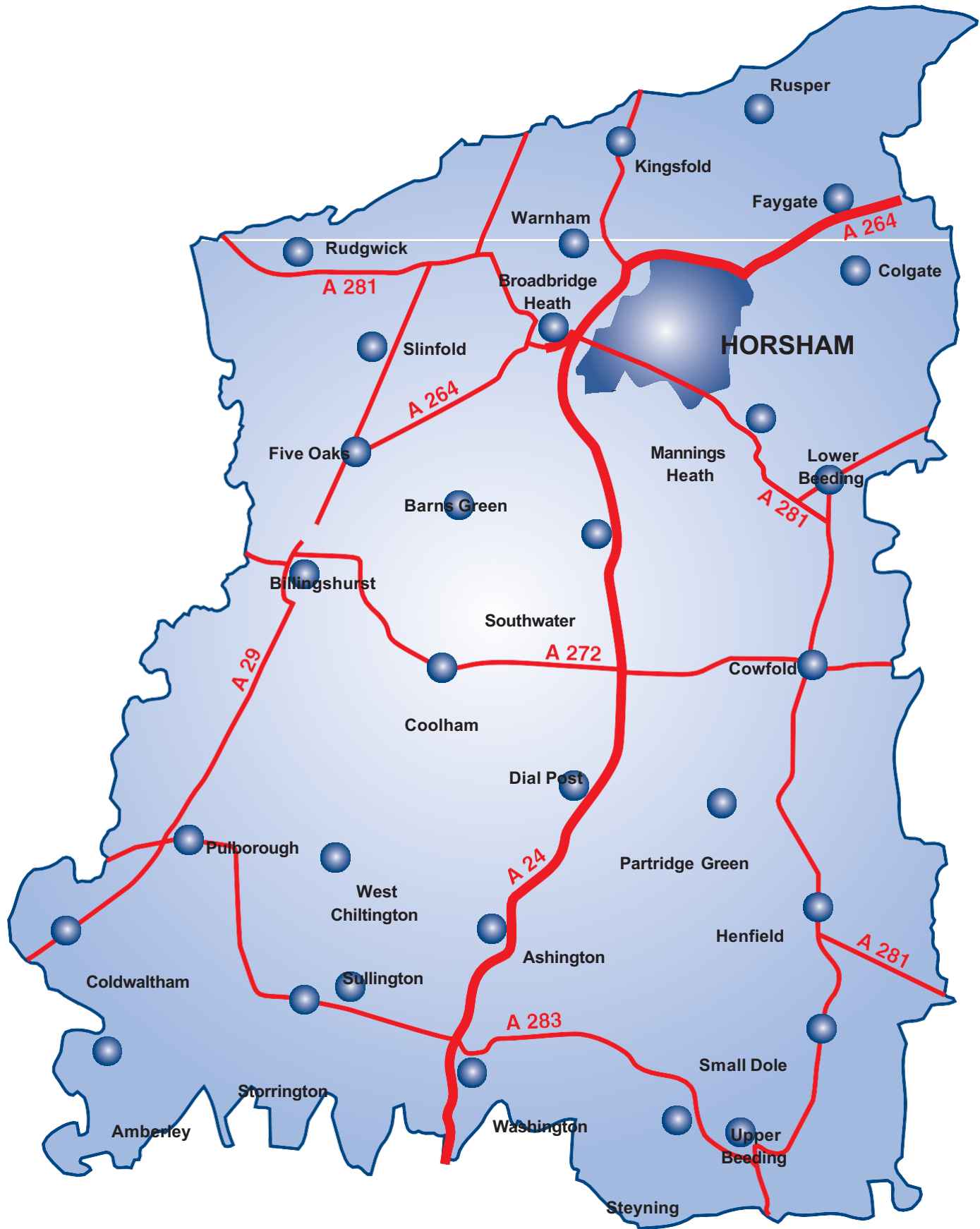
Tel: 01403 215111

Email: info@horshamdistrictwellbeing.org.uk

www.horshamdistrictwellbeing.org.uk



Horsham
District
Council



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This symbol denotes a dementia-friendly service

GET ACTIVE COURSES

Free courses to encourage you to become more active



Exercise to Music

Learn to Run



Swimming/Aqua



Outdoor Military Fitness

Subject to eligibility criteria

IT'S ALL ABOUT ME

Why not join a **FREE 12 week weight management course** and create your healthier lifestyle



- Do you feel you are overweight or obese?
- Have you been putting on the pounds recently?
- Are you ready to change your lifestyle and create healthier habits and behaviours?

Subject to eligibility criteria

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- Weight/BMI
- Body Fat %
- Hydration %
- Visceral Fat

FREE WELLBEING MOT AND ONE-TO-ONE SUPPORT

- Bone Mass
- Physical Activity
- Alcohol
- Smoking

PREDIABETES PROGRAMME



Are you at risk of developing type 2 diabetes?

Family history? Overweight?
Unfit? Blood test results?

IMPROVE YOUR STRENGTH AND BALANCE AND KEEP MOBILE



Our **FREE STEADY ON** course may be for you



@horshamhealth



Horsham District Wellbeing

Tel: 01403 215111

Email: info@horshamdistrictwellbeing.org.uk
www.horshamdistrictwellbeing.org.uk



Horsham District Council

Older Peoples Directory of Services

Horsham District Council is committed to supporting older people in a variety of ways, including:

- Helping them have their say
- Providing support for them to stay in their homes longer
- Improving the availability of information and advice

The Council's older people's strategy 'Preparing for an Ageing Population' recognises that by 2026, the number of over 65 year olds living in the Horsham District will increase by 60%. Some older people will be able to lead active, independent lives, while 18% of residents aged 65 or older would be considered vulnerable. The strategy responds to the views of older people as expressed through the principles of 'Life is for Living' and the Horsham District Older Peoples Forum, as well as other consultation mechanisms.

We aim to promote the empowerment and wellbeing of older people through these services. We work in partnership with a number of statutory and voluntary organisations to develop projects and activities to meet the needs of older people across the District.

Some of the initiatives we support in relation to older people are:

- Age with Confidence
- Emergency Alarms for the Elderly and Vulnerable
- Horsham Museum Reminiscence service
- Activities for the Over 50's
- Older Peoples Directory
- Shopmobility
- Working in Partnership with the Horsham District Older Peoples Forum

Horsham District Older Peoples Forum (HDOPF)

The Horsham District Older Peoples Forum (HDOPF) is a free to attend, non-political, voluntary group that acts as the 'ears' and gives a 'voice' for people aged 60 and over who reside in the Horsham District Council area or who care for someone that does. It also enables anyone to raise issues that affect local people. The Forum is also an information hub and consultative group for anyone seeking the views of older people in the district on plans, topics or schemes that may affect older people including Horsham District Council (HDC) and West Sussex County Council (WSSCC). Come along to a friendly 10.30am-1pm (tea/coffee 10.15am) quarterly public meeting held around the district in a village hall or community centre, share your opinion and hear others; listen to our guest speakers.

Telephone: 07435 969772

Website: www.horshamdistrictolderpeoplesforum.btck.co.uk

Social Media:

Facebook: www.facebook.com/horshamolderpeoplesforum/

Twitter: @hdopf

Email: hdopforum@gmail.com



Emergency Services

Ambulance Emergencies Telephone 999

People are seriously ill or injured. Someone's life is at risk.

Non Emergency medical questions and advice Telephone 111

If you are feeling ill you can call the NHS Helpline for non-emergency medical advice.

Fire Emergencies Telephone 999

A fire is detected. People are injured or in danger.

West Sussex Fire & Rescue Service

A Home Safety Visit (Safe and Well Visit) is a free service carried out by West Sussex Fire & Rescue Service. It involves a pre-arranged visit to your home to offer advice on how to make it safer, and, where appropriate, fit smoke alarms or other specialist fire detection equipment free of charge.

Telephone: 0845 872 9719

Website: www.westsussex.gov.uk/fire

Social Media:

Facebook: www.facebook.com/wsfrs/

Twitter: [@WestSussexFire](https://twitter.com/WestSussexFire)

Email: wsfrs@westsussex.gov.uk

Police Emergencies Telephone 999

A crime is being committed now. The offender is still there or nearby. People are injured or in danger.

Typetalk Emergency Line (for deaf and speech impaired people): dial 18000
Emergency Text (for deaf and speech impaired people): text 65999

Police Non-emergencies Textphone 18001 101 Telephone 101

Report online: www.sussex.police.uk/help-centre/report-something-online/

Email: contact.centre@sussex.pnn.police.uk

Telephone: From within the UK call 101 (calls cost a flat rate of 15p per call)

Local call: You can also dial 01273 470101

Textphone: For deaf, hard of hearing or speech impaired: 18001 101

Minicom: (text service only, cannot be used as a voice medium): 01273 483435

Minor Injuries Unit (MIU)

Staffed by Emergency Nurse Practitioners and other nursing and ancillary staff, we provide assessment and treatment of a range of minor injuries in both adults and children. Following assessment patients may be treated and discharged or, if appropriate, referred to other health care providers.

Address: Horsham Hospital, Hurst Road,
Horsham, RH12 2DR
Monday to Friday 9am-5pm
excluding bank holidays

Telephone: 01403 227000 ext. 7202

Website: www.sussexcommunity.nhs.uk

Social Media:

Facebook: [www.facebook.com/
sussexcommunitynhs/](http://www.facebook.com/sussexcommunitynhs/)

Twitter: @nhs_sct

Email: catherine.holroyd@nhs.net

Urgent Care Centre

Treatment of most injuries or illnesses that are urgent but not life threatening. For example, sprains and strains, broken bones, minor burns and scalds, minor head and eye injuries, bites and stings. You do not need to book an appointment – just turn up and you will be seen promptly by a doctor or nurse.

Address: Crawley Hospital, West Green
Drive, Crawley, RH11 7DH
24hrs a day, 7 days per week,
365 days a year

Telephone: 01293 600300 ext. 4141
or 4142

Website: www.sussexcommunity.nhs.uk

Social Media:

Facebook: [www.facebook.com/
sussexcommunitynhs/](http://www.facebook.com/sussexcommunitynhs/)

Twitter: @nhs_sct

Armed Forces

Royal Air Forces Association (RAFA)

Address: Horsham and Storrington
Branch RAFA: The Needles
Farm Buildings Branch HQ
& Club Three Acres, Blackbridge
Lane, Horsham, Horsham,
RH12 1RS.

Telephone: 01403 271800. Committee
meeting 1st Monday of each
month at 2.30pm. Social
meetings as arranged. Club
opening times: Sunday 12pm-
2pm, Tuesday 7.30pm-11pm,
Wednesday 10am-12pm,
Thursday as arranged, Friday
8pm-11pm, Saturday functions
only.

Address: Crawley Branch RAFA:
Goffs Park Hotel, Goffs Park
Road, Crawley, RH11 8AX.

Telephone: 01293 535447. 2nd Wednesday
bi-monthly 12midday.

Website: www.rafa.org.uk

Social Media:

Facebook: [www.facebook.com/
RAFAssociation/](http://www.facebook.com/RAFAssociation/)

Twitter: @RAFAssociation

Email: membership@rafa.org.uk

Royal British Legion

UK's leading Service charity providing care and support to serving members of the Armed Forces, veterans of all ages and their families.

Telephone: 0808 802 8080

Website: www.britishlegion.org.uk

Social Media:

Facebook: www.facebook.com/OfficialPoppyLegion/

Twitter: [@PoppyLegion](https://twitter.com/PoppyLegion)

Email: info@britishlegion.org.uk

Royal Navy Association

Association for ex-members of the Royal Navy.

Telephone: 023 9272 3747
(Monday to Friday
8.30am-4.30pm)

Website: www.royal-naval-association.co.uk

Email: admin@royalnavalassoc.com

SSAFA

Provide practical support and assistance to servicemen and women, veterans and their families. To find out more about getting help and support;

Telephone: 0845 241 7141
(Monday to Friday
10.30am-5.30pm)

Website: www.ssafa.org.uk

Social Media:

Facebook: www.facebook.com/SSAFAOfficial/

Twitter: [@SSAFA](https://twitter.com/SSAFA)

Email: flis@ssafa.org.uk

Forcesline is a FREE and confidential telephone helpline and email service, you can talk about anything, including personal concerns, worries and problems and they will give you factual information or 'signpost' the appropriate ways forward.

Telephone: 0800 731 4880

Benefits and Pensions

Age UK Horsham District

Offer FREE practical information, advice and support to those aged over 50, to help you understand your entitlement to benefits and fill in the necessary forms.

Address: Age UK Horsham District,
Lavinia House, Dukes Square,
Horsham, RH12 1GZ

Telephone: 01403 260560

Website: www.ageukhorshamdistrict.org.uk

Social Media:

Facebook: www.facebook.com/ageUKhorshamdistrict/

Twitter: [@AgeUKHorshamD](https://twitter.com/AgeUKHorshamD)

Email: info@ageukhorshamdistrict.org.uk

Attendance Allowance

Benefit to help with personal care because you're physically or mentally disabled and aged 65 or over. How much you get depends on the level of care that you need because of your disability and other benefits you get can increase if you get Attendance Allowance. You can also get claim packs by calling the helpline.

Telephone: 0345 605 6055

Textphone: 0345 604 5312

Monday to Friday 8am-6pm

Website: www.gov.uk/attendance-allowance/

Carers Allowance

A benefit to help you look after someone with substantial caring needs. You don't have to be related to, or live with the person you care for. You must be 16 or over and spend at least 35 hours a week caring for them.

Telephone: 0345 608 4321

Textphone: 0345 604 5312

Monday to Thursday

8.30am-5pm,

Friday 8.30am-4.30pm

Website: www.gov.uk/carers-allowance/

Email: cau.customer-service@dwp.gsi.gov.uk

Constant Attendance Allowance

If you get Industrial Injuries Disablement Benefit or a War Displacement Pension, and you need daily care and attention because of a disability, you can claim this benefit.

For industrial injury cases:

Your entitlement to Constant Attendance Allowance will automatically be considered at the time of your medical examination for Industrial Injuries Disablement Benefit if a 100% assessment of your disability is being considered. Contact your regional centre for more information.

Telephone: 0345 758 5433

For war pension cases:

Address: Service Personnel and Veterans Agency, Tomlinson House, Norcross, Thornton-Cleveleys, Lancashire, FY5 3WP

Telephone: 0808 1914 218

Website: www.veterans-uk.info

Email: veterans-uk@mod.uk

Council Tax Support

Council Tax Benefit information for Adur District Council, Horsham District Council and Mid Sussex District Council is now provided by CenSus Partnership.

Telephone: 01444 477264

(Monday to Thursday

8.45am-17.15pm;

Friday 8:45am-16.15pm)

Website: www.midsussex.gov.uk/revsandbens/

Email: benefit@midsussex.gov.uk

Employment and Support Allowance

If you're ill or disabled ESA offers you financial support if you're unable to work and personalised help so that you can work if you're able to. You can apply for ESA if you're employed, self-employed or unemployed.

Telephone: 0800 055 6688

Textphone: 0800 023 4888

Monday to Friday 8am-6pm

Website: www.gov.uk/employment-support-allowance/

Housing Benefit enquiries

Housing Benefit information for Adur District Council, Horsham District Council and Mid Sussex Council is now provided by CenSus Partnership.

Telephone: 01444 477264
(Monday to Thursday
8.45am-17.15pm;
Friday 08:45am-16.15pm)

Website: [www.midsussex.gov.uk/
revsandbens/benefits/](http://www.midsussex.gov.uk/revsandbens/benefits/)

Email: benefit@midsussex.gov.uk

Job Seekers Allowance (JSA)

A benefit to help you while you look for work. To qualify for JSA you usually have to be 18 or over (but below State Pension age) and able and available for work. You can apply online or contact Job Centre Plus for further information.

Telephone: 0345 600 0723
Textphone: 0345 600 0743
Monday to Friday 8am-6pm
Website: [www.gov.uk/jobseekers-
allowance/how-to-claim/](http://www.gov.uk/jobseekers-allowance/how-to-claim/)

Income Support

If you meet all the specific conditions including: under pensionable age, no income or low income, working less than 16 hours a week and not signed on as unemployed you may get Income Support.

Telephone: 0800 055 6688
Textphone: 0800 023 4888
Monday to Friday 8am-6pm
Website: [www.gov.uk/income-support/
overview](http://www.gov.uk/income-support/overview)

Pension Service (The)

The Pension Service helps with State Pension eligibility, claims, payments and enquiries.

Telephone: Claiming your State Pension for the first time:
0800 731 7898
State Pension enquiries:
0345 606 0265

Textphone: Claiming your State Pension for the first time:
0800 731 7339
State Pension enquiries:
0345 606 0285

Monday to Friday 8am-6pm

Website: [www.gov.uk/claim-state-
pension-online/](http://www.gov.uk/claim-state-pension-online/)

Email: ministers@dwp.gsi.gov.uk

Personal Independence Payment (PIP)

Replaces the Disability Living Allowance and helps with some of the extra costs caused by long-term ill-health or a disability if you're aged 16-64. Phone the Department for Work and Pensions (DWP) to make a new PIP claim.

Telephone: 0800 917 2222
Textphone: 0900 917 7777
Monday to Friday 8am-6pm
Website: www.gov.uk/PIP/

Charities

4sight (West Sussex Association for the Blind)

A local charity supporting people with sight loss across West Sussex. We aim to prevent social isolation by providing individuals with the specialist support, information and resources that are needed to maintain an independent lifestyle.

Address: 4sight, Bradbury Centre,
36 Victoria Drive, Bognor Regis,
West Sussex, PO21 2TE

Telephone: 01243 828555
Monday to Friday 10am-2pm

Website: www.4sight.org.uk

Social Media:

Facebook: www.facebook.com/4SightSussex/

Twitter: @4SightSussex

Email: enquiries@4sight.org.uk

Action for Deafness

A charitable organisation offering NHS Audiology Service to anyone via GP referral, information and advice, demonstration and sale of specialised equipment, awareness training.

Telephone: Haywards Heath/Henfield/
Horsham/Steyning:
01444 415582;

Worthing: 01903 217341

Website: www.actionfordeafness.org.uk

Social Media:

Facebook: www.facebook.com/actionfordeafness/

Twitter: @afd_uk

Email: info@actionfordeafness.org.uk

Age UK - Horsham District (DF)

Age UK Horsham District is a local, independent charity. Our team of staff and volunteers work with 7,000 local older people (those over 50) every year, providing essential services including:

Home Visiting – a free service for those most lonely, isolated and vulnerable.

Help at Home – signposting to reliable sources of help in the home.

Home from Hospital and Relative Support – a free service for those with no one to help them when they return from an unplanned hospital stay. Support is available to help families make informed choices about future care for loved ones.

Village Agent services – a local, friendly face supporting those in rural communities with advice and practical help.

Local Day clubs and clubs for people with dementia where those over 50, their families and carers, can receive support, enjoy social activities and interaction.

Information and Advice – a free service providing essential advice, assistance and support to those needing help with a range of issues, including finances, housing and health.

Address: Lavinia House, Dukes Square,
Horsham, RH12 1GZ

Telephone: 01403 260560
Monday to Friday
8.30am-4.30pm

Website: www.ageukhorshamdistrict.org.uk

Social Media:

Facebook: www.facebook.com/ageUKhorshamdistrict/

Twitter: @AgeUKHorshamD

Email: info@ageukhorshamdistrict.org.uk

Alzheimer's Society

Provides reliable and up to date information to help you with every aspect of living with dementia. Local services include day care and home care for people with dementia, support and befriending services to help partners and families cope with the demands of caring, Alzheimer's Café's, innovative activity sessions, memory-book projects and group outings providing both practical support and an essential point of human contact.

Address: Alzheimer's Society,
West Sussex North,
Barclays House, 52 Bishopric,
Horsham, RH12 1QJ

Telephone: Horsham Branch:
01403 750485;
National Dementia Helpline:
0300 222 1122;
Sussex Dementia Helpline:
01403 213017

National Dementia Helpline hours:
Monday to Wednesday
9am-8pm, Thursday to Friday
9am-5pm, Saturday and Sunday
10am-4pm; Sussex Dementia

Helpline: Monday to Friday 10am-4pm

Website: www.alzheimers.org.uk

Social Media:

Facebook: www.facebook.com/AlzheimersSocietySouthEastEngland/

Twitter: [@alzheimerssoc](https://twitter.com/alzheimerssoc)

Email: Sussex Helpline: sussex.helpline@alzheimers.org.uk; National Helpline: helpline@alzheimers.org.uk

Arthritis Care

People with arthritis can meet up and support others locally through this network. Haywards Heath and District branch meets on the fourth Monday of each month at 7pm at The Yews. The Worthing and District branch meets on the first Tuesday of each month at 2.30pm except January at Jubilee Hall.

Address: Haywards Heath and District:
The Yews, 55 Boltro Road,
Haywards Heath, RH16 1BJ;
Worthing and District:
Jubilee Hall,
Lancing Parish Hall,
96 South Street, Lancing,
BN15 8AJ

Telephone: 0808 800 4050

Website: www.arthritiscare.org.uk

Social Media:

Facebook: www.facebook.com/ArthritisCareUK/

Twitter: [@arthritiscare](https://twitter.com/arthritiscare)

Email: info@arthritiscare.org.uk

Autism Sussex

Independent, not for profit organisation and registered charity who aim to provide a range of opportunities for children, young people and adults with Autistic Spectrum conditions/ Asperger Syndrome and/or Learning Difficulties. Provide a range of services which are autism-friendly, individualistic, structured and low-arousal, which ensures that users are better able to manage their anxieties, stress and social interactions more successfully. Autism Sussex also offer an older people Extra Care scheme currently within East Sussex.

Telephone: 0345 450 0060

Monday to Friday 8.30am-5pm

Website: www.autismsussex.org.uk

Email: enquiries@autismsussex.org.uk

British Heart Foundation

Information, support and guidance for heart related concerns. Cardiac nurses and heart health advisors on hand to help with any questions or concerns about heart health and heart conditions.

Telephone: Helpline: 0300 330 3311

Main Organisation:

Monday to Friday 9am-5pm

Website: www.bhf.org.uk

Social Media:

Facebook: www.facebook.com/bhf/

Twitter: @TheBHF

Email: hearthelpline@bhf.org.uk

Cancer Research UK

Research, fundraising and information on all types of cancer. You can call the information nurses with any questions about cancer and the interpreting service enables you to talk in your preferred language.

Telephone: 0300 123 1022

Website: www.cancerresearchuk.org

Social Media:

Facebook: www.facebook.com/cancerresearchuk/

Twitter: @CR_UK

Email: supporter.services@cancer.org.uk

Cancervive

A charity established to address the needs of anyone whose family or friends are cancer sufferers, they provide a support network based upon personal experience at these difficult times. Through support groups, online communities and telephone support, they can enable you to be able to talk openly and confidentially with people with first-hand experience.

Telephone: 01273 834912

Website: www.cancervive.org.uk

Cardiac Rehabilitation Support West Sussex

A Charitable Trust formed from local ex-cardiac patients to provide ongoing support for cardiac patients and their carers and support projects intended to relieve the needs of West Sussex patients. Cardiac Rehabilitation is designed to help you recover and get back to as full a life as possible after a cardiac event. It aims to help promote your health and keep you well. Your cardiac rehabilitation team can offer information, advice and reassurance.

Telephone: For patients or carers to talk to a person, who has been in your position, on non-clinical matters: 01903 550084;
For patients or carers to discuss your clinical concerns, rehab classes, hospital appointments: 01273 446019

Website: www.caridacrehabsupport.org.uk

Social Media:

Twitter: @CRSWSinfo

Email: info@cardiacrehabsupport.org.uk

Chrysalis – Crawley Breast Cancer Support Group

Offer support and information for anyone who is having or has had treatment for breast cancer. Based in Crawley but welcomes those from the surrounding district. The group meets on the last working Monday of each month at 7.30pm.

Address: Postgraduate Medical Centre,
Crawley Hospital, West Green,
Crawley, RH11 7DH

Telephone: 01293 512378 or
01293 403432

Website: www.chrysalisbreastgroup.org.uk

Email: care@chrysalisbreastgroup.org.uk

Crohn's and Colitis UK

Provide information and support for people who have recently been diagnosed with IBD and those living with the condition, their relatives, partners and carers.

Telephone: For the information service
telephone: 0300 222 5700;
For Crohn's and Colitis Support
telephone: 0121 737 9931;
General Office: 01727 830038

Website: www.crohnsandcolitis.org.uk

Social Media:

Facebook: [www.facebook.com/crohnsandcolitisuk/](http://www.facebook.com/crohnsandcolitisuk)

Twitter: [@CrohnsColitisUK](https://twitter.com/CrohnsColitisUK)

Email: info@crohnsandcolitis.org.uk

Diabetes UK

Offering information on all aspects of diabetes to people with diabetes, their family and friends. Services include; advocacy, links to local support groups, events and a confidential careline staffed by professional counsellors.

Telephone: 0345 123 2399
Monday to Friday 9am-6pm

Website: www.dibetes.org.uk

Social Media:

Facebook: www.facebook.com/diabetesuk/

Twitter: [@DiabetesUK](https://twitter.com/DiabetesUK)

Email: info@diabetes.org.uk

Different Strokes

Open to stroke survivors under 70 who require information, support or guidance.

Telephone: 01908 317618 or
0345 130 7172
Monday to Friday 9am-5pm

Website: www.differentstrokes.co.uk

Social Media:

Facebook: www.facebook.com/differentstrokescharity/

Twitter: [@diffstrokes](https://twitter.com/diffstrokes)

Email: info@differentstrokes.co.uk

The Disabilities Trust

Provide residential and day services to meet the needs of individuals with Autism, brain injury, physical disability and learning disability. Also provide care and support to enable living in the community and support at home. Individuals must be referred to this service.

Telephone: 01444 239123
Monday to Friday 9am-5pm

Website: www.thedtgroup.org

Social Media:

Facebook: www.facebook.com/DisabilitiesTrust/

Twitter: [@theDTGroup](https://twitter.com/theDTGroup)

Email: info@thedtgroup.org

Epilepsy Society

Up to date information on epilepsy intended to help those affected by epilepsy to make informed choices and decisions.

Telephone: General enquiries:
01494 601300;
Helpline: 01494 601400
General enquiries:
Monday to Thursday
8.30am-5.15pm and
Friday 8.30am-5pm;
Helpline: Monday and Tuesday
9am-4pm,
Wednesday 9am-7.30pm

Website: www.epilepsysociety.org.uk

Social Media:

Facebook: www.facebook.com/EpilepsySociety/

Twitter: [@epilepsysociety](https://twitter.com/epilepsysociety)

Email: fromthehelpline@epilepsysociety.org.uk

Families & Friends Network

(Alcohol and Drugs)

Supports anyone affected by someone else's drinking and/or drug use. All services are confidential, and you can receive FREE information, advice and support. Contact carers support to find out where nearest network is.

Address: The Orchard, 1-2 Gleneagles Court, Crawley, West Sussex, RH10 6AD

Telephone: 0300 028 8888
Monday to Friday 9am-5pm,
Wednesday 9am-7pm and
Saturday 10am-12pm

Website: www.carerssupport.org.uk

Social Media:

Facebook: www.facebook.com/CarersWSussex/

Twitter: [@CarersWSussex](https://twitter.com/CarersWSussex)

Email: info@carerssupport.org.uk

Grandparents Plus

Works with government, local authorities and campaigns with key charities to raise the needs of grandparents.

Telephone: 020 8981 8001
Monday to Friday 9am-5pm

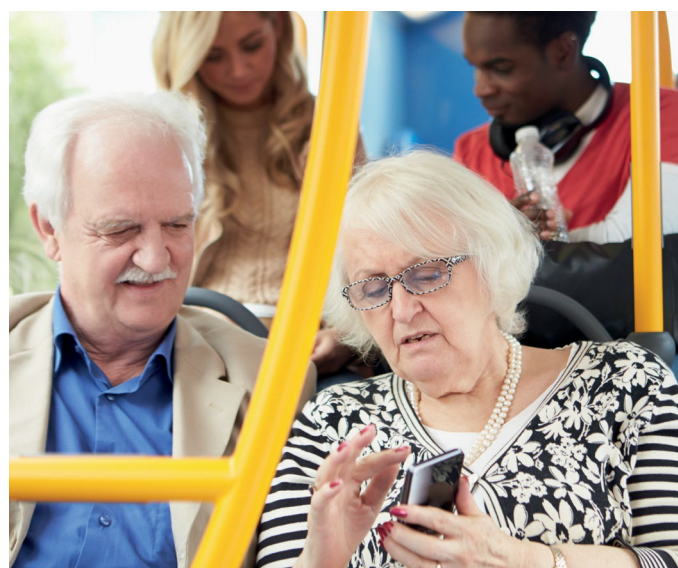
Website: www.grandparentsplus.org.uk

Social Media:

Facebook: www.facebook.com/Grandparentsplusinfo/

Twitter: [@Gplusinfo](https://twitter.com/Gplusinfo)

Email: info@granparentsplus.org.uk



Headway

Supporting people with acquired brain injury, their family and carers. Information packs, signposting and referrals to other services, peer support groups and literature.

Telephone: 07938 858153;

Nurse led helpline:
0808 188 500

Website: www.headwaywestsussex.org.uk

Social Media:

Facebook: www.facebook.com/headway.westsussex/

Twitter: @HeadwayWS

Email: info@headwaywestsussex.org.uk

Heathers Horsham Cancer Support

Informal self-help group for anyone affected by cancer. Drop-in help 1st and 3rd Monday of each month between 2pm-4pm.

Address: Unitarian Church Hall,
Worthing Road, Horsham,
RH12 1SL

Telephone: 01293 512378 or
01403 823858

Email: heathershorsham@hotmail.co.uk

Ileostomies Association – Sussex IA

IA is a support group run by and for people with ileostomies and internal pouches with the primary aim of helping people who have had their colon removed return to a full and active life as soon as possible after surgery.

Telephone: 01293 409379

Website: www.iasupport.org

Social Media:

Facebook: www.facebook.com/iasupport/

Twitter: @iasupport

Email: david.drakely@iasupport.org

Macmillan Cancer Support

If you've been diagnosed with cancer, or a loved one has, you'll want a team of people in your corner supporting you every step of the way. Provide practical, medical and financial support and push for better cancer care.

Telephone: Helpline: 0808 808 0000;

General: 0207 840 7840

Monday to Friday 9am-5pm

Website: www.macmillan.org.uk

Social Media:

Facebook: www.facebook.com/macmillancancer/

Twitter: @macmillancancer

Macular Society Horsham

A local self-help support group run by people with macular disease for people with macular disease that offers practical and emotional support. 3rd Monday of each month 10am-11.30am.

Address: Unitarian Church Hall,
Worthing Road, Horsham,
RH12 1SL

Telephone: Helpline: 0300 3030 111;
General Enquiries:
01264 350551

Website: www.macularsociety.org

Social Media:

Facebook: www.facebook.com/macularsociety/

Twitter: @MacularSociety

Email: Helpline:
help@macularsociety.org;
General enquiries:
info@macularsociety.org

Mencap

Support people with a learning disability to live their life as they choose.

Telephone: 0808 808 1111
Monday to Friday 8am-6pm

Website: www.mencap.org.uk

Social Media:

Facebook: www.facebook.com/Mencap/

Twitter: @mencap_charity

Email: helpline@mencap.org.uk

Multiple Sclerosis Society

Support, information and advice.

Telephone: General: 02084 38 0700;
Helpline: 0808 800 8000
General: Monday to Friday
9am-5pm;
Helpline: Monday 9am-9pm and
Tuesday to Friday 9am-7pm

Website: www.mssociety.org.uk

Social Media:

Facebook: www.facebook.com/MSSociety/

Twitter: @mssocietyuk

Email: helpline@mssociety.org.uk

National Ankylosing Spondylitis Society

NASS is the only UK charity dedicated to supporting those with ankylosing spondylitis and axial spondyloarthritis. A wide range of publications are available as well as a helpline which can offer information on diagnosis, treatment, benefits and much more.

Address: Horsham Branch:
Horsham Hospital,
Physiotherapy Dept, Hurst
Road, Horsham, RH12 2DR

Telephone: Helpline: 020 8741 1515;
Horsham Branch/Mark Franks:
01293 420759 / 07713 257531

Helpline: Monday to Friday 9am-12pm

Website: www.nass.co.uk

Social Media:

Facebook: www.facebook.com/NationalAnkylosingSpondylitisSociety/

Twitter: @NASSchiefexec

Email: admin@nass.co.uk

Olive Tree Cancer Support Centre

An independent support centre for cancer patients and their families, based at Crawley Hospital. Offer information, emotional support, complementary therapies and additional services including a cancer survivorship programme, a coaching programme, singing workshops and social events.

Address: The Olive Tree, Crawley Hospital,
West Green Drive, Crawley,
RH11 7DH

Telephone: 01293 534465

Website: www.olivetrecancersupport.org.uk

Social Media:

Facebook: www.facebook.com/OliveTreeCancerSupportCentre/

Twitter: @OliveTreeCSC

Email: office@olivetrecancersupport.org.uk

Parkinson's UK

Charity dedicated to providing support, advice and information for people with Parkinson's disease, their carers, families and friends. Horsham Branch: Runs meetings, events, activities on the third Thursday of every month 2pm-4pm or 7pm-9pm.

Address: Local branch: North Heath Hall
behind St Mark's Church,
North Heath Lane, Horsham,
RH12 5PJ

Telephone: Helpline: 0808 800 0303;

General: 020 7931 8080

Helpline:

Monday to Friday 9am-7pm,

Saturday 10am-2pm;

General: Monday to Friday
9am-5pm

Website: www.parkinsons.org.uk

Social Media:

Facebook: [www.facebook.com/
parkinsonsuk/](http://www.facebook.com/parkinsonsuk/)

Twitter: [@ParkinsonsUK](https://twitter.com/ParkinsonsUK)

Email: Main organisation:

hello@parkinsons.org.uk;

Local branch:

[johnandcarolmatthews
@hotmail.com](mailto:johnandcarolmatthews@hotmail.com)



RNIB (Royal National Institute of Blind People)

There for everyone affected by sight loss. Whether you're losing your sight or you're blind or partially sighted, practical and emotional support is available.

Telephone: 0303 123 9999

Website: www.rnib.org.uk

Social Media:

Facebook: www.facebook.com/rnibuk/

Twitter: [@RNIB](https://twitter.com/RNIB)

Email: helpline@rnib.org.uk

Silver Line (The)

The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. Our specially-trained helpline team offer information, friendship and advice, link callers to local groups and services, offer regular friendship calls and protect and support people who are suffering abuse and neglect.

Telephone: 0800 4 70 80 90

24hrs per day,

7 days per week,

365 days a year

Website: www.thesilverline.org.uk

Social Media:

Facebook: [www.facebook.com/
thesilverlineuk/](http://www.facebook.com/thesilverlineuk/)

Twitter: [@TheSilverLineUK](https://twitter.com/TheSilverLineUK)

St Catherine's Hospice

St Catherine's Hospice helps local people with a terminal illness to live the best possible quality of life. Most patients are cared for in their own home but there is an 18-bed in-patient unit at the hospice, plus day services offering therapies, counselling and practical advice/support for patients and their families/carers.

Address: St Catherine's Hospice,
Malthouse Road, Crawley,
RH10 6BH

Telephone: 01293 447333
Monday to Sunday 8am-8pm

Website: www.stch.org.uk

Social Media:

Facebook: www.facebook.com/stcatherineshospicecrawley/

Twitter: [@StCHospice](https://twitter.com/StCHospice)

Stroke Association

Information, support and help for people affected by stroke. Family and Carer Support service Horsham and Crawley Area.

Telephone: Helpline: 0303 3033 100;
Local Stroke Recovery
Coordinator: 07985 131268

Website: www.stroke.org.uk

Social Media:

Facebook: www.facebook.com/TheStrokeAssociation/

Twitter: [@TheStrokeAssoc](https://twitter.com/TheStrokeAssoc)

Email: info@stroke.org.uk

Surrey and Sussex Fibromyalgia Support Group

Provide support through a helpline and email. Meetings can offer support and one to one advice, a mini-library, information table, crafts, speakers, social evenings out, lunch outings, monthly newsletter.

Address: St Paul's Art Centre,
55b Chapel Road, Worthing,
BN11 1EE
Meetings on last Wednesday of
every month 12pm-2pm

Telephone: 08448 872394

Website: www.fmswaws.org

Sussex Deaf Association

An independent charitable voluntary organisation providing support, social and welfare service for deaf, deafblind, deafened and hard of hearing people in Sussex.

Telephone: Head Office: 01273 671899
Monday to Thursday
9.30am-1pm and 2pm-5pm

Website: www.sussexdeaf.co.uk

Social Media:

Facebook: www.facebook.com/sussexdeafassociation/

Twitter: [@sussexdeafassoc](https://twitter.com/sussexdeafassoc)

Email: info@sussexdeaf.com

Community Groups, Day Centres, Lunch and Social Clubs

Ashington Carousel Coffee Morning

Coffee morning held at the Ashington Scout Hall, all welcome. There is one step up to access the hall and no disabled toilet facilities. Suggested donation of £1.50-2 per person to cover hall hire and tea or coffee. Wednesday 9.15am-10.15am.

Address: Ashington Scout Hall,
Church Lane, Ashington,
RH20 3JY

Telephone: Brian Simpkin: 01903 892828

Breathe Easy (British Lung Foundation)

Make new friends who know about what you're going through, and learn more about living with a lung condition. We have more than 230 Breathe Easy support groups throughout the UK, so you should be able to find one near you wherever you live. Groups are run by their members and meet regularly (usually once every month).

Telephone: 0300 030 050

Website: www.blf.org.uk

Social Media:

Facebook: www.facebook.com/britishlungfoundation/

Twitter: @lunguk

Christ's Hospital Lunch Club

The monthly Lunch Club at Christ's Hospital was established in 1991 and involves 60 to 70 elderly people, some with disabilities, who live in Horsham and the surrounding villages. It is one of the extensive activities which forms part of the Christ's Hospital Community Action programme.

Further details about the Lunch Club can be obtained from Marjorie Holdsworth.

Telephone: 01403 247738

Website: www.christs-hospital.org.uk

Email: mah@christs-hospital.org.uk

Crossroads South Central – Social Club

A range of activities with lunch and refreshments giving cared for adults an opportunity to socialise, share stories and make friends and giving carers some free time. Fully trained carer support workers.

Address: Hordon House, Granary Way,
Horsham, RH12 1NS
Wednesday 10am-4pm

Telephone: 01903 790270

Website: www.crossroadscare-sc.org

Email: admin@crossroadscare-sc.org

Crowning Years – Kings Church Horsham

A team of dedicated volunteers work with the elderly in the Horsham area. They seek to provide opportunities for older people to enjoy social activities together and provide spiritual encouragement, comfort, understanding and compassion. Crowning Years is the name given to the church's work

with older people. The morning consists of time to chat over a coffee (tea if you prefer), worship, prayer and teaching.

Address: St Peter's Hall, Three Acres,
Horsham, RH12 1RS
Meets alternate Tuesdays
10.30am-12pm
Telephone: 01403 251331
Website: www.kch.org.uk

Henfield Haven

A centre for people in the Steyning area aged 55+, offers a warm, friendly place where you can go to meet others, keep your mind and body active, and get general support and advice. Refreshments and meals and a Sunday Lunch Club available.

Café: Monday to Friday
10am-4pm;
Thursday Club:
11.30am-3.30pm;
High Needs Days (NOT drop-in):
Mondays, Wednesdays and
Fridays 9.30am-3.30pm

Address: Henfield Haven, Hewitts,
Henfield, BN5 9DT

Telephone: 01273 494747

Website: [www.impact-initiatives.org.uk/
henfield-haven/](http://www.impact-initiatives.org.uk/henfield-haven/)

Social Media:

Facebook: [www.facebook.com/
henfieldhaven/](http://www.facebook.com/henfieldhaven/)

Twitter: @ImpactSussex

Email: thehaven@impact-initiatives.org.uk

Henfield Hub

Website giving information on local events, news and businesses.

Website: www.henfieldhub.com

Social Media:

Facebook: [www.facebook.com/
HenfieldHub/](http://www.facebook.com/HenfieldHub/)

Twitter: @HenfieldHub

Lavinia House Hub (Age UK)

Different activities each day (£3 a day), hairdresser four mornings a week (Tuesday to Friday), visiting service available, community café available 8.30am-3pm and a hot 2-course lunch is available for £7. New members, aged 50 and over are welcome, come and join us and make new friends. Various additional clubs throughout the district.

Address: Lavinia House, Dukes Square,
Horsham, RH12 1GZ

Telephone: 01403 260560
Monday to Friday
8.30pm-4.30pm

Website: www.ageukhorshamdistrict.org.uk

Social Media:

Facebook: [www.facebook.com/
ageUKhorshamdistrict/](http://www.facebook.com/ageUKhorshamdistrict/)

Twitter: @AgeUKHorshamD

Email: info@ageukhorshamdistrict.org.uk

Lions Club

The World's Largest Service Club Organisation. Every Lions Club supports a range of projects in its local community within four broad categories: health, sight, youth initiatives and international programmes.

Members do whatever is needed to help their local communities; from children who need eyeglasses to seniors who don't have enough to eat.

Telephone: 0845 833 9502

Website: www.lionsclubs.co

Social Media:

Facebook: www.facebook.com/LionsClubsBritishIslesandIreland/

Twitter: @LionsClubs

Email: enquiries@lionsclubs.co

London Road Methodist Church Lunch Club

Wednesday Lunch Club – for senior citizens. Enjoy a hot lunch, at a small cost (£4), in a warm and friendly atmosphere. 2nd and 4th Wednesday of each month 1pm. Sunday Lunches – for church members who live by themselves 3rd Sunday of each month after the Sunday morning service.

Address: Wesley Hall, Methodist Church, London Road, Horsham, RH12 1AN

Telephone: 01403 268075 or 01403 891340 to reserve your place

Website: www.lrmchorsham.org

National Women's Register (The) (NWR)

For women who like to be informed and share ideas. A network of local groups and individual members who enjoy lively discussion and conversation, both serious and light-hearted. By actively participating in

the content of meetings, which typically take place in each other's homes, members share their opinions and ideas and form long-lasting friendships.

Telephone: 01603 406767

Monday to Thursday
9.30am-3.30pm

Website: www.nwr.org.uk

Social Media:

Facebook: www.facebook.com/nwr.uk/

Twitter: @NWRUK

Email: office@nwr.org.uk

Oddfellows (The)

A friendship group open to everybody. Make new friends and attend social events such as coffee mornings, supper clubs and local trips. This friendship club has been running for over 200 years, providing advice services, benefits and welfare support for those in need.

Local branches are Brighton and Sussex District Office, Sussex Weald and Victoria Worthing.

Telephone: 0161 832 9361

Monday to Thursday 9am-5pm,
Friday 9am-4pm

Website: www.oddfellows.co.uk

Social Media:

Facebook: www.facebook.com/OddFellowsUK/

Twitter: @OddFellowsUK

Email: info@oddfellows.co.uk

Parham Tuesday Group

Social club for adults in the Storrington area. No age limit. Guest speakers and fundraises for local charities. Meetings on 3rd Tuesday each month 7.30pm-10pm.

Address: Rackham Old School,
Rackham Street, Rackham,
RH20 2EU

Telephone: 01903 743818

Address: Phoenix Clubhouse,
Forest Community School,
Comptons Lane, Horsham,
RH13 5NW

Telephone: 01403 268130

Website: www.phoenixstrokeclub.org.uk

Social Media:

Facebook: [www.facebook.com/
Phoenixstrokeclub/](http://www.facebook.com/Phoenixstrokeclub/)

Email: [manager.phoenix@
btinternet.com](mailto:manager.phoenix@btinternet.com)

Phoenix Stroke Club

A small, friendly club for Stroke Survivors. Our members are able to try a range of activities in a friendly, informal atmosphere and we aim to increase confidence and offer important respite for carers. Social groups meet on Monday, Tuesday and Wednesday from 10.15am-3.30pm. A Communications Group runs on Thursdays from 10am-12pm.

Pulborough & District Community Care Association

Offers various types of services and activities for older people who live in Pulborough and district. Lunch club, Wednesday club offering refreshments, activities and a chat for the over 50s, Group for Falls Prevention, Knitting, Sight problems and Tai Chi, Volunteer Visiting



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> INFORMATION AND ADVICE > ASSESS YOUR NEEDS > COMMUNITY GROUPS > ONLINE MARKETPLACE OF LOCAL SERVICES

Scheme and Good Neighbours Scheme, and community transport service. For details of current activities please call the secretary.

Telephone: 01798 813039

Website: www.pcclub.org.uk/pdcca/

Email: sheilam@talk21.com

Rotary Club

Largest independent, non-political, non-religious Charity in the area. Donates to various Charities, Projects, individuals and families through the 'Making and Difference to Horsham' Scheme. Meets on Thursday 7.15pm.

Address: Roffey Institute, Forest Road,
Horsham, RH12 4TB

Telephone: 01403 754005

Website: www.horshamrotary.org.uk

Email: horshamrotary@btconnect.com

Salvation Army (The) – South East Division

Worldwide Christian church and registered charity extending a helping hand to those who are homeless, friendless and in need. Access to practical, social and spiritual support. Local Salvation Army churches (or corps) and community centres offer a range of activities and services within local communities.

Telephone: 01622 775000

Monday to Friday 8.30am-4pm

Website: www.salvationarmy.org.uk

Social Media:

Facebook: [www.facebook.com/
salvationarmyuk/](http://www.facebook.com/salvationarmyuk/)

Twitter: [@salvationarmyuk](https://twitter.com/salvationarmyuk)

Email: [southeast@
salvationarmy.org.uk](mailto:southeast@salvationarmy.org.uk)

Slinfold Village Hall – Help Scheme Tea

Tea and chat – open to all. Stalls selling books, bric-a-brac, cakes, jams and preserves, garden produce and a raffle.

Address: Slinfold Village Hall, The Street,
Slinfold, West Sussex,
RH13 0RP

Telephone: Mrs Barbara Muller:
01403 790073

Southwater Thursday Group and Southwater Young @ Heart

Anyone over 50 is welcome to come along and meet others in an informal setting. There is a range of activities some new and some old favourites (a small charge may be made for certain craft activities to cover costs). Southwater Thursday Group meet on Thursday morning 10am-12pm. Southwater Young @ Heart meet on Friday 1.30pm-3.30pm.

Address: Southwater Thursday Group:
Southwater Sports Club,
Church Lane, Southwater,
RH13 9BT;
Southwater Young @ Heart:
Beeson House, Lintot Square,
Southwater, 26 Lintot Square,
Fairbank Road, Southwater,
RH13 9LA

Telephone: Southwater Thursday Group:
01403 730420;
Southwater Young @ Heart:
01403 731839

Southwater Welcome Club

The Welcome Club provides a place for people aged over 60 to make friendships and share an interesting afternoon with guest speakers, games and activities. Tea and cake are always provided, and the cost is £2 per person. Meets alternate Wednesdays 2.30pm-4.30pm.

Address: Village Hall, Church Lane,
Southwater, RH13 9BT

Telephone: 01403 731891

Email: thedeborahbailey@icloud.com

St Mary's Church Coffee Morning

An informal coffee morning meets alternate Thursday mornings (10.30am-11.30am) in the Manor Room at the Church Centre. Meet and make new friends.

Address: St Mary's Church, Causeway,
Horsham, RH12 1HE

Telephone: 01403 253762

Storrington Pop-in Centre

Provides a low cost lunch for older people. Coffees from 10.30am followed by a 3 course lunch comprising soup, ploughmans and desert. No need to book, just turn up at the Village Hall, Storrington. Alternate Thursday mornings 10.30am-1pm.

Address: Storrington Village Hall, 59 West
Street, Storrington, RH20 4DZ

Telephone: 01903 893145

Storrington, Sullington & Thakeham Monday Club for Over 60s

Club for older people providing a social afternoon with tea, card games, board games, bingo, bowling, new age curling, whist and other games. Transport provision can be arranged through the Community Minibus Association for Storrington, Thakeham and Sullington. Venue is accessible for wheelchairs and has accessible toilet. Meets on Monday 2pm-4pm.

Address: Trinity Methodist Church,
Thakeham Road, Storrington,
RH20 3NG

Telephone: 01903 743076

Trafalgar Road Baptist Church – Lunch Club

The Club caters to primarily retired people and is open to anyone in the community. The Luncheon Club is very well attended with anywhere between 45 and 60 members attending at any one time. Transport can be arranged for those that need assistance. Members are asked to make a donation of £3 for each club meeting and if you are interested in attending please contact the church office. Meets on third Wednesday of each month during term time.

Address: Trafalgar Road Baptist Church,
Trafalgar Road, Horsham,
RH12 2QL

Telephone: 01403 240729

Website: www.trbc.info

Email: enquiries@trbc.info

The Hub – Upper Beeding Baptist Church

A monthly friendship lunch club offering a two course lunch plus tea or coffee. Meets on last Friday of every month except August.

Address: Upper Beeding Baptist Church Hall, 19 Church Lane, Steyning, BN44 3HP

Telephone: Jill Rowland: 01903 813424

Website: www.thehubbedding.org

Social Media:

Facebook: www.facebook.com/thehubbedding/

The Hub Café – Upper Beeding Baptist Church

Relaxed and friendly coffee shop serving freshly ground coffee, various teas and homemade cakes. Pop in with your friends or come and meet some new ones. There is always someone to talk with at The Hub Café, and the venue is wheelchair accessible toilets and disabled parking. Open Monday to Friday 9am-12pm and Saturday 10am-12pm. Address: The Hub, 19 Church Lane, Upper Beeding, Steyning, BN44 3HP

Telephone: Debbie Woods: 07769 664375

Website: www.thehubbeeding.org

Social Media:

Facebook: www.facebook.com/thehubbeeding/

Email: Debbie@thehubbeeding.org

In Stitches – Upper Beeding Baptist Church

In Stitches Group, people who enjoy sewing patchwork, embroidery or knitting in each other's company. Meets Thursday 9am-12pm.

Address: Upper Beeding Baptist Church, 19 Church Lane, Upper Beeding, Steyning, BN44 3HP

Telephone: Ann Putman: 01903 814996

Website: www.thehubbeeding.org

Social Media:

Facebook: www.facebook.com/thehubbeeding/

Time Travellers' Café – Upper Beeding Baptist Church

A safe and relaxing place for people with dementia or age related memory issues, their families and carers to share experiences, have access to local information, and meet people. The Hub café menu is available, and a light lunch of soup and a roll is available for £2.25. Meets first Thursday of each month 12.30pm-2.30pm.

Address: The Hub, 19 Church Lane, Upper Beeding, Steyning, BN44 3HP

Telephone: Debbie Woods: 07769 664375

Website: www.thehubbeeding.org

Social Media:

Facebook: www.facebook.com/thehubbeeding/

Email: Debbie@thehubbeeding.org

Village Agent (Age UK)

Find out what activities, support and advice is available in Billingshurst, Colgate, Rusper or Shipley.

Address: Lavinia House, Dukes Square,
Horsham, RH12 1GZ

Telephone: 01403 260560
Monday to Friday
8.30am-4.30pm

Website: www.ageukhorshamdistrict.org.uk

Social Media:

Facebook: www.facebook.com/ageUKhorshamdistrict/

Twitter: @AgeUKHorshamD

Email: info@ageukhorshamdistrict.org.uk

Councils

Horsham District Council

Office hours:

Monday to Friday 9am-5pm

Address: Parkside, Chart Way, Horsham,
RH12 1RL

Telephone: 01403 215100

Website: www.horsham.gov.uk

Social Media:

Facebook: www.facebook.com/HorshamDC/

Twitter: @HorshamDC

Email: contact@horsham.gov.uk

West Sussex County Council

General Enquiries Tel:

01243 777100

Monday to Friday 8am-6pm

General enquiries Typetalk:

For customers who are deaf,
hard of hearing or have speech
impairments:

018001 01243 777100

Births, marriages and deaths:

01243 642122

Disabled parking 'Blue Badges':

01243 777653

Libraries: 01243 642111

Renewals: 01243 642110

Planning: 01243 642118

Record Office:

01243 753600

Roads and Transport:

01243 642105

Social Care:

01243 642121

Social care emergencies outside of office hours:

01243 642425

Adur/Worthing:

01243 26300

Chichester: 01243 785166

Crawley: 01293 438000

Horsham: 01403 215100

Office Addresses:

Bognor Regis:

Durban House, Durban Road,
Bognor Regis, PO22 9RE
Monday to Friday 9am-5pm

Chichester:

County Hall, West Street,
Chichester, PO19 1RQ
Monday to Thursday
8.30am-5pm and
Friday 8.30am-4.30pm

Crawley: Crawley Library, Southgate
Avenue, Crawley, RH10 6HG



COMMUNITY LINK



Psst!
Did you know there's
a button that could
save your life?

We help over 1,700 people of all ages in the Horsham district to feel safe and maintain independence in their own home for longer.

- Do you live alone?
- Are you worried about falling?
- Are you forgetful?
- Have you had a medical emergency?
- Do you feel unsafe in your own home?

WE WANT TO HELP YOU

Telephone: 01403 215230
Email: community.link@horsham.gov.uk
Website: www.horsham.gov.uk



TSA
Code of Practice
Accredited Organisation



Horsham
District
Council

Registrars: Monday to Friday
9.30am-4.30pm;

Social Care:

Monday to Friday 9am-5pm

Horsham: Parkside, Chart Way, Horsham,
RH12 1RL

Monday to Friday 9am-5pm

Worthing: Centenary House,
Durrington Lane, Worthing,
BN13 2PQ

Monday to Friday 9am-5pm

Websites:

Website: www.westsussex.gov.uk

Social Media:

Facebook: [www.facebook.com/
WestSussexMatters/](http://www.facebook.com/WestSussexMatters/)

Twitter: [@WSCCNews](https://twitter.com/WSCCNews)

Email:

General Enquiries:

[customer.service@
westsussex.gov.uk](mailto:customer.service@westsussex.gov.uk)

Social Care:

[socialcare@
westsussex.gov.uk](mailto:socialcare@westsussex.gov.uk)

Adur/Worthing:

[helppoint@
adur-worthing.gov.uk](mailto:helppoint@adur-worthing.gov.uk)

Chichester: contact@chichester.gov.uk

Crawley: comments@crawley.gov.uk

Horsham: contact@horsham.gov.uk

Crime

Neighbourhood & Home Watch Network

A voluntary network of schemes where neighbours come together, along with the police and local partners, to build safe and friendly communities. Provides information and resources. To find details of schemes in your area visit the website and use the postcode search facility.

Website: www.ourwatch.org.uk/your_local_area/

Social Media:

Facebook: www.facebook.com/ourwatch/

Twitter: @N_Watch

Email: enquiries@sussexnwfd.org.uk

Police

Details of local services can be found in the Emergency Services section at the front of this directory.

Address and opening hours:

Horsham Police Station,
Hurst Road, Horsham,
RH12 2DJ:
Monday to Friday
10am-2pm and 3pm-6pm

Telephone: Non-Emergency:

101 or 01273 470 101

Website: www.sussex.police.uk

Social Media:

Facebook: www.facebook.com/sussexpoliceforce/

Twitter: @sussex_police

Email: horshamnpt@sussex.pnn.police.uk

Victim Support

An independent charity offering help and practical guidance. If you've been a victim of any crime or have been affected by a crime committed against someone you know, victim support offer a FREE service, available to everyone, whether or not the crime has been reported and regardless of when it happened.

Telephone: Supportline: 0808 168 9111;
Victim Support Sussex:
0808 168 9274

Website: www.victimsupport.org.uk

Social Media:

Facebook: www.facebook.com/victimsupport/

Twitter: @VictimSupport

Disability and Mobility

Assisted Refuse Collections – Horsham District Council

If you are frail or disabled and have difficulty moving your bins to the collection point and need assistance contact the Customer Care Team for an assisted collection application form.

Telephone: 01403 733144

Website: www.horsham.gov.uk

Atlas Mobility Ltd

Supply mobility scooters, riser recliners, wheelchairs, walking aids and living aids that support a changing lifestyle and incontinence products.

Address: Atlas Mobility Ltd,
64 East Street, Horsham,
West Sussex, RH12 1HN
Monday to Friday
10am-5.30pm,
Saturday 10am-3pm,
Closed Bank Holidays

Telephone: 01403 263553

Website: www.atlasmobility.co.uk

Email: info@AtlasMobility.co.uk

Clinical Waste Collections – Horsham District Council

FREE collection service is available for items such as needles, stoma bags, incontinence products etc. If you require a separate clinical waste collection for these or similar items, please call the Customer Care Team.

Telephone: 01903 719646

Website: www.horsham.gov.uk

Email: ask@medisort.co.uk

Community Link Alarm – Horsham District Council

Home safety and personal alarm system enables local residents to live independently in their own homes. Community Link is a telephone-based personal alarm system providing rapid response any time of the day and night and can also provide other alarm and detection services. If you would like further information or a no obligation demonstration please contact our Community Link team of advisors.

Telephone: 01403 215230

Monday to Friday 9am-5pm

Website: www.horsham.gov.uk

Email: community.link@horsham.gov.uk

Disability Equipment Service

Disability Equipment Service lists second-hand disability equipment being sold by individuals in specific areas. The lists are maintained by local disability charities working together to provide people with a way of linking together.

Telephone: 07845 041678

Website: www.disabilityequipmentservice.co.uk

Social Media:

Facebook: www.facebook.com/disabilityequipmentservice/

Twitter: [@deswebsite](https://twitter.com/@deswebsite)

Email: team@disabilityequipmentservice.co.uk

Disabled Facilities Grants – Horsham District Council

Available to help disabled people to live more independently in their home. The Council can provide a grant to pay for works recommended by West Sussex County Council's Occupational Therapists for disabled people receiving means-tested benefits or who have a low income according to our financial assessment. Contact OT Connect for an assessment of your needs.

Telephone: 01243 642121

Website: www.horsham.gov.uk

Email: socialcare@westsussex.gov.uk

Independent Lives

Provides a range of support services for people with disabilities, care needs and caring responsibilities to enable them to lead full, active and independent lives. Focuses on providing a direct payments support service to help people arrange and manage their own personalised care and support. Provides information, advice and support to disabled people, their families, carers and professionals.

Telephone: 08456 0123 99 or
01903 219482
Monday to Friday 8am-6pm

Website: www.independentlives.org

Social Media:

Facebook: www.facebook.com/indeplives/

Twitter: [@indep_lives](https://twitter.com/indep_lives)

Email: info@independentlives.org



COMMUNITY LINK



An immersive complimentary therapy

Horsham District Council is the first to bring you a virtual reality therapy that could benefit the health of yourself or someone you know.

The experience has proven beneficial to:

- people living with dementia
- those suffering with pain
- dealing with stress and anxiety
- long term medical conditions

WE WANT TO HELP YOU

Telephone: 01403 215230
Email: community.link@horsham.gov.uk
Website: www.horsham.gov.uk



Horsham District Council

Education, Learning and Volunteering

Aspire – Horsham Adult Education Centre

Provide learning opportunities to adults across Sussex. Varied programme of courses aiming to promote healthy lives, encourage creativity, development of new skills as well as supporting individuals to improve their employment prospects and career progression plus lots more. Provide adult education services that are attractive, sustainable and inspire people to learn, enjoy and achieve.

Address: The Drill Hall, Denne Road,
Horsham, RH12 1JF

Telephone: 01403 289020
Monday to Thursday 9am-5pm
and Friday 9am-4pm

Website: www.aspiresussex.org.uk

Social Media:

Facebook: www.facebook.com/AspireSussex/

Twitter: [@AspireSussexLtd](https://twitter.com/AspireSussexLtd)

Email: enquiries@aspireussex.org.uk

Horsham & Mid Sussex Voluntary Action

A membership organisation which is open to any voluntary or not-for-profit body working in the Horsham district. Helps to establish new Voluntary Organisations; works with existing organisations to ensure viability; and links voluntary, public and private sectors.

Address: Horsham & Mid Sussex
Voluntary Action, Martlet

Heights, 49 The Martlets,
Burgess Hill, RH15 9NN

Telephone: 01444 258 102

Website: www.hamsva.org.uk

Social Media:

Facebook: www.facebook.com/hamsva/

Twitter: [@HAMSVolAction](https://twitter.com/HAMSVolAction)

Email: enquiries@hamsva.org.uk

Lodge Hill Centre

An outdoor and education centre with residential and conference facilities. Set in 32 acres of woodland in the heart of the South Downs National Park.

Address: Lodge Hill Centre, Watersfield,
Near Pulborough, RH20 1LZ

Telephone: 01798 831411

Monday to Friday 8.30am-5pm

Website: www.lodgehill.org.uk

Email: admin@lodgehill.org

University of the Third Age (U3A)

An organisation which provides life-enhancing and life-changing opportunities for retired and semi-retired people. Local U3As exist for the benefit of those, no longer in full time employment, who wish to learn and keep active. Members share their knowledge and experience, and participate in a wide range of educational, creative and leisure activities. Each U3A has its own programme of activities which may comprise monthly meetings with external speakers, special interest groups, outings to places of interest and social events.

Arun East

Telephone: 01903 772325
Website: www.u3asites.org.uk/aruneast
Email: Margaret.stephens446@gmail.com

Arun Valley

Telephone: 01798 873481
Website: www.arunvalleyu3a.org.uk
Email: martin.ellis29@yahoo.co.uk

Cranleigh and District

Telephone: 01483 267040
Website: www.cranleighu3a.org.uk
Email: keith-atkins@hotmail.co.uk

Horsham

Telephone: 01403 266934
Website: www.u3asites.org.uk/horsham

Southwater

Telephone: 01403 732851
Website: www.u3asites.org.uk/southwater

Steyning and District

Telephone: 01903 812092
Website: www.u3asites.org/steyning
Email: memsec@steyninganddistrictu3a.org.uk

Slinfold Computer Café

Anyone is welcome, regardless of computing knowledge or experience. Over friendly chat with tea/coffee and biscuits, there is often a presentation on a particular subject and time for any computer/technology questions. No membership fee or commitment, an attendance fee of £3 and there is no charge for the first visit.

Address: The Parish Room,
Slinfold Village Hall, The Street,
Slinfold, RH13 0RP
Telephone: 01403 790374
Website: www.slinfoldcomputer.club
Email: admin@slinfoldcomputer.club

Health Information and Support

Change, Grow, Live

This service is part of the wider West Sussex Integrated Substance Misuse Recovery Service, is confidential, and open to all those affected by drugs and alcohol across West Sussex.

Address: Centenary House,
Woodfield Road, Northgate,
Crawley, RH11 9BA

Telephone: 0300 3038677
Website: www.changegrowlive.org

Social Media:

Facebook: www.facebook.com/changegrowlive/
Twitter: [@changegrowlive](https://twitter.com/changegrowlive)
Email: WestSussex.contact@cgl.org.uk

Horsham Care Coordinators

Based at your local surgery, they aim to signpost and empower patients to access support in the community. They work closely with patients and GP's to assist people with managing their health and wellbeing. If you wish to make contact with your local Care Coordinator, ask your GP receptionist for more details.

Email:

Courtyard Surgery:

lisa.lord3@nhs.net or
linda.jones@nhs.net;

Holbrook Surgery:

lisa.ellis13@nhs.net;

Orchard Surgery:

Emily.payne@nhs.net;

Park Surgery:

maria.stack@nhs.net or
Judith.hamilton2@nhs.net;

Riverside Surgery:

simon.silvia@nhs.net;

Rudgwick Medical Centre:

linda.pothecary@nhs.net;

The Village Surgery:

Stephanie.ginestet@nhs.net

Carers Support West Sussex

Carers Support West Sussex is an independent local charity offering support to those caring for family members or friends with a long term illness or disability. Free and confidential services include information, support groups, emotional wellbeing and specialist support to parent carers, young adult carers (18-25) and carers of people with mental health issues, drug and alcohol issues, dementia, learning disabilities, autism and Asperger syndrome.

Address: The Orchard,
1-2 Gleneagles Court, Brighton
Road, Crawley, RH10 6AD

Telephone: 0300 028 8888
Monday to Friday 9am-5pm,
Wednesday 9am-7pm and
Saturday 10am-12pm

Website: www.carerssupport.org.uk

Social Media:

Facebook: www.facebook.com/CarersWSussex/

Twitter: [@CarersWSussex](https://twitter.com/CarersWSussex)

Email: info@carerssupport.org.uk

Exercise Referral Scheme

The Horsham District Exercise Referral Scheme enables any healthcare professional to refer you to a local leisure facility where a qualified exercise instructor will guide you through a programme that matches your aims and ability.

Telephone: 01403 215111

Website: www.horshamdistrictwellbeing.org.uk

Email: info@horshamdistrictwellbeing.org.uk

Horsham District Wellbeing

Horsham District Wellbeing is a FREE, friendly and impartial service from Horsham District Council to support people find local health and wellbeing advice, information and services. The team of Wellbeing Advisors supports people across a range of lifestyle areas, including doing some regular exercise, eating a healthy balanced diet, stopping smoking, reducing alcohol consumption, managing stress, improving strength and balance, or simply improving overall wellbeing.

Address: Horsham District Council,
Parkside, Chart Way, Horsham,
RH12 1RL

Telephone: 01403 215111
Monday to Friday 10am-4pm

Website: www.horshamdistrictwellbeing.org.uk

Social Media:

Facebook: [www.facebook.com/
HorshamDistrictWellbeing/](http://www.facebook.com/HorshamDistrictWellbeing/)

Twitter: [@HorshamHealth](https://twitter.com/HorshamHealth)

Email: [info@horshamdistrict
wellbeing.org.uk](mailto:info@horshamdistrictwellbeing.org.uk)

NHS Choices

Get help and information on a range of health issues and concerns. A resource for checking symptoms of illness, articles on wellbeing, reading about latest health developments, give feedback on a service you have used, search for local services including doctors, dentists and hospitals.

Telephone: Non urgent medical advice: 111;
General: 0300 311 2233
Non urgent medical advice:
24 hours a day;
General: Monday to Friday
8am-6pm,
Wednesday 9.30am-6pm,
excluding bank holidays

Website: www.nhs.uk

NHS Dental Services

Everyone should be able to access good-quality NHS dental services. NHS England will be able to tell you which dentist in your area currently accepts patients.

Search online at:

[www.nhs.uk/Service-Search/
Dentist/LocationSearch/3](http://www.nhs.uk/Service-Search/Dentist/LocationSearch/3)

Telephone: 0300 311 2233
Monday to Friday 8am-6pm,
Wednesday 9.30am-6pm,
excluding bank holidays

Website: www.nhs.uk

Hobbies, Dance, Music, Singing and the Arts

Cantarice Ladies Choir

Two local choirs with a wide repertoire. You can turn up at any session and try it out for FREE. If you enjoy it then there is a membership fee per term. Horsham meets on Wednesdays 1.15pm-2.45pm; Steyning meets on Fridays 11am-12.30pm.

Address: Horsham:
Salvation Army Centre,
Booth Way, RH13 5PZ;
Steyning: Steyning Centre,
Church Street, BN44 3XZ

Telephone: 01903 812662

Website: www.catatrice.snappages.com

Email: zoe@middlemead.plus.com

Horsham Branch of the Embroiderers' Guild

Lively and friendly branch with a full programme of speakers, workshops and in-house stitching projects. If you share a love of textiles and embroidery do get in touch – visitors and new members welcome. Membership of the branch is £30 pa plus membership to the Guild; Visitors £5. Meets on 4th Thursday monthly, 2nd Thursday December 2pm-4.30pm, no meet in August.

Address: Wesley Hall, Methodist Church,
London Road, Horsham,
RH12 1AN

Telephone: 01403 256973 or
07801 137349

Email: janet-brown@btconnect.com

Horsham Scottish Country Dancing Club

Scottish country dancing should not be confused with Scottish highland dancing – swords, highland fling etc. Come and try an informal evening of social dancing and if you enjoy it, come again. There is a charge of £2 an evening.

Address: Millennium Hall, 154-156
Crawley Road, Roffey, Horsham,
RH12 4DT

Telephone: 01403 269439

Website: www.horshamscdc.org.uk

Email: enquiries@horshamscdc.org.uk

Local History Societies

For a list of local societies and their websites.

Website: www.sfhg.org.uk

NAFAS National Association of Flower Arrangement Societies

Lots of local groups in the area. For a listing of local clubs, times and venues visit the site.

Website: www.sussexareanafas.org.uk

Pleasure Singers (The)

A choir of female singers who meet once a week for a rehearsal and a chat over a cup of tea and a biscuit of two on Wednesday afternoons in Horsham. Throughout the year The Pleasure Singers perform at a number of venues in West Sussex and Surrey, entertaining folk at retirement homes, care homes and community centres and at special concerts in aid of various charities. Meets on Wednesday 2pm-4pm.

Address: Holy Trinity Church,
Rushams Road, Horsham,
RH12 2NT

Telephone: 01403 263665

Website: www.thepleasuresingers.co.uk

Social Media:

Facebook: www.facebook.com/The-Pleasure-Singers-202833739740154/

Twitter: [@ThePleasureSing](https://twitter.com/ThePleasureSing)

Email: thepleasuresingers@gmail.com

Sandgate Singers

Four-part choir based in Storrington with no auditions or formalities. Always pleased to welcome new members and can promise a happy atmosphere and some interesting musical programmes. An ability to read music is use but in no way essential.

Address: Storrington and Sullington
Parish Hall, Thakeham Road,
Pulborough, RH20 3PP

Telephone: 01903 741256

Website: www.sandgatesingers.com

Sussex Wildlife Trust

Manage over 30 nature reserves where rare and threatened wildlife can be protected and can thrive. Show and teach people of all ages about the wildlife and countryside around them. Run events and courses, walks and talks and lead practical volunteer tasks. Information and advice line provides FREE advice on all wildlife, conservation and planning questions.

Address: Sussex Wildlife Trust,
Woods Mill, Henfield, BN5 9SD

Telephone: General advice: 01273 492630;
Wildlife information and advice;
01273 494777

Website: www.sussexwildlifetrust.org.uk

Email: enquiries@sussexwt.org.uk

Housing

Abbeyfield Society (The)

Abbeyfield House near Horsham Park, offers a worry-free independent life for older people, with charges fully inclusive of food, utilities, council tax, services of house staff, property maintenance, and the additional benefits of sophisticated fire detection and community alarm. It is ideally situated to access the local and wider community of Horsham.

Address: Abbeyfield House,
21 Hurst Road, Horsham,
West Sussex, Rh12 2DS

Telephone: Senior House Manager:
01403 252855

Monday to Friday 9am-5pm **Website:**
www.abbeyfield.com

Social Media:

Facebook: www.facebook.com/AbbeyfieldSociety/

Twitter: [@TheAbbeyfield](https://twitter.com/TheAbbeyfield)

Email: General enquiries:
post@abbeyfield.com;
Accommodation enquiries:
enquiries@abbeyfield.com

Anchor Trust

Not-for-profit provider of housing and care for the over-55s.

Telephone: 0800 731 2020

Website: www.anchor.org

Social Media:

Facebook: www.facebook.com/Anchor/

Twitter: [@Anchor_Trust](https://twitter.com/Anchor_Trust)

Email: contact@anchor.org.uk

Horsham Matters

A Registered Charity that recycles, reuses and resells good quality second hand furniture and household items to help local families, particularly those in need. The money raised from the Charity Centre is then used to provide new services for local residents.

Address: Horsham Matters Ltd,
Micah House, Blatchford Road,
Horsham, West Sussex,
RH13 5QR

Telephone: 0300 124 0204
Tuesday to Saturday
9.30am-4pm

Website: www.horsham-matters.org.uk

Email: info@horsham-matters.org.uk

Shelter

Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing. They give advice, information and advocacy to people in housing need.

Address: The Orchard 1-2, Gleneagles
Court, Brighton Road,
Southgate, Crawley, RH10 6AD

Telephone: Helpline: 0808 800 4444;
West Sussex Area:
0344 515 1749
Monday to Friday 9am-5.30pm

Website: www.shelter.org.uk

Social Media:

Facebook: www.facebook.com/ShelterUK

Twitter: [@Shelter](https://twitter.com/Shelter)

Email: crawley@shelter.org.uk

Skylark House



This brand new, luxury care home in Horsham is run by an experienced and passionate team dedicated to delivering a range of quality, round-the-clock care services from short term respite to specialist care for people living with Alzheimer's and other forms of dementia. Skylark House has 82 bedrooms, each with ensuite facilities, plus its own coffee shop, hair salon and cinema and residents keep busy with daily group and one-to-one activities, including hobbies and outings.

Address: Skylark House, St Marks Lane,
Horsham, West Sussex,
RH12 5PU

Telephone: 01403 247010

Website: [www.careuk.com/
skylark-house](http://www.careuk.com/skylark-house)

Email: manager.skylark@careuk.com

West Sussex Care Guide

A guide care homes in West Sussex. Details can be found in the Independent Living section of this directory.

Telephone: 01243 642121
Monday to Friday 8am-6pm

Website: www.westsussex.gov.uk

Social Media:

Facebook: [www.facebook.com/
WestSussexMatters/](http://www.facebook.com/WestSussexMatters/)

Twitter: [@WSCCNNews](https://twitter.com/WSCCNNews)

Email: socialcare@westsussex.gov.uk

Independent Living

British Red Cross (The)



A volunteer-led humanitarian organisation that helps people in crisis. Supports independent living and offers advice, help and advocacy. Short-term loans of mobility aids including wheelchairs, commodes, walking sticks and frames. Short-term practical and emotional support at home to help people regain independence after hospital stays. Hand, arm and shoulder massage service available.

Address: Unit B2, The Fleming Centre,
Crawley, RH10 9NN
Monday and Wednesday
10am-12pm, Tuesday, Thursday
and Friday 10am-1pm

Telephone: 01293 649079

Website: www.redcross.org.uk

Social Media:

Facebook: [www.facebook.com/
BritishRedCross/](http://www.facebook.com/BritishRedCross/)

Twitter: [@BritishRedCross](https://twitter.com/BritishRedCross)

Carewise West Sussex – Care Funding Advice



Information and advice to help you make the right choices and ease the worry of paying for care. Help to consider your care options. Money and benefits check. Comprehensive care services information. Approved Care Fee specialists.

Telephone: 01243 642121
Monday to Friday 9am-5pm

Website: www.westsussex.gov.uk/carewise

Social Media:

Facebook: www.facebook.com/WestSussexMatters/
Twitter: @WSCCNews
Email: socialcare@westsussex.gov.uk
Secure email: adults.carepoint@westsussex.gcsx.gov.uk

Help at Home (Age UK)

If everyday tasks in the home or garden start to become more difficult to carry out, you may need some help to stay independent and safe. Age UK have a register of police checked, referenced, friendly gardeners, handypersons and home helps. Hourly rates are capped and there is no call out charge.

Address: Lavinia House, Dukes Square,
Horsham, RH12 1GZ

Telephone: 01403 260560
Monday to Friday
8.30am-4.30pm

Website: www.ageukhorshamdistrict.org.uk

Social Media:

Facebook: www.facebook.com/ageUKHorshamdistrict/
Twitter: @AgeUKHorshamD
Email: info@ageukhorshamdistrict.org.uk

Home from Hospital (Age UK)

The aim of this service is to prevent vulnerable people returning to hospital, to boost confidence and promote wellbeing. Up to 6 weeks FREE practical support after discharge from hospital for residents who do not have a carer.

Address: Lavinia House, Dukes Square,
Horsham, RH12 1GZ

Telephone: 01403 260560
Monday to Friday
8.30am-4.30pm

Website: www.ageukhorshamdistrict.org.uk

Social Media:

Facebook: www.facebook.com/ageUKhorshamdistrict/
Twitter: @AgeUKHorshamD
Email: info@ageukhorshamdistrict.org.uk

Meals on Wheels

The Meals on Wheels service in West Sussex is provided by Apetito. Hot meals and sandwiches/afternoon tea service are available. For frozen meal delivery visit www.wiltshirefarmfoods.com or telephone 0800 773773 and you will be put through to a local branch. With every delivery, Apetito drivers carry out a check to make sure those who use the service are safe and well. This provides the customer with the chance to chat to a friendly face and reassurance for friends and relatives. Anyone who is eligible can order – people do not have to be referred. Home delivery Monday to Sunday from 8.30am-4pm. If you, or someone you know, needs Meals on Wheels, or you would like more information, please contact Apetito. Menu and pricing available on Apetito's website.

Telephone: 01903 718893

Website: www.apetito.co.uk

Social Media:

Twitter: @apetitouk
Email: Head Office:
info@apetito.co.uk;
Customer Service and
Distribution:
orders@apetito.co.uk;
West Sussex:
westsussex.office@apetito.co.uk

Royal Voluntary Service

Can help older people maintain their independence and stay involved in the local community. Volunteers offer help and support so older people can stay independent at home. For more information just ask.

Telephone: Crawley to Coast:

01293 228060

Monday to Friday 9am-5pm

Website: www.royalvoluntaryservice.org.uk

Email: crawleytocoasthub@royalvoluntaryservice.org.uk

Social Services

Adults' Services works with people to help them age with confidence and live well in later life so that they can be independent for as long as possible.

Support people to help themselves within their local communities;
Ensure people have the opportunity to explore the options available to them;
Focus on preventing or delaying the need for emergency (or crisis) care; for example, going into hospital or a care home;
Work with people to help them find the care and support they need to live independently;
Help the most vulnerable to feel supported and safe.

Information and advice is provided FREE to all people in West Sussex, including help with assessing needs for social care support. Loans of equipment and some short-term services may be available without charge depending on a person's circumstances.

Longer-term funding for social care is provided to people resident in West Sussex who meet specific eligibility criteria as set out in Department of Health guidance. An assessment of a person's social care needs will tell us if they are eligible for funded support from the County Council.

Telephone: 01243 642121;

Social Care Emergencies

Helpline (available 24/7):

01243 642425

(Office hours:

Monday to Friday 9am-5pm)

Website: www.westsussex.gov.uk

Social Media:

Facebook: [www.facebook.com/](http://www.facebook.com/WestSussexMatters/)

[WestSussexMatters/](http://www.facebook.com/WestSussexMatters/)

Twitter: [@WSCCNews](https://twitter.com/WSCCNews)

Email: socialcare@westsussex.gov.uk

West Sussex Care Guide

A guide listing domiciliary care (care at home services) and care homes in West Sussex. Also includes information on day care and community care services, extra care housing schemes and support for carers.

Telephone: 01243 642121

Monday to Friday 9am-5pm

Website: www.westsussex.gov.uk

Social Media:

Facebook: [www.facebook.com/](http://www.facebook.com/WestSussexMatters/)

[WestSussexMatters/](http://www.facebook.com/WestSussexMatters/)

Twitter: [@WSCCNews](https://twitter.com/WSCCNews)

Email: socialcare@westsussex.gov.uk

Libraries

West Sussex Library Service

A wide selection of books, ebooks, audiobooks, CDs and DVDs to borrow. Access to the latest resources via printed material, the eLibrary and the internet. FREE wi-fi access for all visitors.

Library services are accessible to all, including people who are housebound or have hearing or visual impairments.

Free library activities include Knit and Natter, Relax with Colouring, Board Games, Reading Groups and Computer Buddies (check with individual branches for details of local groups). WSCC libraries have dementia-

friendly staff, reminiscence packs, 'Pictures to Share' books and a 'memory management' library ticket ensuring no overdue charges for people with dementia.

Sign up at the library for eNewsletters to get information about events in your area and email reminders of when books are due for return. You can also find WSCC libraries on Facebook at

www.facebook.com/westsussexreads/

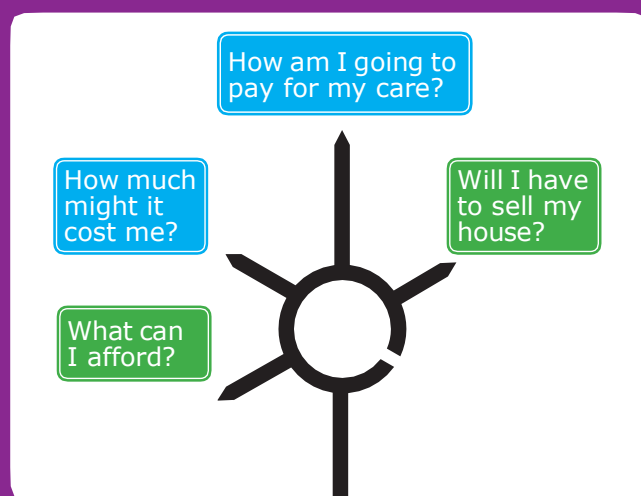
Library Addresses and contact numbers:

Billingshurst:

Billingshurst Library, Mill Lane,
Billingshurst, RH14 9JZ
Monday to Friday 10am-5pm
and Saturday 10am-2pm:

Telephone: 01403 783145




Avoid a wrong turn
with care planning
Stopping for independent
financial advice can make
a big difference



- **Help to consider care options**
- **Money advice and benefits check**
- **Comprehensive care services information**
- **Approved care fee specialists**

carewise

WEST SUSSEX | Care Funding Advice

 01243 642121
 www.westsussexconnecttosupport.org/carewise
 socialcare@westsussex.gov.uk

Henfield: Henfield Library, Off High Street,
Henfield, BN5 9HN
Monday to Friday 10am-5pm
and Saturday 10am-2pm:

Telephone: 01273 493587

Horsham: Horsham Library,
Lower Tanbridge Way, Horsham,
RH12 1PJ
Monday to Friday 9am-7pm and
Saturday 9am-5pm:

Telephone: 01403 224353

Pulborough:

Pulborough Library, Brooks Way,
Off Lower Street, Pulborough,
RH20 2BP
Monday to Wednesday
1pm-5pm and
Thursday to Saturday 9am-1pm:

Telephone: 01798 872891

Southwater:

Southwater Library,
Beeson House, 26 Lintot
Square, Fairbank Road,
Southwater, RH13 9LA
Monday to Friday 10am-5pm
and Saturday 10am-2pm

Telephone: 01403 734660

Steyning: Steyning Library, Church Street,
Steyning, BN44 3YB
Monday to Friday 10am-5pm
and Saturday 10am-2pm:

Telephone: 01903 270330

Storrington:

Storrington Library,
Ryecroft Lane, Storrington,
RH20 4PA

Monday to Friday
9.30am-5.30pm and
Saturday 10am-4pm:

Telephone: 01903 839050

Mobile Libraries 

West Sussex has 2 mobile library vehicles.
These travel from Bognor Regis and
Horsham libraries and visit towns and villages
in the area. Details of stops, times and dates
are available on the WSCC website.

Telephone: 01403 224353

Website: www.westsussex.gov.uk

Social Media:

Facebook: [www.facebook.com/
WestSussexMatters/](http://www.facebook.com/WestSussexMatters/)

Twitter: [@WSCCNews](https://twitter.com/WSCCNews)

Email: [horsham.library@
westsussex.gov.uk](mailto:horsham.library@westsussex.gov.uk)

Loneliness, Mental Health and Wellbeing

Contact the Elderly

Contact the Elderly is a national charity solely dedicated to tackling loneliness and social isolation among older people. They organise FREE monthly Sunday afternoon tea parties for small groups of older people and volunteers within their local community. Contact the Elderly offers a lifeline of friendship to thousands of people aged 75 and over who live alone, need a bit of help getting out and about, and don't have the support of family and friends nearby.

Telephone: 0800 716 543
Monday to Friday 9am-5.30pm

Website: www.contact-the-elderly.org.uk

Social Media:

Facebook: www.facebook.com/contactteas/

Twitter: [@contact_t teas](https://twitter.com/contact_t teas)

Email: info@contact-the-elderly.org.uk

Cruse Bereavement Care – West Sussex Area

Cruse offers face-to-face, telephone, email and website support through a national helpline and local services. Services are provided by trained volunteers and are confidential and FREE. Cruse also provides training and consultancy for external organisations and for those who may encounter bereaved people in the course of their work.

Telephone: National Helpline:
0844 477 9400;
West Sussex Area 24hr
Answering Service:
0300 311 9959 (Please leave details and a Cruse volunteer will return your call)

Website: www.cruse.org.uk

Social Media:

Twitter: [@CruseCare](https://twitter.com/CruseCare)

Email: westsussexarea@cruse.org.uk

Help and Company at Home Ltd – Billingshurst Day Care

Aimed at people aged over 65, including those with memory problems/early dementia, who need to get away from the isolation felt in their house and those who need some variety in their lives. Meets on Tuesday and Thursday 10am-3.30pm.

Address: Billingshurst Community and Conference Centre, Roman Way, Billingshurst, RH14 9QW

Telephone: 01403 788080

Website: www.helpandcompany.com

Email: info@helpandcompany.com

Independent Age

Advice, Befriending and Campaigning. Independent Age, the older people's charity. Whatever happens as we get older, we all want to remain independent and live life on our own terms. That's why, as well as offering regular friendly contact and a strong campaigning voice, Independent Age provides older people and their families with clear, free and impartial advice on issues that matter: care and support, money and benefits, health and mobility. A

charity founded over 150 years ago, we're independent so that older people can be.

Telephone: 0800 319 6789
Monday to Friday 8am-8pm
and weekend/bankholidays
9am-5pm

Website: www.independentage.org

Social Media:

Facebook: www.facebook.com/independentage/

Twitter: [@IndependentAge](https://twitter.com/IndependentAge)

Email: advice@independentage.org

Mind

Mind in England and Wales provides advice and support to empower anyone experiencing a mental health problem. The charity campaigns to improve services, raise awareness and promote understanding of mental health problems. Local Minds provide help and support directly to those who need it most. The network of more than 130 local Minds offer specialised support and care based on the needs of the communities they support.

Telephone: Infoline: 0300 123 3393;
Legal Infoline: 0300 466 6463

Website: www.mind.org.uk;
www.elefriends.org.uk

Social Media:

Facebook: www.facebook.com/mindforbettermentalhealth/

Twitter: [@MindCharity](https://twitter.com/MindCharity)

Coastal West Sussex Mind 

Telephone: 01903 227000
Monday to Friday 9am-5pm

Website: www.coastalwestsussexmind.org

Social Media:

Facebook: www.facebook.com/CoastalWestSussexMind/

Twitter: [@MindWestSussex](https://twitter.com/MindWestSussex)

Email: info@coastalwestsussexmind.org

MND Association

MND Connect is an information and support service for people living with MND, people affected by MND, carers and health and social care professionals. Whether you need to find out how to access services and information, or just want someone to listen, the team is here to help.

Telephone: 0808 802 6262
Monday to Friday
9am-5pm and 7pm-10.30pm

Website: www.mndassociation.org

Social Media:

Facebook: www.facebook.com/mndassociation/

Twitter: [@mndassoc](https://twitter.com/mndassoc)

Email: mndconnect@mndassociation.org

Prevention & Assessment Teams 

Prevention & Assessment Teams are joint teams including staff from West Sussex County Council, Sussex Community NHS Trust, and Guild Care or Age UK West Sussex.

Our teams include health advisors (nurses), social care workers and support workers. We aim to help people living locally to stay healthy and remain independent. We normally work with people who do not receive services from specialist health care teams or social care services.

This means we can check your general state of health and wellbeing, help you identify what may benefit you to retain your independence, enable you to make any changes, let you know what resources may be useful to you, provide assistance to practical and emotional support. We maintain close links to carers' services, local day centres, Wellbeing hubs, the Fire and Rescue Service, Neighbourhood Watch, and many other voluntary and community services.

Telephone: Northern Prevention Assessment Team (Crawley, Horsham and Mid Sussex area): 01403 229510
Southern Prevention Assessment Team (Littlehampton, Storrington, Worthing and Shoreham area): 01273 268900
Western Prevention Assessment Team (Chichester District, Arundel, Pulborough, Billingshurst and Bognor Regis): 01243 642370

Email: Northern Prevention Assessment Team: pat.north@westsussex.gov.uk
Southern Prevention Assessment Team: aaw.pat@westsussex.gov.uk
Western Prevention Assessment Team: pat.west@westsussex.gov.uk

Roffey Friendship Club

A great way to make new friends for people aged over 60, there is a programme of activities including quizzies, talks, outings, and music. Tea, coffee and cake provided for

a small weekly sub. Meets every two weeks on Thursday 2pm-4pm.

Address: Roffey Millennium Hall,
Crawley Road, Horsham,
West Sussex, RH12 4DT
Telephone: 01403 750786

Royal Voluntary Service Good Neighbours West Sussex

As one of the nation's leading voluntary sector organisations, the Royal Voluntary Service supports older people to stay active, independent and remain a part of their local community. Our Good Neighbours Scheme provides company and friendship to older people living alone who are socially isolated. We aim to increase independence and social contact for a limited time, usually over a 12-week period, although this is dependent on individual circumstances. The support we offer could include accompanying an older person to the shops or a short outing, helping them to attend a local club and activity or visiting them at home for some company and a chat. Our volunteers offer a weekly visit, usually for 1-2 hours, depending on the client's requirements.

Address: Good Neighbours West Sussex,
Royal Voluntary Service,
1 Town Barn Road, West Green,
Crawley, RH11 7XG

Telephone: Horsham, Crawley and Mid Sussex districts:
01293 228060

Website: www.royalvoluntaryservice.org
Email: Horsham, Crawley and Mid Sussex:
crawleycoasthub@royalvoluntaryservice.org.uk

If something's troubling you then get in touch. Confidential and no waiting lists or assessments. Talk about whatever's getting to you, you don't have to be suicidal.

Telephone: 116 123

Available 24 hours a day, 365 days a year.

Website: www.samaritans.org

Social Media:

Facebook: www.facebook.com/samaritanscharity/

Twitter: [@samaritans](https://twitter.com/samaritans)

Email: jo@samaritans.org

SAGE Counselling

A service for people with restricted movement. If you are faced with issues such as adjusting to retirement, loss of

independence, bereavement, loneliness, unresolved conflicts, disability, illness and the finality of death their counsellors make no judgements, but respect clients as individuals with a need to make sense of their own lives.

Telephone: 07585 141599

Monday to Friday 9am-5pm

Website: www.sagecounselling.org.uk

Email: admin@sagecounselling.org.uk

Visiting Service (Age UK)

FREE support and companionship to older people across the district who live alone or are feeling lonely, have very little support available from family or friends, have few opportunities to get out on their own and would benefit from social contact.

Are you at risk of flu this winter?

Get your flu jab.

**STAY WELL
THIS WINTER**

The best protection against the flu is the free seasonal flu jab available from your GP or pharmacist.

FREE vaccination is offered to people aged 65 or over who are at risk, children aged 2 to 3, and those in the school vaccination programme, pregnant women, adults and children with underlying health conditions (especially heart and respiratory disease), carers, and children with weakened immune systems. If you are not in one of these groups entitled to get a free flu jab then you can buy one from participating high street pharmacies.

For more information on who should have the free flu jab, visit:

www.westsussexwellbeing.org.uk/fight-flu

or speak to your GP or pharmacist.

Address: Lavinia House, Dukes Square,
Horsham, RH12 1GZ
Telephone: 01403 260560
Monday to Friday 8.30am-4pm
Website: [www.ageukhorsham
district.org.uk](http://www.ageukhorshamdistrict.org.uk)
Social Media:
Facebook: [www.facebook.com/
ageUKhorshamdistrict/](http://www.facebook.com/ageUKhorshamdistrict/)
Twitter: @AgeUKHorshamD
Email: [info@ageukhorsham
district.org.uk](mailto:info@ageukhorshamdistrict.org.uk)

Memory, Dementia and Alzheimers

Active Minds Club

Providing stimulation for mind and body of people with short term memory loss. Meets on Thursday and Friday 10am-3pm.

Address: Dial Post Village Hall, Horsham,
West Sussex, RH13 8NJ
Telephone: 01903 740948 / 07754 142460
Email: s.beckers@btinternet.com

Know Dementia

Education, Advice and Support. Telephone support, home visits, time to talk, social activities and interaction, advice on finance and care provision, training on how to cope with the diagnosis. Local groups: Southwater Leisure Centre: Gentle sport session on Monday 10am-12pm, Memory Café monthly on Saturday 2pm-4pm (check website for day); Henfield Evangelical Free Church Hall: Memory Café fortnightly on Saturday 2pm-4pm; Henfield Catholic Church Hall: 'Jazzled' Choir on Thursday .130pm-3.30pm.

Address: Unit 6/7, Henfield Business
Park, Shoreham Road,
Hassocks, BN5 9SL;

Southwater groups:

Southwater Leisure Centre,
Pevensey Road, Southwater,
RH13 9XZ;

Henfield Memory Café:

Evangelical Free Church,
155 High Street, Henfield, BN5;

Henfield 'Jazzled' Choir:

Corpus Christi, Tanyard,
Henfield, BN5 9PE

Telephone: 01273 494300
Monday to Friday 9am-5pm

Website: www.knowdementia.co.uk

Social Media:

Facebook: [www.facebook.com/
knowdementia/](http://www.facebook.com/knowdementia/)

Email: info@knowdementia.co.uk

Music for the Memory Club

Respite day club for those who have Alzheimer's, dementia or other cognitive and memory problems. Professionally structured group therapy where fun, laughter and stimulation therapy make a big difference to those with memory problems and give carers a break. Full and half days with lunch, drop in and individual CST sessions available. Meets on Friday 10.15am-3.15pm.

Address: St John's Community Hall,
Church Road, Broadbridge
Heath, RH12 3LD

Telephone: 01403 788080

Website: www.helpandcompany.com

Email: helen@helpandcompany.com

Dementia Club (Age UK)

Mental and physical activities are provided to make a happy atmosphere in different surroundings and the chance for respite for carers.

Address: **Horsham Dementia Club:**
Lavinia House, Dukes Square,
Horsham, RH12 1GZ
Meets on Monday 10am-3pm
Southwater Dementia Club:
Southwater Leisure Centre,
Pevensey Road, Southwater,
RH13 9XZ
Meets on Wednesday 10am-3pm
Storrington Dementia Club:
Trinity Centre, Thakeham Road,
Storrington, RH20 3NG
Meets on Tuesday and Friday
10am-3pm

Telephone: 01403 260560

Website: www.ageukhorshamdistrict.org.uk

Social Media:

Facebook: www.facebook.com/ageUKhorshamdistrict/

Twitter: [@AgeUKHorshamD](https://twitter.com/AgeUKHorshamD)

Email: info@ageukhorshamdistrict.org.uk

Touching Memories – Horsham Museum & Art Gallery

Horsham Museum and Art Gallery runs a popular Reminiscence loans service, tailored for care homes and carers in the district. Over 40 memory boxes and 10 quiz boxes are available, each containing objects from the 1930s to 1980s. The Reminiscence Loan Boxes are loaned FREE of charge to

sheltered accommodation, residential homes and any club for the elderly throughout the Horsham District. If you would like further information please do not hesitate to contact the Reminiscence Team.

Address: Horsham Museum and Art
Gallery, 9 Causeway, Horsham,
RH12 1HE

Telephone: 01403 254959

Monday to Saturday 10am-5pm

Website: www.horshammuseum.org

Social Media:

Facebook: www.facebook.com/HorshamMuseum/

Twitter: [@HorshamMuseum](https://twitter.com/HorshamMuseum)

Email: museum@horsham.gov.uk

Parish and Neighbourhood Councils

Information about news, planning, activities, clubs and events in your area. A full list of West Sussex Parish and Town Councils is available on the West Sussex County Council website: www.westsussex.gov.uk/find-my-nearest/parish-or-town-councils/

Amberley Parish Council

Telephone: 01903 208943

Website: www.amberley-pc.org.uk

Email: vhspiers@hotmail.com

Ashington Parish Council

Telephone: 07851 009655

Website: www.ashingtonpc.org.uk

Email: clerk@ashingtonpc.org.uk

Ashurst Parish Council

Telephone: 07738 664449
Website: www.ashurstparishcouncil.org
Email: ashurstclerk@outlook.com

Billingshurst Parish Council

Telephone: 01403 782555
Website: www.billingshurst.gov.uk
Email: council@billingshurst.gov.uk

Bramber Parish Council

Telephone: 01903 879140
Website: www.bramber.org.uk
Email: bramberparishclerk@talktalk.net

Broadbridge Heath Parish Council

Telephone: 07716 130103
Website: www.broadbridgeheath-pc.gov.uk
Email: clerk@broadbridgeheath-pc.gov.uk

Coldwaltham Parish Council

Telephone: 01798 873747
Website: www.coldwalthampc.org.uk
Email: dsherlockfuidge@btinternet.com

Colgate Parish Council

Telephone: 01293 883944
Website: www.colgatefaygate.com
Email: colgateclerk@hotmail.co.uk

Cowfold Parish Council

Telephone: 01403 864806
Website: www.cowfold-pc.gov.uk
Email: clerk@cowfold-pc.gov.uk

Henfield Parish Council

Telephone: 01273 492507
Website: www.henfield.gov.uk
Email: office@henfield.gov.uk

Horsham:

Denne Neighbourhood Council

Telephone: 01403 581896
Website: www.denneneighbourhoodcouncil.btck.co.uk
Email: denneneighbourhoodclerk@gmail.com

Horsham:

Forest Neighbourhood Council

Telephone: 01403 269265
Website: www.forestnchorsham.org.uk
Email: fnchorsham@sky.com

Horsham:

Trafalgar Neighbourhood Council

Telephone: 01403 264303 or
01403 261640
Website: www.horshamtrafalgarnc.com
Email: trafalgarnc@hotmail.com

Itchingfield Parish Council

Telephone: 01403 731596
Website: www.itchingfieldparishcouncil.gov.uk
Email: clerk@itchingfieldparishcouncil.gov.uk

Lower Beeding Parish Council

Telephone: 01403 710266
Website: www.lowerbeeding.com/parish-council.php
Email: michaelanne@hotmail.co.uk

North Horsham Parish Council

Telephone: 01403 750786

Website: www.northhorsham-pc.gov.uk

Email: parish.clerk@northhorsham-pc.gov.uk

Nuthurst Parish Council

Telephone: 01403 784985

Website: www.nuthurstparishcouncil.co.uk

Email: nuthurstparishclk@btinternet.com

Parham Parish Council

Telephone: 01903 208943

Website: www.parhamparishcouncil.org

Email: parhamparishcouncil@yahoo.com

Pulborough Parish Council

Telephone: 01798 873532

Website: www.pulboroughparishcouncil.gov.uk

Email: clerk@pulboroughparishcouncil.gov.uk

Rudgwick Parish Council

Telephone: 01403 822678

Monday to Wednesday
10am-4pm

Website: www.rudgwick-pc.co.uk

Email: clerk@rudgwickpc.co.uk

Rusper Parish Council

Telephone: 07921 822869

Website: www.rusper-pc.org.uk

Email: clerk@rusper-pc.org.uk

Shermanbury Parish Council

Telephone:

Website: www.shermanburyparishcouncil.co.uk

Email: shermanbury@pcouncil.co.uk

Shingley Parish Council

Telephone: 07841 803124

Website: www.shingleyparishcouncil.org.uk

Email: shingleyparishclerk@gmail.com

Slinfold Parish Council

Telephone: 01403 785864

Tuesday to Thursday 10am-4pm

Website: www.slinfold-pc.gov.uk/Slinfold-Parish-Council

Email: clerk@slinfold-pc.gov.uk

Southwater Parish Council

Telephone: 01403 733202

Monday to Friday 8am-4pm

Website: www.southwater-pc.gov.uk

Email: parish@southwater.net

Steyning Parish Council

Telephone: 01903 812042

Website: www.steyningpc.gov.uk

Email: spcclerk@btconnect.com

Storrington and Sullington Parish Council

Telephone: 01903 746547

Website: www.storrington-pc.gov.uk

Email: clerk@storrington-pc.gov.uk

Thakeham Parish Council

Telephone: 01798 815305

Website: www.thakehamparish.co.uk

Email: clerk@thakehampc.plus.com

Upper Beeding Parish Council

Telephone: 01903 810316
Website: www.upperbeeding-pc.gov.uk
Email: upper.beeding@btconnect.com

Warnham Parish Council

Telephone: 01403 790664 or
07834 561302
Monday to Friday 9am-5pm
Website: www.warnham.org.uk
Email: clerk@warnham.org.uk

Washington Parish Council

Telephone: 07776 771921
Website: www.washingtonparish.org.uk
Email: clerk@washingtonparish.org.uk

West Chiltington Parish Council

Telephone: 01798 817434
Website: www.wchilt-parishcouncil.org.uk
Email: wcpcclerk@aol.com

West Grinstead Parish Council

Telephone: 01403 710270
Website: www.westgrinstead-pc.gov.uk
Email: clerk@westgrinstead-pc.gov.uk

Wiston Parish Council

Telephone: 01903 891753
Website: www.wistonvillage.org.uk
Email: wistonparishclerk@gmail.com

Woodmancote Parish Council

Telephone: 07921 822869
Website: www.woodmancoteparishcouncil.co.uk
Email: woodmancoteparishcouncil@gmail.com

Really Useful Information

Blue Badge Parking Scheme

Helps you park closer to your destination if you're disabled. Details can be found in the Transport and Travel section of this directory.

Telephone: 01243 777653
(Monday to Friday 8am-6pm)
Website: www.westsussex.gov.uk/bluebadge

Social Media:

Facebook: www.facebook.com/WestSussexMatters/
Twitter: @WSCCNews
Email: blue.badges@westsussex.gov.uk

Carer's Emergency Alert Card Scheme – West Sussex County Council

The Carer's emergency alert card will identify you as a Carer if you have an accident. If anything happens to you while you're away from the person you care for, those helping you can ring the 24-hour emergency alarm centre number, who will then contact a person/company nominated by yourself to ensure the person you care for is looked after. The scheme is FREE for anyone that lives within West Sussex and is run the Chichester Careline with support from West Sussex County Council.

Telephone: 01243 778688
24 hours a day, 7 days a week
Website: www.chichestercareline.org.uk

Social Media:

Facebook: [www.facebook.com/
ChichesterCareline/](http://www.facebook.com/ChichesterCareline/)

Twitter: [@ChiCareline](https://twitter.com/ChiCareline)

Email: [chichestercareline@
chichester.gov.uk](mailto:chichestercareline@chichester.gov.uk)

Connect to Support – West Sussex County Council

West Sussex County Council's Connect to Support website is for anyone who may need some adult social care-support to live independently. The website is also useful for those caring for someone, and can be used by people outside West Sussex to find information for a relative or friend living in the country.

Telephone: 0333 600 6330

Website: [www.westsussexconnect
tosupport.org](http://www.westsussexconnecttosupport.org)

Email: info@shop4support.com

Energy Saving Advice Service – The Green Deal

Contracted by the Department of Energy and Climate Change (DECC) to run a telephone advice service offering FREE impartial energy-saving advice. The advice service signposts callers to a wide range of organisations that can help install energy saving measures in their home and reduce their fuel bills.

Telephone: 0300 123 1234
Monday to Friday 9am-8pm

Website: www.energysavingtrust.org.uk

Social Media:

Facebook: [www.facebook.com/
EnergySavingTrust/](http://www.facebook.com/EnergySavingTrust/)

Twitter: [@EnergySvgTrust](https://twitter.com/EnergySvgTrust)

English National Concessionary Travel Scheme in West Sussex

FREE Concessionary off-peak bus travel for older people and for disabled people. Details can be found in the Travel and Transport section of this directory.

Telephone: 0845 075 1018
Monday to Friday 9am-4pm

Website: [www.westsussex.gov.uk
buses](http://www.westsussex.gov.uk/buses)

Social Media:

Facebook: [www.facebook.com/
WestSussexMatters/](http://www.facebook.com/WestSussexMatters/)

Twitter: [@WSCCNews](https://twitter.com/WSCCNews)

Email: buspass@westsussex.gov.uk

Fire and Rescue Service

West Sussex Fire and Rescue Service works to make our community a safer place to live, work and enjoy. We do this through a combination of safety initiatives to prevent fires and accidents happening, and responding to emergencies when things do go wrong. Advice on how to keep safe and secure in your home and FREE home fire safety checks are available for the most vulnerable individuals and groups within our communities.

Telephone: 01243 786211

Website: www.westsussex.gov.uk

Social Media:

Facebook: [www.facebook.com/
WestSussexMatters/](http://www.facebook.com/WestSussexMatters/)

Twitter: [@WSCCNews](https://twitter.com/WSCCNews)

Email: wsfrs@westsussex.gov.uk

Horsham Shopmobility

Help with access to shopping and leisure facilities. Details can be found in the Transport and Travel section of this directory. Address: Level 2 Swan Walk Car Park, 12 Swan Walk, Horsham, RH12 1HQ

Telephone: 01403 249015
Monday to Friday 10am-4pm
and Friday 9am-4.30pm

Website: www.horsham.gov.uk

Social Media:

Facebook: [www.facebook.com/
HorshamDC/](http://www.facebook.com/HorshamDC/)

Twitter: [@HorshamDC](https://twitter.com/HorshamDC)

Leisure Access Card (LAC) – Horsham District Council

The card gives up to 50% savings on various leisure activities and attractions across the District. To be eligible for a FREE Leisure Access Card you need to live within the Horsham District boundaries and be in receipt of one of the following means tested benefits: Universal Credit, Income Support, Council Tax Support, Pension Credit, Housing Benefit, NHS Tax Credit Exemption, Job Seekers Allowance (income based), Employment and Support Allowance or Carers Allowance. Applications forms can be downloaded or picked up and returned to the venues below:

- Horsham District Council Offices
- The Pavilions in the Parks, Horsham
- Billingshurst Leisure Centre
- Broadbridge Heath Leisure Centre
- Henfield Leisure Centre
- Southwater Leisure Centre
- Steyning Leisure Centre
- Storrington Library

Telephone: 01403 215642

Monday to Friday 9am-5pm

Website: www.leisureaccesscard.info

Social Media:

Facebook: [www.facebook.com/
HorshamDC/](http://www.facebook.com/HorshamDC/)

Twitter: [@HorshamDC](https://twitter.com/HorshamDC)

Email: leisure@horsham.gov.uk

Mail Preference Service (MPS)

Mailing Preference Service supports your right to choose the mail you want. The MPS is here to make your choice known – so you can get the mail you want and need. Many of the people who register their preferences with us have suffered bereavement and they simply want to stop future commercial mailings from being sent to the deceased. So registering your choice helps Direct Mail companies market considerably, ethically and economically.

Telephone: 0207 291 3310

Website: www.mpsonline.org.uk

Email: mps@dma.org.uk

National Key Scheme – Radar Keys for Disabled Toilets

The National Key Scheme (NKS) offers disabled people independent access to locked toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafes, department stores, bus and train stations and many other locations in most parts of the country. For information on obtaining a key and a list of accessible toilets in the area contact Horsham District Council.

Address: Horsham District Council,
Parkside, Chart Way, Horsham,
RH12 1RL

Telephone: 01403 215100
Monday to Friday 9am-5pm

Website: www.horsham.gov.uk

Social Media:

Facebook: [www.facebook.com/
HorshamDC/](http://www.facebook.com/HorshamDC/)

Twitter: [@HorshamDC](https://twitter.com/HorshamDC)

Email: contact@horsham.gov.uk

Telephone Preference Service (TPS)

The Telephone Preference Service (TPS) is a FREE service. It is the official central opt out register on which you can record your preference not to receive unsolicited sales or marketing calls. It is a legal requirement that all organisations (including charities, voluntary organisations and political parties) do not make such calls to numbers registered on the TPS unless they have your consent to do so.

Telephone: 0345 070 0707

Website: www.tpsonline.org.uk

Email: tps@dms.org.uk

TV Licensing

Information about the TV license, including exemptions for the blind and visually impaired, those in care homes and those aged 74 and over.

Telephone: Call centre: 0300 790 6130;

Minicom: 0300 790 6050
Monday to Friday
8.30am-6.30pm,
Saturday 8.30am-1pm and
closed Sundays and
Bank holidays.

Website: www.tvlicensing.co.uk

Warm Home Discount Scheme

You could get a discount on your electricity bill through the Warm Home Discount Scheme. If you have a general query regarding the scheme or think you may be eligible, call the helpline.

Telephone: 0345 603 9439
Monday to Friday
8.30am-4.30pm

Website: [www.gov.uk/the-war-home-
discount-scheme/](http://www.gov.uk/the-war-home-discount-scheme/)

Winter Fuel and Cold Weather Payments

Winter Fuel Payments are annual payments to help people aged 60 and over with the costs of keeping warm. Cold Weather Payments are made when the local temperature is either recorded as, or forecast to be, an average of zero degrees Celsius or below over 7 consecutive days.

Telephone: 03459 15 15 15;

Textphone: 0345 606 0285
Monday to Friday 8am-6pm

Website: [www.gov.uk/winter-fuel-
payment/](http://www.gov.uk/winter-fuel-payment/)

Sport Fitness and Exercise

Billingshurst Leisure Centre

50+ Swimming

Address: Billingshurst Leisure Centre,
Station Road, Billingshurst,
RH14 9RY

Monday to Friday
6.30am-10pm,
Saturday 7am-5pm and
Sunday 7am-7.30pm

Telephone: 01403 787500

Website: www.placesforpeopleleisure.org/centres/billingshurst-leisure-centres/

Social Media

Facebook: www.facebook.com/BillingshurstLeisureCentre/

Twitter: @billingshurstlc

Email: enquiries@billingshurstleisurecentre.co.uk

Bluecoats Sports, Health and Fitness Club

Movement in Retirement; Senior Gym, Pilates and Short Tennis. With first-class facilities, state-of-the-art equipment and a jam-packed timetable, Bluecoat Sports is Horsham's finest health and fitness club. We boast some of the best facilities around with a 25m swimming pool and sauna, high tech gym with 2 floors and a dedicated weights area. We also have outdoor tennis courts, squash courts and more than 80 weekly fitness classes that the whole family can enjoy.

Address: Bluecoats Sports Health and Fitness Club, Christ's Hospital,

Horsham, RH13 0YB
Monday to Friday 6.30am,
Saturday 7am-8pm and
Sunday 7am-9pm

Telephone: 01403 247572

Website: www.bluecoatsports.co.uk/classes

Social Media

Facebook: www.facebook.com/bluecoatsports/

Twitter: @BluecoatSports

Email: info@bluecoatsports.co.uk

Broadbridge Heath Leisure Centre

Community hub for those aged 50 and over. A wide range of sport and exercise activities every Monday and Thursday plus crafting every Thursday. Activities include; aerobics, archery, badminton, easy beat exercise, gym, Pilates, short mat bowls, table tennis, tap dancing, tennis, Tensho Chi, trampoline, yoga and Zumba. Food and refreshments at discounted rates. Pay as you go available.

Address: Broadbridge Heath Leisure Centre, Wickhurst Lane, Broadbridge Heath, RH12 3YS
Monday to Friday 7am-10.30pm
Saturday 9am-8pm and
Sunday 9am-6.30pm

Telephone: 01403 211311

Website: www.placesforpeopleleisure.org/centres/broadbridge-heath-leisure-centre/

Social Media

Facebook: www.facebook.com/broadbridgeheathleisurecentre/

Twitter: @broadbridgehc

Email: enquiries@broadbridgeheathleisurecentre.co.uk

Chanctonbury Sports & Leisure (DF)

Senior Fitness; Low impact gym and studio sessions for those aged 60 and over.

Address: Impulse Leisure – Chanctonbury,
Spierbridge Road, Storrington,
RH20 4PG

Monday, Wednesday and Friday
6.30am-10pm, Tuesday and
Thursday 8am-10pm,
Saturday 9am-4.30pm and
Sunday 9am-6.30pm

Telephone: 01903 746070

Website: [www.impulseleisure.co.uk/
centres/chanctonbury/](http://www.impulseleisure.co.uk/centres/chanctonbury/)

Social Media

Facebook: [www.facebook.com/
impulseleisure/](http://www.facebook.com/impulseleisure/)

Twitter: @ImpulseLeisure

Email: info@impulseleisure.co.uk

Health Walks – Horsham District Council (DF)

The scheme, delivered by Horsham District Council, provides FREE walks led by trained volunteers, almost every day of the week across the district, no need to book. They are great for those who want someone to walk with and those advised to take exercise by doctor, a family friendly activity. Three levels of walk are offered to suit varying levels of fitness so please choose your walk carefully. Full program available online and in print.

Telephone: 01403 215269

Website: www.horsham.gov.uk

Social Media

Facebook: [www.facebook.com/
HorshamDC/](http://www.facebook.com/HorshamDC/)

Twitter: @HorshamDC

Email: [community.development@
horsham.gov.uk](mailto:community.development@horsham.gov.uk)

Henfield Leisure Centre

60+ Compact Tennis, 50+ Badminton, Circle dance, gentle gym, indoor bowls.

Address: Henfield Leisure Centre,
North Croft, Henfield, BN5 9QB

Monday to Thursday

7.30am-10pm,

Friday 7am-9pm,

Saturday 8am-5pm and

Sunday 8am-6pm

Telephone: 01273 494984

Website: www.henfieldleisure.co.uk

Social Media

Facebook: [www.facebook.com/
HenfieldFitnessTeam/](http://www.facebook.com/HenfieldFitnessTeam/)

Twitter: @HenfieldLeisure

Email: info@henfieldleisure.co.uk

Horsham District Sports Development



Horsham District Council's Sports Development team can offer help and advice about sport and physical activity to groups and individuals living in the district. Services include club support and set up, equipment hire, community sports coaching services, activity development for older people, disability sports projects and information services.

Telephone: 01403 215634

Website: www.hdsd.org.uk

Social Media

Facebook: www.facebook.com/HorshamDSD/
Twitter: @HorshamDSD
Email: ian.ford@horsham.gov.uk

Pavilions in the Park

50+ Aqua Fit class and Swimming

Address: Pavilions in the Park,
Hurst Road, Horsham,
RH12 2DF
Monday to Saturday
6.15am-10pm and
Sunday 7am-10pm
Telephone: 01403 219200
Website: www.placesforpeopleleisure.org/centres/pavilions-in-the-park/

Social Media

Facebook: www.facebook.com/ThePavilionsInThePark/
Twitter: @Pavilionsinpark
Email: enquiries@pavilionsinthepark.co.uk

Ramblers Association (SX) Sussex Area

An association of people and groups who enjoy walking and outdoor pursuits and also campaign to protect and expand the places people go walking. Mainly Saturday and Sunday with additional evening walks in the summer.

Telephone: 01293 407244
Website: www.sussex-ramblers.org.uk/
or www.crawleyramblers.org.uk

Social Media

Facebook: www.facebook.com/ramblers/
Twitter: @RamblersGB
Email: chair@crawleyramblers.org.uk

Ready and Able Club

Set up in May 1991 as a joint initiative between Horsham District Council and Christ's Hospital School. It is managed by Horsham Leisure Link, the District Sports Development. The Club's principle aim is to provide an hour of meaningful sports activity and recreational enjoyment for disabled people. Although all ages are welcome the club prioritises activities for people aged 16 and over.

Address: Bluecoats Sports Health and Fitness Club, Christ's Hospital, Horsham, RH13 0YB
Monday 6.15pm-8pm;
6.15pm-7.15pm Sports Hall,
7.30pm-8pm Swimming.

Telephone: 07715 320631
Website: www.hdsd.org.uk

Social Media

Facebook: www.facebook.com/HorshamDC/
Twitter: @HorshamDC
Email: kimberly.roberts@horsham.gov.uk

Steyning Leisure Centre

50+ Morning; Swimming, Fit'n'Fifty Exercise Class, Short Mat Bowls, New Age Kurling, Table Tennis and Short Tennis, circuits, squash or racketball. £4.25 per person.

Address: Steyning Leisure Centre,
Horsham Road, Steyning,
BN44 3AA
Monday and Friday
7am-10pm, Tuesday to
Thursday 6.30am-10pm,
Saturday 7am-8pm and Sunday
7am-10pm

Telephone: 01903 879666

Website: www.placesforpeopleleisure.org/centres/steyning-leisure-centre/

Social Media

Facebook: www.facebook.com/steyningleisurecentre/

Twitter: @steyninglc

Sussex Seniors Cricket

The Seniors have two over 50s sides, four over 60s sides and one over 70s team. There are a number of friendlies played and annual tours. If you would like to discover what is happening with Senior Cricket in Sussex then contact Hugh Milner. Games are played mid-week (Tuesday, Wednesday, Thursday) depending on teams. Away games can mean long-distance travelling.

Telephone: 01903 530688

Website: www.sussexover50.play-cricket.com

Email: inducker@ntlworld.com

Young at Heart – Horsham District Council

Badminton, Fitness Suite (after induction), Pilates, Table Tennis, Snooker, Squash and Tennis. Refreshments and social area available. £4.50 per session. Every Monday 9am-12pm.

Address: The Holbrook Club, North Heath Lane, Horsham, RH12 5PJ

Telephone: 01403 215637

Website: www.hdsd.org.uk

Social Media

Facebook: www.facebook.com/HorshamDSD/

Twitter: @HorshamDSD

Email: paul.taylor@horsham.gov.uk

Transport and Travel

Amberley Good Neighbour Emergency Service (AGNES)

A community car scheme providing transport to health and care appointments for the residents of the parish of Amberley. AGNES can also provide transport to those visiting friends and family in hospital.

Telephone: 01798 831159 or
01798 831114

Amberley and Slindon Village Bus

A community minibus service operating on scheduled routes. On Mondays to Bognor Regis, Tuesdays to Worthing, Wednesdays to Littlehampton and Rustington, and Thursdays to Chichester. The vehicle is also available for private hire when not operating on scheduled routes.

Telephone: 01243 814604

Website: www.slindon.com/

Billilinks

Shared taxi service serving the villages around Billingshurst from Plaistow to Cowfold including Barns Green, Broomers Corner, Coneyhurst, Coolham, Dragons Green, Ifold, Kirdford, Loxwood, Shipley, Whitehall and Wisborough Green. Provides access to shops, countryside attractions, leisure facilities, doctors, adult education, evenings

out and more. All journeys must be booked in advance and the service can accommodate folding wheelchairs.

Telephone: 01403 786818
Monday to Sunday 8am-6pm

Billingshurst Community Transport

A transport scheme available for the elderly, disabled and frail residents of Billingshurst, Ifold, Kirdford, Loxwood, Plaistow and Shipley.

Telephone: 01403 787696
Monday to Friday 8am-12pm
Email: bct@billingshurst.gov.uk

Blue Badge Parking Scheme

The Blue Badge Scheme helps you park closer to your destination if you're disabled. To find if you are eligible and to apply contact the Initial Enquiry Support Service.

Telephone: 0343 100 1000
Website: www.gov.uk
Email: bluebadge@northgateps.com

Bluebird Community Partnership

Provides transport services including Dial-A-Ride excursions and shopping trips to anyone, regardless of age, who is rurally isolated, infirm or disabled. Areas covered within the Horsham district include Henfield, Blackstone, Woodmancote, Small Dole, Upper Beeding, Steyning, Ashurst, Partridge Green and Shermanbury.

Telephone: 01444 473919
Website: www.bluebirdcommunitypartnership.co.uk
Email: info@bluebirdcommunitypartnership.co.uk

English National Concessionary Travel Scheme in West Sussex

Concessionary off-peak bus travel is FREE for older people and for disabled people living in West Sussex. To apply for a new bus pass or rail card or if you have any queries about your current pass contact the information line.

Telephone: 0845 075 1018
Website: www.westsussex.gov.uk/bus
Email: buspass@westsussex.gov.uk

Horsham Area Community Car Scheme (HACCS)

An affordable transport service for people who are unable to use public transport due to disability or frailty. The service provides a wide range of journeys including hospital trips and holidays. Clients must first register with the scheme and 2 days' notice for bookings is usually required. Scheme uses private cars.

Telephone: 01403 250202

Horsham District Community Transport

A door-to-door transport scheme for people who have difficulty using public transport and/or private cars. All vehicles are wheelchair accessible and services include Dial-A-Ride, scheduled shopping trips and group hire for local community groups,

schools and clubs. Journeys must be booked in advance. HDCT works in partnership with Age UK Horsham District. Can only operate in Horsham and surrounding area.

Address: Horsham District Community
Transport, Lavinia House, Dukes
Square, Horsham, RH12 1GZ

Telephone: 01403 754206
Monday to Friday 9am-12pm

Website: www.horshamdistrict.org.uk

Email: hdctinfo@gmail.com

Horsham Shopmobility

Provides a selection of manual and powered wheelchairs along with motorised scooters to anyone, young or old, who has problems walking around Horsham Town Centre, giving them greater independence and access to the shopping areas and leisure facilities. Available to those people with limited mobility due to a permanent or temporary disability, frailty, accident or illness. Users do not have to be registered disabled but do need to register with Shopmobility to use the service.

Address: Level 2 Swan Walk, 12 Swan
Walk, Horsham, RH12 1HQ

Telephone: 01403 249015

Website: www.horsham.gov.uk

Social Media

Facebook: [www.facebook.com/
HorshamDC/](http://www.facebook.com/HorshamDC/)

Twitter: [@HorshamDC](https://twitter.com/HorshamDC)

Patient Transport Service

The South Central Ambulance Service NHS provides a non-urgent patient transport service to patients who, due to their clinical

condition, are unable to make their own travel arrangements, to attend healthcare appointments with community and hospital care providers.

Telephone: Booking: 0300 123 9841;

Cancellation: 0300 790 0143

Booking line:

Monday to Saturday 7am-8pm,
Sundays and Bank Holidays

8am-5pm;

Cancellation line:

24/7 365 days a year

Pulborough Community Transport

A community transport scheme providing transport to essential appointments such as hospitals, doctors and dentists for adult residents of Pulborough, West Chiltington, Nutbourne and Fittleworth who have mobility problems. A wheelchair-accessible vehicle is also available.

Telephone: 01798 875600;

Out of hours only:

01798 872368

Monday to Friday 10am-12pm

Website: [www.pcclub.org.uk/pdcca/
cartransport.html](http://www.pcclub.org.uk/pdcca/cartransport.html)

Slinfold Help Scheme

Voluntary community car scheme for Slinfold residents providing transport to medical appointments and any hospital not serviced by a hospital car service.

Telephone: 01403 790285

Slinfold Minibus Club

Community scheme providing transport for shopping, social outings and community activities for the residents of Slinfold and surrounding areas.

Telephone: 01403 790477

Steining & District Good Neighbours Association

We transport mainly the elderly, disabled and housebound for medical appointments, local shopping, visiting or social activities.

Telephone: 01903 816181

St John Ambulance – Sussex Patient Transport Service

A chargeable service offering transfer to and from hospitals, clinics and care homes. Outpatient visits. Collection of patients arriving by sea, rail or air. Capability to accommodate bedridden patients or those with limited mobility.

Telephone: 0303 003 0101, option 3
Monday to Friday 7am-6pm,
emergency out of hours pager
number available through
answerphone

Website: www.sja.org.uk

Social Media

Facebook: www.facebook.com/SJA/

Twitter: [@stjohnambulance](https://twitter.com/stjohnambulance)

Email: south-east-ambulance@sja.org.uk

Wills, Living Wills, Probate, Inheritance Tax

Gov.uk

Website providing Death and Bereavement information.

Making a Will

Claim or refer an unclaimed estate

Valuing the estate of someone who's died

What to do after someone dies

Website: www.gov.uk

HM Revenue & Customs

For specific enquiries concerning your tax affairs, or those of the deceased, you should contact the relevant HMRC Office.

Website: www.hmrc.gov.uk

Social Media

Facebook: www.facebook.com/HMRC/

Twitter: [@HMRCgovuk](https://twitter.com/HMRCgovuk)

Bereavement and Deceased Estate Helpline

Information about inheritance tax, managing an estate after death, probate, tax and forms. What to do about tax and benefits after a death. How to handle tax or benefits affairs after a death and who to notify. Claiming back Income Tax on behalf of someone who has died. Find out when a tax refund might be due and how to claim it. General specialist advice and information about Income Tax and Capital Gains Tax on deceased estates.

Telephone: Bereavement Line:
0300 200 3300;
Bereavement Textphone:
0300 200 3319 for deaf, hearing
or speech impaired
Monday to Friday 8am-8pm,
Saturday 8am-4pm and
Sunday 9am-5pm (Closed bank
holidays, Easter Sunday,
Christmas Day, Boxing Day and
New Year's Day)

Deceased Estate Line:
0300 123 1072
Monday to Friday 9am-5pm
(Closed bank holidays, including
Scottish bank holidays)

Website: www.hmrc.gov.uk

Social Media

Facebook: www.facebook.com/HMRC/

Twitter: [@HMRCgovuk](https://twitter.com/HMRCgovuk)

Inheritance Tax & Probate Enquiries

Information about Inheritance Tax. Find out about Inheritance Tax and the probate process. Information about estate valuation How to value the estate of someone who

has died. They can help you understand your Inheritance Tax responsibilities and the procedures, confirm the forms you need, get paper copies of forms and complete Inheritance Tax forms. They cannot comment on the Inheritance Tax implications of tax planning queries, comment on points of general law, confirm a person's residency status or advise on the wording of wills.

Telephone: 0300 123 1072
(Monday to Friday 9am-5pm)

Website: www.hmrc.gov.uk

Social Media

Facebook: www.facebook.com/HMRC/

Twitter: [@HMRCgovuk](https://twitter.com/HMRCgovuk)

Patients Association (The)

Independent National charity that supports patients and carers through our helpline, lobbying and project work.

Telephone: General: 020 8423 9111;
Helpline: 0845 608 4455
(Monday to Friday 9am-5.30pm)

Website: www.patients-association.org.uk

Social Media

Facebook: www.facebook.com/patientsassociation/

Twitter: [@PatientsAssoc](https://twitter.com/PatientsAssoc)

Email: mailbox@patients-association.com

Your Rights and Legal Matters

Care Quality Commission

The independent regulator of all health and social care services in England.

Telephone: 03000 616161

Website: www.cqc.org.uk

Social Media

Facebook: www.facebook.com/CareQualityCommission/

Twitter: [@CareQualityComm](https://twitter.com/CareQualityComm)

Citizens Advice Bureau (CAB)

Helps people resolve their legal, money and other problems by providing FREE, independent and confidential advice. The service helps with problems with debt, benefits, employment, housing, discrimination, problems around buying goods or services, including being treated unfairly by a trader, receiving a poor service, switching energy suppliers or cancelling a contract. They have offices throughout Sussex – check website for your nearest office.

Address: Lower Tanbridge Way,
Horsham, RH12 1PJ
Monday to Friday 9.30am-4pm

Telephone: 0344 477 1171
Monday to Friday 10am-4pm

Website: www.cassca.org.uk

Social Media

Facebook: www.facebook.com/CASSCAB/

Twitter: [@WSussexCAB](https://twitter.com/WSussexCAB)

Court of Protection

Makes decisions, appoints and registers deputies to act on behalf of people who are unable to make decisions about their personal health, finance or welfare.

Court

Building: Monday to Friday
8.30am-4.30pm;
Court Counter:
Monday to Friday 9am-5pm

Telephone: 0300 546 4600
(Monday to Friday 9am-5pm)

Email: courtofprotectionenquiries@hmcts.gsi.gov.uk

Disability Rights UK

Advice on independent living and your rights. There is a webcam portal for BSL users via the Royal Association for Deaf People.

Telephone: General enquiries:
020 7250 8181;
Equality Advice Support Service (EASS): 0808 800 0082
General enquiries: Monday to Friday 10am-12.30pm and 1.30pm-4pm; Equality Advice Support Service: Monday to Friday 9am-7pm and Saturday 10am-2pm, closed Sundays and bank holidays

Website: www.disabilityrightsuk.org.uk

Social Media

Facebook: www.facebook.com/disabilityrightsuk/

Twitter: [@DisRightsUK](https://twitter.com/DisRightsUK)

Horsham Debt Advice Service (HDAS)

HDAS seeks to come alongside those in financial difficulty, to provide practical support and expert advice to those seeking help. Assist individuals to resolve their difficulties by suggesting ways to organise their finances, by negotiating with creditors where possible, and by giving clients the confidence and skills to manage their own finances in the future.

Address: Horsham Debt Advice Service,
11 Queen Street, Horsham,
RH13 5AA

Telephone: 01403 258040

Website: www.hdas.co.uk

Email: hdas@btconnect.com

Lasting and Enduring Power of Attorney

Information on choosing your attorney, making and registering a lasting power of attorney, fees, objecting to a lasting power of attorney and information on enduring power of attorney.

Telephone: 0300 456 0300;

Textphone: 0115 934 2778

Monday, Tuesday, Thursday and Friday 9am-5pm and Wednesday 10am-5pm

Website: www.gov.uk

Email: customerservices@publicguardian.gsi.gov.uk

Office of the Public Guardian

Information regarding matters arising from the Mental Capacity Act.

Telephone: 0300 456 0300

Monday, Tuesday, Thursday and Friday 9am-5pm and Wednesday 10am-5pm

Website: www.justice.gov.uk/about/opg

Email: customerservices@publicguardian.gsi.gov.uk

Patients Advice and Legal Service (PALS)

PALS serves both patients and visitors who may have questions and concerns about West Sussex Primary Care Trust. It gives advice and support to patients, their families and carers, provides information on NHS services, listens to concerns, suggestions or queries and helps sort out problems quickly on behalf of the people seeking help. It also deals with complaints and compliments.

Telephone: Physical and Outpatients Health: 01273 242292;

Mental Health: 0300 304 2198

Website: www.nhs.uk

Email: pals@sussexpartnership.nhs.uk

West Sussex Mediation Service (WSMS)

Mediation is a form of ADR (alternative dispute resolution) and WSMS offers a FREE and confidential community mediation service, dealing with disputes between individuals groups and organisations, to all residents within West Sussex.

Address: Park House, North Street, Horsham, RH12 1RN

Telephone: 0300 200 0025

Website: www.wsms.org.uk

Email: info@wsms.org.uk

Disclaimer

The Older Peoples Directory is intended to provide a guide for contact information only. Horsham District Council does not accept any liability for any inaccuracies contained in this publication nor any inconvenience caused by them. By including the services in this directory we make no representation about the quality or provision of the services and they have not been vetted by the Council. This list does not constitute a recommendation of the services or facilities. We would suggest that you always check with the providers to ensure that their service meets your requirements. Horsham District Council has no liability for any services provided through any of the bodies in this directory.

Every effort has been made to ensure that the information in this directory is correct at the time of publication in September 2017. However, it is possible that some of the services described and contact numbers provided may change over time.

New Directory listing or update request

Do you offer a regular service, group, activity or club specifically for those aged 50+? Are you already listed but need to update your entry? You can ask to be included in the next edition or request for your entry to be updated by contacting Horsham Wellbeing on 01403 215111 or info@horshamdistrictwellbeing.org.uk

*horsham district
wellbeing*



Horsham
District
Council