

Latest local and national information and support

ROBERTSBRIDGE & SALEHURST
HELPING HANDS



Care Support and Churches - Last update Tuesday, 22 December 2020

Organisation /individual	What is offered	Contact details and other information
Art on Prescription	Free online art for wellbeing workshops and art boxes to those unable to access activities in the wider community or the resources required to engage	Every person who accesses the service is registered and has a wellbeing support phone call conversation for us to assess needs/challenges, safeguarding and signposting. AOP sessions are led by professional artists and a trained wellbeing practitioner with experience in mental health, crisis management and safeguarding. We have a max of 10 per session to ensure that participants can connect and engage within the group. AOP are continuing to accept GP referrals Contact: tara.reddy@artsonprescription.org Tel - 07966442281 www.artsonprescription.org/
AtaLoss – the UK’s signposting website for the bereaved		Bereavement is all around us in our communities, not just deaths from Covid-19 but deaths from any cause with families unable to say goodbye to their loved one, often unable to attend the funeral or benefit from the close contact that only family members and friends can provide. Bereavement in isolation is likely to cause complications for many months and even years into the future. With appropriate support bereaved people can be helped to cope with their grief. <i>AtaLoss.org is a charity that provides the UK’s signposting website for the bereaved.</i> The AtaLoss website can help those bereaved in any circumstance to find the national bereavement support services that are appropriate to their loss, as well as local services, relevant resources and information. They also host a free online ‘Griefchat’ service run by trained counsellors if talking would help.

		<p>As well as signposting services the website also includes a short film about how to support a bereaved person in lockdown.</p>
<p>Belles of the Ball</p>		<p>Belles of the Ball provides donated clothing, toys, baby equipment and supplies, maternity items & food parcels to low income families. They also provide referrals to other agencies, for parenting, mental health and emotional support. They work closely with women's refuges, children's services, Warming up the Homeless, Butterflies child & adolescent counselling service and many other agencies supporting the local community.</p> <p>Belles of the Ball Facebook page</p>
<p>Care for the carers support</p>	<p><u>Support for Carers</u></p> <p>As a carer, you can access information, advice and guidance by contacting our Carers Hub in the usual way, 10am-5pm Monday-Friday (except Bank Holidays).</p>	<p>You can reach us as follows:</p> <ul style="list-style-type: none"> • Online: Care for the Carers • Call us on: 01323 738390 • Text: 07860 077300 • Email: info@cftc.org.uk • Facebook: Message us on Facebook www.facebook.com/careforthecarers <p>We are receiving a large number of calls at present so please let us know if you need urgent support, this will help us to prioritise responding to carers who need a swift response.</p> <p>Carers Groups offer information, mutual support and wellbeing, and are now available online and by telephone (www.cftc.org.uk/carers-groups). We are developing a range of online activities and support, and are keeping in touch with carers by telephone. We can also refer you to all carers' services available locally</p>

		<p>through our partners. If you would like to join a group, are interested in keeping in touch calls or other support, please do contact us.</p> <p>NEW We have a specific service funded by Children in Need Supporting Young Carers Also please encourage any Carers you know to apply for a Carers Card which has 3 functions: to identify you as a carer in an emergency; Emergency Respite plan; discounts & special offers</p>
Carers UK	Aims to make life better for carers	Information to help during Covid19 pandemic Carers UK Covid19
Citizen's Advice	Rother District advice and support	For advice and information, including how to contact Citizens Advice Rother District at this time, go to Citizens Advice or call the Advice Line on 03444 111 444
Community Church	Foodbank collection in Village Stores + other activities Services online Sundays	Rev. Jan Vidler 07941 381207
Community Hub	Support for vulnerable residents to access basic services	Rother news and community support
Counselling	Free confidential listening service	Working Conversations Group – lets keep talking
East Sussex Mental Health Directory		East Sussex Mental Health Directory

Health in Mind	Free courses and therapy for people in East Sussex to help with stress, anxiety and low mood	healthinmind website
Homestart	Expert support helping families with young children through their challenging times	Safe Lives
Household Items	Support for free essential household items during lockdown	Now Charity org.uk
Hygiene Bank	Donate hygiene essentials to be distributed in local communities to support those suffering from hygiene poverty.	Drop off points at Robertsbridge Boots or The Salehurst Halt Hygiene Bank
NHS Mental Health	Mental health & wellbeing support	Visit Every Mind Matters for simple tips and advice to start taking better care of your mental wellbeing, and to get a personalised Mind Plan Every Mind Matters
Open for Parents	Open for Parents website and Facebook	Open for Parents Facebook Open for Parents This East Sussex Open for Parents website and Facebook page include up to date information providing advice and resources to parents and carers on all things children and family.

		They include information about local support as well as national guidance and resources and are being further developed over the next week. Topics include education and learning, health and well-being and managing behaviour.
Raising Teens in Lockdown	Simple advice, as well as positive stories to give coping strategies	The social media company Make (Good) Trouble has interviewed the Youth Cabinet to give advice to parents during this difficult time. Parents can join their Facebook page 'Raising Teens in Lockdown'.
Robertsbridge Helping Hands	General support in our village	Call: 07726 592739
Shout 85258	Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.	Shout 85258 - free, 24/7 mental health text support in the UK ... giveusashout.org
The Silver Line	The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year.	The Silver Line website or call The Silver Line Helpline – 0800 4 70 80 90 Telephone one to one conversation and friendship calls, group calls with like-minded people, support and advice, information and help connecting to local services.

<p>St. Mary the Virgin Salehurst</p>	<p>Family Support food collection</p> <p>Church services</p>	<p>Facebook page - St Mary the Virgin Salehurst or St Mary's Salehurst website</p> <p>St Marys Church open for private prayer and funerals until further notice.</p>
<p>Street Champions</p>	<p>General support collated by the Parish Council</p>	<p>Parish Council</p>
<p>Streetlink</p>		<p>Rother have a dedicated rough sleeper service called the Rough Sleeping Initiative that is jointly funded by the MHCLG, local housing authorities and ESCC. Anyone concerned about someone who is sleeping rough in Rother should let them know via Streetlink.</p>
<p>Sussex Mental Healthline</p>	<p>24hrs 7 days a week</p>	<p>0300 5000 101</p>
<p>Vulnerable customers priority utility services register</p>	<p>Vulnerable people can join the Priority Service Register so that in an emergency affecting their service, they can be provided with additional support</p>	<p>Priority Service Register</p>

This list is produced by Robertsbridge & Salehurst Helping Hands in partnership with Salehurst & Robertsbridge Parish Council, and supported by a grant from Sussex Crisis Fund (Sussex Community Foundation).