



Signposting to Local Contacts/Agencies and Local Pharmacy Services – Sussex

1) Local Contacts/Agencies:

Service	Services provides	Service contact details general	Description	How to Signpost
One You East Sussex	Stop Smoking Lose Weight NHS Health Check Health and Wellbeing Coaching Drink Less Move More	01323 404600 hello@oneyoueastsussex.org.uk https://oneyoueastsussex.org.uk/	<p>Fully funded lifestyle service to help you stop smoking, lose weight and move more. One You East Sussex have teamed up with leading wellbeing providers, gloji and MAN v FAT, to offer tools and support to guide you every step of the way.</p> <p>This service is funded by East Sussex County Council and provided by Thrive Tribe.</p>	Patients can self-refer via links on website: https://oneyoueastsussex.org.uk/
Change Grow Live	STAR Drug and Alcohol Service Domestic Abuse Service	01323 417 598 https://www.changegrowlive.org/	<p>We offer accessible advice, support and treatment options to people affected by alcohol and drugs.</p> <p>We offer support to anyone aged 16+ who has been affected by domestic abuse and violence.</p>	<p>STAR: Phone: 0300 303 8160 Email: EastSussex.Firststep@cgl.org.uk</p> <p>Domestic Abuse Service: Phone: 0300 323 9985 Email: ESDomesticAbuse.Info@cgl.org.uk Refer yourself or someone else: https://www.changegrowlive.org/domestic-abuse-service-east-sussex/referrals</p>



Advice for practitioners on domestic abuse	Advice for professionals	https://www.eastsussex.gov.uk/children-families/professional-resources/domestic-violence	This page is for professionals working with families.	<p>Call our Single Point of Advice (SPoA) if you:</p> <ul style="list-style-type: none"> • have concerns that a child might be at risk due to domestic abuse • wish to discuss a child protection issue • want to make a referral. <p>Tel: 01323 464 222</p>
East Sussex Sexual Health	Sexual health services	https://www.eastsussexsexualhealth.co.uk/	East Sussex Sexual Health Service and East Sussex County Council Working together to support your sexual health.	Patient Freephone Number: 0300 013 2050
Mental health services and support	Mental health signposting page	https://www.eastsussex.gov.uk/social-care/health-advice/mental-health/east-sussex-mental-health-directory/services	<p>Mental health signposting page. Includes:</p> <ul style="list-style-type: none"> • NHS Talking Therapies • East Sussex Mental Health Support Services • Adult Social Care • Low cost or free counselling services • Neurodiversity • Mental health support for people in minority groups • LGBTQ+ support • Support with employment • Bereavement support 	
Health in Mind	Local NHS Talking Therapies service	https://www.healthinmind.org.uk/ Phone: 0300 0030 130	Health in Mind is an NHS organisation providing free courses and therapy for people in East Sussex to help with stress, anxiety and low mood.	<p>Online Self-Referral:</p> <p>There's no need to see your GP first. Complete an online self-referral to Health in Mind.</p> <p>https://www.healthinmind.org.uk/referral</p>



		Email: spnt.healthinmind@nhs.net		Health in Mind is a therapy service and not an urgent care or crisis service. For urgent help contact information: https://www.healthinmind.org.uk/urgenthelp
The Menopause Charity	Menopause information for patients	https://www.themenopausecharity.org/	Helping women take control of their hormones and HRT.	
British Menopause Society	Menopause information for healthcare professionals	https://thebms.org.uk/	For healthcare professionals The British Menopause Society (BMS) is the specialist authority for menopause and post reproductive health in the UK. Established in 1989, the BMS educates, informs and guides healthcare professionals, working in both primary and secondary care, on menopause and all aspects of post reproductive health.	
Royal Osteoporosis Society	Information and support	https://theros.org.uk/	Provide information, advice and networks for people living with osteoporosis.	Contact our free Helpline or email us for tailored information about osteoporosis and bone health: Email: addressnurses@theros.org.uk Telephone number: 0808 800 0035
Cervical Screening	Information, support and book an appointment if you think you need cervical screening.	https://www.nhs.uk/conditions/cervical-screening/	If you were invited for cervical screening but missed or did not book an appointment, you can contact your GP surgery to book now. You can still book even if you were invited weeks or months ago.	For more information and support about going for cervical screening, you can contact The Eve Appeal: Website: https://eveappeal.org.uk/ Helpline: 0808 802 0019



				Ask Eve Nurse Information Service: https://eveappeal.org.uk/information-and-advice/ask-eve-information-service/
Breast Screening	East Sussex Breast Screening	https://www.uhsussex.nhs.uk/services/breast-care/breast-care-in-east-sussex/breast-screening-in-east-sussex/	If you were invited for breast screening but missed or did not book an appointment, you can contact East Sussex Breast Screening to book now. You can still book even if you were invited weeks or months ago.	Call: 01273 446017 Email: uhsussex.breastscreening@nhs.net
British Heart Foundation	Lifestyle information Approved BP monitors Helpline – cardiac nurses support	https://www.bhf.org.uk/ https://www.bhf.org.uk/information-support/risk-factors/high-blood-pressure	Produces heart information and tips – offer free and trusted heart health information on website, in their magazine and in their booklets. Provides support via helpline – cardiac nurses are ready to answer any questions for patients or if looking after loved ones.	Links for patient: 1) Helpline (Monday–Friday 9am–5pm) a. 0808 802 1234 b. hearthelpline@bhf.org.uk c. Online chat https://www.bhf.org.uk/information-support/heart-helpline 2) Heart Matters Newsletter Registration https://www.bhf.org.uk/information-support/heart-matters-subscribe 3) Approved BP monitors + shop https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/tests/blood-pressure-measuring-at-home
South East Hospitals	Medicines Information	https://www.ukmi.nhs.uk/Contacts?ContentID=0	See link for individual local hospital contacts.	Pharmacist to contact – if deadline constraint, consider inputting deadline for response if emailing.



Medicines Information teams		537968f-14fc-4200-9c41-56eb8e53c173		
SPS Medicines Information team	Medicines Information	askspss.nhs@sps.direct 0300 770 8564 (Monday-Friday 9am-5pm) https://www.sps.nhs.uk/home/about-sps/get-in-touch/medicines-information-services-contact-details/	If you work in primary care (including community pharmacy) in England you can get in touch through single points of access.	Pharmacist to contact – if deadline constraint, consider inputting deadline for response if emailing.
NHS Safeguarding App	Safeguarding	https://www.england.nhs.uk/long-read/safeguarding/	The NHS Safeguarding App provides access up to date legislation and guidance across the safeguarding spectrum. It also provides information on how to report a safeguarding concern and has an up-to-date directory of every local authority in England.	App Store: https://apps.apple.com/gb/app/nhs-safeguarding-guide/id1112091419 Google Play Store: https://play.google.com/store/apps/details?id=com.antbits.nhsSafeguardingGuide&hl=en_GB&pli=1
East Sussex Safeguarding – Adults	Safeguarding	https://www.sussex.ics.nhs.uk/our-work/safeguarding-adults-and-children/safeguarding-contact-details/		If you are concerned about an adult: If it is an emergency, or if the adult is at immediate risk, call the police on 999. Contact Health and Social Care Connect (HSCC) on: 0345 60 80 191



		https://www.eastsussex.gov.uk/social-care/worried/report		<p>8am to 8pm, 7 days a week (including bank holidays)</p> <p>Out of hours: 01323 636399.</p> <p>For serious safeguarding concerns that cannot wait until the next working day, call the Emergency Duty Team on: 0345 60 80 191 and select option 2.</p> <p>You can also text on: 07797 878111</p> <p>or email HSCC: hsc@eastsussex.gov.uk</p> <p>Report a concern online: https://adultsocialcare.eastsussex.gov.uk/web/portal/pages/presafeguardingpage</p>
East Sussex Safeguarding – Children	Safeguarding	https://www.sussex.ics.nhs.uk/our-work/safeguarding-adults-and-children/safeguarding-contact-details/ https://www.eastsussex.gov.uk/children-families/professional-resources/spoa		<p>If you are concerned about a child:</p> <p>If it is an emergency, or if the child is at immediate risk, call the police on 999.</p> <p>Contact Single Point of Advice (SPoA) on: 01323 464222 Monday to Thursday 8.30 am to 5 pm and Friday 8.30 am to 4.30 pm.</p> <p>or via email: webspoa@eastsussex.gov.uk</p>



				<p>out of hours: For serious safeguarding concerns that cannot wait until the next working day contact the Emergency Duty Team on: 01273 335906 or 01273 335905 (Monday–Friday 5pm–8.30am, weekends and bank holidays).</p> <p>or visit the SPoA website to find out more and make an online referral for additional support: https://www.eastsussex.gov.uk/children-families/professional-resources/spoa</p>
Better Housing Better Health	Housing / energy bills issues	0800 107 0044 (Monday to Friday, 9:00–17:00, excluding bank holidays) https://www.bhbmh.org.uk/	<p>Better Housing Better Health is there to help keep residents warm and well at home and help improve the energy efficiency of their home, save money, and improve comfort. Some of the areas they can help with are:</p> <ul style="list-style-type: none"> • Cutting energy bills • Free energy advice • Grants and funding • Access to support organisations 	<p>Patients can self-refer via:</p> <ol style="list-style-type: none"> 1) Form on website: https://www.bhbmh.org.uk/ 2) Telephone: 0800 107 0044 3) Email: bhbmh@nef.org.uk <p>Or pharmacist to refer:</p> <ol style="list-style-type: none"> 1) Form on website: https://www.bhbmh.org.uk/
The Trussell Trust Food Banks	Food banks	https://www.trussell.org.uk/	<p>Food banks provide emergency food and practical support to people who have been left without enough money to live on. Not so long ago, food banks were not needed to the extent they are today. Provides information on:</p>	<p>Patients can self-refer via: https://www.trussell.org.uk/emergency-food/find-a-foodbank</p>



			<ul style="list-style-type: none"> • Emergency Food • Food vouchers 	
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2) Local Pharmacy Services Databases/Directories:

- CPSS Locally Commissioned Services (East Sussex Pharmacies) <https://surreysussex.communitypharmacy.org.uk/services/local-services/10671-2/>
- CPE Local Services Database <https://cpe.org.uk/lpcs-and-local/locally-commissioned-services/local-services-database/>

Disclaimers:

- *At the time of this document's creation, the services listed are live. However please note local pharmacies and organisations may decommission their services at any time. Please check with the pharmacies and organisations for up-to-date information re service provision.*
- *Resources checked as current information on 28/02/2025 (date of document production).*