

Staying Independent at home	Carers	Volunteering and employment help	Mental health and well being	Getting out – Social contact Older people plus	Getting out – Physical activity	Advice and help	Befriending and home support	Healthy lifestyles	Transport	
<p>STEPS over 65 or long term physical health condition need support to live independently Text:07970668 106 Phone:01323 436 414</p>	<p>Care for the Carers 01323 738390 Free practical and emotional advice and signpost to services for unpaid carers</p>	<p>SCDA Work/Learning /Volunteering Luisa.Serrecchia@sussexcommunity.org.uk 01273 519112</p>	<p>Health In Mind tel 0300 00 30 130</p>	<p>Deans Seniors Tea Clubs 01273 307435 07584052837</p>	<p>SCDA Free Chair-based exercise Meridian Court, 38 Cavell Avenue, Peacehaven, BN10 7NJ Fridays – 11.00am – 12.00pm</p>	<p>Community Navigator Service SCDA 01273 517375</p>	<p>Age UK 123 Service Befriending, accompanying to community events to increase confidence</p>	<p>Cookery courses SCDA 01273 516032</p>	<p>CTLA Community Transport http://www.ctla.org.uk/about-ctla/ 01273 517332</p> <p>Dial a ride Travel club Free travel to health appointments and more</p>	
<p>Homeworks 16-64 Years homeless or at risk of losing your home, need support to live independently 01273 898700 or 07773 377754</p>	<p>Association of Carers 0300 330 9498 Volunteer led support services for carers</p>	<p>Volunteer Centre East Sussex Volunteering opportunities 1323 301 757</p>	<p>Your Way Newhaven 01273 514753</p>	<p>Kempton House lunch club Mon, Tues, Thurs Fri with pick ups by community transport. 01273 585984</p>	<p>Health walks Ring SCDA 01273 516032 for details or contact Peacehaven plodders Weekly walk dawn.paul99@btopenworld.com</p>	<p>Citizens Advice Bureau Peacehaven library Tuesdays Tel. 03 444 111 444</p>	<p>Independent Age Telephone befrienders and face to face</p>	<p>Health Trainers Motivation support and setting goals 01323723966</p>		
<p>East Sussex Fire and Rescue Service Safe and well visits 0800 1777069</p>	<p>Phoenix centre SCDA Leave and care scheme 01273 519144</p>	<p>Just do it National volunteering opportunities</p>		<p>Gentle exercises Saltdean community centre 01273 516032</p>	<p>WAVE leisure Seniors exercise classes etc. 01273 588858</p>	<p>GP based advice HWLH CCG.practiceconnectworker@nhs.net</p>	<p>Macmillan jviner@macmillan.org.uk 07790 015 448.Home support for people living with cancer</p>	<p>Wave leisure Peacehaven 01273 588858 Health walks and senior exercise classes</p>		
<p>Personal assistants Support with confidence</p>	<p>Red Cross Carers Support service Short term respite for carers 01273 227802</p>	<p>The House project Peacehaven Charity shops and free classes and support groups 01273 582 467</p>		<p>Downlands Court Activities for residents and wider community 07412709310</p>	<p>Peacehaven – activities and organisations for older or vulnerable people</p>					