

# Support and advice agencies

## EAST



Struggling to make ends meet? Worried about rising living costs?  
Want to know what's happening in your local area?  
Want to help a neighbour access support services?

We will always do our best to help you and where we don't have the expertise, we know some great organisations and services that may be able to help or point you in the right direction:

If you know of a local support service that would like to be mentioned in this magazine, please get in touch with us as we would like to grow a directory of services.

### Worthing

**Community House** ☎ 01903 215 799

@communityhouse@worthing-homes.org.uk

25 Dominion Road, Worthing, BN14 8JZ

Food for families in need, after school and holiday activities, adult cook and eat sessions, mindfulness and other adult support, help with universal credit claims and other benefits, IT support, CV writing and job searching, on-line courses

**Citizens Advice** Monday-Friday 9am-4pm and 9am-7pm on Wednesday. Worthing Town Hall, Chapel Road

**Empty Plate Café** Maybridge Square, Worthing BN12 6HB  
Tuesday – hot meals, pay what you can afford (monetary or in kind)

**Liaise Debt Counselling** ☎ 01903 218 722

Rivers of Life Church, 19a Broadwater Road, Worthing BN14 8AD

**Guildcare** ☎ 01903 528 600 🌐 [www.guildcare.org](http://www.guildcare.org)

Methold House, 10 North Street, Worthing BN11 1DU

**Recycled Goods Factory** ☎ 01903 753 377

🌐 [www.theRGF.co.uk](http://www.theRGF.co.uk)

**Re-loved office** ☎ 0795 573 1910

@relovedoffice@gmail.com

📘 [facebook.com/relovedfurnitureproject](https://www.facebook.com/relovedfurnitureproject)

Charity shop 01903 700 207 situated at 62 Ferring Lane, Ferring, BN12 5JP for upcycled furniture and items for sale

### Shoreham

**Citizens Advice** Monday to Thursday 9am- 4pm  
The Shoreham Centre, Pond Road

### Lancing – Adur

**Lancing Carers Support Group**

Second Monday of each month, 10am-12 noon

Lancing Parish Hall, BN15 9AB

For people with dementia

**Royal Voluntary Service** ☎ 01903 854 640

9am-4.30pm Monday-Friday

Chesham Health Centre, 124 South Street, Lancing, BN15 8AJ. Social meeting place for older people, healthy living advice, café, social groups

**Good Neighbours – West Sussex – Adur**

☎ 01903 257 019 – Monday-Thursday 9am-5pm

Practical support for older people

**Adur Voluntary Action** 🌐 [new.adurva.org](http://new.adurva.org)

Visit their website for a list of all voluntary organisations in the Adur area providing local support, ie Adur Stroke club, British Red Cross

### Countywide

**[www.westsussexconnecttosupport.org](http://www.westsussexconnecttosupport.org)**

Contains a host of events, activities and support groups in your local area

**Age UK** ☎ 0800 0558 6112

Free, independent, confidential and impartial **advice to everyone** on their rights and responsibilities

**West Sussex Young Carers** ☎ 01903 270 300

🌐 [www.westsussex.gov.uk/youngcarers](http://www.westsussex.gov.uk/youngcarers)

Supports young carers under 18 with information, support, advice and signposting

**Safe in Sussex** ☎ 0330 333 7416

Providing support and education around domestic abuse

*Continued overleaf...*

## Countywide ...continued

**Citizens Advice line** ☎ 0344 477 1171

10am-4pm Monday-Friday

Provides free, independent, confidential and impartial **advice to everyone** on their rights and responsibilities. Includes debt, housing, relationships, employment, benefits and legal issues

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**Trussell Trust foodbank**

🌐 [www.trusselltrust.org/get-help/find-a-foodbank](http://www.trusselltrust.org/get-help/find-a-foodbank)

There are different referral methods so check the one local to you

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**Step Change Debt Advice** ☎ 0800 138 1111

🌐 [www.stepchange.org](http://www.stepchange.org)

Monday-Friday 8am-8pm, Saturday 8am-4pm.

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**Turn2us** 🌐 [www.turn2us.org.uk](http://www.turn2us.org.uk)

Debt, benefit and funding advice and grant finder

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**Boom, (West Sussex Credit Union)** ☎ 01903 237 221

129 Montague St, Worthing BN11 3BP

Access to loans at fair rates, savings and bank accounts (not-for-profit financial co-operative owned and run by its members)

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**Sussex mental health line** ☎ 0300 500 0101

(24 hour) for support