

# Support and advice agencies

## WEST



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.

### Chichester and Tangmere

**Age UK** ☎ 01243 528 346 – Monday–Friday 10am–4pm  
1 North Pallant Chichester PO19 1TL

**Age UK Sage House Tangmere** ☎ 0800 019 1310  
By appointment only

**Citizens Advice** Monday-Friday 10am–4.30pm  
East Pallant House, 1 East Pallant, Chichester,  
West Sussex, PO19 1TY

**Citizens Advice Chichester JobCentre plus drop-in**  
Every Wednesday 10am–1pm

### Bognor and Pagham

**Bognor Citizens Advice** Monday–Friday 10am–4.30pm  
Town Hall, Road, Bognor Regis, PO21 1LD

**Selsey Citizens Advice** Every Monday 9.30am–12.30pm  
Selsey Town Council, 55 High Street, Selsey, PO20 0RB  
No appointment necessary

### Littlehampton

**Mind (mental health support)** - to access services at their Littlehampton support hub please ring ☎ 01903 721 893 to speak to one of the staff or email littlehamptonhub@coastalwestsussexmind.org

**Age UK** ☎ 01903 730 007 – 9.30am–4.30pm Monday-Friday. 42 Beach Road

**Littlehampton Citizens Advice** Tuesday–Friday 10am–4.30pm. 14–16 Anchor Springs, Littlehampton, BN17 6BP

### Countywide

**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

**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

**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

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

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

Monday–Friday 8am–8pm, Saturday 8am–4pm

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

Debt, benefit and funding advice and grant finder

**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)

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

(24 hour) for support