

Possibility
People

in partnership with
Eastbourne Access Group

Eastbourne Guide for Disabled People



Getting Around

Shopping

Leisure

Keeping Active

Toilets

Art & Culture

Support Groups

Seafront & Harbour

Parks & Gardens

Useful Contacts



visit
EASTBOURNE

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Published by

Possability People

For further details, please visit:

**[www.possabilitypeople.org.uk/our-services/
the-get-involved-group/eastbourne/accessible-eastbourne/](http://www.possabilitypeople.org.uk/our-services/the-get-involved-group/eastbourne/accessible-eastbourne/)**

Possability
People

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guide helpful
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us through**

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With every £1 ticket bought via our *Good Causes* page
we receive 50p for our work, which ensures we can
keep publishing this Guide free of charge.

www.eastbournelocalottery.co.uk



Although every effort has been made to ensure the information in this guide is accurate at the time of publication, VisitEastbourne and Possability People cannot be held responsible for any omissions or inaccuracies.



INTRODUCTION

Welcome to the Eastbourne Guide for Disabled People.

Eastbourne is a fine Victorian town built mostly on the level. Gentle ramps and slopes are used to overcome steps and stairs where possible making Eastbourne more accessible although some barriers do remain due to architectural limitations.

We hope the information in this guide, on our website and Facebook page will make it easier for disabled people whether they are residents or visitors, to enjoy Eastbourne to the full.

On our website you will find:

- Accessible places to eat and visit in and around Eastbourne
- Disabled facilities in seafront hotels
- Blue Badge parking ...and much more.

Town Centre Terminus Road.

A mixture of hazards to be aware of: one-way bus lane in paved shared area defined by tactile paving, no kerbs or formal crossings, low edged planters, lamp posts, street furniture which blends in with paving.

The Welcome Building by The Congress Theatre has the theatre box office, tourist information, café, exhibition and event halls. All accessible, lifts, toilets, blue badge spaces.

REPORTING PROBLEMS

For dog fouling, overgrown vegetation, fallen trees, fly tipping, graffiti, use the free **Report it, Eastbourne App** for smart phones or call **Customer First** 01323 410000.

Do you have trouble putting out your wheelie bin or recycle box? There is an **assisted collection service** for disabled people. Are there barriers preventing you accessing a service provider? Call Customer First 01323 410000 or visit the Council Customer Contact Centre, Town Hall, Grove Road, BN21 4UG.

For road and pavement problems contact **East Sussex Highways** Tel: 0345 60 80 193, report it online

www.eastsussexhighways.com or use the **Fixmystreet App** for potholes, dropped kerbs, cross overs, blocked drains, etc.

KEEPING SAFE

Hate Crimes ring 999 if it is an emergency, report online at www.sussex.police.uk or ring 101. You can also report Hate Crimes at the local Citizens Advice Bureau 03444 111 444 or to Eastbourne Borough Council, Customer First 01323 410000.

SCAMS report fraud to Action Fraud 0300 123 2040 or online www.actionfraud.police.uk.

Use local businesses that are approved or checked by Trading Standards:

Checktrade: www.checktrade.com

Buy with Confidence: www.buywithconfidence.gov.uk

For further information about Eastbourne, contact the **Eastbourne Visitor Centre**, Welcome Building, Compton Street, BN21 4BP. Tel: 01323 415415. They can help with hotel accommodation, theatre bookings, events, places to visit, transport, etc.

Seafront Office by Bandstand, 6 Lower Parade, Grand Parade, BN21 3AD. Tel: 01323 410611. January to March: 10am-4pm – Apr, May, Jun & Sept: 10am-5.30pm – July & August 10am-6pm October & November: 10am-4.30pm – December: Closed.

You can get your Eastbourne Resort Guide from the Tourist Information Centre or **www.visiteastbourne.com**

Lifeguard Station & First Aid Post Lower Parade BN21 3AD Near Wish Tower open May-September, 10-5. Tel: 01323 412290.

GETTING AROUND

Buses

Eastbourne uses **Stagecoach** services. The circular routes 'Loop', 1/1a and 'The Wave 99' services use accessible buses most of the time. They accept Class 2 mobility scooters and powerchairs. Owners are required to show they can safely manoeuvre onto a bus, a permit card is given to show drivers. Ring Stagecoach South East on 0345 810 1000 for details. Use Stagecoach Bus App, social media or website to keep up to date. www.stagecoachbus.com. The Wave 99 is the Hastings, Bexhill, Eastbourne service. **Brighton & Hove Buses** Coaster 12, 12A, 12X & 13X to Brighton and return. All accessible buses with ramps. For more information Tel: 01273 886200. www.buses.co.uk

Disabled Persons Bus Pass Tel: 03003 309471, you can get a form from your local library or online www.eastsussex.gov.uk.

Rail

Southern Rail provides coaches with accessible toilets, marked with a wheelchair symbol on each train. Four spaces available for wheelchairs and mobility scooters, shared with bicycles and child pushchairs. Maximum size of wheelchairs allowed is 700x1200mm, total weight 300kg. All local stations are accessible but use the level crossing to cross the line at Hampden Park and at Polegate. If you need assistance, ring the Assisted Travel Line 0800 138 1016 at least 24 hours prior to your journey. There are helpful travel guides, tips on the website www.southernrailway.com

Disabled Persons Railcard Tel: 0345 605 0525 or apply online.

Car Parking

Blue Badge holders may park for free with no time restriction in the Council car parks, on-street pay and display bays, except in spaces designated for other user's resident / permit holders and on chevron-marked no-waiting and no-loading areas. On-street disabled bays have no time limit, unless it is signed differently. Hyde Gardens, middle section car park is 2 hours maximum for all.

Please ensure you read all road signage, markings and notices before parking and leaving your vehicle.

Multi-storey car parks – Both the Beacon and Trinity Place charge Blue Badge holders and have height restrictions 5ft 11ins and 6ft 1in. respectively. Trinity Place has narrow pedestrian pathways, small lift entrance and space possibly unsuitable for wheelchairs.

Parking Information and Permits General enquiries Tel: 01273 335500 or email parking.information@eastsussex.gov.uk. Register and apply for permits on line, using NSL Apply.

Blue Badge Applications

Contact ESCC Blue Badge Team for information and help with application. Email bluecarbadge@eastsussex.gov.uk. Tel: 01323 464244 Mon, Wed & Fri 9 to 4. Or apply online: www.gov.uk

Eastbourne Taxis and Private Hire

Advanced Wheelchair Transport 07437 719719.

Call-a-cab Ltd 01323 746746.

Eastbourne and Country 01323 720720.

Sussex Cars 01323 726726.

Wheelchair Transport Specialists 01323 400429,
info@wtsplus.co.uk 6 vehicles; each take 1-4 wheelchairs + seats.

Wheelchairs and Scooters

These can be bought from mobility shops, some hire out, some offer repair and servicing and buy or sell used mobility vehicles.

AB Mobility, 7a St Mary's Walk, Hailsham. 01323 849736

CareCo, Hilliers Garden Centre, Stone Cross. 01323 449380

Clearwell Mobility, 336-338 Seaside, E/b. 01323 484060

Proctor Health Care, 8 Station Parade, E/b. 01323 417508

Southern Mobility, 2a Cavendish Avenue, E/b. 01323 645067

Active Days, 22 Sackville Road, Bexhill. 01424 532620

Shopmobility, Rear exit of The Beacon by Marks and Spencer, Tel: 01323 439585. Hires manual wheelchairs, scooters and power chairs for those with limited mobility

The British Red Cross Mobility Aid Service Thalia House, 3 London Road, Bexhill TN39 3JT 01424 213583.

Open Wednesday 10-1. Lend wheelchairs and aids for a donation.

East Sussex Wheelchair Service. Tel: 0333 003 5619 a professional referral is required to access this service.

Walking or Riding on Paths, Shared Areas and Roads

Please remember pedestrians always have right of way so be prepared to slow down in your scooter, wheelchair or adapted cycle. Eastbourne is getting more shared areas particularly within the new town centre area. Many people have hidden disabilities and will not be aware of your presence even with an audible warning.

When buying or hiring a scooter or wheelchair make sure it suits your needs. Before taking charge of your vehicle make sure you know its capabilities, understand the controls and the steps needed to keep it well maintained. You are allowed to travel a maximum 4 miles per hour on pavements. Insurance is advisable. If your scooter has two speed settings it must be set not to exceed the maximum speed permissible. To drive on the road, you need a Class 3 scooter that can travel at up to 8mph and have front and rear lights, flashing indicators, mirror and a horn. Class 3's must be registered with DLVA. The Highway Code applies to scooters.

The Motability Scheme www.motability.co.uk. Provides an affordable, worry-free way for disabled people with higher rate mobility benefit to lease a car, scooter or powered wheelchair.

THE SEAFRONT PROMENADE

This stretches from Holywell in the West to Langney Point in the East. Ramps lead to the Lower Prom near the Pier, Bandstand and Wish Tower. During summer, the Dotto Train runs entire Prom to the Harbour, has ramp for small manual wheelchairs. There are wooden beach pathways to high water mark at the Lifeguard Station and either sides of the Bandstand. See page 7 for accessible toilets. There are cafes and kiosks along the Prom. Car parks at Wish Tower slopes, Treasure Island, Fisherman's Green and Prince William Parade.

The Bandstand and Seafront TIC Office Tel: 01323 410611.

Beware some of the Prom is a shared cycle path while other paths are marked with lanes dedicated for walkers or cyclists.

THE WATERFRONT and SOVEREIGN HARBOUR

Most of the harbour area is accessible by wheelchair. Large free car park, Blue Badge spaces. Accessible public toilet. Accessible walkways to and around the harbour, beach, lock-gates, bars and restaurants, some with accessible toilets. Some of the paths are shared cycleways. Sovereign Retail Park with shops, post office in ASDA, petrol station - pump card payment only. Boots chemist with midnight pharmacy. Defiant Sports Hub. Community Centre.

ACCESSIBLE PUBLIC TOILETS

Eastbourne has many accessible public toilets shown on the Wheelchair Route maps (centre pages), plus those in the shopping centres, railway station and at the Waterfront in South Harbour. Most are kept locked with a RADAR (National Key Scheme) key. Keys can be purchased from Tourist Information Centre, Shopmobility, Council Office & some mobility shops.

Accessible public toilets situated on the Seafront:

Beachy Head, in the main car park.

Holywell, on the lower Prom.

Helen Gardens, at the rear of Pavilion.

Bandstand, on both Middle and Lower Prom.

Seaside Rec, Whitley Road.

Changing Places toilet facility on Middle Prom by Bandstand - (with hoist and bench, key access details from Seafront Office on Lower Prom 01323 410611 or www.lewes-eastbourne.gov.uk).

Pier, under the Pier on the Lower Prom.

Treasure Island Car Park, attached to the Bowling Pavilion.

Fishermans Green, by the Tennis Courts.

Prince William Parade, on Prom by the Waterworks.

Waterfront, South Harbour by boat yard/shops/cafes.

Congress Theatre (Radar Key, Accessible to patrons attending a show)

Elsewhere in Eastbourne:

The Archery, Seaside adjacent Youth Centre.

Hampden Park, beside Cafe.

Hyde Gardens.

Princes Park, beside cafe

Green Street, near Albert Parade Old Town

The Beacon & Supermarkets with toilets:

The Beacon, main square and a **Changing Places** toilet facility.

ASDA, Crumbles Retail Park.

Morrisons and Aldi, Lottbridge Drove.

Sainsbury's, Cross Levels Way.

Tesco, Lottbridge Drove.

Waitrose, High Street, Old Town.

If you experience a problem with a public toilet call Customer First on 01323 410000 or if privately owned, contact directly.

HOTEL ACCOMMODATION

Eastbourne is well supplied with hotels and guesthouses, large and small, but as is often the case, traditional architecture limits accessibility. Our website has a list of disabled facilities provided by some seafront hotels. The Eastbourne Visitor Centre

Tel: 01323 415415 offers further help to find more accessible and disabled friendly accommodation such as dietary requirements, ramp access, lift, level access shower, wet room, hearing loops, etc. Alternatively, search www.visiteastbourne.com. It is your responsibility to check with individual hotels if they can meet your needs and requirements.

PARKS AND GARDENS

Helen Gardens in King Edwards Parade. Play area, bowls, cafe, putting green. Accessible toilet by pavilion. Street Parking.

Western Lawns King Edward's Parade. Leads up to the Wish Tower - open days/tours. (Martello Tower). Large open space, used for public events, Bistrot Pierre restaurant, RNLI Museum. Small car park, blue badge spaces, gives access to promenades.

Gildredge Park Entrances in Dittons Road, Compton Place Road and The Goffs. Bowls, cafe, tennis, play area, and a skate park. Small car park at The Goffs entrance, otherwise street parking. Public toilets not accessible for wheelchairs.

Motcombe Gardens Motcombe Road. Small quiet park with pond. Bowls. Street parking only. No toilets.

Hampden Park Accessible paths through park and wooded sections, level path round lake and play area. Accessible toilet by cafe. Skate park, bowls, tennis, rugby club. Street parking only.

Princes Park Entrances Wartling Road, Channel View Road and Royal Parade. Lake, model boat club, bowls, splash pad, play areas. Accessible level pathways around most of park. Large field. Accessible toilet by Cafe. Street parking or at the former Fort Fun car park.

Shinewater Park Access from Larkspur Drive, Pigs Lane bridle path near The Mill or Edward Road BN23 8AS near Toby Carvery. Large man-made lake, surfaced pathways, fishing, play area and skate park. Weekly park run. Street parking. The 14 mile Cuckoo Trail starts here, part of National Cycle Network.

MAIN SHOPPING CENTRES AND RETAIL PARKS

The Beacon. Town Centre under cover, accessible. Cineworld 2nd floor, restaurants 1st floor access via escalators and lifts. Some retailers have own toilets. General accessible toilets and Changing Place toilet facility in main square. 'Gather' community space and chill out area. Multi-storey car park with lifts. Charges apply. Shopmobility at rear exit, near Marks & Spencer. Boots Chemist. Metro Bank.

Sovereign Retail Park. Next to Waterfront Harbour. Large free car park with Blue Badge spaces. ASDA with post office, cafe, accessible toilet, chemist. Boots has midnight pharmacy, other retail units, Defiant Sports Inclusion Hub and petrol station - pump card payment only. Community centre adjacent.

Langney Shopping Centre. Under cover, main mall on one level. Free car park with Blue Badge spaces. Tesco, cafes and other shops units. Community library. Costa has accessible toilet, general toilets downstairs. Post Office. Petrol station adjacent.

Broadwater Way. Large free car park with Blue Badge spaces. Sainsbury's with cafe, chemist, Argos and accessible toilet. Also, Currys/PC World, DFS Furniture and petrol station.

Admirals Retail Park. Lottbridge Drove. Large free car park, Blue Badge spaces. Tesco, chemist, accessible toilet. Petrol station. Homepage accessible toilet. Several large retail units.

Hampden Park Retail Centre. All car parks have Blue Badge spaces, Morrisons supermarket with cafe, toilets, petrol station. Dunelm with cafe, toilets, B&Q, Aldi with toilet and other stores.

(Please beware – parking time limits apply in many of the car parks. Please read the signs).

There are many independent shops in Meads, Albert Parade, Old Town, Enterprise Centre, Little Chelsea, Seaside, St Anthony's, Langney Point, Hampden Park, Freshwater Square, etc.

BANKS AND BUILDING SOCIETIES

These are mainly accessible with hearing loops.

The majority are situated in Town Centre, Terminus Road near 'Banker's corner'.

EASTBOURNE'S MAIN POST OFFICE

Within WH Smiths, 110 Terminus Road, BN21 3AL. Accessible.

THEATRE, CINEMAS AND ART GALLERY

Eastbourne Theatres Box Office in **Welcome Building**. Tel: 01323 412000. Cafe. Eastbourne Theatres operate a free scheme for those who need a carer to be with them at a show to assist them. Apply for '**Essential Companion Scheme**' at box office.

Congress Theatre. BN21 4JR. 15 Wheelchair spaces with seat for Essential Companion. Lifts to all floors. Accessible Toilets. Changing Places facility. Blue Badge Drop Off point for 30 minutes parking plus other Blue Badge parking bays on roads and in adjacent car parks. Loop System in all areas of auditorium, Infrared System with headphones and neck loops available from Duty Manager.

Devonshire Park Theatre. BN21 4BW. 4 wheelchair spaces with seat for Essential Companion. Access from service road beside theatre. 6 Blue Badge spaces in front of theatre or street parking. Loop System and Infrared System as above. Audio-description Friday evenings and Saturday Matinees. Accessible toilet.

Winter Garden. BN21 4BP. One accessible toilet and lift access.

Royal Hippodrome Theatre. 2 wheelchair spaces. Accessible toilet. Loop audio system. Box Office Tel: 01323 802020. Carers discount via Essential Companion Scheme – contact Box Office.

The Bandstand. Grand Parade, Eastbourne BN21 3AD. Call Seafront Office on Tel: 01323 410611 for more information.

Cinemas

Cineworld, 2nd Floor, The Beacon. Access via escalators or lifts Tel: 0330 333 4444.

Towner level access entrance Tel: 01323 434670.

Hailsham Pavilion side door entrance for wheelchair users. Tel: 01323 841414. Contact regarding your needs.

Cinema Exhibitor's Association Card allows people with disabilities to obtain a carer ticket. www.ceacard.co.uk. Tel: 01244 526016.

The Birley Centre and College Theatre. Carlisle Road BN21 4JY. A contemporary performing arts centre. Ramp access, lift, accessible toilet. Part of Eastbourne College. Box Office Tel: 01323 452255.

Towner Art Gallery. BN21 4JJ. Next to Congress Theatre. Fully accessible, loop system at reception, large print information and magnifying glasses available from reception, lift to all floors, cafe and accessible toilet on 2nd floor. The cinema on ground floor has 4 wheelchair spaces in front row. Tel: 01323 434670.

HEARING IMPAIRMENT

East Sussex Hearing, 8 Chantry House, 22 Upperton Road, BN21 1BF. Display of assistive devices, hearing loops, mobile service, lip reading and sign language classes, drop in (Tues & Weds 10am-12.30pm and 1.30pm-4pm), NHS hearing aid battery replacement and maintenance, deafblind, deafened, etc. Awareness training.

Tel: 01323 722505. Mobile: 07950 855580. www.eshrc.org

Hearing Link, Offer a range of services to help people adjust to and manage the challenges hearing loss can bring. Help desk 01844 348111. Mon-Fri 9am-5pm. Email: helpdesk@hearinglink.org. www.hearinglink.org

Hearing Loops. In difficult hearing situations like noisy places and trying to hear people behind security screens a hearing loop is a great help. Hearing Link's 'Lets Loop' campaign encourages businesses to use them. Eastbourne's theatres, most banks, churches, the station and some supermarkets are equipped.

Look out for the sign at the entrance or counter. When out and about always ask if there is a hearing loop and check it works!

VISUALLY IMPAIRED PEOPLE (VIP)

Eastbourne Blind Society, 124 Longstone Road, BN22 8DA Social activities and resource centre for VIPs. Display of aids and equipment. Awareness Training. Tel: 01323 729511.

East Sussex Library Service Large print, audio books and online services. Home library service. Enquiries Tel: 0345 60 80 196.

The Eastbourne Talking Newspaper Association provide recorded extracts from local and Sunday newspapers and magazines for VIPs. Tel: 01323 727273.

The Friends of Devonshire Park Theatre arrange audio-description of plays on Friday nights and Saturday matinees that run for a week.

Guide Dog and Assistance Dog Owners have the same right to services supplied by shops, banks, hotels, libraries, pubs, taxis and restaurants as everyone else - Equality Act 2010. A taxi driver may have medical exemption for not carrying a dog.

DEMENTIA For people worried about or affected by dementia.

Adult Health & Social Care Connect. Tel: 0345 60 80 191.

Alzheimer's Society. Dementia Connect Support line 0333 150 3456 or email: dementia.connect@alzheimers.org.uk

Dementia Friends. www.dementiafriends.org.uk

Memory Lane Eastbourne. 07800 874361 activities, singing, dancing, cinema for people with dementia and their carers.

Eastbourne Dementia Action Alliance Tel: 01323 385285.

Email: hello@eastbournedaa.co.uk www.eastbournedaa.co.uk

DISC Dementia Support East Sussex Tel: 07591 250988
or 07591 251005.

OTHER LOCAL SUPPORT GROUPS

Defiant Sports. Connecting people through sport.

Tel: 07887 755856. www.defiantsports.org.uk

Eastbourne Mencap. 113 Pevensey Road BN22 8AD

Tel: 01323 745100. Supporting local people with learning disabilities.
Eastbourne MS Society. Tel: 07901 337838.

Parkinson's UK Eastbourne branch. Tel: 0344 225 9849

or email: spencer-bowdage@parkinsons.org.uk

E. Sussex MND Assoc branchcontact@mndaeastsussex.org.uk.

Epilepsy Sussex. Tel: 07497 822055 www.epilepsysussex.com.

JPK Project. 39-41 Church Street, Eastbourne, BN21 1HP.

Tel: 01323 304591. Old Town Cafe open Mon – Friday 9-4, and
Sunday 12-4, providing training and work experience to people with a
learning disability. Bookings/Functions/Hiring.

SASBAH The Sussex Association for Spina Bifida and Hydrocephalus.

Tel: 01825 873045 www.sasbah.org.uk.

Samaritans. 13 Bolton Road BN21 3JT. Call for free on 116 123 or

Email jo@samaritans.org. Lift.

Pegasus Card. If you have speech or communication difficulties,
registering for a Pegasus card could help you in an emergency. The
emergency services will know how best to communicate with you and
your specific needs. Register online www.sussex.police.uk and search
Pegasus card.

CHILDREN, YOUNG PEOPLE AND FAMILIES

Information for Families. Tel: 0345 60 80 192. Childcare, activities,

support groups, i-go card email igo@eastsussex.gov.uk; for 0-25yrs.

Search www.eastsussex.gov.uk and www.escis.org.uk.

Amaze SENDIASS helpline Tel: 01273 772289 for free impartial

information advice and support for parents/carers and young people
up to 25 years with SEND about education, health and social care.

sendiass@amazesussex.org.uk

Single Point of Advice for Children Services 01323 464222.

Children's Centres. Support families with under 5's Tel: 01323

464340 for your nearest centre and services offered.

East Sussex Young Carers. Tel: 0300 1111110 support 5-18 year
olds who are caring for someone at home, parent or sibling.

USEFUL CONTACTS

Local Support

ESCIS, East Sussex Community Information Service website.

Directory of leisure, hobbies, childcare, support groups, disabilities, events, etc. Covering all ages. www.escis.org.uk

1 Space a self-service directory. 1space.eastsussex.gov.uk.

Support with Confidence ESCC a directory of help at home you can trust search on www.eastsussex.gov.uk.

Possability People. www.possabilitypeople.org.uk

A Sussex charity making more things possible for disabled & older people. Information and advice for disabled people, families, friends and carers. Care and support services and advice.

Tel: 01273 894040 or text 07718 424214.

Care for the Carers. 8 St Leonards Road, BN21 3UH.

Tel: 01323 738390. Email: info@cftc.org.uk. Offers support, information, advice, training, carers groups, newsletter - CareLine for unpaid carers in East Sussex. Carers alert/discount card.

Benefits, East Sussex helpline. Tel: 0333 3440681.

East Sussex Credit Union Tel: 0300 303 3188. Not for profit savings and loans co-operative. www.wavecb.org.uk

BHT Eastbourne Advice. 8 St Leonard's Road, BN21 3UH. Tel: 01323 642615. Free specialist housing advice to people on possession action, homelessness, suitability of accommodation, tenancy rights, disrepair and allocations policies.

Citizens Advice. Highlight House, 8 St Leonards Road, BN21 3UH
Freephone: 0800 144 8848. Tel: 03444 111 444.

www.eastbournecab.co.uk.

East Sussex Floating Support Service.

Tel: 01323 636448. For 60+ and facing housing difficulties.

Eastbourne Foodbank. Tel: 01323 409925. Contact for agencies who can give foodbank vouchers and for your nearest distribution centre. Email: admin@eastbourne.foodbank.org.uk.

Pre-owned furniture outlets run by local charities –

British Heart Terminus Road, BN213DF. Tel: 01323 306630

Furniture Now 3 Courtlands Rd, BN22 8TR Tel: 01323 638000

Salvation Army 38-42 Pevensey Road, BN21 3HP. Tel: 01323 430619.
New-to-you Furniture and Care & Share Clothing shop.

St Wilfrid Hospice Moy Avenue, BN22 8LD. Tel: 01323 409589

Salvation Army Citadel, 141 Langney Road. Admin office: 01323 640382.

Keeping active

Age Concern, Eastbourne. The Venton Centre, Junction Road BN21 3QY. Services for people aged 50 plus. Cafe, hairdresser, therapies, activities. Accessible toilets. Tel: 01323 638474.

Alice Croft House. BN21 4NE Tel: 01323 728157. Club for over 50's. Activities, classes, snooker, IT suite. Lift. Accessible toilet.

Chaseley Trust. Activate Gym for wheelchair users. Open to local disabled people. Membership charges Tel: 01323 744200.

Community Wise. Ocklynge Road, BN21 1PY. Tel: 01323 722924. Community services and activities. Community shop. **Defiant**

Sports Inclusion Hub Sovereign Harbour BN23 6JH Tel: 07887 755856 providing inclusive sports and activities in their new hub and within the community. All ages, all abilities. **Eastbourne**

Seniors Forum. A voice for over 50's, newsletter, events, directory of leisure facilities. Contact chair@esf-online.org

Eastbourne Wheels for All. Accessible cycling opportunities for people of all abilities and ages. Eastbourne Sports Park, Cross Levels Way, BN21 2UF. Tel: 07881 282725.

East Sussex Age UK. Offer support to those in later life with day services, information and advice. Tel: 01273 476704.

Sovereign Centre Swimming Pool. Royal Parade BN22 7LQ Tel: 01323 738822. Accessible changing area, toilet.

Hoist into gala pool available on request. Level access into fun pool with waves. Cafe and seating area. Other facilities include Gym and Classes.

Sport Eastbourne. Centres at Hampden Park, Shinewater and Sports Park. Classes and activities for all ages and abilities. Email: sporteastbourne@waveleisure.co.uk
www.sporteastbourne.co.uk

Volunteering

Volunteers Network CIC Find out about volunteering opportunities and information on events, activities, local groups, charities. Eastbourne Voice - community paper.

Eastbourne Volunteers CIC, Langney Community Centre, Etchingham Road, BN23 7DX. Tel: 01323 763762.

Possability People. Volunteering & employment support for disabled and with long term health conditions Tel: 01273 894040.

Public and Local Authority Services

Adult Health & Social Care Connect. Tel: 0345 60 80 191. Helps those needing extra support to live as independently as possible. Carers Assessments. Report abuse or neglect.

East Sussex Fire & Rescue Service. Offer free Home Safety checks, smoke detectors. Ring re eligibility Tel: 0800 1777 069.

Eastbourne Borough Council.

Town Hall, Grove Road, BN21 4UG. Tel: 01323 410000, email customerfirst@lewes-eastbourne.gov.uk

Eastbourne Central Library. 1 Grove Road, BN21 4TL. Tel: 0345 60 80 196. Also in Hampden Park, Brodrick Close BN22 9NQ. Accessible. Equal Access and Home Library Service. Large print, audio, DVD and specialised books. Online services including eBooks and downloadable audio books. Community Libraries in Old Town, Langney Shopping Centre and Willingdon.

Police emergency 999. Non-emergency 101.

Eastbourne Visitor Centre. Tel: 01323 415415.

Welcome Building, Compton Street, BN21 4BP.

Accommodation, theatre, places to visit, events, etc.

Careium. 24-hour telephone response service for vulnerable people and other services to aid independent living.

Tel: 01323 644422. Email: uk.info@careium.com

Health Services

Eastbourne District Hospital. Kings Drive, BN21 2UD and

Conquest (Hastings) Hospital. The Ridge, TN37 7RD.

Tel: 0300 131 4500. Both have a Walk in Urgent Treatment Centre for minor injury or illness plus A & E.

Emergency Dental Service. Weekdays appointment line 6.30-10.30pm for appointments 7-9pm. Weekends/Bank Holidays 1-5.30pm appointments 2-4pm. Tel: 01323 449170.

Health in mind offers a free service and help if feeling stressed or down Tel: 0300 003 0130, www.healthinmind.org.uk.

Healthwatch, East Sussex. Want your views on health & social care services. 0333 101 4007. www.healthwatcheastsussex.co.uk

St Wilfrid's Hospice. 1 Broadwater Way, Eastbourne BN22 9PZ.

Tel: 01323 434200. Providing specialist care for people with any progressive, advanced life-limiting illness. Home Wellbeing service.

NHS 111 service for non-emergencies, medical advice available. Free from landlines and mobile phones.

Your Local Pharmacist can help you with your medication, repeat prescriptions, minor ailments, health checks, etc.