



FOOD

- 1** **Soup run** - 7pm at Peace Statue and 8pm on Middle Walk Madeira Drive
- BUCFP** - 6 Tilbury place - Food costs £1.50 adults, 60p kids or free if you volunteer, Mon to Fri, 1pm. Tel: 671213
- St Anne's St Mary's Hall** - 61 St James Street. 20p, Mon to Fri, 10am to 1pm. Tel: 602824
- Salvation Army** - 1 Park Terrace 9am to 1pm, Weds. Tel: 607095
- Brighthelm Centre** - North Rd, Sun 2pm to 4pm



HEALTH STUFF

- Morley Street Surgery** - Morley Street. Walk in - Mon, Weds and Fri, 10am to 11am - Tel: 385500
- Walk in Doctor Surgery** - 84-87 Queens Road, 8am to 8pm
- St John's Ambulance** - St Anne's, Mon 10am to 12pm. St Patrick's night shelter, Weds 6.30pm to 7.30pm. Peace Statue, Thurs, 7pm to 8pm
- Dentist** - 9 to 10am St James Street, Tel: 625691 Mon to Fri 9am to 4.30pm



ADVICE AND INFO

- 24** **BUCFP** - Mon to Fri from 10am to 4pm (see 2)
- Clock Tower Sanctuary** - Mon to Fri, call for details, 14 Dyke Road, Tel: 735802
- Salvation Army** - Weds 9am to 1pm (see 4)
- St Luke's** - 18 Exeter Street, Tel: 549203 Mon, Wed, Thur 10am to 4pm, Fri 10am to 1pm
- Cowley Club** - 12 London Road Mon 5am to 6.15pm

Brighton Unemployed Centre Families Project

HOMELESS GUIDE TO BRIGHTON AND HOVE

With Support of the Brad Phillips Charitable Trust



OTHER SERVICES AND INFO

- 15** **First Base Day Centre** - St. Stephen's Hall, Montpelier Place - Mon, Tues, Thurs & Fri 8.15am to 12pm - Food, Advice, Tel: 326844
- Rough Sleepers Team (CRI)** - Phone for info, Freephone 08081680414
- Mental Health Services - MIND** - 51 New England Street, Tel: 669950
- Sexual Health Advice** - 84-87 Queens Road, Mon to Fri, 12pm to 8pm, Tel: 203058



ADVICE AND INFO CONT...

- 29** **Off The Fence/Antifreeze** - 37 Portland Road Hove, Tel: 774140 Mon, Tues, Thurs, Fri 12pm to 4pm
- Brighton Housing Trust (BHT)** - 113 Queens Road, Tel: 234737 call for appointment
- Citizens Advice Bureaux (CAB)** - Hove Town Hall - 1 Tisbury Road, Mon to Fri 9.15am to 11.15am, Tel: 08451203710
- LGBT** - Switchboard Tel: 204050 from 5pm every day
- Young Peoples Centre** - 69 Ship Street, Mon, Wed, Thurs, call for details Tel: 887886



WASH AND BRUSHUP

- St Patrick's Night Shelter** - 1 Cambridge Road, Hove (men only), Tel: 749561
- Toilets** - see map ● wc
- Showers** - Salvation Army - Weds 10am to 1pm (see 4)
- Drug and Alcohol Advice** - 11 St Georges Place, Tel: 607575, Mon to Fri 9am to 5pm sat 10am to 1pm
- Laundry BUCFP** - £2.00 per wash & dry 10am to 4pm (see 2)



OTHER SERVICES AND INFO

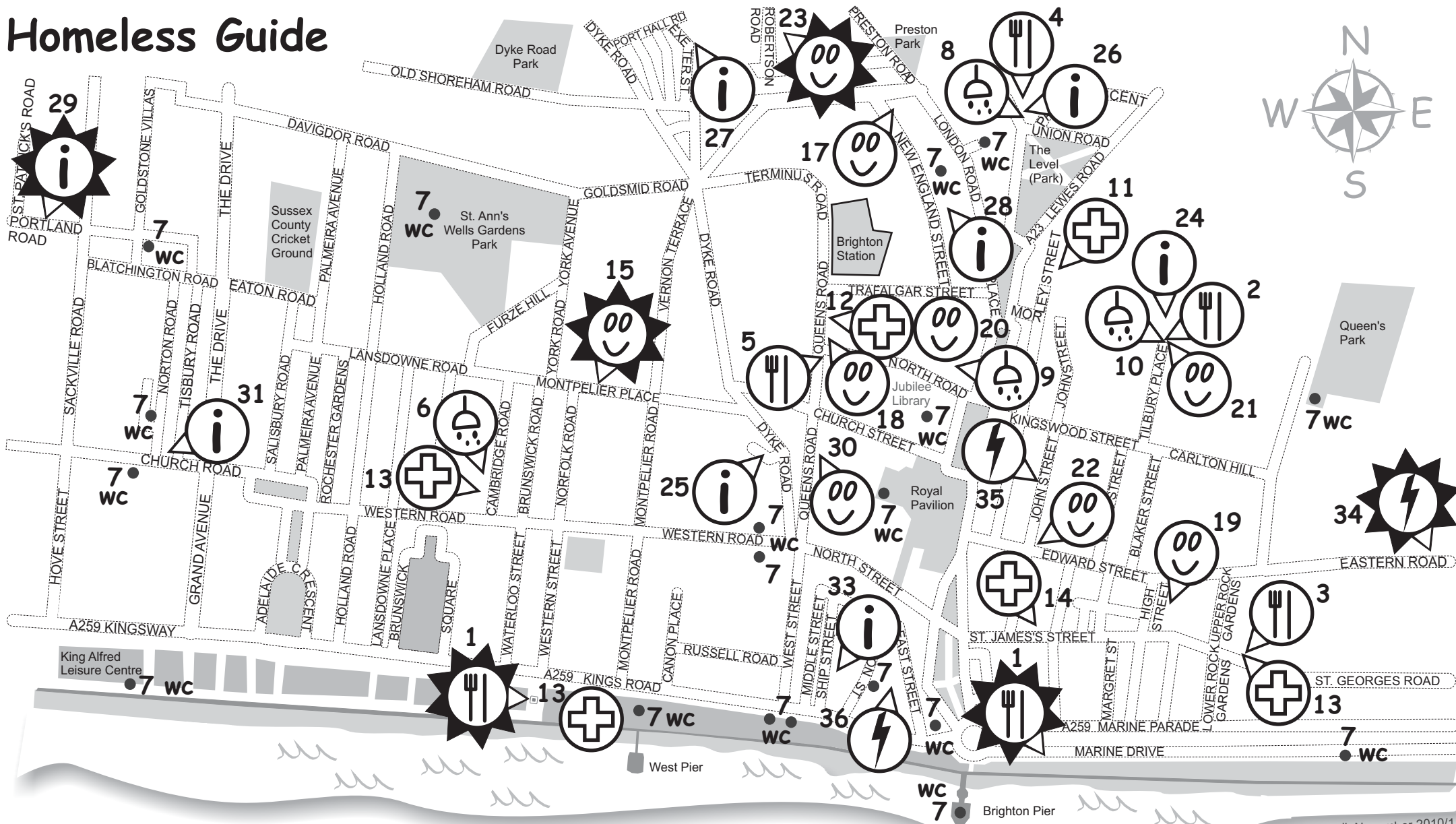
- Brighton Women's Centre** - 72 High Street, Tel: 698036
- The Big Issue Office** - Unit 7, Orange Row, Mon to Fri 9am - 4:30pm
- Cheap/free internet** - BUCFP - Mon to Fri, 10am to 4pm (see 2), Brighton Library - check opening times Jubilee Street, Salvation Army Weds 10am to 1pm (see 4)
- Job Centre** - 30-35 Edward Street
- PDSA (Pet Aid Hospital)** - 2 Robertson Road, Tel: 566595



EMERGENCY INFO

- 34** **Hospital A & E** - Eastern Road, Tel: 696955
- Police** - 24 hours, 7 days a week, John Street. Tel: 08456070999
- Council Housing Advice Team** - Bartholomew House Tel: 294400
- Message Home** - Tel: 0800 700 740 for missing people
- Refuge Information Support and Education (RISE)** - (formerly Women's Refuge) Tel: 622822

Homeless Guide









If you find yourself homeless, first places to go are:

1 Soup Runs

29 Off the Fence / Antifreeze

15 First Base

Key to symbols

	Food		Wash and Brushup
	Health Stuff		Other services and info
	Advice and Info		Emergency Services

This guide is an ongoing project of BUCFP - we welcome feedback - come and visit us at 6 Tilbury Place 10-4pm Mon to Fri.

More Information - see reverse

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