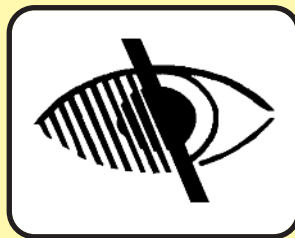


Eastbourne Guide for Disabled People

2018



**EASTBOURNE
ACCESS
GROUP**

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Eastbourne Access Group

Contact details:

0781 0317 185

info@eastbourneaccessgroup.org.uk

www.eastbourneaccessgroup.org.uk



INTRODUCTION

Welcome to the Eastbourne Guide for Disabled People, published by the **Eastbourne Access Group**, a voluntary community group. We promote equality and inclusion for all and disability awareness. We want Eastbourne to be a disabled friendly town.

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

With **Inclusive Eastbourne** we are helping local businesses and consumers enjoy a better mutual experience of shopping and leisure in Eastbourne. There is an Inclusivity Self-Assessment tool, toilet locator and a list bringing together all disability groups on **Accessible Eastbourne** hub; www.accessibleeastbourne.net.

You can help by reviewing the services you receive and complimenting businesses, restaurants, hotels, shops etc. when they get it right and suggesting to others how they could improve. There are many ways of providing valuable feedback. If businesses are not told they will never know or have a chance to improve. Pleasing a customer means a returning customer bringing their friends and families; everyone wins. Giving good customer service and making small adjustments can make big differences.

There are major changes happening in our town with The Arndale Shopping Centre Extension and Devonshire Park re-development. We are pleased to be involved in discussions and advising the needs of disabled people in conjunction with these plans with **Eastbourne Disability Involvement Group, EDIG**.

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, 1 Grove Road, Eastbourne BN21 4TW.

For roads and pavements 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 Citizen Advice Bureau 03444 111 444.
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 **Tourist Information Centre** (TIC), Cornfield Road, BN21 4QA Tel: 01323 415415. They can help with hotel accommodation, theatre bookings, events, places to visit, transport, etc.

Satellite TIC Office Royal Hippodrome Theatre, 108-112 Seaside Rd, BN21 3PF.

TIC Seafront Office by Bandstand, Lower Parade, Grand Parade, BN21 3AD. Open April to October, 7 days a week. Winter opening Mon-Fri 9 am – 4 pm. Tel: 01323 410611.

For a tourist guide to Eastbourne, either visit Tourist Information Centre or **www.visiteastbourne.com**.

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 Disability Helpline 01227 812409 for more details. Time table enquiries Tel: 0871 2002233. 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.

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.

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

Multi-storey car parks - Arndale Centre (free on Sundays), Junction Road and Trinity Place do charge Blue Badge holders. Pay particular attention to the vehicle height restrictions.

Eastbourne Parking Information Centre, Tel: 08456 801129 can tell you where Blue Badge spaces are in the town and answer parking enquiries. Based in Eastbourne Library from July 2018.

Blue Badge Applications

Contact Blue Badge Team for Information and help with application. Tel: 01323 464244 or apply online www.gov.uk.

Eastbourne Taxis

Call-a-cab Ltd 01323 746746.

Eastbourne and Country 01323 720720.

Sussex Cars 01323 726726.

Wheelchair Transport Services 01323 400429, 07813 800 948
info@wtsplus.co.uk 6 vehicles; each take 1-4 wheelchairs + seats.
Adrian Attwater 07885 744725 up to 4 wheelchairs + seats.

See our **Wheelchair Route maps** indicating the safest way to travel on pavements in your wheelchair or scooter using dropped kerbs and pedestrian crossings are shown on the centre pages of this Guide. (Digital version available on our website).

Wheelchairs and Scooters

These can be hired or bought from mobility shops in the area:

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

CareCo, Hilliers Garden Centre, Stone Cross. 01323 449380

Clearwell Mobility, High Street, Polegate. 01323 484060

M&B Mobility Services, Tideswell Rd. 01323 721223/638046

My Health Mobility, Diplocks Way, Hailsham. 01323 444861

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

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

Weald Mobility, 330 Seaside, Eastbourne. 01323 431455

Shopmobility, Rear exit Arndale Centre 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. Currently open Mondays 10-1. Lend wheelchairs and equipment for a donation. Will delivery to Eastbourne areas, charges apply, or you collect.

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. 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 8 mph 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.

Motability Scheme for vehicles and scooters

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

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 the summer, the accessible Dotto Train runs the length of the Prom and on to the Harbour. There are wooden beach pathways to high water mark at the Lifeguard Station and on both sides of the Bandstand. See page 7 for a list of accessible toilets. There are cafes and kiosks along the Prom. Car parks at Wish Tower slopes, Treasure Island, Fisherman's Green, Fort Fun, Prince William Parade plus on-street parking. **The Bandstand** is wheelchair accessible and offers a variety of concerts. Accessible public toilets are on Lower and Middle Proms. **Seafront TIC Office** on Lower Parade, main open time April to October for tickets and general information. Tel: 01323 410611.

THE WATERFRONT and SOVEREIGN HARBOUR

Most of the harbour area is accessible by wheelchair. Large free car park, Blue Badge spaces. Accessible public toilets. Accessible walkways to and around the harbour, beach, lock-gates, shops, bars and restaurants, some with accessible toilets. Sovereign Retail Park with shops, post office in Asda, cinema and petrol station is adjacent.

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 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.

Eastbourne has a **Community Toilet Project** visit www.eastbournecommunitytoilets.accessibleeastbourne.net

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.
- A **Changing Place** toilet facility on Middle Prom by Bandstand 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.

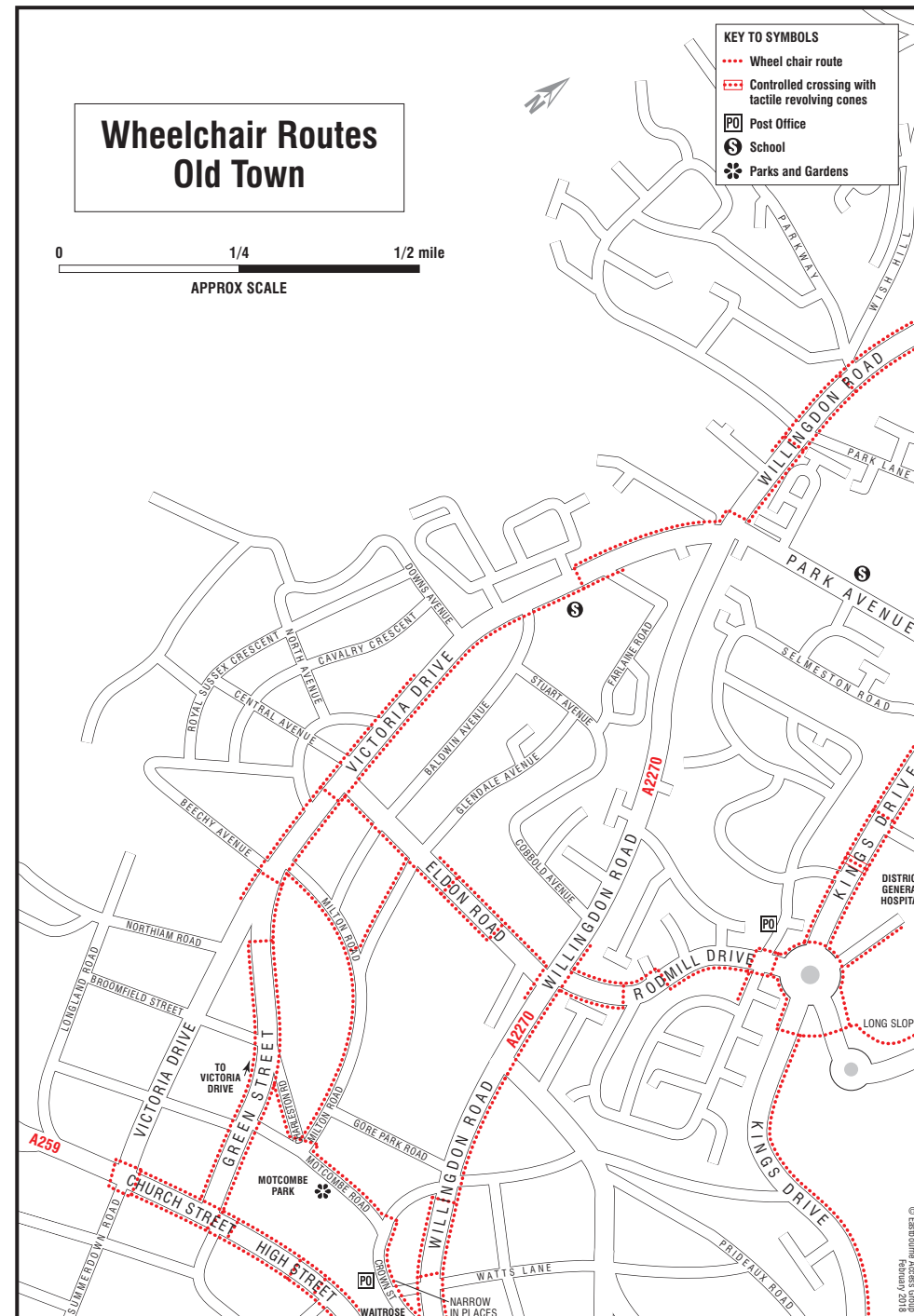
Elsewhere in Eastbourne:

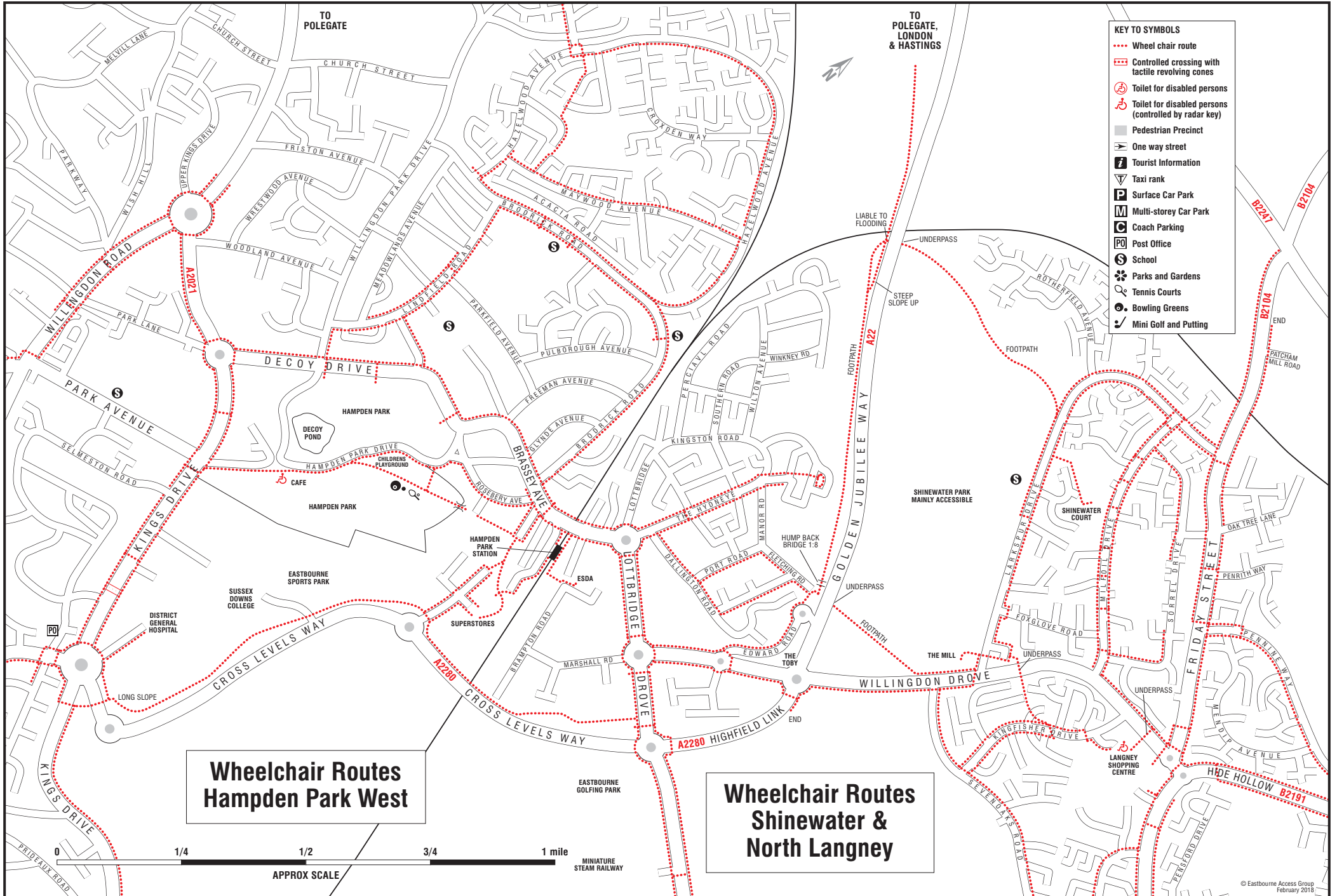
- The Archery, Seaside adjacent Youth Centre.
- Arndale Centre, main square and a **Changing Place**.
- Brassey Avenue, Hampden Park, by railway crossing.
- Hampden Park, beside Cafe.
- Hyde Gardens, beside Tourist Information Centre.
- Junction Road Multi-storey Car Park.
- Princes Park, beside cafe.
- Green Street, near Albert Parade Old Town.

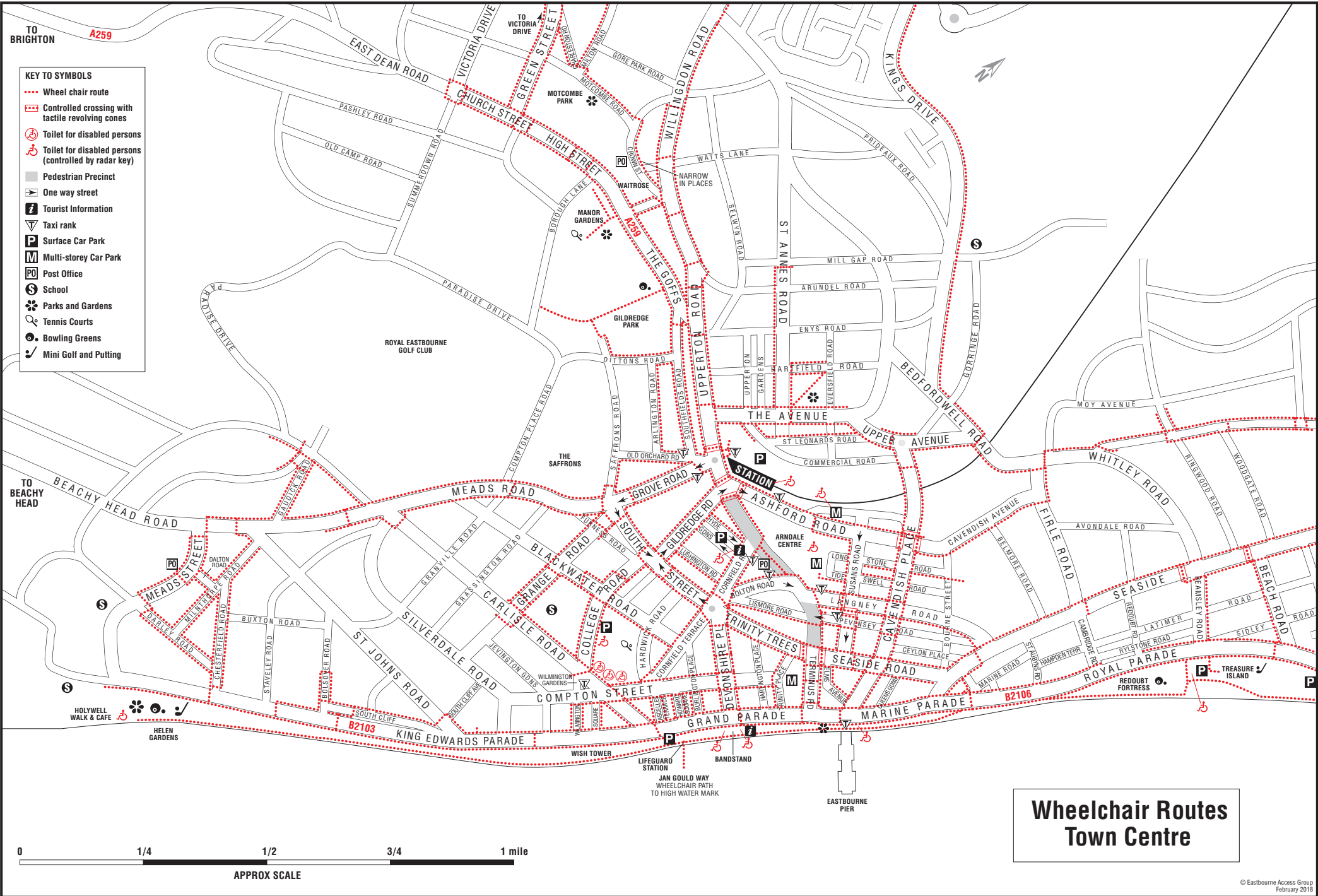
Large supermarkets with accessible toilets:

- ASDA, Crumbles Retail Park.
- Morrisons, Lottbridge Drive.
- Sainsbury's, Cross Levels Way.
- Tesco, Lottbridge Drive.
- Waitrose, High Street, Old Town.

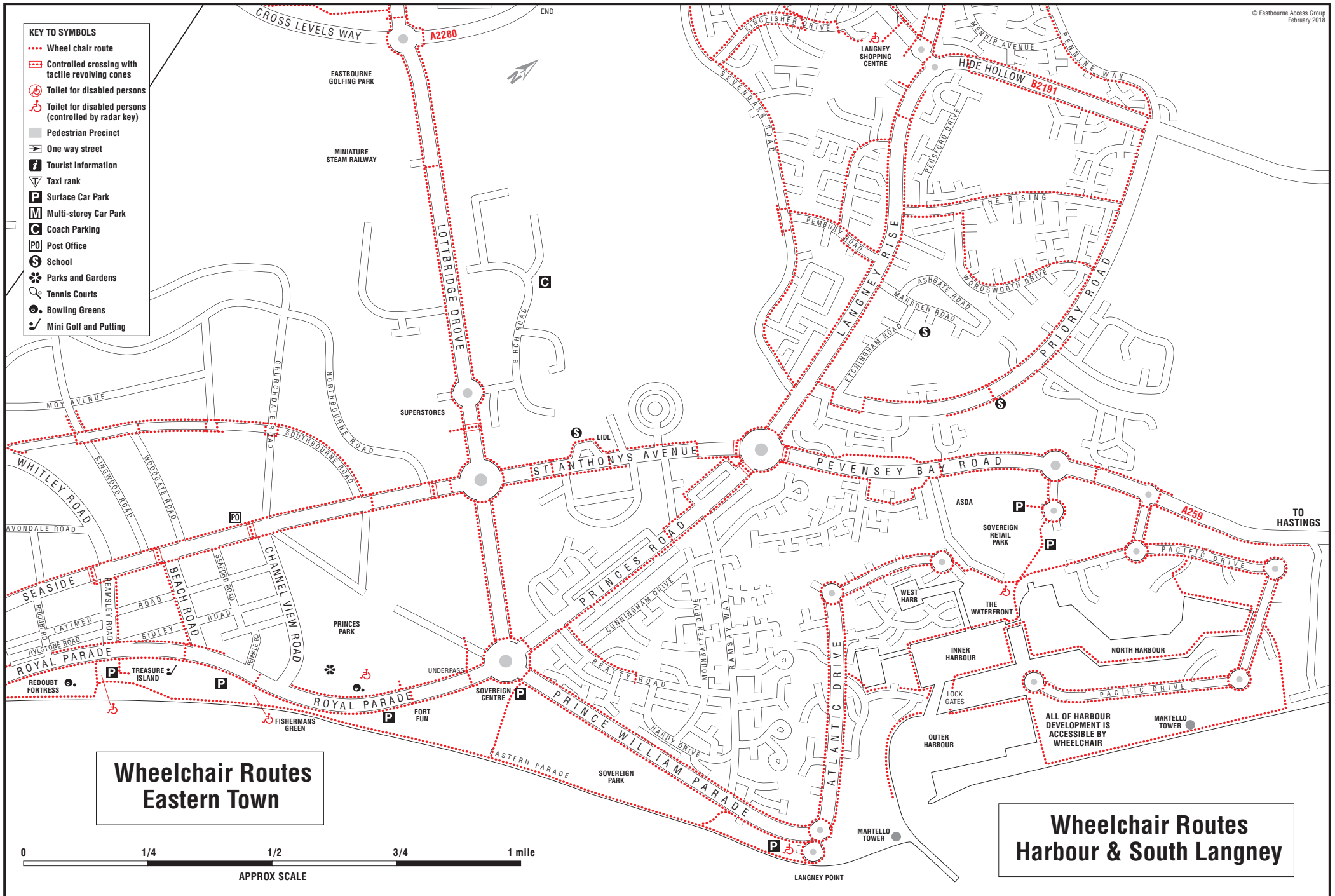
If you experience a problem with a public toilet call Customer First 01323 410000 or if privately owned contact directly.







- KEY TO SYMBOLS**
- Wheel chair route
 - Controlled crossing with tactile revolving cones
 - ♿ Toilet for disabled persons
 - ♿ Toilet for disabled persons (controlled by radar key)
 - ▭ Pedestrian Precinct
 - ➔ One way street
 - 🗺 Tourist Information
 - 🚏 Taxi rank
 - P Surface Car Park
 - M Multi-storey Car Park
 - C Coach Parking
 - PO Post Office
 - S School
 - 🌳 Parks and Gardens
 - 🎾 Tennis Courts
 - 🏏 Bowling Greens
 - 🏌 Mini Golf and Putting



**Wheelchair Routes
Eastern Town**

**Wheelchair Routes
Harbour & South Langney**

ALL OF HARBOUR
DEVELOPMENT IS
ACCESSIBLE BY
WHEELCHAIR

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 Tourist Information Centre Tel: 01323 415415 offers further help to find more accessible and disabled friendly accommodation such as dietary requirements, ramp access, wet rooms, 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 (Martello Tower). Large open space, used for public events, cafe, RNLI Museum. Small car park, blue badge spaces.

Gildredge Park Entrances in Dittons Road, Compton Place Road and The Goffs. Includes 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.

Hampden Park A beautiful park with wheelchair paths through wooded sections, level path round lake and play area. Accessible toilet by cafe. 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 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. Street parking. The 14 mile Cuckoo Trail starts here.

MAIN SHOPPING CENTRES AND RETAIL PARKS

Arndale Centre. (Being extended) Town Centre under cover, on one level. Accessible toilets & Changing Place in main square. Multi-storey car park with lift. Charges apply. Shopmobility at rear exit, near Marks & Spencer. Chemist.

Sovereign Retail Park. Next to Harbour. Large free car park with Blue Badge spaces. ASDA with post office, cafe, accessible toilet, chemist. Cinema is fully wheelchair accessible. Boots has midnight pharmacy, other retail units and petrol station.

Langney Shopping Centre. Large free car park with Blue Badge spaces. Accessible toilet by Kingfisher Pub. Post Office, bank, chemist, supermarket, cafe and other shops. Market on Tuesdays and Saturdays. 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, toilet, petrol station. Dunelm with cafe and toilets, B&Q, Aldi and other large stores.

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 the Town Centre in Terminus Road, Gildredge Road and Cornfield Road.

EASTBOURNE'S MAIN POST OFFICE

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

THEATRE, CINEMAS AND ART GALLERY

Box Office for Eastbourne Theatres Tel: 01323 412000. 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' form at the box office.

Congress Theatre Closed for refurbishment re-opens 2019.

Devonshire Park Theatre has 3 wheelchair spaces plus more temporary wheelchair places at back of theatre while Congress Theatre being refurbished. Access from service road beside theatre. 6 Blue Badge spaces in front of theatre or street parking. Loop audio system. Audio-description is available Friday evenings and Saturday Matinees. Accessible toilet.

Winter Garden - Floral Hall. Closed for refurbishment until 2019.

Royal Hippodrome Theatre. 2 wheelchair spaces. Accessible toilet. Loop audio system. Box Office Tel: 01323 802020. Carers discount for members of Care for the Carers card scheme.

The Bandstand. Concerts for all ages, accessible, toilets. Free carers ticket. Tickets from Seafront Office Tel: 01323 410611 or Tourist Information Centre. www.eastbournebandstand.co.uk

Cinemas. At Sovereign Harbour and Langney Road. The Cinema Exhibitor's Association Card allows people with disabilities to obtain a free ticket for their carer. To check eligibility or apply visit www.ceacard.co.uk. Enquiries Tel: 023 9224 8545.

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

Towner Art Gallery. Next to Congress Theatre. Fully accessible, lift, cafe, accessible toilet. The cinema has 6 accessible seats. Tel: 01323 434670.

Underground Theatre. Situated under the Central Library. Not wheelchair accessible, loop audio system. Tel: 0843 289 1980.

HEARING IMPAIRMENT

Having trouble hearing? Visit your GP for a hearing test.

East Sussex Hearing Resource Centre, 8 St Leonards Road. BN21 3UH. Display of assistive devices, hearing loops, mobile service, lip reading and sign language classes, drop in, NHS hearing aid battery replacement and maintenance, deafblind, deafened, etc. Awareness training. Tel: 01323 722505.

Hearing Link, 23 The Waterfront, BN23 5UZ offers a range of services to help people adjust to and manage the challenges that hearing loss can bring. Tel: 0300 111 1113.

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. 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.

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

Carers Break Dementia Team. For people worried about or affected by dementia. For local support Tel: 01323 432340.

Alzheimer's Society. National helpline Tel: 0300 222 1122.

Dementia Friends. Learn more about what it is like living with dementia visit www.dementiafriends.org.uk

Memory Lane Eastbourne. Tel: 07800 874361 social activities.

OTHER LOCAL SUPPORT GROUPS

Eastbourne Mencap. 113 Pevensey Road BN22 8AD Tel: 01323 722034. Supporting local people with learning disabilities.

Eastbourne MS Society. Tel: 07580 469300.

Eastbourne Parkinson's Group. Tel: Secretary 01323 769599.

JPK Project. Church Street BN21 1HP Tel: 0843 289 3624.

Providing opportunities for people with learning disabilities. Cafe.

SASBAH The Sussex Association for Spina Bifida and

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

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

Eastbourne Wellbeing Centre. 6 Saffrons Road BN21 1DG Tel: 01323 405330 Supporting people's mental health and wellbeing.

By offering a range of support to help people develop skills and resilience to regain and retain control of their life.

Samaritans. 13 Bolton Road BN21 3JT. Tel: 01323 735555 or call for free on 116 123. Email jo@samaritans.org.

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/pegasus.

CHILDREN, YOUNG PEOPLE AND FAMILIES

Information for Families. Tel: 0345 60 80 192. Childcare, activities, support groups, i-go card; for 0-19 yrs. (25 SEND).

Or search online www.eastsussex.gov.uk and www.escis.org.uk.

Amaze Special Educational Needs & Disability Information, Advice & Support Service for East Sussex. Tel: 01273

772289 for impartial advice and support up to 25 years old and their parents and carers. eastsussex@amazebrighton.org.uk.

Single Point of Advice for 0-19 yrs Early help 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 777 2011 support 5-18 year olds who are caring for someone at home, parent or sibling.

Embrace. The Old Printworks, Wharf Road, BN21 3XQ.

Tel: 07825 800299 supports special needs and disabled children, at their centre through activities, clubs, outreach and advocacy.

Families for Autism. 6 The Labyrinth, 7 Mark Lane, BN21 4RJ.

Tel: 01323 430369. Supporting children and young people on the autistic spectrum and their families. Also run a charity shop.

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. www.eastsussex1space.co.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. Tel: 01424 234460.

Care and support services and advice. Tel: 01273 894040.

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

Tel: 01323 738390. Support, information, advice, newsletter 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.eastsussexcu.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 Bureau. Highlight House, 8 St Leonards Road. BN21 3UH Tel: 03444 111 444. www.eastbournecab.co.uk.

Shaftesbury Centre. Milfoil Drive BN23 8BR Tel: 01323 760654. Advice and counselling centre.

'STEPS to stay independent'. 1 Grove Road, BN21 4TW. Tel: 01323 436414. For 65+ who face housing difficulties and people aged 18 or over who have a long term physical health condition and need advice and guidance to help them live life to the full.

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.

Now! Charity Group. Furniture Now 3 Courtlands Road, BN22 8TR Tel: 01323 638000. Sells pre-owned furniture, not for profit - low prices. Recliner armchairs, electric beds, mobility aids and more. **Training Now.** 01323 887199 for unemployed and workshops to build confidence and skills.

(Other unwanted furniture outlets run by local charities -

Age UK, British Heart Foundation, St Wilfrid Hospice).

Salvation Army. Rebourne Corner Day Services, 149 Langney Road, BN22 8AH. Tel: 01323 417149. Plus weekday activities, New to you Furniture and Care and Share clothing shops.

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 Tel: 07887 755856 providing inclusive sports and activities in the community.

Eastbourne Seniors Forum. A voice for over 50's, newsletter, events, directory of leisure facilities. Tel: 01323 768868.

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 or 01273 482490.

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

Motcombe Swimming Pool. Old Town BN21 1PU Tel: 01323 410748 accessible changing area, toilet, hoist into pool.

Sovereign Swimming Club. For disabled people. Sunday afternoons at Motcombe Pool, accessible, hoist. 01323 484165.

Sovereign Centre Swimming Pool. Royal Parade BN22 7LQ Tel: 0845 2671200. Accessible changing area, toilet. Hoist into gala pool available on request. Level access into fun pool with waves. Cafe and seating area.

Sport Eastbourne. Tel: 01323 509859 Centres at Hampden Park, Cavendish, Shinewater and Sports Park. Classes and activities for all ages and abilities. www.sporteastbourne.com

Volunteering

Eastbourne Volunteers. 1 The Labyrinth, 7 Mark Lane BN21 4RJ Tel: 01323 381811. Volunteering vacancies and information on events, activities, local groups, charities, etc.

Possability People. Volunteering & employment support & opportunities for disabled people. Tel: 07795 904927.

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 and Rescue Service. Offer free Home Safety checks, smoke detectors. Ring re eligibility Tel: 0800 1777 069. Their Health & Wellbeing visits offer advice for people aged 50+ to remain independent and well at home Tel: 01323 462413.

Eastbourne Borough Council. 1 Grove Road BN21 4TL. Tel: Customer First 01323 410000, customerfirst@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.

Police emergency 999. Non-emergency 101.

Tourist Information Centre. Tel: 01323 415415. Cornfield Rd BN21 4QA. Accommodation, theatre, places to visit, events, etc.

Wellbeing Wealden & Eastbourne Lifeline. 24-hour telephone response service for vulnerable people and other services to aid independent living. Tel: 01323 644422 www.welbeing.org.uk

Health Services

Conquest (Hastings) Hospital. The Ridge, TN37 7RD. Tel: 01424 755255.

Drop-in Doctor Surgery. Eastbourne Rail Station BN21 3QJ open 7 days a week 8am-8pm. Tel: 01323 726650.

Eastbourne District Hospital. Kings Drive, BN21 2UD. Tel: 01323 417400.

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

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. Cafe open to public every day.

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.

Eastbourne Shopmobility

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www.eastbourneshopmobility.org.uk
eastbourneshopmob@btconnect.com

For more details

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