

## Beacon Surgery, Crowborough

### Local Organisations Shown on our Waiting Room Display Screens

Organisation	Location	Description	Contact Details
Aquila	Crowborough	Help with relationships	Tel: 01892 652292 <a href="http://www.hope-after-heartbreak.co.uk">www.hope-after-heartbreak.co.uk</a>
NHS Blood and Transplant Services	Various	Blood Donor Sessions	0300 123 2323 <a href="http://www.blood.co.uk">www.blood.co.uk</a>
Care for the Carers	East Sussex	Care for carers	Tel: 01323 738390 <a href="http://www.cftc.org.uk">www.cftc.org.uk</a>
Clued-Up	Crowborough	Information, counselling and ongoing support for young people	Tel: 01892 661990 <a href="http://www.clued-up.info">www.clued-up.info</a>
Crowborough Hospital Minor Injury Unit	Crowborough	Medical support for minor injuries	Tel: 01892 337241 <a href="http://www.sussexcommunity.nhs.uk/miuc">www.sussexcommunity.nhs.uk/miuc</a>
Cruse	Tonbridge	Support and advice on bereavement care	Tel: 0808 808 1677 <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>
National Bereavement Service	Various	Practical and emotional assistance after a death	0800 0246 121 <a href="http://www.thenbs.org">www.thenbs.org</a>
Domestic or Sexual Abuse and Violence	East Sussex	Support and advice on domestic or sexual abuse and violence	Tel: 0300 323 9985
Ditch the Slippers	Crowborough	Fun activities for older people, including those with early dementia	Tel: 07769 187858 <a href="http://www.ditchtheslippers.org.uk">www.ditchtheslippers.org.uk</a>
East Sussex Drug and Alcohol Recovery Service	Eastbourne	Drug and alcohol related services	Tel: 0300 3038 160 <a href="http://www.changegrowlive.org">www.changegrowlive.org</a>
Freedom Leisure	Crowborough	A range of activities and exercise classes	Tel: 01892 665488 <a href="http://www.freedom-leisure.co.uk">www.freedom-leisure.co.uk</a>
HARC	Telephone	Help with finances, understand what you are entitled to receive Assist with claims	0333 344 0681 <a href="mailto:benefitseastsussex@harcuk.com">benefitseastsussex@harcuk.com</a>
Health in Mind	East Sussex	An NHS organisation providing courses and therapies that help with stress, anxiety & low mood	Tel: 0300 0030 130 <a href="http://www.healthinmind.org.uk">www.healthinmind.org.uk</a>
Mental Health Services	Various	NHS organisations and charities specialising in all forms of mental health, stress, anxiety and depression	<a href="http://www.nhs.net/mental-health">www.nhs.net/mental-health</a>
Healthy Walks	Crowborough	Regular short walks over easy terrain. Also information on longer guided walks and ideas for other walks.	Tel: 07740 899559 <a href="http://www.wealden.gov.uk">www.wealden.gov.uk</a> <a href="mailto:lorna.neville@tcv.org.uk">lorna.neville@tcv.org.uk</a>

Please note: Beacon Surgery does not endorse other organisations and provides this information in good faith. Please satisfy yourself of their suitability in the normal way.

List last updated: June 2023

The Horder Centre	Crowborough	Exercise Classes	Tel: 01892 601466 www.horderhealthcare.co.uk
Know Dementia	Crowborough	Memory Moments Cafe	Tel: 01273 494300 www.knowdementia.co.uk
Relate	Tunbridge Wells	Help with relationships	Tel: 01892 529927 www.relate.org.uk
Seated Exercise	Crowborough	Seated and Music Movement Classes	07900 423 676 dianne@seated-exercise.co.uk
Sexual Health Services	Eastbourne & Hastings	Sexual Health, Contraception and HIV Care	Tel: 0808 168 1282 www.eastsussexsexualhealth.co.uk
Sexual Health Services	Tunbridge Wells Hospital	Sexual Health, Contraception and HIV Care	Tel: 01622 225 713 www.mtw.nhs.uk
University of the Third Age	Crowborough and Online	Learning, educational, social and creative activities	0208 466 6139 www.u3a.org.uk
Wealden Citizens Advice	Crowborough	Advice on matters affecting people's lives	Tel: 0808 278 7811 www.wealdencitizensadvice.org.uk
Weight Watchers	Crowborough	Support and advice on weight management	www.weightwatchers.com/uk
Slimming World	Crowborough	Support and advice on weight management	www.slimmingworld.co.uk

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