**Information and support around cancer:**

* MacMillan Cancer Support Helpline: **0808 808 00 00** is available to call from **8am to 8pm 7 days a week. The trained advisors can help with a range of issues from cancer treatment to money worries to feeling down. You can also speak to a clinical professional if you press 1 and then press 3 whilst on the line with them.**
  + You can also use the online chat option to get in touch with a specialist: <https://www.macmillan.org.uk/about-us/contact-us>
  + If your enquiry is not urgent and you would prefer to send an email you can complete the online form**:** <https://www.macmillan.org.uk/forms/contact-us/ask-macmillan-form.html>

**All emails are answered during opening hours and a reply is sent within two working days.**

* If you would prefer to speak to someone in person, and are able to get to Hastings town centre, you can go to **Macmillan Information and Support service at the Hastings Heart Community Hub**. It is available as a place for people to get information about support that is available. The volunteers are also a good point of contact, are supportive listeners and can signpost you to other services or support if need be. There are many different information booklets and leaflets available at the hub in several languages and in easy read (all of which are free). **The space is open 10am to 4pm on Wednesday, Thursday and Friday and 10am to 1pm on Saturday.**

**Free advocacy and information:**

* If you need someone to advocate on your behalf and would like more information, advice, and support in your area you can **call 0300 456 2370 or email:**[**pohwer@pohwer.net**](mailto:pohwer@pohwer.net)

**Website:** [**East Sussex | Home | POhWER**](https://www.pohwer.net/east-sussex)

**Emotional help during a difficult time:**

* If you are feeling low, lost or depressed and wanted someone to talk to, you could call the **Samaritans on: 116 123. It is a free and confidential service that you can call if you are going through a difficult time and just need someone to speak to** [**https://www.samaritans.org/how-we-can-help/contact-samaritan/**](https://www.samaritans.org/how-we-can-help/contact-samaritan/)

**Information and advice:**

* **East Sussex One Space** is a directory of services that offer information, support and advice around finances, benefits, debt advice, housing, advocacy and legal matters. **Website:** [**https://1space.eastsussex.gov.uk/Categories/140**](https://1space.eastsussex.gov.uk/Categories/140)
* **Hastings Advice and Representation Centre (HARC)** are a free and confidential Welfare Benefits advice, information and representation to the people of East Sussex and the South Coast of England. They aim to address inequalities, relieve poverty and improve the quality of life for vulnerable and disadvantaged individuals and families.

**Benefits Helpline: 0333 344 0681**

**HARC Benefit Advice Line: 01424 428375**

**Website:** [**https://harcuk.com/**](https://harcuk.com/)

* **Citizens Advice** are a network of independent charities that provide free and confidential advice to people in the UK. They help with:
  + - Consumer rights
    - Witnessing in court
    - Pension guidance
    - Energy and post industry consumer watchdog
    - Debt issues
    - Issues with gas and electricity
    - Broken or faulty goods
    - Cost of living
    - Council tax

For support in Hastings and St Leonards call: [**01424 869352**](tel:%2B441424869352) **available 9am – 5pm Monday to Friday or visit the website:** [**https://www.citizensadvice1066.co.uk**](https://www.citizensadvice1066.co.uk/)

**Most local Citizens Advice can only help you if you live or work in their area. Check the website to find one in your area:** [**https://www.citizensadvice.org.uk/about-us/contact-us/**](https://www.citizensadvice.org.uk/about-us/contact-us/)

**Men’s support group:**

* **A men’s movement that encourages men, their friends, families and communities to talk openly about men’s health and wellbeing. The project team, Teresa and Jacy are based at Hastings Voluntary Action.** [**https://hastingsvoluntaryaction.org.uk/project/mr-hastings-and-st-leonards**](https://hastingsvoluntaryaction.org.uk/project/mr-hastings-and-st-leonards)

**Call: 01424 444010**

**Local men’s groups:** [**https://padlet.com/MrHastingsandStLeonards/men-s-groups-in-hastings-8gw259ke0cujquv6**](https://padlet.com/MrHastingsandStLeonards/men-s-groups-in-hastings-8gw259ke0cujquv6)

**Dental Care:**

If you are part of a vulnerable group, need urgent dental help and cannot find a dentist, the Dental Helpline can book you an urgent appointment with an NHS dentist. For up to-date-information and support on getting urgent dental care, contact:

For up to-date-information and support on getting urgent dental care, contact:

**0300 123 1663**

**Monday to Friday 8am and 4pm**

Alternatively, **email** [**kcht.dentalhelpdesk@nhs.net**](mailto:kcht.dentalhelpdesk@nhs.net) for more information.