



HASTINGS AND ROTHER

SIGNPOSTING RESOURCE



This project is part funded by the EU Asylum, Migration and Integration Fund. Making management of migration flows more efficient across the European Union.

TABLE OF CONTENTS

1

ENGLISH LANGUAGE,
LANGUAGE RESOURCES,
EMPLOYMENT,
MENTAL HEALTH AND WELLBEING SUPPORT,

2

BENEFITS ADVICE,
COMMUNITY SUPPORT,
PLACES TO VISIT AND GET INVOLVED
FOOD,

3

USEFUL SERVICES,
FOR FURTHER INFORMATION

November 2023

We have made every effort to ensure all the information in this brochure is accurate and up to date, however please be aware that some services and organisations could change or stop running over time.

ENGLISH LANGUAGE

WEA - Online and in person English courses. www.wea.org.uk/courses/esol
Tel: [0300 303 3464](tel:03003033464)

ETC Sussex - In person English conversation lessons in Hastings.
www.etcSussex.weebly.com/
Address: ETC, 49 Cambridge Gardens, Hastings, TN34 1EN
Tel: [01424 444 691](tel:01424444691)
Email: etcSussex@btinternet.com

LANGUAGE RESOURCES

British Council Learn English - Free online resource for improving English skills, grammar and vocabulary, with useful interactive activities. www.learnenglish.britishcouncil.org/

BBC Learning English - Quizzes, level tests, for adults and children. www.bbc.co.uk/learningenglish/

Trinity Exams - Past Exam Papers.
<https://www.trinitycollege.com/qualifications/english-language/ESOL-skills-for-life/ESOL-Skills-for-Life-levels>

EMPLOYMENT

LinkedIn - Social media for professionals.
www.linkedin.com/

Indeed - Job searches, upload CVs.
www.uk.indeed.com

Open Learn - Wide variety of free courses. www.open.edu/openlearn/free-courses/full-catalogue

Prospects - Example CVs, cover letters.
www.prospects.ac.uk/careers-advice/cvs-and-cover-letters

MENTAL HEALTH AND WELLBEING SUPPORT

Health in Mind - Free NHS service for anyone experiencing emotional or psychological difficulties. Work with people with experience of trauma.
www.healthinmind.org.uk/

BENEFITS ADVICE

Citizens Advice - Free independent advice on benefits, work issues, debt, housing, law, health and immigration.

www.citizensadvice.org.uk/

Contact: www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/

HARC (Hastings Advice and Representation Centre) - Free and confidential benefits advice, information and representation for the people of East Sussex and the south coast of England.

<https://harcuk.com/>

Address: The Advice and Community Hub, Renaissance House, London Road, St Leonards on Sea, East Sussex TN37 6AN

Benefits Helpline: [0333 344 0681](tel:03333440681)

HARC Advice Line: [01424 428 375](tel:01424428375)

COMMUNITY SUPPORT

The Refugee Buddy Project - Get a buddy for support with everyday activities and get involved in a variety of projects. www.therefugeebuddyproject.org

PLACES TO VISIT AND GET INVOLVED

The Bale House and Hastings Country Park Nature Reserve - near Hastings, great for walks, getting involved in different types of activities and volunteering opportunities.

www.facebook.com/thebalehousenr/

Contact: sue.learoydsmith@groundwork.org.uk

Combe Valley Countryside Park - near Bexhill, great for walks, getting involved in different types of activities and for volunteering opportunities.

[www.facebook.com/](http://www.facebook.com/CombeValleyCountrysidePark/)

CombeValleyCountrysidePark/

Contact: emma.ramsden@groundwork.org.uk

FOOD

Food Banks - Find your local food bank, and get a voucher for free emergency food supplies.

www.foodbankfinder.org.uk

The Dove Cafe – friendly café run by The Refugee Buddy Project, providing low cost food for the community.

Check opening times on [www.](http://www.facebook.com/TheDoveCafeTRBP/)

facebook.com/TheDoveCafeTRBP/

Address: 19 Bexhill Road, TN38 0AH

USEFUL SERVICES

Care for Carers - Support, information and advice for carers. www.cftc.org.uk/

Mediation Service - Neighbourhood mediation to support people with neighbour conflict. www.mediationeastsussex.co.uk

FOR FURTHER INFORMATION

Hastings County Council - Information for migrants page - Advice and info on housing, utilities, mental health and community safety. www.hastings.gov.uk/my-community/migrants/

East Sussex Community Information Service - Database for services and events in East Sussex. www.escis.org.uk/



This project is part funded by the EU Asylum, Migration and Integration Fund. Making management of migration flows more efficient across the European Union.