NHS
Bexhill Primary Care Network
working towards a healthier community

Armed Forces veteran friendly accredited GP practice

RURAL ROTHER
PRIMARY CARE NETWORK

HELP for HEROES

VETERANS' GROWTH

THE BLUE VAN
Armed Forces Veterans' Drop-In

OP GPs

ARMED FORCES COMMUNITY WELCOME PACK

Developed by local Veterans for serving personnel, veterans, and the families and carers who support them.

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LOCAL GP PRACTICES

Rural Rother Primary Care Network	
Fairfield Surgery	High Street, Burwash, Etchingham, TN19 7EU 01435 882306 www.fairfieldsurgery.co.uk/
Ferry Road Surgery	Ferry Road, Rye, TN31 7DN 01797 223230 www.ferryroadhealthcentre.net
Martins Oak Surgery	36 High Street, Battle, TN33 0EA 01424 772060 www.martinsoak.co.uk
Northiam and Broad Oak Surgery	Main Street, Northiam, TN31 6ND 01797 252140 6 Reedswood Road, Broad Oak, Brede, TN31 6DH www.northiamandbroadoaksurgery.co.uk
Oldwood Surgery	Oldwood Surgery, Station Road, Robertsbridge, TN32 5DG 01580 880790 Battle Health Centre, Telham House, 13 Station Approach, Battle, TN33 0BF www.oldwoodsurgery.co.uk
Rye Medical Centre	Kiln Drive, Rye, TN31 7SQ 01797 223333 www.ryemedicalcentre.com
Sedlescombe and Westfield Surgery	Brede Lane, Sedlescombe, TN33 0PW 01424 870225 Main Road, Westfield, TN35 4QE 01424 751609 www.sedlescombeandwestfieldsurgeries.co.uk

This pack is proudly adopted by Rural Rother PCN member practices (as listed on page 3). It aims to welcome you to the rural Rother area and to offer support now or in the future.

Rural Rother PCN GP Surgeries are committed to improving your experience of care and to recognising your service.

Rural Rother PCN is an agreement of the member practices to work together where it benefits our population to do so. Through this agreement we are able to offer services such as physiotherapy, social prescribing, mental health and wellbeing support workers, and enhanced pharmacy support in our practices. You can find more information about us on our website www.ruralrotherpcn.nhs.uk

Please let your practice know if you are in active service, that you have served, or if you are an immediate family member of a service veteran and we will ensure this information is added to your medical record.
This will help us to get things right the first time, prevent you from having to repeat your story to professionals, to share relevant information with you and enable us to make sure that we working within the Armed Forces Covenant – including making sure that referrals made in relation to the impact of your service are prioritised (subject to clinical need).

It's never too late to have this information added and no proof of service is required. We acknowledge the sacrifices and hardships you may have faced, and we hope this information pack provides you with practical support.

Please do not hesitate to ask for help if you are struggling, there is lots of support we can offer or link you with.

Out of hours call NHS 111 or in an emergency 999

FOR KING AND COUNTRY

THE FIVE PILLARS OF LIFE

This welcome pack has been developed to support veterans in accessing GP services, working in partnership with external organisations, Primary Care Networks, and veteran-led services. It provides support for both mental and physical health needs.

Little Common and Old Town GP surgery has led this initiative in Bexhill-on-Sea, with the ambition of supporting wider Sussex in becoming a veteran-friendly area. Where health or wellbeing needs arise as a result of military service, additional support may also be available. It's important your GP surgery know that you have served to be able to be offered specialist support.

1. PHYSICAL • GP and NHS Primary Care Network • Pain management • Injuries • Drug and alcohol services (CGL)	**2. MENTAL** • Emergency and crisis support • NHS veterans' mental health services • Local and National Military Charities
3. FINANCIAL • Grants • Benefits • War Pensions • Employment Support	**4. SOCIAL** • Veterans' groups • Clubs and community activities • Sports and well-being activities
5. COMMUNITY • NHS services • Local authority support • Dentists and health services • Veterinary services	**OTHER INFORMATION** • Additional support and signposting • Local resources • Apps and Forms

PHYSICAL HEALTH & INJURY SUPPORT

Some physical injuries related to military service may entitle veterans to faster access to care, including priority treatment pathways. Conditions such as knee, back, musculoskeletal, hearing, or sight-related injuries may be supported by specialist NHS services and military charities.

It is essential to inform your GP that you have served, as this can help ensure you receive the most appropriate care and support.

NHS & Specialist Services

Op RESTORE (NHS)
GP referral for service-related physical injuries or illnesses.

Robert Jones and Agnes Hunt Orthopaedic Hospital (RJAH), Oswestry
Specialist veterans' orthopaedic care, referral by GP. RBL may support travel costs.

The Chavasse Clinic (Brighton)
Musculoskeletal and complex injury support referral by GP or Healthcare Professionals.

Vision, Hearing & Long-Term Conditions

BLESMA
Limb loss, eye loss and mobility support. Please phone us on **0208 590 1124** or email us at **info@blesma.org**

Blind Veterans UK
Sight loss support. Please phone us on **0300 111 22 33**.

HOMECALL (Bexhill)
A voluntary home visiting service for blind and partially sighted people in Bexhill and the surrounding areas. Please phone us on **01424 845 812** or email us at **claire.homecall@gmail.com**

RNID
Deafness, Hearing loss, and Tinnitus support. Please phone us on **0808 808 0123** or email us **contact@rnid.org.uk**

Pain Management & Rehabilitation

Help for Heroes
Pain management and recovery support, including online courses and occupational therapy support. Please phone us on **0300 303 9888** or email us at **getsupport@helpforheroes.org.uk**

King Edward VII Hospital
Provision of pain management support, access to fully means-tested grant funding, and a 20% military discount. Please phone us on **0207 467 4370** or email us at **cdunne@kingedwardvii.co.uk**

NHS Pain Management (East Sussex)
GP referral.

Supporting Wounded Veterans
Rehabilitation, recovery, and pain resilience support. Please phone us on **0790 909 0291** or email us at **info@supportingwoundedveterans.com**

Primary Care & Local Support

CGL (Change Grow Live STAR)
Drug and alcohol recovery service. Please phone us on **0300 303 8160** or email us at **Eastsussex.star@cgl.org.uk**

One You East Sussex
Support with weight management, stopping smoking, NHS health checks, health and wellbeing coaching, and becoming more physically active. Please phone us on **01323 404 600** or email us at **hello@oneyoueastsussex.org.uk**

MENTAL HEALTH & WELLBEING

It is okay to struggle. It is not okay to struggle alone.

Crisis & Immediate Support

- Combat Stress – 24-hour Helpline: 0800 138 1619
- NHS 111 (999 in an emergency)
- Samaritans: 0800 116 123
- SHOUT – Text SHOUT to 85258

Social Prescribing

Social Prescribing will support you to improve your own health and wellbeing. Our Veteran's Friendly Social Prescribers will help you to develop personalised and practical solutions to everyday issues. Whether that's helping you to explore services, groups or activities that can support you to improve your health and emotional and general wellbeing.

You can self-refer through the Rural Rother PCN website or ask any member of your GP practice team to refer you – they will need some information about why you would like to be referred.
www.ruralrotherpcn.nhs.uk/our-services/social-prescribing-service/

Emotional Wellbeing Service

Your GP (or another clinician) can refer you to our Emotional Wellbeing Service which offers short-term mental health and wellbeing support face to face or over the phone (or by video by request).

The service is open to anyone who is:

- Over 18 years old
- Experiencing common mental health problems
- Has tried Health in Mind or other services but is still struggling with, for example, anxiety, depression, stress, bereavement
- Experiencing complex mental health problems (schizophrenia, bipolar, or complex emotional relational needs)
- Wanting to work with social prescribers, but needs some mental health support first
- Experiencing issues around alcohol/ substance misuse and can't access Health in Mind. However, if substance abuse is the main issue then signposting to specialist services will be given.

www.ruralrotherpcn.nhs.uk/our-services/emotional-wellbeing-service/

Local & Community-Based Support

Blue Van Veterans Breakfast clubs and Drop in (Eastbourne / Lewes / Seahaven)
Provides guidance and signposting to appropriate physical and mental health services. Social and support Activities. Please phone us on **07570 193 811** or email us at **bluevandropin@yahoo.com or edafvbc@yahoo.com**

East Sussex Veterans Hub (Hastings)
Local veterans' hub providing a drop-in facility and café. 45 Robertson Street, Hastings, East Sussex, TN34 1HL. Please phone us on **01424 446 292** or email us at **esvh99100@btinternet.com**

Health in Mind (Bexhill)
A free NHS talking therapies service for people in East Sussex who are experiencing emotional or psychological difficulties, including stress, anxiety, or depression. Please phone us on **0300 0030 130** or email us at **spnt.healthinmind@nhs.net**

Op COURAGE (NHS Veterans Mental Health Service)
If you or someone you know is struggling with their mental health or wellbeing, expert help is available from Op COURAGE. Please phone us on **0300 365 2000 (option 4)** or email us at **gateway@berkshire.nhs.uk**

Veterans' Growth (Westfield)
Improving veterans' mental health by horticulture and complementary therapy. Please phone us on **07379 435 513** or email us at **hello@veteransgrowth.org**

Veterans' Mental Health & Emotional Support Services

Combat Stress
Specialist support for veterans from any branch of the military who are affected by PTSD, complex PTSD, or moral injury following their service. Please phone 24/7 on **0800 138 1619** or email us at **helpline@combatstress.org.uk**

Help for Heroes
Mental health support for veterans and their families. Please phone us on **0300 303 9888**, email us at **getsupport@helpforheroes.org.uk** or submit an online form (Hidden Wounds).

Mind
We are made up of three parts that work together – national Mind, local Minds, and Mind shops. Together, we are a strong and caring community, standing up for better mental health for everyone. Please phone us on **0300 102 1234**.

Samaritans
Support **Samaritans** Today — Help Us Be There For Everyone. A Donation Of £24 Could Help Train A **Samaritans** Volunteer. Donate To **Samaritans** And Help Us Continue To Reach People Who Are Struggling To Cope. Please phone us on **0800 116 123**

Stand Easy (Horsham – acupuncture & PTSD support)
We aim to offer swift and effective relief from PTSD and associated symptoms using acupuncture. Please phone us on **01603 666 546** or email us at **mail@standeasy.org.uk**

Supporting Wounded Veterans
Provision of mental health support, mentoring, and sports-based rehabilitation. Please phone us on **07909 090 291** or email us at **info@supportingwoundedveterans.com**

Togetherall
Free online mental health and wellbeing support 24/7. Please join online for access to services.

Walking With The Wounded
For ex-service personnel managing mental health issues, Head Start from Walking With The Wounded provides private therapy sessions without waiting. Please phone us on **0330 058 5800** or contact us via the website form.

FINANCIAL SERVICES & DISCOUNT SCHEMES

"An investment in knowledge pays the best interest" (Benjamin Franklin).

Employment Charity / Benefits / War Pensions / Grants / White Goods

Citizens Advice Bureau
Free advice from Citizens Advice to help you find a way forward, whatever the problem. Please phone us on **0800 144 8848**

Defence Discount Service (Blue Light Card)
Access exclusive discounts for military personnel & veterans with Defence Discount Service. Save on top brands, shopping, travel & more. Join today! PO BOX 10960. Syston Road, Leicester, LE7 4TY. www.defencediscountservice.co.uk

East Sussex Veterans Hub (Hastings)
Local veterans hub providing a drop-in facility and café. 45 Robertson Street, Hastings, East Sussex, TN34 1HL. Please phone us on **01424 446 292** or email us at **esvh99100@btinternet.com**

Energise Sussex Coast
Energise Sussex Coast can offer free, impartial energy and water advice appointments and fuel vouchers/ energy bill payments to residents across East Sussex. www.energisesussexcoast.co.uk
Call us on 01424 390062 or text on the same number and we will call you back.
Email us at hello@energisesussexcoast.co.uk

Hastings Advice and Representation Centre
Providing free and confidential Welfare Benefits advice, information and representation to the people of East Sussex and the South Coast of England. Please phone us on **01424 428 375**

Help for Heroes
Mental health support for veterans and their families. Please phone us on **0300 303 9888**, email us at getsupport@helpforheroes.org.uk, or submit an online form (Hidden Wounds).

Op Ascend (Employment Service)
Op ASCEND is a free service that supports veterans and their families in growing their careers. Please phone us on **0121 262 3058** or email us at **info@forcesemployment.org.uk**

Op Fortitude (Homeless / Housing)
Op FORTITUDE is a referral system designed to help ex-service personnel find

housing support. It is funded by The Armed Forces Covenant Fund and is facilitated by the social housing provider Riverside Group. Veterans can also refer themselves. Please phone us on **0800 952 0774** or use our online referral form. **https://opfortitude.my.site.com/webforms/s/referralform**

Op Nova (Prison)
Op NOVA, delivered by the Forces Employment Charity and commissioned by NHS England, provides support for veterans who are in contact with the justice system, enabling them to access the services they need. Please phone us on **0800 917 7299** or email us at **opnova@forcesemployment.org.uk**

Royal British Legion
We provide lifelong support to serving and ex-serving personnel and their families. Please phone us on **0808 802 8080**

Royal British Veterans Enterprise
Royal British Veterans Enterprise is a national charity that empowers veterans and people with disabilities by creating meaningful jobs, providing quality homes and building inclusive communities where everyone can thrive. Please phone us on **01622 795 900** or email us at **enquiries@rbve.org.uk**

Soldiers Sailors and Airmen's Families Association
Welfare and well-being support for serving Armed Forces personnel, veterans, and their families in their time of need, so they never battle alone. Please phone us on **0800 260 6780**

The Forces Employment Charity
The Forces Employment Charity helps Service leavers, veterans, reservists, and their spouses, partners, and children find roles that fit their unique skill sets. Please phone us on **0121 262 3058** or email us at **info@forcesemployment.org.uk**

Veterans' Growth (Westfield)
Improving veterans' mental health by horticulture and complementary therapy. Please phone us on **07379 435 513** or email us at **hello@veteransgrowth.org**

Veterans Railcard (If entitled the disabled railcard is better)
Buy a Veterans Railcard online & save instantly with a digital card stored on your phone. Official Retailer. Please phone us on **0808 191 4218** or visit **www.veterans-railcard.co.uk**

X Forces Enterprise
X-Forces Enterprise is the leading provider of business support within the Armed Forces community. A comprehensive package of fully funded services. Please phone us on **0118 206 5230** or email us at **info@x-forces.com**

Poppy Factory
We provide support for injured ex-army personnel. Bespoke Job Opportunities. Training Opportunities. Interview Coaching. Local, 1-2-1 Support.
Please phone us on **0208 940 3305** or email us at **support@poppyfactory.org**

MILITARY & FAMILY

"You take care of things over there, and we'll take care of things over here until you get back."

Age UK
54 Cliffe High Street, Lewes, BN7 2AN. Please phone us on **01273 476704** or email us at **customerservices@ageukeastsussex.org.uk**

Army Benevolent Fund
The Army Benevolent Fund is the national charity of the British Army, providing a lifetime of support to soldiers, veterans and their immediate families. 12 Elizabeth St, London SW1W 9RB. **0207 901 8900**

Citizens Advice Bureau
Free advice from Citizens Advice to help you find a way forward, whatever the problem. Please phone us on **0800 144 8848**

Defence Medical Welfare Service
Defence Medical Welfare Service (DMWS) is an independent charity providing medical welfare to those who have, and continue to, serve on the frontline. Please phone us on **0800 999 3697,** email us at **info@dmws.org.uk**

Fighting With Pride
We are a military charity that supports the health and well-being of LGBTQ+ veterans, service personnel and their families. Please phone us on **0203 981 3810**

Help for Heroes
Mental health support for veterans and their families. Please phone us on **0300 303 9888**, email us at **getsupport@helpforheroes.org.uk** or submit an online form (Hidden Wounds).

Mission Motorsport
Mission Motorsport, the forces' motorsport charity aids in the recovery and rehabilitation of those affected by military service by providing opportunities through Motorsport and the Automotive Industry. Please phone us on **0333 033 8338**, email us at **team@missionmotorsports.org**

Ripple Pond
A registered UK charity solely supporting the adult family members of physically, psychologically, emotionally or morally injured British Forces veterans and their families. Please phone us on **0333 900 1028**, email us at **help@theripplepond.org**

Royal Hospital Chelsea (Home of The Chelsea Pensioners)
Veterans outreach programme, helping older veterans to live a better life for longer. Email us at **VeteransOutreach@chelsea-pensioners.org.uk**

Royal Air Forces Association
The Royal Air Forces Association is here to provide comradeship and welfare support wherever possible to the RAF community. Please phone us on **0800 018 2361**, email us at **enquiries@rafa.org.uk**

Royal Air Forces Benevolent Fund
For more than 100 years, the RAF Benevolent Fund has been supporting members of our RAF Family through thick and thin, providing practical, emotional, and financial support whenever they need us. Please phone us on **0300 102 1919**, email us at **welfarenavigators@rafbf.org.uk**

Royal British Legion
We provide lifelong support to serving and ex-serving personnel and their families. Please phone us on **0808 802 8080**

Royal Navy & Royal Marines Charity
We're here to ensure our sailors, marines, and their families are valued and supported, for life. Building 37, HMS EXCELLENT, Whale Island PO2 8ER. Please phone us on **023 9387 1520**

Scotty's Little Soldiers
Scotty's Little Soldiers is a charity dedicated to supporting children and young people (0 to 25 years) who have experienced the death of a parent who served in the UK armed forces. Please phone us on **0800 092 8571**, email us at **hello@scottyslittlesoldiers.co.uk**

Soldiers Sailors and Airmen's Families Association
Welfare and well-being support for serving Armed Forces personnel, veterans, and their families in their time of need, so they never battle alone. Please phone us on **0800 260 6780**

Team Endeavour Racing UK
Team Endeavour Racing UK provides entry-level powerboat racing for wounded, injured and sick service personnel and veterans. Please phone us on **07881 363 431**, email us at **enquiries@teamendeavourracing.co.uk**

The Military Wives Choirs Foundation
The Military Wives Choirs is a charity supporting women impacted by their military connections through the medium of choral singing in a network of local choirs. Please phone us on **07903 536 795**, email us at **info@militarywiveschoirs.org**

The Not Forgotten Association
From respite breaks to Royal parties, skiing and canoeing to concerts and fun days, day trips to sporting venues, afternoon teas and festive lunches - we run a year-round calendar of activities, breaks, days out and concerts. We'd love to welcome you to an event near you soon. 14 Buckingham Palace Rd, London SW1W 0QP. Please phone us on **0207 730 2400**

The Royal Marines Charity
Get support, health & wellbeing, employment & education, request help, case studies, lifting the lid, membership. (And Phys lol) Please phone us on **023 9298 1920**

Turn to Starboard
Turn to Starboard is a charity based in Falmouth that uses sailing to support serving (medically downgraded) and retired armed forces personnel and their families who have been impacted by military operations. Please phone us on **01326 314 262** or email us at **info@turntostarboard.co.uk**

Veterans Gateway
Find support for UK armed forces veterans and their families, including help with finance, healthcare, employment, housing, social care and more. Please phone us on **0808 802 1212**

Veterans Outreach Service (Portsmouth)
The VOS Drop-In is a welcoming and relaxed place providing social support and access to a range of welfare and mental health services. 75-80 Queen St, Portsea, Portsmouth PO1 3HS. Please phone us on **023 9273 1767**

Veterans UK
We provide free support for veterans and their families, including a helpline, Veterans Welfare Service, Defence Transition Services and injury/bereavement compensation scheme payments. Please phone us on **0808 191 4218**

Veterans With Dogs
Veterans With Dogs is a charity dedicated to training and providing assistance dogs to support veterans with mental health conditions, enhancing their quality of life and independence. Please phone us on **01626 798 030** or email us at **info@veteranswithdogs.org.uk**

Women's Royal Army Corps Association
The WRAC Association provides support and fellowship to our members. From events and activities across the UK, to our benevolent fund for servicewomen. Please phone us on **0300 400 1992** or email us at **info@wraca.org.uk**

LOCAL & COMMUNITY

"Alone we can do so little, together we can do so much." **(Helen Keller)**

Community Newsletter

MP Office – Bexhill and Battle (Newsletter)
29-31 Sea Road, Bexhill on Sea, TN40 1EE. **01424 736 861**
https://www.drkieranmullan.org.uk/contact

MP Office – Hastings, Rye and The Villages (Newsletter)
84 Bohemia Road, St Leonards on Sea, TN37 6RN. **01424 424 125**
https://www.helenadollimore.com/

Rother District Council (Newsletter)
Rother District Council, Town Hall, London Road, Bexhill on Sea, TN39 3JX. **01424 787 000**

Bexhill on Sea Town Sport and Activities
Rother Sport and Activities

1066 Gymnastics
Unit 3A, Brett Dr, Bexhill-on-Sea TN40 2JP. Please phone us on **01424 213 779**

Active Rother (Walking Sports)
Active Rother is your one-stop-shop for healthy living tips and great low-cost fitness activities. Get active and start feeling better today! **01424 787 000** or **gettingrotheractive@rother.gov.uk**

Battle Bowls Club
A friendly bowls club in East Sussex. We welcome new members – help and coaching readily available. 01424 254299, memsec@battlebowlsclub.org.uk
Battle Bowls Club, Station Approach, Lower Lake, Battle, East Sussex TN33 0DE

Battle Town Football Club
Adult football, Walking football and Football Veterans.
www.battletownfc.com Email: active@battletownfc.com

Battle Leisure Centre

Claverham Community College, North Trade Road, Battle, TN33 0HT
Mon to Fri: 5pm – 10pm, Sat: 9am – 6pm and Sun: 9am – 8pm
01424 774772, Email: Sports.Centre@Claverham.Org

Battle Recreation Ground
2 bookable Tennis courts on the recreation ground on North Trade Road, Battle.
www.clubspark.lta.org.uk/BattleRecreationGround

Bexhill Bowling Club
Our club offers two fantastic greens, each with 6 rinks, and a spacious clubhouse with a terrace nestled in beautiful surroundings. **07990 970 177**or email: ppm.bbc@gmail.com

Bexhill Leisure Centre
A community leisure centre offering leisure and fitness facilities including gym, Myride studio, classes and sports hall. **01424 731 171** or email bexhillcentreenquiries@freedom-leisure.co.uk

Bexhill Leisure Pool
A community leisure centre offering leisure and fitness facilities including gym, Myride studio, classes and sports hall. **01424 731 508** or email us at bexhillpoolenquiries@freedom-leisure.co.uk

Bexhill United FC – football
The Polegrove Sports Ground, Brockley Rd, Bexhill-on-Sea TN39 3HA.
07893 134 245

Bexhill CC – cricket
The Polegrove Sports Ground, Brockley Rd, Bexhill-on-Sea TN39 3HA.
01424 210 224

Physiques Gym Bexhill
Amateur Athletic Club, Little Common Rd, Bexhill-on-Sea TN39 4HU.
07967 317 912

Pretious Sports Hall, Northiam
Sports Hall on the site of Northiam C of E Primary School offers a wide range programme for adults and children after school and at the weekends.

Pure Gym
Retail Park, Bexhill Rd, Saint Leonards-on-Sea TN38 0YX.

Robertsbridge Community Sports Hall
Located at Robertsbridge Community College. For adults and children after school and at the weekends. www.robertsbridge.schoolbookings.co.uk/sports

Rye Sports Centre and pool
Located at the heart of the ancient town of Rye, East Sussex, Rye Leisure Centre is a charitable leisure facility run by Rye Recreation & Wellbeing CIO.
The Grove, Rye, East Sussex TN31 7ND

Spearhead (Boot Camp)
Spearhead was founded by a former Royal Marine Commando, to redefine training, nutrition and mindset - empowering individuals to take leadership of their lives and live with purpose.
hq@spearheadhq.co.uk

Stackz Gym
Unit 2, Dodsons garage, 2 Bolebrooke Rd, Bexhill-on-Sea TN40 1EN. **01424 213 212**

The HIIT BX
3 Brett Dr, Bexhill-on-Sea TN40 2JP. **0800 010 6096**

Rother Arts, Culture and Local Interest

Bexhill Museum
Museum exploring local history with displays such as race cars, vintage fashions and nature specimens.
Egerton Rd, Bexhill-on-Sea TN39 3HL. **01424 222 058**

Bonfire Societies
Sussex villages have long-held traditions around Bonfire Night with local bonfires, firework displays, effigy building and parades held throughout October and November every year (as well as other events throughout the year). Attending a local event can be a good way of making contact with the bonfire societies, and most have a Facebook profile as well as or instead of a formal website.
Battel Bonfire Boyes

- www.battelbonfire.co.uk

Bexhill Bonfire Society
Hastings Borough Bonfire Society

- www.hbbs.info

Northiam Bonfire Society

- www.northiambonfiresociety.org.uk

Robertsbridge Bonfire Society

- www.robertsbridgebonfiresociety.com

Rye and District Bonfire Society and Ryebellion Drummers drumming group of the Rye & District Bonfire Society

- www.ryebonfire.co.uk

Whatlington Renegades

- Largely responsible for pyrotechnic displays

Winchelsea Bonfire Boyes

De La Warr Pavillion
Iconic Modernist building from 1935, offering contemporary art exhibitions, eatery, bar and shop.
www.dlwp.com **01424 229 111**

Egerton Park Indoor bowls
Egerton Park Indoor Bowls Club. Egerton Rd, Bexhill-on-Sea TN39 3HL.
01424 733 354

Kent and East Sussex Railway
Steam and heritage diesel trains between Tenterden and Bodiam through the weald of Kent and Sussex
www.kesr.org.uk/
Tenterden Town Station, Station Road, Tenterden, Kent TN30 6HE

Kino Cinema
Independent cinema in Rye set in a converted Victorian library. Has a café area and cinema screenings every day from 11am. Showing current blockbusters and more.
www.kinodigital.co.uk/rye
Lion St, Rye TN31 7LB

Morris Dancing
Sussex has a strong Morris Dancing tradition with many villages and towns having groups that regularly perform. You can use the website below to find a local group near you.
http://susfa.interfolk.co.uk/areas/rother.html

Rye Creative Centre:
Based in Rye, this dynamic arts facility provides working studios for over 30 resident artists, offers adult education classes, and features a gallery hosting local and regional exhibitions.
www.ryecreativecentre.co.uk

The BlackShed Gallery
Situated in Robertsbridge, this independently run contemporary art space showcases a mix of emerging and established artists across various mediums.
www.theblackshedgallery.org.uk

The Rye Drummers
Meet once a month at Rye Community Centre, Conduit Hill, Rye, TN31 7LE
www.thesussexdrum.com

Local Facebook Sites

Bexhill Community Group
A group for the people of Bexhill, without the nanny style of admin policies attributed to other "local interest" groups.

Bexhill Observer
Latest news, sports and features from Bexhill and surrounding areas.

Bexhill Town Council
Bexhill-on-Sea Town Council information portal.

Blue Van Breakfast Clubs – 9am – 11am
Eastbourne - https://www.facebook.com/groups/1767597060152608
Lewes - https://www.facebook.com/groups/306984317950697
Seahaven - https://www.facebook.com/groups/3432778960169344

Blue Van Drop in.
Morrisons, Lottbridge Drove, Eastbourne 1st Monday of Month 10am -12pm
https://www.bluevandropin.com
https://www.facebook.com/BlueVanVeteransDropIn

Dr Kieran Mullan for Bexhill and Battle
Conservative MP for Bexhill and Battle.

Helen Dollimore for Hastings, Rye and the villages
Labour MP for Hastings, Rye and the villages.

Events in Bexhill
This group has been set up for people to post and view future events in Bexhill, Sidley, Ninfield, Catsfield, Hooe and Cooden.

East Sussex Veterans Hub 99/100
The mission of ESVH is to provide non-clinical support, including welfare, well-being and coping for veterans of the armed forces in East Sussex

Rother Review
This group was set up to be a place for debates on local issues. We may also air things of interest nationally (admin discretion)

Sussex Police and Crime Commissioner
Overview of significant Sussex matters in which the Crime Commissioner has played a role.

The Rother Forum (YouTube)
This group replaced Bexhill S.O.S on 24-02-2023. Bexhill is a wonderful town with great community spirit.

Community

Battle Foodbank
Battle, Upper Church Hall, St Mary's Church, Upper Lake, Battle, East Sussex, TN33 0AN. Wednesdays 1.30pm to 2pm, Call us on 01424 322541 / 07866 570468, Email us at info@bexhill.foodbank.org.uk

Battle Library
Facilities - Disabled access, Display facilities, Free computers with Internet access, Free WiFi, Letterbox for item returns, Local history material, Photocopier, Printing facilities, Study area
7 Market Square, Battle, East Sussex, TN33 0XB

Battle Pantry
For local people who are struggling to afford to buy enough good quality food for their families. The pantry is different to the foodbank, which is for those in crisis. There is no referral process. It is a membership pantry for local people where you pay either £2.50 or £5 towards a selection of food and other essentials, which you choose. Battle, Upper Church Hall, St Mary's Church, Upper Lake, Battle, East Sussex, TN33 0AN. Wednesdays 12pm to 1pm, Call us on 01424 322541 / 07866 570468, Email us at info@bexhill.foodbank.org.uk

Bexhill Library
Western Road, Bexhill on Sea, East Sussex, TN40 1DY

FAIR (Friends Altogether in Rother)
To support people to connect and develop a sense of community through social interaction within our Rother community. www.fair.org.uk

Find a Church
Church information on over 45000 UK Christian churches, with photo, map, description, contact details, and visitor information. Find UK Christian churches. Website: **www.findachurch.co.uk**

Flexibus
Flexibus helps connect you with your local area and the wider transport network. Whether it's to get to an appointment, pop to the shops or catch up with family and friends, our on-demand ride-share service can take you where you need to go within a 9 mile radius of your pickup point.
www.eastsussex.gov.uk/roads-transport/public/flexibus

Hastings Advice and Representation Centre (HARC)
Providing free and confidential Welfare Benefits advice, information and representation to the people of East Sussex and the South Coast of England. Please phone us on **01424 428 375**

Hub on Rye Hill
A healthcare complex of 5 buildings on one site, offering a range of services, Hub on Rye Hill provides a new cutting-edge community wellbeing centre. Hub on Rye Hill, Kiln Drive, Rye Foreign, TN31 7SQ. Email us at admin@hubonryehill.org.uk Call us on 01797 331800

Men's Shed (Part funded by military)
A workshop space where men in Bexhill can use and share their practical skills and life experiences to support each other in producing and repairing items. Email us: **info@bexhillmensshed.org.uk**

Robertsbridge Aviation Society
Bush Barn, Silver Hill, Robertsbridge, East Sussex, TN32 5PA

Rother Voluntary Action - RVA (Volunteering)
c/o The Villas, Town Hall, London Road, Bexhill-on-Sea, East Sussex, TN39 3JX. Phone us on 01424 217259

Rye Community Food Bank
Rye Foodbank exists to support people in crisis. We are entirely supported by donations from the local community. We are open every Wednesday from 12:00 to 14:00 in the hall at the rear of the Baptist Church Cinque Ports Street Rye. Please phone us on **07526 349847,** email us on ryefoodbank@gmail.com

Rye Library
30A High Street, Rye, East Sussex, TN31 7JG

The Pelham – community hub
The Pelham, Hollier's Hill, Bexhill-on-Sea TN40 2DD. Please phone us on **01424 576 304**

Local Veterans Groups and Veterans Connections

Bexhill District Veterans Association
The BDVA is a members Association that raises funds for military veterans from all three services (British Army, Royal Navy and RAF) living in the Bexhill and local district. Email us at **clearedland@yahoo.co.uk**

Blue Van Veterans Breakfast clubs and Drop in (Eastbourne / Lewes / Seahaven)
Provides guidance and signposting to appropriate physical and mental health services. Social and support Activities. Please phone us on **07570 193 811** or email us at **bluevandropin@yahoo.com or edafvbc@yahoo.com**

East Sussex Veterans Hub (Hastings)
Local veterans' hub providing a drop-in facility and café. 45 Robertson Street, Hastings, East Sussex, TN34 1HL. Please phone us on **01424 446 292** or email us at **esvh99100@btinternet.com**

Mais House
A care home exclusively for the Armed Forces community. Situated near picturesque Bexhill-on-Sea, East Sussex. Please phone us on **01424 215 871**

Poppy Club
The Poppy Club at Little Common offers a friendly and welcoming atmosphere for all ages. Regular club nights featuring live acts and a full calendar of activities taking place throughout the year. Please phone us on **01424 842 710**

Royal Air Forces Association Club Bexhill
The Royal Air Forces Association (RAFA) Albatross Club in Bexhill-on-Sea is located on Marina Arcade, just short of the seafront near the De La Warr Pavilion. 15 Marina, Bexhill-on-Sea TN40 1JS. Please phone us on **01424 212 916**

Town Square Social Club
The Town Square Social Club. formerly Bexhill Legion. Local bar in Bexhill, venue is available for hire. Showing sports and lots of other events.

Veterans' Growth (Westfield)
Improving veterans' mental health by horticulture and complementary therapy. Please phone us on **07379 435 513** or email us at **hello@veteransgrowth.org**

LOCAL COUNCIL INFORMATION

• **Town / Parish Council Responsibilities** • (Closest to the community – hyper-local services) • Parks, open spaces and play areas • Allotments • Community halls and centres • Public benches, bus shelters and noticeboards • Christmas lights and local events • Small grants to local groups • Cemetery and churchyard maintenance (in some areas) • Neighbourhood planning input • Local footpaths and small environmental projects	There are 32 Parish and Town Councils in Rother plus one Parish Council
• **District / Borough Council Responsibilities** • (Mid-level services affecting the wider local area) • Housing and homelessness services • Planning applications and local planning enforcement • Waste collection and recycling • Council tax collection and housing benefits administration • Licensing (taxis, pubs, events, entertainment) • Environmental health (noise, food safety, pollution) • Leisure centres, tourism and local culture • Car parks and some local transport schemes • Street cleaning and litter bins	**Rother District Council** **Town Hall, London Rd, Bexhill-on-Sea TN39 3JX** **01424 787000**
• **County Council Responsibilities** • (Large services covering the whole county) • Education and schools • Children's social care and safeguarding • Adult social care • Public health • Highways, roads, pavements and street lighting • Transport planning and bus subsidies • Fire and rescue services (in most counties) • Trading standards • Libraries and archives • Strategic planning and economic development	**East Sussex County Council** **East Sussex County Council, County Hall, St Anne's Crescent, Lewes, East Sussex, BN7 1UE** **0345 608 0190**

VETERANS UK

Veterans UK is part of MOD. Provides free support for veterans, service members, and their families, by:

Veterans UK
Ministry of Defence
Norcross
Thornton Cleveleys
FY5 3WP

Please phone us on **0808 1914 218** or email us at **veterans-uk@mod.gov.uk**

1. Armed Forces Pension Schemes
2. War Pension Schemes
3. Armed Forces Compensation Scheme
4. Veterans Welfare (incl. support transitioning, financial help, and accessing services)
5. Free helpline covering pensions, benefits, loans, grants, welfare concerns
6. Medals and service records
7. Medical records
8. Bereavement support
9. Information and guidance
10. ID badge (digital or card)

NHS

NHS Rother

Arthur Blackman Clinic (Out of Hours Dentist)
Arthur Blackman Clinic Special Care Dental Service. Battle Rd, St Leonards, TN37 7AN. **01424 850792**

Bexhill Community Diagnostic Centre
16b Beeching Rd, Bexhill-on-Sea TN39 3LJ, **0300 131 4500**

Bexhill Health Centre
Hollier's Hill, Bexhill-on-Sea TN40 2DZ, **0300 131 4500**

Bexhill Hospital (No A&E)
Hollier's Hill, Bexhill-on-Sea TN40 2DZ, **0300 131 4500**

Bexhill Irvine Unit
Hollier's Hill, Bexhill-on-Sea TN40 2DZ, **01424 755 255**

Rye and Winchelsea Memorial Hospital Ltd (No A&E)
Peasmarsh Road, Rye, TN31 7UD**, 01797 223810**

NHS Dentists

Battle Road Dental Practice (South Cliff Dental Group)
84 Battle Road, St Leonards-on-Sea, **TN37 7AG, 01424 713051**

Battle Smiles Dentist
30-31 High Street, Battle, TN33 0EA, **01424 614777**

Bexhill Dental Clinic
16 Ninfield Rd, Bexhill-on-Sea TN39 5AF**, 01424 734 567**

Corner House Dentist
47 High Street, Battle, TN33 0EE, **01424 777003**

East Sussex Emergency Dentist
Battle Rd, St Leonards, Hastings, Saint Leonards-on-sea TN37 7AN, **01424 850 792**

Little Common Dental Practice

65 Barnhorn Rd, Bexhill-on-Sea TN39 4QB, **01424 845 530**

Robertsbridge Dental Practice
17-19 High Street, Robertsbridge, TN32 5AE

Rye Dental Surgery Partnership
105 High Street, Rye, TN31 7JE, **01797 223311**

Sea Road Dental Practice
54 Sea Rd, Bexhill-on-Sea TN40 1JP, **01424 210 346**

Toad Hall Dental Surgery
1 Upper Glen Road, St Leonard's-on-Sea, TN37 7AX**, 01424 851036**

NHS Surrey and Sussex

111 for out of hours and non-emergency
999 emergency

Armed Forces Network – Veterans *(Lewes)*
A single point of contact for the Armed Forces community.
Sackville House, Brooks Cl, Lewes BN7 2FZ. **01273 403 693**

Conquest Hospital (A&E) *(Hastings)*
Conquest Hospital is a National Health Service hospital in St Leonards-on-Sea in Hastings in East Sussex, England. It is managed by the East Sussex Healthcare NHS Trust. The Ridge, Hastings, Saint Leonards-on-sea TN37 7RD. **0300 131 4500**

Eastbourne District General Hospital (A&E) *(Eastbourne)*
Eastbourne District General Hospital is a National Health Service hospital in Eastbourne in East Sussex, England. It is managed by the East Sussex Healthcare NHS Trust. Kings Dr, Eastbourne BN21 2UD. **0300 131 4500**

Op Courage – Veterans *(Crawley)*
Op COURAGE is the Veterans Mental Health and Wellbeing Service.
Wentworth House, Crawley Hospital, West Green Drive, Crawley,
West Sussex, RH11 7DH. **0300 365 2000**

Royal Sussex County Hospital *(Brighton)*
The Royal Sussex County Hospital is an acute teaching hospital in Brighton, England. Together with the Princess Royal Hospital, it is administered by the University Hospitals Sussex NHS Foundation Trust. Eastern Rd, Brighton and Hove, Brighton BN2 5BE. **01273 696955**

The Chavasse Clinic (Brighton)
Musculoskeletal and complex injury support referral by GP or Healthcare Professionals. **GP Referral required.**

William Harvey Hospital (Ashford Kent)
William Harvey is a National Health Service hospital in Ashford in Kent, England. One of the three main hospitals in the East Kent Hospitals University NHS Foundation Trust. Kennington Rd, Willesborough, Ashford TN24 0LZ. **01233 633331**

Doctor Surgeries

Collington Surgery
23 Terminus Rd · 01424 320 222

Fairfield Surgery
High Street, Burwash, Etchingham, TN19 7EU, 01435 882306

Ferry Road Health Centre
Ferry Road, Rye, TN31 7DN, 01797 223230

Little Common Surgery
82 Cooden Sea Rd · 01424 847 575

Martins Oak Surgery
36 Hight Street, Battle, TN33 0EA, 01424 772060

Northiam Surgery
Main Street, Northiam, Rye, TN31 6ND, 01797 252140

Oldwood Surgery
Station Road, Robertsbridge, TN32 5DG, 01580 880790

Old Town Surgery
13 De La Warr Rd · 01424 739 420

Rye Medical Centre
Kiln Drive, Rye, TN31 7SQ, 01797 223333

Sedlescombe and Westfield Surgeries
Brede Lane, Sedlescombe, TN33 0PW, 01424 870 225
Main Road, Westfield, TN35 4QE, 01424 751609

Sidley Medical Practice
44 Turkey Rd · 01424 230 025

Pharmacies

Boots Pharmacy
14-16 Devonshire Rd, Bexhill, **01424 210 364**
53 High Street, Battle TN33 0EN, **01424 772010**

Day Lewis Pharmacy
53 High Street, Battle, TN33 0EN, **01424 772010**

Hollington Pharmacy
128 Battle Road, Hollington, St Leonards-On-Sea, TN37 7AN, **01424 851050**

Jempson's Pharmacy
Main street, Peasmarsh, Rye, TN31 6YD, **01797 230214**

Laycock Chemist
Holmeshurst Village Centre, 30 Little Ridge Avenue, St Leonards-On- Sea, TN37 7LS, **01424 755395**

Little Common Pharmacy
77 Cooden Sea Rd, Collington · **01424 843 080**

Paydens Pharmacy (Collis)
9-11 St Leonards Rd, Bexhill · **01424 211 341**

Pebsham Pharmacy
Gnd Floor, Seabourne Court, Seabourne Rd, Pebsham TN40 2SW. **01424 736 135**

Pharmacy Requirements
38-40 Ninfield Rd, Sidley · **01424 236 220**

Robertsbridge Pharmacy & Travel Clinic
17 – 19 High Street, Robertsbridge, TN32 5AE, **01580 880267**

Sidley Pharmacy
44 Turkey Rd, Sidley · **01424 220 424**

Tesco Pharmacy
Churchwood Drive, St Leonards-On-Sea, TN38 9RB, **01424 521023**
Leisure Park, 4 Ravenside Retail Pk, Bexhill-on-Sea TN40 2JS. **0345 677 9049**

West St Leonards Pharmacy
7 Bexhill Rd, Saint Leonards-on-sea TN38 0AH. · **01424 422 020**

MISCELLANEOUS

Application Forms

Veteran's Badge
If a form is not included with this welcome pack, then you can apply online at **https://www.gov.uk/apply-medal-or-veterans-badge.** Or you can send the completed form from this pack to **Veterans Badge Department, MOD Medal Office, Defence Business Services, Imjin Barracks, Innsworth, Gloucester, GL3 1HW.**

Veteran's ID Card
A Veterans ID card can be applied for online by visiting **https://www.gov.uk/veteran-card** or please phone **0808 1914 218** to ask for a form to be sent to you. Monday to Friday, 8am to 4pm

Government OP Programmes

OP ASCEND
Op ASCEND is a free veteran employment service open to UK armed forces veterans and employers. Find out what signing up today can do for you.
0121 262 3058

OP COMMUNITY
Op COMMUNITY is an easily accessible point of contact with a dedicated email and phone number to support the Armed Forces community as a whole.
01273 403 693

Op COURAGE
Op COURAGE is the Veterans Mental Health and Wellbeing Service.
Wentworth House, Crawley Hospital, West Green Drive, Crawley,
West Sussex, RH11 7DH. **0300 365 2000**

OP FORTITUDE
Op FORTITUDE is a referral system that has been created to help ex-service personnel find housing support. It is funded by The Armed Forces Covenant Fund.
0800 952 0774

OP NOVA
Op NOVA, delivered by the Forces Employment Charity and commissioned by NHS

England, provides support for veterans who are in contact with the justice system. Email us at info@forcesemployment.org.uk or **0121 262 3058**

OP RESTORE
Op RESTORE, The Veterans Physical Health and Wellbeing Service is an NHS service that supports individuals who have served in, or are leaving, the UK Armed Forces.

Apps

Beware: Some apps are free with a basic package but may cost extra to access the full version.

Breathe: relax and focus – Breathing exercises for relaxation and stress relief
Couch to 5K – Run 5k in as little as 9 weeks (or longer!)
Defence Discount Service Discount – Vets discount, free to use *Look at Blue Light*
NHS Easy Meals – Over 150 calorie counted, budget friendly, and quick recipes
Forces Connect – Information about support available in Sussex for health, employment, criminal justice, housing and much more
Gloji – Recommended by One You East Sussex, support to lose weight, move more, quit smoking and more
GOV.UK ID Checker – App to confirm your identity to gov.uk services
Insight Timer – Guided meditations to help sleep, reduce stress and anxiety, and meditation timer
MSE (Money Saving Expert) – Great safe site with general financial advice
MyFitnessPal – Log food, exercise, lose weight, and hydration too
NHS App – Access your health record, test results, letters and information, request prescriptions, keep health diaries and more
NHS Drink Free Days – For support tracking and cutting down on alcohol
NHS Weight Loss Plan – A 12-week plan to help you to lose weight
NHS Quit Smoking – A 28-day programme offering daily support
One You East Sussex – Healthy lifestyles advice and support, quit smoking and more, including NHS Health Checks
PTSD Coach – Best for military PTSD – USA Veterans – 10/10
Trainline – Train times (live times, prices and ticket purchasing)
What3Words – a location to within 1sq metre good for emergency services