

# Food banks and other financial hardship support

## Guide for patients

### If you are in an emergency and need support on the same day:

- **During office hours:** Impact Initiatives - [food.access@impact-initiatives.org.uk](mailto:food.access@impact-initiatives.org.uk) or 01273322950 (can self-refer)
- **Out of hours:** Adult Social Care: 01273 295555 (can self-refer)

### If you are a student: FAME Food Bank

Food Bank is for all types of students, including those with young families. Students can be referred by speaking to their student services department. Open on Friday afternoons.

- <https://bhfood.org.uk/directory/faith-alive-ministries-food-bank/>
- 07796 716753
- [info@faith-alive-ministries.org](mailto:info@faith-alive-ministries.org)

### Help from Brighton and Hove City Council's Community Hub

- If you **receive benefits** and need help to pay for essentials: 01273 293 117 and select option 1 (Local Discretionary Social Fund) (can self-refer, 5 day wait time)
- If you **don't receive benefits** and need help to pay for essentials: email [communityhubhelp@brighton-hove.gov.uk](mailto:communityhubhelp@brighton-hove.gov.uk) or phone 01273 293117 and select option 2. (can self-refer)

### Other helpful organisations:

- [List of free or low-cost meals](#) (eg. Real Junk Food Project)
- [List of community markets offering affordable weekly shopping](#)
- [Money Advice for University of Sussex Students](#)
- [Money Advice Service and Debt Advice Project at the Citizens Advice Bureau](#)