



**Advice and Information now available weekly at
Portslade Health Centre
Mondays between 2pm and 4pm**

On a four-weekly rota the following Advice & Information providers

- **Access Point (B&H Adult Social Care)**
- **Carers Centre**
- **The Fed (B&H Federation of Disabled)**
- **MACS (Money Advice Community Support Service)**

will hold an outreach service every Monday, between 2pm and 4pm, for help and advice around a range of issues that affect you or someone you know, for example: **social care** (difficulties with daily living tasks at home); **unpaid carers** (information and signposting to support and services available) ; information and advice about **disability** related matters; **money** (debt and budgeting advice and ensuring you are getting the correct amount of benefits).

Ask at reception for more details and dates



for brighton and hove

