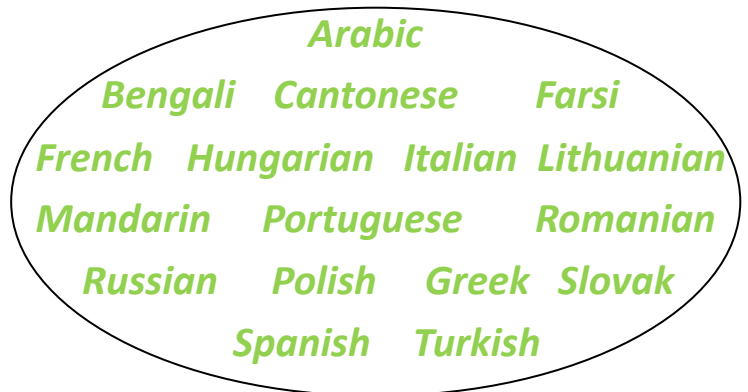


## FREE HELP, SUPPORT AND INFORMATION IN 17 LANGUAGES

|                         |                                    |                                 |
|-------------------------|------------------------------------|---------------------------------|
| <i>Housing</i>          | <i>Benefit and debt advice</i>     | <i>English classes</i>          |
| <i>Community Safety</i> | <i>Caring for someone</i>          | <i>Living with a disability</i> |
| <i>Education</i>        | <i>Immigration and citizenship</i> | <i>Social care</i>              |
| <i>Healthy Eating</i>   | <i>Keeping Active</i>              | <i>Reducing Stress</i>          |

### We can support and help to

- make appointments
- link you with other services
- read letters
- complete simple forms
- make telephone calls



BMECP, 10a Fleet Street, Brighton, BN1 4ZE



Near Sainsbury's and The Friends Centre in the New England Quarter

Come anytime between  
**11.00am - 1.00pm**  
on **1st and 3rd Tuesday** of  
every month  
No appointment necessary

If you need to contact us  
please call 01273 234825

Children are welcome

37b bus direct to Fleet Street  
OR 5 minute walk from bus  
stops at Brighton Train Station  
or London Road shops