

Beacon Surgery, Crowborough

Local Organisations Shown on our Waiting Room Display Screens

Organisation	Location	Description	Contact Details
Aquila	Crowborough	Help with relationships	Tel: 01892 652292 www.hope-after-heartbreak.co.uk
NHS Blood and Transplant Services	Various	Blood Donor Sessions	Tel: 0300 123 2323 www.blood.co.uk
Care for the Carers	East Sussex	Care for carers	Tel: 01323 738390 www.cftc.org.uk
Clued-Up	Crowborough	Information, counselling and ongoing support for young people	Tel: 01892 661990 www.clued-up.info
Connections Café	Crowborough	An informal café supporting people with dementia, their carers and families	Tel: 07783 693522
Crowborough Hospital Minor Injury Unit	Crowborough	Medical support for minor injuries	Tel: 01892 337241 www.sussexcommunity.nhs.uk/miuc
Crowborough Runners	Crowborough	Local running group	Email: info@crowboroughrunners.org.uk
Cruse	Various	Support and advice on bereavement care	Tel: 0808 808 1677 www.cruse.org.uk
National Bereavement Service	Various	Practical and emotional assistance after a death	Tel: 0800 0246 121 www.thenbs.org
Domestic or Sexual Abuse and Violence	East Sussex	Support and advice on domestic or sexual abuse and violence	Tel: 0300 323 9985
Ditch the Slippers	Crowborough	Fun activities for older people, including those with early dementia	Tel: 07769 187858 www.ditchtheslippers.org.uk
STAR Drug and Alcohol Service East Sussex	East Sussex	Drug and alcohol related services	Tel: 0300 303 8160 www.changegrowlive.org
Freedom Leisure	Crowborough	A range of activities and exercise classes	Tel: 01892 665488 www.freedom-leisure.co.uk
The Good Company People	Crowborough	Clubs and personalised support for people and their carers	Tel: 07472 564519 www.thegoodcompanypeople.org
HARC	Telephone	Help with finances, understand what you are entitled to receive Assist with claims	Tel: 0333 344 0681 benefitseastsussex@harcuk.com
Health in Mind	East Sussex	An NHS organisation providing courses and therapies that help with stress, anxiety & low mood	Tel: 0300 0030 130 www.healthinmind.org.uk
Mental Health	Various	The NHS website providing information on a wide range of mental health conditions together with services and help available	www.nhs.uk/mental-health

Please note: Beacon Surgery does not endorse other organisations and provides this information in good faith. Please satisfy yourself of their suitability in the normal way.

List last updated: May 2025

Healthy Walks	Crowborough	Regular short walks over easy terrain. Also information on longer guided walks and ideas for other walks.	Tel: 07483 050767 www.tcv.org.uk caoimhe.mcdonnell@tcv.org.uk
The Horder Centre	Crowborough	Exercise Classes	Tel: 01892 601466 www.horderhealthcare.co.uk
MS Society	Tunbridge Wells	Local support group	Local Tel: 07876 452 170 Local email: diana.armstrong-wilson@groups.mssociety.org.uk National Tel: 0808 800 8000 www.mssociety.org.uk
Parkinson's UK	Crowborough	Local support group	Local Tel: 07702 173 940 National Tel: 0808 800 0303 www.parkinsons.org.uk
Relate	Tunbridge Wells	Help with relationships	Tel: 0300 100 1234 www.relate.org.uk
Seated Exercise	Crowborough	Seated and Music to Movement Classes	Tel: 07900 423 676 dianne@seated-exercise.co.uk
Sexual Health Services	Eastbourne & Hastings	Sexual Health, Contraception and HIV Care	Tel: 0300 013 2050 www.eastsussexsexualhealth.co.uk
Sexual Health Services	Maidstone & Tunbridge Wells	Sexual Health, Contraception and HIV Care	Tel: 0300 373 0709 www.mtw.nhs.uk
University of the Third Age	Various and online	Learning, educational, social and creative activities	Tel: 0208 466 6139 www.u3a.org.uk
Wealden Citizens Advice	Crowborough	Advice on matters affecting people's lives	Tel: 0808 278 7811 www.wealdencitizensadvice.org.uk
Weight Watchers	Uckfield	Support and advice on weight management	www.weightwatchers.com/uk
Slimming World	Crowborough	Support and advice on weight management	www.slimmingworld.co.uk

Please note: Beacon Surgery does not endorse other organisations and provides this information in good faith. Please satisfy yourself of their suitability in the normal way.

List last updated: May 2025