Beacon Surgery, Crowborough

Local Organisations Shown on our Waiting Room Display Screens

Organisation	Location	Description	Contact Details
Aquila	Crowborough	Help with relationships	Tel: 07831 278841 www.hope-after-heartbreak.co.uk
Bereavement Café	Crowborough, Rotherfield, Mayfield	Local support group	Tel: 01892 853021 www.rotherfieldstmartin.org.uk
NHS Blood and Transplant Services	Various	Blood Donor Sessions	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 Cafe	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	0800 0246 121 www.thenbs.org
East Sussex Domestic Abuse Service	East Sussex	Support and advice on domestic or sexual abuse and violence	Tel: 0330 0559278 www.eastsussex.gov.uk/children-families/family-support/domestic-abuse Email: EastSussexDA@advancecharity.org.uk
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 Recovery Service	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	0333 344 0681 enquiries@harcuk.com

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: October 2026

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	NHS organisations and charities specialising in all forms of mental health, stress, anxiety and depression	www.nhs.uk/mental-health
Healthy Walks	Crowborough	Regular short walks over easy terrain. Also information on longer guided walks and ideas for other walks.	www.tcv.org.uk crowboroughhealthwalks@gmail.com
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	Local Tel: 01892 529927 National Tel: 0300 100 1234 www.relate.org.uk
Seated Exercise	Crowborough	Seated and Music Movement Classes	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	Crowborough and Online	Learning, educational, social and creative activities	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	Crowborough	Support and advice on weight management	www.weightwatchers.com/uk
Slimming World	Crowborough	Support and advice on weight management	www.slimmingworld.co.uk