

Useful Links

We have included some useful links for further learning or health and wellbeing. Research clearly shows engaging in further learning or health and wellbeing activities can help improve self-esteem and resilience. Some of the courses are group activities or online remote activities. Most of the courses are either free or of low cost. Anyone can contribute to this link by emailing course details to volunteer@saraleetrust.org

Further Learning

Open University:

<https://www.open.edu/openlearn/>

This is a national organisation and they offer online free learning courses in a wide variety of subjects.

Mooc Training

<https://www.mooc-list.com/>

<https://www.edx.org/>

This is an online organisation that offer a variety of on line learning courses

Rother Voluntary Action:

<http://www.rva.uk.com/>

This is a local charity for Bexhill and Rother residents, detailing courses and or training of interest to the community it serves.

Hastings Voluntary Action

<http://hastingsvoluntaryaction.org.uk/events>

This is a local charity for Hastings residents, detailing courses and or training of interest to the community it serves.

ETC Sussex

<https://etcsussex.weebly.com/>

IT training and classes if English is not your first language

Health and Wellbeing

Rother District Council:

<http://www.rother.gov.uk/leisure>

lists of leisure activities often low cost or free for residents of Rother.

Hastings Borough Council

https://www.hastings.gov.uk/sport_play/getactive/activitiesforadults/

lists of leisure activities often low cost or free for residents of Hastings

Age UK

<https://www.ageuk.org.uk/eastsussex/activities-and-events/>

a national charity, displaying activities in East Sussex for the more mature.

Hastings Centre:

<https://www.hastingscentre.co.uk/events-and-classes?jssCart=3e8aea8f2ef16e6c7491be4b73f4857b>

this is a large multi-use centre on the Ridge in Hastings. Many activities go on here such as classes and other engaging events

Bexhill Hive :

<http://www.bexhillhive.com/>

As the name suggests a local Bexhill based enterprise which has arisen from DV8. There are often free courses around media/music for varying age groups.

FSN

<https://www.fsncharity.co.uk/training>

A well-established local Hastings based charity supporting families and children

Heart of Sidley

<https://www.heartofsidley.co.uk/community-projects>

A local Sidley project to enhance the lives of those in the community

Active Rother

<https://www.activerother.org.uk/activities/>

An East Sussex based project to increase health and fitness

The Pelham Sidley

- sign up for email newsletter of their events:

<https://thepelham.co.uk/community-activities-events/>

East Sussex Recovery Alliance

<https://www.esrauk.co.uk/>

For anyone with or without a diagnosis of substance use now or in the past. Self-Referral

ETC Sussex

<https://etcsussex.weebly.com/>

Day service for those suffering with dementia and older people with physical disabilities.

The Pantry – struggling to afford food – become a member and receive support

Southdown – Community Connectors

<https://www.southdown.org/how-we-help/mental-health-recovery/community-connectors-east-sussex>

The service is open to anyone 16yrs+ experiencing issues affecting their health and wellbeing across East Sussex. Referral via GP.

The Conservation Volunteers – East Sussex Health Walks – Hastings

<https://www.walkingforhealth.org.uk/walkfinder/east-sussex-health-walks>

Free, friendly, regular group walks led by community volunteers. Not too long, not too difficult.

OTHER

For Carers:

<http://www.coastalwellbeing.co.uk/courses/>

Winter Home Checks - criteria apply

<https://warmeastsussex.org.uk/services-and-support/winter-home-check-service/>

Hastings & Rother Credit Union

Community Banking Services

<https://www.hrcu.org.uk/>

Ambition Links

Ambitionlinks2017@gmail.com

Supporting Adults 18+ with learning disabilities, autism, aspergers and additional needs to engage in activities whilst helping them to gain confidence and independence.