

ONLINE GROUPS & COURSES

How do I access these groups?

Email office@mysistershouse.info, call 01243697800 or speak to your key worker.

Stronger Futures Peer Group – Zoom

Recovery support from the impact of Domestic Abuse (we can only accept clients who are no longer in the abusive relationship onto this group)

Fridays 11:00am-12:30pm

Please enquire to book

ONLINE CHAT

How do I access Online Chat?

Go to our website www.mysistershouse.info and click on the speech bubble in the bottom right hand corner or click <https://buff.ly/2UkjRgi>

Monday to Friday 10am to 2pm

Wednesday 8pm-10pm

Saturday 10am-12:30pm

Sunday 6pm-9pm

Monday - Friday 6pm to 8pm (available in Polish on a Monday and Friday)

DROP IN

How do I access the drop ins?

Please just pop in to see us during our drop-in times below, if you want to call before you come then please contact us on 01243 697800.

BOGNOR HUB

108bc London Road, PO21 1BD

General Drop In

Monday-Friday 10am-1pm

Domestic Abuse Drop In

Thursday 5pm to 8pm

Eastern European Domestic Abuse Drop In

Friday 10am-1pm

CHICHESTER HUB

44 Bognor Road, Chichester, PO19 7TG

General Drop In

Wednesday 10am-1pm

Friday 10am to 1pm

Saturday 10am-1pm

Domestic Abuse Drop In

Thursday 5pm-8pm

FACE-TO-FACE SUPPORT

How do I access these services?

Please email office@mysistershouse.info or call 01243697800.

One to One Domestic Abuse Support

For those currently living with Domestic Abuse

One to One Emotional Support

Appointments with our Welfare Keyworker

Stronger Futures Peer Group

Recovery support from the impact of Domestic Abuse (we can only accept clients who are no longer in the abusive relationship onto this group)

Stone Pillow, Ellasdale Road, Bognor Regis: Tuesdays 11:00am-12:30pm

Eastern European Stronger Futures Peer Group

Bognor Regis Youth Centre: Mondays 10:00am-11:30am

Eastern European Wellbeing Group

Peer support, discussing how to look after your own wellbeing.

Bognor Hub: Tuesdays 5:00pm-7:00pm

Thrive

For those currently not working who wish to build skills & confidence with a view to future employment.

Counselling Service

to develop self-awareness and use your own internal resources to heal with the guidance of a counsellor.

Financial Advice & Support

For those requiring support with housing, benefits & finance.

By appointment only.

Boundaries and Relationship Training

Explores personal boundaries & healthy relationships in all aspects of life.

Four sessions.

Stone Pillow, Ellasdale Road, Bognor Regis: Fridays 11:30-1:30pm

Tea & Chat

Social chatting, sharing, smiling, & company – to reduce isolation.

Chichester Hub: Mondays 1-2:30pm

Chichester Art Group

A 10-week course. Each week they will learn about a technique get to try it out and learn about relevant artists. Equipment will be provided. Spaces are strictly limited so please book.

Chichester Hub : Please enquire for next dates

Clothing Bank

This runs once a month out of the Bognor Hub, choose from a variety of quality preloved ladies' clothes, shoes and accessories.

Chichester Hub: Please enquire for next dates

OUTSIDE SERVICES WE HOST

How do I access these services?

Please email office@mysistershouse.info, call 01243697800 or speak to your key worker.

Woodland Wellbeing Group

With Chichester Forest School

Enjoy the beautiful woods of Kingley Vale a light lunch is also provided.

Transport from Bognor is available, or you can meet at Kingley Vale.

Fridays 10-14.30pm

Leave Bognor at 10am (meet at Kingley Vale at 10:30am) and return back at 2:30pm (leave Kingley Vale at 2pm).

Please book via office@mysistershouse.info

Sexual Health Clinic

At Bognor Hub, London Road

We will have a sexual health nurse onsite able to offer contraceptive services such as pregnancy testing, pills, patches, injection, advice, implant fitting and offer routine STI screening. We can also offer advice between these clinics please call the office.

NOT CURRENTLY RUNNING

Narcotics Anonymous

At Bognor Hub, London Road

Every Sunday 11am – 12pm

NA exists solely so that its members can support each other to stay drug free and to help others achieve and maintain a drug free recovery and lifestyle. A desire to stop using, a willingness to change and a little effort in attending meetings will get you off to a good start.

Survivors Network Drop In

Free information and specialist support for women who experience multiple disadvantages and who have also had an unwanted sexual experience, either recently or in the past. Support can include having a one-off informal discussion, connect you with housing, mental health and social services or provide support throughout the criminal justice process (if you choose to report your experience to the police).

NOT CURRENTLY RUNNING

Pregnancy Options Drop In

Pregnancy Options offer a free counselling service for women and teens facing difficult decisions around unplanned pregnancies. Options also provide longer term support for those who are experiencing difficulties after an abortion, helping them to process this experience in a healthy way.

The options team also offer longer term counselling to those who have experienced an ectopic pregnancy, miscarriage or still birth.

The 3rd Tuesday of each month

1pm-3pm

We can arrange **Foodbank Vouchers**, provide **Toiletry Bags** including **Sanitary Items**, and make referrals for **Little Bundles** baby clothing. We also offer a **Condom Collection Service**.