

# What people say about ICIS

Easy access to a wide range of information



I've discovered local services that were previously unknown to me



Was able to get full funding for a new mobility scooter thanks to information supplied by ICIS



An invaluable resource to organisations and people in West Sussex



There have been times that without ICIS I do not know what or where I would have gone for help



I now feel much more informed and so able to support my mother to remain in her own home

Signposting you to West Sussex services providing care, advice or support

## Contact ICIS

-  35 Worthing Road, East Preston, Littlehampton, West Sussex BN16 1BQ
-  Freephone Enquiry Line **0800 859929**
-  Text **01903 859929**
-  Fax **01903 777601**
-  Email [enquiries@icis-info4life.org.uk](mailto:enquiries@icis-info4life.org.uk)
-  Website [www.icis-info4life.org.uk](http://www.icis-info4life.org.uk)

# Not sure where to go or who can help?



**0800 859929**



Registered Charity no. 1095945  
Company Limited by Guarantee no. 4603381

**ICIS : information for life**



# Ask ICIS



**ICIS is a confidential and impartial signposting service for all people in West Sussex. Since 1994 we have signposted thousands of people to a huge range of support, care and advice.**

ICIS makes it easy for you to find help and support. We continually gather and maintain details of local and countywide services so that we can quickly respond to your enquiry. If you ask us something we don't know the answer to we will do our best to find out!

ICIS also designs and maintains information solutions, directories and websites for other organisations and service providers.



**Freephone Enquiry Line**  
**0800 859929**  
Monday to Friday 10am-12:30 and 1:30-4pm

Ask our friendly and professional Enquiry Team to find services, groups or suppliers that might help you.

### We can signpost you to:

- Accessible holidays
- Advocacy, counselling and advice services
- Cultural and faith groups
- Disability support
- Education, training, employment and volunteering
- Equipment suppliers and accessibility advice
- Health care and alternative therapies
- Home security and maintenance
- Housing and home visiting services
- Sources of funding and benefits advice
- Support for carers, families and children
- Support groups, clubs and much more ....

### ICIS also has access to:

- Disability Living Foundation's Equipment Data
- UK Advice Finder
- National disability information
- Funding for individuals

Information can be provided in different formats and an interpreter service is available.

**ICIS Online Directory**  
**www.icis-info4life.org.uk**



A free online directory that helps you search for services to support you in your daily life.

- Caring for someone
- Family and parenting support
- Getting around
- Help at home
- Living with a disability
- Money matters
- Things to do
- Working and learning

If you cannot find what you are looking for in the online directory, contact our Enquiry Line and we will search our many other resources to find you help.