

Useful Contacts

Age UK

Support to help older people when they have no one to turn to.

 ageuk.org.uk

 0800 678 1602

Alzheimer's Society

Information and support for people affected by Alzheimers and dementia.

 alzheimers.org.uk

 0333 150 3456

Cancer Support

Support if yourself or someone you care about has been diagnosed with cancer and get information about different cancer types.

 macmillan.org.uk

 0808 808 0000

Citizens Advice

An independent organisation specialising in confidential information and advice to assist people with legal, debt, consumer, housing and other problems in the United Kingdom.

 citizensadvice.org.uk

 England - 0800 144 8848

 Wales - 0800 702 2020

Dementia Friends

Dementia Friends helps with learning more about dementia and the small ways you can help.

 dementiafriends.org.uk

 0300 222 5855

Domestic Abuse

Access specialist refuge accommodation. The Helpline can help you find a refuge vacancy for you and your children.

We can also support you to find other specialist services in your community, which can provide support whether or not you have left your partner.

 nationaldahelpline.org.uk

 0808 2000 247

Drink Aware (alcohol)

Offers information and advice to help people decide which practical changes are right for them and give tips and advice to form new habits and make those changes stick.

 drinkaware.co.uk/advice/alcohol-support-services

 0300 123 1110

Gamcare (gambling)

GamCare is the leading UK provider of free information, advice and support for anyone harmed by gambling.

 gamcare.org.uk

 0808 802 0133

Hearing Loss (Royal National Institute of Deaf People)

The UK charity supporting deaf people and those with hearing loss and tinnitus.

 rnid.org.uk

 0808 808 0123

Mind

Advice and support to empower anyone experiencing a mental health problem.

 mind.org.uk

 0300 123 3393

National Debt Line

National Debt Line is a charity. We give free and independent debt advice over the phone and online.


 nationaldebtline.org

 0808 808 4000

Samaritans

If you need someone to talk to, we listen. We won't judge or tell you what to do.

 samaritans.org

 116 123 (from any phone)

Shine Cancer Charity


Support for those in their 20s, 30s or 40s with cancer.

 shinecancersupport.org

 07804 479413

Sight Loss (Royal National Institute of Blind People)

Our Sight Loss Advice Service can give you practical and emotional support to help you face the future with confidence.

 rnib.org.uk

 0303 123 9999

Step Change

Get free expert debt advice and fee-free debt management online and we'll support you for as long as you need us.

 stepchange.org

 0800 138 1111

Talk to Frank (drug addiction)

Facts about drugs and support.

 talktofrank.com

 0300 123 6600

Dyslexia Foundation

The Dyslexia Foundation was set up to focus on those who need practical support and information in an accessible format.

 dyslexia-help.org

 0151 707 1525

Stroke Association

The Stroke Association provides support for people to rebuild their lives after a stroke.

 stroke.org.uk

 0303 303 3100

Carers UK

The UK's leading national charity for unpaid carers, providing support and advocating for carers.

 carersuk.org

 0808 808 7777

Good Things Foundation

Helping people be digitally able, equal and safe.

 goodthingsfoundation.org

 0114 349 1666

Mencap

UK charity for those with learning disabilities, as well as for their families and carers.

 mencap.org.uk

 0808 808 1111

Scope

Scope provides information and emotional support when it's most needed.

 scope.org.uk

 0808 800 3333

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