

HELP AND ADVICE : Phone Numbers

0300 790 6275 : Somerset Coronavirus helpline

The helpline is available from 8am to 6pm every day, including weekends making it easier for you to access any local authority help you may need, including emotional support, in the current crisis. If you are deaf, hard of hearing or speech-impaired you can contact the helpline using SMS text: 07781 482858

01823 345610 : Somerset Age UK

Independent local charity working in the community across Somerset to help those in later life, their families and carers. Free and confidential information and advice on a wide variety of topics such as social care, benefits, isolation, etc. In ordinary times they offer a wide range of activities and services, including Ageing Well exercise sessions, Toenail Cutting and Befriending. Currently they are offering many different aspects of coronavirus support. Email is infoandadvice@ageuksomerset.org.uk and more info is [HERE](https://ageuksomersetcoronavirus.org.uk/information-and-advice/)

Village Agents are trusted, well trained and knowledgeable individuals who are employed by the Community Council for Somerset (CCS). Village Agents help you to find what you need in your local community, things that can help you remain independent and connected to others. Village Agents work with people of all ages dealing with a wide variety of issues. A considerable number of their clients are older people and involve social care issues. Helping older people to solve these matters, can help them to remain living independently for longer. The agent for Chiselborough is: Wendy Rudd email: wendy@somersettrcc.org.uk phone: **07572 024492**

0333 257 9422 : Victim Support

Support for anyone affected by crime, not only those who experience it directly, but also their friends, family and any other people involved.

0808 808 1677 : Cruse Bereavement Care

Trained bereavement volunteers offer support to adults and children. Local services provide free and confidential phone and face to face support to bereaved people. Find out more HERE <https://www.cruse.org.uk/get-help>

0808 808 8141 : Hourglass

Helpline 9am to 5pm every Monday to Friday, offering support for older people who have experienced, or are at risk of, any kind of harm, abuse or exploitation. Also support for anyone concerned about an older person, e.g family, friends, neighbours, carers or health professionals, etc. The number will not appear on your telephone bill. In addition to the phone line, you can email helpline@wearehourglass.org

01935 477399 : South Somerset Community Transport

A demand responsive service which meets the needs of individuals who want to go shopping or attend medical appointments by using accessible vehicles and volunteer car drivers. Email : info@communitytransport.org.uk

0300 123 2224 : Help for Carers

If you care for someone who has a disability, mental health problem or is an older person, the Help for Carers in Crisis service can help you at short notice. It is a free service to help a carer in a one-off emergency situation. It can be

provided for sessions of up to four or eight hours and can usually start within one hour of the request being made.

0800 3168600 : Caring Emergencies

Support from Somerset Carers for caring emergencies - during office hours (9.00am - 5.00pm)

0808 2000 247 : National Domestic Violence Help Line

A 24-hour helpline run by Women's Aid and Refuge. It is a national service for women experiencing domestic violence, and their family, friends, colleagues and others calling on their behalf, or for advice themselves.

0800 69 49 999 : Somerset Integrated Domestic Abuse Service (SIDAS)

A free phone helpline for anyone affected by domestic abuse

01823 334244 : Mankind Initiative

A confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner).

0800 999 5428 : National LGBT Domestic Abuse Help Line

Emotional and practical support for LGBT+ people experiencing domestic abuse

0800 138 8292 : Pension Wise

If you're over 50 you can call to book a phone or face-to-face appointment with a pension guidance specialist

