



**waysbury matters**

***“promoting a happy and healthy community”***

**A - Z**

**OF**

**HELPFUL**

**ORGANISATIONS**

**Community   Care   Commitment**



## **wraysbury matters**

***“promoting a happy and healthy community”***

The principal objectives of **wraysbury matters** are:

- To encourage and promote ‘happy and healthy minds’ within the Wraysbury and Horton community for local adults, young people and children
- To identify local individuals and groups that have experience and knowledge with community activities and events and/or have specialist relevant skills to share
- To promote awareness and uptake of existing activities and clubs
- To develop a directory to promote awareness and uptake of local and national helplines and services
- To work closely with local community individuals and groups to a) review the current range of local activities and clubs for adults, young people and children and b) identify any gaps in provision and propose new activities and clubs
- To increase local volunteering opportunities and programmes
- To develop and support a youth parish council
- To keep the village up to date with initiatives via Swan Radio
- To be available at “Baptist Coffee Mornings” to provide information as required
- To liaise with other groups within the community

**Community Care Commitment**



## **wraysbury matters**

***“promoting a happy and healthy community”***

**This booklet has been compiled by **wraysbury matters** to help you access information and support quickly and easily, when you need it.**

**It offers an A-Z of national organisations – local information can be found in  
The Wraysbury News magazine**

**You can also find an online version at**

**[www.wraysbury.com](http://www.wraysbury.com)**



Helen Williams  
Wraysbury & Horton  
Voluntary Care



Dianne Cranmer  
School Governor



Michelle Herring  
Home Start  
Slough



Ruth Fogg  
Stressworx

Please note the information may change over time, so if you cannot access the service you need please contact **wraysbury matters** via [wraysburymatters@outlook.com](mailto:wraysburymatters@outlook.com) and we will try to assist you.

**Community Care Commitment**

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## **GENERAL WEBSITES**

[www.selfhelp.org.uk](http://www.selfhelp.org.uk) - A directory of organisations & self-help groups

[www.helpguide.org](http://www.helpguide.org) -

A not-for-profit organisation in collaboration with Harvard Medical School providing detailed information on many of the issues listed in this booklet

[www.supportline.org.uk](http://www.supportline.org.uk) –

Support if isolated, at risk, vulnerable and victims of any abuse

[www.helplines.org.uk](http://www.helplines.org.uk) - Information on help lines across the UK

[www.adviceguide.org.uk](http://www.adviceguide.org.uk) - Citizens Advice Bureau

[www.moneysavingexpert.com](http://www.moneysavingexpert.com)

# NATIONAL ORGANISATIONS

Please note that not every website has a contact telephone number

## **ABORTION**

[www.bpas.org.uk](http://www.bpas.org.uk) - British Pregnancy Advisory Service **03457 304030**

[www.brook.org.uk](http://www.brook.org.uk) - Online services to improve young people's sexual health

[www.mschoices.org.uk](http://www.mschoices.org.uk) - Reproductive health charity **0345 300 8090**

[www.pregnancychoicesdirectory.com](http://www.pregnancychoicesdirectory.com) - Free and confidential counselling

## **ABUSE (also see child abuse)**

[www.nspcc.org.uk](http://www.nspcc.org.uk) - Advice and guidance for adults and children **0800 800 5000**

[www.samaritans.org](http://www.samaritans.org) - Freephone **116 123**

[www.mind.org.uk](http://www.mind.org.uk) - **0300 123 3393**

[www.victimsupport.org.uk](http://www.victimsupport.org.uk) - Free helpline **0808 1689 111**

[www.wearehourglass.org/england](http://www.wearehourglass.org/england) - Elder Abuse support **0808 808 8141**

[www.stopitnow.org.uk](http://www.stopitnow.org.uk) - Prevent Child Sexual Abuse **0808 1000 900**

[www.nspcc.org.uk/fgm](http://www.nspcc.org.uk/fgm) - NSPCC Female Genital Mutilation Helpline **0800 028 3550**

[www.firstpersonplural.org.uk](http://www.firstpersonplural.org.uk) - Dissociative Identity Disorders **01902 810082**

## **ADHD**

[www.livingwithadhd.co.uk](http://www.livingwithadhd.co.uk) - Attention Deficit Hyperactivity Disorder

[www.youngminds.org.uk](http://www.youngminds.org.uk) - Call the Parents Helpline: **0808 802 5544**

## **ADVICE**

[www.advicelocal.uk](http://www.advicelocal.uk) - Enter a postcode for local advice on welfare benefits, tax credits; council tax, debt and money advice; housing and homelessness; employment and work issues; disability and social care; asylum and immigration

[www.advicenow.org.uk](http://www.advicenow.org.uk) - Information on the law and your rights

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) - Help with questions on benefits, council tax, debt and money advice; housing and homelessness; employment and work issues; disability and social care; asylum and immigration and legal issues

## **ALCOHOL**

[www.actiononaddiction.org.uk](http://www.actiononaddiction.org.uk) - **0300 330 0659**

[www.adfam.org.uk](http://www.adfam.org.uk) - Family support

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk) - **0800 0086 811**

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) - **0800 917 7650**

[www.drinkaware.co.uk](http://www.drinkaware.co.uk) - Information and advice

[www.nacoa.org.uk](http://www.nacoa.org.uk) – Nat. Association for Children of Alcoholics **0800 358 3456**

[www.recoveryfocus.org.uk](http://www.recoveryfocus.org.uk) - **020 7697 3300**

[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk) - **020 7697 3300**

[www.salvationarmy.org.uk](http://www.salvationarmy.org.uk) - **020 7367 4500**

[www.turning-point.co.uk](http://www.turning-point.co.uk) - Substance misuse, mental health, learning disability, employment services, criminal justice, primary care and public health.

[www.themix.org.uk](http://www.themix.org.uk) - Confidential support for under 25s **0808 808 4994**

[www.drinksmafter.org](http://www.drinksmafter.org) - Information and advice

[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk) - Self-help groups

## **ALZHEIMERS**

[www.alzheimers.org.uk](http://www.alzheimers.org.uk) – **0333 150 3456**

## **ANGER MANAGEMENT**

[www.thecalmzone.net/help/get-help/anger](http://www.thecalmzone.net/help/get-help/anger) - Information and resources on managing anger **0800 585858**

## **ANTI SOCIAL BEHAVIOUR**

[www.asbhelp.co.uk](http://www.asbhelp.co.uk) - Anti-Social Behaviour

[www.gov.uk/report-crime-anti-social-behaviour](http://www.gov.uk/report-crime-anti-social-behaviour)

[www.lawsociety.org.uk](http://www.lawsociety.org.uk) - Help to find a local solicitor

[www.boundary-problems.co.uk](http://www.boundary-problems.co.uk) - Free information on boundary problems.

[www.adviceguide.org.uk](http://www.adviceguide.org.uk) - Citizen Advice Bureau

[www.weareadvocate.org.uk](http://www.weareadvocate.org.uk) - Charity which finds free legal help from barristers

## **ANXIETY**

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) - **03444 775 774** Text **07537 416905**

[www.nopanic.org.uk](http://www.nopanic.org.uk) - **0844 967 4848** and for 13-20-year-olds **0330 606 1174**



[www.social-anxiety.org.uk](http://www.social-anxiety.org.uk) - Website, Forum and Chat Rooms

[www.anxietynomore.co.uk](http://www.anxietynomore.co.uk) - Help and Advice for anxiety and panic attacks

## **AUTISM / ASPERGERS**

[www.addiss.co.uk](http://www.addiss.co.uk) - Attention Deficit Disorder Info & Support **020 8952 2800**

[www.autism.org.uk](http://www.autism.org.uk) - National Autistic Society **0808 800 4104**

[www.ace-ed.org.uk](http://www.ace-ed.org.uk) - Advice on special educational needs

[www.afasic.org.uk](http://www.afasic.org.uk) - Parents' helpline - **0300 666 9410**

[www.ambitiousaboutautism.org.uk](http://www.ambitiousaboutautism.org.uk) - **020 8815 5444**

[www.ipsea.org.uk](http://www.ipsea.org.uk) - Legal guides, resources, helpline and training for parents

[www.livingautism.com](http://www.livingautism.com) - **0800 756 2420**

## **BENEFITS**

[www.benefitsguide.co.uk](http://www.benefitsguide.co.uk) - A free resource which provides clear and comprehensive information on all UK welfare benefits with guidance on applications, appeals, emergency assistance and legal help

## **BEREAVEMENT**

[www.thebereavementregister.org.uk](http://www.thebereavementregister.org.uk) - For removal of deceased from database  
**020 7089 6403 or 0800 082 1230** (24-hour automated registration service)

[www.brake.org.uk](http://www.brake.org.uk) - For road accident bereavements **0808 8000 401**

[www.cadd.org.uk](http://www.cadd.org.uk) - Campaign against Drinking and Driving **0345 123 5542**

[www.childbereavementuk.org](http://www.childbereavementuk.org) - Support for bereaved families **0800 02 888 40**

[www.cica.gov.uk](http://www.cica.gov.uk) - Criminal Injuries Compensation Authority **0300 003 3601**

[www.cruse.org.uk](http://www.cruse.org.uk) - Bereavement support **0808 808 1677**

[www.hopeagain.org.uk](http://www.hopeagain.org.uk) - Support for young people aged 12-18 **0808 808 1677**

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk) - **0800 282 986 / 0808 800 6019**

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

For sudden, unexpected death of a young child **0808 802 6868**

[www.samm.org.uk](http://www.samm.org.uk) - Support after Murder or Manslaughter **0121 472 2912**

[www.scard.org.uk](http://www.scard.org.uk) - Support and Care after Road Death & Injury **0345 123 5542**

[www.uksoobs.org](http://www.uksoobs.org) - Survivors of Bereavement by Suicide **0300 111 5065**

[www.victimsupport.org.uk](http://www.victimsupport.org.uk) - **0808 1689 111**

[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk) - For the bereaved aged 50 and under

[www.winstonswish.org](http://www.winstonswish.org) - Support for bereaved children and young people

[www.babyloss.com](http://www.babyloss.com) - Support to people who have suffered miscarriage or stillbirth  
[www.funeralcostshelp.co.uk](http://www.funeralcostshelp.co.uk)  
[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)  
[www.moneyadvice.service.org.uk/en/categories/when-someone-dies](http://www.moneyadvice.service.org.uk/en/categories/when-someone-dies) -  
Money issues after a death

## **PET BEREAVEMENT**

[www.animalsamaritans.org.uk](http://www.animalsamaritans.org.uk) – **0203 745 9859**  
[www.appcc.org.uk](http://www.appcc.org.uk) - Assoc. of Private Pet Cemeteries & Crematoria **01252 844478**  
[www.cats.org.uk/grief](http://www.cats.org.uk/grief) - **03000 12 12 12**  
[www.funeralguide.co.uk/help-resources/managing-your-estate/a-guide-to-pet-care-after-the-death-of-an-owner](http://www.funeralguide.co.uk/help-resources/managing-your-estate/a-guide-to-pet-care-after-the-death-of-an-owner) - Caring for a pet after their owner has died  
[www.bluecross.org.uk](http://www.bluecross.org.uk) - Pet Bereavement Support Service **0800 096 6606**

## **BULLYING (also see Child Abuse)**

### **CHILDREN and YOUNG PEOPLE**

[www.bullying.co.uk](http://www.bullying.co.uk) - **0808 800 2222**  
[www.ditchthelabel.org](http://www.ditchthelabel.org) - **01273 201129**  
<https://en-gb.facebook.com/help/116326365118751> - To report Facebook bullying  
<https://help.instagram.com/547601325292351> - To report Instagram bullying  
[www.kidscape.org.uk/cyberbullying](http://www.kidscape.org.uk/cyberbullying)  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) - Internet safety  
[www.childline.org.uk](http://www.childline.org.uk) - **0800 1111**  
[www.kidscape.org.uk](http://www.kidscape.org.uk) - **0207 730 3300**

### **WORKPLACE BULLYING**

[www.acas.org.uk](http://www.acas.org.uk) –  
Information on employment rights/bullying at work **0300 123 1100**  
[www.bullyonline.org](http://www.bullyonline.org)  
[www.equalityhumanrights.com](http://www.equalityhumanrights.com) - **0808 800 0082**  
[www.tuc.org.uk](http://www.tuc.org.uk) - **020 7636 4030**  
[www.protect-advice.org.uk](http://www.protect-advice.org.uk) – Confidential whistleblowing advice **020 3117 2520**  
[www.safeworkers.co.uk](http://www.safeworkers.co.uk) - Information includes workplace bullying, discrimination, employment law etc.  
[www.welfareatwork.co.uk](http://www.welfareatwork.co.uk) - Information on employee rights at work

## **CANCER**

[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk) - 020 7940 1760

[www.maggies.org](http://www.maggies.org) – 0300 123 1801

[www.cancerresearchuk.org](http://www.cancerresearchuk.org) – Nurse helpline 0808 800 4040

[www.myeloma.org.uk](http://www.myeloma.org.uk) - 0800 980 3332

[www.jostrust.org.uk/support](http://www.jostrust.org.uk/support) - 0808 802 8000 (cervical cancer)

[www.kidneycancersupportnetwork.co.uk](http://www.kidneycancersupportnetwork.co.uk) - 01209 890326

[www.kcuk.org.uk](http://www.kcuk.org.uk) - 0800 002 9002 (Kidney Cancer Care)

[www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk) - 08088 010 444

[www.lymphoma-action.org.uk](http://www.lymphoma-action.org.uk) - 0808 808 5555

[www.macmillan.org.uk](http://www.macmillan.org.uk) - 0808 808 0000

[www.mariecurie.org.uk](http://www.mariecurie.org.uk) -0800 090 2309

[www.mesothelioma.uk.com](http://www.mesothelioma.uk.com) - 0800 169 2409

[www.ovacome.org.uk](http://www.ovacome.org.uk) - 0800 008 7054 (ovarian cancer)

[www.prostatecanceruk.org](http://www.prostatecanceruk.org) - 0800 074 8383

### **CHILDREN'S CANCER CHARITIES**

[www.christianlewistrust.org](http://www.christianlewistrust.org) - 01792 480500

[www.clicsargent.org.uk](http://www.clicsargent.org.uk) - 0300 330 0803

[www.thelossfoundation.org](http://www.thelossfoundation.org) –

Supporting those bereaved by cancer 0300 200 4112

## **CARERS**

[www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

[www.carers.org](http://www.carers.org) – Carers Trust 0300 772 9600

[www.carersuk.org](http://www.carersuk.org) – 0808 808 7777

## **CHILD ABUSE (also see Bullying)**

[www.18u.org.uk](http://www.18u.org.uk) – for 18-year-olds and under

[www.coramvoice.org.uk](http://www.coramvoice.org.uk) –

Advice and information for children in care 0808 800 5792

[www.childline.org.uk](http://www.childline.org.uk) - A confidential 24hr free helpline 0808 1111

[www.myh.org.uk](http://www.myh.org.uk) - Muslim Youth Helpline 0808 808 2008 (London Area)

[www.nyas.net](http://www.nyas.net) - National Youth Advocacy Service: Information, advice, advocacy and legal representation to young people up to the age of 25 0808 808 1001

[www.themix.org.uk](http://www.themix.org.uk) – Essential Support for under 25s **0808 808 4994**

[www.childnet.com](http://www.childnet.com) - Internet safety

[www.itsnotokay.co.uk](http://www.itsnotokay.co.uk) -

Information for children, young people and parents about child sexual exploitation

[www.youthaccess.org.uk](http://www.youthaccess.org.uk) -

Online local youth information, advice, counselling and support services

### **PARENTS/CARERS OF SEXUALLY ABUSED CHILDREN**

[www.mosac.org.uk](http://www.mosac.org.uk) - **0800 980 1958**

[www.parentsprotect.co.uk](http://www.parentsprotect.co.uk) - If you are an adult who knows or believes that a child or young person may be at risk and need advice you can contact **0808 1000 900**

[www.nspcc.org.uk](http://www.nspcc.org.uk) – For advice if you are concerned about a child **0808 800 5000**

[www.stopitnow.org.uk](http://www.stopitnow.org.uk) - **0808 1000 900**

### **CHILD ABUSE - SURVIVORS**

[www.survivorsnetwork.org.uk](http://www.survivorsnetwork.org.uk) - **01273 203380**

Support for women (16+) who were sexually abused in childhood.

[www.victimsupport.org.uk](http://www.victimsupport.org.uk) - **0808 1689 111**

[www.boardingrecovery.com](http://www.boardingrecovery.com) - Boarding school survivors

[www.courtroomadvice.co.uk](http://www.courtroomadvice.co.uk) - Advice for going to court

[www.havoca.org](http://www.havoca.org) - Help for Adult Victims of Child Abuse

[www.intothelight.org.uk](http://www.intothelight.org.uk) - Counselling, courses and workshops

[www.thehavens.org.uk](http://www.thehavens.org.uk) - **020 3299 6900**

### **MALE SURVIVORS**

[www.malesurvivorlondon.btck.co.uk](http://www.malesurvivorlondon.btck.co.uk)

[www.malesurvivorstrust.org.uk](http://www.malesurvivorstrust.org.uk)

[www.mankind.org.uk](http://www.mankind.org.uk) - **01823 334244**

[www.safeline.org.uk](http://www.safeline.org.uk) - **0808 800 5005**

[www.survivorsuk.org](http://www.survivorsuk.org) - **0203 598 3898**

### **COMPLEMENTARY MEDICINE**

[www.a-r-h.org](http://www.a-r-h.org) –

Alliance of Registered Homeopaths (ARH) is a UK professional organization

[www.aor.org.uk](http://www.aor.org.uk) - Association of Reflexologists **01823 351010**

[www.acupuncture.org.uk](http://www.acupuncture.org.uk) - British Acupuncture Council **020 8735 0400**

[www.bhma.info](http://www.bhma.info) - British Herbal Medicine Association **0845 680 1134**

[www.bhma.org](http://www.bhma.org) - British Holistic Medical Association

[www.britishhomeopathic.org](http://www.britishhomeopathic.org) - British Homeopathic Association: **0203 640 5903**

[www.general-hypnotherapy-register.com](http://www.general-hypnotherapy-register.com) - General Hypnotherapy Register

[www.british-hypnotherapy-association.org](http://www.british-hypnotherapy-association.org) –

British Hypnotherapy Association **0208 942 3988**

[www.naturopathy.org.uk](http://www.naturopathy.org.uk) –

General Council and Register of Naturopaths **01458 840072**

[www.thehealingtrust.org.uk](http://www.thehealingtrust.org.uk) - NFSH The Healing Trust **01604 603247**

[www.homeopathy-soh.org](http://www.homeopathy-soh.org) - Society of Homeopaths **01604 817890**

[www.therapy-directory.org.uk](http://www.therapy-directory.org.uk) - General

[www.cnhc.org.uk](http://www.cnhc.org.uk) - Complementary & Natural Healthcare Council **020 3668 0406**

## **CONSUMER ADVICE**

[www.adviceguide.org.uk](http://www.adviceguide.org.uk) - Citizens Advice Bureau

[www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

[www.mpsonline.org.uk](http://www.mpsonline.org.uk) Mailing Preference Service: Stop unwanted mail for 5 years

[www.simplyswitch.com](http://www.simplyswitch.com) - Impartial comparisons of different services to save money on household bills e.g., gas, electric, phone, broadband, mortgage **0800 011 1395**

[www.abd.org.uk](http://www.abd.org.uk) - Association of British Drivers

[www.advicenow.org.uk](http://www.advicenow.org.uk) - Making sense of the law and your rights

[www.appealnow.com](http://www.appealnow.com) - Appeal against incorrect charges

[www.bbc.co.uk/watchdog](http://www.bbc.co.uk/watchdog) - Information on all consumer issues and your rights

[www.comparethemarket.com](http://www.comparethemarket.com) - Insurance for cars, mobile phones, credit cards, loans, broadband etc

[www.ico.org.uk](http://www.ico.org.uk) - Information on Freedom of Information Act, data protection act, your rights, unwanted calls, spam mail, junk mail, obtaining medical records etc.

[www.moneyexpert.com](http://www.moneyexpert.com) - Comparison of loans, credit cards, mortgages, insurance

[www.moneysupermarket.com](http://www.moneysupermarket.com) – product comparison website

[www.mrthrifty.co.uk](http://www.mrthrifty.co.uk) - Money saving tips and advice

[www.ppipoo.com](http://www.ppipoo.com) - Information relating to the Law and traffic offences

[www.thisismoney.co.uk](http://www.thisismoney.co.uk) - General financial advice including money saving tips

[www.turn2us.org.uk](http://www.turn2us.org.uk) –

Information and advice on benefits, grants and other financial help

## **CONTRACEPTION**

[www.fpa.org.uk](http://www.fpa.org.uk) – UK family planning and sexual health clinics. **0207 608 5240**  
[www.contraceptionchoices.org](http://www.contraceptionchoices.org)

## **COUNSELLING**

[www.childpsychotherapy.org.uk](http://www.childpsychotherapy.org.uk) - **020 7922 7751**

[www.acc-uk.org](http://www.acc-uk.org) - Association of Christian Counsellors

[www.therapeuticcommunities.org](http://www.therapeuticcommunities.org) - **01242 620077**

[www.baat.org](http://www.baat.org) - British Association of Art Therapists **020 7686 4216**

[www.babcp.com](http://www.babcp.com) -

British Association for Behavioural & Cognitive Psychotherapy **0330 320 0851**

[www.bacp.co.uk](http://www.bacp.co.uk) –

British Association for Counselling & Psychotherapy **01455 883300**

[www.bps.org.uk](http://www.bps.org.uk) - British Psychological Society **0116 254 9568**

[www.bamt.org](http://www.bamt.org) - British Association for Music Therapy **020 7837 6100**

[www.cosrt.org.uk](http://www.cosrt.org.uk) - College of Sexual & Relationship Therapists **020 8106 9635**

[www.baatn.org.uk](http://www.baatn.org.uk) - Black & Asian Therapists Network

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk) - Help with finding a counsellor

## **DEBT / FINANCE**

[www.businessdebtline.org](http://www.businessdebtline.org) - Business Debt line **0800 197 6026**

[www.nationaldebtline.org](http://www.nationaldebtline.org) – **0808 808 4000**

[www.adviceguide.org.uk](http://www.adviceguide.org.uk) - Citizen Advice Bureau

[www.cicm.com](http://www.cicm.com) - Chartered Institute of Credit Management **01780 722900**

[www.stepchange.org](http://www.stepchange.org) - Step Change Debt Charity **0800 138 1111**

[www.debtadvicefoundation.org](http://www.debtadvicefoundation.org) – **0800 043 40 50**

[www.debtsupporttrust.org.uk](http://www.debtsupporttrust.org.uk) –

Information and support on to all debt issues **0800 085 0226**

[www.taxaid.org.uk](http://www.taxaid.org.uk) - **0345 120 3779**

[www.moneyadviceplus.org.uk](http://www.moneyadviceplus.org.uk) -

Advice for people who cannot afford an accountant **08081 963699**

[www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk) - **0800 138 7777**

[www.gov.uk/government/organisations/insolvency-service](http://www.gov.uk/government/organisations/insolvency-service)

[www.choose.co.uk/guide/grants-for-energy-bill-debts.html](http://www.choose.co.uk/guide/grants-for-energy-bill-debts.html)

Information on grants available for help with utility bills and debts

[www.mentalhealthandmoneyadvice.org/en/](http://www.mentalhealthandmoneyadvice.org/en/)

[www.moneyexpert.com](http://www.moneyexpert.com) - Comparison of loans, credit cards, mortgages, insurance

[www.moneymatterstome.co.uk](http://www.moneymatterstome.co.uk) - Online financial education site

[www.moneysavingexpert.com](http://www.moneysavingexpert.com) - Tips on saving money

[www.moneysupermarket.com](http://www.moneysupermarket.com) - Comparison of different products including insurance, mortgage, loans, credit cards

[www.shelter.org.uk](http://www.shelter.org.uk) - Information on debt issues

[www.thisismoney.co.uk](http://www.thisismoney.co.uk) - General financial advice and money saving tips

[www.turn2us.org.uk](http://www.turn2us.org.uk) - Help for people in financial hardship **0808 802 2000**

## **DEPRESSION**

[www.bipolaruk.org](http://www.bipolaruk.org)

[www.thecalmzone.net](http://www.thecalmzone.net) - **0800 585858**

[www.childline.org.uk](http://www.childline.org.uk) - **0800 1111**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) – Mental Health Foundation

[www.mind.org.uk](http://www.mind.org.uk) - **0300 123 3393**

[www.themix.org.uk](http://www.themix.org.uk) - Support for under 25s **0808 808 4994**

[www.moodswings.org.uk](http://www.moodswings.org.uk) - **0161 832 3736**

[www.myh.org.uk](http://www.myh.org.uk) - Muslim Youth Helpline (under 25) **0808 808 2008**

[www.nyas.net](http://www.nyas.net) - National Youth Advocacy Service: (under 25) **0808 808 1001**

[www.samaritans.org](http://www.samaritans.org) Call **116 123** free from any phone

[www.coramvoice.org.uk](http://www.coramvoice.org.uk) - For children in care **0808 800 5792**

[www.togetherall.com](http://www.togetherall.com)

[www.blurtitout.org](http://www.blurtitout.org)

[www.haveigotaproblem.com](http://www.haveigotaproblem.com)

[www.just-me-mental-health.com/](http://www.just-me-mental-health.com/)

[www.facebook.com/justmentalhealth](http://www.facebook.com/justmentalhealth)

[www.nightline.ac.uk](http://www.nightline.ac.uk) - For students

[www.mindingyourhead.info](http://www.mindingyourhead.info)

[www.mytherapyapp.com/depression-mood-tracker-app](http://www.mytherapyapp.com/depression-mood-tracker-app) - Diary App

[www.overcomedepression.co.uk](http://www.overcomedepression.co.uk)

## **DISABILITY**

[www.3fund.org.uk](http://www.3fund.org.uk) - Helping hands and grants for holidays **01892 860207**

[www.abilitynet.org.uk](http://www.abilitynet.org.uk) - Computer help for disabled people **0800 048 7642**

[www.rnid.org.uk](http://www.rnid.org.uk) – Royal National Institute for Deaf People **0808 808 0123**

[www.direct.gov.uk/disability-money](http://www.direct.gov.uk/disability-money) -

Information relating to benefits for people with disabilities

[www.caninepartners.co.uk](http://www.caninepartners.co.uk) - Assistance with specially trained assistance dogs

[www.cafamily.org.uk](http://www.cafamily.org.uk) - Contact a Family **0808 808 3555**

[www.dls.org.uk](http://www.dls.org.uk) - Disability Law Service **0207 791 9800**

[www.disabledmotoring.org](http://www.disabledmotoring.org) - Disabled Motoring UK **01508 489 449**

[www.disabilityrightsuk.org](http://www.disabilityrightsuk.org) - Disability Rights

[www.disabledparentsnetwork.org.uk](http://www.disabledparentsnetwork.org.uk) - Disabled Parents Network

[www.dlf.org.uk](http://www.dlf.org.uk) - Disabled Living Foundation **0300 999 0004**.

[www.dogsforgood.org](http://www.dogsforgood.org) - Dogs for the Disabled **01295 252600**

[www.activityalliance.org.uk](http://www.activityalliance.org.uk) - Disability inclusion sport **01509 227750**

[www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com) - **0808 800 0082**

[www.happydayscharity.org](http://www.happydayscharity.org) - Happy Days Children's Charity **01462 530710**

[www.papas.org.uk](http://www.papas.org.uk) - People and Pets Advocates **0300 666 3999**

[www.peterlemarchanttrust.co.uk](http://www.peterlemarchanttrust.co.uk) - **01509 265590**

[www.petsastherapy.org](http://www.petsastherapy.org) - Pets as Therapy **01865 671440**

[www.phab.org.uk](http://www.phab.org.uk) – Inspires and supports children and young people and adults with and without disabilities to make more of life together **020 8667 9443**

[www.gef.org.uk](http://www.gef.org.uk) - Queen Elizabeth's Foundation for Disabled People **01372 841100**

[www.scope.org.uk](http://www.scope.org.uk) - **0808 800 3333**

[www.shada.org.uk](http://www.shada.org.uk) -

Sexual Health and Disability Alliance **07872 681982 / 07900 957393**

[www.signhealth.org.uk](http://www.signhealth.org.uk) -

The Deaf Health Charity **020 3947 2600** text **07966 976749**

[www.theadvocacypeople.org.uk](http://www.theadvocacypeople.org.uk) - **0330 440 9000**

[www.revitalise.org.uk](http://www.revitalise.org.uk) – **0303 303 0145**

[www.ableize.com](http://www.ableize.com)

[www.advicelocal.uk](http://www.advicelocal.uk)

[www.advicenow.org.uk](http://www.advicenow.org.uk) - Guide to DLA benefits

[www.benefitsguide.co.uk](http://www.benefitsguide.co.uk)



[www.benefitsandwork.co.uk](http://www.benefitsandwork.co.uk)

[www.ican.org.uk](http://www.ican.org.uk) - Help for children with communication difficulties

[www.independentliving.co.uk](http://www.independentliving.co.uk) - Information and support to assist with independent living

[www.whizz-kidz.org.uk](http://www.whizz-kidz.org.uk) - Financial help for disabled children

[www.youreable.com](http://www.youreable.com) - Online community for people with disabilities

[www.unitedresponse.org.uk](http://www.unitedresponse.org.uk) - Supports people with learning disabilities, autism and mental health needs **0208 016 5678**

## **DOMESTIC VIOLENCE**

[www.childline.org.uk](http://www.childline.org.uk) - **0800 1111**

[www.myh.org.uk](http://www.myh.org.uk) - Muslim Youth Helpline **0808 808 2008**

[www.nyas.net](http://www.nyas.net) - National Youth Advocacy Service **0808 808 1001**

[www.themix.org.uk](http://www.themix.org.uk) - The Mix **0808 808 4994**

[www.youthaccess.org.uk](http://www.youthaccess.org.uk) - Youth Access **020 8772 9900**

[www.courtroomadvice.co.uk](http://www.courtroomadvice.co.uk) - Advice on going to court

[www.thehideout.org.uk](http://www.thehideout.org.uk) –

Help for children and young people living with domestic violence

[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk) – Free 24-hour helpline **0808 2000 247**

[www.aanchal.org.uk](http://www.aanchal.org.uk) – For Asian women **0845 451 2547**

[www.womensaid.org.uk](http://www.womensaid.org.uk)

[www.wearehourglass.org](http://www.wearehourglass.org) – Safer ageing, stopping abuse **0808 808 8141**

[www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk) – For women

[www.homegroup.org.uk](http://www.homegroup.org.uk) – Domestic violence services

[www.jwa.org.uk](http://www.jwa.org.uk) – Jewish Women’s Aid **0808 801 0500**

[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk) – Rights of Women

[www.recoveryfocus.org.uk](http://www.recoveryfocus.org.uk) – **020 7697 3300**

[www.galop.org.uk/domesticabuse](http://www.galop.org.uk/domesticabuse) - National LGBT+ Domestic Abuse

Helpline **0800 999 5428** London LGBT Casework Service **020 7704 2040**

[www.victimsinformationsservice.org.uk](http://www.victimsinformationsservice.org.uk) – **0808 168 9293**

[www.victimsupport.org.uk](http://www.victimsupport.org.uk) - **0808 1689 111**

[www.womanstrust.org.uk](http://www.womanstrust.org.uk) - **020 7034 0303**

## **MALE VICTIMS OF DOMESTIC VIOLENCE**

[www.mankind.org.uk](http://www.mankind.org.uk) - The Mankind Initiative **01823 334244**

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk) - **0808 801 0327**

[www.everymanproject.co.uk](http://www.everymanproject.co.uk) - **0203 642 8850**

[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk) –

Help for perpetrators of domestic violence **0808 802 4040**

## **DRUGS**

[www.actiononaddiction.org.uk](http://www.actiononaddiction.org.uk) - **0300 330 0659**

[www.famanon.org.uk](http://www.famanon.org.uk) – Families Anonymous **020 7498 4680**

[www.talktofrank.com](http://www.talktofrank.com) - **0300 123 6600**

[www.ukna.org](http://www.ukna.org) - UK Narcotics Anonymous **0300 999 1212**

[www.april.org.uk](http://www.april.org.uk) - Information on Adverse Psychiatric Drug Reactions

[www.recoveryfocus.org.uk](http://www.recoveryfocus.org.uk) - **020 7697 3300**

[www.release.org.uk](http://www.release.org.uk) - **020 7324 2989**

[www.re-solv.org](http://www.re-solv.org) - **01785 810762**

[www.salvationarmy.org.uk](http://www.salvationarmy.org.uk) – **020 7367 4500.**

[www.turning-point.co.uk](http://www.turning-point.co.uk)

[www.lukeandmarcustrust.org.uk](http://www.lukeandmarcustrust.org.uk)

[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

## **DYSLEXIA**

[www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk) – British Dyslexia Association

[www.dyslexiaaction.org.uk](http://www.dyslexiaaction.org.uk) – Dyslexia Action

[www.addressingdyslexia.org](http://www.addressingdyslexia.org)

[www.dyslexia-help.org](http://www.dyslexia-help.org) – Dyslexia Foundation **0151 707 1525**

## **EATING DISORDERS**

[www.anorexiabulimiacaicare.org.uk](http://www.anorexiabulimiacaicare.org.uk) - **03000 11 12 13**

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) - Adult helpline **0808 801 0677**

Student helpline **0808 801 0811** Youth helpline **0808 801 0711**

[www.nutrition.org.uk](http://www.nutrition.org.uk) - **020 7557 7930**

[www.caraline.com](http://www.caraline.com) - **01582 457474**

[www.nice.org.uk](http://www.nice.org.uk) - Guidelines relating to Treatment of Anorexia **0300 323 0140**

[www.youngminds.org.uk](http://www.youngminds.org.uk) - **0808 802 5544**

[www.aba12steps.org](http://www.aba12steps.org) - 12-step programme adapted from Alcoholics Anonymous

[www.eatingdisorderexpert.co.uk](http://www.eatingdisorderexpert.co.uk)

[www.mind.org.uk](http://www.mind.org.uk) - **0300 123 3393**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk) – Royal College of Psychiatrists: Information on eating disorders

## **EDUCATION**

[www.ace-ed.org.uk](http://www.ace-ed.org.uk) - Online advice on special educational needs **0300 0115 142**

[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

[www.educationotherwise.org](http://www.educationotherwise.org) - Home tuition **0300 124 5690**

[www.ipsea.org.uk](http://www.ipsea.org.uk) - Independent Panel for Special Education Advice:

Advice and support for parents of children with special educational needs

[www.learnirect.com](http://www.learnirect.com) - National Learning Advice Details of wide range of courses (local, distant, online) **01202 006 464**

[www.ncsyes.co.uk](http://www.ncsyes.co.uk) - National Citizen Service for 16 & 17-year olds learning life skills, personal skills, leadership, communication

[www.ukcisa.org.uk](http://www.ukcisa.org.uk) - Telephone advice for international students **020 7788 9214**

[www.bbc.co.uk/skillswise](http://www.bbc.co.uk/skillswise) - Free videos and downloadable worksheets to help adult learners improve their reading, writing and numeracy skills

[www.thebrightsidetrust.org](http://www.thebrightsidetrust.org) - Online mentoring

[www.mathschase.com](http://www.mathschase.com) - Fun ways for children to learn their times tables

[www.thestudentroom.co.uk](http://www.thestudentroom.co.uk) - Student discussion forum

[www.gridclub.com](http://www.gridclub.com) - Online learning club for young people

## **EQUALITY**

[www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com) –

Equality Advisory & Support Service: Issues relating to equality and human rights across England, Scotland and Wales **0808 800 0082**

## **ETHNIC MINORITY GROUPS**

[www.baatn.org.uk](http://www.baatn.org.uk) - Black & Asian Therapists Network: a directory of qualified therapists experienced in working with those of Black, African, Asian and Caribbean heritage in the UK

[www.cmha.org.uk](http://www.cmha.org.uk) - Chinese Mental Health Association **020 7613 1008**

[www.cnhlc.org.uk](http://www.cnhlc.org.uk) - Chinese National Healthy Living Centre **020 3802 0350**

[www.muslimcommunityhelpline.org.uk](http://www.muslimcommunityhelpline.org.uk) - **020 8904 8193** or **020 8908 6715**

[www.myh.org.uk](http://www.myh.org.uk) - Muslim Youth Helpline for Muslims under 25 **0808 808 2008**

[www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk) - Support for black (Asian and African-Caribbean) and minority ethnic women suffering from abuse and violence **0208 571 9595**

[www.opoka.org.uk](http://www.opoka.org.uk) –

For Polish women experiencing Domestic Violence and Abuse **0300 365 1700**

[NSPCC FGM HELPLINE](#) - **0800 028 3550** (free, 24 hours every day)

**FGM** If you are concerned a girl is in immediate danger of undergoing FGM, call the police on 999. You should contact the [Foreign Commonwealth Office](#) if she has already been taken abroad on **020 7008 1500**

## **EXAM STRESS**

[www.stressworx.co.uk](http://www.stressworx.co.uk) - **01784 488165**

## **FOODBANKS**

[www.trusselltrust.org/get-help](http://www.trusselltrust.org/get-help) - For those in financial crisis **0808 208 2138**

## **FORCED MARRIAGES**

[www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com) - Equality Advisory & Support **0808 800 0082**

[www.gov.uk/stop-forced-marriage](http://www.gov.uk/stop-forced-marriage) - Forced Marriage Unit **020 7008 0151**

[www.freedomcharity.org.uk](http://www.freedomcharity.org.uk) - **0845 607 0133**

[www.karmanirvana.org.uk](http://www.karmanirvana.org.uk) -

Supporting victims of honour-based abuse and forced marriage **0800 5999 247**

[www.modernslaveryhelpline.org](http://www.modernslaveryhelpline.org) - Modern Slavery Helpline (also referred to as Human Trafficking) **08000 121 700**

## **FOSTERING**

[www.fostertalk.org](http://www.fostertalk.org) – **0121 758 5013**

[www.fosterline.info](http://www.fosterline.info) - **0800 040 7675**

## **GAMBLING**

[www.gamcare.org.uk](http://www.gamcare.org.uk) - **0808 8020 133**

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk) –

Forum, live chat, meetings, support and advice **0330 094 0322**

[www.gamanon.org.uk](http://www.gamanon.org.uk) –

For friends and families who have been affected by a gambling problem

[www.begambleaware.org](http://www.begambleaware.org) - **0808 8020 133**

[www.gamblingcommission.gov.uk](http://www.gamblingcommission.gov.uk) - Regulates commercial gambling in Great Britain  
[www.counselling-directory.org.uk/gambling.html](http://www.counselling-directory.org.uk/gambling.html)  
[www.gamblingtherapy.org](http://www.gamblingtherapy.org)

## **GENDER IDENTITY**

[www.beaumontsociety.org.uk](http://www.beaumontsociety.org.uk) -

Help and support for the transgender community **01582 412220**

[www.depend.org.uk](http://www.depend.org.uk) - Free confidential advice, information and support for family members, partners and friends of transsexual people in the UK

[www.genderedintelligence.co.uk](http://www.genderedintelligence.co.uk) - Working with young trans under 21

[www.gires.org.uk](http://www.gires.org.uk) -

The Gender Identity Research & Education Society: Information for trans people, their families and professionals who care for them **01372 801554**

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk) - Information and listening service for young people with gender identity issues and their families **0808 801 0400**

[www.transliving.co.uk](http://www.transliving.co.uk) -

Support and advice for transvestites, transsexuals and their partners and families

## **HATE CRIME**

[www.crimestoppers-uk.org](http://www.crimestoppers-uk.org) - Call anonymously with information **0800 555 111**

[www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com) - Equality Advisory & Support **0808 800 0082**

[www.galop.org.uk](http://www.galop.org.uk) - London's LGBT+ community safety charity: advice and support for those affected by homophobic and transphobic violence **0800 999 5428**

[www.samm.org.uk](http://www.samm.org.uk) - Support After Murder and Manslaughter for families and friends bereaved through murder or manslaughter **0121 472 2912**

[www.stophateuk.org](http://www.stophateuk.org) - Advice and support for victims or witnesses of hate crime

[www.victimsupport.org.uk](http://www.victimsupport.org.uk) - **0808 168 9111**

[www.direct.gov.uk](http://www.direct.gov.uk) -

Information and advice on crime, justice and the law (click on Crime)

[www.ourwatch.org.uk](http://www.ourwatch.org.uk) - Information about Neighbourhood Watch schemes

[www.reportharmfulcontent.com](http://www.reportharmfulcontent.com) - Advice on reporting hate incidents

[www.report-it.org.uk](http://www.report-it.org.uk) - Police funded website for information on hate crime

## **HEALTH**

It is difficult to cover all health aspects so visit [www.nhs.uk](http://www.nhs.uk) for an A-Z of conditions

### **Agoraphobia**

[www.anxietyuk.org.uk/anxiety-type/agoraphobia/](http://www.anxietyuk.org.uk/anxiety-type/agoraphobia/)

**Anxiety** - see separate section

### **Allergies**

[www.nhs.uk/conditions/allergies](http://www.nhs.uk/conditions/allergies)

[www.healthline.com/health/allergies](http://www.healthline.com/health/allergies)

### **Action for Sick Children**

[www.actionforsickchildren.org](http://www.actionforsickchildren.org) -

Advice and support to parents and families **0161 486 6788**

### **Arthritis**

[www.versusarthritis.org](http://www.versusarthritis.org) - **0800 5200 520**

### **Asthma**

[www.asthma.org.uk](http://www.asthma.org.uk) - **0300 222 5800**

### **Bladder and Bowel Community**

[www.bladderandbowel.org](http://www.bladderandbowel.org)

### **British Heart Foundation**

[www.bhf.org.uk](http://www.bhf.org.uk) - Includes information on keeping your heart healthy

### **Blood Donation**

[www.blood.co.uk](http://www.blood.co.uk)

### **Blood Disorders**

[www.haemophilia.org.uk](http://www.haemophilia.org.uk) - **020 7939 0780**

**Cancer** – see separate section

### **Complaints**

[www.ombudsman.org.uk](http://www.ombudsman.org.uk) - To make a complaint about the NHS write to Health Service Ombudsman, Millbank Tower, London SW1P 4QP **0345 015 4033**

[www.patients-association.com](http://www.patients-association.com) - How to make a complaint, access medical records, change GP **0800 345 7115**

### **Diabetes**

[www.diabetes.org.uk](http://www.diabetes.org.uk) - **0345 123 2399**

### **M.E.**

[www.mesupport.co.uk](http://www.mesupport.co.uk)

[www.actionforme.org.uk](http://www.actionforme.org.uk) - Advice, information, and support on M.E.

## **Medical Advisory Service**

[www.medicaladvisoryservice.org.uk](http://www.medicaladvisoryservice.org.uk) - A general medical helpline **020 8995 8503**

## **Multiple Sclerosis**

[www.mssociety.org.uk](http://www.mssociety.org.uk) - **0808 800 8000**

[www.livinglikeyou.com](http://www.livinglikeyou.com)

## **NHS Choices**

[www.nhs.uk](http://www.nhs.uk) - Telephone: **111** (24 hours) Health information and where to find your nearest doctor, pharmacist, dentist or support group

## **Pain Concern**

[www.painconcern.org.uk](http://www.painconcern.org.uk) - For those living with chronic pain **0300 123 0789**

<https://crps-uk.org> - Living with Complex Regional Pain Syndrome

[www.burningnightscrps.org](http://www.burningnightscrps.org) - Support for Complex Regional Pain Syndrome (CRPS) sufferers, families, friends and carers **01663 795055**

[www.paintoolkit.org](http://www.paintoolkit.org) - Self Pain Management

**Sexual Health** - see separate section

## **Skin**

[www.bad.org.uk](http://www.bad.org.uk) - Information on skin and skin diseases

[www.healthline.com/health/skin-disorders](http://www.healthline.com/health/skin-disorders)

<https://knowyourskin.britishskinfoundation.org.uk>

## **Sleep**

[www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

## **Strokes**

[www.stroke.org.uk](http://www.stroke.org.uk) – **0303 3033 100**

[www.differentstrokes.co.uk](http://www.differentstrokes.co.uk) - Advice & support on stroke recovery **0345 130 7172**

[www.strokenetwork.org](http://www.strokenetwork.org) - Support Group: online community and information

## **Tinnitus**

[www.tinnitus.org.uk](http://www.tinnitus.org.uk) - **0800 018 0527**

## **Women's Health**

[www.womens-health-concern.org](http://www.womens-health-concern.org) - Advice for women on gynaecological and sexual health problems including the menopause

[www.verity-pcos.org.uk](http://www.verity-pcos.org.uk) –

Information and support for women with polycystic ovary syndrome

[www.daisynetwork.org.uk](http://www.daisynetwork.org.uk) - Premature menopause support group

## **General Health**

[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

[www.embarrassingproblems.com](http://www.embarrassingproblems.com) –

Advice and information on embarrassing problems

[www.healthtalk.org](http://www.healthtalk.org) - Information & support on health issues with case studies

[www.kidshealth.org](http://www.kidshealth.org) -

Information for children, teens and parents on health, diseases, body image etc.

[www.netdoctor.co.uk](http://www.netdoctor.co.uk) - Information relating to health and wellbeing

[www.nutrition.org.uk](http://www.nutrition.org.uk) – British Nutrition Foundation

[www.nutritionist-resource.org.uk](http://www.nutritionist-resource.org.uk) - Information and database of UK nutritionists

<https://www.privatehealth.co.uk/conditions-and-treatments/>

Information on health, mental health, complementary health etc.

[www.youthhealthtalk.org](http://www.youthhealthtalk.org) -

Case studies from young people about their health experiences

## **HOMELESS**

[www.windsorhomelessproject.org](http://www.windsorhomelessproject.org)

[www.aloneinlondon.org](http://www.aloneinlondon.org) - For 16-25-year-olds **020 7278 4224**

[www.bigissue.com](http://www.bigissue.com) - Big Issue Foundation **020 7526 3200**

[www.centrepoin.org.uk](http://www.centrepoin.org.uk) - Helpline **0808 800 0661**

[www.crisis.org.uk](http://www.crisis.org.uk) - Crisis Skylight (relevant to all London boroughs) **0300 636 1967**

[www.fieldlane.org.uk](http://www.fieldlane.org.uk) - Field Lane Christian Care and Housing: **020 7748 0303**

[www.keychange.org.uk](http://www.keychange.org.uk) - Christian residential care **020 7633 0533**

[www.streetlink.org.uk](http://www.streetlink.org.uk) - Streetlink **0300 500 0914**

[www.mungos.org](http://www.mungos.org) - St. Mungo's Broadway **0203 856 6000**

[www.shelter.org.uk](http://www.shelter.org.uk) -

For those with housing problems or who are homeless **0808 800 4444**

[www.simoncommunity.org.uk](http://www.simoncommunity.org.uk) - **020 7485 6639**

[www.homegroup.org.uk](http://www.homegroup.org.uk) - Housing Association **0345 141 4663**

[www.uk.depaulcharity.org/nightstop](http://www.uk.depaulcharity.org/nightstop) - Emergency accommodation for young homeless people aged 16-25

[www.shp.org.uk](http://www.shp.org.uk) - Charity for vulnerable and homeless people in London

## **INFERTILITY SUPPORT**

[www.bica.net](http://www.bica.net) - British Infertility Counselling Association

[www.fertilitynetworkuk.org](http://www.fertilitynetworkuk.org) - Fertility Network **01424 732361**



## **INTERNET SAFETY**

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.childnet.com](http://www.childnet.com) - Staying safe in chatrooms

[www.getsafeonline.org](http://www.getsafeonline.org) - Anti-virus, backup, privacy, how to shop and bank safely

[www.fraudwatchinternational.com](http://www.fraudwatchinternational.com) - Internet safety, protecting your computer, latest scams and frauds

[www.iwf.org.uk](http://www.iwf.org.uk) - Internet Watch Foundation: report illegal content online of child abuse images, criminally abusive comments

[www.net-aware.org.uk](http://www.net-aware.org.uk) - Reviews of social networks and apps that children use

[www.safekids.co.uk](http://www.safekids.co.uk)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) - Internet safety information for children and parents

## **LEARNING DISABILITY**

[www.afasicengland.org.uk](http://www.afasicengland.org.uk) - Information and advice for parents of children and young adults with speech, language and communication needs **0300 666 9410**

[www.angelmanuk.org](http://www.angelmanuk.org) - ASSERT: Information and support for families of children and adults with Angelman syndrome **0300 999 0102**

[www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk) - Information for families caring for people with severe learning disabilities who have challenging behaviour **0300 666 0126**

[www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk) - Foundation for People with Learning Disabilities

[www.fragilex.org.uk](http://www.fragilex.org.uk) - For families and carers of children and adults who have the Fragile x syndrome **01371 875100**

[www.mencap.org.uk](http://www.mencap.org.uk) -

Information on all aspects of learning disability issues **0808 808 1111**

[www.livability.org.uk](http://www.livability.org.uk) - UK's largest Christian charity which gives disabled people a real choice about how they live their lives **020 7452 2000** or **2110**

[www.respond.org.uk](http://www.respond.org.uk) - For people with learning difficulties who have been abused or traumatised **020 7383 0700**

[www.scope.org.uk](http://www.scope.org.uk) - Support for learning and physical disabilities **0808 800 3333**

[www.hft.org.uk](http://www.hft.org.uk) - Support for families and carers **0808 801 0448**

## **LEGAL ADVICE**

[www.avma.org.uk](http://www.avma.org.uk) - Action against Medical Accidents: Support for victims of medical accidents **0845 123 2352**

[www.childabuselawyers.com](http://www.childabuselawyers.com) - Association of Child Abuse Lawyers **020 8390 4701**

[www.childlawadvice.org.uk](http://www.childlawadvice.org.uk) - Child Law Advice Line provides advice and representation for children and/or parents involved in education disputes with a school or LEA

[www.gov.uk/civil-legal-advice](http://www.gov.uk/civil-legal-advice) -

Information on sources of legal advice in England and Wales **0345 345 4345**

[www.cica.gov.uk](http://www.cica.gov.uk) - Criminal Injuries Compensation Authority **0300 003 3601**

[www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com) – EASS **0808 800 0082**

[www.false-allegations.org.uk](http://www.false-allegations.org.uk) - Support organisation **0844 335 1992**

[www.lac.qmul.ac.uk](http://www.lac.qmul.ac.uk) - (Legal Advice Centre) SPITE project run by Queen Mary University School of Law **020 7882 3931**

[www.libertyhumanrights.org.uk](http://www.libertyhumanrights.org.uk)

[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

[www.advicenow.org.uk](http://www.advicenow.org.uk)

[www.helpforvictims.co.uk](http://www.helpforvictims.co.uk)

[www.lawsociety.org.uk](http://www.lawsociety.org.uk)

[www.lawworks.org.uk](http://www.lawworks.org.uk).

[www.gov.uk/government/organisations/legal-aid-agency](http://www.gov.uk/government/organisations/legal-aid-agency)

[www.mckenzie-friend.org.uk](http://www.mckenzie-friend.org.uk) - For those unrepresented by a Solicitor or Barrister in court: a McKenzie Friend can sit with you in the Court and offer advice and support as well as taking notes to help you

## **LONELINESS**

[www.ageuk.org.uk](http://www.ageuk.org.uk) - **0800 678 1602**

[www.innerwheel.co.uk](http://www.innerwheel.co.uk) - Association of Inner Wheel Clubs in Great Britain and Ireland (clubs for women) **020 7834 4600**

[www.fote.org.uk](http://www.fote.org.uk) - Friends of the Elderly: Support for older people **020 7730 8263**

[www.ladiescircle.co.uk](http://www.ladiescircle.co.uk) - Open to all women between ages of 18-45 for social life

[www.menssheds.org.uk](http://www.menssheds.org.uk) - Community spaces for men to connect, converse, create and have fun to help reduce loneliness and isolation **0300 772 9626**

[www.nawc.org.uk](http://www.nawc.org.uk) - National Association of Women's Clubs **01708 730805**

[www.thewi.org.uk](http://www.thewi.org.uk) - National Federation of Women's Institutes: Monthly meetings, demonstrations, speakers, activities, learning experiences **020 7371 9300**

[www.roundtable.co.uk](http://www.roundtable.co.uk) - National Association of Round Table of Great Britain and Ireland for young men aged 18-45 for social and community **0121 456 4567**

[www.nwr.org.uk](http://www.nwr.org.uk) - National Women's Register for informal lunches, discussion groups, social activities **01603 406767**

[www.omega.uk.net](http://www.omega.uk.net) - Volunteering and telephone befriending **01743 245088**

[www.ramblers.org.uk](http://www.ramblers.org.uk) - Ramblers Association **020 3961 3300**

[www.rotarygbi.org](http://www.rotarygbi.org) - Rotary in Great Britain and Ireland **01789 765411**

[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk) – **0808 196 3646**

[www.social-anxiety.org.uk](http://www.social-anxiety.org.uk) - Social Anxiety UK support group

[www.thesilverline.org.uk](http://www.thesilverline.org.uk) - Free confidential helpline providing information, friendship and advice for older people **0800 470 8090**

[www.spiceuk.com](http://www.spiceuk.com) - Multi activity, sports and social group **0161 873 8788**

[www.tangent-clubs.org](http://www.tangent-clubs.org) - For women 45 + with interesting and fun activities

[www.u3a.org.uk](http://www.u3a.org.uk) - The University of the Third Age: a wide range of activities for retired and semi-retired people **020 8466 6139**

[www.campaigntoendloneliness.org](http://www.campaigntoendloneliness.org) - Information, advice, research on loneliness

[www.do-it.org](http://www.do-it.org) - UK wide database of over 50,000 opportunities to volunteer

[www.letstalkloneliness.co.uk](http://www.letstalkloneliness.co.uk) - Includes tips, advice, local support, and resources

[www.meetup.com](http://www.meetup.com) - Sign up to find local meet ups

[www.vinspired.com](http://www.vinspired.com) - For 16-25-year-olds who wish to do voluntary work

## **MENTAL HEALTH**

[www.postscript360.org.uk](http://www.postscript360.org.uk) –

Support for prescription drug dependence **0117 966 3629**

[www.bpdworld.org](http://www.bpdworld.org) - Borderline Personality Disorder advice and support

[www.babcp.com](http://www.babcp.com) -

British Association for Behavioural & Cognitive Psychotherapies **0330 3200 851**

[www.hearing-voices.org](http://www.hearing-voices.org) - Information, support and understanding to those who hear voices and those who support them

[www.hoardinguk.org](http://www.hoardinguk.org) - Supporting people impacted by hoarding **020 3239 1600**

[www.helpforhoarders.co.uk](http://www.helpforhoarders.co.uk)

[www.bipolaruk.org](http://www.bipolaruk.org)

[www.bipolaraware.co.uk](http://www.bipolaraware.co.uk) - Information and support about bipolar

[www.mhf.org.uk](http://www.mhf.org.uk) -

Mental Health Foundation containing publications relating to mental health issues

[www.mind.org.uk](http://www.mind.org.uk) - Information, factsheets and publications **0300 123 3393**

[www.moodswings.org.uk](http://www.moodswings.org.uk) - **0161 832 3736**

[www.recoveryfocus.org.uk](http://www.recoveryfocus.org.uk) - **020 7697 3300**

[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk) - Mental health recovery **020 7697 3300**

[www.rethink.org](http://www.rethink.org) -

Rethink is the operating name of National Schizophrenia Fellowship **0300 5000 927**

[www.sane.org.uk](http://www.sane.org.uk) - Emotional and crisis support for people experiencing mental illness and for their families, carers and friends

[www.cqc.org.uk](http://www.cqc.org.uk) – The Care Quality Commission: Independent regulator of health and social care in England. Protects the rights of people detained under the Mental Health Act **03000 616161**

[www.together-uk.org](http://www.together-uk.org) - Together UK (Working for Wellbeing) **020 7780 7300**

[www.youngminds.org.uk](http://www.youngminds.org.uk) - Support services for parents **0808 802 5544**

[www.benzo.org.uk](http://www.benzo.org.uk) - Information relating to Benzodiazepines

[www.togetherall.com](http://www.togetherall.com) - Improving mental health and emotional well being

[www.bpdrecovery.com](http://www.bpdrecovery.com) -

Focuses on recovering from borderline personality disorder

[www.happiful.com](http://www.happiful.com) - Free online magazine focusing on mental health

[www.haveigotaproblem.com](http://www.haveigotaproblem.com) - Free resource for mental health and addiction issues

[www.just-me-mental-health.com](http://www.just-me-mental-health.com) - Online mental health support group

[www.intervoiceonline.org](http://www.intervoiceonline.org) - Information and forum relating to hearing voices

[www.mentalhealthandmoneyadvice.org](http://www.mentalhealthandmoneyadvice.org) - Issues with mental health and money

[www.mhm.org.uk](http://www.mhm.org.uk) - Information on mental health, personality disorders etc.

[www.mindingyourhead.info](http://www.mindingyourhead.info) - Mental health, depression, stress and anxiety

[www.powerofpositivity.com](http://www.powerofpositivity.com) - Inspiration & advice for physical and mental health

[www.time-to-change.org.uk](http://www.time-to-change.org.uk) – Support for mental health discrimination

<https://mhfaengland.org> - Mental Health First Aid

<https://turn2me.ie/> - Online mental health support

## **MISSING PEOPLE**

[www.missingpeople.org.uk](http://www.missingpeople.org.uk) –

Support, advice and help for the families of missing people **116 000**

## **OCD**

[www.ocd.org](http://www.ocd.org)

## **OFFENDERS & FAMILY SUPPORT**

[www.apextrust.com](http://www.apextrust.com) –

Help for ex-offenders, prisoners, staff and employers **01744 612 898**

[www.nacro.org.uk](http://www.nacro.org.uk) – Information and advice for prisoners, ex-offenders, their families and friends **0300 123 1889**

[www.prisonersfamilies.org](http://www.prisonersfamilies.org) - **0808 808 2003**

[www.partnersofprisoners.co.uk](http://www.partnersofprisoners.co.uk) - Partners of Prisoners & Families Support Group

[www.prisonfellowship.org.uk](http://www.prisonfellowship.org.uk) - Prison Fellowship **020 7799 2500**

[www.hfw.org.uk/our-services/supported-specialist/reunite](http://www.hfw.org.uk/our-services/supported-specialist/reunite) - Providing support to help reunite women released from prison with their children

[www.knowyourmoney.co.uk/current-accounts/prison-bank-account-guide](http://www.knowyourmoney.co.uk/current-accounts/prison-bank-account-guide)

Guide to Bank Accounts

## **OLDER PEOPLE**

[www.uk-care.com](http://www.uk-care.com) - Live-in carers for the elderly or disabled **01603 764567**

[www.ageuk.org.uk](http://www.ageuk.org.uk) - Information and advice for older people **0800 678 1602**

[www.alzheimers.org.uk](http://www.alzheimers.org.uk) - Information, support and advice **0333 150 3456**

[www.cinnamon.org.uk](http://www.cinnamon.org.uk) -

National charity for elderly or terminally ill people and their pets **01736 757900**

[www.reengage.org.uk](http://www.reengage.org.uk) - **0800 716 543**

[www.wearehourglass.org](http://www.wearehourglass.org) -

For anyone concerned about the abuse of an older person **0808 808 8141**

[www.eac.org.uk](http://www.eac.org.uk) - Elderly Accommodation Counsel

[www.housingcare.org](http://www.housingcare.org) - Information on housing options for older people

[www.dementiauk.org](http://www.dementiauk.org) - **0800 888 6678**.

[www.fote.org.uk](http://www.fote.org.uk) - Friends of the Elderly: Support for older people **020 7730 8263**

[www.grandparentsplus.org.uk](http://www.grandparentsplus.org.uk) - **0300 123 7015**

[www.opaal.org.uk](http://www.opaal.org.uk) - Independent advocacy services for older people

[www.petsastherapy.org](http://www.petsastherapy.org) - For hospitals, hospices, and care homes **01865 671440**

[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk) – For support **0808 196 3646**

[www.thesilverline.org.uk](http://www.thesilverline.org.uk) - Helpline for older people **0800 470 8090**

[www.laterlife.com](http://www.laterlife.com) - Information for over 50s including features, travel, health, leisure, retirement courses, jobs and working in later life

## **PREGNANCY**

[www.ectopicpregnancy.co.uk](http://www.ectopicpregnancy.co.uk) - Ectopic Pregnancy Foundation **0845 070 4636**

[www.ectopic.org.uk](http://www.ectopic.org.uk) - Ectopic Pregnancy Trust: Support and information for women and families affected by an ectopic pregnancy **020 7733 2653**

[www.pndsupport.co.uk](http://www.pndsupport.co.uk) -

House of Light: Ante & Post-natal depression and anxiety support **0800 043 2031**

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk) - **01924 200799**

[www.nct.org.uk](http://www.nct.org.uk) - National Childbirth Trust: Support in pregnancy, childbirth and early parenthood **0300 330 0700**

[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk) - PND awareness and support **0808 1961 776**

[www.birthtraumaassociation.org.uk](http://www.birthtraumaassociation.org.uk) - For women who have had a traumatic birth

## **RAPE AND SEXUAL ASSAULT**

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) -

List of rape crisis centres plus information and practical advice **0808 802 9999**

[www.cica.gov.uk](http://www.cica.gov.uk) - Criminal Injuries Compensation Authority **0300 003 3601**

[www.helpforvictims.co.uk](http://www.helpforvictims.co.uk)

[www.rasasc.org.uk](http://www.rasasc.org.uk) - Rape & Sexual Abuse Support Centre: Long term therapy for female survivors of any form of sexual violence **0808 802 9999**

[www.respond.org.uk](http://www.respond.org.uk) - Support for people with learning disabilities / autism who have experienced trauma **020 7383 0700**

[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk) - Advice on Criminal and Family Law

[www.safeline.org.uk](http://www.safeline.org.uk) - Help for survivors of rape and sexual abuse

Helpline for Men **0808 800 5005** Helpline for Women (Rape Crisis) **0808 802 9999**

U18s Helpline **0808 800 5007**

[www.victimsupport.org.uk](http://www.victimsupport.org.uk) - **0808 168 9111**

[www.courtroomadvice.co.uk](http://www.courtroomadvice.co.uk) - Advice for going to court

[www.nhs.uk/Livewell/abuse/Pages/drink-spiking.aspx](http://www.nhs.uk/Livewell/abuse/Pages/drink-spiking.aspx) -

Information on drink spiking and date rape drugs

[www.met.police.uk/advice-and-information/rape-and-sexual-assault/what-happens-after-you-report-rape-or-sexual-assault/](http://www.met.police.uk/advice-and-information/rape-and-sexual-assault/what-happens-after-you-report-rape-or-sexual-assault/) -

What happens after reporting a sexual crime

[www.reportharmfulcontent.com](http://www.reportharmfulcontent.com) - Advice on reporting harassment, threats, impersonation, bullying, unwanted sexual advances, pornographic content etc.

## **REFUGEES / ASYLUM-SEEKERS**

[www.consonant.org.uk](http://www.consonant.org.uk) - **020 7354 9631**

[www.asaproject.org](http://www.asaproject.org) - Asylum Support Appeals project **0203 716 0283**

[www.caia.org.uk](http://www.caia.org.uk) - Centre for Armenian Information and Advice **020 8992 4621**

[www.gdwg.org.uk](http://www.gdwg.org.uk) - Gatwick Detainees Welfare Group: Support for asylum seekers detained at Tinsley House at Gatwick **01293 657070**

[www.migranthehelpuk.org](http://www.migranthehelpuk.org) -

Advice and support for vulnerable migrants **0808 8010 503**

[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk) - Refugee Council

## **RELATIONSHIPS / FAMILY**

[www.hope-after-heartbreak.co.uk](http://www.hope-after-heartbreak.co.uk) - Aquila **07807 058479**

[www.sharedparenting.org.uk](http://www.sharedparenting.org.uk) - Association for Shared Parenting **0300 121 0131**

[www.careforthefamily.org.uk](http://www.careforthefamily.org.uk) - Care for the Family **029 2081 0800**

[www.coda-uk.org](http://www.coda-uk.org) - Co-Dependents Anonymous self-help groups

[www.cosrt.org.uk](http://www.cosrt.org.uk) - College of Sexual & Relationship Therapies **020 8106 9635**

[www.contact.org.uk](http://www.contact.org.uk) - For families with disabled children **0808 808 3555**

[www.cry-sis.org.uk](http://www.cry-sis.org.uk) - Support for parents of crying/sleepless babies **08451 228 669**

[www.drw.org.uk](http://www.drw.org.uk) - Divorce Recovery Workshops **0333 335 0489**

[www.fnf.org.uk](http://www.fnf.org.uk) - Families Need Fathers **0300 0300 363**

[www.familyholidayassociation.org.uk](http://www.familyholidayassociation.org.uk) - Holiday grants for disadvantaged families

[www.frg.org.uk](http://www.frg.org.uk) -

Family Rights Group: Support for parents with children in care **0808 801 0366**

[www.family-action.org.uk](http://www.family-action.org.uk) - Support for families in poverty **0808 802 6666**

[www.familylives.org.uk](http://www.familylives.org.uk) - Helpline, parenting classes and workshops **0808 800 2222**

[www.fostertalk.org](http://www.fostertalk.org) - Help and support for foster carers in the UK **0121 758 5013**

[www.gingerbread.org.uk](http://www.gingerbread.org.uk) - Support for lone parents **0808 802 0925**

[www.grandparentsplus.org.uk](http://www.grandparentsplus.org.uk) - **0300 123 7015**

[www.home-start.org.uk](http://www.home-start.org.uk) - Support & practical help to families in their own homes

[www.nacc.org.uk](http://www.nacc.org.uk) - National Association of Child Contact Centres: A safe place where a child can meet with one or both parents **0115 948 4557**

[www.nfm.org.uk](http://www.nfm.org.uk) -

National Family Mediation: For children in marriage break up **0300 4000 636**

[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk) -

Pre and Postnatal Depression Advice and Support **0808 1961 776**

[www.relate.org.uk](http://www.relate.org.uk) -

For individuals and couples with relationship difficulties **0300 003 0396**

[www.reunite.org](http://www.reunite.org) - International Child Abduction Centre: Support for parents and families in cases of parental child abduction **0116 2556 234**

[www.gov.uk/making-child-maintenance-arrangement](http://www.gov.uk/making-child-maintenance-arrangement) - Child maintenance

[www.divorceaid.co.uk](http://www.divorceaid.co.uk) -

Support and information for children, young people and adults on divorce

[www.growingkids.co.uk](http://www.growingkids.co.uk) - Tips and advice for bringing up healthy happy children

[www.itsfinished.com](http://www.itsfinished.com) - Information about relationship breakdown and how to cope

[www.netmums.com](http://www.netmums.com) - Local networks for mums with young children

[www.singleparents.org.uk](http://www.singleparents.org.uk) - Support and information for single parents

[www.onlydads.org](http://www.onlydads.org) - Organisation for lone fathers across the UK

[www.onlymums.org](http://www.onlymums.org) - On-line support for single mums

[www.wikivorce.com](http://www.wikivorce.com) - Information, advice and support on all aspects of divorce

## **RUNAWAYS**

[www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk) - You can call or text for free, 24 hrs a day **116 000**

## **SELF HARM**

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk) - Support for women and girls **0808 800 8088**

text **07537 432444**

[www.harmless.org.uk](http://www.harmless.org.uk)

[www.nshn.co.uk](http://www.nshn.co.uk) - National Self Harm Network

[www.selfharm.co.uk](http://www.selfharm.co.uk) - Online support for 14-18-year-olds

[www.hatw.co.uk](http://www.hatw.co.uk) - Heads Above the Waves raises awareness about self-harm

[www.lifesigns.org.uk](http://www.lifesigns.org.uk) - Self Injury guidance and network support

[www.nice.org.uk](http://www.nice.org.uk) - Guidelines for treatment of self-harm

## **SEXUALITY**

[www.each.education](http://www.each.education) - Educational Action Challenging Homophobia: Support for young people affected by homophobia **0808 100 0143**

[www.fflag.org.uk](http://www.fflag.org.uk) - National voluntary organisation supporting lesbians and gay men and their families **0300 688 0368**



[www.lgbt.foundation](http://www.lgbt.foundation) -

Services for lesbian, gay, bisexual and trans (LGBT) communities **0345 330 3030**

[www.pinkpractice.co.uk](http://www.pinkpractice.co.uk) - Lesbian and gay counselling and psychotherapy service based in Central London **020 7060 4000**

[www.uklgig.org.uk](http://www.uklgig.org.uk) - UK Lesbian and Gay Immigration Group: Helpline on all immigration and nationality issues for gay men and lesbians **020 7922 7811**

## **SEXUAL HEALTH**

[www.nhs.uk/live-well/sexual-health](http://www.nhs.uk/live-well/sexual-health) and [www.nhs.uk/oneyou/for-your-body/sexual-health](http://www.nhs.uk/oneyou/for-your-body/sexual-health) - Information & advice on all aspects of sexually transmitted infections and HIV prevention National Sexual Health Helpline **0300 123 7123**

[www.sexualadviceassociation.co.uk](http://www.sexualadviceassociation.co.uk) - Sexual Advice Association

[www.bashh.org](http://www.bashh.org) - British Association for Sexual Health and HIV

## **SMOKING**

[www.nhs.uk/better-health/quit-smoking](http://www.nhs.uk/better-health/quit-smoking) - NHS Smoking Helpline **0300 123 1044**

## **STALKING AND HARASSMENT**

[www.paladinservice.co.uk](http://www.paladinservice.co.uk) - National Stalking Advocacy Service: For victims of stalking and those at risk **020 3866 4107**

[www.suzyplamplugh.org/Pages/Category/national-stalking-helpline](http://www.suzyplamplugh.org/Pages/Category/national-stalking-helpline) - For anyone currently or previously affected by harassment or stalking **0808 802 0300**

[www.revengepornhelpline.org.uk](http://www.revengepornhelpline.org.uk) - For victims of revenge porn **0345 6000 459**

[www.actionagainststalking.org](http://www.actionagainststalking.org) - **0800 820 2427**

[www.protectionagainststalking.org](http://www.protectionagainststalking.org)

[www.gov.uk/report-stalker](http://www.gov.uk/report-stalker) - Information and advice on how to report a stalker

## **STRESS**

[www.isma.org.uk](http://www.isma.org.uk) - All aspects of stress management **07823 745 056**

[www.stress.org.uk](http://www.stress.org.uk) - Stress management, workshops **0203 142 8650**

[www.stressworx.co.uk](http://www.stressworx.co.uk) - 1:2:1 / workshops on all aspects of stress **01784 488165**

## **SUICIDE**

[www.thecalmzone.net](http://www.thecalmzone.net) - Campaign Against Living Miserably **0800 585858**

[www.papyrus-uk.org](http://www.papyrus-uk.org) - Practical advice on suicide prevention **0800 068 4141**

[www.premierlifeline.org.uk](http://www.premierlifeline.org.uk) - Christian support **0300 111 0101**

[www.samaritans.org](http://www.samaritans.org) - Samaritans **116 123** - 24 hr helpline

[www.theblackdog.net](http://www.theblackdog.net) - For men who suffer from depression or suicidal thoughts

## **TERMINAL ILLNESS**

[www.compassionindying.org.uk](http://www.compassionindying.org.uk) - End of life care, medical treatment, decisions and information on your rights **0800 999 2434**

[www.dignityindying.org.uk](http://www.dignityindying.org.uk) - Personal choice at the end of life **020 7479 7730**

[www.hospiceuk.org](http://www.hospiceuk.org) - Information services on hospice and palliative care

[www.rainbowtrust.org.uk](http://www.rainbowtrust.org.uk) - Emotional and practical support to families who have a child with a life limiting or terminal illness **01372 363438**

[www.reactcharity.org](http://www.reactcharity.org) - For children with potentially terminal illness **020 8940 2575**

[www.rosiecranetrust.org](http://www.rosiecranetrust.org) - Support to bereaved parents **01460 55120**

[www.starlight.org.uk](http://www.starlight.org.uk) - Starlight Children's Foundation: Brightening the lives of seriously and terminally ill children **020 7262 2881**

[www.togetherforshortlives.org.uk](http://www.togetherforshortlives.org.uk) - **0808 8088 100**

## **TRAUMA**

[www.assisttraumacare.org.uk](http://www.assisttraumacare.org.uk) - Support for anyone affected by trauma

[www.disasteraction.org.uk](http://www.disasteraction.org.uk) -

Support for the bereaved and survivors of major disaster

[www.birthtraumaassociation.org.uk](http://www.birthtraumaassociation.org.uk) -

Support for women who have had a traumatic birth experience

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk) - How to cope after a traumatic event

[www.ukpts.co.uk](http://www.ukpts.co.uk) - UK Psychological Trauma Society: Details of trauma services in the UK **01787 221294**

## **VICTIM SUPPORT**

[www.victimsupport.co.uk](http://www.victimsupport.co.uk) - Helpline for anyone affected by crime **0808 168 9111**

## **VOLUNTEERING**

[www.do-it.org](http://www.do-it.org) - 50,000 opportunities to volunteer

[www.vinspired.com](http://www.vinspired.com) - Volunteering opportunities for 16-25-year olds

[www.timebank.org.uk](http://www.timebank.org.uk) - Find things to do close to where you live or work

[www.sja.org.uk/get-involved/volunteer-opportunities](http://www.sja.org.uk/get-involved/volunteer-opportunities) - St John Ambulance

[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk) - **0330 555 0315**

[www.nationaltrust.org.uk/volunteer](http://www.nationaltrust.org.uk/volunteer)

[www.vsointernational.org/volunteering](http://www.vsointernational.org/volunteering) - Volunteer overseas with VSO

[www.environmentjob.co.uk/volunteering](http://www.environmentjob.co.uk/volunteering) - Environmental volunteering

[www.rspca.org.uk/getinvolved/volunteer](http://www.rspca.org.uk/getinvolved/volunteer) - Volunteer with the RSPCA

[www.volunteeringmatters.org.uk](http://www.volunteeringmatters.org.uk)

## **WEIGHT**

[www.nhs.uk/live-well/healthy-weight](http://www.nhs.uk/live-well/healthy-weight)

[www.slimmingworld.org](http://www.slimmingworld.org)

[www.weightwatchers.com/uk](http://www.weightwatchers.com/uk)

[www.weightconcern.org.uk](http://www.weightconcern.org.uk)

## **YOUNG PEOPLE**

[www.hopesupport.org.uk](http://www.hopesupport.org.uk) - Support for 11+ who have a close family member diagnosed with a life-threatening illness **01989 566317**

[www.whenyouwishuponastar.org.uk](http://www.whenyouwishuponastar.org.uk) - Grant the wishes of children suffering from a life-threatening illness **0115 9791 720**

[www.stem4.org.uk](http://www.stem4.org.uk) - Support for teenagers on issues such as self-harm, addictions, eating disorders, depression

[www.headstogether.org.uk](http://www.headstogether.org.uk)

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

[www.vinspired.com](http://www.vinspired.com)

[www.princes-trust.org.uk](http://www.princes-trust.org.uk)

[www.redcross.org.uk/get-involved/opportunities-for-young-people](http://www.redcross.org.uk/get-involved/opportunities-for-young-people)

[www.targetcareers.co.uk/careers-advice/skills-and-experience/894117-volunteering-for-teens](http://www.targetcareers.co.uk/careers-advice/skills-and-experience/894117-volunteering-for-teens)

[www.wearencs.com](http://www.wearencs.com) - National Citizen Service



## wraysbury matters

*“promoting a happy and healthy community”*



**Wraysbury and Horton  
Voluntary Care**

# 01784 482515

 [help@wraysbury.com](mailto:help@wraysbury.com)  [Wraysbury & Horton Voluntary Care](#)

[Shopping](#) [Support](#) [Mobile Lunch Club](#) [Pastoral Care](#)

[Prescription Delivery](#) [Advice](#) [Food Bank](#)



For up-to-date news and information for both villages  
check out the local Facebook pages and  
[www.wraysbury.com](http://www.wraysbury.com)

**Community Care Commitment**