	SUBJECT	CONTACT - (Tel/email/website
ORG NAME		
CALM	The Campaign for people in the UK who are down or have hit a wall for any reason.	Call 0800 58 58 58 (daily, 5pm to midnight) Free, anonymous webchat with trained staff Visit the CALM website
Disabled Living Foundation	Specialist advice for people with disabilities and their carers.	national telephone helpline service (0845 130 1977), equipment centre (020 7289 6111), factsheets, publications shop and training and events. Tel: 020 7289 6111 Email: advice@dlf.org.uk www.dlf.org.uk
Hearing Concern	Hearing Concern exists to overcome the frustration, isolation and loneliness experienced by millions of people in the UK who have hearing loss. It is a leading provider of advice and support on behalf of deaf and hard of hearing people	Tel: 020 8743 1110 Email: info@hearingconcern.org.uk www.hearingconcern.org.uk
NHS	If you need help urgently but are not at risk of death or serious illness,	Use the NHS 111 non-emergency advice online. NHS 111 advice online Only call 111 if you cannot get help online.
NHS	Many vulnerable people in Dorset will have recently received a letter from the NHS, telling them they are at high risk of catching coronavirus and advising them to stay at home and strictly self-isolate for 12 weeks. If you don't have family, friends or a support network that can help you get the things you need,	The response hub has a dedicated helpline that can provide additional help and information. Call 01305 221022, 8am to 8pm, 7 days a week.
NHS	People with hearing problems	Use the NHS 111 British Sign Language (BSL) service
Papyrus Hopeline	Crisis support for young people. If you are under 35 and feel that life is not worth living any more,	Call Papyrus's Hopeline UK from 9am to 10pm weekdays and 2pm to 10pm on weekends. Call Hopeline UK on 0800 068 41 41 Text 07786 209697 Visit the Papyrus website
Samaritans	When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult.	Call free on 116 123 Or contact www.samaritans.org online. Or jo@samaritans.org

HELP AND SUPPORT DIRECTORY

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Gov.uk	Guidance on shielding and protecting people defined on	
	medical grounds as extremely vulnerable from from COVID –	
	19	
	Full guidance on staying at home and away from others	
Public	Guidance for households with possible coronavirus (COVID-	
Health	19) infection	
England		
Dorset	If you don't have family, friends or a support network that can help	You can call 01305 221000, 8am to 8pm, 7 days a week to
Council	you get the things you need,	get specific help and advice. Alternatively, you can
		email communityresponse@dorsetcouncil.gov.uk
AGE UK	Age UK North, South and West Dorset are coordinating	To request help email Age UK or call 01305 269444.
	requests for help with issues relating to loneliness and isolation,	
	or support in accessing items such as food, cash or medication.	
	Support is available to all residents within the Dorset Council area	
	including East Dorset.	
Royal	The Royal National Institute for the Blind offers information,	Tel: 020 7388 1266
National	support and advice to over 2 million people with sight problems. It	Email: helpline@rnib.org.uk
Institute for	fights for equal rights and funds research	www.rnib.org.uk
the Blind	ing. no ror o quar ing. no arra rainao rocca. on	
Women's	Women's Aid is a national domestic violence charity.	It also runs a domestic violence helpline 08457 023 468 .
Aid	,	<u>.</u>
Federation		Tel: 0117 9444411
of England		Fax: 0117 9241703
and Wales		Email: info@womensaid.org.uk
		www.womensaid.org.uk
Alzheimer's	The UK's leading care and research charity for people with any	Tel: 020 7423 3500
Society	form of dementia and their carers.	Email: events@alzheimers.org.uk
	c. definering and their earlier	www.alzheimers.org.uk
		The state of the s
Dementia	Specialist one-to-one support and expert advice are the two key	0800 888 6678
UK	ways Dementia UK help people living with dementia.	www.dementiauk.org
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HELP AND SUPPORT DIRECTORY

Stroke	Stroke Association is the UK's leading stroke charity changing the	Tel: 020 7566 0300
Association	world for people affected by stroke.	Helpline: 0845 30 33 100
7.0000.00.00	world for poople amound by choice	Email: info@stroke.org.uk
		website: www.stroke.org.uk
Citizens	Citizens Advice continues to provide free, independent and	Contact the Dorset Advice line on 0344 411 1444 or email
Advice	confidential advice and information whatever your question. They	your local branch:
	offer a full range of advice including help with:	
	a to the design of the second	
	Benefits entitlement and claims	 Central (North Dorset, Sherborne, Dorchester &
	 Debt management and budgeting 	Weymouth & Portland): http://westdorsetca.org.uk/
	 Employment advice including Statutory Sick Pay and rights 	,
	when laid off work	
	 Advice for the self employed 	

We will endeavour to update this directory from time to time. Please let us know if you have additional useful contacts

2