

Help and Support Available in Blaby District

Issue	Organisation	Telephone number
Maximise Benefits	Citizens Advice LeicesterShire General Advice Line:.	0300 330 2111 www.citizensadviceleicestershire.org
	Help to Claim: Help for anyone to claim Universal Credit	0800 144 8 444
	Macmillan Advice: Benefits advice for people who have been diagnosed with cancer and their families or carers.	0300 456 8400
	Council Tax	0116 272 7530 www.blaby.gov.uk
	Council Tax/Housing Benefit	0116 272 7510 www.blaby.gov.uk
	Pension Service	0800 731 7898 www.gov.uk/contact-pension-service
	Age UK	0116 299 2278 (Advice Line 9am – 1pm) 0116 299 2233 (Main Office) www.ageuk.org.uk
	Department of Work & Pensions (DWP)	0800 055 6688 (Customer Services) www.gov.uk/budgeting-help-benefits
	Pension Credit Helpline	0800 991 234 www.gov.uk/pension-credit
	Tax Credit Helpline	0345 300 3900 www.gov.uk/contact-hmrc
	Universal Credit Helpline	0800 328 5644 www.gov.uk/universal-credit
	Mosaic: Shaping Disability Services	0116 231 8720 www.mosaic1898.co.uk
Turn2Us (benefits calculator and advice site)	www.Turn2us.org.uk	
Debt Help	Citizens Advice – Money Advice Specialist debt advice for residents of Leicestershire only.	0116 4647239 www.citizensadviceleicestershire.org/get-advice/blaby
	National Debt Line	0808 808 4000

	<p>Christians Against Poverty</p> <p>Consumer Credit Counselling Service</p> <p>Community Advice and Legal Service (CALs)</p> <p>Severn Trent Trust Fund</p> <p>Clockwise Credit Union</p> <p>One Roof Leicester Information and service directory</p> <p>MoneyWise Plus</p> <p>Money Saving Expert – advice on debts, benefits, furloughed staff and household bills</p>	<p>0800 328 0006</p> <p>0800 138 1111</p> <p>0116 242 1120</p> <p>0121 355 7766</p> <p>0116 242 3900 https://www.clockwise.coop</p> <p>0116 442 2007 www.oneroof.org.uk</p> <p>0300 003 7004</p> <p>www.moneysavingexpert.com</p>
<p>Housing Advice including Accommodation, disrepair, Mortgage and Rent Arrears</p>	<p>Housing Options</p> <p>Council Tax/Housing Benefit</p> <p>Citizens Advice LeicesterShire</p> <p>Shelter</p> <p>Shelter Housing Aid and Research Project (SHARP)</p> <p>The Bridge East Midlands</p> <p>One Roof Leicester Information and service directory</p> <p>Action Homeless</p> <p>Leicester YMCA</p> <p>Hits Homes Trust (Young vulnerable single homeless people aged 16-25)</p> <p>Leicestershire Multi Agency Travellers Unit</p> <p>Refugee Action</p> <p>The Race Equality Centre –</p>	<p>0116 272 7770</p> <p>0116 272 7510</p> <p>0300 330 2111</p> <p>0808 800 4444 www.england.shelter.org.uk</p> <p>0116 254 6064 http://leicestershelter.org.uk</p> <p>01509 260500</p> <p>0116 442 2007 www.oneroof.org.uk</p> <p>0116 221 1857</p> <p>0116 255 6507</p> <p>0116 254 5429</p> <p>0116 305 8156 or 0781 801 4574</p> <p>0207 952 1591</p> <p>0116 204 2790</p>

	Integration Resettlement Service	
Emergency Provision:- Food, Clothing	<p>Blaby District Council Resident Support Service</p> <p>Salvation Army (Leicester South)</p> <p>Storehouse</p> <p>Leicester South Foodbank</p> <p>Open Hands Trust (via referral agency only)</p> <p>One Roof Leicester Information and service directory</p>	<p>0116 2727771 www.blaby.gov.uk</p> <p>0116 277 4114 www.leicestersouthsa.org.uk</p> <p>0116 319 1514 www.chroma.church</p> <p>0791 219 4783 info@leicestersouth.foodbank.org.uk</p> <p>0116 255 8672 www.openhandsleicester.org.uk admin@openhandsleicester.org.uk</p> <p>0116 442 2007 www.oneroof.org.uk</p>
Substance Use	<p>Turning Point</p> <p>Dear Albert Helpline Text</p> <p>Frank</p> <p>Drinkline</p>	<p>0330 303 6000 www.turning-point.co.uk</p> <p>0800 880 3153 0771 270 7999 www.dearalbert.co.uk</p> <p>0300 123 6600 www.talktofrank.com</p> <p>0300 123 1110 www.alcoholconcern.org.uk</p>
Children and Families	<p>Children and Family Wellbeing Service Request for services form</p> <p>Family Information Service Information directory</p> <p>Homestart-Horizons</p> <p>Family Lives</p> <p>First Response If you're concerned that a child is at immediate risk of harm</p>	<p>www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/early-help-for-children-and-young-people</p> <p>0116 305 645 www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/family-information-directory</p> <p>0116 2795062 www.homestarthorizons.org.uk</p> <p>0808 800 2222 https://www.familylives.org.uk/</p> <p>0116 305 3005</p>

Domestic Abuse inc forced marriage and honour based violence (HBV)	<p>Blaby District Council Domestic Abuse</p> <p>United Against Violence and Abuse (JAVA) Phone advice line: Text only support</p> <p>Freephone 24hr national helpline</p> <p>Men's Advice Line</p> <p>Juniper Lodge Sexual Assault Referral Centre</p> <p>In an emergency</p>	<p>0116 272 7637 www.blaby.gov.uk</p> <p>0808 8020028 07715 994 962</p> <p>0808 2000 247</p> <p>0808 801 0327</p> <p>0116 273 3330 helpline http://juniperlodge.org.uk</p> <p>999</p>
Mental Health	<p>Adult Social Care Leicestershire County Council Emergency Duty Team</p> <p>Leicestershire Mental Health Services - Cedars Centre</p> <p>Leicestershire Action for Mental Health Project (LAMP)</p> <p>Turning Point Mental health crisis line</p> <p>Leicestershire Life Links</p> <p>Sane Line (5 – 10pm every evening)</p> <p>Community Action Partnership</p> <p>Alzheimer's Society</p> <p>Beat Eating Disorders Helpline: Studentline: Youthline:</p> <p>BeGambleAware National helpline</p> <p>Leicester Lesbian, Gay, Bisexual and Transgender Centre</p> <p>New Futures Project Supporting Women and Young People at risk of/are being</p>	<p>0116 305 0004</p> <p>0116 255 1606</p> <p>0116 225 5700</p> <p>0116 255 6286 www.lampadvocacy.co.uk</p> <p>0808 800 3302</p> <p>0800 023 4575 https://www.rflifelinks.co.uk/</p> <p>0300 304 7000 www.sane.org.uk</p> <p>0116 288 7482</p> <p>0116 2316921</p> <p>www.beateatingdisorders.org.uk 0808 801 0677 0808 801 0811 0808 801 0711</p> <p>BeGambleAware.org 0808 8020 133</p> <p>07561 611114 https://leicesterlgbtcentre.org/</p> <p>0116 251 0803 http://new-futures.org.uk/</p>

	sexually exploited Samaritans of Leicester Papyrus Trust - prevention of young suicide Hopeline NHS one you Mental Health At Work	116 123 free from any phone 0330 0945717 www.samaritans.org 0800 068 4141 https://www.nhs.uk/oneyou/every-mind-matters https://www.mentalhealthatwork.org.uk/
Household items	Leicester Charity Link SSAFA- The Armed Forces Charity Sofa (Via agency referral only) Royal British Legion STRIDE (new, ex-catalogue and 2nd hand furniture) Severn Trent Trust Fund (white goods) Blaby District Council Community Services	0116 222 2200 www.charity-link.org 0116 251 1033 www.ssafa.org.uk/leicestershire-rutland 01509 262557 0808 802 8080 0116 291 1400 0121 355 7766 0116 272 7725
Budgeting skills	Citizens Advice Bureau Clockwise Credit Union Ltd Christians Against Poverty Blaby District Council Community Services	0844 8489009 0116 2471740 0800 3280 006 0116 272 7725
Legal Advice	Community Advice & Law Service One Roof Leicester Information and service directory	0116 242 1120 www.cals.uk.net 0116 442 2007 www.oneroof.org.uk