

Useful Contact List during self-isolation:

Local contacts:	Telephone	Email or web link
St. Catherine's Hospice	01772 629171	enquiries@stcatherines.co.uk
Progress Lifeline Telecare	01772 678910	https://www.progresslifeline.org.uk/
Meal delivery services:		
I-Care	01942 820079	https://icarecuisine.co.uk/
Wiltshire Farm Foods	01282 437630	preston@wiltshirefarmfoods.co.uk
Other organisations:		
Lancashire County Council - County Hall, Preston	0300 123 6701	https://www.lancashire.gov.uk/
Health & Social care, including safeguarding concerns for adults and children.	0300 123 6720	https://www.lancashire.gov.uk/health-and-social-care/
Emergency Duty Team (out of hours service)	033 123 6722	
<p>'South Ribble Together' - a dedicated programme of work to support the community through the on-going COVID-19 crisis.</p> <p>The dedicated team will take calls or emails from those in need of help and will deal with cases on the phone there and then, or will signpost residents to key organisations across the borough who can provide the vital help and support they need. The team are there to help individuals or businesses suffering: Financially; With ill physical or mental health or; Struggling to access vital services or Struggling to access food and medicines.</p>	<p>You can contact the team Monday - Friday between the hours of 8:30 and 17:15 on: 01772 625 625</p>	<p>Email anytime: Covid19support@southribble.gov.uk</p>
Chorley Together Doing what we can to protect		https://chorley.gov.uk/Pages/Ato

our communities and most vulnerable		Z/Chorley-Together-.aspx
Preston Together - Preston Council Support	If you're isolated by coronavirus and need help ring 01772 906777 or	Email: support@preston.gov.uk, Monday to Friday 9am-5pm. https://www.preston.gov.uk/coronavirus?fbclid=IwAR2ut0CjnFn1hOx5U8Rni8kQAALIYBBDqb42nVDogS6RK5hIo4SF1f0BPe8
National Domestic Abuse Helpline run by REFUGE	0808 2000 247	https://www.refuge.org.uk/get-help-now/phone-the-helpline/
National LGBT+ Domestic Abuse	0800 999 5428	http://www.galop.org.uk/domesticabuse-national/
Men's Advice line		
<p>Men's Advice Line is a team of friendly Advisors who will listen and believe you, offer you non-judgmental support, practical advice and information.</p> <p>Our focus is to increase the safety of men experiencing domestic abuse (and the safety of any children).</p>	0808 801 0327	https://mensadvice.org.uk/
Childline		
<p>From now due to coronavirus, you'll only be able to speak to a counsellor online or on the phone between 9am and midnight. To make sure we can answer everyone who's waiting, you won't be able to join the queue for a 1-2-1 chat after 10:30pm.</p> <p>After 10:30pm, you'll still be able to call us for free on 0800 1111 up until midnight.</p>	0800 1111	https://www.childline.org.uk/
Independent Age - Helps older people to live well with dignity, choice & control.		https://www.independentage.org/?gclid=EAiaIQobChMImKebkbSh6AIVBLTtCh3QQwliEAAYASAAEgLYvD_BwE
Carers UK	020 7378 4999	https://www.carersuk.org/ https://www.carersuk.org/forum/
Ncompass - carers support organisation	0345 013 8208	https://www.n-compass.org.uk/
Age UK Advice Line	0800 678 1602	www.ageuk.org.uk/lancashire advice@ageuklancs.org.uk

Age UK Lancashire	0300 303 1234	
Which? Care Services directory		https://www.which.co.uk/later-life-care/care-services-directory
The Silver Line is a free confidential telephone helpline offering information, friendship and advice to older people in the United Kingdom, available 24 hours a day	0800 470 8090	thesilverline.org.uk
Citizen's Advice Bureau (CAB)	0344 411 1444	www.citizensadvice.org.uk
Department for Work & Pensions (DWP)		https://www.gov.uk/government/organisations/department-for-work-pensions
Universal Credit	0345 604 3719 or Freephone 0800 055 6688 or text phone 0345 608 8551	https://www.gov.uk/universal-credit
Attendance Allowance		https://www.gov.uk/attendance-allowance
Bereavement:		
Cruse Bereavement Care - Leyland	01772 433645	lancashire@cruse.org.uk https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief
Or if you have been bereaved by the virus call:	0808 808 1677	
The Samaritans		
Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline	0845 790 9090	Or call 116 123 for free
Supportline		
SupportLine is particularly aimed at those who are isolated, at risk, vulnerable and victims of any form of abuse.	Helpline: 01708 765200	https://www.supportline.org.uk/problems/bereavement/ Email: info@supportline.org.uk
The Bereavement Trust		
Our trained volunteers offer comfort, support and practical advice to the bereaved from 6pm until 10pm.	Helpline - 0800 435 455. If the line is engaged, please ring 0800 9177	http://bereavement-trust.org.uk/

Support for anyone who has been bereaved.	416.	
<p>Child Bereavement UK</p> <p>We help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies.</p> <p>Support for bereaved families, online discussion forums, information.</p>	0800 02 888 40	https://www.childbereavementuk.org/
<p>Winston's Wish:</p> <p>Support for bereaved children and young people.</p>	08088 020 021	www.winstonswish.org
<p>The Lullaby Trust</p> <p>We offer confidential bereavement support to anyone affected by the sudden and unexpected death of a baby or young child</p> <p>Monday - Friday 10-5pm</p>	0808 802 6868	https://www.lullabytrust.org.uk/bereavement-support/ https://www.lullabytrust.org.uk/bereavement-support/how-we-can-support-you/
<p>The Compassionate Friends:</p> <p>Helpline and support services run by bereaved parents. Support to parents and their immediate families after the death of a child/children of any age and from any cause.</p> <p>Please do remember that you can call the TCF Helpline any day of the week if you would like to speak with another bereaved parent who is there to listen on 0345 123 2304 (10 am - 4 pm, 7 -10 pm). If the Helpline is busy, please clearly leave your name, number and a short message and one of our team will get back to you as soon as they can</p>	0345 123 2304	www.tcf.org.uk helpline@tcf.org.uk .
<p>Way Up</p> <p>Way Up is an active self-help group aimed at providing mutual support to those widowed in their 50s and 60s. It is a group with a positive forward looking attitude to rebuild our lives and discovering that lives can be good again, that we can be happy once more.</p>		www.way-up.co.uk
<p>The Good Grief Trust</p> <p>The Good Grief Trust enables anyone who has been bereaved to find their nearest local support organisation. Also practical help and tips from</p>		www.thegoodgrieftrust.org

people who have been bereaved who tell their own stories. MyWishes' goal is to ensure that		
My Wishes App MyWishes' goal is to ensure that everyone documents what they would like to happen to their physical estate, their digital estate, the care they may require in the future, and the care of any dependents they may have (children, pets etc)		https://www.mywishes.co.uk/
Taxi Services:		
Leyland taxis/Avacab	01772 455555	Still operating but with limited drivers
Millers Citax, Preston	01772 884000	Still operating but with limited drivers
Coopers taxis, Chorley	01257 261666	Very limited service but still running - waiting times
Other emergency contacts:		
Royal Preston Hospital	01772 716565	
Chorley General Hospital	01257 261222	
Police	999 in an emergency 101 in non-emergency	
Ambulance	999 in an emergency 111 in non-emergency	
Fire department	999	
Gas (leak) Emergency Number	0800 111 999	
Local Religious contacts:		

Roman Catholic - Brownedge St.Mary's	01772 335168
Church of England - St. Saviours	01772 335374
Bamber Bridge Methodist	01772 335374
Miscellaneous:	
Government advice re: Coronavirus	https://www.nhs.uk/conditions/coronavirus-covid-19/
Wellbeing tips	https://www.basw.co.uk/top-tips-wellbeing https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/ https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/ https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/ https://www.nhs.uk/conditions/nhs-fitness-studio/ https://www.nhs.uk/oneyou/apps/ https://thesumoguy.wordpress.com/2020/04/07/how-to-cope-in-a-crisis-or-heres-what-to-do-when-the-unexpected-happens/ https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19 https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/ https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/
For NHS staff:	https://people.nhs.uk/help/

****Please note:**

The Hospice does not endorse any of the services suggested here.