Royton & Crompton Family Practice Service Directory 2020

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Key:

Telephone Contact

Email Contact

Website

Address

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A comprehensive directory of services in and around Oldham. Services include: Mental Health Services, Charities, Old Age Services, Adult Services, Children and Teen Services, General Services accessible by everyone, Addiction and Drug Services and Benevolent Funds available to those unable to work for any reason.

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**Social Care and Mental Health Services:**

**In Crisis:**

* **Your GP** (During Surgery Times) : telephone or in person **Tel**: 0161 357 2315
* **Go To Doc** **Tel**: 0161 336 3252
* **7 Day Access Tel**: 0161 934 2827 **NHS 111**
* **Accident & Emergency** : In person, 24 hours, every day
* **Emergency Social Services**: **Tel**: 0161 770 6936 – *Call in the event of unexpected major problem within the home or family.*
* **The Sanctuary**: **Tel**: 0300 003 7029 - *24 Hours support to adults (18+) who are experiencing anxiety, panic attacks, depression, suicidal thoughts or are in crisis.*
* **Papyrus**: **Tel**: 0800 068 4141 **Text**: 07786209697 **Email**: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) -*Support for teenagers and young adults who are feeling suicidal.*
* **The Samaritans**: **Tel**: 116 123  **Email**: [jo@samaritans.org](mailto:jo@samaritans.org) - *Confidential, emotional support 24 hours each day, every day.*
* **SANE**: **Tel**: 0300 304 700 - *national, out of hours mental health helpline offering specialist emotional support to anyone affected by mental illness, including friends, family and carers.*
* **Calm**:**Tel**: 0800 58 58 58  **Web**: www.thecalmzone.net - *Offering support to men of any age, who are in crisis.*
* **Homelessness Advice Team**: **Tel**: 0161 393 7117 (Daytime) and 0800 988 7061 (Out of Hours)
* **Oldham Independent Domestic Violence Advisors**: **Tel**: 0161 770 5557 **24 Hour Helpline**: 0808 2000 247 **Homelessness Section**: 0161 770 44555 **Emergency Housing**: 0800 988 706 - *Support and advice to anyone experiencing domestic or sexual violence.*
* **ChildLine**: **Tel**: 0800 1111 **Web**: [www.childline.org.uk](http://www.childline.org.uk) -*Offers support to those under the age of 19 in crisis, as well as in any other situation they may be struggling, through online 1-2-1 chats and over the phone counsellors*.

**Support in Oldham Self-help and Information Websites:**

* **TOG Mind**: **Tel**: 0161 330 9223 **Email**: [office@togmind.org](mailto:office@togmind.org)

**Web**: [www.mind.org.uk](http://www.mind.org.uk) -*National charity providing reliable information and self-help on a wide range of mental health problems and issues*

* **ChildLine**: **Tel**: 0800 1111 **Web**: [www.childline.org.uk](http://www.childline.org.uk) -*A service available to anyone under the age of 19 offering support through online 1-2-1 chats or phone calls and offering a range of information and support.*
* **The Royal College of Psychiatrists**: **Web**: [www.rcpsych.ac.uk/expertadvice.aspx](http://www.rcpsych.ac.uk/expertadvice.aspx) - *Provides reliable information and self-help on a wide range of mental health problems.*
* **Get Self Help**: **Web**: [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) - *Computer based CBT for a wide range of mental health problems.*
* **Living Life to the Full**: **Web**: [www.livinglifetothefull.com](http://www.livinglifetothefull.com) -*Information and tips on how to break negative and unhelpful cycles of thinking.*
* **Depression Alliance**: **Web**: [www.depressionalliance.org](http://www.depressionalliance.org) -*Information and tips on how to deal with depression. Find local support groups*.
* **Anxiety UK**: **Web**: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) **Helpline**: 08444 775 774 **Text Service**: 075374 16905 -*Information and tips on how to deal with anxiety related problems and online chat support.*
* **Start2**: **Web**: [www.start2.co.uk](http://www.start2.co.uk) -*Free online resources for improving your mental health through creativity.*
* **Mood Swings**: **Web**: www.moodswings .org.uk **Info Line**: 0161 832 3736 -*Offers advice, information and support for people with mood swings, their family and friends.*
* **Healthy Minds**: **Tel**: 0161 716 2777 **Web**: https:[www.penninecare.nhs.net/healthymindsoldham](http://www.penninecare.nhs.net/healthymindsoldham) -*Offer support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood/depression, stress, worry or anxiety, feelings of hopelessness or panic attacks. It can also help with effects of a long term health problem or chronic pain, Post Natal Depression, OCD, phobias or eating difficulties. (16+ and registered with a GP in Oldham).*
* **Healthy Young Minds**: **Tel**: 0161 716 2020 -*Help children and young people up to the age of 18 and support their families/carers. They can help with anxiety, depression, psychosis, PTSD, self-harm, ADHD, ASD as well as more complex psychological difficulties.*

**Specialist Services in the Voluntary and Community Sector:**

* **Citizens Advice Bureau**: **Tel**: 0300 330 1153 **Web**: [www.oldhamcab.org.uk](http://www.oldhamcab.org.uk) -*Free advice service to inform people of their rights and responsibilities. Specialist advice on benefits, employment, housing and homelessness.*
* **Community Dentist Services**: **Tel**: 0161 621 3614 -*Treatment and care for individuals whose special requirements cannot be met by a general dentist practice.*
* **Drug and Alcohol Services**: **Tel**: 0161 770 1188 -*Support to reduce or stop using drugs or alcohol.*
* **Greater Manchester Domestic Violence Support**: **Tel**: 0808 200 247 **Men’s Advice Line**: 0808 801 0327 **Web**: [www.endthefear.co.uk](http://www.endthefear.co.uk) -*24 hour domestic violence support.*
* **Relate**: **Tel**: 0300 100 1234 **Web**: relate.org.uk -*Offers advice, relationship counselling, sex therapy, workshops, meditation and consultations.*
* **Oldham Early Help Team**: **Tel**: 0161 770 6627 **Web**: [www.thp.org.uk](http://www.thp.org.uk) -*Work with individuals and families living in Oldham to develop skills to be more independent.*
* **Oldham Carers Centre**: **Tel**: 0161 770 1188 - *Will assist with all aspects of being a carer and offer social, emotional, practical support to help you continue in your caring role.*
* **Oldham Veteran**: **Tel**: 0161 626 9430 Email: [Debbie.vots@gmail.com](mailto:Debbie.vots@gmail.com) -*Offer support and accommodation to people who have served in the British Armed Forces.*
* **Fatima Women’s Association**: **Tel**: 0161 627 3109 **Mobile**: 07925089078 -*Offer a number classes and activities for women.*
* **Werneth Women’s Association**: **Tel**: 0161 628 2235 -*Offer a variety of services including a women’s lunch club, English classes and many other activities such as yoga and cooking. There is also a drop in service offered every Thursday morning until 12pm.*
* **Health and Wellbeing College**: **Tel**: 0161 716 2666 **Email**: [hwcollege.penninecare@nhs.net](mailto:hwcollege.penninecare@nhs.net) - *Provide an educational approach to empower you to take control of your health and wellbeing while learning new skills.*
* **Back on Track**: **Tel**: 0161834 1661 -*A Manchester charity working with adults who are going through recovery or rehabilitation having been through problems with alcohol or drugs, offending, homelessness and mental health.*
* **Salvation Army**: **Address**: 203 Roundthorn Road, Oldham, OL4 5LD -*Offer a drop in service for the homeless every Friday between 11am and 1pm, providing free drinks and snacks, a listening ear and someone to talk to.*
* **Oldham Unity**: **Tel**: 0161 624 1214  **Address**: Oldham Baptist Church, Chaucer Street, Oldham, OL1 1BA -*A project aimed at supporting asylum seekers (paperwork required at initial visit) with food parcels, bus fares, clothing, bedding and a place to socialise every Thursday between 12:30pm and 2:30 pm.*
* **LGBT Foundation**: **Tel**: 0345 330 3030 **Email**: [info@lgbt.foundation](mailto:info@lgbt.foundation) –*A national charity delivering a wide range of services to the LGBT communities including a helpline and counselling service.*
* **The Lucy Faithfull Foundation**: **Tel**: 0800 1000 900 **Email**: [help@stopitnow.org.uk](mailto:help@stopitnow.org.uk) **Web**: [www.lucyfaithfull.org.uk](http://www.lucyfaithfull.org.uk) AND [www.stopitnow.org.uk](http://www.stopitnow.org.uk) -*A registered child protection charity which works across the UKI to prevent child sexual abuse. It runs many projects including Stop It Now reaching out to adults concerned about their behaviour towards children.*
* **The National Autistic Society**:  **Tel**: 0808 800 4104 (Mon-Thurs 10am-4pm, Fri 9am-3pm) - *A UK charity for autistic people and their families providing information and support.*

**Mobile APPS**

* **Mindshift**: Provides techniques to help with panic, perfectionism, social anxiety and phobias. It includes a variety of different tools based on CBT to help you learn to relax and be mindful. It includes tools for quick relief, a thought journal, coping cards, belief experiments, facing fears, expanding your comfort zone and goal setting.
* **Hub of Hope**: Enables you to find services local to you using geolocation technology.
* **Wellmind**: Helps with stress, anxiety and depression. It offers features to track your mood and offers general help and advice as well as help when you are in crisis. It helps with relaxation techniques to enable you to manage your mental health.
* **Clear Fear**: Provides you with a range of techniques to help manage anxiety, including mindfulness activities and creating a support network of people for you to talk to.

**Charities**:

* **Turn2us**: **Tel**: 0808 802 2000 **Email**: [info@turn2us.org](mailto:info@turn2us.org) **Web**: [www.turn2us.org.uk](http://www.turn2us.org.uk) -*A national charity that offers support to people in financial hardship and helps them to access welfare benefits, charitable grants and support services.*
* **Oldham Food Bank**: **Tel**: 0161 622 1061 -*Offers emergency food and support to people in crisis.*
* **ACE Centre**: **Tel**: 0800 080 3115 **Web**: [www.acecentre.co.uk](http://www.acecentre.co.uk)

- *Provide support, advice, technology and training to enable people with complex communication needs to express themselves and meet their full potential. (Augmentative and Alternative Communication and Assistive Technology)*

* **Oldham Bereavement Support Service**: **Tel**: 0161 627 8207 -*Visit those who have been bereaved in their own home or at the centre and provide support so they can talk through and express their grief and try to come to terms with their loss.*
* **Oldham Owls Disabled Sports Club**: **Tel**: 0161 628 4045 **Web**: [www.theowls.org.uk](http://www.theowls.org.uk)

-*Encourage people with disabilities to engage in active sports such as wheelchair basketball, fishing and table tennis.*

* **Charlie’s Child Loss Charity**: **Tel**: 07377 131299 -*Providing support for men who have lost a child.*
* **Oxfam**: **Tel**: 0161 652 4697 **Address**:31 Yorkshire Street, Oldham, OL1 3RZ
* **Oldham Community Accountancy Service**: **Tel**: 0161 652 2334 **Address**: 2nd Floor, 143-145 Yorkshire Street, Oldham, OL1 3TH -*A specialist service which is aimed at empowering not for profit groups and voluntary organisations to manage their finance and resources effectively and efficiently.*
* **Apex Charitable Trust**: **Tel**: 0161 785 8858 **Address**: 11 Retiro Street, Oldham, OL1 1SA -A specialist charity who supports offenders into employment, training, education and voluntary work. Their services enable all offenders and those at risk of offending to be the best they can be and to achieve their goals.
* **Delph’s Diners’ Club**: **Tel**: 01457 873 737 **Address**:9 Higher Dale, Delph, Oldham, OL3 5HY
* **Chadderton Old People’s Welfare Committee**: **Tel**: 0161 624 8459 OR 0161 628 5202 **Address**: 298a Broadway, Chadderton, Oldham, OL9 9QU
* **Action Together**: **Tel**: 0161 339 2345 **Address**: 12 Manchester Chambers, West Street, Oldham, OL1 1LF -*Offer support, advice and help for individual volunteers, groups and organisations to set up a group or organisation.*
* **Over 60’s Centre**: **Tel**: 07557 276 518 **Address**: 298a Broadway, Chadderton, Oldham, OL9 9QU -*Gives older people the opportunity to meet new friends, learn skills and enjoy a meal together. Enables older people to go out and socialise where they might previously have avoided doing so.*
* **Rainbow Trust**: **Tel**: 0161 628 2194 **Address**: Chambers Business Centre, Chapel Road, Hollinwood, Oldham, OL8 4QQ -*Support families who have a child aged 0-18 with a life threatening or terminal illness. They provide support to all family members and provide more support to siblings through maintaining school attendance and engaging in different activities. Other support for living at home and also attending hospital is also available. There are also services in place to offer bereavement support.*

**Old Age Services**:

* **Mobility Aids**:

-Millercare: **Tel**: 0161 785 9898

-Promobility: **Tel**: 0161 633 0040

-Turtle Mobility: **Tel**: 0161 652 6023

* **Age UK (Church Lane):** **Tel**: 0161 622 9333
* **Home Adaptations**:

-Minor: **Tel**: 0161 633 0123

-Disabled Adaptations Team: **Tel**: 0161 770 1447

* **Forum4Age**: **Tel**: 0161 633 0123  **Email**: [info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk) **Web**: [www.ageukoldham.org.uk](http://www.ageukoldham.org.uk)
* **Aid For the Aged in Distress**: **Tel**: 0870 803 1950 **Email**: [info@aftaid.org.uk](mailto:info@aftaid.org.uk) **Web**: [www.agedistress.org.uk](http://www.agedistress.org.uk)
* **Alzheimer’s Society**: **Tel**: 020 7423 3500 **Email**: [info@alzheimers.org.uk](mailto:info@alzheimers.org.uk) **Web**: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
* **Befriending Service Age UK**: **Email**: [info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk) **Web**: [www.ageuk.org.uk](http://www.ageuk.org.uk) (Monday-Friday 9am-4:30pm) -*For older people who don’t see other people or go out much. A volunteer visits them in their home and offers encouragement to go out and join in with activities.*
* **Care and Support Service (Helpline & Community Alarms)**: [**Tel**: 0161](Tel:0161) 770 5189 **Email**: [helplineresponse@oldham.gov.uk](mailto:helplineresponse@oldham.gov.uk) *-A personal alarm unit which connects you to specially trained staff in a control centre. Service for elderly, sick or disabled.*
* **Handy Van Scheme (Age UK)**: **Tel**: 0161 622 9277 **Email**: [info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk) **Web**: [www.ageukoldham.org.uk](http://www.ageukoldham.org.uk) -*Service to help elderly people stay in their own homes by providing maintenance and simple adaptations such as fitting grab rails, securing loose floor coverings, extra telephone sockets, fitting shelving and spy holes or smoke alarms.*
* **Alzheimer’s Society**: [**Tel**: 0300](Tel:0300) 222 11 22 / 020 74233500 **Email**: [enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk) **Web**: [www.alzheimers.org.uk](http://www.alzheimers.org.uk) -*Aim to improve the lives of those living with Dementia. They provide local information and over 2,000 services to people with Dementia.*
* **Dementia Friends**: **Tel**: 07976 702 171 **Email**: [helen@close-communications.com](mailto:helen@close-communications.com) -*A Dementia information session which provides the opportunity to ask questions and share any information you may have.*
* **Pension Service**: **Tel (First claim)**: 0800 731 7898 / **Text:** 0800 731 7339 **Tel (Change of Circumstances)**: 0845 606 0265/ **Text**: 0845 606 0285 **Web**: [www.gov.uk/contact-pension-service](http://www.gov.uk/contact-pension-service) -*Help with State Pension eligibility, claims and payments.*
* **Caremark Oldham**: **Tel**: 0161 627 0891 **Email**: [Oldham@caremark.co.uk](mailto:Oldham@caremark.co.uk) **Web**: [www.caremark.co.uk/oldham](http://www.caremark.co.uk/oldham) -*All aspects of care, including end of life.*
* **Cleaning Services**: **Tel**: 0161 770 4270 **Email**: [cateringandcleaning@oldham.gov.uk](mailto:cateringandcleaning@oldham.gov.uk) **Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk) -*Helps elderly or vulnerable people remain independent by providing support with daily household tasks such as: General cleaning, dusting, sweeping, vacuuming, accompanied shopping, basic food preparation, bed making and changing, window cleaning and dog walking.*
* **Housing 21 Oldham**: **Tel**: 0345 604 4447 **Email**: [oldhamenquiries@housing21.co.uk](mailto:oldhamenquiries@housing21.co.uk) **Web**: [www.housing21.co.uk](http://www.housing21.co.uk) -*Promotes independence and choice for older people through housing care and support.*
* **GMPTE – Travel Vouchers, Passes and Permits**: **Tel**: 0161 244 1050 **Email**: [passes&permits@tfgm.gov.uk](mailto:passes&permits@tfgm.gov.uk) **Web**: [www.tfgm.com](http://www.tfgm.com) -Applications for free over 60’s travel passes. Travel vouchers are also available for those unable to use ordinary buses, trains or metrolink. Vouchers can be used to pay for taxis or Ring & Ride and community transport. Chargeable.

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**Adult Services**:

* **LANC**: **Tel**: 01403 240 002 **Web**: [www.lanc.org.uk](http://www.lanc.org.uk) -*Offer a range of assessments for adults, which vary dependent on individual difficulties. (ASD for adults and children, ADHD for adults and children, Educational Psychology Assessment, Occupational Therapy Assessment, Speech and Language amongst others).They also offer therapies to help with many difficulties. (1-*2-3 *parenting, Coaching, Medical Management, Occupational therapy, Cogmed amongst others).*
* **Opal**: [**Tel**: 0161](Tel:0161) 633 5544 **Email**: [admin@opal-advocacy.org.uk](mailto:admin@opal-advocacy.org.uk) **Web**: [www.opal-advocacy.org.uk](http://www.opal-advocacy.org.uk) -*Provides an advocacy service for people with learning difficulties. Support with issues relating to money, relationships with family/carers, changes to their support, making complaints about services and making choices about where to live.*
* **Pathways to Opportunities**: **Tel**: 0161 652 6466 / 07540 724 531 **Email**: [info@pathways-to-opportunities.co.uk](mailto:info@pathways-to-opportunities.co.uk) **Web**: [www.pathways-to-opportunities.co.uk](http://www.pathways-to-opportunities.co.uk) -*Supporting people within their own homes with medication, personal care, welfare checks etc. Also provides support to people with Dementia*.
* **Sunshine Care C.I.C**:  **Tel**: 01706 345 156 **Email**: [chris@sunshinecarecoop.co.uk](mailto:chris@sunshinecarecoop.co.uk) **Web**: [www.sunshine-care-coop.co.uk](http://www.sunshine-care-coop.co.uk) -*Support people within their own homes who are over the age of 18. They provide a meal service, sitting service, respite, cleaning service, light gardening and can chaperon to appointments.*

**Children and Teen Services**:

* **Positive Steps**: **Tel**: 0161 621 9400  **Web**: [www.positive-steps.org.uk](http://www.positive-steps.org.uk) -*Offers a range of services which help young people, adults and families reach their full potential. These include: family support, careers guidance, missing from home support, support for young carers, help with volunteering, traded services, metacards, help with finding work experience etc.*
* **Point (ADHD):** **Tel**: 0161 503 1547 **Email**: [admin@point-send.co.uk](mailto:admin@point-send.co.uk) **Web**: www.point-send.co.uk -*Provides support for families with children who have additional needs and/or disabilities. Their person centred support enables improved outcomes and opportunities for children and their families. They can help to build their confidence, resilience and knowledge.*
* **Young Carer’s Project**: **Tel**: 0161 621 9400 -*Support for young people who are providing care and support for a family member who may be older, have additional needs, have a physical disability, have mental health needs or have issues with drugs or alcohol. They offer one to one support and a range of different activities to engage in. These include: cooking, arts and crafts, games and information sessions, trips to Drayton Manor, Laser Quest, Knowsley Safari Park, Blue Planet Aquarium and activities such as canoeing, bowling, go-karting, roller-skating etc.*
* **Mahdlo**: **Tel**: 0161 624 0111 **Web**: [www.mahdloyz.org/](http://www.mahdloyz.org/) -*A Youth Zone for 8-19 year olds (up to 25 for young people with a disability). Offers a range of activities and experiences to raise aspirations and support young people to be the best they can be.* *(50p as a member)*
* **Off the Record**: **Tel**: 0161 355 3553 **Web**: www.otr-tameside.org/ **Address**: 20 Greaves Street, Oldham, OL1 1TJ -*Aim to meet the needs of young people by providing a high quality counselling service. Offer a range of counselling services such as a weekly drop in session, school counselling, training services etc.*
* **Oldham Play Action Group**:  **Tel**: 0161 678 9662 **Web**: [www.opag.co.uk](http://www.opag.co.uk) -*Offers workshops and events for children and their families to engage in to allow them to go out and socialise.*
* **Ability Wheelz Cycling Centre, Alexandra Park**: **Tel**: 0161 503 1556 -*Provides opportunities for children, young people and adults with additional needs and/or disabilities to access a wide range of adapted universal cycles in Alexandra Park. They also offer ‘Learn to Ride’ cycling lessons so that children, young people and adults with or without additional needs can learn to ride a bike.*
* **Team Karting (Racing With Autism):** **Tel**: 01706 310999
* **Youth in Mind**: **Tel**: 0161 330 9223 **Web**: [www.togmind.org/youth-mind](http://www.togmind.org/youth-mind) -*3 children in every classroom experience a mental health problem. In recognising the significance of early intervention and prevention they work closely with schools to raise awareness of mental health issues and provide education and support to students, parents, teachers and governors. They also offer a range of therapeutic services that can be tailored to meet school, community and individual needs.*
* **Autism Youth Club (AYC)**: **Tel**: 0161 770 7777 **Email**: [ShortBreaksAdmin@oldham.gov.uk](mailto:ShortBreaksAdmin@oldham.gov.uk) **Address**: Newbridge School, Roman Road, Hollinwood, OL8 3PH (Monday–Thursday, 6pm-8:15pm, closed bank holidays and Christmas) –*A service for children between 8 and 18 who have a formal diagnosis of A.S.D. It gives them the opportunity to socialise and spend time with their peers, develop friendships, develop social skills and take part in a variety of activities. Activities include football and indoor sports, basic cooking, games, arts and crafts and visits to the parks. Also go on a variety of outings and trips in school holidays. Parents are encouraged to leave their children, however if the child needs a familiar face around for a while, parents can stay. Staff will help with the transition.*

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwih45u8vv_jAhVa8OAKHf2xDzAQjRx6BAgBEAQ&url=https://citikey.uk/display/lloydspharmacy-SHTFV&psig=AOvVaw0EwAR8mtyLIP-iN88eFHzm&ust=1565773070613396)

**General Services**:

* **Citizens Advice Bureau**: **Tel**: 0300 330 9073 **Web**: <http://www.casort.org/> -*Offers free, confidential advice on issues regarding money, legal, consumer and other problems.*
* **Macmillan**: **Tel**: 0161 621 7864 **Web**: www.macmillan.org.uk **Email**: [Oldham.macmillansupport@nhs.net](mailto:Oldham.macmillansupport@nhs.net) -*Provide information and a range of different services to those affected by cancer.*
* **Seven Day Access**: **Tel**: 0161 770 3000 -*A service that allows you to be seen quickly if your own GP is unable to see you.*
* **COVID Assessment Centre**

*Appointment only following a referral from a healthcare professional or* [*NHS111*](https://111.nhs.uk/)*.*

* **Go To Doc**: **Tel**: 0161 336 3252 -*Urgent care and out of hours care.*
* **Oldham Carer’s Centre**: **Tel**: 0161 770 1188 -*Offers advice and support as well as a range of other services to those who are acting as a carer.*
* **OCL**: **Tel**: 0161 207 7000 **Web**: <https://oclactive.co.uk/royton-leisure-centre> -A range of leisure facilities and activities in and around Oldham, which anyone can access.
* **Action for Blind People**: **Tel**: 020 7635 4800 **Web**: [www.actionforblindpeople.org.uk](http://www.actionforblindpeople.org.uk) -*Offers help and support for blind and partially sighted people. A range of practical and emotional help is available.*
* **Stroke Association**: **Tel**: 0161 972 0559 **Email**: helen.gibertson@stroke.org.uk **Web**: [www.stroke.org.uk](http://www.stroke.org.uk) -*Support people to rebuild their lives after a stroke by providing specialist support, funding critical research and campaigning to get those who have survived a stroke the best care.*
* **Benefits Team - Oldham Council**: **Tel**: 0161 770 6633 **Email**: [benefits@oldham.gov.uk](mailto:benefits@oldham.gov.uk) **Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk) -Advice about Council Tax, Benefits, your application and payments.
* **Blue Badge Team**: **Tel**: 0161 770 4243 / 0161 770 1463 **Email**: [bluebadgeteam@oldham.gov.uk](mailto:bluebadgeteam@oldham.gov.uk) **Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk) -*Enquiries relating to a blue badge application or any changes to the blue badge scheme and how they affect you.*
* **Springboard Project**: **Tel**: 0161 716 3610 **Address**: Downey House, Church Street, Royton, Oldham, OL2 5JS (Thursday 10:30-12:30) -*A free social meeting place for people living with Dementia, their carers, family and friends. There are a range of activities you can engage in.*

**Bereavement related services**:

* **The Bereavement Register**:  **Tel**: 0800 082 1230 / 020 7089 6403 **Email**: [help@thebereavementregister.org.uk](mailto:help@thebereavementregister.org.uk) **Web**: [www.the-bereavement-register.org.uk](http://www.the-bereavement-register.org.uk) -24 hour automated registration service. Register the name and address of the deceased person to help stop unsolicited mail.
* **Cemetery Office**: **Tel**: 0161 681 1312 **Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk) **Email**: [env.cemeteries@oldham.gov.uk](mailto:env.cemeteries@oldham.gov.uk) **Address**: Hollinwood Cemetery, Roman Road, Hollinwood -*For enquiries regarding cemeteries, graves, memorials, arranging independent funerals or for help researching grave records.*
* **Funeral Plan-Age UK**: **Tel**: 0161 622 9300 / 0800 032 9423 **Email**: [info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk) / insurance@ageukoldham.org.uk -*Your family do not have to make all the arrangements and the financial strain of funerals will be eased. Enables you to pre-pay for a cremation funeral at today’s prices.*
* **Life for a Life Memorial Forests**: **Tel**: 0161 624 2299 **Email**: [info@lifeforalife.org.uk](mailto:info@lifeforalife.org.uk) **Web**: [www.lifeforalife.org.uk](http://www.lifeforalife.org.uk) **Address**: The Woodland Suite, Chadderton Court, 451 Middleton Road, Chadderton, Oldham, OL9 9LB -*A charity that offers the chance to celebrate of commemorate your loved ones by planting memorial trees and installing memorial benches in one of thirty woodland locations.*
* **Register Office**: **Tel**: 0161 770 8960 **Email**:[registrars@oldham.gov.uk](mailto:registrars@oldham.gov.uk) **Address**: Chadderton Town Hall, Middleton Road, Chadderton, Oldham, OL9 6PP

**Housing**:

* **First Choice Homes**: **Tel**: 0161 770 6699 **Email**: [fcho.housing.options@oldham.gov.uk](mailto:fcho.housing.options@oldham.gov.uk) **Web**: [www.fcho.co.uk](http://www.fcho.co.uk) -*Advisors can give support and advice on homelessness, social housing, supported accommodation, housing options for people living with disabilities, problems with paying your rent or mortgage and downsizing.*
* **Choosing the Right Care**: **Tel**: 0161 622 9333 / 0161 622 9314 **Email**: [info@aksahomes.co.uk](mailto:info@aksahomes.co.uk) **Web**: [www.newcharter.co.uk](http://www.newcharter.co.uk) -*Provides and independent support service for anyone who requires assistance in finding suitable care options within the community or in a care home.*
* **First Choice Homes –Housing Support Tenancy Relations Service**:  **Tel**: 0161 770 4463 **Email**: [tenancyrelations@fcho.co.uk](mailto:tenancyrelations@fcho.co.uk) -*Advice and assistance on all aspects of private rented housing, including possession proceedings, unlawful eviction, harassment, Tenancy Agreements, Notice to Quit, Deposits, Rent and Repairs.*

**Hearing Impaired**:

* **Oldham Deaf Society**: **Tel**: 0161 624 2195 **Address**: The Deaf Social Club, 165 Park Road, Oldham, OL4 1SH (Monday, Thursday, Friday and Saturday evenings) -*Regular programme of activities, including snooker, bowls, table tennis, darts, etc.*
* **Physical & Sensory Disability Team (ODIP)**: **Tel**: 0161 770 4799 **Text**: 0771 191 3509 **Email**: [psd@oldhmam.gov.uk](mailto:psd@oldhmam.gov.uk) **Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk) **Address**: Unit 10, Whitney Court, Southlink, Hamilton Street, Oldham, OL4 1DB (Monday-Friday 8:40am – 5:00pm) -*Supports those with hearing impairments. Provides support and information and you can also access practical support such as technical equipment and/or advice which may help you.*
* **Hard of Hearing Association**: **Tel**: 0161 770 4799 **Address**: 14 Kinder Avenue, Salem, Oldham, OL4 5HJ -*Social evenings, lip reading and clear speech lessons.*

**Disability Services**:

* **I.A.S Services Ltd**: **Tel**: 0161 627 1314 **Email**: [info@iasservices.info](mailto:info@iasservices.info) **Web**: [www.iasserrvices.info](http://www.iasserrvices.info) / [www.imagineandsucceed.co.uk](http://www.imagineandsucceed.co.uk) **Address**: 83 Union Street, Oldham, OL4 1JW -*Residential support. Sitting service to enable carers to have a break. Offers community based activities, development of skills and personal support for people with learning disabilities and their carers.*
* **Ambercare Northwest Ltd**: **Tel**: 0161 620 7032 **Email**: [ambercare@live.org.uk](mailto:ambercare@live.org.uk) **Web**: [www.ambercareltd.co.uk](http://www.ambercareltd.co.uk) -*Provides personal care and support to people who wish to stay in their own home. The service is available to elderly people and young adults with a physical disability.*
* **Helpline Response Service – Oldham Council**: **Tel**: 0161 770 5189 **Email**: [helplineresponse@oldham.gov.uk](mailto:helplineresponse@oldham.gov.uk) **Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk) **Address**: Civic Centre, West Street, Oldham, OL1 1UT -*Helps people remain in their own home with the knowledge that help, advice and reassurance can be provided quickly in the event of an emergency situation. You’ll be given a personal alarm unit which connects you to specially trained staff.*

**Environmental Health**:

* **Assisted Collection of Wheelie Bins – Oldham Council**: **Tel**: 0161 770 6644 **Address**: Moorhey Street, Depot, Oldham, OL1 1JF (Monday – Friday, 8:00am-6:00pm / Saturday, 9:00am – 1:00pm) -*It is possible to ask that the council collects waste if you are physically unable to take it to the collection point. You will need to provide all necessary documents to support that you are physically unable to do so.*
* **Bulky Household Waste Collection - Oldham Council**: **Tel**: 0161 770 6644 **Address**: Moorhey Street, Oldham, OL4 1JF (Monday-Friday, 8:00am-6:00pm / Saturday, 9:00am-1:00pm) -*Able to collect bulky household waste from your doorstep. Up to 3 items £15.50. Additional items £7.75 each. Bagged up fabric and small electricals are picked up free as part of your paid collection.*
* **Environmental Health – General (OMBC)**: **Tel**: 0161 770 2244 **Email**: [environmentalhealth@oldham.gov.uk](mailto:environmentalhealth@oldham.gov.uk) **Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk) **Address**: Chadderton Town Hall, Middleton Road, Oldham, OL9 6PP -*Deal with enquiries relating to pollution control, public health, fly tipping, animal welfare, Health and Safety, dog wardens and food safety.*
* **Pest Control – Environmental Health**: **Tel**: 0161 770 2244 **Email**: [pestcontrol@oldham.gov.uk](mailto:pestcontrol@oldham.gov.uk) **Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk) **Address**: Response Service, Sir Robert Peacock House, Vulcan Street, Derker, OL1 4LA -*Treatment for the following: Bedbugs, Beetles, Cockroaches, Fleas, Mice, Mites, Rats, Silverfish, Squirrels and wasps.*

**Employment Services**:

* **Job Centre – Oldham**: **Tel**: 0161 253 3500 / 0161 253 3600 **Text**: 0161 253 3533  **Web**: [www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk) **Address**: Tweedale House, 75 Union Street, Oldham, OL1 1LH (Monday-Friday, 9:00am-5:00pm, Wednesday, 10:00am-5:00pm) -*Provide advice and information with the aim to help you find a job.*
* **National Career Service, Positive Steps**: **Tel**: 0161 621 9200 / 0800 100 900 **Web**: direct.gov.uk/lifelonglearningaccount **Address**: Medtia Place, 80 Union Street, Oldham, OL1 1DJ (Monday-Friday, 9:00am-5:00pm, Thursday Evening until 7pm) -*Online and telephone information that will help you to choose or change your career. Provides skill tests, course search and job search advice. It also includes information for older workers.*
* **Lifelong Learning Oldham**: **Tel**: 0800 525 956 / 0161 770 8030/8031 **Email**: [lifelong.learning@oldham.gov.uk](mailto:lifelong.learning@oldham.gov.uk) **Web**: [www.oldham.gov.uk/learning/lifelong](http://www.oldham.gov.uk/learning/lifelong) -*Courses for all ages and backgrounds. Phone for course details.*

**Safeguarding**:

* **Adult Safeguarding Team**: **Tel**: 0161 770 1532 **Email**: [safeguarding.adults@oldahm.gov.uk](mailto:safeguarding.adults@oldahm.gov.uk) **Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk) **Address**: Rock Street, Oldham, OL1 3UJ (Mon-Fri, 9am-5pm) -If you think a vulnerable adult is being neglected or abused, contact adult safeguarding.
* **Adult Social Services**: **Tel**: 0161 770 1122 **Email**: [adis@oldahm.gov.uk](mailto:adis@oldahm.gov.uk) **Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)
* **Witness Service Oldham/Victim Support**: **Tel**: 0161 770 1573 **Email**: [css.admin@oldham.gov.uk](mailto:css.admin@oldham.gov.uk) **Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk) **Address**: 9th Floor, Civic Centre, West Street, Oldham, OL1 1UT -*If you have been a victim of any crime or have been affected by a crime committed against someone you know, Witness support can help you cope with the experience. The services are free and available to anyone, whether or not the crime has been reported and regardless of when it happened. Appointment only.*
* **Out Of Hours Emergencies, Adults and Children Social Services**: **Tel**: 0161 770 6936 / 0161 770 8302 Email: [edt@oldham.gov.uk](mailto:edt@oldham.gov.uk) (Mon-Fri, 5:00pm-9:00am / 24 hours weekends and bank holidays) –*Social work service for people in crisis to meet their urgent needs out of office hours.*

**Transport**:

* **Accessible Transport Information**: **Tel**: 0161 244 1000 **Web**: [www.tfgm.com](http://www.tfgm.com) -*Some disabled people are entitled to lower fares and free travel, phone for enquiries.*
* **Dial A Ride**: **Tel**: 0161 633 0040 / 0161 633 0066 **Email**: [stuartneedham@communitytransport.org](mailto:stuartneedham@communitytransport.org) **Address**: Tommyfield Market, St Mary’s Way, Oldham, OL1 3BU (Monday, Wednesday, Thursday, Friday, 9:30am-4:30pm /Saturday, 9:30am-1:30pm) -*Available for Oldham residents who experience difficulty using public transport as a result of limited mobility.*
* **The Patient Transport Service, GM Ambulances**: **Tel (General Enquiries)**: 01772904907 **Tel (To Cancel)**: 0800 0323 240 (Monday – Friday, 8:00am-6:00pm except bank holidays) -*Free transport to and from hospitals for out-patient appointments, day care patients, admissions and discharges to home. Non-emergency patients only. Your clinic may book this service for you. Alternatively you can call the above number to book it for yourself if you have a medical/clinical condition which prevents you from getting to your appointment.*

**Utilities**:

* **British Gas**: **Tel**: 0800 111 999 **Web**: [www.britishgas.co.uk](http://www.britishgas.co.uk) -*24 Hour service. If you smell gas or detect a gas leak call the National Gas Emergency Service.*
* **Powercut Line – United Utilities**: **Tel**: 0800 195 4141 **Web**: <http://www.enwl.co.uk/> -*Emergency contact number.*
* **Warm Homes Oldham**: **Tel**: 0800 019 1084 **Email**: [warmhomes@oldham.gov](mailto:warmhomes@oldham.gov) / [warmhomesoldham@keepmoat.com](mailto:warmhomesoldham@keepmoat.com) (?) **Web**: [www.warmhomesoldham.org](http://www.warmhomesoldham.org) -*Helps people who struggle to afford to heat their home. They can insulate your home and upgrade your heating system for free. Advice on how to reduce your energy use. Advice on maximising your income, claiming benefit entitlements and helping with fuel debt. Help from other local support services in Oldham.*
* **Water – United Utilities**: **Tel**: 0845 746 2200 **Web**: [www.unitedutilities.com](http://www.unitedutilities.com) -*24 Hour service. Call to report an emergency with your water or waste water supply.*
* **Winter Fuel Payment**: **Tel**: 08459 151 515 **Web**: [www.direct.gov.uk](http://www.direct.gov.uk) (Monday – Friday, 8:30am-4:30pm) -*Information on Winter Fuel Payments, informing of a change in circumstances, or to get a claim form for Winter Fuel Payments for either this winter or past winters.*

[](https://www.bing.com/images/search?view=detailV2&ccid=dgKqE02y&id=5EAB2BF34DD4496F92D2032B6C6C93B48B50CC01&thid=OIP.dgKqE02yBlqymRPVVklt7wHaFD&mediaurl=https://i.dailymail.co.uk/i/pix/2016/02/16/21/314ADE1C00000578-0-image-a-33_1455656589978.jpg&exph=657&expw=962&q=military+veterans+uk&simid=608046855885819770&selectedIndex=13)

**MILTARY VETERANS**

*Please let us know if you have ever served in the armed forces and with your consent we will record this on your medical records. This may be helpful in your future care to be able to access specific services and signpost you to further help and information.*

Please see below useful websites:

[**https://www.ssafa.org.uk**](https://www.ssafa.org.uk/)

[**https://www.helpforheroes.org.uk**](https://www.helpforheroes.org.uk/)

[**https://www.britishlegion.org.uk**](https://www.britishlegion.org.uk/)

[**https://www.afvbc.net/clubs/oldham/**](https://www.afvbc.net/clubs/oldham/)

**https://www.veteransincommunities.org/index.html**

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiXrLubwP_jAhVjAWMBHR_vA7oQjRx6BAgBEAQ&url=http://community1stoldham.co.uk/in-my-area/royton-health-and-wellbeing-centre/&psig=AOvVaw0EwAR8mtyLIP-iN88eFHzm&ust=1565773070613396)

**Addiction and Drug Services:**

* **ACORN Dependency Emotional Attachment Programme**: [**Tel**: 0161](Tel:0161) 622 1577 -*5 day week basis for 20 weeks. Abstinence based service. Treatment combines group work, 1:1 counselling, family conferencing and structured activities.*
* **Addiction Dependency Solutions**: **Tel**: 0161 624 9595 **Address**: 5 Greave Street, Oldham, OL1 1QN -*For people using alcohol, benzodiazepines, prescription or over the counter medication. Offers intervention and advice.*
* **Al-Anon Meetings**: **Tel**: 0207 403 0888 **Address**: The Link Centre, 140 Union Street, Oldham, OL1 1DZ (Wednesdays 7:30pm) -*Fellowship of relatives and friends of alcoholics who share experiences to try and solve their common problems.*
* **Alcoholics Anonymous (AA)**: **National Helpline**: 0845 769 7555 **Web**: www.alcoholics-anonymous .org.uk **Addresses**:

1. Chadderton Court, 451 Middleton Road, Chadderton, OL9 9LB
2. The Welcome Centre, Vaughan Street, Royton, Oldham, OL2 5DL
3. St. Patrick’s Church, Our Lady St. Carmel, 40 Union Street, Oldham, OL8 1DL
4. The Link Centre, 140 Union Street, Oldham, OL1 1DZ
5. The Salt Cellar, 10 Church Lane, OLDHAM, OL1 3AN

-Fellowship of men and women who share their experiences to try and solve their common problems.

* **Narcotics Anonymous**: **Addresses**:

1. St. Patrick’s Church, 40 Union Street West, Oldham, OL8 1DL
2. Beulah Baptist United Reformed Church, Withins Road, Hollinwood, Oldham, OL8 3QD

-For people for whom drugs were a major problem. Recovering adults meet up regularly and help each other to stay clean.

* **Oldham Drug and Alcohol Service (ODAS)**: **Tel**: 0161 716 3666 **Address**: The Gateway, 5 Horsedge Street, Oldham, OL13SX -Provide support through the provision of advice and information and counselling.
* **Intuitive Recovery Accredited Course**: **Tel**: 0161 223 1094 **Email**: [info@intuituverecovery.com](mailto:info@intuituverecovery.com) **Address**: ADS, 5Greaves Street, Oldham, OL1 1QN OR The Gateway, 5 Horsedge Street, OL1 1QN -*Re-education for Addictions via a short and focused OCN accredited course which allows people who engage with it to end their addiction. It teaches skills in self-recover and allows you to end addiction without the need for treatment and continuing support.*
* **Adults & Community Service Team**: **Tel**: 0161 770 8500 / 0161 7708502 **Address**: Rock Street Resource Centre, Rock Street, Oldham (Monday – Friday, 9:00am-5:00pm) Alcoholics Anonymous meeting Wednesday, 7:00pm-9:00pm. Gambling Anonymous meeting Tuesday, 7:00pm-9:00pm. -*A range of groups and projects such as women’s groups, work with volunteers, promotion of self-help group and ethnic groups in Oldham*.
* **Concerned Others Group**: **Tel**: 0161 624 9595 **Address**: 5 Greaves Street, Oldham, OL1 1QN (Tuesday, 6:00pm-8:00pm) -*Family and friends of those who use drugs or alcohol. The group is a place to talk and share experiences. There is also an opportunity to have acupuncture to help relaxation.*

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwj7j-64vf_jAhUPnxQKHYKcCRgQjRx6BAgBEAQ&url=http://community1stoldham.co.uk/2010/10/04/new-royton-health-and-wellbeing-centre-opening/&psig=AOvVaw0EwAR8mtyLIP-iN88eFHzm&ust=1565773070613396)

**Benevolent Funds**:

* **Actors Benevolent Fund**: **Tel**: 0207 836 6378 **Email**: [office@abf.org.uk](mailto:office@abf.org.uk) **Web**: [www.actorsbenevolentfund.co.uk](http://www.actorsbenevolentfund.co.uk) -*A service for professional actors and stage managers who are in need due to illness, injury or old age and are unable to work.*
* **Architects Benevolent Fund**: **Tel**: 020 7850 2823 **Email**: [help@absnet.org.uk](mailto:help@absnet.org.uk) **Web**: [www.absnet.org.uk](http://www.absnet.org.uk)

-*Help for architects, assistants, technologists, technicians, landscape architects and their families in times of need. Those who have experienced illness, accident, redundancy, unemployment, bereavement or other personal difficulties can access support ranging from confidential advice to financial assistance.*

* **Association of Charity Officers**: **Tel**: 020 7255 4480 **Email**: [infor@aco.uk.net](mailto:infor@aco.uk.net) **Web**: <http://www.aco.uk.net> -*National umbrella body for charities that give grants and welfare support to individuals in need.*
* **Bankers Benevolent Fund**: **Tel**: 020 7216 8981 **Email**: [help@bbfund/org.uk](mailto:help@bbfund/org.uk) **Web**: [www.bbfund.org.uk](http://www.bbfund.org.uk) -*Offer support for current and former bank employees and their families through the provision of information, advice, expert support services and in some cases financial assistance.*
* **The Barristers’ Benevolent Association**: **Tel**: 020 7242 4761 **Email**: [susan@the-bba.com](mailto:susan@the-bba.com) **Web**: [www.the-bba.com](http://www.the-bba.com) –*Offering support to current and former members of the bar in England and Wales who are in need, distress or in difficulties.*
* **BDA Benevolent Fund (Dentists)**: **Tel**: 020 7486 4994 **Email**: [benfund@bda.org](mailto:benfund@bda.org) **Web**: [www.bdabenevolentfund.org.uk](http://www.bdabenevolentfund.org.uk) -*Help dental students, dentists and their families when facing hardship. They offer support for those who do not have the funds to pay for some of the necessities and you can access services such as a budget planner and debt advice on the website.*
* **Benevolent Society of Blues**: **Tel**: 01403 247 418 **Email**: Rowena@bluessupportingblues.net **Web**: [www.bluessupportingblues.com](http://www.bluessupportingblues.com) -*Provides support for those educated or employed at Christ’s Hospital and their families. It helps through regular payments, grants or through interest free loans.*
* **BLESMA (Limbless Veterans)**: **Tel**: 0208 590 1124 **Email**: [headquarters@blesma.org](mailto:headquarters@blesma.org) **Web**: [www.blesma.org](http://www.blesma.org) -*Providing lifelong support to se5rving and ex-service men and women who have suffered life-changing limb loss or the use of a limb, an eye or loss of sight in the honourable service of our country.*
* **British Legion**: BTBS – The Book Trade Society **Tel**: 01923 263 128 **Web**: [www.britishlegion.org.uk](http://www.britishlegion.org.uk)

-*Help for members of the Royal Navy, British Army, Royal Air Force, veterans and their families.*

* **BT Benevolent Fund**:  **Tel**: 0845 602 9714 **Email**: [benevolent@bt.com](mailto:benevolent@bt.com) **Web**: [www.benevolent.bt.com](http://www.benevolent.bt.com) -*A service for past and present BT employees, present or future BT group pensioners and their dependents.*
* **B&CE Benefit Scheme (Builders)**: **Tel**: 08457 41 41 42 **Web**: [www.bandce.co.uk](http://www.bandce.co.uk) - *Improving the financial welfare of all those working in the construction industry and providing workplace pensions for employers of all sizes and from all sectors.*
* **The Chartered Institution of Building Service Engineers**: **Tel**: 020 8675 5211 **Email**: [benevolent@cibse.org](mailto:benevolent@cibse.org) **Web**: [www.cibse.org](http://www.cibse.org) -*To help CIBSE members, former members and their dependants who are in need, whether through sickness, bereavement or financial hardship.*
* **The Margaret Champney Rest & Holiday Fund**: **Tel**: 01394 388 746 **Email**: [ogilviecharities@btconnect.com](mailto:ogilviecharities@btconnect.com) **Web**: <http://ogilviecharities.org.uk> -*Provision of grants, via professional agencies, to carers seeking recuperative breaks.*
* **Chartered Accountants Benevolent Association**: **Tel**: 01788 556366 **Email**: [enquiries@caba.org.uk](mailto:enquiries@caba.org.uk) **Web**: [www.caba.org.uk](http://www.caba.org.uk) -*Helps past and present ICAEW members, current ACA students, ICAEW staff and their families and carers. They provide emotional support, health and carer support, financial assistance, debt advice, career development and legal advice.*
* **Civil Service Benevolent Fund**: **Tel**: 0800 056 2424 **Email**: [info@csbf.org.uk](mailto:info@csbf.org.uk)  **Web**: [www.csbf.org.uk](http://www.csbf.org.uk) -*Services for civil servants providing support and advice when experiencing financial difficulties because of an unexpected need. You could access money and debt advice or some financial assistance.*
* **Family Fund**: **Tel**: 0845 130 4542 **Web**: [www.familyfund.org.uk](http://www.familyfund.org.uk) -*Provide items and services to low-income families in the UK raising disabled or seriously ill children to help improve their quality of life. Provide grants for a wide range of items such as sensory toys, family breaks, and furniture amongst other things.*
* **Officers Association**: **Tel**: 020 7080 4175 **Email**: [bensec@oaed.org.uk](mailto:bensec@oaed.org.uk) **Web**: [www.officersassociation.org.uk](http://www.officersassociation.org.uk) -*Provides confidential, impartial advice and financial support to former officers, their families and dependents. They look at your situation holistically and provide support where it is needed most, or direct you to other services that may better help you.*
* **Barchester Healthcare Foundation**: **Tel**: 0800 328 3328 **Web**: [www.bhcfoundation.org.uk](http://www.bhcfoundation.org.uk) -*Provides support and grants to individuals and small community groups/charities to improve independence, mobility and quality of life.*
* **Retail Trust**: **Tel**: 0808 801 0808 **Email**: [helpline@retailtrust.org.uk](mailto:helpline@retailtrust.org.uk) **Web**: [www.retailtrust.org.uk](http://www.retailtrust.org.uk) -*Provides a range of services for those in the retail industry, including emotional, physical, vocational and financial support.*
* **Rowland Hill Fund**: **Tel**: 0800 688 8777 **Email**: [rowland\_hill\_fund@royalmail.com](mailto:rowland_hill_fund@royalmail.com) **Web**: [www.rowlandhillfund.org](http://www.rowlandhillfund.org) -*Provide help for those employed by Royal Mail and have completed 6 months service, either on a part-time or full-time basis, and their dependents.*