



# Alternative Sources of Support:

## A resource for Almoners

Version 3

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# Financial

## StepChange

Offers advice and guidance on debt management.

[www.stepchange.org](http://www.stepchange.org) or call Freephone helpline 0800 138 1111

## National Debtline

Provides free confidential and independent advice on dealing with debt problems.

[www.nationaldebtline.org](http://www.nationaldebtline.org) or call 0808 808 4000

## Direct Gov

The link will help you find a local council website, through which you can access information on all local services.

[www.gov.uk/find-your-local-council](http://www.gov.uk/find-your-local-council)

## Money and Pensions Service

An independent service, backed by government, which provides free and impartial advice to help people to manage their money.

[www.maps.org.uk](http://www.maps.org.uk) or call 01159 659570

## The Money Charity

Empowers people across the UK to build the skills, knowledge, attitudes and behaviours, to make the most of their money throughout their lives.

[www.themoneycharity.org.uk](http://www.themoneycharity.org.uk) or call 020 7062 8933

## Turn2Us

Helps people access the money available to them through welfare benefits and grants.

[www.turn2us.org.uk](http://www.turn2us.org.uk) or call 0808 802 2000

# Family

## **The Challenging Behaviour Foundation**

Supports families caring for children and adults with severe learning disabilities and challenging behaviour.

[www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk) or call 0300 666 0126

## **Age UK**

Nationwide authority on issues related to ageing. Supports with the needs and aspirations of older people.

[www.ageuk.org.uk](http://www.ageuk.org.uk) or call 0800 055 6112

## **Independent Age**

Offers advice, befriending, and campaigning to combat financial, social, and information poverty in older people.

[www.independentage.org.uk](http://www.independentage.org.uk) or call 0800 319 6789

## **Carers Trust**

Improves support, service, and recognition for anyone living with the challenges of caring for a loved one.

[www.carers.org](http://www.carers.org) or call 0300 772 9600

## **Carers UK**

Gives expert advice, information, and support to carers.

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

# Housing

## **Elderly Accommodation Counsel**

Helps older people make informed choices about their housing and care needs.

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

## **Shelter**

Provides free, professional and independent advice to homeless and badly housed people.

[www.shelter.org.uk](http://www.shelter.org.uk) or call housing advice helpline 0808 800 4444

## **The Housing Ombudsman**

A free, independent organisation to resolve housing disputes regarding rented properties.

[www.housing-ombudsman.org.uk](http://www.housing-ombudsman.org.uk) or call 0300 111 3000

## **Crisis**

The national charity for single homeless people.

[www.crisis.org.uk](http://www.crisis.org.uk) or call 0300 636 1967

# Health & Wellbeing

## **Samaritans**

If something is troubling you and you need to speak in confidence.

[www.samaritans.org](http://www.samaritans.org) or call helpline 116 123

## **Mind**

Provides advice and support to empower anyone experiencing a mental health problem and campaigns to improve services, raise awareness and promote understanding.

[www.mind.org.uk](http://www.mind.org.uk) or call 0300 123 3393

## **Rethink**

The largest national voluntary sector provider of mental health services, spanning high care and long-term care through to practical help and advice.

[www.rethink.org](http://www.rethink.org) or call 0808 801 0525

## **Alzheimer's Society**

Improves quality of life for people affected by dementia. Information and support for dementia sufferers and their families.

[www.alzheimers.org.uk](http://www.alzheimers.org.uk) or call 0333 150 3456

## **React**

Improves the quality of life for children with life limiting illnesses.

[www.reactcharity.org](http://www.reactcharity.org) or call 020 8940 2575

## **SCOPE**

Provides information and advice for people with cerebral palsy and their carers.

[www.scope.org.uk](http://www.scope.org.uk) or call 0808 800 3333

## **Parkinson's UK**

Aims to find a cure and to improve life for everyone affected by Parkinson's.

[www.parkinsons.org.uk](http://www.parkinsons.org.uk) or call 0808 800 0303

# Bereavement

## Good Funeral Guide

An independent, not-for-profit organisation offering information about planning for a funeral.

[www.goodfuneralguide.co.uk/about/about-the-good-funeral-guide](http://www.goodfuneralguide.co.uk/about/about-the-good-funeral-guide)

## Cruse Bereavement Care

Offers support after the death of someone close.

[www.cruse.org.uk](http://www.cruse.org.uk) or call 0808 808 1677

## The Compassionate Friends

Support for family and friends when a child dies, given by other bereaved parents.

[www.tcf.org.uk](http://www.tcf.org.uk) or call 0345 123 2304

## Winston's Wish

Provides services to bereaved children, young people, and their families in the UK.

[www.winstonswish.org](http://www.winstonswish.org) or call 08088 020 021

## Tell us once

A service that lets you report a death to most government organisations in one go.

[www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once](http://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once)