# COMMUNITY SIGNPOSTING

Where to go for the right information, advice, and support in your community





Wychavon

# **Community Signposting**

This booklet highlights the free services and support in Wychavon that residents can access for impartial and trusted advice.

The Worcestershire Advice Network (WAN) includes a few of these agencies and you can find them here:



These services are for you, and for you to recommend.





# Support Services in Wycahvon

<u>Citizens Advice South Worcestershire</u> <u>DIAL - Disability Advice Line</u>

Age UK Wyvern

Worcestershire Association of Carers

**Sensory Matters** 

Wychavon District Council

**Worcestershire County Council** 

**Youth Clubs** 

**Public Health** 

**Suicide Prevention** 

Mental Health Support

**Scam Awareness** 







# Citizens Advice South Worcestershire

#### **Giving advice about:**

Benefits / Pensions / Debt / Housing / Work & Employment / Consumer Rights / Health & Wellbeing / Foodbank Vouchers

#### Get in touch to book an appointment:

**Call:** 01386 712100, Mon, Tues, Thurs, 10am - 1pm **Email:** enquiries.wychavon@citizensadvicesw.org.uk

Website: citizensadvicesw.org.uk

**Droitwich** The Library, Victoria Square, WR9 8DQ
OR Westlands Community Centre **Evesham** 13-15 Port Street,
WR11 3LD

citizens South Worcestershire

**Pershore** (drop in) Foodbank, St Andrews, Church Walk, WR10 1BH

Advice Line: 0808278 7891, Mon - Fri, 10am - 4pm National Website: citizensadvice.org.uk



# DIAL Disability Advice Line

Supporting adults and the families of children with a physical or learning disability, or mental health issue.

Information / Benefit Entitlement / Form Filling / Appeals / Advocacy / Referrals

#### **Contact:**

**Call:** 01905 27790

Tues, Weds, Thurs, 9am - 3pm Email: info@dialsworcs.org.uk Website: dialsworcs.org.uk

DIAL SOUTH WORCESTERSHIRE



**Guide to Services** 



# Age Uk Wyvern

Supporting those over 50 to improve and sustain their quality of life.

Befriending & Social Groups / Money & Benefits / Digital Support / Footcare / Dementia Support / Transport

#### Get in touch to find out more:

Call: 01905 724294
Email: info@ageuk/wyvern
Website: ageuk.org.uk/wyvern





# Worcestershire Association of Carers

If you provide extra care and support to a friend or family member because of illness, disability, or age, you are a carer.

#### WAC can support with:

Practicalities of the caring role / Wellbeing / Carer physical and mental health / Getting a break / Legal and financial issues

#### **Contact:**

Call: Carers Hub Helpline 0300 012 4272 Mon - Fri 9am - 7pm, Sat 9am - 12pm Website: carersworcs.org.uk





# **Sensory Matters**

Support for those with sensory issues.

Sight Loss **Connections Groups** in Worcester and Evesham.

**Call:** 01905 723 245 **Text:** 07860 02295

**Email:** sensorymatters@sightconcern.co.uk

Website: sightconcern.co.uk

Visit: The Bradbury Centre, 2 Sansome Walk,

Worcester, WR1 1LH





# Wychavon District Council

#### Responsible for a range of services:

Benefit claims / Bin collections / Council Tax / Housing / Planning Applications / And much more!

#### Contact:

Call: 01386 565000

After 5:00pm 01562 733180 (Emergencies only)

**Email:** service@wychavon.gov.uk **Website:** <u>wychavon.gov.uk</u>

#### Visit:

Pershore Civic Centre Monday - Friday: 9am - 5pm Appointments available to book on 01386 565492. Droitwich Library Tuesday: 9:30am - 3:30pm Evesham Library Friday: 9:30am - 3:30pm





# Worcestershire County Council

#### Responsible for a range of services:

Blue badges / Council Tax / Schools / Libraries / Roads / Travel / Waste

#### **Customer Services Contact Centre:**

**Call:** 01905 765765 or 01905 763763 **Website:** worcestershire.gov.uk/contact

**Adult Social Care:** 

Call: 01905 768053

Out of hours: 01905 768020 Children's Social Care:

**Call:** 01905 822666

Out of hours: 01905 768020



Search the
Community
Services Directory



## **Youth Clubs**

A list of **local youth clubs** can be found here:



Link with the local

District Youth Network

Email:







Youth Group Advice and Training:

Website: <u>youngsolutions.org.uk</u>



### **Public Health**

#### **Healthy Worcestershire**

Increasing physical activity, tackling loneliness and improving community safety.







### **Virtual Family Hub**

Information and support for children and families.

#### **Drugs & Alcohol**

Cranstoun works to support over 18s struggling with alcohol or drug intake. They also offer advice, support and guidance for family and friends to cope with someone else's substance use.

Call: 0300 303 8200





### **Suicide Prevention**

#### **Training Available**

There are a range of online and in-person training. These can be free or for a cost depending on the type and provider.



#### **Orange Button Scheme**

The Orange Button scheme aims to make people who have received suicide prevention training more visible.

## **Help Lines**

Text: SHOUT 85258
Call: Samaritans 116 123
Email: jo@samaritans.org

Call: NHS 111

If someone is seriously injured or if you're worried, they're in immediate danger, don't hesitate to **call 999** 



## **Mental Health Support**

#### **NHS Talking Therapies**

Talking therapy for stress, anxiety, low mood or depression. Therapy can be delivered through support groups, courses, and 1:2:1 support.

#### **Mental Health Support:**

Kooth - free counselling and mental health support online for under 19s kooth.com
Hub of Hope - UK's largest online mental health support directory hubofhope.co.uk
MIND - information and support around mental health mind.org.uk
Relate - relationship and family counselling (costs could be involved) relate.org.uk

### **Scam Awareness**



#### **Friends Against Scams**

Supporting those working with people that may be affected by scams or those that have been scammed.

#### Worcestershire Trading Standards Service

Information in relation to scams, consumer advice, including the different types of scam and advice to prevent or report issues.





# Created by Citizens Advice South Worcestershire

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