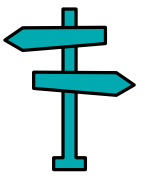




# Here to help you



## Financial, Benefits and Debt



Organisation	Nature of Support	Location	Website
<b>ICANN</b>	Support with health assessments for benefit claims, employment support allowance, universal credit and PIP.	Blackburn, Blackpool, Burnley, Lancaster, and Preston	<a href="http://www.i-cann.net/home">www.i-cann.net/home</a>
<b>Citizens Advice Lancashire</b>	Offers over the phone advice or can book face to face appointments. They support with general benefit issues, disability living allowance (DLA), tax credits, housing benefits, employment support allowance and PIP.	Chorley, South Ribble, West Lancashire, Wyre	<a href="http://www.citizensadvice.lancashirewest.org.uk">www.citizensadvice.lancashirewest.org.uk</a>
<b>Independent Age</b>	Free advice on benefits, saving money, debt, scams, working in later life, pensions and tax for older people.	Lancashire	<a href="http://www.independentage.org/information/money">www.independentage.org/information/money</a>

## Housing



Organisation	Nature of Support	Location	Website
<b>Shelter</b>	Advice and information with legal support for housing & homelessness issues.	Lancashire	<a href="http://www.shelter.org.uk">www.shelter.org.uk</a>
<b>Maundy Relief</b>	Advice and support through housing process.	Accrington	<a href="http://www.maundyrelief.co.uk">www.maundyrelief.co.uk</a>

## Drug and Alcohol Support



Organisation	Nature of Support	Location	Website
<b>Inspire East Lancashire</b>	Free and confidential drug and alcohol service for adults (including offenders), families, carers and affected others.	Burnley, Hyndburn, Pendle, Rossendale and the Ribble Valley	<a href="http://www.changegrowlive.org/content/east-lancashire-inspire">www.changegrowlive.org/content/east-lancashire-inspire</a>
<b>Red Rose Recovery</b>	Support platform for individuals and their families from vulnerable groups. Helping to improve wellbeing and reduce dependency on drugs and/or alcohol.	Lancashire	<a href="http://www.redroserecovery.org.uk">www.redroserecovery.org.uk</a>
<b>Frank</b>	Provide facts, support and advice on drugs and alcohol.	Nationwide	<a href="http://www.talktofrank.com">www.talktofrank.com</a>



## Employment and Training



Organisation	Nature of Support	Location	Website
<b>Lancashire County Council</b>	Support people who have a disability and who need extra support to move towards and into paid employment.	Lancashire	<a href="http://www.lancashire.gov.uk/health-and-social-care/employment-support">www.lancashire.gov.uk/health-and-social-care/employment-support</a>
<b>Lancashire Skills and Employment Hub</b>	Support for people to learn new skills and find work.	Lancashire	<a href="http://www.lancashireskillshub.co.uk">www.lancashireskillshub.co.uk</a>
<b>Community Roots LSCff</b>	Online courses on a range of topics around wellbeing and may include subjects such as arts and crafts, understanding and managing mental health conditions, relaxation techniques.	Lancashire	<a href="http://www.communityroots.lscff.nhs.uk">www.communityroots.lscff.nhs.uk</a>

## Mental Health



Organisation	Nature of Support	Location	Website
<b>Womens Centre</b>	Counselling & Group Sessions.	Various	<a href="http://www.womenscentre.org">www.womenscentre.org</a>
<b>Samaritans</b>	Phoneline Support.	Various	<a href="http://www.samaritans.org">www.samaritans.org</a>
<b>CSNW</b>	Support & Awareness Sessions.	Accrington	<a href="http://www.csnw.co.uk">www.csnw.co.uk</a>
<b>Maundy Relief</b>	Counselling, Anger Management & Group Sessions.	Accrington	<a href="http://www.maundyrelief.co.uk">www.maundyrelief.co.uk</a>
<b>Understanding Autism</b>	Person-centred counselling and psychoeducation for autistic individuals & families.	Lancashire	<a href="http://www.understandingautismnw.co.uk">www.understandingautismnw.co.uk</a>
<b>OCD Action</b>	Support for people, families, carers and friends suffering with OCD.	Rosendale	<a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a>
<b>Mind - Side by Side</b>	Online Peer Support Groups.	Nationwide	<a href="http://www.mind.org.uk/information-support/side-by-side-our-online-community">www.mind.org.uk/information-support/side-by-side-our-online-community</a>
<b>Lancashire Mind</b>	Training, advice, information, peer support.	Lancashire	<a href="http://www.lancashiremind.org.uk/pages/22-our-services">www.lancashiremind.org.uk/pages/22-our-services</a>
<b>Cruse</b>	Bereavement Counselling.	Nationwide	<a href="http://www.cruse.org.uk">www.cruse.org.uk</a>
<b>Motor Neurone Disease Association</b>	Information and support surrounding daily life for people living with or supporting someone with MND.	Nationwide	<a href="http://www.mndassociation.org">www.mndassociation.org</a>
<b>MS Society</b>	Care and support for people affected by MS.	Nationwide	<a href="http://www.mssociety.org.uk">www.mssociety.org.uk</a>

## Community Group



Organisation	Nature of Support	Location	Website
<b>Church on the Steet</b>	Community hub offering a variety of support including counselling, food banks and daily drop-ins.	Burnley and Preston	<a href="http://www.cots-ministries.co.uk">www.cots-ministries.co.uk</a>



## Legal and advice



Organisation	Nature of Support	Location	Website
<b>Independent Office for Police Conduct</b>	Police Complaints.	Nationwide	<a href="http://www.policeconduct.gov.uk">www.policeconduct.gov.uk</a>
<b>The Law Society</b>	Provides details of solicitors you can get in touch with for specialist legal advice.	Nationwide	<a href="http://www.lawsociety.org.uk/en">www.lawsociety.org.uk/en</a>
<b>Family Right Group</b>	Advice on family rights.	Nationwide	<a href="http://www.frg.org.uk/need-help-or-advice/our-advice-service/advice-sheets">www.frg.org.uk/need-help-or-advice/our-advice-service/advice-sheets</a>
<b>Coram Children's Legal Centre</b>	Provides legal advice to children, parents, carers and professionals.	Nationwide	<a href="http://www.childrenslegalcentre.com">www.childrenslegalcentre.com</a>
<b>Government-Power of Attorney</b>	Assistance on how to make, register or end a lasting power of attorney.	Nationwide	<a href="http://www.gov.uk/power-of-attorney">www.gov.uk/power-of-attorney</a>
<b>Kinship</b>	Information, advice and support for relatives caring for a child, when their parents can't.	Nationwide	<a href="http://www.kinship.org.uk">www.kinship.org.uk</a>

## Befriending



Organisation	Nature of Support	Location	Website
<b>Age UK Lancs</b>	Befriending service for older people.	Lancashire	<a href="http://www.ageuk.org.uk/services/befriending-services">www.ageuk.org.uk/services/befriending-services</a>
<b>Mind</b>	Advice and support for overcoming loneliness.	Lancashire	<a href="http://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/#.XTB9R_JKIM-">www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/#.XTB9R_JKIM-</a>
<b>Silverline</b>	Friendship, conversation, and support for people aged 55 or over, especially those who may be experiencing feelings of loneliness and isolation.	Nationwide	<a href="http://www.thesilverline.org.uk">www.thesilverline.org.uk</a>

## Alzheimer's and Dementia



Organisation	Nature of Support	Location	Website
<b>Alzheimer's Society</b>	Advice via local services for those with Alzheimer's and their carers.	Lancashire	<a href="https://www.alzheimers.org.uk/find-support-near-you">https://www.alzheimers.org.uk/find-support-near-you</a>
<b>Age UK</b>	Local support and information for people with dementia and those supporting them.	Nationwide	<a href="https://www.ageuk.org.uk/services/in-your-area/dementia-support/">https://www.ageuk.org.uk/services/in-your-area/dementia-support/</a>
<b>NHS Dementia Hub</b>	A local hub bringing together those affected by dementia, their carers and professionals for advice and support.	Preston	<a href="https://www.lscft.nhs.uk/news/new-dementia-hub-launches-deepdale-preston">https://www.lscft.nhs.uk/news/new-dementia-hub-launches-deepdale-preston</a>