



Financial, Benefits and Debt



Organisation	Nature of Support	Location	Website
ICANN	Support with benefit claims, employment support allowance, universal credit and PIP.	ALL Lancashire districts including Blackpool and Blackburn with Darwen	www.i-cann.net/home
Citizens Advice Lancashire	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	www.citizensadvice.lancashirewest.org.uk
Independent Age	Free advice on benefits, saving money, debt, scams, working in later life, pensions and tax for older people.	Lancashire	www.independentage.org/information/money

Housing



Organisation	Nature of Support	Location	Website
Shelter	Advice and information with legal support for housing & homelessness issues.	Lancashire	www.shelter.org.uk
Maundy Relief	Advice and support through housing process.	Accrington	www.maundyrelief.co.uk

Drug and Alcohol Support



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



Employment and Training



Organisation	Nature of Support	Location	Website
Lancashire County Council	Support people who have a disability and who need extra support to move towards and into paid employment.	Lancashire	www.lancashire.gov.uk/health-and-social-care/employment-support
Lancashire Skills and Employment Hub	Support for people to learn new skills and find work.	Lancashire	www.lancashireskillshub.co.uk
Community Roots LSCff	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	www.communityroots.lscff.nhs.uk

Mental Health



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

Community Group



Organisation	Nature of Support	Location	Website
Church on the Steet	Community hub offering a variety of support including counselling, food banks and daily drop-ins.	Burnley and Preston	www.cots-ministries.co.uk



Legal and advice



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

Befriending



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

Alzheimer's and Dementia



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