

Where to find help:

If you need independent advice or support, or know of anyone who may benefit, the following links may be helpful.

If you, or someone else is serious hurt or if there is danger to life - don't delay, call 999.

Need to talk to someone?

Childline - 0800 1111 or use 1-2-1 chat

Samaritans - 116 123;

Centre 33 - 0333 4141809 - support young people up to the age of 25, with practical issues, mental health and more

Hopeline 24/7 - 0300 1022470 or Text HOPE to 88247 - struggling yourself or worried about someone else

NSPCC - 0808 800 5000 - if you are concerned about a child's safety

CALM (Campaign Against Living Miserably) - 0800 585858 support for anyone feeling low, in need of support or just needing to talk. (5pm-midnight 365 days)

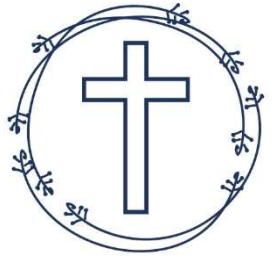
The Survivors' Trust - 0808 801 0818 - free helpline for survivors of rape or sexual abuse and violence

Refuge/Women's Aid - 0808 2000 247 life saving services to help women and children escape abuse

FoodBank

Blue Space Cambourne - 07772 538628 - part of Cambridge City Foodbank. **Food Hub** - Harston 07876 297001 **Food bank** - Orwell Church; Also, *food collection points for the Blue Space Cambourne - Toft, Caldecote and Hardwick Churches - please help yourselves*

LORDSBRIDGE TEAM OF CHURCHES



Bereavement

Cruse Bereavement Support - 0808 808 1677

Child Bereavement UK - 0800 0288840

Grief Encounter - 0808 802 0111 GriefTalk Helpline

Money

Citizens Advice Bureau - Cambridge & District - 0808 278 7808

Turn2Us - Information and support; benefits advice and guides.

Housing

Shelter - 0808 800 4444 - advice provided if you are homeless, you have nowhere to stay tonight, you are at risk of abuse or harm at home

Jimmy's - 01223 576085 - offer immediate advice and support to get accommodation. If you are homeless, contact the Street Outreach Team on 01223 366292.

Emmaus - 0300 303 7555 - advice provided to the homeless.

Wintercomfort - 01223 518140 - offer year round support, training and advice to the homeless and vulnerably housed.

Cambridge Cyrenians - 01223 457918 - provide housing and specialist support