

Resources for Lancing and Sompting Community

Food Bank:



IMPORTANT

Distribution sessions have stopped

If you need food



Text 07719 196735 or



Message us via Facebook



or email lscfoodbank@gmail.com

Leave your name and number. We will contact you within 48 hours to discuss your needs.

Adur and Worthing District Council support for vulnerable people

They are establishing neighbourhood teams which will help provide support to vulnerable people who are isolated and in need of help with issues around food, money, isolation, mental health, safety and digital access, benefits:

<https://www.adur-worthing.gov.uk/coronavirus/community-support/>

If you cannot register online you can call this number -_01903 221222

PAT team (Prevention and assessment team)

– Support with wellbeing and services- step down from Social services (01273) 268900 aaw.pat@westsussex.gov.uk

Carers Support 0300 028 8888 www.carerssupport.org.uk

Adult Care point 01243 642121 socialcare@westsussex.gov.uk

Mental health

MIND

Coronavirus and your wellbeing - MIND

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.westsussexmind.org/news/news/covid-19-corona-virus-west-sussex-mind-services>

Every Mind Matters <https://www.nhs.uk/oneyou/every-mind-matters/>

NHS Mental health signposting <https://www.nhs.uk/conditions/stress-anxiety-depression/>

Children and Families

If a child or young person is in danger or immediate risk of harm, you should always call 999.

Childline

Children and young people can call Childline, or contact them online to talk to a counsellor about anything they are worried about. They are open 24 hours a day, 7 days a week. **Tel: 0800 1111**

Online: www.childline.org.uk

Young Minds – talking to your child about Coronavirus

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

NSPCC helpline: 0808 800 5000 If you're worried about a child, even if you're unsure, contact NSPCC -- professional counsellors for help, advice and support.

Babies crying

If you are struggling with your baby's crying , this resource provides advice and guidance

: ICON: Babies cry: You can cope. <http://iconcope.org/>

Benefits :

If your earnings reduce, you may be able to claim Universal Credit.

Coronavirus and claiming benefits

To claim, go to <https://www.gov.uk/universal-credit/how-to-claim>

Help to claim helpline – **0800 144 8444**

Queries about other benefits can be made by calling 0800 169 0310

For further information/advice, visit:

Turn 2 Us – Coronavirus information and support

<https://www.turn2us.org.uk/About-Us/News/Coronavirus-information-and-support>

The Money Advice Service

Coronavirus – what it means for you

<https://www.moneyadviceservice.org.uk/en>

Homelessness

Shelter helpline

Call the helpline for urgent housing advice if you have nowhere to sleep, or are facing homelessness.

The helpline is normally open all year round from 8am-8pm on weekdays and 9am–5pm at weekends.

Tel: 0808 800 4444.

Or contact Adur and Worthing District council

Domestic abuse

If you or your children are at risk of harm, call the police on 999.

The National Domestic Violence helpline

<https://www.nationaldahelpline.org.uk/>

The helpline is open 24 hours a day, 7 days a week.

Tel: 0808 2000 247

RISE

www.rise.org.uk

Sussex based charity supporting anyone affected by domestic abuse. They offer a helpline service open from 9am – 5pm Monday to Friday.

Tel: 01273 622828

SafeLives:

Specific resources for domestic abuse and COVID.

<https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

Helplines offering support

Samaritans

www.samaritans.org

Samaritans provide help and support to people in a crisis 24 hours a day, 7 days a week.

Tel: 116 123

Family Lives

Talk to Family Support Workers about any family issue, big or small. The helpline is open from 7.00am – midnight.

Tel: 0800 800 222

Voices in Exile

Currently no drop-in service. Replacement advice line on Tuesdays 13:30-15:30 for refugees, asylum seekers and people with no recourse to public funds.

Tel: 01273 082 105

Cruse Bereavement

Cruse helps those missing someone, whether they died recently or many years ago.

Tel: 0808 808 1677

Rape crisis

Offers confidential help and emotional support to girls and women aged 13+ who have survived any form of sexual violence, no matter how long ago. Open from 12 noon – 2.30pm and 7pm – 9.30pm all year round.

Tel: 0808 802 9999

LGBT+ Switchboard

A one stop listening, information and advice service for the LGBT+ community. Open from 10am – 10pm all year round.

Tel: 0300 330 0630