

## Telephone Befriending

- Carers Together - If you are feeling isolated or lonely, ring for a chat about any concerns, maintain a sense of wellbeing or to get information on services and facilities available to support you. Call free on **08000 3 23456**.
- Andover Neighbourcare - Amongst other services, Neighbour Care can provide telephone buddying for a friendly chat about any concerns or to support wellbeing and reduce feelings of isolation and loneliness. Call **01264 339899**.

## Applying for Benefits

- If you need help with living costs, are on a low income or out of work, you can apply for financial support through Universal Credit at [www.gov.uk/apply-universal-credit](http://www.gov.uk/apply-universal-credit)
- Citizens Advice have a helpline number to guide you through the Universal Credit process - call **08082 787 862** for their assistance.

## Hampshire Safeguarding

To report any concerns relating to Hampshire residents, you can report directly into Children or Adult Services using the following numbers:

- Childrens Services - **0300 555 1384** ([www.hampshirescp.org.uk](http://www.hampshirescp.org.uk))
- Adult Services - **0300 555 1386** ([www.hampshiresab.org.uk](http://www.hampshiresab.org.uk))
- Out of Hours number for both - **0300 555 1373**
- If the person is in immediate risk of harm please call the Police on **999**

## Employment

- Alliance Programme offers support to those people who are unemployed or economically inactive to move them nearer or into employment. For more information please contact [wmasterson@romsey.hants.sch.uk](mailto:wmasterson@romsey.hants.sch.uk) or phone **01794 522106**.
- Local Housing Providers are also providing a range of employment skills and advice, for more information please contact your local housing provider.
- King Arthurs Way Job Club Every Tuesday (Term-Time Only) 12:30pm - 2:30pm King Arthurs Way Hall, Andover.

## Hampshire Domestic Abuse Service

- You can report concerns or get help and support for yourself from Hampshire Domestic Abuse Service. Email [advice@stopdomesticabuse.uk](mailto:advice@stopdomesticabuse.uk) or secure email [advice.hampshire@stopdomesticabuse.cjsm.net](mailto:advice.hampshire@stopdomesticabuse.cjsm.net). Alternatively you can call the Advice Line on **033 0016 5112**. Advice Line opening hours for victims, perpetrators and their family/friends and professionals 9.30am to 8pm Monday to Friday. Refuges can be accessed 24 hours a day by calling **033 0016 5112**.

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PUTTING UNITY IN  
THE COMMUNITY

# Andover

# Looking for local support?

## December 2020



Test Valley  
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Living in Andover, in need of some support and advice? This leaflet provides information on who to contact locally regarding mental well-being, debt advice, employment and much more.

## Food Support

If you are finding it hard providing/buying food, please contact:

- Andover Foodbank supports individuals and families with food supplies as well as other products, such as toiletries, sanitary products, nappies. Opening times are between 09:30 and 12:30 Monday to Friday and 09:30 to 12:00 on Saturday at St John the Baptist RC Church, Alexandra Road, Andover, SP10 3AD. Alternatively visit King Arthurs Hall, King Arthurs Way, Andover, SP10 4BS which is open between 10:00 and 13:00 Monday to Friday or visit the RCS Andover Adult Learning Centre at Long Meadow Centre, Cricketers Way, Andover, SP10 5DE which is open between 09:30 and 14:30 Monday to Friday. Please contact Citizens Advice for a referral on **08082 787 862**. Alternatively contact the Food Bank on **01264 362111** or email [office@andoverfoodbank.org.uk](mailto:office@andoverfoodbank.org.uk)
- The Andover Community Pantry runs from The Longmeadow Centre, Cricketers Way. Members pay a £5 membership fee, receiving goods valued at £15 plus (limited to 1 shop per week). Food available consists of fresh, frozen and general foods. Open Tuesday and Thursdays 10am to 2pm, and Wednesday 4pm to 7pm, all year round. For information please contact The Longmeadow Centre on **01264359223**.

## Mental Health Support and Advice

- Andover Mind, Test Valley Well-being Team (Andover & Romsey) - if you're concerned about your mental health and well-being, you can call **01264 332297** or alternatively email [well-being@andovermind.org.uk](mailto:well-being@andovermind.org.uk)
- Romsey Community School provides a range of wellbeing courses online to support through the pandemic, such as boosting confidence, managing anxiety and transitioning through lockdown. Please contact us: [community@romsey.hants.sch.uk](mailto:community@romsey.hants.sch.uk)
- Hampshire Families Trust offer early intervention support which consists of six weeks therapy. Available to families, children and young people. Email [Flo-hampshire@familycounsellingtrust.org](mailto:Flo-hampshire@familycounsellingtrust.org) or call **07538 029210**
- ManGang UK - Men are really bad at talking about what troubles them, add this to the stigma that surrounds poor mental health and it's no wonder that three quarters of all suicides are by men. At the ManGang we offer weekly peer support meetings both on zoom and face to face where we show that 'It's Not Weak To Speak' find us on Facebook or visit our website [www.ManGang.co.uk](http://www.ManGang.co.uk) or email us [info@mangang.co.uk](mailto:info@mangang.co.uk).

## • Shielding or Self Isolating and need support

- Test Valley Community Helpline - if you need help with prescription collection, access to shopping or running errands, please call **0330 400 4116** or email [unityC-19@unityonline.org.uk](mailto:unityC-19@unityonline.org.uk)

## Debt Advice

- Citizens Advice Andover - Call **08082 787 862**, leave a message and a representative will call you back. Please be aware the call back will come up as a withheld number. For more information go to [www.testvalleycab.org.uk](http://www.testvalleycab.org.uk)
- Money Advice Service can offer support on managing debt and budgeting. Call **0300 500 5000** or visit [www.moneyadvice.service.org.uk](http://www.moneyadvice.service.org.uk) for more info.

