

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 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.

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**.

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
- Citizens Advice have a helpline number to guide you through the Universal Credit process - call **0800 144 8 444** 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)
- Adult Services - **0300 555 1386** (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**

Hampshire Domestic Abuse Service

- You can report concerns or get help and support for yourself from Hampshire Domestic Abuse Service. Email advice@stopdomesticabuse.uk or secure email advice.hampshire@stopdomesticabuse.cjism.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**.

Looking for local support?

November 2020



Living in Romsey, 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:

- Romsey Foodbank supports individuals and families with food supplies as well as other products, such as toiletries, sanitary products, nappies. Opening times are 10.30am -12.30pm, every Tuesday and Wednesday at Unit 20, Romsey Industrial Estate and 10am - 12pm, every Friday at Community Life Centre, Fleming Avenue, North Baddesley. Please contact Citizens Advice for a referral: local number 01794 522137 or freephone **0808 2082138**. For new referrals contact Citizens Advice for a referral on **01794 522137** or freephone **0808 2082138**. Alternatively contact **07761 405870**. www.romsey.foodbank.org.uk
- Romsey Community School provide a Community Pantry where members can pay £5 membership for £15 plus of food. Food available consists of fresh, frozen and general foods. Open Monday 10am-2pm / Wednesday 4pm-6pm / Friday 10am-2pm. For more information please contact **01794 522106** / rcscommunitypantry@romsey.hants.sch

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
- 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
- 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 or call **07538 029210**
- Youth in Romsey – Provide services and support for young people. Please text **07443 508418** or call **01794 500581** to speak to a member of the team. Or visit www.yir.org.uk
- 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 or email us info@mangang.co.uk. Meetings usually held at Café Fresh, Romsey.

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
- Social Isolation Support Network – A volunteer group able to assist with prescription collection, access to shopping, running errands. Please call David on **07545 982838** and leave your name and number and you will receive a call back

Debt Advice

- Citizens Advice Romsey - Call **01794 522137**, 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
- Christians Against Poverty offer support with debt and financial management. Call **0800 328 0006** for a telephone appointment. For more info go to www.capuk.org