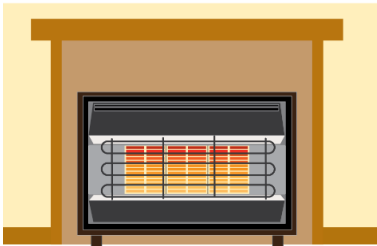




Help with the cost of living



We can help you find support with the cost of living.



That could be help to heat your home.



Help to get food.



Help with clothes.



Help with your mental health.

If you more details please get
in touch.



Call us on 03332 408 468.

Text 07413 385 275.

Email: info@healthwatchnorthumberland.co.uk

Or visit our website: www.healthwatchnorthumberland.co.uk

General support



These services are here to help you.



Northumberland Communities Together

Call: 01670 620 015

Email NCT@northumberland.gov.uk



Social prescribers can help you with things like mental health and money. Ask GP surgery about social prescribing.



The Government's website can help with benefits, bills, childcare, housing and travel.

Website: www.gov.uk



Warm Hubs are safe and friendly spaces. You can enjoy a warm drink and meet other people and get advice.

Email

christinenicholls@ca-north.org.uk

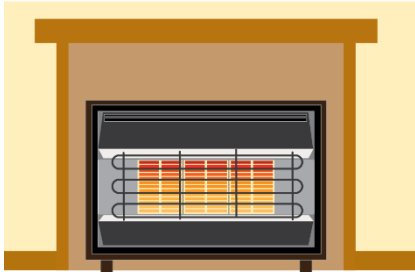
to find a Warm Hub near you.



Warm Spaces are places where you can enjoy a warm drink and chat.

Call Northumberland Communities Together on 01670 620 015.

Energy advice and support



Get help with your energy bills.



Citizens Advice

Northumberland

Call 0808 278 7944



Priority Services Register

Contact your energy supplier to see if you can get extra help to pay your bills.



National Gas Emergency Service

If you smell gas call the free National Gas Emergency Service on 0800 111 999.



Help for Households

Visit this website for tips to save money on your energy bills:

helpforhouseholds.campaign.gov.uk



Energy Advice in Rural Northumberland (EARN)

Support for people who live in rural Northumberland.

Call 01670 517178



OilCAN

Helps Northumberland residents to buy fuel.

Call 01670 517178.



Northumberland Log Bank

The Log Bank can help you get wood for your fire.

Call 07470 564442.



Money advice and support

Get help with money problems.

£

Citizens Advice Northumberland

You can speak to the Money Advice Service by calling 0808 278 7944.

You can speak to the Debt Advice Line on 01670 339960.

£

Household Support Fund

If you need help with household costs speak to Northumberland Communities Together on 01670 620015 and ask about the Household Support Fund. Or email NCT@northumberland.gov.uk

£

Turn2Us

Visit the website for help with benefits and grants.

www.turn2us.org.uk/get-support

Clothes and baby banks



Get help with clothing or baby items.



Rosie's Corner, Hexham

Call: 07593 599157. Email:

rosiescornerkidsbank@gmail.com



Community@NE66 Alnwick

Call: 01665 602856. Email:

admin@communityatne66.co.uk



Stobhill Link Morpeth

Call: 01670 519575. Email:

enquiries@ncenterprise.org.uk



Hope Uniform and Baby Bank, Cramlington

Call: 01670 737808. Email

hopeuniform@gmail.com



**Hope Community Hub,
Bedlington**

Call 01670 828668



Northern View Club Spittal

Call 01289 304615. Email

northernv9@gmail.com



Uniform for all

Northumberland Blyth

Call 07570 095262. Email

uniformforall@gmail.com



Bacmans, Lynemouth

Call 01670 860060



Miners Lamp, Prudhoe

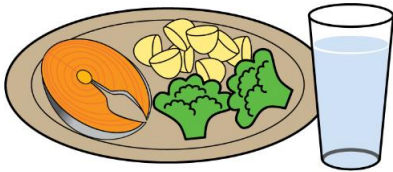
Call 01661 725729



Hirst Welfare, Ashington

Call 01670 620200

Food banks



Help with food and household items.



Alnwick District Foodbank

Email alnwickdistrictfoodbank@gmail.com



Amble Foodbank

Email amblefb@gmail.com



Bedlington Foodbank

Email bedlingtonfoodbank@gmail.com



Bedlington Salvation

Army Foodbank

Email bedlington@salvationarmy.org.uk



Berwick Community Trust

(North Northumberland Food Bank)

Email info@berwicktrust.org.uk



Blyth Foodbank

Email blythfoodbank@email.com



Cramlington Foodbank

Email info@cramlington.foodbank.org.uk



Cramlington Salvation Army

Email cramlington@salvationarmy.org.uk



Miners Lamp Prudhoe

Email friendsofeastwoodspark@outlook.com



Newbiggin-by-the-sea Salvation Army

Email

newbigginbythesea@salvationarmy.org.uk



Real Deal Plus at Ashington Life Centre

Email kath.falcus@realdealplus.org.uk



**Seghill Food Bank at Seghill
Community Centre**

Wednesdays 11am to 12pm at
Stobhill Link

Email enquiries@ncenterprise.org.uk



Wansbeck Valley Food Bank

Email wansbeckvalleyfoodbank@gmail.com



West Northumberland Foodbank

Call 01434 700068. Text 07958 000719



**Widdrington Station and
Stobswood Food Bank**

Call 073915 48264



Wooler and Glendale Foodbank

Email Gill@wooler.org.uk

Useful food apps



Olio

Find food and household items you need, and share what you don't need with local people.



Too Good To Go

Surprise bags of leftover food from shops and cafes at low prices.

Free IT support



Places you can get help to get online.



Northumberland Libraries

Free computer use and the internet.

Call 0345 600 6400 or email

mylibrary@northumberland.gov.uk



BRIC Blyth

Free access to computers and the internet.

Free support to get you online.

Call 01670 542847 or

email education@bricblyth.org.uk



Northumberland CVA Tea & IT

Free support for older people to get online.

Learn about computers, the internet, email, online shopping and social media.

Call 01670 858688.

Mental health support



NHS Crisis Team

For urgent help call the NHS crisis team on 0800 652 2861.

You can also call 111 and choose option 2.

The text number for people with hearing loss or communication difficulties is 07887 625 277.



NHS Northumberland Talking Therapies

Free help for adults with depression anxiety or stress. Email tmn.info@nhs.net



Tyneside and Northumberland Mind

Call the mental health helpline on

0330 174 3174 or

email admin@tynesidemind.org.uk



Northumberland Recovery College

Courses and workshops for wellbeing and good mental health.

Call 07866 053717 or

email nrc@everyturn.org



Cygnus Support

Helping people in Northumberland with mental health and wellbeing.

Call 01670 853 977 or

email admin@cygnussupport.com



Anxious Minds

A mental health information and help.

Call 01670 946188.



ManHealth

Support for men with mental or physical health problems.

There is a support group at Briardale House in Blyth on Monday nights.

Call 01388 320023 or email info@manhealth.org.uk



Choices4Growth

Mental health support for people living in or near Berwick. Call 01289 385577 or email help@choices4growth.co.uk



Kooth

Online mental health support for children and young people aged 11 to 25 years old. Visit www.kooth.com



Qwell

Online mental health support for adults.

Visit www.qwell.io



Samaritans

Call 116 123 at any time if you need help with your mental health.



Shout

Text 85258 for mental health support.

Help with prescription costs



If you need help to pay for a prescription you can call the NHS helpline on 0300 330 1343.

Help with travel costs



If you need help to pay for travel to a hospital appointment call 0300 330 1343. You can also ask a member of staff when you are at your appointment.