**SIGNPOSTING - MORPETH AREA**

**GENERAL:**

**Northumberland Communities Together**

If you’re having a difficult time at the moment, Northumberland Communities Together will find you support and connect you with people in your area.

Call: 01670 620015 or email: NCT@northumberland.gov.uk

**Frontline Northumberland**

Frontline is a community project. It helps frontline workers and the public to quickly find details on local health and wellbeing services. services through call back and referral options.

[www.northumberlandfrontline.org.uk](http://www.northumberlandfrontline.org.uk)

**Blue Book**

A summary of activities and support for older people and people living with dementia.

[www.the-blue-book.org.uk](http://www.the-blue-book.org.uk)

**Age UK Northumberland**

Age UK Northumberland provides free and independent information, advice, advocacy and support to over 50s, their carers and families. Support includes advice on money matters, welfare benefits applications and appeals, housing, social care, friendship groups and one to one calls, practical and emotional bereavement support and exercise classes, as well as signposting to other organisations.

01670 784 800

[www.ageuk.org.uk](http://www.ageuk.org.uk)

**Citizens Advice Northumberland**

Provides free, confidential and impartial information and advice, on a range of issues.

0808 278 7944 (General Enquiries)

0800 144 8444 (Help to Claim - Universal Credit)

01670 339 960 (Debt/Money Advice)

01670 339 749 (Energy Advice)

[www.citizensadvicenorthumberland.org.uk](http://www.citizensadvicenorthumberland.org.uk)

**Healthwatch Northumberland**

Your local health and social care champion. Listens to your experiences and works with those providing care to make improvements for everyone. Also runs an Information and Signposting Service to help you find services and support.

03332 408 468

[www.healthwatchnorthumberland.co.uk](http://www.healthwatchnorthumberland.co.uk)

**Onecall**

Northumberland County Council provides Adult Social Care. For advice and support, contact Adult Social Care. All adult social care services can be contacted through our single phone number, Onecall. If you are worried about an adult’s welfare who lives in Northumberland, contact Onecall. Onecall aims to help the most vulnerable people keep safe and well 24/7.

01670 536 400

[www.northumberland.gov.uk/care/contact-adult-services.aspx](http://www.northumberland.gov.uk/care/contact-adult-services.aspx)

**Patient Advice and Liaison Service (PALS)**

Provides confidential information, advice for patients, their families and carers, about NHS services and can provide support if you have any concerns about aspects of NHS care.

0800 032 0202

**Stobhill Link Morpeth**

Provides solutions to unemployment, food poverty, poor physical and mental health and wellbeing, social exclusion, low attainment, digital exclusion, etc.

01670 519575

enquiries@ncenterprise.org.uk

**DEBT**

**Christians Against Poverty (CAP)**

For free help getting out of debt, budgeting, making your money go further, or help finding a job.

0800 328 0006

[www.capuk.org](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcapuk.org%2Fdownloads%2Fcap_debt_help%2Fweighed_down_by_debt.pdf&data=05%7C01%7CLisa.Baker42%40nhs.net%7C99cc6afbb5194ff979a908dbad3f4ba4%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638294259588457149%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3Rt9bOIcbbz4relq14e74U7MbHEI13uk2QIgv0%2Ft2ag%3D&reserved=0)

**EMPLOYMENT**

**Solid Foundations**

**Providing valuable help to out-of-work residents in Northumberland who are looking to progress and improve life skills.**

**01670 618020**

[www.solidfoundationsnorthumberland.co.uk](http://www.solidfoundationsnorthumberland.co.uk)

**FOOD SUPPORT:**

**Northumberland Communities Together**

Call: 01670 620015 or email: NCT@northumberland.gov.uk

**Wansbeck Valley Food Bank**

Email: wansbeckvalleyfoodbank@gmail.com

**CARERS**

**Carers Northumberland**

Support, inform and advise carers, with groups in various locations.

01670 320 025

[www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)

**MENTAL HEALTH SUPPORT**

**QWELL**

Free digital mental wellbeing support for adults across the UK.

[www.qwell.io](http://www.qwell.io/)

**Cygnus Northumberland**

Providing mental health and wellbeing services to people in Northumberland, including counselling, psychotherapy, education and training.

Self-refer by calling 01670 853977 or visiting [www.cygnussupport.com](http://www.cygnussupport.com/)

**NHS Northumberland Talking Therapies**

Provides free psychological treatment for people aged 16 and over, offering one-to-one talking therapy for depression, anxiety, stress and other mental health related problems.

Self-refer by calling 0300 3030700 or visiting [www.mhm.org.uk/talking-therapies-northumberland](http://www.mhm.org.uk/talking-therapies-northumberland)

**GROUPS & ACTIVITIES**

**Northumberland Recovery College**

Northumberland Recovery College is co-ordinated by Everyturn Mental Health, and enables adults across Northumberland to access courses and workshops that promote well-being and good mental health. They run sessions in community venues across the county and online.

[www.northumberlandrecoverycollege.co.uk](http://www.northumberlandrecoverycollege.co.uk)

**Mind and Sole Walking Group**

Every Thursday (weather permitting) meeting outside Vision Northumberland building (behind Morrisons) from 11.30am.

01665 603040

<https://www.mindandsolealnwick.com/walking-and-talking-sessions>

**Anxious to meet you**

A peer support group for any adult with social anxiety/autism and their friends/family.

Every Thursday, meeting at Pleased to Meet You in Morpeth town centre from 1.30pm.

Billy Mitchell - 07894211046