

Sources of support that are available:

Age UK (for those with no contacts): 0300 6669860 / 01733 564185

<https://www.ageuk.org.uk/cambridgeshireandpeterborough/>

Alzheimer's Society: 0300 222 11 22 / <https://www.alzheimers.org.uk/about-us/contact-us>

Benefits (housing and council tax): 01733 452241

CareZone: 01733 575083

Citizens Advice Face to Face drop-in service is now closed. For assistance, call their Adviceline on 0344 499 4120 or 0300 3300 650 from mobiles.

Department of Work and Pensions (new claims): 0800 055 6688

Disability Peterborough (DIAL): 01733 265551

Homelessness Haven Night Shelter (21 Towler Street, PE1 2TX): 01733 554858

Peterborough City Council Adult Social Care: 01733 747474 (option 4)

Peterborough City Hospital: 01733 678000

Peterborough Foodbank at Dogsthorpe Methodist Church – two hours a day (11am to 1pm)

<https://peterborough.foodbank.org.uk/locations/>

Peterborough Soup Kitchen (Wellington Street Car Park, PE1 5DU): 01733 315456

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

Samaritans: 08457 909090 (open 24 hours). Phone if you feel you are struggling to cope and need someone to talk to.

Salvation Army Debt Advice: 01733 564591

Safeguarding

In the event of any safeguarding concern, please contact:

Multi Agency Safeguarding Hub (MASH) Peterborough: 01733 234724

Action on Elder Abuse Helpline: 080 8808 8141 (free phone – Monday to Friday, 9am to 5pm)

Childline: 0800 1111 (lines free and open 24 hours). Phone if you are a child or young person and are worried about anything

Cruse (bereavement helpline): 0800 808 1677

NSPCC Child Protection Helpline: 0808 800 5000 (lines free and open 24 hours). Phone if you are worried about a child.

National Domestic Violence Helpline: 0808 2000 247 (lines free and open 24 hours). Phone if you are experiencing domestic abuse.

The Silverline (information, advice and telephone friendship – befriending – for over 55s:
0800 4 70 80 90 / <https://www.thesilverline.org.uk/contact-us/>

Survivors Trust (support for men who have experienced sexual assault or rape): 01788
550554.

Supermarkets: may be bringing in 'essential food boxes'