



# Alternative Sources of Support: A resource for Almoners

Version 1.2 April 2017



# Financial

## StepChange

The leading national debt charity, can offer advice and guidance on debt management. They run a freephone helpline on: 0800 138 1111

## National Debtline

Provides free confidential and independent advice on dealing with debt problems.  
[www.nationaldebtline.org](http://www.nationaldebtline.org) or call 0808 808 4000

## Direct Gov

The link will help you find a local council website, through which you can access information on all local services

[www.gov.uk/find-your-local-council](http://www.gov.uk/find-your-local-council)

## Money Advice Service

An independent service, set up by the Government, which provides free and impartial advice to help people to manage their money.

[www.moneyadvice.service.org.uk/en](http://www.moneyadvice.service.org.uk/en) or call 0800 138 7777

## The Money Charity

Empowering people across the UK to build the skills, knowledge, attitudes and behaviours, to make the most of their money throughout their lives.

[www.themoneycharity.org.uk/](http://www.themoneycharity.org.uk/) or call 020 7062 8933

## Turn2Us

Helping people access the money available to them through welfare benefits and grants.

[www.turn2us.org.uk/](http://www.turn2us.org.uk/) or call 0808 802 2000

# Family

## **Challenging Behaviour Foundation**

Supporting families caring for children and adults with severe learning disabilities and challenging behaviour.

[www.challengingbehaviour.org.uk/](http://www.challengingbehaviour.org.uk/) or call 01634 838739

## **Age UK**

Nationwide authority on issues related to aging. Deals with the needs and aspirations of older people.

[www.ageuk.org.uk/](http://www.ageuk.org.uk/) or call 0800 169 2081

## **Independent Age**

Offers advice, befriending, and campaigning to combat financial, social, and information poverty in older people.

[www.independentage.org.uk](http://www.independentage.org.uk) or call 0800 319 6789

## **Carers Trust**

Improving support, service, and recognition for anyone living with the challenges of caring for a loved one.

[www.carers.org/](http://www.carers.org/) or call 0300 772 9600

## **Carers UK**

Giving expert advice, information, and support to carers.

[www.carersuk.org/](http://www.carersuk.org/) or call 020 7378 4999

# Housing

## **Elderly Accommodation Counsel**

Elderly Accommodation Counsel: Helping older people make informed choices about their housing and care needs.

[www.eac.org.uk](http://www.eac.org.uk) or call 0800 377 70 70

## **Shelter**

Provides free, professional and independent advice to homeless and badly housed people.

[www.shelter.org.uk](http://www.shelter.org.uk) or call 0808 800 4444 (housing advice helpline)

## **The Housing Ombudsman**

A free, independent organisation to resolve housing disputes regarding rented properties.

[www.housing-ombudsman.org.uk](http://www.housing-ombudsman.org.uk) or call 0300 111 3000

## **Crisis**

The national charity for single homeless people.

[www.crisis.org.uk](http://www.crisis.org.uk) or call 0300 636 1967

# Health & Wellbeing

## **Samaritans**

If something is troubling you and you need to speak in confidence.

[www.samaritans.org/](http://www.samaritans.org/) or call 116 123 (helpline).

## **Mind**

Provides advice and support to empower anyone experiencing a mental health problem and campaign to improve services, raise awareness and promote understanding.

[www.mind.org.uk/](http://www.mind.org.uk/) or call 0300 123 3393

## **Rethink**

The largest national voluntary sector provider of mental health services, spanning high care and long-term care through to practical help and advice.

[www.rethink.org/](http://www.rethink.org/) or call 0300 5000 927

## **Alzheimer's Society**

Improving quality of life for people affected by dementia. Information and support for dementia sufferers and their families.

[www.alzheimers.org.uk/](http://www.alzheimers.org.uk/) or call 0330 333 0804

## **React**

Works to improve the quality of life for children with life limiting illnesses.

[www.reactcharity.org/](http://www.reactcharity.org/) or call 020 8940 2575

## **SCOPE**

Provides information and advice for people with cerebral palsy and their carers.

[www.scope.org.uk/](http://www.scope.org.uk/) or call 0808 800 3333

## **Parkinson's UK**

Aims to find a cure and to improve life for everyone affected by Parkinson's.

[www.parkinsons.org.uk/](http://www.parkinsons.org.uk/) or call 0808 800 0303

# Bereavement

## Good Funeral Guide

An independent, not-for-profit organisation offering information about planning for a funeral.

[www.goodfuneralguide.co.uk/about/about-the-good-funeral-guide/](http://www.goodfuneralguide.co.uk/about/about-the-good-funeral-guide/)

## Cruse Bereavement Care

Offers support after the death of someone close.

[www.cruse.org.uk/](http://www.cruse.org.uk/) or call 0808 808 1677

## The Headstone Guide

A guide to choosing and buying a headstone.

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

## The Compassionate Friends

Support for family and friends when a child dies, given by other bereaved parents.

[www.tcf.org.uk](http://www.tcf.org.uk) or call 0345 123 2304

## Winston's Wish

Provides services to bereaved children, young people, and their families in the UK.

[www.winstonswish.org.uk](http://www.winstonswish.org.uk) or call 01242 515 157

## Tell us once

A service that lets you report a death to most government organisations in one go.

[www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once](http://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once)

