

Advice and support

Specialist support

<p>BeWise BeWise is our free and confidential advice service for all Anchor Hanover housing residents.</p> <p>The team can support with Covid-19 related enquiries around government changes to benefits.</p>	<p>MoneyWise - We can carry out a short eligibility check and support housing residents to claim what you may be entitled to. You could be missing out on additional income to assist with health conditions or financial circumstances. MoneyWise@anchorhanover.org.uk</p> <p>EnergyWise - Help find the best energy prices, assistance to switch and information on other services from your energy supplier, such as the Warm Home Discount and Priority Service Register. Energywise@anchorhanover.org.uk</p>	<p>MoneyWise 0800 023 4477</p> <p>EnergyWise 0800 023 2029</p>
<p>Carer's Support</p>	<p>Carers UK</p> <p>NHS Guidance</p>	<p>0808 808 7777</p>
<p>Cruse for Bereavement</p>	<p>https://www.cruse.org.uk/</p>	<p>0808 808 1677 helpline@cruse.org.uk</p>
<p>Domestic Violence</p>	<p>NHS Guidance</p> <p>Women can call The Freephone National Domestic Abuse Helpline, run by Refuge</p> <p>Men can call Men's Life Advice</p> <p>If you identify as LGBT+ you can call Galop</p>	<p>0808 2000 247</p> <p>0808 8010 327</p> <p>0800 999 5428</p>
<p>Registering those shielding with the government as 'extremely vulnerable' to qualify for food parcels etc</p>	<p>https://www.gov.uk/coronavirus-extremely-vulnerable</p> <p>The link to the guidance as to who is 'extremely vulnerable' is here.</p> <p>Both the individual can make the application, or someone who is supporting them.</p>	
<p>Mind</p>	<p>https://www.mind.org.uk/coronavirus-we-are-here-for-you/</p>	<p>0300 123 3393</p>

National advice and guidance around managing and supporting good mental health	Part Government funded	info@mind.org.uk Text: 86463 Mind Infoline, PO Box 75225, London, E15 9FS
National Debt Line Information and advice on debt and money matters	www.nationaldebtline.org	
Opening Doors London Helping LGBT+ over 50 to live happy, sociable and independent lives.	https://www.openingdoorslondon.org.uk/ Telefriending service available; self-referral or can be referred in. Telephone or email; befriending@openingdoorslondon.org.uk	020 7239 0400 Monday to Friday 9am to 5pm info@openingdoorslondon.org.uk
LGBT Switchboard	https://switchboard.lgbt/ A place for calm words when you need them most. We're here to help you with whatever you want to talk about. Nothing is off limits, and we understand how anxious you might feel before you pick up the phone.	0300 330 0630 chris@switchboard.lgbt Messenger chat service also available online

General advice and support

AgeUK A large range of information for older people including great resources on benefits, Wills, powers of attorney, getting online and wellbeing.	www.ageuk.org.uk In addition to the national resource website, county wide AgeUK's are run locally. You can search by postcode here . They will have the details of any local support they are providing during the Covid-19 outbreak as well as other services.	0800 678 1602
Covid-19 Mutual Aid groups locally	https://covidmutualaid.org/ Use the search function .	
Government Covid-19 advice (live from website so it's up to date if asked)	https://www.gov.uk/coronavirus	
Information on charities, grants and services for anyone	www.turn2us.org.uk	

needing financial assistance		
The Citizens Advice (CAB) website offers help to resolve legal, money and other problems by providing free, independent and confidential advice	www.adviceguide.org.uk	0344 111 444
Online shopping	Morrisons www.groceries.morrisons.com/browse Sainsburys www.sainsburys.co.uk/shop/gb/groceries Tesco www.tesco.com/groceries/ Asda www.asda.com Waitrose www.waitrose.com/ Ocado www.ocado.com Iceland www.iceland.co.uk	