

# List of **useful** organisations produced by Manea Parish Council

As winter approaches, we thought it might be helpful to provide a list of organisations that you could contact if you need help or support.

## Wellbeing Service

CARE NETWORK

If you are feeling lonely, isolated or overwhelmed and need someone to talk to.

Mon-Fri 9am-5pm

**0330 094 5750**

## Fenland District Council

Call if you are struggling to access services or don't know who you need to speak to.

[Fenland.gov.uk](http://Fenland.gov.uk)

**01354 654321**

## Citizen Advice

Help with benefits, work, housing, debt, consumer, immigration, family, law and courts and health.

[citizensadvice.org.uk](http://citizensadvice.org.uk)

**03444 111 444** (UK)

**03442 451292** (Local)

## Trussell Trust Foodbanks

Operating in various towns including March, Chatteris and Ely.

[trusselltrust.org](http://trusselltrust.org)

**01353 468626**

## Samaritans

Whatever you're going through, call us free any time, from any phone.

[www.samaritans.org](http://www.samaritans.org)

**116 123**

## National Domestic Abuse Helpline

If you are suffering domestic abuse.

[nationaldahelpline.org](http://nationaldahelpline.org)

**0808 2000 247**

## Kooth

Free online confidential advice and support for 11-25 year olds.

[www.Kooth.com](http://www.Kooth.com)

## Help at home

CARE NETWORK

For shopping and prescriptions or help to find local services.

[hah.south@care-network.org.uk](mailto:hah.south@care-network.org.uk)

**01223 714433**

## Hourglass East Anglia

East of England face of the UK's only charity focusing on safer ageing and the harm and abuse of older people.

**0808 808 8141**

## Youngminds

For **parents** worried about their children **or young person** looking for help and support and in mental health crisis.

Text YM to 85258

[youngminds.org.uk](http://youngminds.org.uk)

**0808 802 5544**

## Project Catalyst

CARE NETWORK

If you are nervous or anxious about getting out, volunteers will accompany you to go for a walk, visit your local shop or attend social activities.

[projectcatalyst@care-network.org.uk](mailto:projectcatalyst@care-network.org.uk)

**0300 094 5750**

[www.manea-pc.gov.uk](http://www.manea-pc.gov.uk)