

## A List of Useful Charities and Organisations

Charity name	Website	Brief description	Opening times	Contact methods	Phone number	Category
<b>ACAS</b>	<a href="https://www.acas.org.uk/">https://www.acas.org.uk/</a>	Free and impartial advice for employees	Monday to Friday, 8am to 6pm	Phone	0300 123 1100	Employment
<b>Action Fraud</b>	<a href="http://actionfraud.police.uk/">actionfraud.police.uk/</a>	Reporting of fraud for witnesses, & victims where the fraud will be investigated	24/7	Online chat Phone	0300 123 2040	Legal
<b>Age UK</b>	<a href="https://www.ageuk.org.uk/">https://www.ageuk.org.uk/</a>	Offering companionship, support & advice to older people who need it most on matters ranging from money matters to training	8am-7pm 7 days	Pop in postcode to contact local branch Phone	<b>0800 055 6112</b>	Elderly
<b>Alcoholics Anonymous (AA)</b>	<a href="http://alcoholics-anonymous.org.uk/">alcoholics-anonymous.org.uk/</a>	Personal recovery support and continued sobriety of individual alcoholics	24/7	help@aamail.org Online chat-not 24/7 Local meets Phone	0800 9177 650	Addiction
<b>Alzheimer's Society</b>	<a href="https://www.alzheimers.org.uk">https://www.alzheimers.org.uk</a>	Offering support to those living with dementia	7 days	Online advice and face to face Phone	0333 150 3456	Health
<b>Campaign to End Loneliness</b>	<a href="https://www.campaigntoendloneliness.org/">https://www.campaigntoendloneliness.org/</a>	Campaigning to ensure people are not lonely		Signposting website Phone	All online	Elderly

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<b>Carers UK</b>	<a href="http://carersuk.org">carersuk.org</a>	Expert advice, information and support for carers within the UK	Mon-Fri 9-6pm	<a href="mailto:advice@carersuk.org">advice@carersuk.org</a> Phone	0808 808 7777	Wellbeing & Health
<b>Child Bereavement UK</b>	<a href="http://childbereavementuk.org">childbereavementuk.org</a>	Helping young people, parents & families to rebuild lives when someone dies	Mon-Fri 9-5pm	<a href="mailto:support@childbereavementuk.org">support@childbereavementuk.org</a> Live chat Phone	0800 02888 40	Bereavement
<b>Christians Against Poverty</b>	<a href="https://capuk.org/">https://capuk.org/</a>	Offering debt help, job clubs, Fresh start, training & life skills to live on low income		<a href="mailto:info@capuk.org">info@capuk.org</a> Phone	0800 328 0006	Finances
<b>Citizens Advice Bureau</b>	<a href="https://www.citizensadvice.org.uk/">https://www.citizensadvice.org.uk/</a>	Provides advice on a number of issues including debt management, welfare benefits, housing, immigration and employment.	Monday to Friday, 9am to 5pm	Phone Online web chat Contact form	0344 411 1444	Employment, Housing and Finances
<b>Cruse bereavement</b>	<a href="http://cruse.org.uk">cruse.org.uk</a>	Supporting people after the death of someone close	9.30am - 8pm Weekends 10am - 2pm	Local face to face support and online chat Phone	0808 808 1677	Bereavement
<b>Elder Abuse</b>	<a href="http://wearehourglass.org/">wearehourglass.org/</a>	Providing a free phone support helpline for elderly people or people concerned about elderly people.	Mon-Fri 9-5pm		0800 808 8141	Elderly
<b>FCA</b>	<a href="https://www.fca.org.uk/consumers/dealing-financial-difficulties-coronavirus">https://www.fca.org.uk/consumers/dealing-financial-difficulties-coronavirus</a>	Helping people with financial difficulties	Monday to Friday, 8am to 6pm	Online web chat Phone	08001116768	Finances

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<b>GamCare</b>	<a href="http://gamcare.org.uk">gamcare.org.uk</a>	Free information, advice and support for anyone affected by problem gambling	24/7	Group chats face to face Live chats Online forums Phone	0808 8020 133	Addiction
<b>Macmillan Cancer Support</b>	<a href="http://macmillan.org.uk">macmillan.org.uk</a>	Support people affected by a cancer diagnosis (physical, financial, emotional)	8-8pm 7 days	Huge online community Phone	0800 808 00 00	Health
<b>Mind</b>	<a href="http://mind.org.uk">mind.org.uk</a>	Specialising in mental health crisis signposting	Office hours		Local number	Mental Health
<b>Money Saving Expert</b>	<a href="http://moneysavingexpert.com">moneysavingexpert.com</a>	Dedicated to cutting your bills, fighting your corner, saving cash and campaigning for financial justice		forumteam@moneysavingexpert.com Phone	All online	Finances
<b>Money Service Advice</b>	<a href="https://www.moneyadvice.service.org.uk/en">https://www.moneyadvice.service.org.uk/en</a>	Helping people with financial difficulties	Monday to Friday, 8am to 6pm	Online web chat Phone	08001387777	Finances
<b>National Autistic Society</b>	<a href="http://autism.org.uk/">autism.org.uk/</a>	Specialist services for those with autism, their families and carers in UK	10am – 12pm and 1pm - 3pm, Monday to Friday (excluding bank holidays)	Local branches Phone	0808 800 4104	Health
<b>National domestic abuse helpline</b>	<a href="http://nationaldahelpline.org.uk/">nationaldahelpline.org.uk/</a>	Confidential help for women suffering domestic abuse including empowerment and refuge help	24/7	Online chat Phone	0808 2000 247	Abuse

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<b>Relate</b>	<a href="http://relate.org.uk">relate.org.uk</a>	Relationship, parenting & sex help and advice	Office hours	Online chat Phone	Local	Relationships
<b>Saneline</b>	<a href="http://san.org.uk">san.org.uk</a>	Support line for anyone with MH or someone supporting someone with MH	430-1030pm		0300 304 7000	Mental Health
<b>Shelter</b>	<a href="http://england.shelter.org.uk">england.shelter.org.uk</a>	Advice, support and free legal help for anyone living in bad housing or is homeless	Monday-Friday 8am-8pm Weekends 9-5pm	Face to face Phone	0800 800 4444	Housing
<b>Step Change</b>	<a href="http://stepchange.org">stepchange.org</a>	Advice and support about debt	Monday to Friday 8am to 8pm and Saturday 8am to 4pm		0800 138 1111	Finances
<b>The Samaritans</b>	<a href="http://samaritans.org">samaritans.org</a>	Provide a listening ear in a time of crisis. Prevention of suicide	24/7	Jo@samaritans.org Self help app available to download. Confidential NHS employee line Phone	116 123	Mental Health
<b>Turn2Us</b>	<a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a>	Signpost site supporting people in financial difficulties	24/7 online	Face to face Online Phone		Finances
<b>Victim Support</b>	<a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a>	Helping people feel safer and move on beyond crime	24/7	Online chat and links to local county run services Phone	0808 1689 111	Crime