

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

Children's Guide to Coronavirus
<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

Citizens Advice Face to Face drop-in service is now closed, For assistance call our 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 Council Covid-19 Community Support
<https://www.peterborough.gov.uk/healthcare/public-health/coronavirus/covid-19-coordination-hub-your-community-needs-you>

Peterborough City Hospital 01733 678000

Peterborough Foodbank at Dogsthorpe Methodist Church - 2 hours a day
(11am - 1pm) <https://peterborough.foodbank.org.uk/locations/>

Peterborough Soup Kitchen Wellington Street Car Park PE1 5DU
<https://www.peterboroughsoupkitchen.org.uk/> 01733 315456

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 then contact the Multi Agency Safeguarding Hub (MASH) Peterborough 01733 234724

Action on Elder Abuse Helpline: [080 8808 8141](tel:080088088141) (free phone Monday to Friday 9-5pm)

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

Cruse: [0800 808 1677](tel:08008081677) bereavement helpline

NSPCC Child Protection Helpline: [0808 800 5000](tel:08088005000) (lines free and open 24 hours). Phone if you are worried about a child.

National Domestic Violence Helpline: [0808 2000 247](tel:08082000247) (lines free and open 24 hours). Phone if you are experiencing domestic abuse.

The Silverline 0800 4 70 80 90

Information, advice and telephone friendship (befriending) for over 55s
<https://www.thesilverline.org.uk/contact-us/>

Survivors Trust: [01788 550554](tel:01788550554). Support for men who have experienced sexual assault or rape

Supermarkets: may be bringing in 'essential food boxes'

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