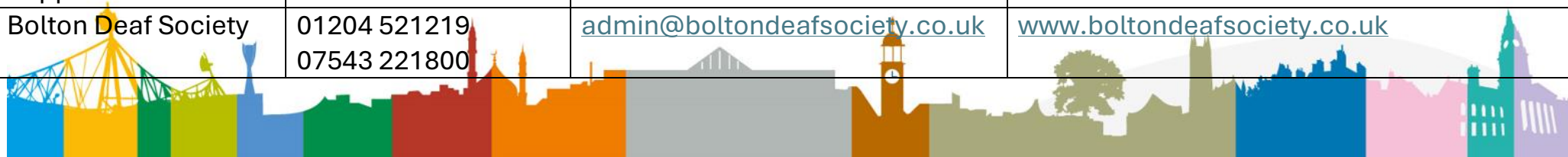


## Home Support Reablement Onward Services – Useful Contact Information

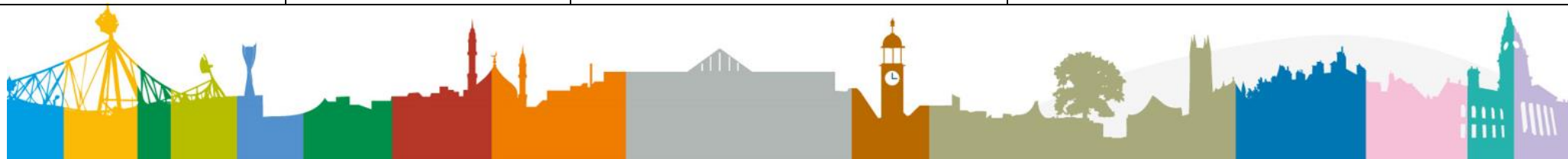
This document shares useful numbers, email addresses and websites for various services across Bolton which can help to support you to live at home, or with a range of other issues.

### Help and Support

Name	Number	Email address	Website
Bolton Council Directory			<a href="https://www.mylifeinbolton.org.uk/">https://www.mylifeinbolton.org.uk/</a>
Home from Hospital	01204 390390 Ext. 144262 bleep 3009	<a href="mailto:HFH@ageukbolton.org.uk">HFH@ageukbolton.org.uk</a>	
Care Line	01204 335733 0800 1013333	<a href="mailto:careline@boltonathome.org.uk">careline@boltonathome.org.uk</a>	<a href="http://www.boltonathome.org.uk">www.boltonathome.org.uk</a>
Age UK	01204 382411		<a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>
Safeguarding Adults Bolton Council	01204 337000	<a href="mailto:Safeguardingadults@bolton.gov.uk">Safeguardingadults@bolton.gov.uk</a>	<a href="http://www.bolton.gov.uk/safeguarding-protecting-adults/safeguarding-adults-risk">www.bolton.gov.uk/safeguarding-protecting-adults/safeguarding-adults-risk</a>
Bolton Care + Repair	01204 328177 01204 328178	<a href="mailto:boltoncareandrepair@boltonathome.org.uk">boltoncareandrepair@boltonathome.org.uk</a>	<a href="http://www.boltoncareandrepair.org/">www.boltoncareandrepair.org/</a>
Citizen's Advice Bury & Bolton	0808 278 7804 Mon-Fri, 10am to 4pm 0161 850 5053 call, text, WhatsApp 6pm-9pm		<a href="http://www.cabb.org.uk">www.cabb.org.uk</a>
Bolton Carers' Support	01204 363056 Mon-Thurs, 10am to 4pm	<a href="mailto:info@boltoncarers.org.uk">info@boltoncarers.org.uk</a>	<a href="http://www.boltoncarers.org.uk">www.boltoncarers.org.uk</a>
Bolton Deaf Society	01204 521219 07543 221800	<a href="mailto:admin@boltondeafsociety.co.uk">admin@boltondeafsociety.co.uk</a>	<a href="http://www.boltondeafsociety.co.uk">www.boltondeafsociety.co.uk</a>



Bolton Dementia Support	01204 386696	<a href="mailto:infoboltondsg@gmail.com">infoboltondsg@gmail.com</a>	<a href="http://www.boltondementiasupport.org.uk">www.boltondementiasupport.org.uk</a>
Henshaws Sight Loss Support	0300 222 5555	<a href="mailto:info@henshaws.org.uk">info@henshaws.org.uk</a>	<a href="http://www.henshaws.org.uk">www.henshaws.org.uk</a>
Healthwatch Bolton	01204 394603 Mon-Fri 10-3 07893 943577 - text	<a href="mailto:info@healthwatchbolton.co.uk">info@healthwatchbolton.co.uk</a>	<a href="http://www.healthwatchbolton.co.uk">www.healthwatchbolton.co.uk</a>
Bolton Macmillan Cancer Info & Support  National Macmillan helpline	01204 663059 Mon-Fri 9:30-4:30  0808 808 0000 8am-8pm	<a href="mailto:boh-tr.boltoncancerinfo@nhs.net">boh-tr.boltoncancerinfo@nhs.net</a>	<a href="http://www.boltonmacmillansupport.org.uk">www.boltonmacmillansupport.org.uk</a>
Dementia Friends	01942 793266		<a href="http://www.dementiafriends.org.uk">www.dementiafriends.org.uk</a>
Public Health Team – Bolton Council	01204 336004		<a href="http://www.bolton.gov.uk/health-protection">www.bolton.gov.uk/health-protection</a>
JIGSAW (Joint Initiative Group for Stroke Awareness & Wellbeing)	07964 989226		<a href="http://www.jigsaw-bsg.org.uk">www.jigsaw-bsg.org.uk</a>
Bolton West Stroke Group	01294 793266		<a href="http://www.stroke.org.uk">www.stroke.org.uk</a>
Asian Elders Resource Centre	01204 651123		<a href="http://www.aercbolton.co.uk">www.aercbolton.co.uk</a>
iCare Meals	0161 3393090 01942 820079 0845 6041125		<a href="http://www.icarecuisine.co.uk">www.icarecuisine.co.uk</a>



## Housing Advice/ Issues and Homelessness Issues

Name	Number	Email address	Website
Bolton Housing Options	01204 335900	<a href="mailto:housing.options@bolton.gov.uk">housing.options@bolton.gov.uk</a>	<a href="http://www.bolton.gov.uk/housing-options-advice">www.bolton.gov.uk/housing-options-advice</a>
Welfare Rights	01204 333820 Mon-Fri 9am-5:30pm	<a href="mailto:welfare.rights@bolton.gov.uk">welfare.rights@bolton.gov.uk</a>	<a href="http://www.bolton.gov.uk/benefits/welfare-rights-service">www.bolton.gov.uk/benefits/welfare-rights-service</a>

## Food Banks

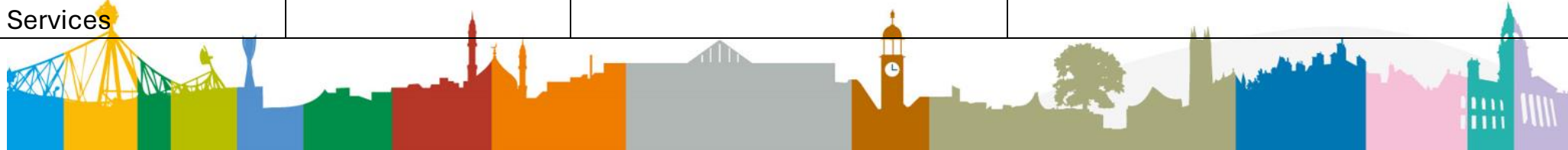
Name	Number	Email address	Website
Local Welfare Provision	01204 332772	<a href="mailto:housing.benefit@bolton.gov.uk">housing.benefit@bolton.gov.uk</a>	<a href="http://www.bolton.gov.uk/benefits/help-crisis-emergency">www.bolton.gov.uk/benefits/help-crisis-emergency</a>
Urban Outreach (Bolton's Food Bank)	01204 385 848 Mon-Fri 9-5 (Thurs 10-5)	<a href="mailto:admin@urbanoutreach.co.uk">admin@urbanoutreach.co.uk</a>	<a href="http://www.urbanoutreach.co.uk">www.urbanoutreach.co.uk</a>

## Immigration Advice

Name	Number	Email address	Website
Red Cross	0344 871 11 11	<a href="mailto:GMRS@redcross.org.uk">GMRS@redcross.org.uk</a>	<a href="http://www.redcross.org.uk">www.redcross.org.uk</a>

## Addiction Support and Advice

Name	Number	Email address	Website
Alcoholics Anonymous (AA)	0800 917 7650	<a href="mailto:help@aamail.org">help@aamail.org</a>	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>
Talk to Frank			<a href="http://www.talktofrank.com">www.talktofrank.com</a>
Next Steps	07920 531559	<a href="mailto:nextsteps@gmmh.nhs.uk">nextsteps@gmmh.nhs.uk</a>	<a href="http://www.facebook.com/nextstepsbolton/">www.facebook.com/nextstepsbolton/</a>
Achieve Recovery Services	01204 483090	<a href="mailto:achieve.referrals@gmmh.nhs.uk">achieve.referrals@gmmh.nhs.uk</a>	<a href="http://www.gmmh.nhs.uk">www.gmmh.nhs.uk</a>



## Mental Health Support

Name	Number	Email address	Website
Bolton Mental Health Directory			<a href="http://www.boltonmentalhealth.org.uk">www.boltonmentalhealth.org.uk</a>

## Suicide Support

Name	Number	Email address	Website
NHS Suicidal Thoughts Directory			<a href="http://www.nhs.uk/conditions/suicide">www.nhs.uk/conditions/suicide</a>
National Suicide Prevention Alliance			<a href="http://www.nspa.org.uk">www.nspa.org.uk</a>
Samaritans	116 123 Text SHOUT to 85258	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	<a href="http://www.samaritans.org">www.samaritans.org</a>
Support after Suicide			<a href="http://www.supportaftersuicide.org.uk">www.supportaftersuicide.org.uk</a>

## Domestic Abuse Support

Name	Number	Email address	Website
Fort Alice (Women's Refuge)	01204 365677 01204 701846	<a href="mailto:info@fortalice.co.uk">info@fortalice.co.uk</a>	<a href="https://fortalice.org.uk/">https://fortalice.org.uk/</a>
Endeavour	01204 394842	<a href="mailto:info@endeavourproject.org.uk">info@endeavourproject.org.uk</a>	<a href="http://www.endeavourproject.org.uk">www.endeavourproject.org.uk</a>
Mankind Male Domestic Abuse Support Group	0808 800 1170 01823 334244 Weekdays 10-4pm Weekends 7-9pm		<a href="http://www.mankind.org.uk">www.mankind.org.uk</a>

