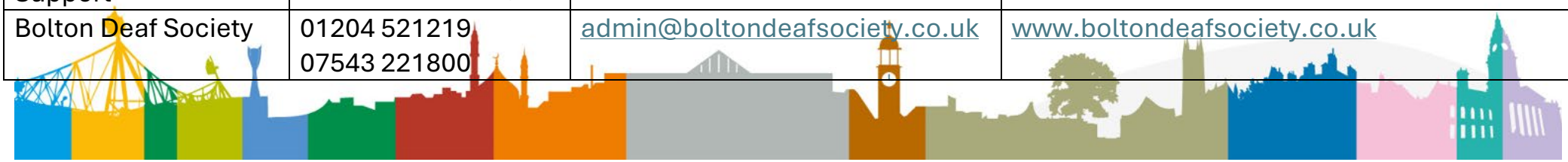
Home Support Reablement Onward Services – Useful Contact Information

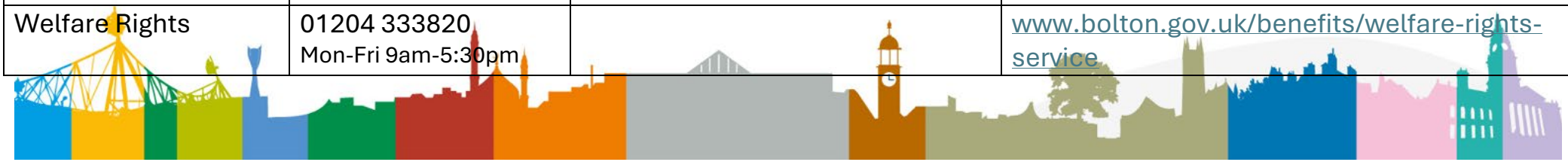
This document shares useful numbers, email addresses and websites for various services across Bolton which can help to support you to live at home, or with a range of other issues.

Help and Support

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



Bolton Dementia Support	01204 386696	infoboltondsg@gmail.com	www.boltondementiasupport.org.uk
Henshaws Sight Loss Support	0300 222 5555	info@henshaws.org.uk	www.henshaws.org.uk
Healthwatch Bolton	01204 394603 Mon-Fri 10-3 07893 943577 - text	info@healthwatchbolton.co.uk	www.healthwatchbolton.co.uk
Bolton Macmillan Cancer Info & Support National Macmillan helpline	01204 663059 Mon-Fri 9:30-4:30 0808 808 0000 8am-8pm	boh-tr.boltoncancerinfo@nhs.net	www.boltonmacmillansupport.org.uk
Dementia Friends	01942 793266		www.dementiafriends.org.uk
Public Health Team – Bolton Council	01204 336004		www.bolton.gov.uk/health-protection
JIGSAW (Joint Initiative Group for Stroke Awareness & Wellbeing)	07964 989226		www.jigsaw-bsg.org.uk
Bolton West Stroke Group	01294 793266		www.stroke.org.uk
Asian Elders Resource Centre	01204 651123		www.aercbolton.co.uk
iCare Meals	0161 3393090 01942 820079 0845 6041125		www.icarecuisine.co.uk
Welfare Rights	01204 333820 Mon-Fri 9am-5:30pm		www.bolton.gov.uk/benefits/welfare-rights-service



Housing Advice/ Issues and Homelessness Issues

Name	Number	Email address	Website
Bolton Housing Options	01204 335900	housing.options@bolton.gov.uk	www.bolton.gov.uk/housing-options-advice

Food Banks

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

Immigration Advice

Name	Number	Email address	Website
Red Cross	0344 871 11 11	GMRS@redcross.org.uk	www.redcross.org.uk

Addiction Support and Advice

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



Mental Health Support

Name	Number	Email address	Website
Bolton Mental Health Directory			www.boltonmentalhealth.org.uk

Suicide Support

Name	Number	Email address	Website
NHS Suicidal Thoughts Directory			www.nhs.uk/conditions/suicide
National Suicide Prevention Alliance			www.nspa.org.uk
Samaritans	116 123 Text SHOUT to 85258	jo@samaritans.org	www.samaritans.org
Support after Suicide			www.supportaftersuicide.org.uk

Domestic Abuse Support

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

