

Getting Support in Pontesbury

Community Good Neighbours, Pontesbury and Rea Valley
Tel: 07944 891953

General

Get in touch with a local Good Neighbour for a friendly chat, small errands and support to stay active and connected within the community. Phone messages will be listened to Mon, Wed and Fri 10am-2pm

Pontesbury Community and Care Co-ordinator
h.tazewell@nhs.net

Assistance for Pontesbury patients of all ages in need of help, support and advice by signposting to other useful services.

Coronavirus Helpline
0345 678 9028

Covid-19

Shropshire Council helpline for all non-health COVID related enquiries.

Food

Shrewsbury Food Hub
Shrewsburyfoodhub.org.uk

Surplus food share tables across Shrewsbury

Shrewsbury Food Bank
01743 343336

Food parcels, debt advice, returning to work, digital inclusion, lifeskills. Referral needed.

Money, Utilities

Local Support & Prevention Fund
0345 678 9078

Council helpline which can help with essential living costs such as food, housing and bills.

Citizens Advice Shropshire
0344 499 1100
Universal
Credit Helpline 0800 144 8444

Confidential advice and help to solve problems with debt, benefits, housing, legal matters & employment.
Need help claiming Universal Credit? Call their dedicated Help to Claim helpline.

Keep Shropshire Warm
0800 112 3743

Advice and grants for people struggling with heating and energy bills

Shropshire Council Housing Support 0345 678 9005

Housing

Support on all housing matters particularly rentals and homelessness.

Sevenside Housing
0300 300 0059

Housing association. Advisors may also be able to help with debt, employment and benefits.

NHS Referrals & Advice Line
0800 196 4501

Mental Health, Drugs & Alcohol

For local mental health services

MIND helpline
01743 368647

Mental health support

Shropshire Recovery Partnership
01743 294700

Drugs and alcohol support

Shropshire Rural Support
0300 123 2825

Mental health support for farmers and the rural community

Samaritans
116 123

Free 24/7 helpline

Shropshire Domestic Abuse Helpline
0300 303 1191

Families and Relationships

Support for anyone suffering from domestic violence

West Mercia Women's Aid 0800 783 1359

24hr helpline for women and children suffering from domestic violence.

Crossroads Together
01743 341995

Wide range of support for unpaid carers.

Age UK Shropshire Telford and Wrekin
01743 233123

Confidential advice for older people, their families and carers.

On a low budget? Want to save money?



Visit shropshirelarder.org.uk
to find out about low cost or free food and help with debt, benefits, housing and more in Shropshire