

Employment

- Alliance Programme offers support to those people who are unemployed or economically inactive to move them nearer or into employment. For more information please contact wmasterson@romsey.hants.sch.uk or phone **01794 522106**.
- Local Housing Providers are also providing a range of employment skills and advice, for more information please contact your local housing provider.

Telephone Befriending

- Carers Together - If you are feeling isolated or lonely, ring for a chat about any concerns, maintain a sense of wellbeing or to get information on services and facilities available to support you. Ring free on **08000 3 23456**
- MHA provide support for people who are 60 and over and offer weekly befriending calls. Call **07875 688321**

Applying for Benefits

- If you need help with living costs, are on a low income or out of work, you can apply for financial support through Universal Credit at www.gov.uk/apply-universal-credit

Hampshire Safeguarding

To report any concerns relating to Hampshire residents, you can report directly into Children or Adult Services using the following numbers:

- Childrens Services - **0300 555 1384** (www.hampshirescp.org.uk)
- Adult Services - **0300 555 1386** (www.hampshiresab.org.uk)
- Out of Hours number for both - **0300 555 1373**
- If the person is in immediate risk of harm please call the Police on **999**

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Borough Council

ROMSEY COMMUNITY
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unity
PUTTING UNITY IN
THE COMMUNITY

Looking for local support?



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Living in Romsey, in need of some support and advice? This leaflet provides information on who to contact locally regarding mental well-being, debt advice, employment and much more.

Mental Health Support and Advice

- Romsey Well-being Centre (Andover Mind) - if you're concerned about your mental health and well-being, you can call **01264 332297** or **07827 317468** or alternatively email **well-beingromsey@andovermind.org.uk**
- Romsey Community School provide a 'Transition out of Lockdown' well-being course, aimed at anyone thinking "Whats next for me?". Please contact **community@romsey.hants.sch.uk**
- Hampshire Families Trust offer early intervention support which consists of six weeks therapy. Available to families, children and young people. Email **Flo-hampshire@familycounsellingtrust.org** or call **07538 029210**
- Youth in Romsey - Young people can text **07443 508418** or call **01794 500581** if they need to speak to someone for direct support

Food Support

If you are finding it hard providing/buying food, please contact:

- Romsey Foodbank supports individuals and families with food supplies as well as other products such as toiletries, sanitary products and nappies. Please contact **07761 405870** or visit **www.romsey.foodbank.org.uk**. Opening times are Tuesday and Wednesday, 10.30 to 12.30, at Unit 20, Romsey Industrial Estate and Friday, 10 to 12pm at The Community Life Centre, Fleming Avenue, North Baddesley.
- Romsey Community School provide a Community Pantry where members can pay £5 membership for £15 plus of food. Food available consists of fresh, frozen and general foods. Open Monday and Friday between the hours of 10am and 2pm. If you would like more information please contact **rcscommunitypantry@romsey.hants.sch.uk** or phone **01794 522106**.



Shielding or Self Isolating and need support

- Test Valley Community Helpline - if you need help with prescription collection, access to shopping or running errands, please call **0330 400 4116** or email **unityC-19@unityonline.org.uk**
- Social Isolation Support Network - A volunteer group able to assist with prescription collection, access to shopping, running errands. Please call David on **07545 982838** and leave your name and number and you will receive a call back
- MHA - provide support for people who are 60 and over. If you need help with prescription collection and running errands, please call **07875 688321**

Debt Advice

- Citizens Advice Romsey - Call **01794 522137**, leave a message and a representative will call you back. Please be aware the call back will come up as a withheld number. For more information go to **www.testvalleycab.org.uk**
- Christians Against Poverty offer support with debt and financial management. Call **0800 328 0006** for a telephone appointment. For more info go to **www.capuk.org**