

Newmarket Helpline: 01638 667227 (option 1), available Monday to Friday, 9am-5pm

Home, But Not Alone: 0800 876 6926, available Monday to Friday, 9am-5pm

Newmarket Foodbank: 01638 561711 by appointment on Tuesday-Thursday-Friday or the Open Door office on 01638 600699.

Free School Meal Families: Foodbank@newmarketopendoor.org.uk

Community Pop-up Shop: Every Thursday 11am at the Racing Centre. A charge of £2 at the door for a large jute bag.

Newmarket Day Centre: Hot Plate Meal Delivery Service, 01638 664262 (Hannah), Monday to Friday (excluding Bank Holidays), 8.45am-4.00pm

Churches Together in Newmarket and District: Food parcels for families. Contact Deacon James G Hurst jamesghurst@outlook.com

The Voluntary Network: Transport Services 01638 608022 or caroline@thevoluntarynetwork.org

Befriending Services 01638 608048 or laura@thevoluntarynetwork.org

Sharing Parenting: Lockdown support 07867 568339, 01638 665997 or info@sharingparenting.com

Suffolk Parent Carer Network: 07341 126455

Suffolk Mind: 0300 111 6000 or info@suffolkmind.org.uk

Suffolk Emotional Wellbeing Hub: 0345 600 2090, available Monday to Friday, 8am to 7:30pm

Suffolk Wellbeing Service – Help line number 0300 123 1503 – lines open 9am-5pm <https://www.wellbeingnands.co.uk/suffolk/>

First Response helpline: 0808 196 3494, a 24/7 helpline which offers support for anyone of any age experiencing mental health difficulties

Rethink mental illness: Support and advice for people living with mental illness. Phone 0300 5000 927, available Monday to Friday, 9am-5pm

Citizen Advice West Suffolk: 0300 330 1151, available Monday to Friday, 9:30am-3:30pm

Universal Credit Help to Claim: 0800 144 8 44, freephone Monday to Friday, 8am-6pm

Suffolk Support & Advice Service: helps people across the county access information or support relating to debt, benefits, housing or employment. You can contact the service on 0800 068 3131 between 9am-5pm Monday to Friday

The Covid Fraud Hotline: 0800 587 5030, open 24/7

Suffolk Domestic Abuse: 0800 977 5690, freephone available 24/7

Suffolk Rape Crisis: 0800 0850520, free confidential helpline

The Silver Line: 0800 4 70 80 90, help for older people, available 24/7

Go Get Sober: Contact admin@gogetsober.com or phone 07834 538838

Suffolk Carers Matter: Advice line 01284 333035 <https://suffolkcarersmatter.org.uk/>

Suffolk Family Carers: 01473 735477 <https://suffolkfamilycarers.org/>

Anglia care trust: 08009 775 690

- * Helping people to keep a roof over their heads
- * Helping people to stay safe
- * Helping people to be heard

Samaritans – 116 123 (freephone 24hrs a day)

West Suffolk NHS foundation trust: 01284 713000