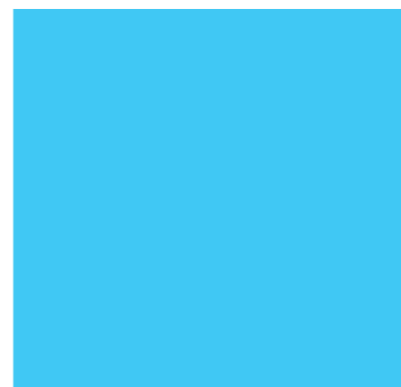
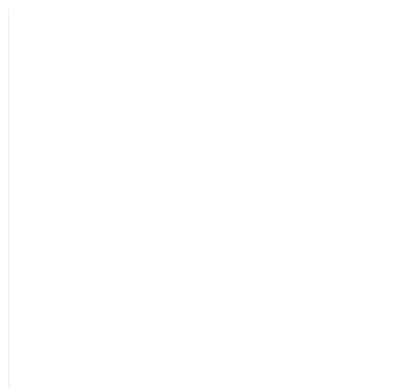
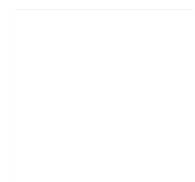
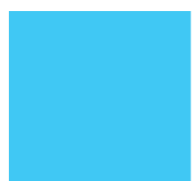


CareShield Information, Advice and Guidance Directory





Contents

Community Centres and Hubs.....	2
Careers Advice	3
Teaching and Learning.....	4
LGBTQIA.....	5
Health and Wellbeing	6
Finance Support	7

Community Centres and Hubs

African and Caribbean Resource Centre

020 8961 7539 Design Works Park Parade London NW10 4HT

Age Concern

0800 169 6565 www.ageuk.org.uk

Billingham Baptist Church

Regular services and community events for all ages are held at the church, including chatty cafe, bowls, line dancing and holiday club.

01642 656966 enquiries.billinghambaptist@virgin.net billinghambaptist.org.uk

Billingham Buddies

A social group for people living with dementia and their careers.

<https://www.ageuk.org.uk> Community Centre, East Avenue, Billingham, TS23 1BY

FRANK

Drugs advice

0300 123 6600 www.talktofrank.com SMS 8211

NSPCC

To report concerns about young people

0808 800 5000 www.nspcc.org.uk

Samaritans

For emotional support

0845 790 9090 www.samaritans.org jo@samaritans.org

Women's Aid

For those affected by domestic abuse

0808 200 0247 www.womensaid.org.uk

Careers Advice

ACAS

Advice on your rights at work

0300 1231100 www.acas.co.uk

Careers England

The trade association for employer organisations and traders involved in the provision of products and services promoting careers education and guidance in England.

<https://www.careersengland.org.uk/>

Citizens Advice Online

Free advice from Citizens Advice to help you find a way forward, whatever the problem. Our research enables us to campaign on issues affecting people's lives.

<https://www.citizensadvice.org.uk/>

KUDOS AD

Leading career development service helping you to explore, develop and maximise your potential.

<https://ad.cascaid.co.uk>

National Careers Service

We provide information, advice and guidance to help you make decisions on learning, training and work. We are redesigning this service.

<https://nationalcareersservice.direct.gov.uk/>

Quality in Careers

The Quality in Careers Standard is the national quality award for careers education, information, advice and guidance

<http://www.qualityincareers.org.uk/>

Skills for Care

Working in social care is about providing personal and practical support to help people live their lives. There are lots of different roles in social care depending on what you want to do, who you want to work with and where you'd like to work.

www.skillsforcare.org.uk



Teaching and Learning

British Council

The United Kingdom's International organisation for cultural relations and education opportunities. English and Maths resource.

<https://www.britishcouncil.org/>

Carers Matter

Community Support, Counselling, Education and Training, Young Carers and Families

<https://carersmatternorfolk.org.uk/groups/norwich-groups/>

Think U Know

Advice on how to stay safe when using the internet.

0870 000 3344 www.thinkuknow.co.uk

LGBTQIA

Birmingham Support Group for the LGBT+

<https://blgbt.org/support-groups/>

Gender Trust Helpline

Services for people who are transsexual, gender dysphoric or trans genderist.
Volunteer run information line.

01527 894838 info@genderttrust.org.uk

76 The Ridgeway Astwood Bank Redditch B96 6LX

<https://www.gendertrust.org.uk>

The Gloucestershire Gay and Lesbian Community

<https://www.gglc.co.uk>

LGBT Foundation

LGBT Foundation is a national charity delivering advice, support and information services to lesbian, gay, bisexual and trans (LGBT) communities.

0345 330 3030 info@lgbt.foundation

<https://lgbt.foundation>

MindLine Trans+

MindLine Trans+ is a confidential emotional, mental health support helpline for people who identify as Transgender, Agender, Gender Fluid, Non-Binary.

0300 330 5468 mindline@bristol.org.uk

<http://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

Cheltenham Inter Faith

Cheltenham Inter Faith promotes good relations between people of different faiths within and around Cheltenham. Monthly meetings are held in to help people to better understand each other's beliefs.

<http://www.cheltenhaminterfaith.org.uk>

The Inter Faith Network

The Inter Faith Network for the UK works to promote understanding, cooperation and good relations between organisations and persons of different faiths in the UK. Here you are able to find your local inter faith group.

0207 730 0410 ifnet@interfaith.org.uk

<https://www.interfaith.org.uk/>

Health and Wellbeing

Action Against Elder Abuse

080 88088141 www.elderabuse.org.uk enquiries@elderabuse.org.uk

Age Concern

0800 169 6565 www.ageuk.org.uk

Autism Independent UK

Information and advice for parents and carers of autistic children on various aspects of autism.

01536 523274 www.autismuk.com autism@autismuk.com

BEAT Eating disorders

Eating disorders don't just affect the individuals battling them but their friends, family, work colleagues and other people around them too.

0345 634 1414 www.b-eat.co.uk help@b-eat.co.uk

Childline

24-hour help line for young people in distress or danger

0800 1111 www.childline.org.uk

DOWNSED - Downs Syndrome Educational Trust

Services for parents of children with Down syndrome. Advice and information on children's development and education.

0300 330 0750 www.downsed.org info@dseinternational.org

Mencap

Free helpline for people with learning difficulties

0808 808 1111 www.mencap.org.uk help@mencap.org.uk

typetalk 1800 1080 8808 1111

MIND

Infoline for mental health related issues

0845 766 0163

www.mind.org.uk

info@mind.org.uk

FRANK

Drug advice.

0300 123 6600

www.talktofrank.com

SMS 8211

Single Parent Action Network (SPAN)

UK Support, including training and funding, for single parent self-help groups.

0117 951 4231

www.spanuk.org.uk

info@spanuk.org.uk

Finance Support

Gamblers Anonymous

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to do the same.

www.gamblersanonymous.org.uk

National Debtline

National Debtline is a free, confidential, debt advice service for people in England, Wales and Scotland, run by the charity the Money Advice Trust.

0800 080 4000

www.nationaldebtline.org

The Care Workers Charity

Advice with money, opportunities to apply for grants etc.

<https://www.thecareworkerscharity.org.uk/>

The Money Advice Service

Free and impartial money advice.

<https://www.moneyadviceservice.org.uk/en>

Contact Us:



0345 880 1818



info@careshield.com



CareShield



www.careshield.com



CareShield



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