



# Hillingdon Carers Partnership

Working together for unpaid carers



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## Factsheet 7

### Specialist help

#### NATIONAL ORGANISATIONS

##### **NHS Coronavirus helpline**

[111.nhs.uk/covid-19](https://111.nhs.uk/covid-19)

##### **NHS Coronavirus updates**

[www.nhs.uk/conditions/coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)

Coronavirus updates and guidelines.

##### **NHS guidelines translation service**

[www.doctorsoftheworld.org.uk/coronavirus-information](https://www.doctorsoftheworld.org.uk/coronavirus-information)

Latest coronavirus guidelines translated into 36 languages

##### **Domestic Abuse Helpline (women)**

Freephone: 0808 2000 247

[www.nationaldomesticviolencehelpline.org.uk/](https://www.nationaldomesticviolencehelpline.org.uk/)

##### **Domestic Advice Line (men)**

Freephone: 0808 801 0327

[www.mensadviceline.org.uk/](https://www.mensadviceline.org.uk/)

##### **Shelter**

08088004444

[www.England.shelter.org.uk](https://www.England.shelter.org.uk)

Advice on housing, council, private landlords. Free confidential advice on housing and homelessness in England

##### **Anxiety UK**

03444 775 774 (Mon-Fri, 9.30am to 5.30pm)

[www.anxietyuk.org.uk](https://www.anxietyuk.org.uk)

## **NHS Every Mind Matters Service**

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

## **MIND**

[MIND.org.uk](http://MIND.org.uk)

## **CRUSE (Bereavement Support)**

[www.cruse.org.uk](http://www.cruse.org.uk)

National Helpline: 0808 808 1677

## **Samaritans**

[www.samaritans.org](http://www.samaritans.org)

Call free: 116 123

[jo@samaritans.org](mailto:jo@samaritans.org)

## **Age UK**

[www.ageuk.org.uk](http://www.ageuk.org.uk)

## **Asthma UK**

[www.asthma.org.uk](http://www.asthma.org.uk)

## **Macmillan Cancer Support**

[www.macmillan.org.uk](http://www.macmillan.org.uk)

## **Diabetes UK:**

[www.diabetes.org.uk](http://www.diabetes.org.uk)

## **Autistica – Autism Research Charity**

[www.autistica.org.uk](http://www.autistica.org.uk)

## **The Traveller Movement**

[travellermovement.org.uk](http://travellermovement.org.uk)

## **LOCAL ORGANISATIONS**

### **HELP FOR HILLINGDON – London Borough of Hillingdon**

Community Support for vulnerable residents

[www.hillingdon.gov.uk](http://www.hillingdon.gov.uk) –

**0203 949 5786**

[COVID19Hub@hillington.gov.uk](mailto:COVID19Hub@hillington.gov.uk)

### **Alltime cabs**

**01895 234234**

Collections minicab service

### **IAPT (Psychological Therapies) NHS**

**01895 206800**

[hillingtonalkingtherapies.cnwl@nhs.net](mailto:hillingtonalkingtherapies.cnwl@nhs.net)

### **Hillingdon Women's Centre**

[www.hillingdonwomenscentre.org.uk](http://www.hillingdonwomenscentre.org.uk)

**01895 259578**

[info@hillingdonwomenscentre.org](mailto:info@hillingdonwomenscentre.org)

### **Bell Farm Christian Centre**

[www.bfcc.org.uk](http://www.bfcc.org.uk)

**01895 444406/ 01895 438036**

### **Harlington Hospice**

[www.harlingtonhospice.org/counselling](http://www.harlingtonhospice.org/counselling)

### **Healthwatch Hillingdon**

[healthwatchhillingdon.org.uk](http://healthwatchhillingdon.org.uk)

### **Hillingdon Foodbank**

[hillingdon.foodbank.org.uk](http://hillingdon.foodbank.org.uk)

### **Halo Children's Foundation**

[www.halochildrensfoundation.org.uk](http://www.halochildrensfoundation.org.uk)

Halo is a children's charity that supports children and their families with bereavement.

### **Health advice sheets in different languages**

For help in Albanian, Amharic, Arabic, Bengali, Dari, English, Farsi, French, Hindi, Kurdish, Malayalam, Mandarin, Pashto, Portuguese, Somali, Spanish, Tigrinya, Turkish, Urdu and Vietnamese

[www.doctorsoftheworld.org.uk/coronavirus-information/](http://www.doctorsoftheworld.org.uk/coronavirus-information/)

**For more information about our services please contact us on:**

**Telephone: 01895 811206**

**Email: [office@hillingdoncarers.org.uk](mailto:office@hillingdoncarers.org.uk)**

**Website: [www.hillingdoncarers.org.uk](http://www.hillingdoncarers.org.uk)**