

Helpline Contact Details for Residents in the BCP Council Area

Sandbourne Housing Association

- info@sandbourne.org.uk

COVID-19 advice

- NHS – 111
- NHS – 999 (For severe symptoms or other illnesses)

Urgent help

- 999 or 112

Benefits and legal support

- Citizens Advice Bureau
– 03444 111 444

Housing and homelessness

- BCP Housing Options –
01202 451467 (Bournemouth)
01202 795109 (Christchurch)
01202 633804 (Poole)
- Shelter – 0800 800 4444

Financial advice

- Money Advice Service
– 0800 138 7777
- Citizens Advice – 03444 111 444
- National Debtline – 0808 808 4000

Domestic abuse and violence

- BCP residents dedicated domestic abuse advice line – 01202 710777
- National Domestic Abuse Helpline – 0808 2000 247
- Men's Advice Line – 0808 8010 327
- GALOP (LGBT and Domestic Abuse Helpline) – 08009995428

Disability & impairment

- Disability Living Foundation Charity – 0300 123 3084
- Disability Rights UK – independent living and carers – 0330 995 0404

Food support

- Trussell Trust – 01722 580180
- Fareshare – 0131 608 0967

Help for the elderly

- Age UK – 0800 678 1602

Refugee, asylum and immigration support

- Migrant Help – 0808 8010 503
- British Red Cross – 0344 871 11 11

Mental health support

- Samaritans – 116 123
- Mind – 0300 123 3393
- SANE – 020 3805 1790

Support for children

- NSPCC – 0808 800 5000

Animal welfare

- RSPCA – 0300 123 4999

BCP 'Together We Can'

0300 123705