

How easily can you Find and use the support and services that you need?

Village Agents (CCS)

Offering a range of services including confidential support to help you feel healthy, able to manage your affairs, independent, safe and part of your community.
Phone 01823 331222
www.somersetagents.org

Are you or is someone you know in Fear, vulnerable or at risk?

Social Care

To report a child or an adult at risk
Call 0300 123 2224

Emergency services:

999 for emergencies
101 for non-emergencies

Health:

999 for emergencies
111 for non-emergencies

Further useful contacts

Magna

Community-based housing association providing housing services to local people.
Call 0800 358 6025
www.magna.org.uk

Somerset West and Taunton Council

0300 304 8000
www.somersetwestandtaunton.gov.uk



PLEASE REMEMBER:

- THERE IS NO SHAME IN SEEKING SUPPORT
- THERE IS SUPPORT AVAILABLE
- YOU MATTER

**NEED SOME EMERGENCY FOOD?
THE WEST SOMERSET FOOD CUPBOARD IS
HERE AND HAPPY TO HELP**



To find out more about receiving or donating food, or to give feedback...

Email: foodcupboardws@outlook.com

Mob: 07795 080637

Find us on Facebook:

West Somerset Food Cupboard

We work with community partners to help you not need us anymore.

See who can help and how...

How are your Finances?

West Somerset Advice Bureau

Offering free, confidential advice on a range of issues including finance and benefit applications.

Call 0800 802 1808

www.westsomersetadvice.org.uk

CAP (Christians Against Poverty)

Offering free, confidential one-to-one support to help you out of debt.

Call 0800 328 0006

www.capuk.org

PLUSS Positive People

Offering a lifeline to people who are not in work. We help to build confidence, skills and hope for the future.

Call 0800 334 5525

www.pluss.org.uk/positive-people/

Job Centre

Providing job search help and administering claims for Jobseeker's Allowance, Incapacity Benefit, Employment and Support Allowance, Income Support.

Call 0800 169 0190

www.jobcentreguide.co.uk/minehead-jobcentre

YMCA

Providing safe and stable accommodation for vulnerable young people and families.

Referral through Somerset West & Taunton Council

Call 0333 200 1616 for information

www.ymca-dg.org

How's your Family?

Home-Start West Somerset

Offering free support, friendship and practical help to families with at least one child under seven, in the home and in bump/baby/story-start groups.

Call 01643 707304

www.homestart-westsomerset.org.uk

Minehead Eye

Offering skate park, youth centre, indoor climbing venue, recording studio, café, events, courses, groups and more, with a focus on access for all.

Call 01643 703155

www.mineheadeye.co.uk

The Hub

Providing indoor soft play, coffee and chat, groups and activities for children, young people and families.

Call 01643 707598

www.thehubminehead.org.uk

The Parish of Minehead

Providing gentle faith-based family clubs, groups and activities, including Toddler Church and St Andrew's After School Club.

Call 07984692703

Little Fishes Toddler Group (for 0 – 5s)

Open every Monday during term time. 10am – 11.30am. Minehead Methodist church hall.

Call 07548706922. Facebook @fishesandseeds

Parent & Family Support Advisors

Supporting school-aged children and their families with everyday challenges so that children are happy to engage with school and can achieve their potential.

Ask who your PFSA is at your child's school.

How are you Feeling?

The Hope Centre

Providing friendship, advice, food and hope to those experiencing homelessness, addiction or loneliness

Monday, Tuesday & Friday between 11am - 2pm.

Call 07949 642774

www.thehopecentreinehead.org.uk

Minehead Baptist Youth & Community Support

Offering a church-based Youth club as well as mid-week community coffee and chat sessions.

Call 07469 932100

The Friendship Centre

Offering a communal meal and activities, games, quizzes, conversation and company. Fortnightly on Wednesdays in Alcombe.

Call 07594293199.

Mind in Somerset

Offering mental and emotional support to anyone in Somerset through the 24/7 Mindline as well as groups such as the Minehead Art Group and Youth Matters.

Call 01823 276892

www.mindinsomerset.org.uk

Community Mental Health Team

Offering mental health support in the community.

Referral through GP

Samaritans

Providing a listening ear when you need someone to talk to. Whatever you are going through, you won't be judged or told what to do.

Call 116123 anytime, any day.

www.samaritans.org