**HELPFUL TELEPHONE NUMBERS XMAS 2020**

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| POLICE (Urgent Non-Emergency) | 101 |
| HOUSING Uttlesford District Council  South Cambridgeshire (Emergency homelessness issues) | 01799 510 510  01253 501117 |
| CITIZENS ADVICE Adviceline | 0800 144 8848 |
| CITIZENS ADVICE Universal Credit helpline | 0800 144 8444 |
| CITIZENS ADVICE Consumer helpline | 0808 223 1133 |
| SHELTER national helpline (housing advice) | 0800 800 44 44 |
| HOMELESS SHELTERS   * JIMMY’S (You must register by 6pm at Jimmy’s Night Shelter, Zion Baptist Church, 1 East Road, Cambridge CB1 1BD) * HARLOW CHOCOLATE RUN SHELTER (23rd December 2019 – 1st January 2020) The Playbarn GPCA, Abercrombie Way, Harlow CM18 6YJ | 01223 576 085 |
| NATIONAL DOMESTIC VIOLENCE HELPLINE (For female victims of domestic abuse) | 0808 2000 247 |
| MEN’S ADVICE LINE (For male victims of domestic abuse)……………….. | 0808 801 0327 |
| COMPASS (Domestic abuse support for Essex) | 0330 333 7444 |
| SAMARITANS | 116 123 |
| NHS DIRECT (Health related matters including pharmacy opening hours) | 111 |
| NATIONAL DEBT LINE | 08088 084 000 |
| STEPCHANGE (Debt Advice) | 0800 138 1111 |
| RELATE CAMBRIDGE (Help with relationship issues) | 01302 347 866 |
| ESSEX SOCIAL SERVICES  Adult social care  Child Protection  Out of Hours | 0345 603 7630  0345 603 7627  0345 606 1212 |
| ESSEX ARC / PHOENIX (West Essex Alcohol & Drugs Service) | 01376 316 126 |
| JOBCENTRE PLUS (To claim Jobseekers Allowance & Other benefits) | 0800 055 6688 |
| BRAINTREE JOBCENTRE+ (Information about on-going benefit claims) | 0800 169 0190 |
| ESSENTIAL LIVING FUND (Help for essential costs) | 0300 790 0124 |
| TRAVELINE (Information/help planning a journey on public transport) | 0871 200 22 33 |
| SILVERLINE (Confidential Advice & Helpline for Older People) | 0800 470 8090 |

**USEFUL WEBSITES FOR FURTHER HELP**

**Uttlesford Citizens Advice** [www.uttlesfordcab.org.uk](http://www.uttlesfordcab.org.uk)

**Citizens Advice Guide** [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Uttlesford District Council** [www.uttlesford.gov.uk](http://www.uttlesford.gov.uk)

**Essex County Council** [www.essex.gov.uk](http://www.essex.gov.uk)

**GOV UK** [www.gov.uk](http://www.gov.uk)

**Uttlesford Frontline** [www.uttlesfordfrontline.org.uk](http://www.uttlesfordfrontline.org.uk)

(Self refer to local health and wellbeing services)