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**Local Support Services**

ADVICE & SUPPORT

**Age Concern Colchester & NE Essex** Dementia Support helpline **01206 368420**

**Age Concern Colchester & NE Essex** Emotional support, Bereavement and End of Life support **01206 368420–** trained volunteers available to offer support.

**Alzheimer’s Society** Dementia Connect support line **0333 150 3456.**

**Carers First** Carers Support, advice, and information **0300 303 1555**

**Essex Carers Support** Respite services, support, and advice **01255 474410**

**Community Agents** - Adaptations to the home, signposting and referrals to support **0800 9775858**.

SERVICES

**Community Voluntary Services Tendring** – Transport **01255 436962**

**Age Concern Colchester & NE** **Essex** Care information line **01206 368420** - help with accessing services such as home help, personal care, cleaners.

**Age Concern Colchester & NE Essex** Befriending service **01206 368420**– a befriending service matching volunteers (DBS checked) with people over 60 who are feeling isolated or lonely.

**Essex Fire** Fire safety checks & smoke alarm installation **0300 303 0088**

**Harwich Connexions** – **01255 552010**

**Manningtree & District Community Bus** - **07548 984959**

BENEFITS

**Age Concern Colchester & NE Essex** Advice service **01206 368420**– help in making sure the person is receiving and can apply for the correct benefits, blue badge etc. support with filling in forms, practical help in a crisis e.g., bereavement.

**Reduction in Council Tax** for those living with dementia. The benefit is for ‘Severe Mental Impairment’ claim through Tendring District Council/Colchester Borough Council or for assistance with claiming call Age Concern Colchester (number above)

**Attendance Allowance** – non-means tested benefit to help with extra costs if you have a disability severe enough that you need someone to help look after you. Claim by calling **0800 731 0122** or for assistance with claiming call Age Concern Colchester (number above)

**Blue Badge** - A Blue Badge allows some disabled people to park closer to their destination, as they are less able to walk long distances or take public transport. For people over 60, Age Concern Colchester can provide assistance with claiming and undertake a Hidden Disabilities assessment **01206 368420**