



Warm Welcomes – Useful Information

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| <p>Dudley Community Information Directory A one stop shop for everything that's going on in the community in Dudley borough.</p> | <p>www.dudleyci.co.uk</p> |
| <p>NHS UK Find details of everything health related, from hospitals, GPs and dentists to pharmacies, opticians and gyms.</p> | <p>www.nhs.uk</p> |
| <p>Citizens Advice, Dudley & Wolverhampton Online resource containing information on benefits, debt, housing, employment and much more.</p> | <p>www.citizensadvisedudley.org 0808 278 7919 advice@dudleycabx.org</p> |
| <p>Dudley Council website Contains information about all Dudley Council services plus other useful community information.</p> | <p>www.dudley.gov.uk 0300 555 2345</p> |
| <p>Dudley Council Access Team for adult social care Support services and information for adults living in Dudley</p> | <p>0300 555 0055 Or search www.dudley.gov.uk</p> |
| <p>Dudley Council Home Improvement Service For information about adaptations, essential repairs and energy advice to support vulnerable residents living in Dudley.</p> | <p>01384 817086 Or search www.dudley.gov.uk</p> |
| <p>Living Well Feeling Safe online/team Dudley's own online tool to help people find equipment and support to help them live independently at home. The Living Well Feeling Safe team support older and vulnerable to live well and stay safe at home and can be contacted by telephone or email.</p> | <p>Search www.dudley.gov.uk for the Living Well Feeling Safe online tool 01384 817743 Livewellfeelsafe@dudley.gov.uk</p> |
| <p>Dudley Council Adults Portal Online tool offering new way for people to find information and advice about care and support choices to suit their needs.</p> | <p>Search www.dudley.gov.uk</p> |
| <p>Dudley Telecare Emergency alarm monitoring service, useful for people prone to falls. Other services include tracking devices for people with dementia and pill reminders.</p> | <p>0300 555 2040 Or search www.dudley.gov.uk</p> |
| <p>Dudley Safeguarding People Partnership If you are worried or concerned about a child, young person or adult who you think is being abused or neglected.</p> | <p>www.dudleysafeguarding.org.uk DSPP@dudley.gov.uk 0300 555 0055 (Adults) 0300 555 0050 (Children)</p> |
| <p>Black Country Foodbank Helping vulnerable individuals and families in crisis through the provision of emergency food and toiletry supplies while a long-term solution is developed. Call or email to find out how to get help or to donate.</p> | <p>01384 671250 Admin@blackcountryfoodbank.org.uk</p> |
| <p>Healthwatch Dudley Independent organisation, listening to people's experiences of health (NHS) and social care (local authority services). Also provides a signposting and information service. To share your views or find out more please call and the team can call you back or you can email comments and ask for a phone call.</p> | <p>03000 111 001 hello@healthwatchdudley.co.uk</p> |
| <p>Samaritans A free telephone listening service for people experiencing emotional distress.</p> | <p>116 123 https://www.samaritans.org/branches/brierley-hill/</p> |

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| <p>Rethink Black Country 24/7 Mental Health helpline The helpline is open access for people of all ages, providing immediate access to advice, emotional support, triage, referrals and signposting.</p> | <p>Freephone: 0800 008 6516 Text: 07860 025 281</p> |
| <p>Black Country Women's Aid Support services for people experiencing domestic abuse.</p> | <p>0121 553 0090 https://blackcountrywomensaid.co.uk/about-us/</p> |
| <p>Dudley Family Centres Dudley's Family Centres provide a broad range of support services across the borough, with locations in Dudley North, Stourbridge, Dudley Central, Brierley Hill and Halesowen.</p> | <p>Stourbridge - 01384 818780 Halesowen - 01384 813954 Brierley Hill - 01384 813322 Dudley North - 01384 813096 Dudley Central - 01384 812440</p> |