*Local services and organisations that you may find helpful.*

| **Who** | **Types of services provided** | **Contact details** |
| --- | --- | --- |
| ***Non-service charities and organisations*** |
| Age UK Selby | Provides a range of services for those over 55 including social groups, support at home, a shopping bus, benefits checks and advice.  | Tel: 01757 704115 |
| Alzheimer’s Society | Provides support and advice to those living with dementia and their families.  | Tel: 01904 929444 |
| Citizens Advice | Provides free, confidential and impartial advice on issues affecting people’s lives. Advice can include energy switching, consumer affairs, housing matters, benefits advice and debt management.  | Tel: 0300 3309 036 |
| Carers Count Selby District | Provides a range of services to support carers.  | Tel: 0300 012 0415 |
| Dementia Forward | Provides support and advice to those living with dementia and their families. Services include singing groups and wellbeing cafes.  | Tel: 03300 578592 |
| Selby District Association of Voluntary Service | Provides transport options for residents who have no other means of travelling, by offering affordable journeys for groups and individuals. | Tel: 01757 708036 |
| Yorkshire Energy Doctor | Working to tackle fuel poverty and to ensure that everyone is able to heat their home at an affordable cost. | Tel: 01757 249100 |

| **Who** | **Types of services provided** | **Contact details** |
| --- | --- | --- |
| ***Service charities and specialist services*** |
| First Light Trust | Provides a range of support to veterans and their families with things like housing, benefits, getting the right medical treatment and volunteering..  | Tel: 0207 730 7545 |
| Royal British Legion  | Provides lifelong support to serving and ex-serving personnel and their families. Includes expert advice and guidance, to recovery and rehabilitation from injuries and support in later life.  | Tel: 0808 802 8080 |
| Tees, Esk and Ware Valleys NHS Foundation Trust  | Veteran Transition Intervention and Liaison Service (TILS) is a service for current serving military personnel and ex-armed forces persons who may have mental health, social and welfare issues. | Tel: 0303 123 1145 |
| SSAFA | Provides advice and financial support to those who have been in the armed forces | Tel: 0800 731 4880 |
| Combat Stress | Provides mental health support to those who have been in the armed forces.  | Tel: 0800 138 1619 |
| Veterans Gateway | Puts veterans and their families in touch with the organisations best placed to help with the advice and support they need.(www.veteransgateway.org.uk) | Tel: 08‍08 80‍2 12‍12 |