



So how does it work? It's easy, just ring

01664 496891

and follow the instructions. No one will know you have even rung the number and it's **FREE**.

We can provide the telephone number of, and sometimes connect you to, over 50 Charities and Helplines. It might be useful to have a pen and paper handy just in case you need to write the number down.

There are 7 categories:

- ◆ **Urgent Matters 24/7**
- ◆ **Money Matters**
- ◆ **Accommodation/Physical Needs**
- ◆ **Medical Charities**
- ◆ **Care Services**
- ◆ **Travel**
- ◆ **Welfare**

So, to find out how solving your problems just got easier, ring:

01664 496891

Listen to the instructions and guidance on your phone, choose the option that best suits your needs and find out how this can assist.

It's easy, free and confidential.

What sort of things and what organisations are included?



The following pages highlight just some of the organisations, charities and government departments that are included. They are shown under the category headings you will hear on your phone.

1. Urgent Matters 24/7

Samaritans
NHS 111
MIND
Abuse Help Line
Victim Support
Silver Line

2. Money Matters

Government Benefit Help Lines
— Pension Credit
— Universal Credit
— Attendance Allowance
— and more
Citizens Advice — Debt Line
National Debt Line
Clockwise Credit Union
Debt Advisory Foundation
Step Change
Turn 2 Us

3. Accommodation/Physical Needs

Melton Borough Council
The Salvation Army
MIND

The Age UK Warm Advice Line
Storehouse Melton Food Bank

4. Medical Charities

British Heart Foundation
Diabetes UK
Heart UK
The Autistic Society
Dementia UK
Headway
Mencap
Motor Neurone
The MS Society
Parkinson's UK
Stroke UK
Breast Cancer UK
Bowel Cancer UK
Macmillan Cancer Support
Marie Curie
Pancreatic Cancer UK

5. Care Services

Melton Social Services.
Leicestershire Social Services
Leicestershire Adult Social Care.
MBC Lifeline
Leicestershire mental health services
Age UK
Bluebird
Helping Hand
Home Instead

6. Travel

Leicestershire Senior Citizen Bus Pass Service
Leicestershire Disabled Persons Blue Badge service
The Disabled Motoring Organisation
Fox Connect Bus
Cross Country Rail
Arriva Bus
Stage Coach Bus
National Rail Enquiries
National Express Bus Services
National Express Bus Travel Assistance

7. Welfare

Melton Mowbray Library
The Salvation Army
Social Prescribing



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This service is kindly sponsored by
Melton Mowbray Lions Club (C10)

Supported by
Melton Borough Council



Melton
Borough
Council

Our motto

“We Serve”

For more information please call
0345 833 2837

or email

secretary@melton-lions.org.uk

The five pillars of Lionism

Vision
Hunger
Diabetes
Cancer
Environment

Where there is need there is a Lion



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in conjunction with Melton Mowbray Lions

The
Help

Telephone Directory
for the
Melton Mowbray Area

Don't use the Internet?
Looking for an answer,
help or support?
Try our directory.

Call
01664 496891

Help

It's FREE—try it now

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