

Housingcare.org

Extensive database of Residential Care Homes, Retirement Housing Schemes and many other housing schemes nationwide.

This site provides the main facts about each scheme, including contact details, what amenities and services are available both at the scheme and within the local community how to enquire about vacancies, and care standards ratings.

<http://www.housingcare.org>

Total Voice Suffolk

A partnership of organisations working together to provide advocacy in Suffolk.

Advocates support people to speak up for themselves. Advocates can also speak up for people's views on their behalf if they are unable to do this for themselves.

Total Voice Suffolk work with adults who may have mental health issues, learning disabilities, dementia, acquired brain injury or other disability. In some cases they work with children and with family carers.

01473 857631 or email totalvoicesuffolk.org

Website: <https://www.totalvoicesuffolk.org/>



Where do I go for support or care?



Social Services - Customer First

Should you require assistance (for example, if you are struggling to manage your own wellbeing and it is seriously affecting your health and ability to cope with daily life) you would need to contact the County Council Adult Social Care team to assess your needs.

If you are new to care and support services it may be beneficial to engage with Social Services irrespective of whether you fund your own care or require funding from Social Services as they can assist you with assessments and advice.

Visit their website at <https://www.suffolk.gov.uk/adult-social-care-and-health/> or call **0808 800 4005** (free from landlines and most mobiles)



Wellbeing Service - Suffolk

Provides a range of support for people with emotional and mental health issues. If you are aged 16 and over you can access support through your GP or any other health or social care professional, or you can use the self-refer form on the website below or by calling your local team.

0300 123 1503 or <https://www.wellbeingnands.co.uk>

Suffolk InfoLink

A comprehensive website providing details of all care providers and services in Suffolk. Suffolk InfoLink is an online directory of community information; local clubs, societies, community and voluntary organisations, childcare providers and services.

Information on Suffolk InfoLink is provided by the organisations listed, not by Suffolk County Council.

Even though a club, activity or service is included it does not mean it is recommended by Suffolk County Council, or that we have checked its quality. You should check with providers that their service or organisation meets your requirements.

Within Suffolk Infolink there is a checklist which contains a number of questions you can ask when thinking about whether to attend a club or activity or use a service.

There is no charge to use Suffolk InfoLink.

<https://www.infolink.suffolk.gov.uk>



Disability Advice Service

Offering free independent advice to disabled people and carers.

01394 387070 or email advice@daseastsuffolk.org.uk or <https://daseastsuffolk.worldpress.com>

Homegroup

Offers support, advice and guidance around housing issues.

01284 757190 or email hhsaccess@suffolk.gov.uk

Age UK Suffolk

Offering a range of services across Suffolk to improve people's quality of life and enable them to live independently at home.

Age UK Suffolk offer a free befriending service to people over the age of 60. A weekly contact with one of their volunteers can make a real difference, so if you are feeling lonely and think this service may be for you, please get in contact with them and they can tell you more.



Age UK can be contacted by telephone: **01473 353051** or **01473 353061**, by email at: befriending@ageuksuffolk.org or via their website: <https://www.ageuk.org.uk/suffolk/>

Citizens Advice

Providing free confidential, impartial advice on any matter.

03454 040506 (will also be able to advise where your nearest CAB branch is located) or <https://www.citizensadvice.org>