

## How easily can you Find and use the support and services that you need?

### Village Agents (CCS)

Offering a range of services including confidential support to help you feel healthy, able to manage your affairs, independent, safe and part of your community.  
Phone 01823 331222  
[www.somersetagents.org](http://www.somersetagents.org)

## Are you or is someone you know in Fear, vulnerable or at risk?

### Social Care

To report a child or an adult at risk  
Call 0300 123 2224

### Emergency services:

999 for emergencies  
101 for non-emergencies

### Health:

999 for emergencies  
111 for non-emergencies

## Further useful contacts

### Magna

Community-based housing association providing housing services to local people.  
Call 0800 358 6025  
[www.magna.org.uk](http://www.magna.org.uk)

### Somerset Council

0300 123 2224  
[www.somerset.gov.uk](http://www.somerset.gov.uk)



## PLEASE REMEMBER:

- THERE IS NO SHAME IN SEEKING SUPPORT
- THERE IS SUPPORT AVAILABLE
- YOU MATTER

## NEED SOME EMERGENCY FOOD?

THE WEST SOMERSET FOOD CUPBOARD IS  
HERE AND HAPPY TO HELP



To find out more about receiving or donating food, or to give feedback...

Email: [info@wsfoodcupboard.org.uk](mailto:info@wsfoodcupboard.org.uk)

Mob: 07795 080637

Facebook: [/WSFoodCupboard](https://www.facebook.com/WSFoodCupboard)

Website: [www.wsfoodcupboard.org.uk](http://www.wsfoodcupboard.org.uk)

WE WORK WITH COMMUNITY PARTNERS  
TO HELP YOU NOT NEED US ANYMORE

SEE WHO CAN HELP AND HOW...

## How are your Finances?

### **West Somerset Advice Bureau**

Offering free, confidential advice on a range of issues including finance and benefit applications.

Call 0800 802 1808

[www.citizensadvicewestsomerset.org.uk](http://www.citizensadvicewestsomerset.org.uk)

### **CAP (Christians Against Poverty)**

Offering free, confidential one-to-one support to help you out of debt.

Call 0800 328 0006

[www.capuk.org](http://www.capuk.org)

### **Job Centre**

Providing job search help and administering benefit and support claims.

Call 0800 169 0190

[www.jobcentreguide.co.uk/minehead-jobcentre](http://www.jobcentreguide.co.uk/minehead-jobcentre)

### **Community Employment Hub**

Tailored support to help you progress to your new job, change your career and more.

2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, 10am – 12pm at The Beach Hotel.

Call 01823 219578

### **YMCA**

Providing safe and stable accommodation for vulnerable young people and families.

Referral through Somerset Council

Call 0333 200 1616 for information

[www.ymca.org.uk](http://www.ymca.org.uk)

## How's your Family?

### **Home-Start West Somerset**

Offering free support, friendship and practical help to families with at least one child under seven, in the home and in bump/baby/story-start groups.

Call 01643 707304

[www.homestart-westsomerset.org.uk](http://www.homestart-westsomerset.org.uk)

### **Minehead Eye**

Offering skate park, youth centre, indoor climbing venue, recording studio, café, events, courses, groups and more, with a focus on access for all.

Call 01643 703155

[www.mineheadeye.co.uk](http://www.mineheadeye.co.uk)

### **The Hub**

Providing indoor soft play, coffee and chat, groups and activities for children, young people and families.

Call 01643 707598

[www.thehubminehead.org.uk](http://www.thehubminehead.org.uk)

### **The Parish of Minehead**

Providing gentle faith-based family clubs, groups and activities, including Toddler Church and St Andrew's After School Club.

Call 07984 692703

### **Little Fishes Toddler Group (for 0 – 5s)**

Open every Monday during term time. 10am – 11.30am. Minehead Methodist church hall.

Call 07548 706922. Facebook @fishesandseeds

### **Parent & Family Support Advisors**

Supporting school-aged children and their families with everyday challenges so that children are happy to engage with school and can achieve their potential.

Ask who your PFSA is at your child's school.

## How are you Feeling?

### **The Hope Centre**

Providing friendship, advice, food and hope to those experiencing homelessness, addiction or loneliness

Monday, Tuesday & Friday between 11am - 2pm.

Call 07949 642774

[www.thehopecentreinehead.org.uk](http://www.thehopecentreinehead.org.uk)

### **Minehead Baptist Youth & Community Support**

Offering a church-based Youth club as well as mid-week community coffee and chat sessions.

Call 07469 932100

### **The Friendship Centre**

Offering a communal meal and activities, games, quizzes, conversation and company. Fortnightly on Wednesdays in Alcombe.

Call 07594 293199.

### **Mind in Somerset**

Offering mental and emotional support to anyone in Somerset through the 24/7 Mindline as well as groups such as the Minehead Art Group and Youth Matters.

Call 01823 276892

[www.mindinsomerset.org.uk](http://www.mindinsomerset.org.uk)

### **Community Mental Health Team**

Offering mental health support in the community.

Referral through GP

### **Samaritans**

Providing a listening ear when you need someone to talk to. Whatever you are going through, you won't be judged or told what to do.

Call 116123 anytime, any day.

[www.samaritans.org](http://www.samaritans.org)