



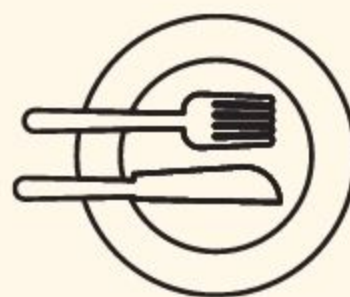
TRURO
TOGETHER
THIS WINTER

A SMALL LIST OF ORGANISATIONS
AND HELPLINES THAT ARE
OFFERING HELP THIS WINTER



MENTAL HEALTH
NIGHTLINE - 0808 8000306

NIGHTLINK IS A FREE PHONE LISTENING SERVICE FOR ANYONE 18 OR OVER WHO IS EXPERIENCING DISTRESS. AVAILABLE 5.00PM - 12.00AM EVERY DAY.



FOOD POVERTY
TRURO FOODBANK - 07721 711669

TRURO FOOD BANK PROVIDES EMERGENCY FOOD TO THOSE IN CRISIS IN TRURO. IF YOU DON'T LIVE IN TRURO THERE ARE OTHER FOOD BANKS AVAILABLE COUNTY-WIDE.



HOMELESSNESS
STREETLINK - 0300 500 0914

IF YOU ARE CONCERNED ABOUT SOMEONE SLEEPING ROUGH, YOU CAN PHONE STREETLINK AND THEY WILL SEND THEIR DETAILS TO THOSE WHO CAN CONNECT THE PERSON TO LOCAL SERVICES AND SUPPORT.



ENERGY SUPPORT
CORNWALL RURAL COMMUNITY CHARITY - 01872 243535

CRCC IS HELPING THOSE WHO WILL STRUGGLE TO PAY THEIR ENERGY BILLS THIS WINTER, AND CAN ALSO OFFER ADVICE ON ENERGY SAVING.



FINANCIAL ADVICE
CHRISTIANS AGAINST POVERTY (CAP) - 0800 328 0006

CAP PROVIDES FREE HELP TO ANYONE IN DEBT. LINES ARE NOW OPEN: 9:30AM-5:00PM MONDAY-THURSDAY AND 9:30AM-3:30PM ON FRIDAYS.



BEFRIENDING
VOLUNTEER CORNWALL CHRISTMAS BUDDY'S - 01872 266988

VOLUNTEER CORNWALL WILL DO IT'S BEST TO MATCH YOU WITH SOMEONE CLOSE TO YOU WHO CAN BE THERE FOR YOU OVER THE CHRISTMAS PERIOD.

