

Help is out there....

Chard COVID-19- Support Group <https://chardcovhelp.org.uk/>

Run in conjunction with Chard Town Council and local voluntary organisations to help those residents of the Chard area who need to self-isolate during this emergency period as the Corona Virus (SARS-CoV-2) circulates. Our team of volunteers can: Pick up shopping, collect medicines or other vital supplies, help you access health and local information, make friendly phone calls or walk your dog.

Somerset Support Services:

Somerset Direct 03001232327
Somerset Drug and Alcohol Service SDAS 03003038788
Somerset Integrated Domestic Abuse Service SIDAS 08006949999
CAMHs Advice line 03001245012

The Lord's Larder – Food Bank in Chard

Providing emergency food supplies for people in need. We began as a Chard Churches Together service and as the need grew, in 2017 we became a registered charity in our own right. With the support of our dedicated team of volunteers, we prepare emergency food supplies for people in need
<http://lordslarder.chardct.org.uk/> Telephone: 07542498366 (9-1pm on Monday - Friday)

JW Gifford Charitable Trust

A Charity set up to support poorer families and individuals of the parish of Chard. In the past the trust has granted funding for various requests such as white goods, carpet, medical equipment and horse-riding therapy. The Parish Office, St. Marys Church Centre, Holyrood Street, Chard, Somerset TA20 2DN
Telephone 01460 66265 Email: mathewlarks@aol.com

PROMISE works supports a team of trained volunteers who provide a Somerset-wide mentoring service for some of the most vulnerable and disadvantaged young people in the county.
www.promiseworks.org.uk Telephone: 0300 3651900

Citizens Advice South Somerset

Forefront Community Centre 42 Fore Street Chard TA20 1QA
www.citizensadvicesouthsomerset.org.uk Telephone 03444 889623

Chard watch Project

A community project based on peer support, helping isolated people make friends through activities, and a supported friendly and fun environment at our Thursday pop-up Project & Peer support courses which run throughout Somerset
C/O Forefront Community Centre 42 Fore Street Chard TA20 1QA
<http://watchproject.org.uk/> Telephone: 01460 261264 or 07506238540

Young Minds Somerset has lots of great resources and signposts to apps and helplines for children and parents/carers for anxiety, mindfulness, CBT, eating disorders, self-harm, suicide, single parents etc.
www.youngsomerset.org.uk Telephone: 01278 722100

Swan Advocacy - Changing Lives across the South West

Since 1999, we have developed a high-quality model of advocacy which ensures the most vulnerable members of our communities have the same rights and opportunities as their fellow citizens. We believe that everyone has the same right to be heard, be in control of making choices, and to be safe from violence and abuse. Our services are free, confidential and non-judgmental.
www.swanadvocacy.org.uk/services-near-you/somerset Telephone: 0333 344 7928

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School Nurse Team

southsomersetsn@somerset.gov.uk	Telephone 03003230114
Somerset Carer/Parent Forum Support for parents with children with additional needs-no diagnosis needed. https://somersetparentcarerforum.org.uk/ Telephone 01458 259384	
SWISH Advice on contraception, pregnancy tests, emergency contraception and STI Telephone 03001245010	
Family Lives – build better family lives together https://www.familylives.org.uk/ Telephone 0808 800 2222	
Young Minds Helpline Telephone 0808 802 5544 Mental and emotional support	
League of Friends of Chard Hospital Provides equipment and facilities for the hospital and patients not available on the NHS to relieve patients and former patients of the Chard and District Hospital who are sick, convalescent, disabled, handicapped, infirm or in need of financial assistance. Telephone 01297 678288 (Mrs Nora Arnold)	
Taunton Foodbank info@taunton.foodbank.org.uk	Telephone 07761 624216
Somerset Foodbanks https://www.billhelp.uk/free-food-banks-in-somerset/	
Somerset Survivors - Domestic Abuse Support (SIDAS) Offer support to anyone experiencing domestic abuse, whether as a victim or a perpetrator. This helpline will also be the point of contact for professionals making referrals and any members of the public who want advice about domestic abuse. Telephone 0800 69 49 999 Email: here.tohelp@knightstone.cjsm.net www.somersetsurvivors.org.uk	
Citizens Advice The government is outlining plans to help support people who have been affected financially by COVID-19. If you have been affected in this way, you may be able to access help. www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you	
If someone is in an abusive relationship advice specific can be found here: https://mentalhealth.org.uk/coronavirus/abusive-relationships Freephone 24/7 National Domestic Violence Helpline, run by Refuge: 0808 2000 247 The Men's Advice Line, for male domestic abuse survivors – 0808 801 0327 The Mix, free information and support for under 25s in the UK – 0808 808 4994 National LGBT+ Domestic Abuse Helpline – 0800 999 5428	
The NSPCC helpline Parents and carers often have lots of questions, like what's the right age to leave a child home alone, what to do about bullying or how to keep their children safe online. Whatever the issue, they're there to keep children safe. help@nspcc.org.uk Telephone 0808 800 5000 (Monday-Friday 8am – 10pm/9am – 6pm weekends)	
Childline To give young people a voice when no one else is listening. Whatever problems or dangers they're facing, we're a place for them to turn for support – any time of day or night. Telephone 0800 1111	