

# Help and Support



## Looking for benefits advice?

Rural Advice Worker, Linda Pearson, is a fully qualified Citizen's Advice worker who can help with money concerns. Contact Linda on **0191 372 6758**. All calls are confidential.



## Are you or someone you know vulnerable due to health?

Community Wellness Coordinator, Lisa Turnbull, can help get you the support you need. Call Lisa on **07766 239434**. All calls are confidential.



## Concerned about a friend, family member or neighbour?

Lockdown has increased the risk of abuse for some people. If you have any concerns, please call

**First Contact** on **03000 267979** or,  
**Wear Valley Women's Aid** on 01388 600094 ([www.wvwa.co.uk](http://www.wvwa.co.uk))  
Always call **999** if the situation is urgent.



## Are you a carer and need some support?

Durham County Carers Support provides help and support to carers. Call **0300 005 1213** or visit [www.dccarers.org](http://www.dccarers.org)



## Looking for information or help? Try locate

Locate is an online directory allowing residents to connect with local services in their community. You can find information on help with Covid related issues <https://www.durhamlocate.org.uk/>



## Durham County Council Coronavirus Information

Find Coronavirus advice and information on the website. Information for residents, businesses on services, benefits, schools, learning and more at <https://www.durham.gov.uk/coronavirus>



## Foodbanks

If you need additional help, Foodbanks can help with basic provisions  
Weardale Foodbank – call **01388 517572** or text **07921 176012**  
Crook Foodbank (Salvation Army) - **01388 762655**

Links to the above and much more information can be found on our Facebook page:

<https://www.facebook.com/WeardaleActionPartnership>

## Local Help and Support



Help and support is available across the dale from many volunteers who can help with shopping, prescriptions, posting letters amongst other things.

Contact details for these are below.

(If a group only has a Facebook page and you do not have Facebook -please contact Lisa Turnbull, Community Wellness Coordinator on **07766 239434** and she will help.)

### Eastgate and Stanhope Help and Support Group

Anne on 07789 066574

Search 'Stanhope and Eastgate  
Coronavirus Support'

### Frosterley Help and Support Group

Carol 07934 943946

Heidi 07761 632079

Search 'Frosterley Help and Support  
Group'

### Wolsingham

#### Help and Support Group

Search 'Wolsingham Help and  
Support Group'

### Upper Dale

Anne on 07789 066574

Search 'Stanhope and Eastgate  
Coronavirus Support'

### Witton-le-Wear

Contact George or Carolynne on  
01388 488058 or 07712 603917  
or email [George.victoria@gmail.com](mailto:George.victoria@gmail.com)

### Westgate Village Help

Search 'Westgate Village Help'

## Weardale Community Partnership and Community Transport

The Weardale Community Partnership and Weardale Community Transport continue to support the community. They can help with transport to essential medical appointments if required.

Office hours are 9:30am until 1:30pm (Mon-Fri). Call 01388 528777  
(voicemail facility available) or on 07773 070439.



### Your local parish council can also offer support

Stanhope – [www.stanhopeparishcouncil.co.uk](http://www.stanhopeparishcouncil.co.uk) 01388 526116

Wolsingham – [www.wolsinghamparishcouncil.uk](http://www.wolsinghamparishcouncil.uk) 01388 526826

Muggleswick - [www.muggleswickparish.org.uk](http://www.muggleswickparish.org.uk)

Witton-le-Wear - [www.wittonlewear.org.uk](http://www.wittonlewear.org.uk) 01388 609045

**Your Weardale Action Partnership is here to support you**

**Contact Angelina on 07753 779975**