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**A list of helpful services…**

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| **Service name** | **Information** | **Contact details** |
| **Adult and Children’s Social Care** | **Once dialled you will be asked to select a number for the adult or children’s service.** | **0300 123 6720****Emergency (out of hours): 0300 123 6722**[**www.lancashire.gov.uk/health-and-social-care/adult-social-care/**](http://www.lancashire.gov.uk/health-and-social-care/adult-social-care/) |
| **Children and Family Wellbeing Service** | **Search for support groups, nurture groups and activity groups in your area run by Children and Family Wellbeing service. Your family can also receive specific support from an allocated worker.** | [**https://www.lancashire.gov.uk/practitioners/supporting-children-and-families/children-and-family-wellbeing-service/**](https://www.lancashire.gov.uk/practitioners/supporting-children-and-families/children-and-family-wellbeing-service/) |
| **Progress Lifeline** | **A personal alarm and telecare services provider.** | **03333 204 999**[**www.progresslifeline.org.uk**](http://www.progresslifeline.org.uk) |
| **n-compass adult carers** | **Support for young adult carers and adult carers.** | **03450 138 208**[**www.n-compass.org.uk/our-services/carers/the-lancashire-carers-service**](https://www.n-compass.org.uk/our-services/carers/the-lancashire-carers-service) |
| **Kooth** | **An online wellbeing community that is free, safe and anonymous. You can access magazines, online chats, an online journal and discussion boards.** | [**www.kooth.com**](http://www.kooth.com) |

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Email: Lancashireyoungcarers@barnardos.org.uk

Twitter/Instagram: @LYCservice

Facebook: Lancashire Young Carers

Padlet: https://padlet.com/lycservice/news