

COMMUNITY SUPPORT



Financial Support & Benefits

Service	Support Offered	Contact
Advice at Hart	Benefits advice (PIP, UC), Cost of Living Vouchers	01429 748010 www.advice-at-hart.co.uk 87 Park Rd, TS26 9HP
Citizens Advice	Benefits, debt, housing, legal advice	0808 278 7967 www.citizensadvice-hartlepool.org.uk
West View Resource Centre	Financial and practical support	01429 271294 www.wvarc30.org.uk
CAP Hartlepool	Free debt help and budgeting support	46 Tankerville St, TS26 8DU 0800 328 0006 www.capuk.org
StepChange	National debt advice, DMPs, budgeting, bankruptcy	0800 138 1111 www.stepchange.org



Food Support

Service	Support Offered	Contact
The Bread-and-Butter Thing	Low-cost weekly food bags (£5–£17)	Community Hub South (Tues 14:00–14:30) Community Hub Central (Thurs 12:00–12:30) Text 07860 063 304 with name, postcode, hub
Hartlepool Foodbank	Emergency 3-day food parcels (referral needed)	01429 806 895 / 01429 523330 www.hartlepool.foodbank.org.uk

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Mental Health & Emotional Support

Service	Support Offered	Contact
IMPACT	Mental health support (self or GP referral)	 01642 573924  enquiries@impactonteesside.com  www.impactonteesside.com
Let's Connect (Mind)	Mental health groups & community support	 01429 269303  www.letsconnect-eng.co.uk
Togetherall	Online peer community for mental wellbeing	 www.togetherall.com/en-gb/
Alice House Hospice	Bereavement support	 01429 855555  www.alicehousehospice.co.uk/patients-carers/outpatient-services/therapeutic-support-services/





Social & Community Activities

Service	Support Offered	Contact
Community Hubs	Local support, activities, signposting	 01429 272905  www.hartlepoolnow.co.uk/community_support_hub
New Perspectives	Inclusive wellness walking group	 www.facebook.com/groups/709186816778735/








Substance Use & Recovery

Service	Support Offered	Contact
START	Drug and alcohol treatment & recovery	 01429 285000  www.hartlepool.gov.uk/info/20015/social_care_and_health/1257/start

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Housing & Adaptations

Service	Support Offered	Contact
Hartlepool Housing	Council housing enquiries	 Civic Centre, Victoria Rd, TS24 8AY  01429 266522
Hartlepool Home Search	Social housing registration & lettings	 homesearch@hartlepool.gov.uk  01429 806834
Social Services (Adaptations)	Occupational therapy, home adaptations	 01429 523390 / 01429 803100







Women's Health

Service	Support Offered	Contact
Women's Health Hub	Women's services, peer groups, support	 The Arches Shopping Village, TS24 7PW  07598 534452  womenshealthhubhartlepool@gmail.com



Men's Health

Service	Support Offered	Contact
ManHealth (at Hartlepool United)	Every Thursday 6.30pm-8.30pm, peer support for men over 18, no appointment/referral needed.	 Centenary Lounge, Prestige Group Stadium  www.hartlepoolunited.co.uk/manhealth
STAGS Hartlepool	Every Thursday 6pm-9pm, peer support for men over 18, offers games (darts, pool, table tennis etc.), gym facilities and a chance to chat with others	 Rift House Community Centre  07935 152839