

# The Cambridge Cares

We've always believed in being more than a building society, which means doing more for our members, especially when they don't know where to turn. So if you, or a loved one, find yourself in need of advice or support in relation to your health or financial well-being, there are a number of organisations that are ready to help you.

While there are limits to the support we can provide, it's simply not in our nature to sit back when people need help and so we hope this information provides some useful contacts in your time of need.




## General Advice

For free advice that is independent, confidential and impartial, contact the Citizens Advice Bureau. They support millions of people each year with advice on:

- Work
- Debt and money
- Consumer
- Family
- Housing
- Law and courts
- Immigration
- Health

**Citizens Advice Bureau**

 (England) 0800 144 8848

[citizensadvice.org.uk](https://citizensadvice.org.uk)

## Money and Financial Advice

Financial worry is one of the biggest causes of stress and can start to affect your mental and physical well-being. If you have concerns there are a number of places to seek help and advice.

### MoneyHelper

[moneyhelper.org.uk](https://moneyhelper.org.uk)

A jargon-busting, impartial money advice service backed by the Government, offering free help on:

- Money troubles
- Everyday money
- Benefits
- Family and care
- Savings
- Homes
- Pensions and retirement
- Work

### Step Change Debt Charity

[stepchange.org](https://stepchange.org)

If you have debt worries, they can offer tailored advice and solutions to help get your finances back on track.

### Money Advice Trust

[moneyadvicetrust.org](https://moneyadvicetrust.org)

Offering free, independent debt advice to people across the UK through the National Debt line and the Business Debt line, especially for those that are self-employed.

# Health

Your health can have an affect on many different aspects of your life, but there are organisations available to you to help whatever your condition.

## Alzheimer's Society

[alzheimers.org.uk](http://alzheimers.org.uk)

Alzheimer's Society have a range of support services to ensure nobody should have to face dementia alone. From legal and financial support, to care advice and living as independently as possible each day.

## Mind for Better Mental Health

[cpslmind.org.uk](http://cpslmind.org.uk)

Your mental health is just as important as your physical health. Mind are passionate about positive well-being and provide support and information for individuals who may experience mental health challenges.

## Macmillan Cancer Support

[macmillan.org.uk](http://macmillan.org.uk)

If yourself or a loved one is living with cancer, Macmillan can help with understanding, diagnosing, organising, treating, coping, and any resources you need.

## NHS Services

[nhs.uk/nhs-services](http://nhs.uk/nhs-services)

The NHS website provides guidance and advice on general health concerns. For more urgent support however please call 111, and if it's an emergency always call 999.



# Fraud and Scams

## Action Fraud

 0300 123 2040

[actionfraud.police.uk](http://actionfraud.police.uk)

Action Fraud is the UK's national reporting centre for fraud and cyber crime. Through their website you can easily report cases where you feel you've been scammed, defrauded or have experienced cyber crime. If you think you've fallen for a scam, please contact your financial organisation straight away.

# Bereavement


## Cruse Bereavement Care

[cruse.org.uk](http://cruse.org.uk)

It can be devastating when you lose a loved one and sometimes it's hard to know how to handle your grief. Cruse Bereavement Care offer information, support and advice to people of all ages following the death of someone close.

# Domestic Abuse

## National Domestic Abuse Helpline

 0808 200 0247

A free phone number offering confidential support 24 hours a day to victims of domestic abuse. This service can also be used for information and advice to families and friends who are concerned about a loved one.

Always call 999 if you or someone you know is in immediate danger.

You can visit any of our branches and stores for a safe and private space to call the National Domestic Abuse Helpline on 0808 200 0247. The National Domestic Abuse Helpline is free and open 24 hours a day.

# We'll be here.

Please remember if you're ever feeling vulnerable or unsafe, we'll be here to help – with a personal approach and practical support. Please call us on **0345 601 3344** or email us at [thecambridge@cambridgebs.co.uk](mailto:thecambridge@cambridgebs.co.uk)

[cambridgebs.co.uk](http://cambridgebs.co.uk)



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