

Support groups and charities

As part of being a 'Friend' you could help the person you're supporting connect with support groups that are relevant to them. This could help them get support for a health condition or help them connect with people from a similar background to them to combat isolation and loneliness.

Health related organisations

Alzheimer's Society

Dementia Connect, from Alzheimer's Society, is a personalised support service for people with dementia, their carers, families and friends. The service connects people affected by dementia with free support and advice, currently available by phone and online.

Referral form:

<https://www.alzheimers.org.uk/referralform>

Here is the contact telephone number and email address:

0333 150 3456

Dementia.connect@alzheimers.org.uk

Asthma UK

<https://www.asthma.org.uk/>

British Heart Foundation

<https://www.bhf.org.uk/informationsupport>

British Lung Foundation

Can provide advice on COPD:

<https://www.blf.org.uk/>

Cystic Fibrosis Trust

<https://www.cysticfibrosis.org.uk/>

Dementia UK

Have a helpline run by Admiral Nurses

<https://www.dementiauk.org/get-support/coronavirus-covid-19/>

Diabetes UK

<https://www.diabetes.org.uk/>

Macmillan Cancer Support

<https://www.macmillan.org.uk/>

Motor neurone disease foundation

<https://www.mndassociation.org/about-mnd/>

MS Society

Specialist charity for Multiple sclerosis

<https://www.mssociety.org.uk/>

Multiple Sclerosis Trust

<https://www.mstrust.org.uk/>

National AIDS Trust

<https://www.nat.org.uk/>

Parkinson's UK

<https://www.parkinsons.org.uk/>

Terrence Higgins Trust

HIV and sexual health charity

<https://www.tht.org.uk/>

BAME organisations

BAWSO

An all Wales organisation providing generic and specialist services including training, the provision of temporary accommodation for those affected or are at risk of domestic abuse and all forms of violence such as Female Genital Mutilation, Forced Marriage, Honour Based Violence, Human trafficking and modern slavery.

<http://www.bawso.org.uk>

Diverse Cymru

Diverse Cymru is a unique Welsh charity committed to supporting people faced with inequality and discrimination because of: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation

<https://www.diverseecymru.org.uk/>

Race Council Cymru

<http://www.racecouncilcymru.org.uk>

Tai Pawb

Tai Pawb promotes equality and social justice in housing in Wales. We believe that all people have the right to access good quality housing and homes in cohesive and safe communities.

<https://www.taipawb.org/>

LGBT organisations

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<https://www.diverseecymru.org.uk/>

Stonewall Cymru

<https://www.stonewall.org.uk/>

LGBT Cymru helpline

<https://www.lgbtcymru.org.uk/>

Armed Forces organisations

There are many military charities and associations that can provide information, advice and additional resources.

Veterans Gateway for support

Veterans' Gateway is the first point of contact for Veterans, their families and carers seeking support. You can get their advice 24 hours a day via their helpline (0808 802 1212) or online via self-help guides.

www.veteransgateway.org.uk

Royal British Legion

The Royal British Legion supports serving members of the Royal Navy and Royal Marines, British Army, Royal Air Force, Reservists, veterans and their families. Their support starts after 7 days of service and continues long after life in the Armed Forces. The Royal British Legion helps Veterans young and old transition into civilian life, helping with employment, financial issues, respite and recovery, through to lifelong care and independent living.

<https://www.britishlegion.org.uk/>

SSAFA

The oldest national charity supporting people serving in the three Armed Forces, Veterans and their families. It provides a wide variety

of support in an appropriate and timely way: advice services on a range of financial, health and other issues, practical help to obtain mobility and specialist equipment, household goods for formerly homeless Veterans, support for Veterans with mental health needs and mentoring for Veterans during transition to civilian life. www.ssafa.org.uk

Condition specific support

Charities such as Blind Veterans UK and Blesma, The Limbless Veterans provide one to one support, specialist equipment and arrange social activities for people with specific conditions who have served in the military, including those in residential care. You can contact them for funding of equipment or support workers if you have any eligible residents.

<https://www.blindveterans.org.uk/>

<https://blesma.org/>

Help for Heroes

Help for Heroes provides a range of support and services for wounded, injured and sick serving (Regular and Reserves) and ex-serving personnel who have suffered illness or injuries in the service of the Nation. Help for Heroes does this through services such as:

Help for Heroes Recovery Centres in Pontypridd, Tidworth, Catterick, Colchester and Plymouth

Help for Heroes Hidden Wounds (psychological wounds)

Help for Heroes Welfare support

Help for Heroes grants to individuals and other charitable agencies

Help for Heroes Fellowships of 'Band of Brothers' and 'Band of Sisters'

<https://www.helpforheroes.org.uk/>

Tel: 0845 6731760

Woody's Lodge

A charity providing safe spaces for armed service Veterans, recent leavers, reservists and those who served in the emergency services, to socialise and access a wide range of health and social services. They also provide support for families and carers.

<https://www.woodyslodge.org/>

If the person you're supporting needs further help and is aged 50 or over they can contact Age Cymru Advice on **0300 303 44 98**, available 9:00am to 4:00pm, Monday to Friday, or email advice@agecymru.org.uk

If the person you're supporting needs further help and is aged under 50, they can call Citizens Advice on **0800 702 20 20**, available 9am to 5pm, Monday to Friday, or visit

www.citizensadvice.org.uk/wales/