**Connecting You To Services in Sefton**

**How much do you know about the services and support you may need?**

**How can Sefton CVS information sources help?**

**Do you have clients, customers or members of a group who would benefit from information on local services and organisations?**

**Whatever type of service or organisation you are looking for, Sefton CVS can help you find them – either in your local area or nationally.**

**The Sefton CVS ‘Connecting You To Services in Sefton’ Directory is a helpful guide to accessing services that are often needed routinely or in an emergency. It is available as a download version at** [**www.seftoncvs.org.uk/connectingyou**](http://www.seftoncvs.org.uk/connectingyou)

**and also as a handy booklet printed on colour coded cards – and it is FREE!**

**The Directory covers the following subjects:**

**Health and Social Care CARDS 1 to 36**

** *Mental Health support and advice* – CARDS 9, 10 and 11 suggest options for support, with details of who to contact**

** *Getting help at home* – CARDS 20, 21, 25, 26 and 27 cover most of the situations you may have concerns about, regarding living independently at home**

** *Improving your general health and wellbeing* – CARDS 15 and 16 provide information on who to contact for support with making lifestyle changes that can help with your health and fitness**

**Community Safety CARDS 37 to 45**

** *Unwanted callers and rogue traders –* CARD 39 has information that can help you to prevent repeated unwanted phone calls and how to check on traders selling goods and services (see also CARDS 44 and 48 for finding reliable services and trades)**

** *Domestic Abuse –* CARD 42 contains contact details for organisations that will provide support and advice for victims of domestic abuse and their families - including 24hour services**

** *Contacting your local police –* CARDS 40 and 43 give details of the numbers to use for contacting the police for emergencies and non-emergencies**

**Home Life Cards 46 to 54**

** *Gas, Water and Electricity supplies* – CARD 52 tells you which numbers to call if you have a gas, water or electricity emergency**

** *Housing and homelessness* – CARD 49 provides the number of the Council services that can help you with your housing issues**

** *Fire safety and smoke alarms* – CARD 47 gives you details of how to contact the Merseyside Fire and Rescue Service for free fire safety advice**

**Leisure and Social Activities Cards 55 to 63**

** *Local Transport* – CARD 63 tells you how to find out about local transport in your area, such as bus and train times**

** *Community groups and activities* – CARDS 57, 59, 61 and 62 have lots of information about who to contact and where to go if you would like to make new friends or start a new hobby etc**

** *Library services* – CARD 58 has contact details for every Library in Sefton and the services they provide**

**Finance Cards 64 to 76**

** *Pension Advice* – CARDS 68, 69 and 70 cover various sources of information for obtaining pensions advice**

** *Benefits and Direct Payments –* Cards 64, 65, 66 and 67 set out the contact details you may need for help and advice regarding different types of claims and the benefits available**

** *Money advice* – CARDS 74 and 75 give details on how to access services for support with money problems such as debt or financial hardship**