**Useful contacts for Isle of Wight residents**

**Isle of Wight Council website –** [**www.iow.gov.uk**](http://www.iow.gov.uk)

**Isle of Wight COVID-19 information –** [**www.keeptheislandsafe.org**](http://www.keeptheislandsafe.org)

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| Organisation: | Contact: | Help offered: |
| Suicide Prevention and Intervention  Isle of Wight | Tel: 667 247  Live Chat: [www.spiiow.org](http://www.spiiow.org)  Available 24 hours a day 365 days of the year. | SPIIOW is a registered charity who seek to save lives from suicide across the Isle of Wight. |
| Samaritans | Tel: 116123  [www.samaritans.org/branches/isle-of-wight](http://www.samaritans.org/branches/isle-of-wight)  24 hours a day confidential service | Support for people who have feelings of distress or despair. |
| [Islehelp](http://www.islehelp.me) | Tel: 01983 823898 Email: [enquiries@iwcab.org.uk](mailto:enquiries@iwcab.org.uk) | Advice and information on benefits, money issues, rent concerns, referrals to Isle of Wight Foodbank. |
| Foodbank | Tel: 01983 292040 | Foodbank |
| Citizens Advice | Tel: 0808 2082138 for free, Monday to Friday, 9am to 5pm. | For people in financial crisis. You will be able to talk confidentially with a trained Citizens Advice adviser.  They can help provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to.  If needed, they’ll issue you with a voucher so you can get an emergency food parcel from [Isle of Wight Foodbank](https://isleofwight.foodbank.org.uk/). |
| Isle of Wight COVID-19 helpline | Tel: 01983 823600 | COVID-19 support for residents |
| Isle of Wight Autism Support Hub | Tel: 07498 500607  [Facebook](https://www.facebook.com/aimisleofwight)  Skype – search for IOW autism support hub  Email [support@aimisleofwight.co.uk](mailto:support@aimisleofwight.co.uk) | For Autistic adults and their families and parents/carers of autistic children and young people. |
| Alzheimer’s Society | Dementia Connect Support Line Tel: 0333 150 3456  Support Care Team  Tel: 0330 333 0804  IW office:  [iowdementiasupportss@alzheimers.org.uk](mailto:iowdementiasupportss@alzheimers.org.uk)  Opening hours vary over Christmas | Local support for anyone affected by dementia. |
| Stroke Association  Local Stroke Support  Isle of Wight | Tel: 01983 898301  Email: [iow@stroke.org.uk](mailto:iow@stroke.org.uk) | We offer support to stroke survivors and their close network. |
| Wessex Cancer Trust,  Isle of Wight | Tel: 01983 524186.  10 am to 3 pm, Tue to Fri  Email: [isleofwight@wessexcancer.org.uk](mailto:isleofwight@wessexcancer.org.uk) | Support line for people affected by cancer. |
| Carers IW | Carers IW Helpline Tel: 01983 533173  7 days a week  8am to 8pm Mon to Fri  10am to 4pm Sat to Sun  Email: [info@carersiw.org.uk](mailto:info@carersiw.org.uk) | Advice and support for unpaid Carers. |
| Priority Service  Registers | Electricity:  0800 316 5457 (0800 316 5457 text phone) [www.ssen.co.uk/PriorityServicesRegister](http://www.ssen.co.uk/PriorityServicesRegister)  Water: 0330 303 0277  <http://www.southernwater.co.uk/register-forindividual-needs>  Gas: 0800 072 8625 or 0800 294 8604 if you're a Pay as You Go customer.  Or contact by textphone on 18001 0800 072 8626.  <https://www.britishgas.co.uk/Priority-Service-Register> | Ensures vulnerable people are prioritised in the event of water or electricity outage or problems with their gas supply. |
| RNID (Isle of  Wight) | Tel: 01983 529533  Email: [iow@hearingloss.org.uk](mailto:iow@hearingloss.org.uk) | RNID are continuing to provide support. |
| Daisy Bus services | Please call the minibus driver the day before travelling:  Portsmouth: 0799 000 1072  Southampton: 0774 777 6874 | Transport links for Island cancer patients receiving treatment at QA Hospital, Portsmouth and Southampton General Hospital. |
| Homestart | Tel: 01983 533357 | Support for families with young children |
| IW Fire Service | Tel: 01983 407075 Email: [fire.communitysafety@iow.gov.uk](mailto:fire.communitysafety@iow.gov.uk) | Free home fire safety check |
| Age UK (IW) | Tel: 01983 525282 | Advice on benefits/ grants and handyman service |
| Jigsaw Family Support | Tel: 01983 639 793 [www.jigsawfamilysupport.com](http://www.jigsawfamilysupport.com) | Community based for everyone affected by family separation |
| Pension Service | Tel: 0800 99 1234 | Pension Credit entitlement check |
| Storeroom | Tel: 01983 298679 | (Furniture project) |
| [The Footprint Trust](https://footprint-trust.co.uk/) | Tel: 01983 822282  Email: [info@footprint-trust.co.uk](mailto:info@footprint-trust.co.uk) | Impartial information on saving energy and water in homes on the Isle of Wight. |

**Other useful numbers**

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| St Mary’s Hospital | 01983 822099 | Isle of Wight Council | 01983 821000 |
| Emergency Services | 999 | Member of Parliament (Bob Seely) | 01983 220220 |
| Non-emergency Ambulance/Fire/Police | 101 | Red Funnel Ferries | 02380 019192 |
| Non-emergency NHS | 111 | Rail Enquiries | 03457 484950 |
| Island Roads (24hrs) | 01983 822440 | Wightlink | 0333 999 7333 |
| Crimestoppers | 0800 555 111 | Social Services (Adult) | 01983 814980 |
| Environment Agency | 0800 807 060 | Social Services (Children) | 0300 300 0117 |
| Floodline | 0345 988 118 | Electricity Emergency | 0800 072 7282 |
| Gas Leaks | 0800 111 999 | Southern Water | 0330 303 0368 |