

Liverpool

Liverpool Council for Voluntary Service (CVS) has been working closely with Liverpool City Council to establish telephone hotlines to help our communities combat the coronavirus challenge.

Call the support hotline on 0151 233 3066.

This hotline has been established for anyone who feels they need support with basic tasks because they don't have a support network of friends and family in place.

This hotline will be manned from 8am to 6pm, seven days a week. You can also request help online via the [Liverpool City Council website](#).

Sefton

The programme is coordinated by Sefton Council for Voluntary Service (CVS), in partnership with Sefton Council.

The Council has set up a helpline for vulnerable people who might need help.

Call Sefton Council's main switchboard on 0345 140 0845 (8am-6pm) or visit [Sefton Council's Covid-19 website](#).

Other Organisations:

Other charities have guidance and advice which may be helpful such as:

- [Support and advice for people affected by dementia](#) or call 0333 150 3456
- [Coronavirus: How to support people with dementia in our community](#)
- [Help if you are feeling worried or anxious \(Mind\)](#)
- [Coronavirus and cancer \(Macmillan\)](#)
- [Coronavirus information \(Age UK\)](#) – great for tips on health and wellbeing!
- [Exercising at home \(British Paralympic Association\)](#)
- [NHS Mental Wellbeing](#) – Every Mind Matters

The British Red Cross

British Red Cross have launched a free and confidential support line for anyone who may need it. Open daily 10am – 6pm. Call 0808 196 3651.

The Silver Line

A free confidential helpline providing information, friendship and advice to older people. Open 24 hours a day, every day of the year. Call anytime on 0800 4 70 80 90 or visit www.thesilverline.org.uk.

Citizens Advice

Provides confidential advice online and over the phone for free. Find your local Citizens Advice here - www.citizensadvice.org.uk/about-us/contact-us/contact-us/search-for-your-local-citizens-advice.