

I. Useful Organisations:

Age Uk	Home care service, legal issues, advocacy service and carers support
Blue Badge	Apply or renew a Blue Badge
Department of Work and Pensions	Benefits advice and information
Plymouth Online Directory (POD)	Carers support, housing/care homes, staying safe, advice & information etc
NHS Carers guide	Information on NHS Continuing Healthcare Funding
Access Plymouth	Help for Plymouth residents with mobility
Dying Matters	Support and advice for those dealing with death and dying
Plymouth Hospitals NHS Trust	Plymouth Hospitals NHS Trust service
National Council for Palliative Care	Information and advice about palliative care
Marie Curie Cancer Care	Support for those dealing with Cancer
Hospice UK	The UK Charity for hospice care for patients and carers
NHS Choices at end of life care guide	A guide for people approaching the end of their life
SSAFA (Soldiers, Sailors, Airmen and Families Association)	National Armed Forces charity for those who serve or have served and their families
Turn 2 Us	Grants and benevolent funds
Cinnamon Trust	National Charity for the elderly and terminally ill and their pets
Plymouth Food Bank	Emergency food for people in crisis
British Red Cross	Health and Social Care
Jeremiah's Journey	Support for children pre/post bereavement and their families in Plymouth and the surrounding areas
Call 24	Personal safety alarms, call response service
Cold Weather Payment	You may get a Cold Weather Payment if you're getting certain benefits. Payments are made when your local temperature is either recorded as, or forecast to be, an average of zero degrees Celsius or below over 7 consecutive days
Home Insulation Guide for the Elderly	A helpful guide home insulation, for the elderly
Message in a Bottle	<p>Message in a Bottle, (or MIAB for short) is a small container which is kept in the household refrigerator, and contains all of the important information required. For instance, Medicines currently being taken, whether the Person is Allergic to Penicillin or any other substance, name of Doctor and the contact details of any relations.</p> <p style="text-align: center;">BOTTLES ARE AVAILABLE FREE OF CHARGE from your Local Lions Club, most GP Surgeries and Pharmacies</p>