

Wainfleet Flooding 2019 - Support Contact Details

LRSN Contact Details	
<p>Alison Twiddy Project Manager, LRSN Tel: 07725 203560 Alison.twiddy@lrsn.co.uk</p>	<p>LRSN HELPLINE</p> <p>OPEN 8AM TILL 6PM EVERY DAY OF THE YEAR</p> <p>0800 138 1710</p>
<p>Lea Schofield Caseworker, LRSN Tel: 07714 137575 Lea.schofield@lrsn.co.uk</p>	

Farming Organisations' Contact Details	
<p>NFU Boston Tel: 01205 363051</p>	<p>NFU Spilsby Tel: 01790 752843</p>
<p>CLA Ben Underwood, Regional Director, CLA East Tel: 01638 590429 Email: east@cla.org.uk Web: http://www.cla.org.uk/your-area/east</p>	<p>TFA Tel: 0118 9306130 Email: tfa@tfa.org.uk Web: www.tfa.org.uk</p>

Charities' Contact Details	
<p>RABI Tel: 0808 281 9490 Email: info@rabi.org.uk Web: www.rabi.org.uk</p>	<p>Forage Aid Tel: 07967 219991 Email: info@forageaid.org.uk Web: www.forageaid.org.uk</p>

Lincolnshire Community Foundation

The Lincolnshire Community Foundation is working in partnership with the Recovery Coordinating Group to raise funds and support those affected by the flooding in Wainfleet and the surrounding area. For more details, visit <https://lincolnshirecf.co.uk/grants/wainfleet-flood-appeal/>

Councils, Police and other contacts

<p>East Lindsey District Council Flood Recovery Team information: Call Centre, 9am and 5pm, Monday to Friday: 01507 601111 Email: flood.recovery@e-Lindsey.gov.uk Web: https://www.e-lindsey.gov.uk/Flood2019</p>	<p>In an emergency, please call 999 for Police, Ambulance or the Fire Service</p> <p>Call 101 if you see a fallen tree or standing water blocking a road</p> <p>Call 105 if you experience a power cut or have seen damaged power lines</p> <p>Call 01522 782082 to report flooding in your area.</p>
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Lincolnshire Rural Support Network

General Support Contact Details

<p>Steps 2 Change: A free NHS service that provides a range of evidence based talking therapies for problems such as depression, anxiety, post trauma reaction, panic, phobia, Obsessive Compulsive Disorder</p> <p>For referrals contact: Tel: 0303 123 4000 Email: lincs.spa@nhs.net</p> <p>www.lpft.nhs/steps2change</p>	<p>MIND: Information and advice on a huge range of mental health topics. Committed to helping everyone experiencing a mental health problem to receive support and respect.</p> <p>www.mind.org.uk</p> <p>www.facebook.com/mindforbettermentalhealth</p>	<p>Papyrus: Prevention of suicide for young people. https://www.papyrus-uk.org/ National Confidential Helpline HOPELineUK: 0800 068 41 41</p> <p>A specialist telephone helpline service, staffed by trained professionals who give non-judgemental support, practical advice and information to children, teenagers and young people aged up to 35, who are worried about themselves and anyone is concerned about a young person.</p>
<p>Samaritans: The Samaritans support anyone in distress, around the clock, through 201 branches across the UK and Republic of Ireland. "We know our service can help people before it's too late"</p> <p>www.samaritans.org</p> <p>Phone: 116 123</p> <p>Email jo@samaritans.org</p>	<p>SANE: Work to improve quality of life for anyone affected by mental illness.</p> <p>Phone: 0300 304 7000 (Lines open 4.30pm – 10.30pm, 365 days a year)</p> <p>Email www.sane.org.uk/what_we_do/support/email</p> <p>Website www.sane.org.uk</p>	<p>Staying Safe: Staying Safe offers online resources for people experiencing suicidal thoughts to help keep them safe, including making a safety plan.</p> <p>www.stayingsafe.net/</p>
<p>Shout – text to get help: Shout is the UK’s first free 24/7 text service for anyone in crisis anytime, anywhere. It’s a place to go if you’re struggling to cope and you need immediate help.</p> <p>Text Shout to 85258 https://www.giveusashout.org/</p>	<p>Relate: Relate is the UK’s largest provider of relationship support. It has centres across the UK and a network of licensed local counsellors as well as phone, email and live chat counselling.</p> <p>Web: www.relate.org.uk</p>	<p>Other sources of help: Visit NHS for a list of websites and telephone helplines on a range of mental health issues, domestic abuse or addiction problems.</p> <p>https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</p>