

Contact Help Direct

You can phone one of these numbers and get through to your local Help Direct. 03 numbers are new low cost telephone numbers that are a better alternative to 08 numbers. The cost of calling is the same as landlines, even from mobile telephones.

If you want to find out more about Help Direct or would like this information in other languages or formats please call the office nearest to you

Lancaster, Chorley or West Lancashire	0303 333 1000
Burnley, Pendle, Rossendale, Hyndburn or Ribble Valley	0303 333 1010
Fylde	0303 333 1020
Wyre	0303 333 1021
Preston or South Ribble	0303 333 1030

Help Direct is supported by



Further information



get the most out of life



Help Direct - for practical support, guidance and information to get the most out of life.



About Help Direct

Help Direct is a new service being developed for all adults (18 years and over) in Lancashire. Help Direct will aim to be your first port of call to get the practical support, guidance and/or information you need to get the most out of life. Your local Help Direct team will help you to find the right way forward – one that works for you.

Help Direct in your community

You can access Help Direct across Lancashire. All areas will have a local base where you can drop in and talk to someone or call up. You will also be able to access Help Direct in all sorts of different local places. Look out for the Help Direct sign at one stop shops, libraries, community centres, doctor's surgeries, community groups and lots of other places where you live.

In some situations a member of the Help Direct team could come and visit you at home.

Help Direct is working with a large number of local organisations and community groups to provide and develop support for you to get the most out of life in the following areas.

Health and fitness

Home and garden

Feeling safe in your home and community

Learning and leisure

Managing finances

Mobility and transport

Community groups and involvement

Getting the right help and support

Relationships and families

Employment, volunteering and training

Please contact your local Help Direct if you would like to know more or tell us about support in your area.