### **ALLIANCE SUPPORT SERVICE**

Need a housing support worker to help with accommodation, debts and benefits issues? Going into hospital, have health needs or are a carer for someone else? Tel: 03000 120 120 option 5 for referral or go to https://www.alliancehomesgroup.org.uk/ This is a free service for all ages funded by NSC.

## **WESTCOUNTRY SAVINGS & LOANS**

A not-for-profit Credit Union owned by over 3,500 members throughout the South-West. We offer ethical and affordable loans, a range of savings accounts for children, adults and employees as well as free financial well-being information and community events. Visit westcountry.org.uk or you can call us weekdays 10am-1pm on **0800 304 7041**.

### MULTICULTURAL FRIENDSHIP ASSOCIATION (MFA)

A social friendship group that can help with signposting and which provides general support for people of all cultures living in Weston-super-Mare and surrounding area. Meet up every other Tuesday 12.30pm-2.30pm c/o Weston Museum, Learning Education Room, Burlington St, WsM, BS23 1PR Tel: 07587335963

### SAFE HAVEN

Expert help for anyone over 16 who is feeling overwhelmed, distressed or struggling with their mental health. The team offers telephone, Zoom and face to face support from the Crisis & Recovery Centre at 4, Boulevard, WsM, BS23 1NA. Open every day from 6pm - midnight for support. Please call or email to arrange an appointment. Tel: 01934 313480 or email refer.safehaven@nhs.net (No Drop-ins. Unable to administer or prescribe medication.)

### **JOBCENTRE PLUS**

For up-to-date information about online and telephone services please call: 0800 169 0190 Apply for benefits as soon as possible, you may then be able to apply for further emergency assistance through the Jobcentre or North Somerset Council. If you are in hardship you can also apply for a Short-Term Advance to cover the time while your application is being processed.

### **CITIZENS ADVICE NORTH SOMERSET**

Free, independent, confidential and impartial advice and information on a wide range of subjects. Get in touch by phone or online. Our Advice Shop in The Sovereign, BS23 1HL, is also open for appointments and triage. Online www.nscab.org.uk Adviceline: 0808 278 7973 (Mon-Fri 9am-5pm) Universal Credit Help to Claim : 0800 144 8444

### SOMEWHERE TO GO

Now open 7 days a week 9am-4pm, 365 days a year. Free Breakfast 9am-11am, £1 Lunch 12.30pm-1pm *(not Tuesdays - see Emmanuel Church below).* Community Nurses/ change of clothes / sleeping bags / showers / food parcels. Assistance with benefits and housing. Foodbank vouchers. St John's Hall, Boulevard, WsM, BS23 1NA **01934 641880** 

## **EMMANUEL CHURCH**

**The Beacon** - every Tuesday 12pm-1.30pm Hot lunches at 12.30pm followed by optional Christian fellowship with tea & cake. Oxford St, BS23 1TN

THE FRIDGE OF FREE STUFF - COMMUNITY FRIDGE Tues, Thurs, Fri 11am-2pm & Sat 12pm-2pm The Sovereign, High Street, WsM, BS23 1HL Please do not queue outside the unit before opening times communityfridgewsm@gmail.com

# **GROVE PARK MEALS**

Free food and hot drinks on Sundays 5.00pm. Car park at bottom of Grove Park, Lovers Walk, WsM, BS23 2AF

### THE STABLE FOOD SHOP

Join our community food club. Low prices - Less waste. Mon, Tues, Weds, Thurs, Friday 10am-3pm. 3-6 Wadham Street, WsM, BS23 1JY

### READY MEAL FOOD BANK Every Wednesday 4.00pm-5.30pm. Collect from 4 The Centre, Walliscote Road, BS23 1US. 07971443574 for more info.

### **WESTON FOODBANK**

For an emergency food parcel, you will need a voucher from a support agency that knows you and your situation, such as Citizens Advice, North Somerset Welfare Team, schools, We Are With You, health and housing agencies etc. Currently serving clients at the door at North St, BS23 1QF Mon, Wed, Fri 11am-2.30pm (please arrive by 2.15pm and bring strong bags if possible). Also at: Family Centre Chaucer Rd Tue/Fri 10am-12pm Banwell Youth Centre Tue/Thur 10am-12pm info@wsmfoodbank.org.uk

#### ensinoodbank.org.

### SAMARITANS

Feeling lonely or in despair? Call **116 123** Or email **jo@samaritans.org** (next day response)

### **COMMUNITY OUTREACH NURSES**

Drop-ins for homeless and **vulnerable** adults within Weston at Somewhere to Go: 9am-2pm Monday/Thursday/Friday, 9am-4pm alternate Tues and every Wednesday. We help people register with GPs, dentists, provide general health advice, complete health checks, wound dressings & signpost onto other agencies - such as Mental Health. **Tel: 07825753240 / 07823536533** 

### WE ARE WITH YOU

Free advice and help for anyone affected by substance/ alcohol use. 1:1 support, daily groups, Needle Exchange and drop-in advice available Mon-Fri 9am-5pm. Pay us a visit, or telephone to access our services. 35 Boulevard, WsM, BS23 1PE **Tel: 01934 427940** 

## NORTH SOMERSET COMMUNITY HUB

Free courses, workshops, drop-ins. 1 to 1 help with using NHS App. 1 to 1 for over 55 to update their Digital Skills. Aftercare for those in total abstinence. We can issue free (for 02, Vodafone or Three Mobile) 25GB per month for 6 months, unlimited calls and texts. For info: www.northsomerset-training.org 07402676781 nstclasses@gmail.com or pop in 9:30am-2pm Mon-Fri. 30 Alexandra Parade, WsM, BS23 1QZ

### **REFUGEES WELCOME NORTH SOMERSET**

We are a charity that supports refugees, asylum seekers and displaced people in North Somerset. Tuesdays 12.00-15.00pm – Loves Cafe, BS23 1JR for lunch, refreshments and support. Wednesdays 11.30-2.30pm – Town Hall Library, BS23 1UJ for employability and signposting. Find our full list of welcome hubs at: https://rwns.org.uk/how-can-we-help-you/welcomecentre/

ROYAL BRITISH LEGION: WESTON-SUPER-MARE BRANCH Help for service and ex-service personnel and their families. Touchpoint Drop-in Tues & Thurs 10am-2pm, 77 Meadow St, BS23 1QL www.facebook.com/RBLWsM Local: 01934 707020 National Helpline: 0808 802 8080

DOMESTIC ABUSE FREEFONE SERVICE - 08006 949 999

#### SALVATION ARMY

Assists with basic clothing & travel (in a crisis). Drop In for Emergency Food Thursdays between 2-4pm. Carlton Street, WsM, BS23 1UA 01934 425134 www.salvationarmy.org.uk/weston-super-mare



 Somewhere To Go, (Alliance, Nurses, YMCA, CANS) St John's Hall, 4-6 Boulevard, BS23 1NA
 Safe Haven, 4 Boulevard, BS23 1NA
 MFA, Weston Museum, Burlington St, BS23 1PR
 We Are With You, 35 Boulevard, BS23 1PE
 Citizens Advice N. Som, The Sovereign, BS23 1HL

6. Foodbank. North St. BS23 1QF

7. Job Centre Plus. Regent Hs. High St. BS23 1JH

**8. Town Hall**, Walliscote Grove, BS23 1UJ

9. Fridge of Free Stuff, The Sovereign, BS23 1HL
10. British Legion, 77 Meadow Street, BS23 1QL
11. Grove Park Meals, BS23 2AF
12. YMCA Weston Office, 138 High Street, BS23 6HE
13. Emmanuel Church, Oxford St, BS23 1TN
14. St Paul's Church, Walliscote Rd, BS23 1EF
15. The Stable Food Shop, 3-6 Wadham Street, BS23 1JY

16. Salvation Army, Carlton St, BS23 1UA

17. Ready Meal Foodbank, 4 The Centre, BS23 1US



# KeySteps.

We are currently in a period of transition. We will continue to offer support and advice but unfortunately during this process we will be unable to issue new Deposit Bonds. 01934 617617

# YMCA HOMELESS OUTREACH SUPPORT

Help, advice and support for people who are rough sleeping or at risk of becoming a rough sleeper. Based at the Weston office, 138 High Street. Please telephone on 01934 629787 to make an appointment to speak with the team. Drop-ins at Somewhere to Go: Weds 11am-12pm. Early morning Outreach Wellbeing Walks through the week: Town Centre, Beach Front, Grove Park.

### NORTH SOMERSET COUNCIL HOMELESS PREVENTION TEAM

All clients, where able, should complete a self-serve application https://live.housingjigsaw.co.uk/ A team member will call back within 24 hours. Any person who is homeless that day will need to ring 01934 426330 or email HP.Triage@n-somerset.gov.uk (Out of hours emergencies 01454 615165)

# CHRISTIANS AGAINST POVERTY

**FREE** debt-help in Weston-super-Mare - if you are feeling weighed down by debt, then we can help.**0800 328 0006**