

A photograph of an olive branch with several green olives and long, narrow leaves, positioned diagonally across the frame. The branch enters from the top right and extends towards the bottom left. The olives are small, round, and have a vibrant green color. The leaves are elongated and have a silvery-green hue.

Olive the Branch faith in action

THE REALLY USEFUL BOOKLET

(information up to date as of September 2023)

CONTENTS

EMERGENCY FOOD SUPPORT	1
FOOD CLUBS	2
BUDGETING AND BILLS	4
HOMELESSNESS	5
EMPLOYMENT	6
FAMILIES	7
MENTAL HEALTH AND LONELINESS	9
ADDICTION	12
DOMESTIC ABUSE	14
LEGAL SUPPORT	15
ASYLUM SEEKERS AND REFUGEES	16

From a food bank:

Depending on where you live, you can get a food parcel once a week (Monday to Friday) from either The Olive Branch, Morecambe Bay food bank or West End Impact.

You will need to ask for a referral from an organisation, charity, health worker or support worker that you are working with.

They will then send the form to the food bank.

West End Impact food bank



01524 888929



<https://www.westendimpact.org.uk/foodbank>



info@westendimpact.org.uk



4-10 Heysham Road, Morecambe, LA1 1DG

Morecambe Bay food bank



01524 932 001



<https://morecambebay.foodbank.org.uk/>



info@globalink.org.uk



Anchor Building, 86 Westgate, Morecambe, LA3 3DD

Lancaster city council emergency food parcels:


If you need food when food banks are closed (over the weekend or bank holidays), Lancaster city council can provide emergency food.

Please call 01524 582000 or visit Lancaster town hall in person.


Food clubs - *there are many food clubs in Lancaster and Morecambe where, after paying a small weekly membership fee (typically £3-£5) you can choose from the food they have available.*

Please see pages 2-3 for a list.

Eggcup - *membership required, apply to join online/ by phone*


 01524 928027

 <https://www.eggcup.org/membership/>

 admin@eggcup.org


 13 - 15 Chapel Road, Lancaster, LA1 1NZ

Father's House - *Thursdays 12pm - 1.30pm; drop-in Tuesday 12pm - 1.30pm, Saturday 7pm, Sunday 5pm - 5.30pm.*

 01524 410231


 Owen Road, LA1 2AP

Lancaster Community Club - *membership required after first visit. Thursdays 6.30pm.*

 01524 582000

 Friends' Meeting House, Meeting House Lane, LA1 1TX


Food For All - *pre-arranged slots for collection Tuesdays 3pm - 4.30pm (contact first). £6 per week.*

 07776 224800 (Julie)

 Food for All Facebook page

 57 Slyne Road, Lancaster, LA1 2JH

Hala Pantry - *Fridays 5pm - 6.30pm. £4 per week.*

 07840 404814

 St Paul's Hala Centre, Lancaster, LA1 4RW

The Marsh Community Centre - *Membership required. £5 per week. Thursdays 12pm - 1.30pm.*



01524 843300



<https://marshcommunitycentre.org/>



manager@marshcommunity.co.uk



Willow Lane, Lancaster, LA1 5PP

Skerton Community Centre - *Membership required. Allocated slots for food club on Tuesdays 1.30pm.*



01524 380818



Skerton community facebook group



Skerton Community Centre, Slyne Road, LA1 2JH

Ridge food club - *Membership required. £3 per week. Mondays 6 - 7pm.*



07958 434549



See Facebook page: <https://www.facebook.com/profile.php?id=100083150236448>



8 Ridge Square, Lancaster, LA1 3HR

Budget planner - *free tool for tracking where your money is going.*



<https://www.moneyhelper.org.uk/en/everyday-money/budgeting/budget-planner>

Christians Against Property (CAP) - *keep an eye on their Facebook page, 'LM Debt Centre' for news of their latest free money coaching courses and drop-in services in Morecambe and Lancaster*



Free helpline: 0800 328 0006



<https://www.lmdebtcentre.org.uk/>



lmdebtcentre@gmail.com

Citizens Advice Bureau (CAB) - *support over the phone, or drop in services on Tuesdays, Wednesdays and Thursdays, 10am - 2pm*



01524 481508/ advice line: 0800 144 8848



<https://www.northlancashirecab.org.uk/contact>



enquiries@northlancashirecab.org.uk



5 George Street, Lancaster, LA1 1XQ

Lancaster sustainability hub - *drop-in advice on saving energy*



0800 060 7567 (Local Energy Advice Partnership)



<https://greenrose.org.uk/>



Unit 6, Marketgate shopping centre, Lancaster, LA1 1JF (9am-2pm, Mon-Friday)

West End Impact - *drop-in advice (Tuesdays/Thursdays 10-1pm)*



01524 888929



<https://www.westendimpact.org.uk/foodbank>



info@westendimpact.org.uk



4-10 Heysham Road, Morecambe, LA1 1DG

The Ark - *Meals on Fridays, 6pm - 8pm.*



01524 590410



<https://st.tees.org.uk/the-ark/>



admin@st.tees.org.uk



The Centre, St Thomas' Church, Marton Street, Lancaster, LA1 1XX

LDHAS - *Drop in support Monday - Friday 9am - 1.15pm.*



01524 842008



<http://www.ldhas.org.uk/>



contact@ldhas.org.uk



Edward Street, Lancaster, LA1 1QH

Father's House - *Takeaway meals on Tuesdays and Thursdays 12pm - 2pm, and on Sundays 5pm - 8pm.*



01524 410231



Owen Road, LA1 2AP

West End Impact - *Two course lunch on Thursdays 11.30am-1pm and takeaway lunch on Sundays 1-2.30pm.*



01524 888929




<https://www.westendimpact.org.uk/foodbank>





info@westendimpact.org.uk



4-10 Heysham Road, Morecambe, LA1 1DG

 0345 658 8647


 <https://www.inspira.org.uk/get-in-touch>

 2nd Floor, The Storey, 27 Meeting House Ln, Lancaster LA1 1TH

Inspira Lancaster - *Career advice, training courses and education*

 0800 169 0190

 jobcentreguide.co.uk

 Mitre House, Church St, LA1 1JW

Lancaster job centre - *CV guidance and job search support*

 <https://nationalcareers.service.gov.uk/>

National Careers Service - *Career information, help and guidance*

 01524 843300

 <https://marshcommunitycentre.org/>

 manager@marshcommunity.co.uk


 Willow Lane, Lancaster, LA1 5PP

The Marsh Community Centre - *open access drop-in 10am-3pm*

Healthy start vouchers - *for those more than 10 weeks pregnant or who have a child under age 4, and are on some form of benefits and you or your child is a British citizen.*

Apply online or by phone.


Vouchers can be used at any shop accepting Mastercard and can be used for: milk, tinned/ fresh/ frozen vegetables and fruit, tinned/ dried/ fresh pulses, and infant based formula (except follow-on).

 0300 330 7010

 <https://www.healthystart.nhs.uk/how-to-apply/>


 healthy.start@nhsbsa.nhs.uk

Holiday Activity Fund/ Happy Healthy Holidays - *fun activities and a free meal each day for children during holidays.*

 <https://www.lancaster.gov.uk/sport-and-leisure/lancaster-district-holiday-activities-and-food-programme-2021>

 HAF@lancaster.gov.uk


Morecambe Bay uniform project - *help with school uniform. Fill out a self-referral form online.*

 01524 932001

 <https://morecambebay.foodbank.org.uk/uniform-project-2/>

 theuniformproject@morecambebay.foodbank.org.uk

Skerton Community Centre - *toddler group, youth group etc.*

 01524 380818

 <https://skertoncc.co.uk/groups>

 skertoncc@aol.com

 63 Slyne Road, LA1 2JH

Home Start - *money advice, parenting support, disability/ illness*

01524 414871

<https://www.home-start.org.uk/home-start-morecambe-lancaster>office@homestartmorecambe.co.uk/

Moor Space - The Dukes Theatre, Moor Lane, Lancaster, LA1 1QH

Lancaster Boys and Girls Club - *junior and senior clubs, sport sessions, after school clubs, nursery club, Saturday football etc.*

01524 32020

<https://bgclanc.org/>stevennaylor@ceep.org.uk/

Dallas Road, Lancaster, LA1 1TP

The Marsh Community Centre - *mother and toddler group, youth groups etc.*

01524 843300


<https://marshcommunitycentre.org/>manager@marshcommunity.co.uk

Willow Lane, Lancaster, LA1 5PP

Little Joe's - *children's items, clothing, toys etc. £1 donation.*Facebook group: <https://www.facebook.com/groups/stjosephslancasterlittlejoes>


St Joseph's RC Church, Slyne Road, Lancaster, LA1 2HU (every second Friday of the month)

NHS Mindsmatter - *talking therapies via self-referral form*


 01772 695 300

 <https://www.lscft.nhs.uk/services/service-finder-z/talking-therapies>

Adullam - *self-referral for support and guidance for those struggling with isolation and/ or poor mental health*

 07449 373979/ 07861 653978

 <https://www.adullamprogramme.co.uk/>

 info@adullamprogramme.co.uk

 Hope Church, Queen Street, Lancaster, LA1 1RX

Samaritans - *a listening ear 24/7 and support groups*


 116 123

 <https://www.samaritans.org/>


 jo@samaritans.org

Mental health crisis line - *24/7 phone for professional assessment*

 0800 953 0110

 <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>




Positive futures - *cafe and social hub, group and individual therapy and classes, crisis cafe 4pm-late Mon-Friday*

 01524 587223/ 07930 436764


 <https://positivefutures.uk/>

 office@positivefutures.uk

 701, Cameron House, White Cross Business Park, Lancaster, LA1 4XF


BEAT helpline - *eating disorder support* 0808 801 0677 <https://www.beateatingdisorders.org.uk/> help@beateatingdisorders.org.uk**Age UK** - *support and advice, day club in Galgate* 0300 303 1234 (general)/ 07890 280405 (Lancashire day club in Galgate) <https://www.ageuk.org.uk/> advice@ageuklancs.org.uk Ellel Village Hall, Main Road, Galgate, LA2 0LQ (Mondays & Wednesdays)**First Light Trust** - *support for veterans* 01524 587068 <https://www.firstlighttrust.co.uk/lancaster-cafe-hub/> lancaster@firstlighttrust.co.uk 63-65 Market Street, Lancaster, LA1 1JG**The Friendship Centre** - *social group for ages 55+* 07821 328342 <http://www.thefriendshipcentre.co.uk/> Lancaster Baptist Church, Robert Street, Lancaster, LA1 1PT**NeuroDropIn** - *Mon-Wed 10am-2pm: support and groups for individuals/families with neurological conditions, pop-up cafe* 01524 840762 <https://neurodropin.org.uk/> hello@neurodropin.org.uk Torrisholme Methodist Church, Lancaster, Norwood Drive, Lancaster, LA4 6LT

Barton Road Community Centre - *community cafe (Tuesdays and Wednesdays 10am-4pm, and Thursdays 12-4pm), baby and toddler group and activity groups (see timetable on website)*


 01524 65622

 <https://bartonroadcentre.co.uk/>

 info@bartonroadcentre.co.uk

 Barton Road Community Centre, Lancaster, LA1 4ER

The Centre @ Halton - *adult and child activities and sport groups*


 01524 811316

 <https://haltoncentre.org/>


 info@haltoncentre.org

 The Centre, Halton Low Road, Halton, Lancaster, LA2 6NB

The Gregson Centre - *Band of Brothers sports and cafe, bikes support, English lessons (ESOL), football coaching, sewing clubs*


 01524 849959

 <https://gregson.co.uk/>

 info@gregson.co.uk

 33-35 Moorgate, Lancaster, LA1 3PY

The Well communities - *offering therapy, group and social activities, family services and short-term supported housing.*


 01524 415278

 <https://www.thewellcommunities.co.uk/contact-us>

 info@thewell2.co.uk

 Lancaster Boys and Girls Club, Dallas Road, Lancaster, LA1 1TP


Acorn recovery - *residential rehab and supported housing (for those abstinent, homeless and 18+)*


 0161 484 0000

 <https://acornrecovery.org.uk/>

 contact@acornrecovery.org.uk or dlang@acornrecovery.org.uk (RE housing)


Inspire - *personal advice and information, treatment options, peer groups, online chat*

 08081 698 673

 <https://www.changegrowlive.org/inspire-north-central-lancashire/lancaster>

 26 St Georges Quay, Lancaster, LA1 1RB

Red Rose recovery - *variety of activities, education and training, support with relationships, education, housing and employment*

 07718 578292

 <https://redroserecovery.org.uk/>

 58 Penny Street, Lancaster, LA1 1XF

GamCare (National gambling helpline) - *online/ WhatsApp/ Facebook*



0808 8020 133



<https://www.gamcare.org.uk/>

messenger/ Chatrooms



01524 843300



<https://marshcommunitycentre.org/>




manager@marshcommunity.co.uk



Willow Lane, Lancaster, LA1 5PP

The Marsh Community Centre - *open access drop-in 10am-3pm*

Birchall Trust - *support for victims of sexual abuse*


 01229 820828 (general)/ 01524 239595 (Morecambe)/ 07860025347 (text only)

 www.birchalltrust.org.uk

 enquiries@birchalltrust.org.uk

 1 Townley Street, Morecambe, LA4 5JQ

Safenet - *information, support and safe accommodation*

 0300 3033 581 plus livechat via website

 contact@calico.org.uk

 contact@safenet.org.uk


 1 Townley Street, Morecambe, LA4 5JQ


24 hour national domestic violence helpline


 0808 2000 247

 <https://www.nationaldahelpline.org.uk/>


Social care services (Lancashire)

 0300 123 6720 (children)

 0300 123 6721 (adults)

 <https://www.lancashire.gov.uk/health-and-social-care/>


Lancaster University Law Clinic - *free legal advice available by appointment (October - Easter)*

 01524 65201

 <https://www.lancasterlawclinic.co.uk/> (link to make appointment)

 lawclinic@lancaster.ac.uk

Citizens Advice Bureau (CAB) - *support over the phone, or drop in services on Tuesdays, Wednesdays and Thursdays, 10am - 2pm*

 01524 481508

 <https://www.northlancashirecab.org.uk/contact>

 enquiries@northlancashirecab.org.uk

 5 George Street, Lancaster, LA1 1XQ


Housing Loss Prevention Advice Service - *free legal advice and representation for anyone at risk of losing their home*

 <https://www.gov.uk/guidance/legal-aid-for-possession-proceedings>

Legal Aid providers - *find solicitors with legal aid contracts (government-funded legal help and representation)*

 <https://find-legal-advice.justice.gov.uk/>

Global Link - *support and integration services for housing, education, legal support, food growing groups, activities and health*

 01524 36201

 <https://globallink.org.uk/>


 info@globallink.org.uk

 29 Queen Street, Lancaster, LA1 1RX

RAIS (Refugee Advocacy Information Support) - *information, support, advocacy and legal advice (by appointment)*

 07731 552259 (Monday - Thursday 10am-12pm)

 <https://rais.org.uk/>

 The Cornerstone, Sulyard Street, Lancaster, LA1 1PX (Monday/ Thursday 12-3pm)
Bare Methodist Church, Seaborn Road, Morecambe, LA4 6BB (Friday 2.30-4.30)

East meets West - *Thursdays 12-2pm: drop in support for refugee women and pre-school children*


 <https://lancasterandmorecambe.cityofsanctuary.org/east-meets-west>

 hpjhopwood@googlemail.com

 Lancaster Baptist Church, Robert Street, Lancaster, LA1 1PT

City of Sanctuary - *Band of Brothers sports and cafe, bikes support, English lessons (ESOL), football coaching, sewing clubs*

 <https://lancasterandmorecambe.cityofsanctuary.org/>

 admin@lancaster.cityofsanctuary.org/ dorotheawilliamson@hotmail.com (ESOL)

How to find us

Unit 6-0-5, Alston House, White Cross Business Centre. See the ★



☎ 01524 555715

💻 <https://the-olivebranch.org.uk/>

✉ info@the-olivebranch.org.uk

🏠 Unit 6-0-5, Alston House, White Cross Business Park, Lancaster, LA1 5XQ



**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups