# the Silve Handler Hand

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

### **Getting emergency food**

### 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

骨 4-10 Heysham Road, Morecambe, LA1 1DG

## Morecambe Bay food bank



01524 932 001

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



<u>info@globallink.org.uk</u>

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.

PAGE 1

### Join a food club

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



H 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

### PAGE 3

**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: <u>https://www.facebook.com/profile.php?id=100083150236448</u>

8 Ridge Square, Lancaster, LA1 3HR

### Help with your budget and bills

PAGE 4

**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 dropin 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



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





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



info@westendimpact.org.uk

• 4-10 Heysham Road, Morecambe, LA1 1DG

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

### <u>Help for the homeless</u>



▶ 01524 590410

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



👚 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/



<u>contact@ldhas.org.uk/</u>

🕈 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





<u>info@westendimpact.org.uk</u>

👚 4-10 Heysham Road, Morecambe, LA1 1DG

### <u>Help with employment</u>



### Help for families with children

PAGE 7

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/

<u>healthy.start@nhsbsa.nhs.uk</u>

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-foodprogramme-2021

HAF@lancaster.gov.uk

Morecambe Bay uniform project - help with school uniform. Fill out a selfreferral form online.



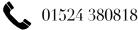
01524 932001



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

<u>theuniformproject@morecambebay.foodbank.org.uk</u>

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



https://skertoncc.co.uk/groups



skertoncc@aol.com



PAGE 8

**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/





Dallas Road, Lancaster, LA1 1TP

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

01524 843300





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)

### Mental health and loneliness

**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

**L** 07449 373979/ 07861 653978



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

<u>info@adullamprogramme.co.uk</u>

👚 Hope Church, Queen Street, Lancaster, LA1 1RX

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



https://www.samaritans.org/

🖌 jo@samaritans.org

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



0800 953 0110

 $\underline{https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline}$ 

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/

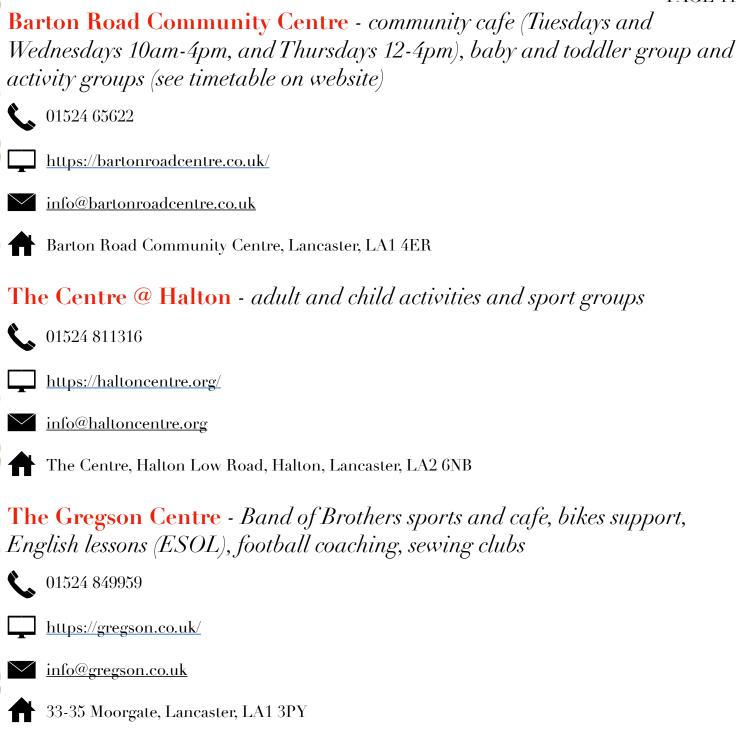
<u>office@positivefutures.uk</u>

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

PAGE 9



PAGE 11



### Help with addiction

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

**01524 415278** 



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/

<u>contact@acornrecovery.org.uk</u> or <u>dlang@acornrecovery.org.uk</u> (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

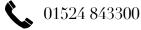
### **GamCare** (National gambling helpline) - online/ WhatApp/ Facebook

PAGE 13

0808 8020 133

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

messenger/ Chatrooms



https://marshcommunitycentre.org/

<u>manager@marshcommunity.co.uk</u>

🛉 Willow Lane, Lancaster, LA1 5PP

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

### Help with domestic abuse



### Legal support



01524 65201

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

<u>lawclinic@lancaster.ac.uk</u>

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

01524 481508



<u>enquiries@northlancashirecab.org.uk</u>

👚 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 (governmentfunded legal help and representation)

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

### Asylum seekers and refugees' support

**PAGE 16** 

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

01524 36201

https://globallink.org.uk/

<u>info@globallink.org.uk</u>

👚 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, Sulvard 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

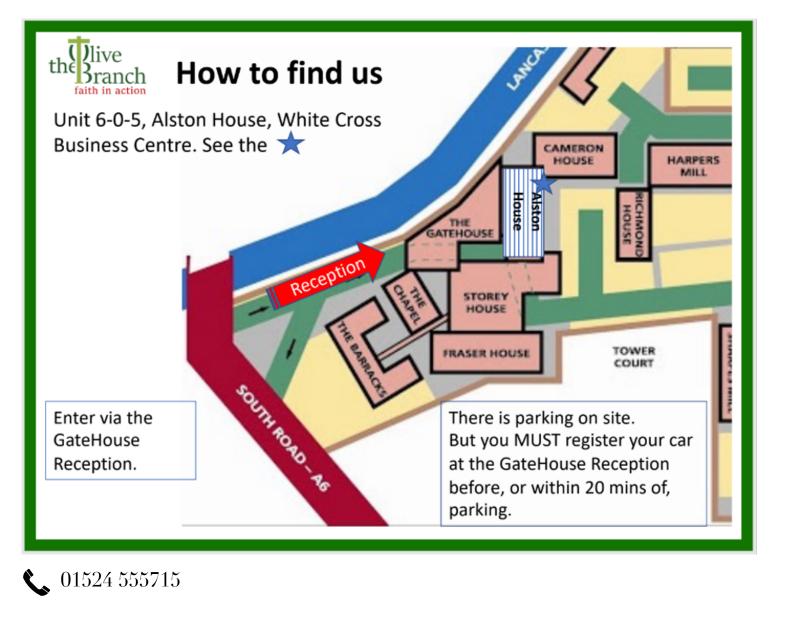
<u>hpjhopwood@googlemail.com</u>

👚 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)



<u>https://the-olivebranch.org.uk/</u>

✓ <u>info@the-olivebranch.org.uk</u>

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



Registered CIO Charity No. 1186017