



Cost of Living

Support in Ashfield

Directory on:

Money & Finance

Mental Health

Children & Families

Food & Clothing

Energy & Fuel

Housing

Domestic Abuse



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FOOD BANKS, FOOD CLUBS & OTHER FOOD RELATED SUPPORT IN ASHFIELD

AREA	TYPE	ORGANISATION	DAY	TIME	CONTACT DETAILS	INFORMATION
Sutton-in-Ashfield	Food Club	Leamington Summer House Children's Centre	Wednesday	10 am -12 noon	Leamington Summer House Children's Centre Clare Road Sutton-in-Ashfield	Only for families with children under five years of age.
Sutton-in-Ashfield	Food Club	St John's Church	Monday	1 - 3 pm	St John's Church Titchfield Street Sutton-in-Ashfield	
Kirkby-in-Ashfield	Food Club	Summit Centre Children's Centre	Wednesday	1.30 – 3.30 pm	Summit Centre Children's Centre Pavilion Road Kirkby-in-Ashfield	Only for families with children under five years of age
Kirkby-in-Ashfield	Food Bank	Ashwood Centre	Tuesday	2 - 3 pm	Ashwood Centre KirkbyStorehouse Foodbank Portland Street Kirkby-in-Ashfield NG17 7AB	Referral needed Referrals or first-time walk-in with questions asked. ☎ 07803 552 381
Kirkby Woodhouse / Annesley	Food Bank	Community Foodbank	Thursday	1.30 - 3 pm	Community Foodbank St John's Hall Skegby Road Kirkby Woodhouse	Referrals or first-time walk in with questions asked.
Sutton-in-Ashfield	Food Bank	St Mary's Food Bank Sutton	Monday & Friday	10 - 12.30 pm	Portland Pathways Outram Street Sutton-in-Ashfield	Lee Fletcher ☎ 07376 309 289 BY APPOINTMENT ONLY
Hucknall	Food Bank	Under One Roof	Monday & Tuesday	9.30 am - 2.30 pm		Upon referral, call ☎ 0115 9521 236

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Selston	Food Bank	Selston Food Bank at the Tin Hat Centre	Every weekday	10 am – 12 noon	Tin Hat Centre Matthew Holland Complex Chapel Rd Selston, NG16 6BW	Referrals required
Stanton Hill	Food Share	Stanton Hill Food Share	Wednesday & Saturday	9 am – 11.45 pm	Skegby & Stanton Hill Library Mansfield Road, NG17 3EE	
Mansfield & Ashfield	Food Bank	Mansfield and Ashfield Emergency Foodbank	Monday to Friday	10 am – 4 pm	Telephone service parcel pick-up in Kirkby-in-Ashfield & Mansfield	PROFESSIONAL REFERRALS ONLY
Sutton-in-Ashfield	Homeless support	Sutton Christian Fellowship	Monday, Wednesday & Saturday	Morning	Sutton Christian Fellowship High Pavement Sutton-in-Ashfield	Walk-in
Ashfield	Website	Feeding Ashfield Website – providing an interactive map of all food clubs, food banks and allotments across the District, along with healthy option takeaways. https://www.ashfield.gov.uk/environment-health/health-wellbeing/feeding-ashfield/			Ashfield District Council website	
Mansfield	Website	https://www.mansfield.gov.uk/health-wellbeing/food-support/3			Mansfield District Council website	

FOOD BANKS, FOOD CLUBS & OTHER FOOD RELATED SUPPORT IN ASHFIELD**How Food Banks and Food Share projects work**

Food banks give you enough food to last you for a few days. Some will let you go every week for several weeks; others you can only use once every three months; they are all different. Most open for a set time one day a week and you must go at this time. They are free to use and get their food through donations. Some have things like fresh bread, but others just have dried and tinned goods like pasta, tins of soup and cereals.

Each food bank has its own way of working, but most will ask you to bring along a special referral form or letter. Referral letters need to be obtained by someone you have contact with from a public, private or voluntary sector organisation. Letters should be on letter headed paper. Once you have your referral form or letter you can take it along to the food bank in your area.

Some community groups also run food share projects. This is where local shops donate food, which is near its use-by date but still good to eat, so that it can be shared in the local community. Food share projects usually have things like fresh vegetables and bakery products which can be eaten that day or the next or can be frozen. Foodbanks tend to have dried and tinned which means it will keep for a long time. Some foodbanks have things like fresh bread, but others just have dried and tinned goods like pasta, tins of soup and cereals. A lot of foodbanks also have toiletries, and some carry baby food and products.

Food clubs help to reduce food waste by offering residents good quality food at a low cost. You do not need to be referred to a food club as many food clubs are open to all, however it is a good idea to check the joining criteria of your nearest food club as some are only available to families with young children.

You can find out more about the locations of food clubs in Ashfield on our interactive map: <https://www.ashfield.gov.uk/environment-health/health-wellbeing/feeding-ashfield/>

MONEY, DEBIT ADVICE, BENEFITS CHECKS AND SUPPORT			
SUPPORT	LINK	CONTACT DETAILS	INFORMATION
Government Support	https://helpforhouseholds.campaign.gov.uk		Government website with information on childcare costs, help with energy bills, household costs, transport costs, income support and help finding work.
Household Support Fund	https://www.nottinghamshire.gov.uk/business-community/financial-support-for-residents-and-community-groups/nottinghamshire-household-support-fund-phase-2	☎ 0300 500 80 80 Customer service lines very busy, application to be completed online wherever possible.	Providing vouchers for food and energy bills for those on pension credits and holiday food vouchers for those on free school meals. Open to Nottinghamshire County Council residents who are most in need. Application to be completed online.
Universal Credit Advice	https://www.understandinguniversalcredit.gov.uk	☎ 0800 328 5644	DWP information on Universal Credit and information on the cost-of-living support package.
Entitled to Independent Benefits Calculator	https://www.entitledto.co.uk/	☎ 0800 325 5644	Includes a free online benefits calculator.
Ashfield District Council Benefits page	https://www.ashfield.gov.uk/ https://www.ashfield.gov.uk/environment-health/cost-of-living-support/money-bills-and-debt-support/ info@ashfield.gov.uk	☎ 01623 450 000	Links and information on Universal Credit, Housing Benefits, Council Tax discounts and exemptions. Site also offers a portal to manage your benefits online.

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Ashfield Citizens Advice	https://www.ashfieldca.org.uk/	General Advice: ☎ 01623 203 080 National Adviceline: ☎ 0800 144 88 48	Give advice on all areas of social welfare law, with the main enquiry areas being benefits, debt, employment and housing.
Step Change Debt Charity	https://www.stepchange.org	☎ 0800 138 1111	Free and impartial debt advice
National Debt Line	https://nationaldebtline.org	☎ 0808 808 4000	National Debt line is a charity that gives out free and independent debt advice over the phone and online.
Turn 2 Us	https://www.turn2us.org.uk		Turn 2 Us helps people in financial need gain access to welfare benefits, charitable grants, and other financial help.
Access to Work Scheme	https://www.gov.uk/access-to-work		Help to get or stay in work if you have a physical, or mental health condition, or disability.
Money Helper	https://www.moneyhelper.org.uk/en		Money advice site covering benefits, budget planning, savings and more.
Christian's Against Poverty (CAP)	https://capuk.org/	☎ 0800 328 0006	Free debt and budgeting advice available to anyone that needs it.
St John's Community Foodbank – support with PIP and universal credit		stjohnsfoodb@gmail.com	Appointment only – sessions are from 1.30 – 3.00 pm on a Thursday afternoon at St John's Church Hall Outreach Project in Kirkby Woodhouse. Email for availability.

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MENTAL HEALTH				
ORGANISATION	SERVICE DESCRIPTION	OPENING HOURS	CONTACT DETAILS / LINK	INFORMATION
Harmless	Support for adults focusing on mental health and self-harm.	9 am – 5 pm	0115 880 0280 https://harmless.org.uk/	
The Samaritans	Samaritans respond to a call for help, listen and support communities.	24 hours a day	0116 123 Child line: 0800 11 11 https://www.samaritans.org/	
Insight IAPT	Provides NHS therapies for adults to help with counselling issues like low mood, stress, and anxiety in Ashfield.		0300 555 5582 https://www.insightiapt.org/#	
Kooth	Free, anonymous adult online counselling for young people ages 11-25.	Monday - Friday 12 pm - 10 pm	https://www.kooth.com/	
Qwell	Free, anonymous adult online counselling and emotional wellbeing service.	Monday - Friday 12 pm - 10 pm Weekends: 6 pm - 10 pm	https://www.qwell.io	
Nott Alone (Nottingham Mind)	Local mental health advice and help for young people in Nottingham & Nottinghamshire.	Monday - Sunday 7 am - 7 pm	https://www.nottalone.org.uk	
LGBT+ Service Nottinghamshire	Provides one-to-one and group services for children and young people ages 11-25 who identify as LGBT+.		01909 479 191 https://www.lgbtplusnotts.org.uk	A young person over 13 years of age can call themselves, but those under 13 must have someone over 18 to call on their behalf.

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Young Minds	Mental health support for young people.	Monday-Friday 9 am - 5 pm	https://www.youngminds.org.uk ☎ 0800 11 11	
Papyrus	Prevention of young suicide.		https://www.papyrus-uk.org ☎ 0800 068 4141	
The Mix	A free confidential helpline providing support with mental health, money, homelessness, finding a job, break-ups, and drugs.		https://www.themix.org.uk ☎ 0808 808 4994	

CHILDREN AND FAMILIES			
AREA	ORGANISATION	CONTACT DETAILS / LINK	INFORMATION
	ChildcareChoices	https://www.childcarechoices.gov.uk	The Childcare Choices website explains all the different subsidized childcare available.
Ashfield	Play Areas	https://www.ashfield.gov.uk/community-leisure/parks-green-spaces-visitor-centres/	A list of Community areas / play areas in the Ashfield area.
Ashfield Area	National Childbirth Trust	https://www.nct.org.uk/	Your local parent support network.
Ashfield Area	HAF	https://www.gov.uk/government/publications/holiday-activities-and-food-programme	The HAF programme supports children to eat more healthily and be more active over school holidays.
Sutton-in-Ashfield	Sutton Library	https://www.inspireculture.org.uk/reading-information/find-a-library/sutton-ashfield-library/ ☎ 01623 677 200	The three main libraries in Ashfield are in Kirkby-in-Ashfield, Sutton-in-Ashfield and Hucknall. Libraries provide a space to read, chat, join groups and meet new people in a safe place.
Hucknall	Hucknall Library	https://www.inspireculture.org.uk/reading-information/find-a-library/hucknall-library/ ☎ 01623 677 200	
Kirkby in Ashfield	Kirkby-in-Ashfield Library	https://www.inspireculture.org.uk/reading-information/find-a-library/kirkby-ashfield-library/	
Ashfield	Feel Good Families	https://www.ashfield.gov.uk/environment-health/health-wellbeing/feel-good-families/	Offering free activities for children across Ashfield and providing support services for families, again with an interactive map of the District.
Ashfield & Mansfield	Tuvida	https://www.tuvida.org/nottsyoungcarers	Support for young carers.

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Ashfield	ATTFE unit in Idlewells		ATTFE offers free activities for children, young people and families, as well as education courses and drop-in sessions.
Ashfield & Mansfield	Charity	In Ashfield there are many charity shops including: The British Heart Foundation, Headway, PDSA, the Samaritans, the Salvation Army and YMCA. Search on Yell to find charity shops near you.	Charity Shops are a great way to save money on clothing and household items and help you to do your bit for the environment.
Ashfield	Car Boot Sales	Skegby: https://www.facebook.com/SkegbyCarBoot Botany Avenue indoor: https://www.ttfairs.co.uk/ Hucknall car boot: https://www.facebook.com/Hucknall-Car-Boot-Sale-188624344506251/	Car Boots are a great way to save money, as well as making extra money for things you no longer need.
Ashfield	School Uniform Banks and uniform exchanges	Voluntary and community sector organisations and other places providing free and low-cost second-hand school uniforms include: Ashfield Voluntary Action Idlewell Centre Ashfield School	Whilst there is not a formal school uniform bank in Ashfield. There are organisations providing pre-loved school uniforms and no and low cost. These projects tend to operate at the start of the new school year.
Ashfield	Facebook groups and marketplace	www.facebook.com	A great way to buy and sell items such as clothing and household goods locally. Searches can be filtered by area.

ENERGY & FUEL			
AREA	TYPE / ORGANISATION	CONTACT DETAILS / LINK	INFORMATION
Ashfield	Petrol and Fuel	www.petrolprices.com	All the latest Petrol and diesel prices in Ashfield.
Ashfield	Ashfield Citizen Advice	https://www.ashfieldca.org.uk/ Tel: 01623 203080	Out in the community providing advice at several locations.
Ashfield	Energy Saving Trust	https://energysavingtrust.org.uk/	An independent organisation working to address the climate emergency. They empower millions of householders every year to make better energy choices.
Ashfield	Simple Energy Advice	https://www.simpleenergyadvice.org.uk/ ☎ 0800 444 202	Home energy efficiency advice, information available online supported by an information helpline.
Ashfield	Warm Spaces	https://www.ashfield.gov.uk/benefits-council-tax/winter-warmth-help/winter-warmth-wellness/	Ashfield District Council have a website that explains and gives out helpful tips including advice on keeping warm and places to go this winter.
Ashfield	Ashfield Voluntary Action	https://www.ashfieldvoluntaryaction.org.uk/	Outlet for Winter Warmer packs.

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HOUSING			
AREA	ORGANISATION	CONTACT DETAILS / LINK	INFORMATION
Ashfield	Council Housing	https://www.gov.uk/council-housing	Information and advice about all aspects of council housing.
Ashfield	Facing Eviction	https://www.ashfield.gov.uk/housing/at-risk-of-being-homeless/	Advice and support services and help with housing issues and homelessness.
Ashfield	New Roots	https://www.nrce.co.uk/	Offering support to both single young people aged 16-25, and to young parents aged 16-19 in Ashfield
Ashfield	Jigsaw Support Scheme	https://jigsawsupportscheme.org.uk/	Hoarding support services, available to Ashfield residents.
Ashfield	Fresco Environmental Waste and Recycling	https://frescoenvironmental.com/freequote	Information about extra bins that you may be entitled to if you have a large family, and how register for recycling services.
Ashfield & Mansfield	Framework	https://www.frameworkha.org/service/brighter-futures	Housing support – Framework's Brighter Futures service supports people with learning disabilities, Asperger's or braininjuries to maintain and thrive in their own homes.

DOMESTIC ABUSE			
AREA	ORGANISATION	CONTACT DETAILS / LINK	INFORMATION
Ashfield	Victim Support	https://www.victimsupport.org.uk/ ☎ 0808 168 9111	Victim Support is an independent charity dedicated to supporting victims of crime and traumatic incidences in England and Wales.
Ashfield	Women's Aid Nottingham (JUNO)	https://junowomensaid.org.uk/ ☎ 0808 800 0340	24hr free helpline The commissioned specialist domestic abuse support provider for women, children and teenagers who live in Ashfield.
Ashfield	Equation	https://equation.org.uk/	Domestic abuse in Nottingham city and county. They provide a local stalking advocacy support service for men experiencing stalking in a non-domestic abuse context.
Ashfield	Refuge	https://refuge.org.uk/	The free phone 24-hour National Domestic Abuse Helpline for women and children.
Ashfield	Ashfield District Council	https://www.ashfield.gov.uk/community-leisure/anti-social-behaviour-community-safety/abuse-safeguarding/domestic-abuse/	Domestic abuse support from ADC.
Nottinghamshire	Nottinghamshire County Council	https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/domestic-abuse-and-sexual-violence-support	Domestic abuse support from NCC.
Ashfield & Mansfield	Nidas	https://www.nidas.org.uk/get-help-for-men/	Domestic abuse support from Nidas.

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USEFUL CONTACTS			
AREA	ORGANISATION	CONTACT DETAILS / LINK	INFORMATION
Ashfield	Ashfield District Council	https://www.ashfield.gov.uk/	Help with Jobs, empty homes, bin collection, paying your council tax, planning applications and finding / renting homes.
Nottingham	Nottingham County Council	https://www.nottinghamshire.gov.uk ☎ 0300 500 8080	
Ashfield	Citizen Advice	https://www.ashfieldca.org.uk/	Give advice on all areas of social welfare law, with the main enquiry areas being benefits, debt, employment and housing.
England	Household Money Saving	https://www.householdmoneysaving.com/	Reviewing various ways to make extra money and providing tips on how to save on your everyday bills.
Ashfield	Our Centre	http://ourcentre.org.uk/	Providing community transport in Ashfield.
Ashfield	Age UK	https://www.ageuk.org.uk/	For information, support, and advice.
Ashfield	Ashfield Day Service	☎ 01623 550 376 Sheepwash Lane Sutton-in-Ashfield Nottinghamshire NG17 5GG	Day services, also known as day centres, provide people with the opportunity to get out and do something during the day, to help them to stay independent. This includes social activities, education, employment and training, and local facilities and housing.

USEFUL LINKS			
WHAT	ORGANISATION	CONTACT DETAILS / LINK	INFORMATION
Cost of Living Support, Help for Households and other local support	Ashfield District Council	https://www.ashfield.gov.uk/environment-health/cost-of-living-support/	Ashfield District Council has pulled together a wide range of information, support, and services to help people through the cost-of-living crisis. The website provides links to a wide range of financial and other support.
Cost of Living Support Factsheet 26 th May 2022	UK Gov	https://www.gov.uk/government/publications/cost-of-living-support/cost-of-living-support-factsheet-26-may-2022	Information from the UK government on the range of financial and other support available to UK residents.
Help for Households	UK Gov	https://helpforhouseholds.campaign.gov.uk/	Government website with information on the range of support available, including energy support, transport, household, childcare and income support.
Information on local services	Ashfield Voluntary Action	https://www.ashfieldvoluntaryaction.org.uk/	For local information on projects and schemes providing support to Ashfield residents.

Please contact Sarah Taylor from Ashfield Voluntary Action if any amendments or additions are needed. s.taylor@ashfieldvoluntaryaction.org.uk ☎ 01623 555 551



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