



Giving for Gedling Network

Providing access for Gedling residents to local support and information during the winter period and beyond



WINTER ASSISTANCE AND SUPPORT

This directory has been compiled by Gedling Borough Council in collaboration with our Gedling Community and Voluntary Partners, all of which are delivering a wide range of wellbeing support, social activities and more in your local area as we start to reconnect with our communities. We hope you find the information helpful, and wish you a peaceful, safe festive break.

If you have a concern about an adult or child that is an emergency or risk to life, call 999 or for non-emergency call

0300 500 80 80

Donate to our local food banks: You can drop off food donations at collection points in local supermarkets

WARM SPACES, COMMUNITY HUBS AND FOOD



AGE CONCERN CARLTON & DISTRICT TEAROOM

Inside the charity shop at 352-356
Carlton Hill, Carlton, Nottm. NG4 1JB

Monday to Saturday 9am – 2:30pm

Low cost food available, drinks,
snacks and cake

Opportunity to meet with others in
a welcoming environment.

Newspapers available.

Age Concern Mayfield Social Activity Centre

e: ageconcerncarlton@btconnect.com

t: 0115 940 0421



AGE CONCERN CARLTON - MAYFIELD SOCIAL & ACTIVITIES CENTRE

Behind the Age Concern charity shop at
352-356 Carlton Hill, Carlton NG4 1JB

Tuesday to Friday -10am-2:30pm

3-Course Lunch club £10

Full Day £15 3-Course lunch and activities
(e.g. games, quizzes, reminiscence) £15.

For Over 60s. Membership required for full
day. Pre-booking required for lunch (24hrs
notice).

t: Suzy Layton 07754 266444

ARNOLD METHODIST CHURCH - MENTAL HEALTH BEFRIENDING AND SUPPORT GROUP

54 Front Street Arnold, Nottingham, NG5 7EL

Friday 11.00am – 2.00pm

FREE but donations welcome

Tea, coffee, soup and roll, cakes, and biscuits.

A friendly atmosphere to those suffering from
mental health conditions along with their carers,
relatives and friends. Refreshments, games, a
range of activities available along with advice on
mental health and local support services.

e: claytons63@btinternet.com

t: Susan Clayton: 07514775514



BETHESDA COMMUNITY HALL - NETHERFIELD FOOD BANK

Forester Street, Netherfield, NG4 2LJ

Wednesday - 1.00pm – 3.00pm.

FREE but donations welcome

Food Bank:

Supply of food parcels to families,
and individuals, who are currently
experiencing food poverty. Central heating,
plenty of seating, kitchen, Wi-Fi, plenty of
space for organised activities and fellowship.

Food donations welcome.

Drinks and light refreshments available

e: bethesda.ministries@ntlworld.com

t: 0115 987 5816



BESTWOOD MINER'S WELFARE / WELFARE PUBLIC HOUSE & KITCHEN WHICH IS ALSO PART OF THE WELFARE

Park Rd, Bestwood Village,
Nottingham NG6 8TQ.

**Starting November 7th
Mon - Thur 11am - 6pm**

Serving hot drinks/cold drinks at cost price
free for under 10's. Free toast for children up
to the age of 16.

Free meal for the elderly who are in need (eat
in or take away). Fruit available.

Newspapers, TV in all rooms, kids corner,
place for older kids to do their homework.
Rooms for older/elderly adults to socialise.

**Bestwood Miners welfare is open 7 days
a week daytime/evenings/weekends
from 7am till close.**

Food and drink at reasonable prices.

Serves a wide range of good pub cuisine and
drinks, and is a dog friendly pub.

Bestwood Miners Welfare services continued..

Bestwood Miners Welfare services continued

- Function rooms with bars
- Food on site
- Rooms to hire for any events (small groups up to 350)
- Corporate hiring
- Organised events
- Brass band
- Karate
- Male voice Choir
- Football
- Bowling Green
- Autism Group
- Complete Puzzle stay and play group
- Exercise classes outside and inside
- Northern Soul monthly
- Sequence Dancing.
- Dog Friendly



e: bestwoodvillagesc@hotmail.co.uk
f: www.facebook.com/thewelfarecharity/

BONINGTON THEATRE LOUNGE AREA

High Street, Arnold, Nottingham, NG5 7EE

9.00am to 6.00pm
Monday to Sunday
FREE entry



Tea and coffee are sold at £1 per mug.

Wi-Fi available. Please note that this is not specifically staffed, those staff on site may not always be in attendance.

e: bonington.theatre@gedling.gov.uk
t: (0115) 901 3640

CARLTON BAPTIST CHURCH COMMUNITY KITCHEN



108 Station Road, Carlton, Nottingham, NG4 3DA

Monday - 12:30- 2:30pm.
Meals are FREE but donations are accepted

Hot meals available. An opportunity to enjoy good food and socialise with others.

e: inquiry@carltonbaptistchurch.org
t: (0115) 6703307

CARLTON COMMUNITY HUB AND FOOD BANK

Main Street Methodist Church
on the corner of Carlton Hill
and Cromwell Street, NG4 1EE



Art and Craft Club: Jigsaw Homes
Monday at 1:30pm till 3:30pm

Carlton Food Bank:
Tuesday and Friday 12pm - 2:30pm.

Community Hub Drop in Café:
Tuesday and Friday 12pm - 2:30pm.

Drop in Café: Tea, coffee and light snacks.

Carlton Food Bank: Referrals via local advice agencies, Council, Schools, DWP and Support Groups. A voucher is needed which can be obtained from a referring agency.

Job Club: Open to all. Advice and guidance on CVs, Job searches and all aspects of looking for work and training.

Wi-Fi is available. Stay and play, fun activities run by Netherfield Childrens Centre.

e: michael.singh@hopenottingham.org.uk
t: 0303 040 1110

CORNWATER EVERGREENS

Ravens Lodge, Main Road, Ravenshead,
Nottingham, NG15 9GS

Monday to Friday 10:00am - 2:30pm
The clubs are open five days a week

Friendship Club:

Monday, Wednesday, Friday

Memory Club: Tuesday and Thursday

Friendship club offers local older people a safe, welcoming environment where they can socialise, enjoy stimulating activities and share a meal together. Friendship Club members are charged £13.50 for the day, this covers refreshments and activities

The Memory club is for people in the early stages of dementia or frail. The activities are especially tailored.

Cornwater Evergreens services continued..

Transport is available from Blidworth, Rainworth and Ravenshead, volunteer car schemes may be available from other areas.

Memory Club members are charged £20 to attend the club, this covers all refreshments and activities.

**e: clubs@cornwaterevergreens.co.uk
t: Sarah Ball 01623 491159**

DAYBROOK BAPTIST CHURCH

Daybrook Square, Mansfield Road,
Daybrook, Nottingham NG5 6AA.



Arnold Food Bank:

**Monday, Wednesday and Friday
1.30pm - 3.00pm**

3 days supply of food to referred people.
Referrals via local advice agencies, Council, Schools, DWP and Support Groups. Donations can be made through Sainsburys, Lidl, Coppice Road Coop and, for in store purchases only, Asda Arnold.

**Short Mat Bowls Tuesday:
9.30am – 11.30am**

Sessions for adults: phone general Daybrook Baptist Church number.

**Job Club run by Jigsaw Homes:
Wednesdays 1.30pm - 3.00pm.**

Open to all. Advice and guidance on CVs, Job searches and all aspects of looking for work and training.

**'Kettles On':
Wednesday 10:30- 12:30pm**

Knitting/sewing, art, games, magazines.
Wi-Fi available if assistance needed to complete forms.

**Money Sorted in D2N2:
Last Wednesday of the month
1.30pm - 3.00pm**

Support on money issues.

Daybrook Baptist Church Arnold Nottingham

FOXHILL COURT

Foxhill Road, Carlton, Nottingham, NG4 1SE

**Warm space: Tuesday, Thursday, Friday
10am -12 noon**

**Coffee morning (£2 Charge):
10am -12 Noon**



Hot drinks and light snacks available.

Opportunity to use Foxhill Court both as a warm space 3 days a week, and a coffee morning to socialise 1 day a week. Access to the community centre via the office entrance.

t: 0115 987 5074

Call during office hours 8:30am - 5pm

MEN IN SHEDS - CARLTON

Back of St. Paul's Church, 5 Church Street,
Carlton, Nottingham, NG4 1BJ

**Tuesday and Thursday mornings
9am - 12 noon**



Free Activities. Nominal cost for refreshments. £1 for tea, coffee plus cake etc.

Supports older men who want to get together, share and learn new skills - all in the welcoming space of a shed.

e: paulhoward81@outlook.com

t: Paul Howard: 07827 2917725

MEN IN SHEDS - DAYBROOK

The Stores Building, Nottingham Road,
Daybrook, NG5 6LU

**Mon - Weds: 9.00am – 3:30pm
Morning session 9.00am – 12pm
Afternoon session 12.30 – 3.30pm)**



Supports older men in search of a hobby and those who want to socialise, share and learn new skills all in the welcoming setting of a workshop. Equipment and tools provided, with volunteers there for support. Members take part in the day-to-day running of the shed and decide on activities they want to do including: woodworking, skills sharing and socialising.

e: les.taylor@ageuknotts.org.uk

**t: Les Taylor: 0115 920 8771
or 07872 839 570**

NETHERFIELD FORUM/ ST GEORGES CENTRE

St George's Centre, 91 Victoria Road,
Netherfield, NG4 2NN.

Monday to Friday: 9am - 4pm

Café on site with takeaway option.

Wi-Fi available. A range of social activities are available: Citizens Advice Bureau, Memory Café, Singing groups, Stay and play, Sober link, Karate group. Jigsaw Homes Job club and Memory Club. Spotlight Theatre, Walking group, Slimming World and many more. Facilities hire available.

e: netherfieldforum@hotmail.com
t: 0115 911 3302



PARKINSONS SUPPORT GROUP

The Bonington Club 79 High Street, Arnold,
Nottingham, NG5 7DN

Tuesday 12 noon - 3pm

Tea, coffee and biscuits.

For people with Parkinsons, their families, friends, and carers. Make new friends and get involved in activities. Check it out, it is your club and your choice on what you would like to do.

e: puk.nottingham@gmail.com
t: Pete Wilding - 07782 113841



PHOENIX FARM METHODIST CHURCH

6A Wollaton Avenue, Gedling, NG4 4HY

Monday: 11 am - 2pm

Hot dogs, soup and a roll,
hot drinks and biscuits.

Dominoes, jigsaws, colouring in, knitting,
scrabble, a repair shop and lots of chat.

e: phoenixfarmchurch.org
t: 07916 625928



RICHARD HERROD CENTRE

Foxhill Road, Carlton, Nottingham, NG4 1RL

Richard Herrod Centre
8:15am - 9pm 7 days a week.
Richard Herrod Centre Bar:
Armed Forces Breakfast Club
Every 4th Saturday in the month
9:30- 11:30am apart from December.



Free entry, a cost to food and refreshments.
Armed Forces Breakfast Club: Food and drinks are at nominal cost: Tea and coffee £1:50 and other refreshments available from the bar. Cobs £2.50

Hot/cold drinks and packaged bar snacks.
Pizzas served Fri 3-6pm. Sat 12-3pm
Sun 12-4pm.

Daily newspapers, Wi-Fi and TV screen available including Sky Sports.

t: 0115 961 2949

SACRED HEART CATHOLIC CHURCH COMMUNITY CENTRE

91 Carlton Hill, Carlton, Nottingham, NG4 1FP

**Church is open all day and is
a warm, quiet space for
people to sit.**



Community Centre Parish Drop in Café

Thursday afternoon from 1.30pm

Scripture reflection group

Thursday afternoon from 2.00pm

Silent Meditation group

(check newsletter as some are on Zoom)

Thursday evening 7.00pm

Social Evening

1st Saturday of each month from 6.30pm.

Small donation suggested.

Refreshments available. Tea, coffee and cakes at the café.

Full disabled access, Wi-Fi, activities and games, newspapers, magazines, other social activities. Facilities hire available.

e: ccen@dioceseofnottingham.uk
t: 0115 911 8266

ST ALBANS COMMUNITY KITCHEN

Emmanuel Church Bestwood, 10 Church View Close, Arnold, Nottm. NG5 9QP

Tuesday 3pm - 6pm

Small donation welcome.

Three course sit down menu. Soup, main, dessert, and refreshments.

Takeaway option available.

Activities for adults and games for children.



e: revnikkibates@gmail.com

t: Revd Nikki Bates- 0115 920 8879

ST JUDE'S CHURCH

405 Woodborough Road, Mapperley, Nottingham, NG3 5HE

Monday 9:30am - 12:00noon

Free Refreshments.

Refreshments provided. Tea, coffee, biscuits, cake, toast. Free Wi Fi

Newspapers, books, optional activities.

Church administrator is available Monday



e: office@stjudes.church

t: Amy Hanlon Church Office Administrator:
0115 9856131 or 07483 131011

w: www.stjudes.church

ST JUDE'S CHURCH

405 Woodborough Road,
Mapperley, Nottm, NG3 5HE

Toddlers: Tuesday, starts 10am

Boomerang! After school club Wednesday, starts 3pm. Both Term time only time.

Lunch Club, Thursday, fortnightly over 65s.

Sunday Services: 10:30am or online at live@stjudes.church.

A small donation suggested. Refreshments provided for toddlers and after school club. Over 65s Lunch Club food and refreshments are provided. Facilities for hire.

e: office@stjudes.church

t: Amy Hanlon Church Office Administrator:
0115 9856131 or 07483 131011

ST MARK'S CHURCH, WOODTHORPE

De Vere Gardens, Woodthorpe Road,
Mapperley, NG5 4PG.

**Refresh Café/Play group
Wednesday Term Time only
10.00am – 11.45am occasional lunches,
Thursday Club meets monthly.**

£3 donation per family, (unless you are in receipt of benefits)

Café serving pastries, fruit and hot drinks
Thursday Club: Traditional afternoon tea.

Café for parents/carers and their under 5's. Facilities: play area, accessible toilets, private baby changing and feeding area.
Thursday Club. A varied number of activities to enjoy. Facilities hire available.

e: info@stmarksonline.co.uk

t: Refresh Café: 0115 926 7859

Thursday Club Brian Mallows: 07884 062337



ST MARY'S CHURCH AND FAMILY CENTRE

Church Lane, Arnold, Nottingham, NG5 6HJ

**Community Kitchen:
Every Saturday 12:15pm to 13.30pm.
Seniors Tea: First Saturday in
every month 14:30pm-16:30pm.
Community Cinema:
Third Tuesday of every month 7:30pm.**

Community Kitchen and Seniors Tea free but donations welcome. Community Cinema free entry.

Community Kitchen: Freshly cooked main meal and dessert. Meals available to eat in or call to order and pick up.

Seniors tea: Afternoon tea provided. Games, Quizzes, and Sing along

Community Cinema: Small charge for refreshments available.

Different film each month, chance to meet new people. Facilities hire available.

e: admin@stmarysarnold.org.uk

t: Community Kitchen: Karen Price: 0115 9209153
Seniors Tea: Ian Rosillo Church Warden:
07957 941947



ST. TIMOTHYS CHURCH & COMMUNITY CENTRE

43 Swinburne Way, Daybrook, NG5 6BX

The Friendship Group once a fortnight Thursday afternoons 1.30pm – 3.30pm

Free, donations welcome. Refreshments provided. It consists mainly of 'mature' folk but is open to all for conversation, a quiz, a raffle, tea and biscuits.

t: 0115 975 4735

ST WILFRID'S CHURCH CALVERTON

Main Street, Calverton, Nottingham, NG14 6FG

Tuesday 9:15am - 10:30am (term time only)



Parent and toddler group: Tuesday- 9:15am - 10:30am (term time only)

Tea and Chat Tuesday 2pm - 3:30pm

Church services:

Thursday 9am - 12pm (private prayer)

Sunday: 9am - 10:30am

Evening prayer:

6pm 1st and 2nd Sunday of the month

Small donation suggested. Tuesday - Parent and Toddler group includes tea and Toast. Tuesday - Tea and Chat group includes tea, cake and biscuits. Refreshments served on a Sunday between the morning services.

e: office@stwilfrids-church.co.uk
t: (0115) 965 6081

THE ARK ADVICE CENTRE

12 Wollaton Avenue, Gedling, NG4 4HX

Monday – Friday 10am – 3pm

Small donation suggested.
Refreshments available.
Wi-Fi and computers available.

A range of social activities, community groups. Advice and support sessions.

e: theark@thearkgedling.org.uk

THE CORE CENTRE CHARITY HUB

Based at The Calverton working Men's Club,
Collyer Road, Calverton, NG14 6JX.

Mon to Thurs 9am – 3.45pm

Free (unless attending one of Core's Activities where small charges will apply). Refreshments available (donation basis). Free parking, Full disabled access. Free Wi-Fi, access to computers. A range of social activities. Advice and support sessions.



e: info@calvertoncore.org.uk
t: Sam or Becky (0115) 8470551 or
07305 109358

THE GLEANERS INN

Bonner Lane, Calverton, Nottingham, NG14 6FS

Monday - Sunday 12pm - 11pm

Provides affordable meals Wi-Fi available £1 per session. Light bites and hot meals, tea and coffee. TV and sky sports available. Board games, pool, darts, dominoes and other games.



t: (0115) 808 4191

THE KINGS CHURCH, ARNOLD

The Kings Centre, Shirley Drive, Arnold, NG5 7JX

Community Café Church Thursday 10:30am -12pm just drop in



Carer and Toddler Group Every Friday 9:30am -11:30am.

Community Café and Toddler group: Small donation suggested, but not expected. Tea, Coffee & biscuits. A café for conversation, connection and support.

Toddler Group: There may be a waiting list for places, so contact the office to find out if there is space, or to arrange a visit.

e: admin@thekingschurcharnold.org.uk
t: 07305 318 570

THE NEWSTEAD CENTRE AND COURTYARD CAFÉ

Tilford Road, Newstead Village,
Nottinghamshire NG15 OBS.

Courtyard Café Monday – Friday 9.00am – 2.00pm



The Courtyard café has a selection of food and refreshments to purchase. A menu is available in the café with prices. They offer classes, activities and facilities for hire are available.

e: coordinator@newsteadcentre.co.uk
t: 01623 720 140

THE SALVATION ARMY CAFÉ AND CRAFT CONNECT CLUB

99 High Street, Arnold, NG5 7DQ

**Café: Monday to Thursday
9:30am – 12:00 midday.**

**Craft Connect club: every 2 weeks on a
Wednesday 10am -12 noon.**

Refreshments at reasonable prices. A friendly café for conversation, connection and support, with light refreshments. Craft Connection is a drop in group



e: nottingham.arnold@salvationarmy.org.uk
t: (0115) 920 8800

THE SALVATION ARMY PARENT AND TODDLER GROUP

99 High Street, Arnold, NG5 7DQ

Fridays 9:15am start

Free. Refreshments available. Games and activities for toddlers and a chance to socialise with parents of children at a similar age.

e: nottingham.arnold@salvationarmy.org.uk
t: (0115) 920 8800

THE VILLAGE LUNCH

Burton Joyce Village Hall Trent Lane, Burton
Joyce, Nottingham, NG15 5EY.

**Every 3rd Thursday in the month between
12 noon and 1:30pm.**

Minimum donation of £5. Any monies raised are donated to charity.

A light lunch of soup, dessert and hot drink. Offered a choice of 3 soups and 6 desserts and always have a vegetarian option.

No need to book.

t: Margaret Barrett (0115) 9313799.

HELP FOR CHILDREN & FAMILIES

CALVERTON YOUNG PEOPLE'S CENTRE



Flatts Lane, Calverton, Nottingham, NG14 6JZ

(YEAR 7 TO 13)

Tuesday - 6.00pm - 8.15pm.

Wednesday/Thurs/Frid - 6.30pm - 8.45pm

30p or 50p per session.

Refreshments available at various prices. Wi-Fi, plus a variety of activities available.

e: sean.ryan@nottsc.gov.uk

GEDLING CHILDREN'S CENTRES

Arnbrook, Netherfield, Killisick and Calverton

Various times Monday - Friday

Free. The Children's Centres offer a range of free sessions for parents and children.



e: cc.gedling@nottsc.gov.uk
t: Arnbrook 0115 977 3752 or
Netherfield 0115 977 3751 (8.30-16.30)

GEDLING PLAY FORUM

Wollaton Avenue Community Centre Gedling,
Nottingham NG4 4HX.

Opening Times: 10.00am – 1.00pm

Family yearly membership: £5. Scrap baskets £3 and £5 Other Memberships Available: Community group with paid and unpaid staff, Childminders, Private Day Nurseries Special Schools. Range of creative play activities provided. Scrap store and craft shop open to all. Skills sharing workshops available.

e: admin@gedlingplayforum.org
t: (0115) 9560673

NOTTINGHAMSHIRE COUNTY COUNCIL FREE SCHOOLS MEALS

**Customer service opening hours:
Monday to Friday: 8:30am to 5pm.**

Free, subject to availability. To apply, contact the customer services team.

t: 0300 500 8080
w: www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk

NOTTINGHAMSHIRE COUNTY COUNCIL FREE MILK FOR CHILDREN

**Customer service opening hours:
Monday to Friday: 8:30am to 5pm.**

Free. To apply, contact the customer services team.

t: 0300 500 8080
w: www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk

NOTTINGHAMSHIRE COUNTY COUNCIL - SCHOOL CLOTHING

**Customer service opening hours:
Monday to Friday: 8:30am to 5pm.**

Free. To apply, contact the customer services team.

t: 0300 500 8080
w: www.nottinghamshire.gov.uk/education/financial-support/financial-support

NHS HEALTHY START SCHEME - HELP TO BUY FOOD AND MILK

Phone lines are open 8am to 6pm Monday to Friday (except public holidays)

Free under certain criteria. Apply by email or phone.

e: healthy.start@nhsbsa.nhs.uk
t: 0300 330 7010
w: www.nottinghamshire.gov.uk/education/financial-support/financial-support

NOTTS HELP YOURSELF WEBSITE

- HELP WITH CHILD CARE COSTS

Information and support for funding childcare.

w: www.nottshelphyourself.org.uk/kb5/nottinghamshire/directory/home.page

REDHILL YOUNG PEOPLE'S CENTRE

Redhill Road, Arnold, Nottingham, NG5 8GX

**Monday - 6.15pm - 8.30pm
(junior group, years 6 to 8)
Tuesday - 6.30pm - 8.45pm (years 7 to 13)
Wednesday - 6.30pm - 8.45pm (years 9+)
Friday - 6.30pm - 8.45pm (years 9+)**

30p or 50p per session. Refreshments available at various prices. Wi-Fi, plus a variety of activities available.

e: cathryn.reade@nottsc.gov.uk

SENIOR YOUTH GROUP

Loco Centre, 91 Victoria Road, Netherfield, NG4 2NN

**Tuesday 7:30pm - 9:30pm
Wednesday 6:30pm - 9:30pm**

Come and enjoy a wide range of social and recreational activities!

e: andrew.foulds@nottsc.gov.uk

SKY YOUTH GROUP

Loco Centre, 91 Victoria Road, Netherfield, NG4 2NN

Last Saturday of the month - 10.00am - 11.30am
Youth club for children and young people aged from 8 to 25 years with additional needs.

e: julierastall@gmail.com

MONEY AND ENERGY ADVICE

ARNOLD FOOD BANK: MONEY SORTED IN D2N2

Daybrook Square, Mansfield Road, Daybrook,
Nottingham NG5 6AA

**Last Wednesday of the month
1.30pm - 3.00pm**

Free. Drop in advice on money issues.

**e: info@arnold.foodbank.org.uk
t: 07854 690694**

GEDLING BOROUGH COUNCIL OUTREACH SESSIONS

Calverton Core Centre based at The Calverton
working Men's Club,
Collyer Road, Calverton, NG14 6JX.

Carlton Methodist Church Main street
Methodist church, on the corner of Carlton
Hill and Cromwell street, NG4 1EE

**Calverton Core Centre: Last Thursday in
every month.**

**Carlton Methodist Church: Every Tuesday.
Both sessions 11am -3pm.**

Help and advice on money, energy and much
more, No booking required.

**e: enquiries@gedling.gov.uk
t: General Enquires 0115 9013901
Nottingham District CAB: 0300 330 5457**

GEDLING BOROUGH COUNCIL COMMUNITY WEBPAGE

Civic Centre Arnot Hill Park,
Nottingham, NG5 6LU

Offers a range of information and support
options. For further details go to the Gedling
Borough Council Community Support
webpage.

**w: [www.gedling.gov.uk/resident/community
/supportinggedling/](http://www.gedling.gov.uk/resident/community/supportinggedling/)**

JIGSAW HOMES

Civic Centre Arnot Hill Park,
Nottingham, NG5 6LU.

Enquiries via phone or email only

Jigsaw Homes can issue families and
individuals energy vouchers if they are
housing tenants.

**For further details and referrals contact
Martin Curtis via email
e: martin.curtis@jigsawhomes.org.uk**

KINGS MONEY ADVICE CENTRE

The Kings Centre, Shirley Drive, Arnold, NG5 7JX

Appointment only. Please call

Confidential debt advice for Gedling residents
for all levels of debt.

**e: kmac@thekingschurcharnold.org.uk
t: 0115 920 7399**

CITIZENS ADVICE NOTTINGHAM & DISTRICT

St Georges Centre, 91 Victoria Road,
Netherfield, NG4 2NN.

St Georges Centre Every Thursdays

Appointments are allocated on a first come first
served basis, where you will be given a ticket.

**e: netherfieldforum@hotmail.com
t: CAB Sessions Booking: 0115 9113302
Nottingham District CAB: 0300 330 5457**

NOTTINGHAM ENERGY PARTNERSHIP

Queens Walk Community Centre, Queens Walk,
The Meadows, Nottingham, NG2 2DF

**Monday to Thursday 9am – 5.30pm
Friday 9am -5pm.**

They aim to tackle fuel poverty and provide
affordable warmth solutions to the most
deprived households.

**w: <https://nottenergy.com/contact/contact/>
t: 0115 9859057**

CITIZENS ADVICE NOTTINGHAM & DISTRICT

Calverton Core Centre - The Calverton Working Men's Club, Collyer Road, Calverton, NG14 6JX.

Calverton Core Centre Every Monday

Virtual appointments are booked at the centre, and conducted by video link using equipment provided.

e: info@calvertoncore.org.uk

t: CAB Sessions Booking Calverton Core Centre
07305 109358

Nottingham/Nottingham District CAB:
0300 330 5457

NOTTINGHAM/NOTTINGHAMSHIRE CAB

Gedling Borough Council Civic Centre
Arnott Hill Park, Arnold, Nottingham NG5 6LU.

Gedling Borough Council Every Friday 9:30am -3:30pm.

Appointments arranged via reception at Gedling Borough Council or Citizens Advice Nottingham & District CAB.

e: enquiries@gedling.gov.uk

t: Gedling Borough Council: 0115 9013901
Nottingham/Nottingham District CAB:
0300 330 5457

NOTTINGHAMSHIRE HEALTHY HOUSING SERVICE PART OF NEP.

Queens Walk Community Centre, Queens Walk,
The Meadows, Nottingham, NG2 2DF

Monday to Thursday 9am – 5.30pm. Friday 9am -5pm.

Offer a range of online information and face to face support. Provide grants to those on benefits for boilers and energy efficiency measures.

w: <https://nottenergy.com/contact/contact/>
t: 0115 985 3009

National Services And Organisations For Money And Finance Advice

AGE UK

Benefits help for pensions and the elderly.

FREE Advice

Phone or refer to website.

Free advice line on 0800 055 6112. Lines are open 8am-7pm, 365 days a year. Ask about help in your area.

w: www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/
t: 0800 055 6112

ENERGY SAVING TRUST

Benefits help for pensions and the elderly.

FREE Advice

Advice on how to save money on your energy bills.

w: <https://energysavingtrust.org.uk/>

GOVERNMENT SUPPORT

FREE HELP FOR HOUSEHOLDS

Refer to website:

<https://helpforhouseholds.campaign.gov.uk/>

UNIVERSAL CREDIT ADVICE

Refer to website:

<https://www.understandinguniversalcredit.gov.uk/>

MONEY HELPER

Phone or refer to website:

<https://www.moneyhelper.org.uk/en/pensions-and-retirement>

Helpline 0800 138 7777.

Monday to Friday, 8am to 6pm

Saturday, Sunday and Bank Holidays, closed.

MENTAL HEALTH AND SUPPORT FOR VULNERABLE PEOPLE

ARNOLD METHODIST CHURCH: MENTAL HEALTH BEFRIENDING AND SUPPORT GROUP

54 Front Street Arnold, Nottingham, NG5 7EL

Fridays 11.00am – 2.00pm

Support people with mental health conditions
along with their carers, relatives and friends.

e: claytons63@btinternet.com
t: Susan Clayton 07514775514

CHILDLINE - NSPCC

Helpline open 24/7

Helps anyone under 19 years of age.

w: <https://www.childline.org.uk/>
t: Call 0800 1111 open 24 hours a day,
7 days a week, chat online or send an
email using a Childline account.

MIND

**Infoline open 9am to 6pm,
Monday to Friday (except for bank holidays)**

Helps and supports people at any age with
mental health issues.

w: <https://www.mind.org.uk/>
t: (none urgent). Infoline on 0300 123 3393
e: info@mind.org.uk

NOTTALONE

Helpline open 24/7

Help for young people under 25s, or a parent,
carer, or a professional that supports young people.

w: <https://nottalone.org.uk/?a=yp>
Refer to website and follow us on Twitter
Instagram and Tik Tok.

SAMARITANS

Open 24 hours a day 365 a year.

Listening service only.

w: www.samaritans.org/
Call free anytime, from any phone,
on 116 123

THE MIX

**Helpline open 4pm - 11pm. Crisis
Messenger Service Text line 24/7.**

Essential support for under 25s.

w: www.themix.org.uk/
Call the helpline 0808 808 4994. Online 1-2-1
chat service, email using the online form, Crisis
Text line open 24/7 Text:THEMIX : 85258.

TRENT PTS

Monday to Friday 9am to 5pm.

Provides NHS therapies for adults

w: <https://www.trentpts.co.uk/>
Refer to website and use Limbic the online
referral assistant. Or use the online self-referral
form. They also accept GP referrals.

YOUNGMINDS

**Young People Text line open 24/7. Parents
Helpline 9:30am - 4pm, Monday - Friday.**

Mental health support for young people up to
the age of 25.

w: www.youngminds.org.uk/
Young People: Use the Young Minds Text line
for free, 24/7 mental health support. Parents
Helpline 0808 802 5544 from 9:30am - 4pm,
Monday - Friday.

Support for Vulnerable People

DOUBLE IMPACT

**Telephone and web chat Monday to Friday:
9:30am to 5pm. Out of hours leave message**

Advice combined with support packages for people with alcohol and drug issues. For adults aged 18 and over in Nottinghamshire.

w: www.doubleimpact.org.uk/how-we-help/recovery-links-nottinghamshire

t: 01623 272838, use the web chat option, or fill in the online referral form

NOTTINGHAMSHIRE COUNTY COUNCIL: GOLDEN NUMBER

**Customer service opening hours:
Monday to Friday: 8:30am to 5pm.**

If you have a concern about an adult or child that is an emergency or risk to life, call 999.

Nottinghamshire County Council:
Customer Service Team 0300 500 8080.

Domestic Abuse

EQUATION

**Helpline Monday to Friday from
9.30am - 4.30pm.**

A 24/7 confidential answerphone service.

Offers discreet advice for men experiencing domestic abuse.

w: <https://equation.org.uk/service-for-men/domesticabuse/>

For men aged 18 or over living in Nottinghamshire Helpline: 0800 995 6999.
Or use the online referral form.

NATIONAL CENTRE FOR DOMESTIC VIOLENCE (NCDV).

Specialises in offering a free, fast legal and emergency court injunction services.

w: <https://www.ncdv.org.uk/>
Phone 0207 186 8270 or 0800 970 2070 (and press Option 1). Text: 'NCDV' to 60777.
e: office@ncdv.org.uk.

NOTTINGHAMSHIRE SEXUAL VIOLENCE SUPPORT SERVICES

Self referrals Monday - Friday 10am -1pm and 4:30 - 7:30pm. Saturday - Sunday 10am-1pm. Or leave an answerphone message. Helpline available 24/7.

Offers a range of support options for survivors of sexual violence, either recently or in the past.

w: <https://nottssvss.org.uk/>

t: Self referrals (0115) 941 0440.

Helpline 0808 800 0340.

Use online self referral form.

REFUGE

Helpline or chat option available 24/7

Offer information and support to women children, individuals, and those who have a concern about someone else.

w: <https://refuge.org.uk/>

t: Helpline 0808 2000 247 open 24 hours. Or use the online chat option. Call 999 if you are in danger or someone else is in danger.

WE R HERE

Arnot Hill Park, Arnold, Nottingham, NG5 6LU.

Free by appointment only.

**This is not a 24 hours service, contact
between 10:00am and 4:00pm**

Monday – Friday.

Messages can be left on the landline.

Support offered to families, young people and adults who have experienced domestic violence and bereavement. Services: 121 counselling, group therapy, self-esteem.

w: <https://werhere.org.uk/>

t: (0115) 920 6241. Referrals via by email: info@werhere.org.uk. If you are in need of crisis support call the Samaritans on 116 123. Call 999 if you or someone else is in danger.

BOOKABLE FACILITIES AND COMMUNITY TRANSPORT

GEDLING BOROUGH COUNCIL - COMMUNITY CENTRE ROOM HIRE

Arnot Hill Park, Arnold, NG5 6LU.

Providing quality venues in the Arnold,
Carlton, Mapperley and Gedling areas.

e: communitycentres@gedling.gov.uk

t: 0115 901 3901

Contact Monday - Friday
during normal office hours

GEDLING BOROUGH COUNCIL - RICHARD HERROD CENTRE

Foxhill Road, Carlton, Nottingham, NG4 1RL.

Monday to Sunday 8.15am - 9.30pm.

A community centre hub for live events,
socialising, indoor bowls. Free parking and
rooms available to hire.

w: [www.gedling.gov.uk/leisure/ourcentres/
richardherrodcentre/venuehire/](http://www.gedling.gov.uk/leisure/ourcentres/richardherrodcentre/venuehire/)

t: 0115 961 2949

HAYWOOD ROAD COMMUNITY ASSOCIATION

46 Haywood Rd, Mapperley, Nottm NG3 6AB.

8.00am to 10.00pm every day.

A community centre that offers
rooms to rent to local community groups.

e: bookings@haywoodroad.uk

t: 07713 157 665

CT4N TRANSPORT EASYLINK (DIAL A RIDE)

Sherwood Bus Garage, Mansfield Road, Sherwood,
Nottingham, NG5 2JN.

**Easy Link Booking line open 8am- 5pm.
Monday to Friday.**

Fully accessible minibus service, subject to
meeting the eligibility criteria. Supporting
passengers who find the main bus and tram
network difficult to use.

e: easylink@ct4n.co.uk

t: 0115 969 9060. Press 1 for Transport.

Monday to Friday 9am - 4pm.

RUSHCLIFFE COMMUNITY & VOLUNTARY SERVICE: TRANSPORT

The Cotgrave Hub, Rivermead, Cotgrave,
Nottingham, NG12 3UQ.

Rushcliffe and Gedling have a driver service
for older people in poor health, unemployed
people and those who don't have access to
public transport.

e: admin@rushcliffecvs.org.uk

t: 0115 969 9060. Press 1 for Transport.

Monday to Friday 9am - 4pm.

RUSHCLIFFE COMMUNITY & VOLUNTARY SERVICE: TRANSPORT PLUS+

The Cotgrave Hub, Rivermead, Cotgrave,
Nottingham, NG12 3UQ.

Plus+ volunteers help with a range of
activities. Shopping, social events to
accompanying you to a doctors appointment.

e: admin@rushcliffecvs.org.uk

t: 0115 969 9060. Press 1 for Transport.

Monday to Friday 9am - 4pm.

GEDLING BOROUGH COUNCIL SERVICES

CUSTOMER SERVICES OUTREACH SESSIONS

Calverton Core Centre based at The Calverton working Men's Club,
Collyer Road, Calverton, NG14 6JX.
Carlton Methodist Church Main street
Methodist church, on the corner of Carlton Hill and Cromwell street, NG4 1EE.

**Calverton Core Centre:
Last Thursday in every month.**

**Carlton Community Hub Methodist Church:
Every Tuesday. Both sessions 11am -3pm.**

No booking required for advice sessions.
Advice on money, energy, food issues,
benefits and much more.

w: www.gedling.gov.uk/resident/contactus/
t: 0115 901 3901

SUPPORT IN GEDLING WEBPAGE

Refer to website

Local online directory which highlights and signposts you to agencies, groups and charities, across the borough, to help support you with the cost of living.

w: www.gedling.gov.uk/resident/community/supportinggedling/

CUSTOMER SERVICES ADVICE

Civic Centre, Arnot Hill Park, Arnold,
Nottingham NG5 6LU.

**The Civic Centre is open to the
public during office hours.**

For advice and signposting on: Council tax,
Welfare Support and Housing queries. To
make an appointment to speak to an advisor
email: enquiries@gedling.gov.uk

w: www.gedling.gov.uk/resident/contactus/
t: 0115 901 3901



working together with:



TheKing's Church
Arnold

