Cost Of Living Support

Newark and Sherwood

DIRECTORY ON:

LOCAL COST OF LIVING SUPPORT

NATIONAL COST OF LIVING SUPPORT

SUPPORT FOR ORGANISATIONS

- Food Support
- Clothing
- Energy and Fuel
- Money and finance
- Mental Health
- Children and Families
- Housing
- Domestic Abuse
- Other useful links/contacts

If you would like to add any information to this document, please email: CharlotteDrewett@nandscvs.org

Newark & Sherwood CVS

Registered charity number: 1015841

Last updated: 19/12/2022

Local cost of living support around Newark and Sherwood

Newark &
Sherwood CVS

Newark & Sherwood CVS

LOCAL COST OF LIVING SUPPORT

MONEY AND FINANCE

AREA	TYPE	ORGANISATION	CONTACT DETAILS	INFORMATION
Newark and Sherwood	Advice	Citizen's Advice	01623 861769 admin@sn-ca.org	Provides free, confidential and impartial advice either online, over the phone or in person. Delivering specialist legal advice in Welfare benefits, housing and homelessness, financial resilience and energy advice among other topics.
Ollerton & Newark	Drop in Service	Citizen's Advice	01623 861769 admin@sn-ca.org 5 Forest Court, New Ollerton, NG22 9PL	
Nottinghamshire	Household Support fund	Notts County Council	0300 500 80 80 | https://www.nottinghamshire.gov.uk/business-community/cost-of-living-support/household-support-fund-phase-3	Provides vouchers for food and energy bills, and holiday food vouchers for those on free school meals.
Newark and Sherwood	Grant	Gov.uk	https://www.newark-sherwooddc.gov.uk/heretohelp/	Guidance on getting an extra payment to help with the cost of living if you're entitled to certain benefits or tax credits.
Newark and Sherwood	Grant	Gov.uk	https://www.newark-sherwooddc.gov.uk/heretohelp/	Pensioner households will receive an extra £300 this year to help them cover the rising cost of energy this winter.
Newark and Sherwood	Grant	Gov.uk	https://www.newark-sherwooddc.gov.uk/heretohelp/	Some people across the UK who receive disability benefits will automatically receive a one-off payment of £150 from 20 September.

Newark & Sherwood CVS

LOCAL COST OF LIVING SUPPORT

MONEY AND FINANCE				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
Nottinghamshire	Grant	Asda Foundation	https://www.activenotts.org.uk/news/2022/09/asda-foundation-cost-of-living-grant	Cost of Living Grants between £500 and £2,000.

Newark & Sherwood CVS

LOCAL COST OF LIVING SUPPORT

MENTAL HEALTH				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
Nottinghamshire	Support and Guidance	Nottinghamshire Mind	0800 470 0203 | https://www.nottinghamshiremind.org.uk/	One to One and group mental health support
Nottinghamshire	Suicide bereavement support	The Tomorrow Project	bereavement@tomorrowproject.org.uk 0115 880 0280 http://www.tomorrowproject.org.uk/	One-to-one, face-to-face, emotional and practical support for anyone that has been bereaved by suicide.
Nottinghamshire	Support and Guidance	Nottinghamshire Healthcare NHS Foundation Trust	Mental health crisis number: 08081963779 | https://www.nhs.uk/nhs-services/mental-health-services/	Help is available 24 hours a day, 7 days a week. They can discuss your current mental health needs and provide access to further support if needed. Calls to NHS urgent mental health helplines are free.
Nottingham and Nottinghamshire	Mental health advice and help	NottAlone	https://www.nottalone.org.uk	Local mental health advice and help for young people
Nottinghamshire	Mental Health Management/Support	MuddyFork	01777 567005 | https://www.muddyfork.org/	Help people to improve their wellbeing and mental health through volunteer conservation and wildlife gardening
Newark and Sherwood	Counselling and Support	Counselling and Support for Young People (CASY)	01636 704 620 https://www.casy.org.uk/about-us/	Provides counselling to people aged 6 to 25.

Newark & Sherwood CVS

LOCAL COST OF LIVING SUPPORT

CHILDREN AND FAMILIES				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
Newark	Support and activities	HomeStart Newark	01636 705011 | https://www.homestartnewark.co.uk/referrals	Helps families with young children through a combination of home visiting support, group support and social activities.
Newark and Sherwood	Counselling and Support	Counselling and Support for Young People (CASY)	01636 704 620 https://www.casy.org.uk/about-us/	Provides counselling to people aged 6 to 25.

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LOCAL COST OF LIVING SUPPORT

FOOD SUPPORT

AREA	TYPE	ORGANISATION	CONTACT DETAILS	INFORMATION
Bilsthorpe	Food Club	Bilsthorpe Emergency Team (BET)	Thursdays 1.30pm - 3.30pm The Green Community Centre , Bilsthorpe, NG22 8QQ Emergency food enquiries contact 07707575947/ 07817901057	Helps people get fresh food.
Newark	Food Club	Newark Community Support Hub	Thursdays 1pm - 3pm Beaumont Walk Community Centre, Newark, NG24 2DD Emergency food enquiries contact 07966181850	Helps people get fresh food.
Clipstone	Food Club	Clipstone Food Hub	Thursdays 11.30am - 1.30pm The Circle Community Centre, Clipstone, NG21 9EF Emergency food parcels please contact 07740 161874 or fayemariebratt@gmail.com (Mon-Fri 9-4pm) If you are in crisis you can contact at the weekend.	Food pantry for Clipstone and surrounding areas
Blidworth	Food Support	Food Aid Blidworth(Blidworth on the Move Support Network/Sherwood Forest Community Church)	Monday and Tuesday 10am-4pm Thursday 2pm - 4pm Friday 9am - 11.30am E-mail: office@sfcc.org.uk Tel: 07907 664865 Sherwood Forest Community College Church Main St Blidworth Mansfield NG21 0PX	Helps people get fresh food.

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LOCAL COST OF LIVING SUPPORT

FOOD SUPPORT				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
Edwinstowe	Food Club	Edwinstowe Food Club	Thursday 2.30pm - 5pm Abby Road Community Centre, Edwinstowe	Helps people get fresh food. £1.00 membership fee and £3.50 weekly thereafter
Rainworth	Food Share	Rainworth Social Action Hub	Social Supermarket : - Mon/Tues/Thurs 10am-2pm and Wed 4pm-7pm. www.socialactionhub.com. Call 01623 490498 Emergency Food by referral when needed.	Helps people get fresh food.
Ollerton	Food Bank	Ollerton Community Action Response (CAR)	Emergency food contact:07754536530 Lifespring centre, Ollerton. Call 07549 925299 / e-mail l.hill@attfe.org.uk	The project provides food parcels for those referred by various agencies, but people can also self-refer if they do not have a support worker.
Newark and Tuxford	Food Bank and Market	Newark and Tuxford Food Bank and Market	Newark Community Support 21 Cartergate, Newark, NG24 1UA Email:info@newark.foodbank.org.uk Web:https://newark.foodbank.org.uk Mobile: 07307 695310	Helping people in crisis in Newark and Tuxford
Newark	Hot meal	Christ Church Community Hall	01636611345 Boundary Rd, Newark NG24 4AJ	Monday, Tuesday, Thursday and Friday tea time from 4pm to 5pm, offering tea/coffee and a hot meal. They also have a limited store of clothes and sleeping bags available if they are needed.

Newark & Sherwood CVS

LOCAL COST OF LIVING SUPPORT

CLOTHING				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
Nottinghamshire	School Uniform Bank	Free School Uniform Bank	https://www.facebook.com/FreeSchoolUniformBank	The school uniform bank hosts regular events throughout the year to allow local families to receive free school uniform.

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LOCAL COST OF LIVING SUPPORT

ENERGY AND FUEL				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
Newark and Sherwood	Advice	Newark and Sherwood District Council	https://www.newark-sherwooddc.gov.uk/energyadvice/	Advice on offers and grants available.
Newark and Sherwood	Grant	Gov.uk	https://www.newark-sherwooddc.gov.uk/heretohelp/	Households will get £400 of support with their energy bills through an expansion of the Energy Bills Support Scheme.
County Wide	Advice	Nottinghamshire County Council	https://www.youtube.com/watch?v=bCZumG-Q_MI	If you've got a combi boiler, by changing just one setting it could help you save up to £250 on heating bills a year.
County Wide	Support	Nottinghamshire County Council	0115 985 3006 https://nottenergy.com/	Working with the Nottingham Energy Partnership you can arrange a free home visit for yourself or someone else in need

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LOCAL COST OF LIVING SUPPORT

HOUSING				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
Newark and Sherwood	Homelessness Support	Newark Emmaus Trust	01636 612 892 | https://www.newarkemmaustrust.org.uk/about/	Helps local, vulnerable, homeless young people by providing temporary quality accommodation with professional care, support and training.
Newark and Sherwood	Homelessness Support	Newark and Sherwood District Council	https://www.newark-sherwooddc.gov.uk/losingyourhome/ email: customerservices@newark-sherwooddc.gov.uk Tel:01636 650 000	Can offer advice and support on finding alternative accommodation.
Nottinghamshire	Housing Support, Health and Social care, Employment help	Framework	https://www.frameworkha.org/get-help/get-help-in-nottinghamshire 0115 841 7711	Offer support on Housing, Health and Social care, employment support and general support and care.

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LOCAL COST OF LIVING SUPPORT

DOMESTIC ABUSE				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
Nottinghamshire	Advice and Support	Juno Women's Aid	https://junowomensaid.org.uk/ 0808 800 0340	The commissioned specialist domestic abuse support provider for women, children and teenagers in Nottinghamshire.
Nottinghamshire	Advice and Support	Equation	https://equation.org.uk/service-for-men/ 0800 9956 999	Equation host the only expert services for men experiencing domestic abuse in Nottingham city and county. Equation also provides the local stalking advocacy support service for men experiencing stalking in a non-domestic abuse context.

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LOCAL COST OF LIVING SUPPORT

USEFUL LINKS/CONTACTS				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
Nottinghamshire	Resources, financial support and advice.	Nottinghamshire County Council	0300 500 8080 | https://www.nottinghamshire.gov.uk	Cost of living support list.
Newark	Warm Space	Charles Street Methodist Church	Charles Street Methodist Church, Newark , NG24 1RN. https://en-gb.facebook.com/CharlesStreetMethodistChurch/	Offer a 'warm space' every Tuesday 8:30am until 1pm for all residents. There will be tea, coffee and toast, games, jigsaws and chat.
Nottinghamshire	Self Help Groups	Self Help UK	0115 911 1661 https://www.selfhelp.org.uk/about	Offer a number of services that support the development of self-care and self-management practices around the country.
Newark and Sherwood	Directory	The Mix	https://www.themix.org.uk/get-support/find-local-services	Directory of Services in your area.
Newark	Warm Space	Church of Promise	075 211 70728 http://www.churchofpromise.org.uk/CoP_News.html#features17-7o Every Thursday from 9am to 12 noon.	A place for FREE refreshments, breakfast, WIFI and USB Charging including a play area for little ones.
Newark and Sherwood	Transport	Newark and Sherwood CVS	https://www.nandscvs.org/our-work/door-to-door-service/ Email: transport@nandscvs.org Tel: 01636 611220	Door2Door is available 9am – 5pm Monday to Friday for residents across the Newark and Sherwood district who struggle to access or use public transport.
Newark	Warm Space	Mayor Laurence Goff	www.facebook.com/LaurencegoffNewarkTownMayor 07794613879 Chatham Court NG244BH Mondays 5-7pm	A warm space- For more information please contact 07794613879.

National Cost of Living Support

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NATIONAL COST OF LIVING SUPPORT

MONEY AND FINANCE

AREA	TYPE	ORGANISATION	CONTACT DETAILS	INFORMATION
National	Cost of Living Support	Gov.uk	https://helpforhouseholds.campaign.gov.uk/	See what cost of living support you could be eligible for.
National	Financial Support	Universal Credit	0800 328 5644 | https://www.understandinguniversalcredit.gov.uk/	Supports you if you are on a low income or out of work. It includes a monthly payment to help with your living costs.
National	Financial Support	Entitled To Independent Benefits Calculator	0800 328 5644 | https://www.entitledto.co.uk	Use a free benefits calculator to find out what you're entitled to.
National	Financial Advice	Step Change Debt Charity	0800 138 1111 | https://www.stepchange.org	Free and impartial debt advice.
National	Debt Advice	National Debtline	0808 808 4000 | https://nationaldebtline.org	A charity that gives out free and independent debt advice over the phone and online.
National	Financial Support	Turn2Us	https://www.turn2us.org.uk	Helps people in financial need gain access to welfare benefits, charitable grants and other financial help.
National	Financial Advice	Money Helper	https://www.moneyhelper.org.uk/en	Money advice site covering benefits, budgeting planner, savings and more.
National	Financial Advice	Christian's Against Poverty (CAP)	https://capuk.org/ 0800 328 0006	Free debt and budgeting advice, available to anyone that needs it.
National	Grant	Royal British Legion	https://www.moneysavingexpert.com/news/2022/10/royal-british-legion-armed-forces-grants-energy-bills/	Royal British Legion to give veterans and their families grants of up to £2,400 to help pay bills.
National	Advice and Tips	BBC	https://www.bbc.co.uk/news/resources/idt-ade5a65c-753a-43c8-b58d-de98196801ff	Cost of living tips: Your personalised guide to saving money.

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MENTAL HEALTH				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
National	Mental Health Support	Samaritans	116 123 | 24 hours a day | https://www.samaritans.org/how-we-can-help/contact-samaritan/	Someone to talk to about your struggles or someone else's.
National	Mental health and bereavement support.	Harmless	01158 800280 | https://harmless.org.uk	Support for adults focusing on mental health and self harm.

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FOOD SUPPORT				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
National	Discounted food	Toogoodtogo	https://toogoodtogo.co.uk/en-gb/	The Too Good To Go app lets customers buy and collect Magic Bags of this food - at a great price - directly from businesses.
National	Advice and Tips	Feed Your family on a Budget	https://www.facebook.com/groups/178040285731834	Popular Facebook group with over 300,000 members.
National	Advice and Tips	Feed Yourself for £1 a Day	https://www.facebook.com/groups/651859231575794	Facebook group with over 250,000 members.
National	Advice and Tips	Slow Cooked Wonders	https://en-gb.facebook.com/groups/slowcookedwonders/about/	Slow cooker advice group with over half a million supportive members.
National	Advice and Tips	BBC	https://www.bbc.co.uk/food/articles/budget_family_meal_plan_for_four	This budget-friendly meal plan covers a week's worth of dinners for four adults, coming in at under £28 in total.

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NATIONAL COST OF LIVING SUPPORT

CHILDREN AND FAMILIES				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
National	Young people support	Childline	https://www.childline.org.uk/ 0800 1111	Advice, places to ask for support, and guidance.
National	Financial support	Gov.uk	https://www.childcarechoices.gov.uk/	Government help with childcare costs for parents. Whether you have toddlers or teens, you could get support.
National	Family support	Little village HQ	https://littlevillagehq.org/family-support-resources/	Family support resources

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NATIONAL COST OF LIVING SUPPORT

CLOTHING				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
National	Directory	Carbootjunction	http://www.carbootjunction.com/	UK car boot sales directory
National	Marketplace	Facebook	http://www.facebook.com/	Facebook is a great way to buy and sell items such as clothing and household goods. You can filter this by area and find things to buy that are close to you.

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NATIONAL COST OF LIVING SUPPORT

ENERGY AND FUEL				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
National	Guide	PetrolPrices	http://www.petrolprices.com/	All the latest live petrol and diesel prices.
National	Guidance and Support	EnergySavingTrust	https://energysavingtrust.org.uk/ 0800 444 202	Guidance on how to save money on your energy bills.
National	Advice	Gov.uk	https://www.gov.uk/improve-energy-efficiency 0800 444 202	Find ways to save energy in your home

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NATIONAL COST OF LIVING SUPPORT

HOUSING				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
National	Advice	Shelter	https://england.shelter.org.uk/what_we_do Emergency helpline | 0808 800 4444	Advice and support services and help with housing issues and homelessness.
National	Advice	BBC	https://www.bbc.co.uk/news/business-62568027	What will happen to energy bills and mortgages? Upcoming dates to be aware of.

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NATIONAL COST OF LIVING SUPPORT

DOMESTIC ABUSE				
AREA	**TYPE**	**ORGANISATION**	**CONTACT DETAILS**	**INFORMATION**
National	Advice and Support	Victim Support	08 08 16 89 111 https://www.victimsupport.org.uk/	Dedicated to supporting victims of crime and traumatic incidents in England and Wales. If you need to speak to someone, Victim Support are available every day, night and day.
National	Advice and Support	Refuge	0808 2000 247 https://www.nationaldahelpline.org.uk/	The freephone, 24-hour National Domestic Abuse Helpline for Women and Children.

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NATIONAL COST OF LIVING SUPPORT

USEFUL LINKS/CONTACTS

AREA	TYPE	ORGANISATION	CONTACT DETAILS	INFORMATION
National	Advice and Tips	Money Saving Expert	https://www.moneysavingexpert.com/	Impartial site to help save you money. Advice on credit cards, shopping, special offers, mortgages, council tax, interest rates and more.
National	Price comparison site	Trolley	https://www.trolley.co.uk/	Price comparison website for common items.
National	Advice	Household Mon£y Saving	https://www.householdmoneysaving.com/	Independent blog, with lots of different articles and advice about saving money at home and on your shopping.
National	Money saving	Pouch	https://joinpouch.com/en-gb	Use Pouch to automatically find and apply every online voucher code in one click.
National	Wellbeing	Places of Welcome	https://www.placesofwelcome.org.uk/locations 03300 531940	Places of Welcome are run by local community groups who want everyone in their neighbourhood to have a place to go for a friendly face, a cup of tea and a conversation if and when they need it.
National	Employment Support	Gov.uk	https://www.gov.uk/access-to-work	Access to Work: get support if you have a disability or health condition

Cost of Living Support for Organisations

Newark & Sherwood CVS

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COST OF LIVING SUPPORT FOR ORGANISATIONS

AREA	TYPE	ORGANISATION	CONTACT DETAILS	INFORMATION
Nottinghamshire	Self Help Groups	Self Help UK	0115 911 1661 https://www.selfhelp.org.uk/about	Offer a number of services that support the development of self-care and self-management practices around the country.
National	Housing	Warm Welcome	https://www.warmwelcome.uk/	Supports organisations to open their doors and provide a warm welcome for those struggling to heat their homes this winter.
National	Financial Advice	Charity Excellence Framework	https://www.charityexcellence.co.uk/Home/BlogDetail?Link=UK_Charity_Crisis_Save_Money_Finance_Toolkit&gclid=CjwKCAjw6MKXBhA5EiwANWLODH3sNEkeuRsxnpAZzgs-_UBSpHYVpqmftDBxs4MFU64ELRLiZ2iGnBoC0YcQAvD_BwE	How To Reduce Charity Budget Operating Costs And Expenses Without Cost Cutting.
National	Sustainability	thinkNPC	https://www.thinknpc.org/resource-hub/cost-of-living/	How funders can mobilise.
Newark and Sherwood	Counselling and Support	Counselling and Support for Young People (CASY)	01636 704 620 https://www.casy.org.uk/about-us/	Provides counsellor development for counsellors.

Our thanks go to Bassetlaw CVS for sharing their Cost of Living resource.

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Sherwood CVS