

**STREET  
PASTORS**

# 2023 SERVICES SIGNPOSTING

Don't fancy taking on the streets?  
Perhaps you can pray?

Find out more and get involved by contacting us at:  
[streetpastors@maltcross.com](mailto:streetpastors@maltcross.com)

 NottinghamStreetPastors

 streetpastorsng

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# FOOD BANKS

## Monday's

Guru Nanak | 1 Albert Street, Nottingham, NG1 7DB | 7:30

Phoenix Farm Methodist Church | Wollaton Avenue, Gedling, Notts, NG4 4HX | 1:30pm - 3pm

Sherwood Forest Food Bank | Stable Centre, 12 Church Street, Mansfield Woodhouse, Nottinghamshire, NG19 8AH | 07932452533 | 1:30 - 4pm

Daybrook Baptist Church | Daybrook Baptist Church, Mansfield Road, Daybrook, Nottingham, Nottinghamshire, NG5 6AA | Referral Needed. Call 07854690684 | 1:30 - 3pm

Grace Church | 1 Castle Boulevard, Nottingham, NG7 1FT | Referrals Needed. Call 0115 9502332 | 2:30 - 4pm

Phoenix Hall | behind St Margaret's Church, Aspley Lane, Aspley, Nottingham, NG8 5GE | Referral Needed. Call 0303 040 1110 | 10 -12pm.

Hope House | Boundary Road, Beeston, Nottingham, NG9 2RF | Referral needed. Call 0303 040 1110 | 9:30am - 12pm.

Sfice | SFiCE House 75a Raleigh Street (near the Arboretum) | 07941378265 | 4 - 6pm

## Tuesday's

Main Street Methodist Church | 88. Carlton Hill, Carlton, Nottingham, NG4 1EE | Referral needed. Call 0303 040 1110. 12pm - 2:45pm

Clifton NG11 Food Bank | Hope Centre, Southchurch Drive, Clifton, Nottingham, NG11 8AQ | 07538916757 | 9:30 - 11am

Hope Church & St Francis' Church | Hope Church and St Francis' Church, Farnborough Road, Clifton, Nottingham, NG11 8JX | 07538916757 | 10am - 11:30am

Tuxford Methodist Church | Tuxford Methodist Church, Newcastle Street, Tuxford, NG22 0LN | 07417409919 | 10am - 1pm

St Barnabas Church | Barn Croft, Chilwell, Nottingham, NG9 4HU | Referral Needed. Call 0303 040 1110 | 1:30 - 3pm

St Philip's Church | St Philip's Church, Knight's Close, Nottingham, NG5 9AJ | Referral needed. Call 0115 9751825 | 1pm - 3pm

Barnbygate Methodist Church | Barnbygate Methodist Church, 15a Barnbygate, Newark, NG24 1PX | 07417409919 | 3pm - 5pm

Mt Zion Millenium Church | Mt Zion Millennium Church, Churchfield Lane, Nottingham, NG7 5QS | Referral Needed. Call 0303 040 1110 | 10am - 12pm

Sfice | SFiCE House 75a Raleigh Street (near the Arboretum) | 07941378265 | 4 - 6pm

## Wednesday's

Guru Nanak | 1 Albert Street, Nottingham, NG1 7DB | 7:30

Montrose Court | 4 Montrose Court, Stapleford, Nottingham, NG98LJ | Referral Needed. Call 0303 040 1110 | 9am - 11:30

Springs of Life Church | Clumber Hall, High Cross Street, Nottingham, NG1 3AX | 10am - 12pm

St Martha's Church | 135 Frinton Road, Broxtowe, Nottingham, NG8 6GR | Referral Needed. Call 0303 040 1110 | 10 - 12pm

Daybrook Baptist Church | Daybrook Baptist Church, Mansfield Road, Daybrook, Nottingham, Nottinghamshire, NG5 6AA | Referral Needed. Call 07854690684 | 1:30 - 3pm

Hope House | Boundary Road, Beeston, Nottingham, NG9 2RF | Referral needed. Call 0303 040 1110 | 9:30am - 12pm.

Bilborough Library | Bracebridge Drive, Bilborough, Nottingham, NG8 4PN | Referrals Needed. Call 0303040 1110 | 12 - 2pm

Bethesda Community Hall | Forester Street, Netherfield, Nottingham, Nottinghamshire, NG4 2LJ | Referral needed. Call 0303 040 1110 | 1:30pm - 3pm

Sfice | SFiCE House 75a Raleigh Street (near the Arboretum) | 07941378265 | 4 - 6pm

## Thursday's

Guru Nanak | 1 Albert Street, Nottingham, NG1 7DB | 7:30

Phoenix Hall | behind St Margaret's Church, Aspley Lane, Aspley, Nottingham, NG8 5GE | Referral Needed. Call 0303 040 1110 | 10 - 12pm.

Sherwood Forest Food Bank | Stable Centre, 12 Church Street, Mansfield Woodhouse, Nottinghamshire, NG19 8AH | 07932452533 | 1:30 - 4pm

St Philip's Church | St Philip's Church, Knight's Close, Nottingham, NG5 9AJ | Referral needed. Call 0115 9751825 | 1pm - 3pm

Christ Church | Derby Road, Long Eaton, Nottinghamshire, NG10 4NE. 07950547671 | 10am - 12pm

Grace Church | 1 Castle Boulevard, Nottingham, NG7 1FT | Referrals Needed. Call 0115 9502332 | 10:30 - 12pm

Mt Zion Millenium Church | Mt Zion Millennium Church, Churchfield Lane, Nottingham, NG7 5QS | Referral Needed. Call 0303 040 1110 | 10am - 12pm

Hope House | Boundary Road, Beeston, Nottingham, NG9 2RF | Referral needed. Call 0303 040 1110 | 9:30am - 10:30am.

Haven Church | Wadsworth Road, Stapleford, Nottingham, NG9 8BD | Referral Needed. Call 0303 040 1110 | 10am - 12pm

Sfice | SFiCE House 75a Raleigh Street (near the Arboretum) | 07941378265 | 4 - 6pm

## Friday's

Daybrook Baptist Church | Daybrook Baptist Church, Mansfield Road, Daybrook, Nottingham, Nottinghamshire, NG5 6AA | Referral Needed. Call 07854690684 | 1:30 - 3pm

St Martha's Church | 135 Frinton. Road, Broxtowe, Nottingham, NG8 6GR | Referral Needed. Call 0303 040 1110 | 10 - 12pm

Grangewood Methodist Church | Grangewood Road, Nottingham, NG8 2SJ | Referral Needed. Call 0303 040 1110 | 10 - 12pm

Barnbygate Methodist Church | Barnbygate Methodist Church, 15a Barnbygate, Newark, NG24 1PX | 07417409919 | 1pm - 3pm

Haven Church | Wadsworth Road, Stapleford, Nottingham, NG9 8BD | Referral Needed. Call 0303 040 1110 | 10am - 12pm

Christ Church | Derby Road, Long Eaton, Nottinghamshire, NG10 4NE | 07950547671 | 10am - 2pm

## Saturday's

Bestwood & Bulwell) - St Philip's Church. St Philip's Church, Knight's Close, Nottingham, NG5 9AJ | Referral needed. Call 0115 9751825 | 10am - 12pm

Hope House | Boundary Road, Beeston, Nottingham, NG9 2RF | Referral needed. Call 0303 040 1110 | 9:30am - 10:30am.

Hope Church & St Francis' Church | Hope Church and St Francis' Church, Farnborough Road, Clifton, Nottingham, NG11 8JX | 07538916757 | 10am - 11:30am

Clifton NG11 Food Bank | Hope Centre, Southchurch Drive, Clifton, Nottingham, NG11 8AQ | 07538916757 | 9:30 - 11am

## Sunday's

Call for Collection(flexible service)

St Anns and Sneinton Food Store | Ring to arrange for collection | 07979159095 or 0115 9081532 | St Anns Advice Centre, The Chase Neighbourhood Centre, Robin Hood Chase, Nottingham, NG3 4EZ |

This food bank is for individuals and families with zero income only.



# FOOD BANKS

## Emmanuel House

53 - 61 GOOSEGATE, HOCKLEY, 01159507140  
CALL TO BOOK AN APPOINTMENT TO ACCESS SERVICES

Confidential Advice | Housing, Benefits, Signposting, Solicitors  
Showers & Clothing  
Hot Meals (Weekdays apart from Wednesday 12:30 - 1:15)

### OPENING TIMES

Monday: 09:30am – 1:00pm  
Tuesday: 09:30am – 1:00pm  
Wednesday: closed  
Thursday: 09:30am – 1:00pm  
Friday: 09:30am – 1:00pm  
Saturday: closed  
Sunday: closed

Please note we are still open for you to drop off your donations in the afternoons and on Wednesdays.

## Hope House

HOPE HOUSE, BOUNDARY ROAD, BEESTON,  
NOTTINGHAM, NG9 2RF

- Hope Café is a one-stop community support café that provides for the needs of families and individuals in a holistic way.
- They offer free food and friendship to anyone in need and a positive support community for all.
- Hope Café offers the following support services:
- Help with addictions and access to counseling
- Life skills, volunteer opportunities
- Practical support with clothing and food
- Weekly citizens advice drop-in on a Wednesday
- Homeless Mental Health support
- Housing and advocacy support

### OPENING TIMES:

Monday and Wednesday 9.30am-12pm  
Thursday and Saturday 9.30am-10.30am

## Sfice Foundation

SFICE HOUSE 75A RALEIGH STREET  
(NEAR THE ARBORETUM)

Every Monday, Tuesday and Wednesday between 4pm-6pm. Service users can get a hot meal, take a shower and wash their clothes as well as collecting important items for free, like donated clothes and sanitary products.

Drop in service - 07941378265

## St Pauls Soup Kitchen

ST PAULS CHURCH, LENTON BOULEVARD,  
LENTON, NOTTINGHAM, NG7 2BY

Daily Soup Kitchen (excluding Sundays)  
Open 11 am –1pm  
0115 978 6236

## The Friary

46 MUSTERS ROAD, WEST BRIDGFORD,  
0115 982 5448

- Day Centre for homeless and vulnerably housed people
- Drop-in Sessions: Monday, Wednesday and Friday: 9.00am-1.00pm
- Evening Fellowship Sunday: 8.00pm-9.00pm
- Appointment Only: Tuesdays and Thursdays
- During these times, the following available:
- Confidential advice on housing, benefits and debt related issues.
- Practical assistance (food, clothing, small household items)
- Access to IT suite for support with benefit and housing claims
- Health and hygiene facilities
- Refreshments and hot food
- Emotional Support

## Base 51

BASE 51, 29-31 CASTLE GATE,  
NOTTINGHAM, NG1 7AR. TEL: 01159525040

Support young people aged 12—25 providing easy access to services including: Health, Counselling, Housing Advice and Support, Learning Support and Practical support such as affordable meals Free laundry and showers

### OPENING TIMES

- Mon - Fri: Crisis Support: 4-5pm Tue/ Thurs, 6-7pm Wed
- Counselling: By appointment, drop in 9.30am-7.00pm to arrange
- 18-25 Year Old Group: 12-3pm
- Activity Club 11-18 Year Old: 3.30-5.30pm
- Youth Club 11-18 Year Old: 5.30-8pm
- Saturday: 11-18 Year Old Group: 1-7pm
- Sunday: 11-18 Year Old Group: 12-5pm

## The Arches

THE ARCHES, EASTER PARK, LENTON  
LANE, NOTTINGHAM, NG7 2PX

The Arches give out free resources upon referral including clothing, furniture, and household goods for those in need.

### OPENING TIMES

If you have confirmed with your support worker that we have completed your referral, you can collect on Tuesdays, Thursdays and Fridays from 10-12. We are also open on the first Saturday of the month from 10-12

# HOMELESSNESS

## Nottingham Housing Aid

HOUSING AID, 135 LOWER PARLIAMENT ST, NG1 1EE

- Whether you are a council or private tenant or own your home and may soon lose it for whatever reason, need somewhere to live, or have been made homeless, Housing Aid can help you.
- Can be called at night to try for emergency accommodation. Unfortunately, beds that night are unlikely
- The council has legal responsibilities to assess people.
- Email: [housingaid@nottinghamcity.gov.uk](mailto:housingaid@nottinghamcity.gov.uk)  
Tel: 0115 876 3300

### OPENING TIMES:

Monday, Tuesday, Thursday, and Friday appointments only 8:30 am - 10 am

Drop in service 10am - 4:30pm

Wednesday- drop-in service 1 pm to 4:30 pm

## More Accommodation

### Shelter:

National Advice line: 0808 800 4444

Weekdays 8am – 8pm

Weekends 9am – 5pm

### Framework Street Outreach Team:

08000 665 356 or Text SOT to 80800

### Nottingham Housing Advice:

0115 945 3970 (Mon, Tues, Thurs, Fri 9.30am-4pm & Weds 12pm-4pm)

34-36 Carridge Street , NG1 7FG.

### Broxtowe Borough Council

Housing Department

Foster Avenue, Beeston, NG9 1AB

0115 917 7777

### Rushcliffe Borough Council

Housing options team 0115 981 9911

Rushcliffe Community Contact Centre

Rectory Road, West Bridgford, NG2 6BU

0115 981 9911

### Gedling Borough Council

Housing department and

housing needs team

0115 901 3681 from

8.45am-17.15pm Mon-Thur,

8.45am-16.45pm Fri

0800 096 0306 out of hours



# PROSTITUTION

## Jericho Road

1A CHESTNUT GROVE, NOTTINGHAM,  
NG3 5AD

- Jericho Road aims to help clients make informed choices and gives support to those wishing to quit prostitution.
- The best way for service users to get support is to have a one-to-one appointment with us at our drop-in center. These appointments must be pre-booked, which you can do by phoning 0115 8453691.
- Our base is open from Tuesday to Thursday, 12pm to 4pm, and at other times by appointment. This is for women who need somewhere safe to be, some practical help, some advice and support, or simply somewhere to come for a cuppa and a chat.
- We offer meals, laundry facilities, a shower room, access to clothing and toiletries, assistance making appointments and applications, safety advice and more. Drop-in also enables women to get involved in activities, learn new skills and grow in confidence.

## POW

16 INDEPENDENT STREET, NOTTINGHAM,  
NG7 3LN

- Prostitute Outreach Workers aim to ensure appropriate
- services are accessible to the prostitute community.
- 1-2-1 support sessions
- Free harm minimisation supplies (condoms, lubricant, foil, rape alarms etc.)
- Advice on staying safe while working
- National Ugly Mug information
- Benefits, welfare and debt advice
- Housing support and advice
- Clothes bank
- Showering and laundry services
- Access to a confidential space to discuss emotional wellbeing with one of our drop-in workers
- Needle exchange
- Advice on progression, education and training
- Specialist clinics (sexual health, drugs, physiotherapy etc.)
- For more information please [click here](#).
- Advocacy
- Referral for counselling services
- Contraception advice
- Holistic craft sessions

### OPENING TIMES

Monday 1pm – 3pm

Thursday 1pm 3pm

In addition we offer pre-booked appointments to complete case work and paperwork with service users. Our appointment clinic is open Tuesdays 1pm-3pm.

# REFUGEES & ASYLUM SEEKERS

## Refugee Forum

THE SYCAMORE CENTRE, 33A HUNGERHILL  
ROAD, NOTTINGHAM NG3 4NB.

Open Mondays – Thursdays  
during the morning (9-11) for  
anyone wishing to come to use  
the centre as a meeting place or  
to access the internet.

Drop in advice sessions on  
Monday-Thursday 8.30am-11am  
(last entry 9am)

Please arrive early to ensure  
entry and avoid disappointment.



# DRUG & ALCOHOL ADDICTION

## Nottingham Recovery Network

73 HOUNDS GATE, NOTTINGHAM, NG1 6BB

- Providing a single point of free support, advice and treatment to people who use alcohol and drugs in a problematic way across Nottingham City.
- Talk to us by phone: 0800 066 5362 or email [info@nottinghamrecoverynetwork.com](mailto:info@nottinghamrecoverynetwork.com)
- Book an individual appointment: call or email on either of the above. Appointments are online, in person, or on the phone.
- People can either refer themselves to the service or be referred by a third party such as a doctor or a support worker.
- Our staff will then: complete a comprehensive assessment of
- people's needs.
- Support them through appropriate treatment
- Support them after any treatment(s) to maintain their recovery.
- Offer them opportunities to learn and develop.

### OPENING TIMES

Monday: 09:30 - 16:30

Tuesday: 09:30 - 16:30

Wednesday: 09:30 - 18:00

Thursday: 09:30 - 16:30

Friday: 09:30 - 16:30

Saturday: 09:30 - 12:30

Sunday: Closed

## Jigsaw

2 RUSSELL PLACE, NOTTINGHAM, NG1 5HJ  
(JUST OFF TALBOT STREET, UP FROM ROCK CITY)

Supports young people with substance misuse issues, young people involved in the criminal justice system, families, carers and affected others.

Tel: 0115 948 4314; [journey@cgl.org.uk](mailto:journey@cgl.org.uk)

# GAMBLING ADDICTION

## Gamblers Anonymous

NOTTINGHAM ROYAL NAVAL ASSOCIATION CLUB,  
22 CHURCH STREET, LENTON, NOTTINGHAM, NG7 1SJ

Gamblers Anonymous is a fellowship of men and women who have joined together to do something about their own gambling problems and to help other gamblers do the same.

Using the 12 steps to recovery.

Contact to attend their meetings. Phone: 0330 094 0322. Email: [nottsgasunday@gmail.com](mailto:nottsgasunday@gmail.com)

Meetings take place on Sunday's 19:30 - 21:30 and Wednesday's from 19:45 - 21:45



# HEALTH

## NHS Health Shop

07585991542 OR E MAIL HEALTHSHOP@  
NOTTSHC.NHS.UK

City for over 30 years. We are a small team that specializes in harm reduction and health promotion, and we offer advice and support around substance use and sexual health. We work specifically with people who use drugs, people experiencing homelessness, people within the LGBTQ+ community, and people seeking asylum and refugees. We are passionate about harm reduction.

We offer full STI screenings, including BBV testing, We can offer appointments for Hep B vaccinations for people who use drugs, men who have sex with men, people working in the sex industry. Please note we are not able to vaccinate people for professional reasons.

We offer a range of FREE condoms, lube and gloves.

To arrange a test or for more information please contact 07585 991542 or e-mail [healthshop@nottshc.nhs.uk](mailto:healthshop@nottshc.nhs.uk)

### OPENING TIMES

Monday: 9:00am - 4:30pm

Tuesday: 12:30pm - 4:30pm

Wednesday - 12:30pm - 6:00pm

Thursday - 12:30pm - 4:30pm

## More Health Services

NHS Health Shop: 0115 9055001  
Drop-in (12 Broad St., Hockley): Sexual health and drugs assessment/support (needle exchange, condoms).

NHS 111: 111

24-hour health advice and information. Help to locate a GP.

NHS Urgent Care Centre- walk-in: Seaton House, London Road.

7.00am -9.00pm Drop-in.

0115 844 0212

For urgent, non-life-threatening care

Health assessment/Basic Treatment.

Also has a dentist available for emergency treatment.

GPs: If an appointment is needed with a GP, can go to any surgery,

complete a 'temporary resident' form and make an appointment.

No need to register with the GP at this surgery.

WINDMILL PRACTICE: Beaumont Street, Sneinton Tel: 0115 883

8660. Specialist drug workers and special interest GPs. With

registered people who are homeless.

Possible to register with the

Windmill Practice via the Handel Street Centre.

CITY HOSPITAL GU: Clinic 0115 9627 627

Mon-Fri 8.30am-7pm

Nottingham Homeless Health Team

Tel: 0115 883 8703 Mon-Fri 8.00am-5.00pm

Meadows Health Centre, Room 84, 1

Bridgeway Centre, Meadows,

Nottingham, NG2 2JG

If in Doubt, Call 111, 112 or 999

# PREGNANCY ADVICE

For crisis pregnancy, decisionmaking, post-termination support or just to talk to someone:

## Talk It Over

[www.talkitoverderby.com](http://www.talkitoverderby.com)  
Email: [Info@talkitoverderby.com](mailto:Info@talkitoverderby.com)  
Phone: 0786 747 0588

## Zephyr's

[www.zephyrsnottingham.org.uk](http://www.zephyrsnottingham.org.uk)  
Email: [Contact@zephyrsnottingham.org.uk](mailto:Contact@zephyrsnottingham.org.uk)  
Phone: 0791 599 5532

## Image Pregnancy Helpline

[www.pregnancyhelpline.co.uk](http://www.pregnancyhelpline.co.uk)  
Phone 0333 772 0237  
For anyone touched by pregnancy loss or death of a baby:

## Tommy's

[www.tommys.org](http://www.tommys.org)  
Email: [midwife@tommys.org](mailto:midwife@tommys.org)  
Phone 0800 014 7800

# DOMESTIC ABUSE

## Nottinghamshire Women's Aid

THE FARR CENTRE, CHAPEL WALK,  
WESTGATE, NOTTINGHAMSHIRE, S80 1LR

Nottinghamshire Women's Aid supports women, children & men up to 18yrs.

They provide a safe environment for women, with ongoing support, advice, counseling, and learning opportunities.

Nottinghamshire Women's Aid now offers the following:

- Domestic Abuse Support service
- Intervention and Recovery Services
- Children's & Young Peoples' Domestic

## Abuse Support

- Independent Domestic Violence Advocate Service
- Refuge Support Services
- The Farr Centre – Supporting Women, Young People, and Children

Phone: 01909 533 610

Email: [enquiries@nottswa.org](mailto:enquiries@nottswa.org)

24hr Freephone Helpline:  
0808 800 0340

## Men's Advice Line -

Domestic violence affects men too.

Call the men's advice line and talk it over:  
0808 801 0327

## More Domestic Abuse Services

- Equation website - works to reduce and prevent domestic violence against men women and children.
- Equation Respect, not fear - Website for younger people that offers help, advice, and links to support. They suggest calling Childline 0800 11 11.
- Nottinghamshire Women's Aid website - Providing services for women, young people, and children. Call their 24-hour freephone helpline on 0808 800 0340.
- Nottinghamshire Independent Domestic Abuse Service website - Helps people experiencing domestic abuse.
- Midlands Women's Aid - Offers refuge, advice, and support to thousands of women and children. Call them on 0115 925 7647.
- Broxtowe Women's Project website - Offers support to women experiencing domestic violence in the Broxtowe borough. Call them on 01773 718555.
- Shine (Nottingham Community Housing Association) website - Aims to reduce the risks of domestic abuse and homelessness for women.
- Galop (Formerly Broken Rainbow) is a specialist service for transgender and bisexual people and those in same-sex relationships. Call: 0800 999 5428
- Karma Nirvana supports victims of honor crimes and forced marriage. Call: 0800 5999 247 free 24hr helpline
- The Hideout is a website for children and young people. It's a space to help them understand domestic abuse and what to do about it



# DEBT AND FINANCIAL ADVICE

## Debt Services:

Christians Against Poverty: Phone: 01274 760720. Email: [info@capuk.org](mailto:info@capuk.org)

King's Money Advice Centre. KMAC is run in partnership with Community Money Advice, to work alongside people in need providing practical help and advice so that they can gain control of their finances and be released from the worry that debt brings. Phone us on 0115 9207399

Pay Plan. Take advantage of free debt advice We understand that the recent cost of living increases will be putting a strain on your finances.

PayPlan help with contacting people you owe money to and arranging lower payments to make things more affordable. Mon to Fri 8am–8pm Sat 9am–3pm. Call us on: 0800 280 2816.

Trent Debt Advice. Free debt advice and free debt counseling in Nottingham. We can help individuals or couples who have some form of income, whether it is from a job or from benefits. Based at The Arches, Lenton Lane, Nottingham, NG7 2PX. Telephone 0115 988 7069. Unfortunately, we are unable to help with business debts. If you need help, we recommend that you call Business Debtline on 0800 197 6026. Easter Park, Lenton Ln., Lenton, Nottingham NG7 2PX

## Grants

The Nottingham General Dispensary. A medical charity that makes grants towards the cost of items and/or services to people living in Nottinghamshire, which are required due to a medical need but not available via the NHS or local authorities. The charity's funds are not allowed to be used to relieve public funds, nor are the Trustees permitted to repeat or renew the relief granted on any occasion in any case.

Nottingham Gordon Memorial Trust for Boys and Girls. The charity provides grants for items, services, or facilities to individuals under the age of 25, living in the City of Nottingham who is in conditions of need, hardship, or distress. The trustees are not however permitted to use any part of the Trust Funds to pay for rates, taxes, or public funds. Neither are they permitted to renew any relief granted on any occasion.

If over the age of 25 but have children, the Trustees may still consider an application. The scheme also promotes education and will provide funds to enable an applicant under the age of 25 to pursue their training/ education, and may provide grants for clothing, tools, instruments, or books including overseas educational trips.

Perry Trust Gift Fund. Trustees make grants to individuals of good character who have lived in Nottingham for at least 5 years, in need of financial assistance to maintain a reasonable standard of living. Applications are considered twice a year in May and November.

St Mary's Relief in Need. Grants are made for items, services or facilities to individuals living in the city of Nottingham who are in conditions of need, hardship or distress. For application forms for any of the above, please email: [anna.chandler@freethcartwright.co.uk](mailto:anna.chandler@freethcartwright.co.uk)



# MENTAL HEALTH CAFE'S

## Hope Cafe

- Hope Cafe is a one-stop community support cafe that provides for the needs of individuals and families in a holistic way.
- Open: Monday, Wednesday & Thursday 9.30 am – 12 pm and Saturday 9.30am – 10.30am
- Breakfast is served from 9.30—10.15 am
- We offer free food and friendship to anyone in need and a positive supportive community for all.

Hope Café is developing support services to help local people find hope. These include:

- Befriending
- Pastoral support
- Signposting to support services
- Practical support with Foodbank
- Citizen's Advice Bureau advice sessions on a Mon and Wed
- Volunteering opportunities

## Renew 37 Cafe

A Community Space promoting Wellbeing. This is a well-being cafe run by the community for the community helping to foster good emotional and mental well-being. All activities are inspired by the 5 ways to wellbeing. Open 9am - 3pm Monday to Thursday.

Find us at 37 Abbey Road,  
West Bridgford, NG2 5NG



# SEXUAL ASSAULT

## Topaz Centre

Helpline: 0845 600 1588 (24/7) Email: [topazsupport@nottssvss.org.uk](mailto:topazsupport@nottssvss.org.uk).  
Nottinghamshire Police: 0300 300 99 99. For all non emergency calls.

A supportive environment for a forensic examination and statement taking

A Crisis Worker to support the survivor during the initial stages of reporting including the examination

Up to 8 sessions of face-to-face support is available for clients

Medical examination which can take place up to 7 days after the attack to gather forensic evidence. This service is available without Police involvement for those over the age of 18.

Emergency contraception is available on site and/or access to local GUM Clinic for emergency medical care and follow up

Access to advice and support and or referrals to counselling services

The Topaz Centre is in a discreet location, easily accessible by public transport and by car.

The Topaz Centre provides a caring and informative service suited to meet a client's needs.

We offer a sensitive service for the client and respect their dignity regardless of lifestyle, religion, ethnicity, culture, sexuality and/or disabilities.

The Topaz Centre reviews and assesses the service on a regular basis, which enables us to meet the needs of people that have experienced rape or sexual assault.

## Nottinghamshire Sexual Violence Support Services (Formerly Notts Rape Crisis Centre)

30 Chaucer St, Nottingham,  
Nottinghamshire County  
NG1 5LP

Helpline: 0115 941 0440  
Helpline available Monday 4pm –7:30pm  
Tuesday 4pm-7.30pm Thursday 10am-1pm  
Friday 10am -1pm Saturday 10am- 1pm  
Office opening times:  
Monday - Friday 9am– 4pm  
(closed Thursday)

## Services

- Short term counselling/ Crisis intervention counselling
- Independent sexual violence advisor service
- Group support
- Mindfulness
- Sexual violence prevention programme (SVPP)
- Training and talks

# EMOTIONAL SUPPORT

The Samaritans of Nottingham

18 CLARENDON STREET, NOTTINGHAM, NG1 5HQ

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. We offer our service by telephone and face to face in most of our branches.

Opening Hours for Drop ins:

9:30am-9:30pm (Mon, Tues, Thurs, Fri, Sat)

11:30am-9:30pm (Wed) 9:30am-2:00pm (Sun)

Phone: 0115 941 1111

# DEFIBRILLATORS IN THE CITY CENTRE

Click the link below to see the locations of all defibs in the city center.

<https://www.defibfinder.uk/>

Locations: Primark, Police station (Byron house), Derby road outside Tim fosters hairdressers, St James hotel on Saint James Terrace. Maid Marian car park and lower parliament street next to Confetti studios.



🖱️ [nottsymca.com](https://nottsymca.com)

☎️ 0115 837 1871

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