

# Winter Info 2024/25



## Support services in Nottingham/Notts this Winter (version 5)

Latest updated version is available [here](#)

And Street Support Nottingham <https://streetsupport.net/nottingham/>

## The Wellbeing Hub

Drug and alcohol support in Nottingham City



73 Hounds Gate, Nottingham NG1 6BB

**Telephone: 0800 0285598**



<https://www.nottinghamrecoverynetwork.com/> E-mail [info@nottinghamrecoverynetwork.com](mailto:info@nottinghamrecoverynetwork.com)



The Wellbeing Hub makes it easier for people in Nottingham to get the help and support they need - for mental health, drugs, alcohol, housing and more.

With Christmas coming up.... It is important to remember...

### Collection days may change!

It is important you are checking with your pharmacist when you are due to collect prescription due to Pharmacy closure.

### Risk of Overdose

People may overindulge over the festive period, be aware of overdose if you choose to drink or use more than usual. **Be Aware!** You may be given additional unsupervised days of medication due to pharmacy closure. Please make sure you keep your additional doses safe and take as prescribed to ensure you have medication throughout the holiday period. Ask your Key Worker for a lock box. Please remember if your medication is taken by somebody who it is not prescribed for, they are at very high risk of overdose. **IF THIS HAPPENS RING 999 IMMEDIATELY.**

### Have you got supply of Naloxone?

Naloxone can be given here at Nottingham Recovery Network and at The Health Shop. This could save your life or the life of a friend.

# NRN Academy Group timetable

The community rehab recovery safe space area at NRN will also be open 9.30-4.30 weekdays and 11-12.30 Saturdays.

Anyone attending will need to have had a referral from their NRN keyworker, apart from attending SMART recovery.

| <b>CHRISTMAS TIMETABLE</b>  |  |  |
|---|--|--|
| <b><u>Monday 23rd</u></b><br>Relapse Prevention<br>Group Room 3<br>11 - 12:30<br>Skills Plus<br>Group Room 1<br>2 - 4 | <b><u>Tuesday 24th</u></b><br>Arts and Crafts<br>Group Room 3<br>1 - 2:30          | <b><u>Wednesday 25th</u></b><br><br><b>Closed</b>                                  |
| <b><u>Thursday 26th</u></b><br><br><b>Closed</b>  | <b><u>Friday 27th</u></b><br>Something For the Weekend<br>Group Room 1<br>1:30 - 3 | <b><u>Saturday 28th</u></b><br>Saturday Recovery Club<br>Open Access<br>11 - 12:30 |
| <b><u>Monday 30th</u></b><br>Relapse Prevention<br>Group Room 3<br>11 - 12:30   | <b><u>Tuesday 31st</u></b><br>Arts and Crafts<br>Group Room 3<br>1 - 2:30          | <b><u>Wednesday 1st</u></b><br><br><b>Closed</b>                                   |
| <b><u>Thursday 2nd</u></b><br>Skills Plus<br>Group Room 1<br>10 - 12<br>SMART<br>Group Room 3<br>1:30 - 3             | <b><u>Friday 3rd</u></b><br>Something for the Weekend<br>Group Room 1<br>1:30 - 3  | <b><u>Saturday 4th</u></b><br>Saturday Recovery Club<br>Open Access<br>11 - 12:30  |

# NRN Harm Reduction Service/Broad Street Needle Exchange

## The Health Shop



Specialist needle exchange, harm reduction and sexual health service

# Christmas opening times

**Monday 23rd December – 9:30 – 4:30**

**Tuesday 24th December (Christmas Eve) – 9:30 – 4:30**

**Wednesday 25th December (Christmas Day) – CLOSED**

**Thursday 26th December (Boxing Day) – CLOSED**

**Friday 27th December – 9:30 – 4:30**

**Saturday 28th December – CLOSED**

**Sunday 29th December – CLOSED**

**Monday 30th December – 9:30 – 4:30**

**Tuesday 31st December (New Years Eve) – 9:30 – 4:30**

**Wednesday 1st January – CLOSED**

**Thursday 2nd January – 9:30 – 4:30**

**Friday 3rd December – 9:30 – 4:30**

**12 Broad Street,  
Hockley, NG1 3AL  
0115 9055001**



 **THE HEALTH SHOP**  
DRUGS & SEXUAL HEALTH CLINIC

# Look After Your 'Elf this Christmas and New Years

- Make sure you have Naloxone, and it's a complete set.
- Being on a script (like Methadone) is a protective factor against opiate overdoses.
- Stock up for the holiday period - you can collect extra kit to ensure you don't run out. It's good to take kit for people you may use with too.
- Keep your medication stored safely where it cannot be reached by others, especially children. If you have children, ask your worker for a safe storage box. If a child swallows any drugs or medication, call 999 immediately.
- Make sure you have all your medication for the whole of the Christmas/New Year period. This includes Hep C meds, medication being prescribed by your GP etc. Services will have different opening hours so plan ahead.
- People tend to drink more at Christmas - mixing alcohol with other drugs always increases the risk of overdose, so take extra care if you're going to do this.
- If you're using for the first time or using after a period of abstinence, your tolerance will be low and could cause you to overdose.
- Avoid using alone, this way if you go over, somebody will be there to help (either by administering Naloxone, doing first aid, or calling an ambulance for help). If you use alone, make sure you have a safety plan in place.
- Always carry condoms and lube. Sex can be spontaneous and it's good to be prepared!
- Christmas time can be hard for many people, reach out for support if you're struggling this holiday period. There are services open and available to support you if you're feeling lonely or sad. Ask your key worker for more information on this.
- Call an ambulance if somebody overdoses.
- GET HELP IF SOMEONE NEEDS IT.
- Take care of each other.





Sexual Health Services  
Nottingham and Nottinghamshire

**NHS**  
Nottingham  
University Hospitals  
NHS Trust

## Sexual Health Services Nottingham and Notts

To book an appointment please call us on **0300 131 7010**

Contact centre opening hours:

Monday & Thursday: 8am-7pm

Tuesday & Wednesday: 8:30am-7pm

Friday: 8am-6pm

Saturday: 10am-2pm

The service will be closed on:

Wednesday 25<sup>th</sup> December 2024

Thursday 26<sup>th</sup> December 2024

Wednesday 1<sup>st</sup> January 2025

We offer walk in sessions for under 25's Monday-Thursday 2pm-6pm at Victoria Health Centre,  
Glasshouse Street, Nottingham, NG1 3LW

For more information on the services we offer please visit  
[www.nuh.nhs.uk/sexual-health-services](http://www.nuh.nhs.uk/sexual-health-services)



## Al-Hurraya

Help people in Black, Asian, Minority Ethnic and Refugee (BAMER) communities to overcome multiple adversities, including addiction and crime, to fulfil their full potential.  
TEL: 0115 7869206 – 07368579469. [info@al-hurraya.org](mailto:info@al-hurraya.org)

## Street Outreach Team

**For those facing rough sleeping or if you are concerned about someone**

**Available every day, 24 hours on 0800 066 5356.**

**Option 1 for City and Option 2 for County**

<https://thestreetlink.org.uk/>

-----



## CGL The Place



### Young People, Young Adult & Family Service for Drugs and Alcohol

*Offer a range of support services primarily for young people up to the age of 25 around drugs and alcohol.*

*We also offer specialist support in a confidential and safe space for children and young people impacted by somebody else's substance use (sometimes referred to as hidden harm).*

[www.changegrowlive.org/the-place-nottingham/info](http://www.changegrowlive.org/the-place-nottingham/info)

Email: [theplace@cgl.org.uk](mailto:theplace@cgl.org.uk)

T: 0115 948 4314

Our opening times over Christmas are:

December 23<sup>rd</sup> – 9-5

24<sup>th</sup> – 9-12

25<sup>th</sup> closed

26<sup>th</sup> closed

27<sup>th</sup> 9-5

30<sup>th</sup> – 9-5

31<sup>st</sup> – 9-12

January 1<sup>st</sup> – closed.



Improving the lives of people facing Severe and Multiple Disadvantage (SMD) in Nottingham City through system change

Freephone - 0800 055 6191

Office Number - 0115 850 4128

Email [changingfutures.refs@frameworkha.org](mailto:changingfutures.refs@frameworkha.org)

Monday 23<sup>rd</sup> December: 9am – 5pm

Tuesday 24<sup>th</sup> December: 9am – 5pm

Wednesday 25<sup>th</sup> December: Closed

Thursday 26<sup>th</sup> December: Closed

Friday 27<sup>th</sup> December: 9am – 4.00pm

Monday 30<sup>th</sup> December: 9am – 5pm

Tuesday 31<sup>st</sup> December: 9am – 4pm

Wednesday 1<sup>st</sup> January: Closed

Thursday 2<sup>nd</sup> January: 9am – 5pm

Friday 3<sup>rd</sup> January: 9am – 5pm

---

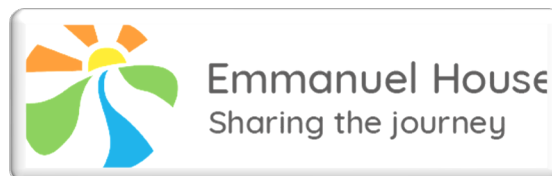
## The Friary

46 Musters Road, West Bridgford, NG2 7PR

**Mon, Wed, Fri** – 8am – 12 noon (open to all)

**Tue, Thu** – 8am – 11.30am (rough sleepers only)

Normal hours over the Christmas period, apart from  
Christmas Day - 1pm (tickets only)



Emmanuel House Support Centre

53-61 Goose Gate

Nottingham NG1 1FE

**Telephone** 0115 9507140

Support: [support@emmanuelhouse.org.uk](mailto:support@emmanuelhouse.org.uk)

### OFFICE HOURS

| <b>Monday 23<sup>rd</sup> Dec</b> | <b>Tuesday 24<sup>th</sup> Dec</b> | <b>Wednesday 25<sup>th</sup> Dec</b> | <b>Thursday 26<sup>th</sup> Dec</b> | <b>Friday 27<sup>th</sup> Dec</b> |
|-----------------------------------|------------------------------------|--------------------------------------|-------------------------------------|-----------------------------------|
| 9am-5pm                           | 9am-3pm                            | 10.30am-2.30pm                       | 10.30am-2.30pm                      | 9am-2.30pm                        |

|                                   |                                    |                                     |                                    |                                  |
|-----------------------------------|------------------------------------|-------------------------------------|------------------------------------|----------------------------------|
| <b>Monday 30<sup>th</sup> Dec</b> | <b>Tuesday 31<sup>st</sup> Dec</b> | <b>Wednesday 1<sup>st</sup> Jan</b> | <b>Thursday 2<sup>nd</sup> Jan</b> | <b>Friday 3<sup>rd</sup> Jan</b> |
| 9am-2.30pm                        | 9am-2.30pm                         | 11am-2pm                            | 9am-5pm                            | 9am-5pm                          |

| <b><u>DROP-IN HOURS</u></b>       |                                    |                                      |                                     |                                   |
|-----------------------------------|------------------------------------|--------------------------------------|-------------------------------------|-----------------------------------|
| <b>Monday 23<sup>rd</sup> Dec</b> | <b>Tuesday 24<sup>th</sup> Dec</b> | <b>Wednesday 25<sup>th</sup> Dec</b> | <b>Thursday 26<sup>th</sup> Dec</b> | <b>Friday 27<sup>th</sup> Dec</b> |
| 9.30am-midday<br>1pm-2pm          | 9.30am-midday<br>1pm-2pm           | 11am-2pm                             | 11am-2pm                            | 9.30am-midday<br>1pm-2pm          |
| <b>Monday 30<sup>th</sup> Dec</b> | <b>Tuesday 31<sup>st</sup> Dec</b> | <b>Wednesday 1<sup>st</sup> Jan</b>  | <b>Thursday 2<sup>nd</sup> Jan</b>  | <b>Friday 3<sup>rd</sup> Jan</b>  |
| 9.30am-midday<br>1pm-2pm          | 9.30am-midday<br>1pm-2pm           | 11am-2pm                             | 9.30am-midday<br>1pm-2pm            | 9.30am-midday<br>1pm-2pm          |

Emmanuel House will be running open access drop-in sessions throughout the festive period offering a warm space, food, showers, clothing, laundry and support for homeless and vulnerable people.

- On Christmas Day, we'll serve a Christmas dinner with all the trimmings, including presents, crackers and board games, and we'll open for basic services and support.
- Our Winter Shelter will be open every night over Christmas, providing short-term emergency accommodation. Please send referrals to [wintershelterEH@emmanuelhouse.org.uk](mailto:wintershelterEH@emmanuelhouse.org.uk)
- We are hugely grateful to all those who donate to us but we do please ask people to bring all food and clothes donations to the Support Centre before Weds 18 Dec.



[www.pow-advice.org.uk](http://www.pow-advice.org.uk)

**Monday 23<sup>rd</sup> December**

1-4pm Drop In

7-9pm Outreach

**Friday 27<sup>th</sup> December**

7-10pm Outreach



**Monday 30<sup>th</sup> December**

1-4pm Drop In

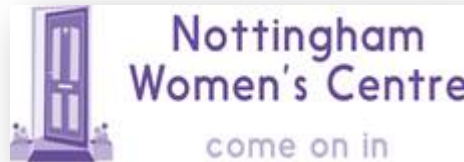
7-9pm Outreach

**Thursday 2<sup>nd</sup> January**

1-5pm Drop In

**Friday 3<sup>rd</sup> January**

7-10pm Outreach



**Warm Space for Women**

Nottingham Women's Centre (NWC) is offering a warm, safe, and comfortable space for women to access right in Nottingham's City Centre. The Warm Space will be open for all women from Monday – Friday, 9am – 5pm, at Nottingham Women's Centre's 30 Chaucer Street home and hub. **NOTE: NWC is open up to 4pm on 24<sup>th</sup> December, and then re-opens on Thursday 2<sup>nd</sup> January.**

There are hot drinks, books from the Library, and many activities and services that run from the Centre. The Centre's hot shower and laundry facilities are also available to women. And a bookable, fully equipped kitchen provides a resource for women to cook meals for themselves and their families.

More details online here: <https://www.nottinghamwomenscentre.com/warm-space-for-women-launches-at-nwc/>

**PLEASE NOTE: Nottingham Women's Centre's building and phone line closes at 4pm on Tuesday 24th December & re-opens on Thursday 2nd January 2025 at 9am.**

**More info on closure dates and support numbers here: [nwcentre.com/WINTER](http://nwcentre.com/WINTER)**



**Nottingham Muslim Women's Network – Christmas Opening Times**

We're here to support you throughout the festive season!

**Opening Hours:**

- Monday to Friday: 9 AM - 4 PM

**Holiday Closures:**

- Closed on 25th & 26th December 2024
  - Closed on 1st January 2025

For more information, please visit our website or contact us directly.

<https://nottinghammuslimwomensnetwork.co.uk/>

email: [enquiries@nmwn.co.uk](mailto:enquiries@nmwn.co.uk)

phone: 01158 372627 / 07826 464722

## Gambling Support

### Would you recognise the signs of gambling harm?

Gambling can affect physical and mental health, damage relationships and leave people feeling lonely and isolated. It can also cause problems with employment, education, housing and lead to serious debt.

Gambling is not just limited to casino-style games and to sports betting, there are many other forms of gambling including scratch cards, bingo, lotteries, and in-console gaming.

Gambling-related harm is under-recognised and often hidden, but there are many signs which may help you recognise if gambling is causing harm. If you notice that you, or someone you know, is feeling stressed, anxious or isolated, or are thinking about gambling a lot of the time, it could be a sign of gambling harm.

To learn more, and to find out about free advice and treatment services available in Nottingham, visit: [www.asklion.co.uk/gamblingsupport](http://www.asklion.co.uk/gamblingsupport)

To learn more, and to find out about free advice and treatment services available in Nottingham, visit: [www.asklion.co.uk/gamblingsupport](http://www.asklion.co.uk/gamblingsupport)



## Double Impact's 'TimeOut' Gambling Recovery Service is a new service for Nottingham city.

Here at TimeOut, we are passionate about starting the conversation, reducing the stigma associated with a gambling harms and empowering individuals to recover.

We offer:

- 1-1 holistic support, screening & recovery planning

- Guided peer-led support groups
- Recovery Planning based on your goals, your strengths and assets
- Helping you access wider/ specialist support
- Specialist cultural support (through partner Al-Hurraya)

Get in touch through our website: <https://www.doubleimpact.org.uk/time-out-gambling-project>

Or email us at: [timeout@doubleimpact.org.uk](mailto:timeout@doubleimpact.org.uk)

Or phone us on 07706 732649

## Domestic and Sexual Violence

### Domestic Violence Helpline

Run by Juno Women's Aid

Open 24 Hours. Tel: 0808 800 0340

(0808 800 0341 with text phone)

### Notts Sexual Violence Support Service (Notts SVSS)

[www.nottssvss.org.uk](http://www.nottssvss.org.uk)

**0115 941 0440**

Nottinghamshire Sexual Violence Support Services helpline provides access to sexual violence and abuse services for women and men in Nottingham and Notts.

Helpline be closed on

- Christmas Day
- Boxing Day
- New Years Day

Open as usual at all other times

10am to 1pm & 4.30pm to 7.30pm (Mon – Fri)

10am to 1pm (Sat morning)

### Equation's Men's Service:

0115 960 5556

A confidential answerphone runs 24/7

[helpline@equation.org.uk](mailto:helpline@equation.org.uk)

[www.equation.org.uk](http://www.equation.org.uk)

Helpline Mon-Fri 09:30-16:30 (Closed on the Bank Holidays)

IDVA Service Mon-Fri 09:00-17:00 (Closed Bank Holidays)

### Children Sexual Violence and Abuse Support Service

[www.imara.org.uk](http://www.imara.org.uk)

## Helplines and websites

Samaritans – 08457 90 90 90

-----



### Mental health support

To find information, advice and how to access local support for anything to do with mental health, visit the new NottAlone website.

It includes information and advice on many different topics - whether you are looking for yourself, for a family member or friend, or as a professional working with someone who needs support.

You may know NottAlone as a mental health website for children and young people in Nottingham and Nottinghamshire. NottAlone has now been expanded and relaunched with support for everyone, of all ages.

Visit [www.nottalone.org.uk](http://www.nottalone.org.uk) to find out more.

### Nottinghamshire CRISIS Sanctuaries-

We are a free service and here to offer support, information, and guidance to anyone 18 years or older in or nearing a mental health crisis. Our team is ready to listen and waiting to hear from you on **0330 822 4100** Our open hours are from 4pm till 11pm every day of the year seven nights a week.

Sane: Phone 0300 304 7000 6pm – 11pm. Online: [www.sane.org.uk](http://www.sane.org.uk)

SHOUT – 24/7 text service – 85258 with immediate need of support with mental health

NCHA SMaRT Mental Health Helpline: For more information contact:

08005610072

Or text 0750 662 8693 and we will call you back.

Self harm: Support via email: [www.nshn.co.uk/contact.html](http://www.nshn.co.uk/contact.html)

**RETHINK:** [www.rethink.org/](http://www.rethink.org/) living with mental illness / coping in a crisis Call 0300 5000 927 Monday to Friday, 10am-2pm

**CALM (campaign against living miserably)** 5pm – Midnight everyday. Use Webchat or the Helpline 0800 585858

**MIND:** Support and information relating to all mental health conditions. Phone 0115 934 8445. Online: [www.mind.org.uk/help/crisis](http://www.mind.org.uk/help/crisis) or locally  
**Mansfield and Ashfield.** <http://centralnottsmind.com/>  
**Bassetlaw** <http://www.bassetlawmind.org.uk/>

**Every Mind Matters Website** by NHS England that offers education, and advice on mental and physical health, with links to useful mobile apps and websites.  
[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

**FRANK – 24 hr national drugs helpline.**  
**Tel: 0300 123 6600** [www.talktofrank.com](http://www.talktofrank.com)

---

## Soup Runs, free food, and advice.

(see also warm spaces list)

**Bridgeway Methodist Church Sunday Supper.** Sundays from 5pm cater for up to 50 people. Queens walk community café also do food parcels and have surplus food out daily for anyone to collect if needed - Home | Queens Walk Community Association ([qwca.co.uk](http://qwca.co.uk))

**Tracy's** are doing hot food for rough sleepers on Christmas and Boxing Day

**SFiCE Foundation**  
Helping Vulnerable Adults in Nottingham, UK

We are running our usual Social Cafe on Tuesday 24th December but then we are closed until Thursday 2nd January when we open again as usual.

**HOPE**  
Nottingham  
INSPIRING AND GROWING  
COMMUNITIES OF HOPE

**Hope – East and West Nottingham Foodbanks. Here**

<https://eastwestnottingham.foodbank.org.uk/locations/> are details of the opening hours for all of our foodbanks over the festive period. They ask that everyone who comes to the foodbank for emergency food has a valid foodbank voucher.

**Normal Food support weekly rota – NOTE: may be different during the Christmas and New Year period. – See above**

**Nottingham  
Food Support Weekly Rota**

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   | Sunday  |
|---|---|--|---|---|--|---|
| <b>The Friary</b><br>West Bridgford<br>Food parcels & advice<br><b>9am - noon</b>                 | <b>The Friary</b><br><b>Rough sleepers only</b><br>for takeaway breakfast, food parcels and advice<br><b>9am - 11am</b> | <b>The Friary</b><br>West Bridgford<br>Food parcels & advice<br><b>9am - noon</b>                        | <b>The Friary</b><br><b>Rough sleepers only</b><br>for takeaway breakfast, food parcels and advice<br><b>9am - 11am</b> | <b>The Friary</b><br>West Bridgford<br>Food parcels & advice<br><b>9am - noon</b>                 | <b>Hope Café</b><br>The Boundary Community Centre, Beeston, NG9 2RF<br><b>9:30am - 12pm</b>    | <b>BlindEye soup run</b><br>City Centre<br><b>7:30 - 9:30am</b>   |
| <b>Hope Café</b><br>The Boundary Community Centre, Beeston, NG9 2RF<br><b>9:30am - 12pm</b>       |   | <b>Hope Café</b><br>The Boundary Community Centre, Beeston, NG9 2RF<br><b>9:30am - 12pm</b>              | <b>Hope Café</b><br>The Boundary Community Centre, Beeston, NG9 2RF<br><b>9:30am - 12pm</b>                             |   |  |   |
| <b>Muslim Hands Open Kitchen</b><br>Free hot meals <b>11am-2pm.</b><br>207 Mansfield Road NG1 3FS | <b>Muslim Hands Open Kitchen</b><br>Free hot meals <b>11am-2pm.</b><br>207 Mansfield Road NG1 3FS                       | <b>Muslim Hands Open Kitchen</b><br>Free hot meals <b>11am-2pm.</b><br>207 Mansfield Road <b>NG1 3FS</b> | <b>Muslim Hands Open Kitchen</b><br>Free hot meals <b>11am-2pm.</b><br>207 Mansfield Road NG1 3FS                       | <b>Muslim Hands Open Kitchen</b><br>Free hot meals <b>11am-1pm.</b><br>207 Mansfield Road NG1 3FS | <b>Muslim Hands Open Kitchen</b><br>Free hot meals <b>11am-2pm.</b> 207 Mansfield Road NG1 3FS | <b>Muslim Hands Open Kitchen</b><br>Free hot meals <b>11am-2pm.</b> 207 Mansfield Road NG1 3FS                |
| <b>Emmanuel House</b><br>Hockley, Homeless, rough sleeping or in crisis <b>12:30pm - 1:15p</b>    | <b>Emmanuel House</b><br>Hockley, Homeless, rough sleeping or in crisis <b>12:30pm - 1:15pm</b>                         | <b>Grace Church</b><br>The Ministry, 1 Castle Boulevard, Nottingham, NG7 1FT<br><b>12.30pm - 3.30pm</b>  | <b>Emmanuel House</b><br>Hockley, Homeless, rough sleeping or in crisis <b>12:30pm - 1:15pm</b>                         | <b>Emmanuel House</b><br>Hockley, Homeless, rough sleeping or in crisis <b>12:30pm - 1:15pm</b>   |  | <b>Sewa Day</b><br>Lister gate<br><b>5pm - 7pm</b>  |
|   | <b>SFICE Foundation 75A Raleigh Street, NG7 4DL</b><br><b>4pm - 5:30pm</b>  | <b>SFICE Foundation 75A Raleigh Street, NG7 4DL</b><br><b>4pm - 5:30pm</b>                               | <b>SFICE Foundation 75A Raleigh Street, NG7 4DL</b><br><b>4pm - 5:30pm</b>  | <b>Tracy's</b><br>hot food <b>6:30pm</b><br>Listergate Outside M&S                                |  | <b>Everybody Matters</b><br>St Peters Square<br><b>7pm</b>  |
| <b>Guru Nanak's Mission</b><br>St Peters Square<br><b>7:30pm</b>                                  | <b>Food for all</b><br>Lister Gate<br><b>5pm</b>  | <b>S.A.F.E Salvation Army</b><br>King Edward Street - <b>5pm-8pm</b>                                     | <b>Guru Nanak's Mission</b><br>St Peters Square<br><b>7:30pm</b>  | <b>Trent Vineyard</b><br>City Centre<br><b>7:30 - 9pm</b>   | <b>Rumi's table</b><br>St Peters Square<br><b>5:45 - 7pm</b>                                   | <b>University of Nottingham Soup Runners</b><br>1 Albert Street, Nottingham, NG1 7DB<br><b>7:30pm onwards</b> |



Many residents may be struggling this winter to deal with increasing household bills, as the cost-of-living crisis continues, and the days become colder.

ASKLiON and [Nottingham Energy Patnership](#) have come together to list partners, community and voluntary organisations that have opened up buildings as warm spaces for any resident to freely access and stay warm during their opening hours.

These welcoming spaces at the heart of our communities, offer somewhere for residents to go to keep warm, meet other people, or even an alternative place to work other than their own home. Some of the spaces may also offer refreshments and activities, as well as information on how to reduce bills and access support.

Don't forget to **visit the dedicated ASKLiON Money Advice page for support on Benefits, Energy, Debt, Government Schemes, Food parcels, Food banks, Reducing bills and more.**

**Details can be found here:**

[ASKLiON | Ask Lion - Nottingham City Directory](#)

This list is being updated regularly – It can be displayed on a map or printed.

**Current list is below**

## NOTTINGHAM CITY WARM HUBS

**NOTTINGHAM LIBRARIES – NOT INCLUDED – See section below.**

### NORTH LOCALITY

| AREA       | ORGANISATION AND VENUE   | DAYS AND TIMES   | ACTIVITY/OFFER  | CONTACT DETAILS  |
|------------|--|--|---|--|
| Basford    | Renew Community Café<br>Basford Road Baptist Church<br>Basford Road, NG6 0JL | Wednesday<br>Morning, 11am - 1pm                                     | A range of Hot and Cold Drinks, Cakes & Pastries available for a small donation. We also have board games and craft activities to take part in. We aim to make this space somewhere for you to be comfortable where it's ok not to be ok. | Nicola Darlington 07790276892<br>enquiries@basfordroadbaptist.org.uk |
| Bestwood   | Arnold Rd Evangelical Church<br>Arnold Road NG5 5HN                          | Tuesdays 10am-11:30am  | Coffee morning  | pastor@arnoldroad.org 0115 920 1788                                  |
| Bilborough | Beechdale Community Centre<br>Ambergate Road, NG8 3GD                        | Monday to Friday<br>6pm – 8pm  | Warm space  | 0115 915 0285<br>07889662637   |
| Bilborough | Beechdale Community Centre<br>Ambergate Road NG8 3GD                         | Monday to Friday<br>10am-4pm   | Games, Hot Meals, Hot drinks, Advice, Support, Food bank, various group activities  | 01159150285<br>07889662637   |
| Sherwood   | #Well Café, The Pillar Box<br>566 Mansfield Road NG5 2FS                     | 2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of the month<br>3pm – 5pm | Our cafes are designed to connect individuals to like-minded people in the community, sharing well-being tips, interests and skills. There is offer of tea, coffee and biscuits.  | katie.hale@nottinghamshiremind.org.uk                                |



## CENTRAL LOCALITY

| AREA          | ORGANISATION AND VENUE   | DAYS AND TIMES  | ACTIVITY/OFFER  | CONTACT DETAILS                                       |
|---------------|--|---|---|---|
| Aspley        | St Martha's Church<br>137-139 Frinton Road NG8 6GR                       | Wednesdays 10am-12pm                                    | Community Café  | 0115 9298899<br>Info@wearewoven.church                |
| Aspley        | St. Marthas Vicarage<br>135 Frinton Road NG8 6GR                         | Wednesdays 10am-12pm                                    | Free community cafe   | 0115 929 8899<br>Info@wearewoven.church               |
| City Centre   | Emmanuel House Support Centre 53-61 Goosegate, NG1 1FE                   | Monday, Tuesday, Thursday and Friday, 12.30pm – 1.15pm. | Food and company. Community members can use the centre as a warm safe place to help reduce fuel bills at home.<br><br>Charging £2 for meal or £10 for 10 meals when ordered in advance. | 0115 950 7140<br>E-mail<br>admin@emmanuelhouse.org.uk |
| City Centre   | Grace Church<br>1 Castle Boulevard NG7 1FT                               | Tuesday 10am-11:30                                      | Family Foundations sessions - free play, support parcels for young families (including food parcels if needed), befriending and signposting   | hello@gracechurchnottingham.org                       |
| City Centre   | #Well Café, National Ice Centre,<br>Bolero Square NG1 1LA                | Mondays 10:45am – 12:30pm                               | Our cafes are designed to connect individuals to like-minded people in the community, sharing well-being tips, interests and skills   | katie.hale@nottinghamshiremind.org.uk                 |
| Hyson Green   | Salaam Shalom Kitchen; The Bridge Centre, 49a, Gregory Boulevard NG7 5JA | Every Wednesday, 5pm - 6.30pm                           | Warm space and hot meals ; also take away meals and groceries   | 07729288460<br>info@salaamshalomkitchen.co.uk         |
| Hyson Green   | SFiCE House; 75a, Raleigh Street Arboretum, NG7 4DL                      | Tuesdays, Wednesdays & Thursdays, 4pm-5.30pm            | Hot meals for the homeless and communities in need. Free, or small donation if one can afford it  | 0115 978 9256 07941378265<br>info@sfice.org           |
| Wollaton      | Wollaton Park Community Coffee Shop, Harrow Road NG8 1FG                 | Thursdays 8:45am-11:45am                                | A warm safe place to help reduce fuel bills at home. We run a coffee shop and offer subsidised hot drinks and food.   | 0115 928 8860<br>wpcommunitycentre@googlemail.com     |
| Wollaton West | St Thomas More's Church Hall<br>2 Glenwood Avenue NG8 2GA                | Fridays, 12.30pm - 2pm                                  | Food and company. Community members can use the centre as a warm safe place to help reduce fuel bills at home.  | 0115 929 5907<br>st.thomasmore.wollaton@outlook.com   |

**Nottingham Women's Centre added to the list this year as a dedicated warm space.** Nottingham Women's Centre is offering a warm, safe, and comfortable space for women to access right in Nottingham's City Centre. The Warm Space will be open for all women from Monday – Friday, 9am – 5pm, at Nottingham Women's Centre's 30 Chaucer Street home and hub. **NOTE: Up to 4pm on 24<sup>th</sup> December and then re-opens on Thursday 2<sup>nd</sup> January** There are hot drinks, books from our Library, and many activities and services that run from the Centre. The Centre's hot shower and laundry facilities are also available to women. And a bookable, fully equipped kitchen provides a resource for women to cook meals for themselves and their families. More details online here: <https://www.nottinghamwomenscentre.com/warm-space-for-women-launches-at-nwc/>

## SOUTH LOCALITY

| AREA     | ORGANISATION AND VENUE   | DAYS AND TIMES   | ACTIVITY/OFFER   | CONTACT DETAILS                               |
|----------|--|--|--|---|
| Clifton  | Holy Trinity with St Francis Church Farnborough Road, NG11 9DG                                       | Wednesdays 9 - 11am  | Drop-In Cafe with tea, coffee, toast and biscuits. Have a chat and make new friends. All free.<br><br>DROP IN CAFÉ with prayer time at 11am (all welcome, no pressure to take part in prayers)   | 074591382105<br>juleshilton@outlook.com       |
| Dales    | Oliver Hind Youth Club<br>Edale Road, NG2 4HT<br><br>WILL CALL ME BACK TO CONFIRM IF WILL BE ONGOING | Mondays,<br>Tuesdays,<br>Thursdays: 12 - 3pm<br><br>Wednesdays,<br>Fridays: 10am - 3pm | Come relax, chat, or simply take a break from your day. You can sip on tea or coffee, savour fresh fruit, and perhaps indulge in a biscuit or two. Plus, feel free to make the most of our facilities - enjoy a game of table tennis, pool air hockey, or table football.  | 0115 837 2021                                 |
| Sneinton | Sneinton Hermitage Community Centre<br>51 Sneinton Boulevard NG2 4FD                                 | Tuesday 10-1pm<br>Warm Hub<br>Thursday 11-1.30pm<br>Noor Project                       | Warm Hub is a drop in session run by social prescribers offering advice, health & finance etc. various activities i.e board games/quizzes/card games. refreshments available<br><br>Noor Project offer a hot meal and pudding, social interaction with other people<br>Yoga and various other arts/crafts activities | sneintonhermitageecc@gmail.com<br>07974394042 |

|          |  |   |  |  |
|----------|--|---|--|--|
| St Ann's | Chayah Development Project<br>26 Robin Hood Chase NG3<br>4EZ | Wednesdays, 9am<br>-<br>2.30pm from<br>November 2024      | Community members can use the centre as a warm safe place to help reduce fuel bills at home.<br>Hot meals for £1.00, free hot drinks | Hya@chayahgroup.co.uk                                  |
| St Ann's | Open Kitchen<br>207 Mansfield Road NG1 3FS                   | Mondays to<br>Thursdays 11am-<br>2pm Fridays 11am-<br>1pm | People are able to pop into the café without booking   | Muslim Hands<br>01159117222<br>mail@muslimhands.org.uk |
|          |  |   |  |  |



**Nottingham City Council are continuing to open their libraries as warm spaces for residents to access for browsing, reading, computer use and joining in with activities during the winter months. Details of library locations and opening hours can be found at the link below.**

**[Find a Library | Nottingham City Libraries](#)**

**Aspley-Basford-Bilborough-Bulwell-Clifton-Dales-Hyson Green-Radford/Lenton-Southglade Park-St.Anns Valley-Strelley-Meadows-Wollaton and the new Central Library at Broad Marsh**















# Drop in/advice



Nottingham & Nottinghamshire  
**REFUGEE FORUM**

<https://www.nottsrefugeeforum.org.uk/>

for people seeking asylum and refugees to get advice, information, and support.

|                             |                                   |  |
|-----------------------------|-----------------------------------|--|
| <b>Monday 23/12/2024</b>    | <b>Open 9.30- 14:00 No Advice</b> | <br>     |
| <b>Tuesday 24/12/2024</b>   | <b>Open 9.30- 14:00 No Advice</b> | <br>     |
| <b>Wednesday 25/12/2024</b> | <b>Closed</b>                     |    |
| <b>Thursday 26/12/2024</b>  | <b>Closed</b>                     |   |
| <b>Friday 27/12/2024</b>    | <b>Closed</b>                     |   |
| <b>Monday 30/12/2024</b>    | <b>Open 9.30- 14:00 No Advice</b> | <br> |
| <b>Tuesday 31/12/2024</b>   | <b>Open 9.30- 14:00 No Advice</b> | <br> |
| <b>Wednesday 01/01/2025</b> | <b>Closed</b>                     |   |
| <b>Thursday 02/01/2025</b>  | <b>Open as usual</b>              |   |
| <b>Friday 03/01/2025</b>    | <b>Open as usual</b>              |   |



## British Red Cross - Refugee Support Nottingham

The last day of active service delivery from British Red Cross in Nottingham will be Friday 20<sup>th</sup> December.

We will resume active service delivery on Monday 6<sup>th</sup> January. Some of our team will be taking leave during this time, and some aren't. The ones that aren't may continue to work on existing cases, but we won't be picking up anything new between these dates, to hopefully allow for some much needed wellbeing-recharging! These closure dates are also the same for our Derby and Leicester teams.

## The Nottinghamshire Crisis Sanctuaries

Website: [www.nottinghamshirecrisisanctuaries.tv](http://www.nottinghamshirecrisisanctuaries.tv)

We are a free service and here to offer support, information, and guidance to anyone 18 years or older in or nearing a mental health crisis. Our team is ready to listen and waiting to hear from you on **0330 822 4100** Our open hours are from 4pm till 11pm every day of the year seven nights a week.

We offer drop-in services in Nottingham, Chilwell, Mansfield, and Worksop:

---

## Self Help/Mutual Aid

Many fellowship meetings carry on throughout the holiday period. There are a range of other self-help groups available, including SMART Recovery Groups. Check for restrictions and whether groups are online or in person.

## AA Meetings

**Come and join friends during the Christmas season**

Alcoholics Anonymous

To speak to a recovering alcoholic, in confidence, in our area, please call

**0115 941 7100**

If you would like to make contact with us via email, then please email [help@aamail.org](mailto:help@aamail.org)

Find meetings on the website:

[https://www.alcoholics-anonymous.org.uk/Members/Regional-&-Local-Websites/midlands-region/nottinghamshire\\_leicestershire-intergroup](https://www.alcoholics-anonymous.org.uk/Members/Regional-&-Local-Websites/midlands-region/nottinghamshire_leicestershire-intergroup)

# Christmas Alcothon 2024

St Jude's Church  
405 Woodborough Road  
Mapperley  
Nottingham  
NG3 5HE

**Midday 24th December - Midday 25th December**

Drop in and join us for fellowship and a meeting at Christmas. Meetings will run regularly on Christmas Eve and as needed through the night. Food and refreshments will be provided, however contributions of food warmly received. Friends and family welcome, children's area will be available.

## Narcotics Anonymous

Self-help for drugs problems Tel: 0300 999 1212

Meeting finder <https://meetings.ukna.org/>

## Which Pharmacies are open on Christmas day?

| Name               | Address   | Opening times |
|--------------------|---|---------------|
| Asims Pharmacy     | 14-16 Colwick Rd, SNEINTON, NG2 4BU                     | 2pm - 4pm     |
| Boots Pharmacy     | 48 Carolgate, RETFORD, DN22 6DY                         | 10am - 12pm   |
| Boots Pharmacy     | 944 Woodborough Rd, MAPPERLEY, NG3 5QS                  | 10am - 12pm   |
| Boots Pharmacy     | 56 Larwood Ave, WORKSOP, S81 0HH                        | 2pm - 4pm     |
| Boots Pharmacy     | Victoria Centre, NOTTINGHAM, NG1 3QS                    | 10am - 12pm   |
| Peak Pharmacy      | King St, SUTTON-IN-ASHFIELD, NG17 1AT                   | 10am - 12pm   |
| Shallys Chemist    | 37 Beech Ave, NEW BASFORD, NG7 7LJ                      | 2pm - 4pm     |
| Trust Pharmacy     | Queen's Medical Centre, NOTTINGHAM NG7 2UH              | 10am - 12pm   |
| Well Pharmacy      | 12 Harrow Rd, WOLLATON, NG8 1FG                         | 10am - 12pm   |
| Well Pharmacy      | Hucknall Rd, Kibworth Close, HEATHFIELD ESTATE, NG5 1NA | 2pm - 4pm     |
| Whistlers Pharmacy | London Rd, NEWARK, NG24 1TN                             | 2pm - 4pm     |

## Which Pharmacies are open on Boxing day?

| Name                    | Address   | Opening time(s)   |
|-------------------------|---|-------------------|
| Boots Pharmacy          | Worksop, S80 1JQ                                  | 10am - 4pm        |
| Boots Pharmacy          | Newark, NG24 1GA                                  | 9am - 6pm         |
| Evans Pharmacy          | Newark, NG24 1AD                                  | 10:30am - 12:30pm |
| Glasshouse Chemist      | 41-44 Glasshouse Street, NG1 3LW                  | 10am - 12pm       |
| Jhoots Pharmacy         | Retford, DN22 6AA                                 | 10am - 12pm       |
| Mapperley Pharmacy      | Mapperley, NG3 5QQ                                | 10am - 12pm       |
| My Local Chemist        | West Bridgford, NG2 7RL                           | 2pm - 4pm         |
| Newgate Street Pharmacy | Worksop, S80 2HD                                  | 2pm - 4pm         |
| Peak Pharmacy           | Mansfield, NG19 6AB                               | 10am - 12pm       |
| Skegby Pharmacy         | Sutton-in-Ashfield, NG17 3EE                      | 2pm - 4pm         |
| Tesco instore Pharmacy  | Hucknall, NG15 7UQ                                | 10am - 12pm       |
| Trust Pharmacy          | Nottingham University NHS Hospitals, QMC, NG7 2UH | 10am - 12pm       |
| Vantage Pharmacy        | Aspley, NG8 5HL                                   | 10am - 12pm       |
| Well Pharmacy           | Rise Park, NG5 5EJ                                | 2pm - 4pm         |

## Services in Nottinghamshire

For help in Notts (outside of the city)



### **Change Grow Live Nottinghamshire**

An all-age integrated service for children, young people and adults living in Nottinghamshire.

If you are experiencing issues around drug and/or alcohol use, please contact our expert team on

**0115 896 0798** for more information or to make an appointment.

<https://www.changegrowlive.org/nottinghamshire>

### **Specialist services available over Christmas:**

- Needle exchange available at Worksop and Mansfield
- Free Naloxone kits
- Free and confidential support

We have 3 hubs across Nottinghamshire for in-person visits.

**County South Hub: Under one Roof, 3 Vine Terrace, Hucknall, Nottinghamshire NG157HN**  
Covering Gedling, Broxtowe, Rushcliffe and Hucknall.

**West Nottinghamshire Hub: Unit 2 & 3 Sherwood Court, Sherwood Street, Mansfield, Nottinghamshire NG181ER**  
Covering Mansfield, Ashfield and Ollerton

**North Nottinghamshire Hub: Crown House, Ground Floor, Newcastle Avenue, Worksop S80 1ET**  
Covering Bassetlaw, Newark, and Sherwood

### Opening times:

Our normal opening hours are Monday to Friday 9:30am to 16:30pm.



Providing emotional help and support to families in Nottinghamshire affected by a loved one's alcohol or drug use

**Helpline: - 0800 0850 941**

**Text Phone: 07896 228 547**

**Web Chat available on the website:**

[www.hettys.org.uk](http://www.hettys.org.uk)

Helpline is open 9am – 6pm daily (Closed 25<sup>th</sup>, 26<sup>th</sup> December and 1<sup>st</sup> January)

## Street Outreach Team

**For those facing rough sleeping or if you are concerned about someone**

**Available every day, 24 hours on 0800 066 5356.**

**Option 1 for City and Option 2 for County**

<https://thestreetlink.org.uk/>

Compiled by Glen Jarvis at Public Health, Nottingham City Council [glen.jarvis@nottinghamcity.gov.uk](mailto:glen.jarvis@nottinghamcity.gov.uk) Mobile: 07947 309 104

**Accurate as far as possible at 24<sup>th</sup> December 2024.** Feel free to reproduce, alter and copy as appropriate for your own needs.

If you want to add anything to the master copy, please send details to Glen.

Latest version is always available [here](#)

And on Street Support Nottingham <https://streetsupport.net/nottingham/>