



Holidays & Winter Info 2023

Support services in Nottingham/Notts this Winter (version 1)

Latest updated version is available [here](#)

And Street Support

Nottingham <https://streetsupport.net/nottingham/>

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The Wellbeing Hub

Drug and alcohol support in Nottingham City

73 HoundsGate, Nottingham NG1 6BB

Telephone: 0800 0285598

E-mail: info@nottinghamwellbeinghub.org



Clean Slate
Criminal Justice Substance Misuse Service

**OPPORTUNITY
AND CHANGE**

**The
Health Shop**

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 Harm Reduction Service/Broad Street Needle Exchange

The Health Shop

12 Broad Street Hockley, Nottingham. NG1 3AL. Tel. 0115 9055001

Christmas opening times

Monday 18th December – 9.00am – 4.30pm

Tuesday 19th December – 12.30pm – 4.30pm

Wednesday 20th December – 12.30pm – 6.00pm

Thursday 21st December – 12.30pm – 4.30pm

Friday 22nd December – 12.30pm – 4.30pm

Saturday 23rd December – CLOSED

Sunday 24th December (Christmas Eve) – CLOSED

Monday 25th December (Christmas Day) – CLOSED

Tuesday 26th December (Boxing Day) – CLOSED

Wednesday 27th December – 12:30 – 6:00pm

Thursday 28th December – 12.30pm – 4.30pm

Friday 29th December – 12.30pm – 4.30pm

Saturday 30th December – CLOSED

Sunday 31st December (New Years Eve) – CLOSED

Monday 1st January (New Years Day) – CLOSED

Tuesday 2nd January – 12.30pm – 4.30pm

Wednesday 3rd January – 12.30pm – 6.00pm

Thursday 4th January – 12.30pm – 4.30pm

Friday 5th December – 12:30pm – 4:30pm

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



PROTECT YOUR'ELF THIS SEASON

1. CHRISTMAS CAN BE A DIFFICULT TIME FOR MANY PEOPLE, REACH OUT IF YOU ARE STRUGGLING. THERE ARE SERVICES OPEN FOR SUPPORT - PLEASE ASK THE HEALTH SHOP OR YOUR WORKER FOR INFORMATION.

2. CHECK YOU HAVE ENOUGH MEDICATION TO SEE YOU THROUGH THE HOLIDAY PERIOD WHEN SERVICES MIGHT BE CLOSED/HAVE REDUCED HOURS. MAKE SURE YOU STOCK UP ON ANYTHING YOU NEED SUCH AS EXTRA INJECTING EQUIPMENT, FOIL, CRACK PIPES/GAUZE AND CONDOMS/LUBE. YOU CAN COLLECT FOR OTHER PEOPLE YOU MIGHT USE WITH TOO.

3. MAKE SURE YOU HAVE NALOXONE THAT IS IN DATE AND IS A COMPLETE KIT.

4. BE AWARE OF TOLERANCE, ESPECIALLY IF YOU HAVE HAD A BREAK. TAKE EXTRA CARE IF YOU USE HEROIN THAT MIGHT BE MIXED WITH SYNTHETIC OPIOIDS SUCH AS NITAZINE THESE ARE SYNTHETIC OPIOIDS WHICH ARE MUCH STRONGER THAN HEROIN AND CAUSE INCREASED RISK OF OVERDOSE.

5. AVOID USING ALONE. THIS WAY IF YOU GO OVER, SOMEBODY WILL BE THERE TO HELP (EITHER BY GIVING NALOXONE, DOING FIRST AID OR CALLING AN AMBULANCE FOR HELP).

6. PEOPLE TEND TO DRINK MORE OVER THE CHRISTMAS PERIOD - MIXING ALCOHOL WITH OTHER DRUGS INCREASES THE RISK OF OVERDOSE.

IF YOU TAKE DRUGS THAT DON'T SEEM RIGHT PLEASE LET THE HEALTH SHOP OR YOUR KEY WORKER KNOW. WE CAN SUPPORT YOU TO GET IT TESTED (ANONYMOUSLY), WHICH CAN HELP IMPROVE HARM REDUCTION THE CITY AND SAVE LIVES.

GET HELP IF SOMEONE NEEDS IT. GET HELP IF YOU NEED IT.

12 BROAD STREET, HOCKLEY, NG1 3AL
HEALTHSHOP@NOTTSHC.NHS.UK | 0115 9055001



THE HEALTH SHOP
DRUGS & SEXUAL HEALTH CLINIC

Pharmacy Needle Exchange in Nottingham City



(Check holiday opening times at each pharmacy)

Level 1 (Packs)

Applegate Pharmacy Alfreton Rd – Radford (NG7 3NS)

Monday - Friday 9am-6pm

Boots Clifton Southchurch Drive “top shops” (NG11 8AA)

Monday - Friday 8am-7pm, Saturday 8:30am-5pm

Boots Mary Potter Centre Hyson Green (NG7 5HY)

Monday - Friday 8am-7pm, Saturday 9am-5pm

Boots Bilborough, Bracebridge Drive (NG8 4PN)

Monday - Friday 8am-6:30pm, Saturday 9am-5:30pm

Boots Riverside Retail Park, Clifton Bridge North (NG2 1RU)

Monday - Saturday 9am-midnight,
Sunday 10:30am-4:30pm

Clifton Health Pharmacy Southchurch Drive Holy Trinity (NG11 9FE)

Monday - Friday 9am-6pm - closed 1pm-2pm

Day Night Pharmacy Southchurch drive Near Leisure Centre (NG11 8AD)

Monday - Friday 7am-midnight, Saturday 9am-midnight

D Parmar Pharmacy Woodborough Rd St.Anns (NG3 4JP)

Monday - Friday 9am-6pm - closed 1pm-2pm
Saturday 9am-1pm

Jaysons Pharmacy Arlestone Rd, Wollaton (NG8 2GB)

Monday - Friday 9am-6pm

Lloyds Pharmacy Beechdale (NG8 3LF)

Monday - Friday 8:30am-6:30pm, Saturday 9am-1pm

Lloyds Pharmacy Sneinton (NG2 4QL)

Monday - Friday 8:30am-6pm, Saturday 9am-1pm

Phakey's Pharmacy 149 Carlton rd (NG3 2FN)

Monday - Friday 9am-6:30pm (6:15 on Friday)
Saturday 9am-1pm

Sherwood Late Night Pharmacy (NG5 2DR)

Monday - Saturday 7:30am-11pm, Sunday 10am-5pm

Vantage Pharmacy (NG8 5HL)

Monday - Friday 8:30am-7pm

Knights Pharmacy (NG5 5EJ)

Monday - Friday 9am-7pm, Saturday 9am-5pm

Well Pharmacy St. Ann's Valley Centre (NG3 3GG)

Monday - Friday 8:30am-6:30pm, Saturday 9am-1pm

Well Pharmacy Aspley (NG8 5ND)

Monday - Friday 8:30am-6:30pm, Saturday 9am-1pm

Level 2 (Pick and Mix)

Asim's Chemist Colwick Rd (NG2 4BU)

Monday - Friday 9am-6:30pm - closed Friday 12:30pm-1:30pm

Saturday 9am-1pm

Evergreen Pharmacy Highbury Rd Bulwell (NG6 9FE)

Monday - Friday 8:30am-5:30pm - closed 1pm-2pm

Medina Chemist Radford Rd Hyson Green (NG7 5DR) OPEN EVERY DAY OVER CHRISTMAS

Monday - Friday 9am-9pm, Saturday 9am-7pm

Sunday 10am-7pm

Midnight Pharmacy Alfreton Rd Radford (NG7 3PE)

Monday - Saturday 9am-midnight, Sunday 12am-midnight

Riverside Pharmacy Bulwell (NG6 8QJ)

Monday - Saturday 8am-10pm, Sunday 8am-9pm

Nottingham University Hospitals **NHS**
NHS Trust

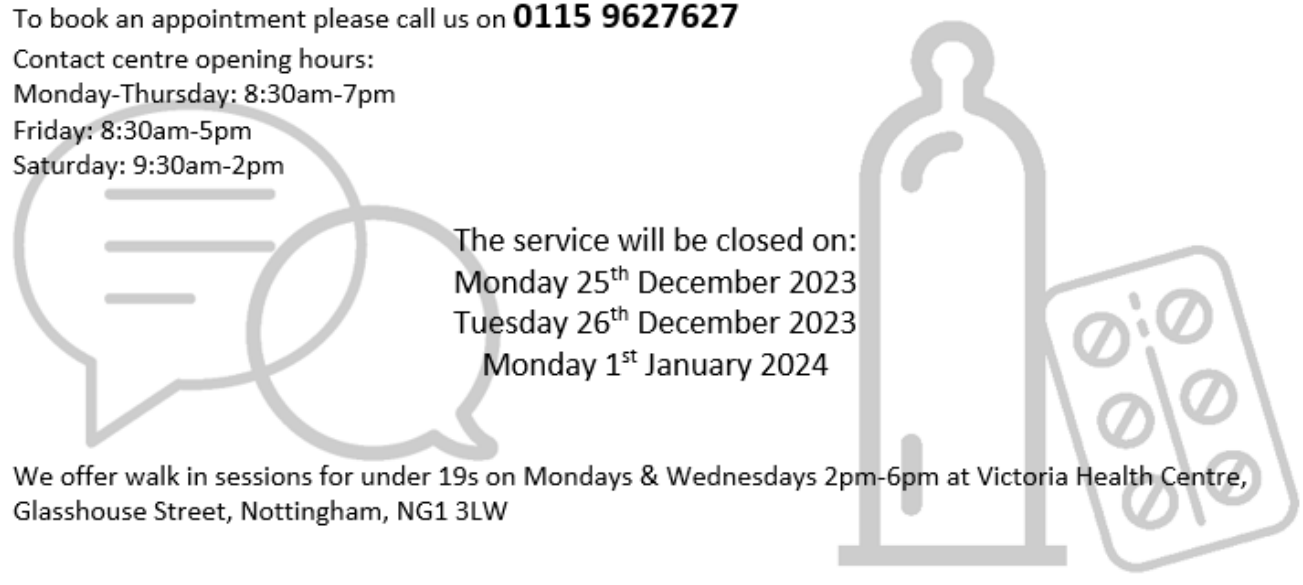
SEXUAL HEALTH

To book an appointment please call us on **0115 9627627**

Contact centre opening hours:
Monday-Thursday: 8:30am-7pm
Friday: 8:30am-5pm
Saturday: 9:30am-2pm

The service will be closed on:
Monday 25th December 2023
Tuesday 26th December 2023
Monday 1st January 2024

We offer walk in sessions for under 19s on Mondays & Wednesdays 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



Al-Huraya

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 – 07790 351084 info@al-huraya.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

2 Russell Place, Nottingham, NG1 5HJ

T: 0115 948 4314



Emmanuel House Festive Opening Hours

Christmas Day - 10.30-1pm (tickets only)

Boxing day - Closed

Wednesday 27th - Friday 29th

Drop-in 9.30-1pm

Office 9-5

New Year's Day

10.30am-1pm

Tuesday 2nd onwards

9.30am-1pm

Office 9am-5pm

Closed at Weekends

The Friary



46 Musters Road, West Bridgford, NG2 7PR



www.pow-advice.org.uk

POW Christmas Dinner/Party for service users - 21st December 1pm-4pm

Evening outreach - 22nd December 7pm-11pm

Evening outreach - 27th December 7pm-9pm

Drop-in - 28th December 1pm-4pm

Normal service resumes 2nd January



Festive closure

Nottingham Women's Centre will close at 4pm on Friday 22 December 2023 until 9am on Tuesday 2nd January 2024.

Check out our social media for other support available locally during this time.

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

0115 941 0440

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

Equation's Men's Service:

0115 960 5556

A confidential answerphone runs 24/7

helpline@equation.org.uk

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

Helplines

Samaritans – 08457 90 90 90

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

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

RETHINK: 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 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/

FRANK – 24 hr national drugs helpline.
Tel: 0300 123 6600 www.talktofrank.com

Soup Runs, free food, and advice

(see also warm spaces list)

Diversify CIC Bells lane Community Centre-Tuesday 11am-1pm
Foodbank/Warm hub and support - 07523186852

Sfice Social Café – 07941378265 - info@sfice.org
Tuesday, Wednesday and Thursday 4pm – 6pm
where you can pick a two course hot meal for you and your family for free,
including free food parcels, clothes, toiletries, and other necessities

Open Kitchen – 207 Mansfield road

Monday – Sunday 11am – 2pm, Friday – 11am – 1pm

For queries related to the Open Kitchen in Nottingham, please contact Imran Khan on 07890584506

People are able to pop in to the café without booking

Salaam Shalom Kitchen – The Bridge centre on Gregory Boulevard

Wednesday 5.30pm – 7.30pm

50 – 70 Hot meals -Sometimes musical entertainment. Provide meals on site but can give away leftover food in takeaway boxes

Sai Dham Nottingham Community Kitchen – 75-79 Egypt road, New Basford, NG7 7GN

Saturday 9am- 11am

Freshly cooked veg meals and groceries

Emmanuel House

Monday, Tuesday, Thursday and Friday 12:30pm – 1:15pm

Hot meals for people who are homeless, rough sleeping, have no recourse to public funds or are in crisis.

St Aidans Church, Basford

Monday, Tuesday, Thursday – 8:45am – 2pm

Hot and cold food, £4 for jacket potatoes, toasties

Bulwell Forest Garden

Friday Lunch club

Suggested donation of £2.50. Cooked meal and pudding with produce from the garden

Crabtree Farm Community kitchen – Steadfold close, Bulwell

Wednesdays 12pm – 6pm – Caribbean food Adults £6, Kids £4

Contact info Maria Shakey – 0115 9272869/07969751314

Himmah food bank - [Home](#) | [Himmah: Grassroots community action](#)

Trussell Trust - [Our aim is to end hunger and poverty in the UK](#) | [The Trussell Trust](#)

Sycamore Dining - [Social Dining](#) | Nottingham, England | [Sycamore Dining \(sycamore-dining.org.uk\)](#)

Tasty Tuesdays - [Tasty Tuesdays](#) | [The Lenton Centre](#)

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 \(qwca.co.uk\)](#)



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.

Nottingham City Council, partners, community and voluntary organisations, have opened up a number of 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.

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

NORTH LOCALITY

ORGANISATION AND VENUE	DAYS AND TIMES	ACTIVITY / OFFER	CONTACT DETAILS
Renew Community Cafe at Basford Road Baptist Church	Wednesday 11am -1pm	Hot Drinks, Cakes and Pastries, Board Games, Craft Activities	07790276892 enquiries@basfordroadbaptist.org.uk
St Aidan's Church, Basford 47 Arnold Rd, Old Basford, Nottingham NG6 0DN	Monday, Tuesday, Thursday 8.45am - 2.00pm	A cafe style environment and menu, with hot drinks and food for those who need it. Jigsaw puzzle, word searches, board games, knit n natter, a friendly welcome.	Christine_batchelor@hotmail.com 07760337575
Arnold Rd Evangelical Church Arnold Rd, Bestwood Park NG5 5HN	Tuesdays 10am to 11:30am	Coffee Morning	pastor@arnoldroad.org 0115 920 1788
Diversify Education and Communities CIC Beechdale Community Centre Ambergate Road Nottingham NG8 3GD	Monday to Friday 10am-4pm extra opening hours are Mondays and Fridays 10am-7pm	Games, Hot Meals, Hot drinks, Advice, Support, Food bank, various group activities	01159150285 07889662637
St Martha's Church 137-139 Frinton Road, Broxtowe, Nottingham NG8 6GR	Community Café on Wednesday mornings from 10am-12pm	also operate a food bank	0115 9298899 Info@wearewoven.church

CENTRAL LOCALITY

ORGANISATION AND VENUE ADDRESS	DAYS AND TIMES	ACTIVITY / OFFER	CONTACT DETAILS
<p>Sfice Social Café 75a Raleigh St, Nottingham NG7 4DL</p>	<p>1.Social Cafe - Tuesdays, Wednesdays and Thursdays from 4pm - 5:30pm.</p> <p>2.ESOL -Thursdays at 10am online or 11am in person</p> <p>3.HEALTH & WELLBEING - Tuesdays, Wednesdays 11am - 4pm</p> <p>4.MUSIC FOR WELLBEING - Friday from 11am - 12:30</p>	<p>1.Our Social café We assist homeless and communities in need by offering free hot meals and services on Tuesdays, Wednesdays, and Thursdays from 4pm to 5.30pm. Donations are welcome, but not required. Homeless guests can also pre-book free shower and laundry facilities.</p> <p>2.FOOD BANK, CLOTHING BANK AND TOILETERIES - In addition to our regular services, we offer food banks, clothing banks, and toiletries to our clients. For more information on these resources, please contact us.</p> <p>3. ESOL - Improve Your English with Our FREE Weekly ESOL Class. Join us on Thursdays at either 10am online or 11am in person.</p> <p>4.HEALTH & WELLBEING - Tuesdays, Wednesdays. Contact our Health & Wellbeing team to schedule a health check and discuss your emotional and</p>	<p>email: info@sfice.org</p> <p>HEALTH & WELLBEING: 07307892936</p> <p>ESOL, MUSIC FOR WELLBEING and FOOD BANK, CLOTHING BANK AND TOILETERIES - 07941378265 and 0115 9789256</p>

		<p>mental wellbeing. Reach out via email or phone to find out more.</p> <p>5.MUSIC FOR WELLBEING - Come Jam with Us at Our Music Workshop Looking for a chance to make some new friends, experiment with instruments, and enjoy some refreshments? Join us every Friday from 11-12:30 for a fun-filled music workshop. Don't worry about hitting the right notes or being judged – it's all about having a good time!</p>	
Salaam Shalom Kitchen – The Bridge centre United Reform Church 49a Gregory Boulevard Nottingham NG7 5JA	Wednesday from 5pm to 6.30pm	access to a free hot meal, hot drink and sweet treat plus groceries	07729288460 info@salaamshalomkitchen.co.uk
St Thomas More's Church Hall 2 Glenwood Avenue Wollaton, Nottingham NG8 2GA	Friday 12.30 – 2:00pm	Food and company	st.thomasmore.wollaton@outlook.com st.teresa.aspley@outlook.com 0115 9295907
Wollaton Park Community Centre Harrow Rd, Wollaton NG8 1FG	Thursdays 8.45 am to 11.45am	We run a coffee shop and offer subsidised hot drinks and food.	email Karen at wpcommunitycentre@gmail.com
Hope Nottingham CIO Hope House, Nottingham NG9 2RF	Monday, Wednesday, Thursday - 9.30-12 Saturday 9.30-10.30	Community Cafe serving free breakfast until 10.15, befriending and signposting support. Food bank (referral needed). Citizens Advice advisor available (Wed and Thur), Knit and Natter (Thurs).	hope@hopenottingham.org.uk 0303 040 1110

Grace Church The Ministry 1 Castle Boulevard NG7 1FT	12:30 – 3:30 Wednesday		0115 950 2332 hello@gracechurchnottingham.org
Open Kitchen – 207 Mansfield Road NG1 3FS	Monday – Sunday 11am – 2pm, Friday – 11am – 1pm	People are able to pop into the café without booking	Muslim Hands 01159117222 mail@muslimhands.org.uk

SOUTH LOCALITY

ORGANISATION AND VENUE	DAYS AND TIMES	ACTIVITY / OFFER	CONTACT DETAILS
The Chase Neighbourhood Centre NG3 4EZ	open Mon - Fri 8.30am - 4pm Wednesday till 6pm	community café affordable meals, free food and games on Wednesdays. Energy support and advice	0115 9506867 Info@stannsadvice.org.uk
Holy Trinity with St Francis Church, Farnborough Rd, Clifton, NG11 9DG	9-11am every Wednesday morning.	Drop-In Cafe with tea, coffee, toast and biscuits. Have a chat and make new friends. All free.	juleshilton@outlook.com 074591382105
Jinnah Building 42 Beaumont Street Sneinton Nottingham NG2 4PJ	11am to 12.30pm Wednesday Cuppa. Wednesdays 11am to 12.30pm	Wednesdays: (currently men only) Hot Drinks/Biscuits. Badminton/Table Tennis/ Indoor football	NO NEW CONTACT DETAILS PROVIDED ON SURVEY Tel: 0115 9417865 Nadeem.haider@hubbnotttingham.org.uk – form sent 6.11 at 16:10
The Renewal Trust 27-31 Carlton Road, Nottingham NG3 2DG	Thursdays, 9:30am to 12:30pm	Feel Good Thursdays - free weekly drop in session open to everyone - enjoy free tea or coffee, connect with new people and take part in a variety of activities. Each week support and advice is also available in a range of areas	0115 911 2226

		including health and wellbeing, finance and mental health.	
Sneinton Hermitage Community Centre 51 Sneinton Boulevard Nottingham NG2 4FD	Tuesday 10-1pm Warm Hub Thursday 11-1.30pm 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 Noor Project offer a hot meal and pudding, social interaction with other people Yoga and various other arts/crafts activities	sneintonhermitagecc@gmail.com 07974394042
SFiCE Foundation Hill View Community Centre Ransom Road	Monday and Tuesdays 4pm - 6pm		07941 378 265 info@sfice.org
Parkgate Community Centre, Chamberlain Close, Clifton, Nottingham NG11 8RX	Friday - Three Course meal £4 - 9-4pm Wednesdays 9.30-11.30	Low cost hot meal and activities	Tel: 0115 9848065

City Centre / Citywide

ORGANISATION AND VENUE	DAYS AND TIMES	ACTIVITY / OFFER	CONTACT DETAILS
Emmanuel House	Monday, Tuesday, Thursday and Friday 12:30pm – 1:15pm	Charging £2 for meal or £10 for 10 meals when ordered in advance.	0115 950 7140
Everybody Matters St Peter's Square Nottingham NG1 2NW	7pm Sunday		0115 948 3658
Guru Nanak's Mission St Peter's Square	7:30pm Monday		0115 948 3658

Food for all Lister Gate			https://foodforalluk.com/contact/ email sent via website form 20.11.23
S.A.F.E Salvation Army King Edward Street	5pm – 8pm Wednesday		0115 950 3827
Trent Vineyard Unit 1 Easter Park Lenton Lane NG7 2PX	Fridays 7:30 – 9:00pm		0115 988 7060
Rumi's Table St Peter's Square	Saturdays 5:45 – 7pm		0115 948 3658
University of Nottingham Soup Runners 1 Albert Street NG1 7DB	Sundays 7:30 onwards		souprunners@uonsu.com

COUNTY

ORGANISATION AND VENUE	DAYS AND TIMES	ACTIVITY / OFFER	CONTACT DETAILS
Hope Café The Boundary Community Centre Beeston NG9 2RF	9:30am – 12pm Monday, Wednesday, Thursday, Saturday	Free food, hot drinks, pastoral support and signposting	0303 040 1110
The Friary 46 Musters Road West Bridgford NG2 7PR	9am – noon Monday, Wednesday, Friday	Food parcels & advice	0115 982 5448 admin@the-friary.org.uk
The Friary Rough Sleepers only 46 Musters Road West Bridgford NG2 7PR	9am – noon Tuesday, Thursday	Takeaway breakfast, food parcels and advice	0115 982 5448 admin@the-friary.org.uk

St Marys Church Church Lane Attenborough NG9 6AS	Tuesday throughout the year 10.30am to 12 noon.	Warm space with tea and fresh coffee with homemade cakes a small donation is requested	Contact Lin Walters 07964425161 Email l1ng1llhubb@gmail.com
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As the cost-of-living and energy crisis develops Nottingham City Council are continuing to open their libraries as warm spaces for residents to access 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-Sherwood-Southglade Park-St.Anns Valley-Strelley-Meadows-Wollaton

Drop in/advice



Nottingham & Nottinghamshire
REFUGEE FORUM

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

NNRF will be closed from Friday 22nd December, re-opening on Tuesday 2nd January for asylum seekers and refugees to get advice, information, and support.

The Anti-Destitution Project will be open as usual for refused asylum seekers on Friday 29th December 10-1.30pm.

The Nottinghamshire Crisis Sanctuaries

Website: www.nottinghamshirecrisissanctuaries.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:

Chilwell: 6 PM to 11 PM Monday to Sunday

Mansfield: 4 PM to 9 PM Monday to Sunday

Worksop: 5 PM to 10 PM Wednesday and Sunday

Nottingham City: 6 PM to 11 PM Monday to Sunday

*** Phone first as the opening times on the website do not seem to match *****

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



Alcoholics Anonymous Christmas Alcothon 2023

NON-STOP AA MEETINGS

Come and go as you please

First meeting at 12:00 noon on Christmas Eve

Last meeting at 10:00am Christmas Day

Food Donations gratefully accepted

Volunteers always appreciated for setting up Christmas Eve and for tidying up before and after and staying through the night.

Christmas decorations greatly appreciated (no trees required)

Meetings will run from 12:00pm to 22:00pm Christmas Eve and 10:00am to 11:00am on Christmas Day.



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

Children's Area and Free Buffet Food, Teas, Coffees, etc all available

FRIENDS AND FAMILY ALL WELCOME!



Meeting Schedule

<u>Start</u>	<u>Finish</u>	<u>Meeting Group</u>
<u>Christmas Eve</u>		
12:00	13:00	Women Living sober
13:30	14:30	Friday Devon Drive
15:00	16:00	Thursday Beeston
16:30	17:30	Cropwell Butler
18:00	19:00	Sherwood Sunday
19:30	20:30	Wednesday St Judes
21:00	22:00	Hucknall
<u>Christmas Day</u>		
10:00	11:00	Alcothon

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

Find meetings on the website:

https://www.alcoholics-anonymous.org.uk/Members/Regional-&-Local-Websites/midlands-region/nottinghamshire_leicestershire-intergroup

Narcotics Anonymous

Self-help for drugs problems Tel: 0300 999 1212

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

The NA meeting in Nottingham on Christmas Day itself will be open

Services in Nottinghamshire

For help in Notts (outside of the City)



Drug and Alcohol
Support for People
and their Families
Nottinghamshire

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 Basseflaw, Newark and Sherwood

Opening times



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

Helpline is open 9am – 6pm daily over the Christmas period, including bank holidays
(Closed on Christmas Day)

Office closed from: 22nd December at 5pm. Re-open 2nd January at 9am

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/>

Be Careful

If you think someone has taken an overdose Call 999

RECOVERY POSITION –

If someone has stopped breathing and you know the correct procedure, start chest compressions and loosen tight clothing.

If they are breathing turn them on their front with their head sideways with arms and legs as in the picture below. This is the recovery position. Stay until help arrives. Don't be afraid to call an ambulance because of drugs taken as they will not automatically call the police.

Give the ambulance as much Information on drugs taken as possible.



THE RISK OF OVERDOSE CAN INCREASE OVER THE FESTIVE PERIOD, SO REMEMBER:

- You'll get extra medication for when services and chemists are closed. Taking more than your normal dose in one go leads to overdose.
- Be careful with other types of drugs – "Legal" does not mean "safe". Nobody knows what is in most new drugs on sale

- Keep your medication stored **safely** where it cannot be reached by others, especially children.
 - **Don't** use Benzo's on top of your script or with other drugs or alcohol – even a small amount causes an overdose.
 - Mixing alcohol with your script or other opiates **always** increases the risk of overdose.
 - If you use after a period of abstinence your **tolerance** will be low and cause you to go over.
 - **Plan** ahead for any support you might need and be aware of when services are open.
-

Compiled by Glen Jarvis at Nottingham City Council glen.jarvis@nottinghamcity.gov.uk Mobile: 07947 309 104

Accurate as far as possible at 9th December December 2023. 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/>