

4:30pm at Filton Library.

No appointment is needed. Phone and online advice available at [0117 951 5751](tel:01179515751) and team@northbristoladvice.org.uk
Further information is available at www.northbristoladvice.org.uk

Services

■ Job Centre Plus

Provides support to obtain a job and benefits advice. [0345 6043719](tel:03456043719)
www.gov.uk/contact-jobcentre-plus

■ Library services

Downend Library provide free internet access. For opening times and locations phone [01454 868006](tel:01454868006) or online www.southglos.gov.uk/leisure-and-culture/libraries

■ Housing & Support Access Service

www.southglos.gov.uk

Short term at-home housing support for those at risk of homelessness. Includes bidding for properties shown on line on Fridays. Bids can be placed on line, by phone or in the One Stop shop.

■ Bristol Centre for Sustainable Energy – fuel poverty advice

3 St Peter's Court, Bedminster Parade, Bristol BS3 4AQ [0117 9341400](tel:01179341400)

■ Pennywise / Cashpoint

phone email, online, referral, debt, budgeting [0117 3178800](tel:01173178800) / cashpoint@1625ip.co.uk

■ Citizens Advice Bureau

Monday's 4.30-6.30, Tuesday's 10-3pm and Friday's 10-1pm. Kennedy Way, Yate, South Gloucestershire BS37 4DQ
[03444 111 444](tel:03444111444) / www.southgloscab.org.uk

■ Staple Hill Children's Centre

Support to families with children.
Page Road, Staple Hill BS16 4NE

■ Wellaware

Information on health and wellbeing services, support organisations, activities and groups in Bristol, South Gloucestershire, Bath & North East Somerset, North Somerset and Somerset
www.wellaware.org.uk

■ Christians against poverty (CAP)

The debt counselling centre run in conjunction with CAP offers regular courses on money management. To book contact CAP's Centre Manager on [0753 090 0957](tel:07530900957) or for more information visit www.christchurchdownend.com/debt-counselling-and-money-management

■ Our Place Community Flat, Staple Hill

Low cost hot meals on a Monday and Thursday. They also provide services such as: job clubs and cookery courses. 1A Berkley House, Nelson Road, Staple Hill BS16 5HS
[01454 868374](tel:01454868374)

■ Kingsmeadow Community Flat

Provide services for the whole community including a job club every Thursday and Friday, food parcels and family events. 119 Barrington Close, Kingswood BS15 4QD [0117 329 2422](tel:01173292422)
www.kingsmeadowcommunityflat.org.uk

■ Badminton Road, Downend Methodist social and lunch clubs

Badminton Road Methodist Church, Badminton Road, Downend, Bristol BS16 6NU
[0117 9561926](tel:01179561926)

■ Community Ignite

Provide support to families through individual and group work and a weekly job & IT club at Kingswood Library on Thursday's 1:00pm -3:00pm.
[0117 9604186](tel:01179604186)
www.communityignite.org.uk

Resound Food Bank

A food bank is a charitable organization that distributes food to those who have difficulty purchasing enough food to avoid hunger.

Emergency food is available for local communities in short term crisis of food supply at the Resound Food Bank every Friday 10:00am – 12:00pm at Blackhorse Road, Mangotsfield, Bristol BS16 9BP.

Vouchers are available from Kingswood One Stop Shop, Health Visitors, Schools, Merlin Housing, Knightstone Housing, Citizens Advice and Support Workers.

If you have any questions email Claire Collins resoundfoodbank@gmail.com or call 0117 3050969



If you have any questions email
info@northbristolfoodbank.org.uk

South Gloucestershire Council Welfare Grant
Scheme 01454 868002

You may be able to get some help if you are:

- in a crisis
- in an emergency
- in receipt of certain benefits
- are on a very low income,
- live in South Gloucestershire
- looking for a home in South Gloucestershire

For more information visit

www.southglos.gov.uk/advice-and-benefits/welfare-rights-and-financial-advice/welfare-grant-scheme/

One Stop Shops

There are four One Stop Shops in South Gloucestershire, the One Stop Shops can help you with advice on:

- housing and council tax benefits
- homelessness and housing waiting lists
- housing services
- community care
- grants
- and much more

Contact us on 01454 868002 or for more information visit www.southglos.gov.uk/council-and-democracy/customer-services/one-stop-shop-clinics-and-surgeries/

The nearest One Stop Shop in Mangotsfield is Kingswood One Stop Shop:

Civic Centre, High Street, Kingswood BS15 9TR

Opening times:

- Monday to Wednesday 8.45am to 5.00pm, Thursday and Friday 8.45am to 4.30pm
- For emergencies outside of normal office hours, please call: 01454 868 009.

Contact details

▪ Barnados

Verona House, Filwood Road, Fishponds, Bristol, BS16 3RY
0117 937 5500

▪ British Redcross

Emergency support to people in crisis, refugee and asylum services, emergency support following house fires and displacement and home from hospital support - 35 Broad Street, Staple Hill, Bristol BS16 5LP 0117 9702810

▪ Bristol Food /Soup Kitchens

60 Bath Road, Longwell Green, Bristol BS30 9DG
0117 2033183 / info@bristolsoupruntrust.org.uk

▪ Homeless UK

Helping search of emergency and short term accommodation and other relevant information
www.homelessuk.org

▪ Migrant Legal Project

Offers publicly funded and not-for-profit advice and representation. 108 Church Road, Bristol BS5 9LJ.
0117 911 3393 / www.immigrantlegalproject.com

▪ Refugee rights Bristol

Bristol Refugee Rights, Assisi Centre, Lawford's Gate, Bristol BS5 0RE 0117 9080844

▪ Salvation Army

Staple Hill, Staple Hill Citadel Corps, Broad Street, Staple Hill, Bristol BS16 5LN
0117 956 9733 / contactus@staplehillcitadel.com

▪ Shelter

New Bond House, Bond Street, Bristol BS2 8RG
0344 5151414

- **South Gloucestershire Home Choice Team**
Support on all aspects of homelessness, housing advice and allocation
01454 868005 / www.southglos.gov.uk

Useful numbers

▪ ACAS

Help and advice for employees
0300 123 1100 / www.acas.org.uk

▪ Age UK South Gloucestershire

Provide support for older people.
01454 411707
www.ageuk.org.uk/southgloucestershire

▪ Bristol Mind for better mental health

0117 980 0370 / www.bristolmind.org.uk

▪ Samaritans Freephone 116 123

Bristol branch 0117 980 0370 www.samaritans.org

▪ South Gloucestershire Talking Therapies

self-referral to psychological therapies for support with low mood, anxiety and depression
0117 378 4270 / <https://iapt-sglos.awp.nhs.uk>

▪ Support for Domestic Abuse (Survive)

0117 961 2999 free 24hr national domestic violence helpline 0808 2000 247 / info@survivedv.org.uk

▪ Support for Drug and Alcohol dependency (DHI) 01454 868750

or free from landline or call 0800 0733011

▪ Womankind Bristol

Provides women in the Bristol area with free or affordable professional counselling, psychotherapy and ongoing support.
0845 458 2914 / www.womankindbristol.org.uk

▪ North Bristol Advice Centre

Provide free, professional, confidential advice, information and representation to the communities of North Bristol and South Gloucestershire. We hold weekly drop-in sessions on: 10:00am – 12:00pm at Patchway One Stop Shop, for general welfare benefits and general advice and 2:00pm –