

■ **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 – 4:30pm at Filton Library.

No appointment is needed. Phone and online advice available at 0117 951 5751 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

www.gov.uk/contact-jobcentre-plus

■ **Library services**

Thornbury Library provides free internet services.

For opening times and locations phone

01454 868006 or online www.southglos.gov.uk/leisure-and-culture/libraries

■ **Bristol Centre for Sustainable Energy – fuel poverty advice**

3 St Peter's Court, Bedminster Parade, Bristol
BS3 4AQ

0117 9341400

■ **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.

■ **Pennywise / Cashpoint**

phone email, online, referral, debt, budgeting

0117 3178800 / cashpoint@1625ip.co.uk

■ **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

■ **Thornbury Citizens Advice Bureau**

Open Tuesday 10am -1pm and

Thursday 10am -1pm

03444 111 444 / www.southgloscab.org.uk

Thornbury, The Old Police Station, 35 High Street, Thornbury BS35 2AR.

■ **New Start Debt Advice**

Providing free practical help with financial and benefit issues. c/o Thornbury Baptist Church

Centre, Gillingstool Thornbury BS35 2EG

0800 028 4170

Thornbury

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 Thornbury Baptist Church Centre, Gillingstool Road, Thornbury BS35 2EG. Every Friday 2pm – 4pm. 01454 419118

www.thornburybaptistchurch.org.uk

Vouchers for access to food from the Foodbank are available from Thornbury One Stop Shop, Health Visitors, Schools, Merlin Housing, Elim Housing, Citizens Advice and Support Workers.



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 Thornbury is Thornbury One Stop Shop located at Thornbury Library.

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
- **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