



This Directory has been compiled using information supplied by local organisations, groups and agencies that provide services which support people affected by poverty.

In order to create a comprehensive directory, we have endeavoured to invite contributions from all relevant groups. If you are part of an organisation which you think should be included in the Directory, please contact the Warwick District office on 01926 477512.

Every effort has been made to ensure the accuracy of the information provided. However, we cannot guarantee this and inevitably, over time, some information may become out of date. It is your responsibility to check the accuracy of the information before use. We are not responsible for the content of any external website and, again, you need to satisfy yourself that the information is correct.

Any information contained in this Directory does not in any way mean that Warwickshire Community and Voluntary Action recommends or endorses any of the services listed.

Neither Warwickshire Community and Voluntary Action nor any of its employees accept responsibility for any claim, loss or damage arising from the use of this Directory.

*Information correct as of November 2019*

**WARWICKSHIRE COMMUNITY AND VOLUNTARY ACTION**

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# Warwick District Poverty Forum Directory



3rd Edition



## Key to services provided:

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The café, the knitting group and painting group are open for all ages. The youth groups at the centre are for secondary school aged group. The PHAB youth group is particularly accessible for people with learning difficulties and disabilities. The foodbank and the budgeting courses are for people who are in financial difficulty.

### **Mondays**

10am - 12 noon: Knitting and sewing group  
 10am - 11.30am: Toddler group  
 6pm - 8pm: Brunswick Youth Project (Age 10+)

### **Tuesdays**

6pm - 8pm: Brunswick Youth Project (Age 10+)

### **Wednesdays**

1.30pm - 3.30pm: Painting for Pleasure  
 6pm - 8pm: PHAB youth group (university term time only)

### **Thursdays**

5pm - 9pm: JayKays Dance

### **Fridays**

9.30am - 2.30pm: Community Café  
 11am - 1pm: Foodbank  
 7pm - 9pm Myton Church Meltdown and Cloud 9 Youth Group (Years 7 - 13)

### **Saturdays**

9am - 2pm: JayKays Dance  
 Budgeting courses and activities for primary school aged children occur occasionally

Contact details:

Westbury office number: 01926 419777

Email: [pearl@mytonchurch.org.uk](mailto:pearl@mytonchurch.org.uk)

Monday 1pm to 3pm St Margaret's Centre, Whitnash;  
 Tuesday 11am to 1pm, Southorn Court, Lillington;  
 Wednesday 1pm to 3pm, St Mary's Church, L/Spa;  
 Thursday 1pm to 3pm, St Paul's Church, L/Spa,  
 Friday 11am to 1pm, Westbury Centre, L/Spa, 12pm to 2 pm  
 The Kenilworth Centre, Abbey End Car Park, Kenilworth and  
 1pm to 3pm Saltisford Church, Warwick.

Contact details:

St Mary's Church, Leamington Spa

Tel: 07850 293383

Email: [info@warwickdistrict.foodbank.org.uk](mailto:info@warwickdistrict.foodbank.org.uk).

Website: <https://warwickdistrict.foodbank.org.uk>

## D

### Warwickshire Domestic Abuse Helpline

Monday to Friday 8.30am to 8.30pm; Saturday 10am to 4pm  
 Tel 0800 408 1552



### Westbury Centre

Church-led activities:

- Toddler group
- English classes for speakers of other languages (ESOL)
- Community café
- Foodbank
- Youth groups
- Occasional fun events for primary school aged children
- Occasional budgeting courses run by CAP

Externally-led activities:

- Young People First led youth groups (Brunswick Youth Project)
- PHAB youth group led by University of Warwick students
- Knitting group
- Painting group

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## Thursday

Community Veg Bags - Collection from 11.30am  
 Turning Point Wellbeing Community Hub 9.30am - 4.00pm  
 IT Drop in 10.00am - 12.00pm  
 The Creation Gym 1.00pm - 3.00pm  
 1st Sydenham Beavers 6.00pm - 7.45pm

## Friday

English for Life (for parents) 9.30am - 11.30am  
 Bingo 1.00pm - 3.00pm  
 ManCraft 4.00pm - 6.00pm  
 SYDNI team are able to signpost to other organisations,  
 office hours open 9am - 5pm Monday to Friday.  
 By phone: 01926 422071  
 Walk in: The SYDNI Centre, Cottage Square, Sydenham  
 CV31 1PT  
 Email: [community@sydni.org](mailto:community@sydni.org)  
 Through website contact form: [www.sydni.org](http://www.sydni.org)

# H

## Warwick District Council

We offer advice on emergency accommodation and getting your name on the housing list to people seeking accommodation.  
 Tel: 01926 339577 for emergency accommodation  
 Tel: 01926 456129 for the housing list

# E

## Warwick District Foodbank

We can provide 3 days of emergency food to people with emergency food needs. You will need a valid foodbank voucher from a referring organisation. Contact us to find out how to get a voucher.



## SYDNI Centre

Our staff and volunteer team have a wealth of knowledge and information - feel free to ask for help at reception. We can provide a warm and welcoming space to be and occasional advocacy. We are a food voucher distributor and there is a café on site with low prices.

Our services are available to the whole community.

Here is our current time table:

### Monday

Zumba Gold 9.30am - 10.30am

Chair Exercises 11.30am - 12.30pm

Parkinson's Physio Group 11.00am - 12.45pm

Table Tennis 2.00pm - 4.00pm

Citizens Advice 10.00am - 1.00pm

Gardening Club 9.30am - 12.30pm and 1.45pm - 2.45pm

SYDNI Winks Playgroup 9.30am - 11.00am

Cubs & Scouts 6.30pm - 8.30pm

### Tuesday

Turning Point Wellbeing Hub 9.30am - 4.00pm

Circle of Tea 10.00am - 11.30am

Yoga Therapy with Fei 10.00am - 11.00am

SYDNI Singers 10.00am - 12.00pm

### Wednesday

Women's Group 9.30am - 12.00pm

Zumba 10.00am - 11.00am

SYDNI Walking Group 10.15am

IT Drop in 2.00pm - 4.00pm

English for Life (ESOL) 9.30am - 12.00pm

Craft Group 2.00pm - 4.00pm

Bhangra Burn 6.00pm - 7.00pm

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**F****O**

## Age UK Coventry & Warwickshire

Head Office - 8 Clemens Street, Leamington Spa CV31 2DL

Tel: 01926 458100

Email: [reception@ageukcovwarks.org.uk](mailto:reception@ageukcovwarks.org.uk)

Website: <https://www.ageuk.org.uk/coventryandwarwickshire/our-services/information-and-advice/>

Age UK Coventry & Warwickshire offers an impartial, free and confidential information and advice service for anyone over 50, their families and carers.

Here are some of the areas we can help with:

- Welfare Benefits – Entitlement and filling in forms
- Housing Options
- Help at Home
- Care Options
- Wills, Power of Attorney and Probate
- Family and Personal Matters
- Leisure, Social and Learning Activities
- Local Services
- Money Matters
- Your Rights to Social Services

You can talk to one of our trained and experienced information and advice officers either on the phone or by popping into one of our centres.

Here you can chat to one of our friendly and helpful receptionists, who can often answer simple queries themselves, or arrange an appointment with an adviser if needed.

We also stock a wide range of free information guides and leaflets written for the benefit of older people.

Home visits can sometimes be arranged.

You can also download advice guides, information leaflets and factsheets on the Age UK website.

We also offer: clothing vouchers, mental health support, debt relief advice, and outreach for those people unable to come into the office or who need support with external appointments

Our services are open to anyone with or without accommodation who feel they need support and advice around anything they are struggling with.

We are also the Leamington base for the Big Issue. Vendors collect magazines from the drop-in and we are also able to instantly badge up new vendors.

Available Monday to Saturday (not Tuesday) 9.30am to 11.30am. NB. A cooked breakfast is available on Saturdays on a first come, first served basis for up to 12 people, all of whom will be expected to engage and help on the rota.

1a Chapel St; Tel 01926 883613

[wayahead@salvationarmy.org.uk](mailto:wayahead@salvationarmy.org.uk); facebook

**H**

## Springfield Mind

It is our mission to improve mental health within South Warwickshire & Wychavon. We offer various services across the area, including in Warwick and Leamington.

### Services offered:

Wellbeing for Warwickshire – One to One sessions with a Wellbeing Practitioner, Peer Support Groups, Drop Ins and Outreach.

Green Minds – weekly eco therapy at our Stratford and Leamington Spa Allotments.

Training – helping organisations and companies improve employee wellbeing, mental health first aid, mindfulness and mind over matter.

Please contact us to find out what services are available locally:

Tel: 01789 298615

Email: [enquiries@springfieldmind.org.uk](mailto:enquiries@springfieldmind.org.uk)

Website: [www.springfieldmind.org.uk](http://www.springfieldmind.org.uk)



**E****F****O C**

### St Margaret's Centre

Services offered:

Foodbank - For people/families on low income that are finding it hard to afford basic food essentials. You can access foodbank vouchers via Christians Against Poverty, Citizens Advice, social workers, doctors and health professionals including health visitors.

Monday 1.00pm - 3.00pm

Toddler Group - on Tuesday mornings (during term time) for parents wishing to be involved in a community activity with their young children - suggested donation £1 per week which includes 2 hours of play and snacks. For parents, babies and toddlers 0-4 years. You can just turn up or call 01926 258292 for more information.

Older people - a Lunch Club for people aged 65+ on Fridays which includes table games, refreshments on arrival, bingo, raffle, hot cooked meal with pudding - £4 per session. Just turn up on the day.

Contact details:

103 Whitnash Road, Leamington Spa CV31 2HB

Tel: 01926 258292

Email: st.margc@gmail.com

**H**

### Salvation Army Way Ahead Project

We offer housing options, benefit/work advice, breakfast, laundry, shower, computers, food vouchers, addiction support, sleeping bags, referrals

**E****F H D****Y F N O C**

### Brunswick Hub

Services include:

Helping people into work via the employment club; volunteering; support with getting online; older people's services.

We give out foodbank vouchers and will give someone a meal and hot drink if they are unable to purchase this.

Services are targeted at people identified as hard to reach and socially excluded.

Monday to Friday 9.30am - 4.30pm

98 -100 Shrubland St, Leamington Spa CV31 3BD

Tel: 01926 422123

Email: frontdesk@bhlc.services

**E H**

### Catholic Leamington Saturday Friendship Group

Services offered:

Saturdays: co-operation between volunteers and up to twelve visitors (clients) to buy, prepare and cook a full English breakfast (all visitors choose a task). Pool and table tennis available.

The service is for the homeless, vulnerably housed, people with addictions, ex-prisoners and others with various complex needs.

The overall aim is to create a culture of recovery.

Saturday provision 9.30am - 12pm pre-booked for up to twelve visitors during the previous week on a first-come-first-served basis.

Catholic Leamington works in partnership with the Salvation Army on the Way Ahead Project (WAP). The Saturday Friendship Group provides volunteers and finance particularly for Saturday. Volunteers also assist WAP during the week.

The Way Ahead Project offers friendship, support, access to simple food, showers and toilets, clothes washing, distribution of Big Issue, food and clothes vouchers, access to computers, accompaniment to appointments as well as other advice and advocacy, and access to rehabilitation. Occasional outdoor activities are planned.

Contact details:  
Tel: 01926 883613 (Way Ahead Project)  
Email: [cl.sfg1@gmail.com](mailto:cl.sfg1@gmail.com)

Website: [www.stpetersleamington.org/parishgroups](http://www.stpetersleamington.org/parishgroups)  
[www.catholicleamington.org.uk/saturday-friendship-group-homeless](http://www.catholicleamington.org.uk/saturday-friendship-group-homeless)



## Change Grow Live (CGL) Leamington

CGL offers advice, support and treatment for adults in Warwickshire who have been affected by alcohol and drugs. Our project workers, recovery champions and volunteers are trained to provide a wide range of support.

We offer a drop in service Monday to Friday 9am to 5pm and Thursday 5pm to 8pm.

Contact details:  
Email: [Warwickshire.info@cgl.org.uk](mailto:Warwickshire.info@cgl.org.uk)  
Tel: 01926 353513

Or drop in to CGL, 16 Court Street, Leamington Spa CV31 2BB. Our team is available to answer your questions and get your recovery started.



## Orbit

We offer support to our customers in terms of tenancy sustainment, debt advice, employment support and help to get on line. We also work with project partners in the community to support customers affected by addiction and substance misuse, low-level mental health conditions and feelings of loneliness and isolation.

In-house services are available during office hours. Services offered through our project partners are subject to the hours offered by those projects.

Contact 0800 678 1221 or visit our Better Days website to find out more about the support available or to make direct referrals: <https://betterdays.orbit.org.uk/>



## Pathway

We offer a 2:1 mentoring service for adults with difficult life issues i.e. addiction, homelessness, mental health problems etc.

The service is for adults from deprived backgrounds, suffering from social exclusion, poverty, poor health, social isolation or who are otherwise marginalised.

Pathway runs on an ad-hoc basis, with weekly mentoring sessions.

We also run a free Community Café in our church hall which runs from 1pm to 3pm on Wednesday afternoons.

Call in at St Mary's Church, St Mary's Road, Leamington Spa CV31 1JW

Tel: 07811 823900

Email: [sue@stmarysleamington.com](mailto:sue@stmarysleamington.com)



## New Hope Counselling

Counselling at four locations:

70 Saltisford, Warwick

The Salvation Army, Leamington Spa

Kenilworth Methodist Church, Priory Road, Kenilworth

Lifeways, Stratford upon Avon

Placements for student counsellors

Supervision for other counsellors

Available to all aged 14 and over

Initial assessment session costs £5.

Counselling is then provided for a donation appropriate to what a client can afford.

Mondays - Friday (including evenings) in Warwick

Tuesday and Wednesday 9am - 5pm in Leamington Spa

Mondays - Fridays various times in Stratford.

Wednesdays 9.00am - 5.00pm in Kenilworth

Contact details:

Tel 07799 015650

Email [lyn@newhopecounselling.org.uk](mailto:lyn@newhopecounselling.org.uk)

Website [www.newhopecounselling.org.uk](http://www.newhopecounselling.org.uk)



## Nightlight

We offer free hot (and cold) drinks; a listening service plus signposting to other services

The services are for anyone around late at night - this includes regular visitors (including lonely or disadvantaged people glad of someone to talk to and the company), the homeless, late night workers (police, taxi drivers etc.) and of course people out for a night in Leamington.

Available on Friday evenings from 10pm until late.

Tel 07565 633303

Email Debbie Busby (co-ordinator)

[nightlightchurch@yahoo.com](mailto:nightlightchurch@yahoo.com)



## Chase Meadow Community Centre

'Make Lunch' sessions (run by St Michael's, Budbrooke) for low income families every Tuesday during school holidays.

Wide variety of sports activities for a variety of ages.

Scouts, Beavers and Cubs sessions regularly.

Diamond club - a social club for over 50s.

Dementia Friends Café on the last Tuesday of every month 1pm - 2.30pm.

Sessions are open to all.

<https://www.chasemeadowcc.co.uk>

Narrow Hall Meadow, Warwick CV34 6BT

Tel: 01926 490845

Email: [chasemeadowcentre@gmail.com](mailto:chasemeadowcentre@gmail.com)



## Child Law Advice

National organisation providing legal information and representation on all issues of the law relating to children and young people.

Tel 0300 330 5480 Monday to Friday 8am to 6pm

Website: <https://childlawadvice.org.uk>



## Children and Family Centres

Lots of activities and support for families, parents and children.

Lillington, Mason Avenue, Lillington Tel 01926 337506

Kingsway, Baker Avenue, Leamington Spa Tel 01926 336793

Westgate, Bowling Green Street, Warwick Tel 01926 490629



## Christians Against Poverty (CAP)

Services offered:

Debt Management Services, CAP Money Management Courses, CAP Life Skills Course

Services are available to everyone.

CAP money management courses are for 3 x 1.5 hour sessions and are run every few months

For Debt Management telephone 0800 328 0006

For CAP Money Management Course telephone Beryl on 07796615235

CAP Life Skills Course take place at the Life Church, Leamington Spa - telephone 01926 338488 for details



## Citizens Advice South Warwickshire

We offer **free, confidential, impartial and independent advice** for all members of the South Warwickshire community.

We provide regular general advice face-to-face sessions in the larger settlements including: Stratford upon Avon, Alcester, Bidford, Shipston, Studley, Wellesbourne, Leamington, Warwick and Kenilworth and specialist at home project for some of our most vulnerable residents. We support people in all areas either through our specialist advice or connecting them to other specialist services.

Best known for our expertise in benefits and debt support, we provide advice which enables people to access the benefits they are entitled to as well as providing audited, specialist money advice and assistance including financial capability and budgeting support, bankruptcy advice, debt relief orders, options for dealing with debt and advice on paying off your debts.



## Mediation and Community Support

We provide mediation and conflict coaching for neighbours, parents and their children, communities, churches, voluntary organisations and workplaces experiencing conflict.

We also provide training and workshops in mediation and conflict resolution.

Tel 07594 653530



## MHM (Mental Health Matters)

Helpline offering emotional guidance and support by experienced advisors.

For people over 16 years old who are feeling low, anxious or in extreme emotional distress.

Available 24 hours/7 days

Tel 0800 616171

The Warwickshire Safe Haven at 4 & 6 Clemens Street, Leamington Spa CV31 2DL offers out of hours mental health support to any residents of Warwickshire aged 16 or over, including healthcare professionals.

Open 6pm - 11pm Monday to Wednesday



## National Domestic Violence Helpline

Available 24 hours/7 days

Tel 0808 200 0247

# Y

## Lillington Youth Centre

Services are available to young people aged 10yrs - 19yrs (young people with disabilities up to 25yrs)

Services provided:

Open access youth centre groups:

Monday to Friday 9.00am - 3.00pm drop-in

Youth centre groups (Term Time Only):

Monday 6.00pm - 8.30pm School years 6,7 and 8 (Free)

Tuesday 6.30pm - 8.30pm School years 9 and 10 (Free)

Wednesday 7.00pm - 9.00pm School year 11 - age 19 (Free)

Sharp Minds - mental health and wellbeing youth group, Thursdays 6.00pm - 9.00pm (Referrals only - free)

Summer holiday provision (free) - open access: cooking; food; indoor and outdoor sports; IT; gardening; art and craft; 1 to 1 support and advice; fun. First 4 weeks of holiday:

Monday - Thursday 10.00am - 12.00pm (going into) School years 6,7 and 8

1.00pm - 3.00pm (going into) School years 9 to 13

Monday 1.00pm - 3.00pm - Careers support and advice drop-in delivered by Prospects careers support:

Contact details:

Tel: 01926 428142

Senior Youth Worker Hollie Hutchings

Tel: 07717891140

Email: [holliehutchings@warwickshire.gov.uk](mailto:holliehutchings@warwickshire.gov.uk)

Youth Worker Gary Timlin

Tel: 07584218370

Email: [garytimlin@warwickshire.gov.uk](mailto:garytimlin@warwickshire.gov.uk)

Facebook: <https://en-gb.facebook.com/LillingtonYC/>

Instagram: Lillington Youth Centre

We hold Advice Quality Standard for advice and we are authorised and regulated by the Financial Conduct Authority. Our intricate and detailed website helps people to find the help they need at any hour of the day or night and also details our offices and specialist projects.

You can also chat to us via webchat or call us on 0300 330 1183 (during our office opening hours).

Monday 10am to 3.30pm;

Wednesday, Thursday and Friday 10am to 2pm

10 Hamilton Place, Leamington Spa CV32 4LY

Tel: **0300 330 1183 (local rates apply)**

Website: [www.adviceguide.org.uk](http://www.adviceguide.org.uk)



## Crisis Skylight

Crisis is a UK national charity for homeless people. We offer year-round education, employment, housing and wellbeing services from 'Crisis Skylight' Centres across the UK, including one in Coventry.

### How Crisis can help

We can:

Give you advice and guidance on education, training, volunteering and housing

Offer specialist advice and guidance for men and women

Provide support around benefits and entitlements

Support you to find employment

Help you to find a home to rent when you are ready

## Who can join Crisis?

If you are homeless, have been homeless in the last two years, or are at immediate risk of becoming homeless you can become a Crisis member and use our services.

To join, you or your support worker should email [Coventry@crisis.org.uk](mailto:Coventry@crisis.org.uk) or you can call the Crisis Skylight Coventry and Warwickshire office on 0247 708 7400.

Many of our services are offered in Coventry, but some take place at other venues in Warwickshire. Our timetable changes quarterly. Please contact us for details of services currently being offered locally.



### Doorway

Doorway offers advice, floating support and accommodation throughout Warwickshire. Advice services include:

- Benefits advice
- Help to complete forms
- Access to foodbank vouchers
- Emotional support
- Property searching including helping people with viewing properties
- Access to help gaining employment
- Help with CVs
- Interview skills
- Signposting service for people needing help with substance misuse issues
- Financial capability



## Lillington Parish Church - St Mary Magdalene's

We offer grant assistance (we purchase the items) and practical help through our 'Love Lillington' initiative.

Love Lillington was set up to support the poor, vulnerable and needy of Lillington. All clients are referred by professional organisations and must live within the parish boundary of Lillington Church.

We provide a service throughout the year. Our ability to respond to grant applications for items requested is based on approval by three trustees. We respond to requests for practical help by using a team of volunteers.

Contact details:

Tel: 01926 470449

Email: [office@lillingtonparishchurch.org](mailto:office@lillingtonparishchurch.org)

Website: [www.lillingtonparishchurch.org](http://www.lillingtonparishchurch.org)

For grant applications:

Email: [grants4lillington@gmail.com](mailto:grants4lillington@gmail.com)

For practical help:

Email: [j.butler1christine@gmail.com](mailto:j.butler1christine@gmail.com)



## Leamington Night Shelter

We offer an evening meal, a place to sleep in the hall and food vouchers.

Our service is available on Wednesday and Sunday nights from 9pm.

Radford Road Methodist Church

Tel 07718 683531

Email: [margaretmoore401@btinternet.com](mailto:margaretmoore401@btinternet.com)



## LWS Night Shelter

We can provide an evening meal and company to people who are struggling financially. This is available on Fridays and Saturdays 7.30pm - 1am

We also offer an evening meal and a place to sleep in a large room to people who are homeless or sleeping rough.

Breakfast available 8am - 10.30am

We also provide food parcels, toiletries, sleeping bags and clothes.

Old Priors Club, Clemens Street, Leamington Spa

Tel: 07590 053548

Email: [leamingtonws@gmail.com](mailto:leamingtonws@gmail.com)

Website: [www.lwsnightshelter.org](http://www.lwsnightshelter.org)

Twitter: [@leamingtonws](https://twitter.com/leamingtonws)

We are also on Facebook.

We facilitate a Lifewise course, which comprises AQA accredited life skills modules and includes, amongst other things, Dealing with Debt, Anger Management, Living on Limited Budget.

Our services are available to 16 - 25 year olds who are homeless or at risk of homelessness.

Doorway has office-based drop-ins across other districts of Warwickshire. There is a responsive service in Warwick & Leamington and Doorway will arrange other suitable times and venues if drop-in and office opening times are not convenient.

Tel 02476 345583

Email [info@doorway.org.uk](mailto:info@doorway.org.uk)

Website [www.doorway.org.uk](http://www.doorway.org.uk)



## Equality and Inclusion Partnership (EQuIP)

We offer a confidential casework service for people who have experienced discrimination on the basis of age, disability, gender reassignment, race, religion or belief, gender, sexual orientation, marriage & civil partnership, pregnancy and maternity.

We specialise in community engagement, promote diversity and offer training and development to individuals, groups and organisations to support diversity and inclusion for all.

Our website is available 24/7 to report discrimination: [www.equipequality.org.uk/take-action](http://www.equipequality.org.uk/take-action)

There is a dedicated page to get in touch or comment: [www.equipequality.org.uk/contact-us](http://www.equipequality.org.uk/contact-us)

We also monitor and receive reports of hate crime from the website run jointly with Warwickshire Police and Warwickshire County Council:

[www.reportthatenow.com/report-now](http://www.reportthatenow.com/report-now)

Our office hours are 9 am - 5 pm on weekdays

Telephone 01788 863117

Email [advice@equipequality.org.uk](mailto:advice@equipequality.org.uk) (monitored regularly)

We have social media pages on both Facebook @Equip Equality and Twitter EquipEquality1

Sign up to our newsletter and weekly mailings on issues that are of interest via our website:

[www.equipequality.org.uk/about-us](http://www.equipequality.org.uk/about-us)



## Family Information Service (FIS)

FIS is a signposting service for families and professionals working with families in Warwickshire.

FIS brokerage service offers 1:1 support in people's homes where there are barriers to them accessing services. Typical barriers include mental health, disabilities and English as an additional language. Brokerage is an early help practical support service.

FIS can also provide information on childcare, special education needs and disabilities, family finances, parenting support including support with bullying.

Referrals can also be offered to further support with other relevant local services e.g. debt advice/food vouchers/ children's services.

Available Monday - Friday 10am - 4pm

Esther Women's Support - Tuesday afternoons 12.30pm-3pm  
Daytrips, Equine Therapy, crafts, cooking skills, talks

No Limits Men's Support – Thursday afternoon 1-3pm  
Available to men over 18 years only. Referrals to other relevant services.

Volunteering/Work Experience/qualifications

Helping Hands offer individuals the opportunity to volunteer and gain work experience in Helping Hands Charity Shop - The Lighthouse, our Furniture Warehouse and our Gateway Cafe to help rebuild confidence and self-esteem. We help develop individual pathways for individuals to get back into employment.

Qualifications include:

NVQs - Retail; Customer Service; Warehousing; Hospitality; Catering, Leadership & Management skills;

Barista training; Food Hygiene Certs, Computer Skills;

The Lighthouse, 12a Gloucester Street, L' Spa CV31 1EE

Tel 01926 743486

The Gateway Cafe, 4-6 Smith Street, Warwick, CV34 4HH.

Tel. 01926 419393.

Email: [office@helpinghandscharity.org.uk](mailto:office@helpinghandscharity.org.uk) Website: [www.helpinghandscharity.org.uk](http://www.helpinghandscharity.org.uk)

Twitter: @helpinghandslwk

Facebook Group/Page: Helping Hands Community Project/ (Leamington Homeless outreach)





## Helping Hands Community Project

Helping Hands support families and individuals (including ex-offenders) struggling with issues such as homelessness or domestic violence. They also offer support to anyone affected by mental health issues such as depression/anxiety. We run various projects in the daytime and in the evenings:-

### Day time Drop in times:-

Mon 1pm-3pm-lunch,

Tues morning breakfast 10am-12pm,

Tuesday pm (women only) Activities/food - 12.30pm-3pm.

Thursday (Men only) Activities/food - 1pm-3pm

### Evening Drop in times:-

Monday 6.30pm - 8pm

Tuesday 6.30pm - 8pm

Thursday 6.30pm - 8pm

(Day-time and evening drop in sessions may be extended when possible during winter months)

Street Outreach also happens during evening soup kitchen hours - A team go out onto the streets of Leamington to give out food and drinks and support those who don't attend the drop-in and for anyone rough sleeping.

Drop-in Support includes:-

Food, food vouchers, sleeping bags, clothes, shoes, toiletries, rucksacks, referrals for addiction support/housing support/counselling. Appointments can also be made with Helping Hands support workers to help with any additional needs.

House2Home project :-

Furniture, household goods (kitchen, bathroom or bedroom packs), toiletries, clothes, children's toys/baby equipment are given to low income families and individuals, victims of domestic violence moving into area with no personal belongings, those moving into a new property after being homeless.

Financial support offered will typically be unpicking the needs of the family, contacting providers/services on behalf of the family, organising payment plans, supporting the family with budgeting, applying for funding where appropriate.

The services can be accessed by families with children and young people aged 0-25 years.

Contact details:

Saltisford Office Park, Warwick CV34 4UL

Tel: 01926 742274

Email: [fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk);

Website: [www.warwickshire.gov.uk/fis](http://www.warwickshire.gov.uk/fis)

Twitter: @warksfis

Facebook: Warwickshirefis

Helpline available via email and phone 9am - 5pm Monday to Friday. Electronic newsletter sent out fortnightly. Social media update daily. Up to date webpages available.



## Forced Marriage Unit

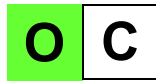
This service is for people who are trying to stop a forced marriage or are trying to leave a marriage they've been forced into.

A trained professional will provide advice on what to do next including providing a safe place to stay.

Service available Monday to Friday 9am to 5pm

Tel: 020 7008 0151

Email: [fmufco.gov.uk](mailto:fmufco.gov.uk)



## The Gap Community Centre

We have a wide range of activities/services for a wide range of service users, including a toddler group, careers guidance, exercise classes, art club, lunch club, youth club to name a few. Through other organisations, we also deliver support groups for people experiencing substance misuse (AA, 12 Steps, Recovery Partnership), IAPT (mental health) and run courses for Coventry & Warwickshire Mind

Most of the activities are run weekly, with some running once a month. Details of the current timetable are:

### Mondays

- 10.30am - 12pm: Computer Café
- 10.30am - 12.30pm By Your Side (Stay and Play)
- 2pm - 4pm: Art Club
- 4.30pm - 6.30pm: Junior Youth Club

### Tuesdays

- 9.30am - 10.30am: Tuesday Exercise Group
- 10am - 12noon: Prospects Career Advice
- 11.15am - 12.15pm: Tai Chi
- 1.15pm - 3.15pm: Live Life
- 4.15pm - 6.15pm: Junior Youth Club
- 6.15pm - 8pm Senior Youth Club
- 7pm - 8.30pm: Yoga

### Wednesdays

- 10.30am - 1pm: Older Adults Lunch Club
- 10.30am - 11.30am Pilates
- 9am - 12.30pm: IAPT

### Thursdays

- 9.30am - 10.30am: Tai Chi
- 11am - 11.45am: Zumba Gold
- 11am - 1pm: Prospects Career Advice
- 10am - 11.30am: Baby Clinic (3rd Thursday of the month)
- 7pm - 10pm: Dog Training

### Fridays

- 9.30am - 10.30am: Nifty over 50
- 10am - 12noon: Knit & Natter
- 10am - 12pm Friday Friends (Stay and Play)
- 6.30pm - 8pm: Karate

### Saturdays

- 9.30am – 10.30am: Bilingual Sing
- 2pm - 6pm: Yin Repair Workshop (1st Saturday of the month))

### Sunday

- 10.30am - 12noon: Agape Church

For more information about our services, please contact us by telephone on 01926 494200 or email:

[kate.dutton@thegapwarwick.org](mailto:kate.dutton@thegapwarwick.org)

or [marcos.campos@thegapwarwick.org](mailto:marcos.campos@thegapwarwick.org)

You can also visit the website [www.thegapwarwick.org](http://www.thegapwarwick.org) or call in at 39 Oakwood Grove, Warwick CV34 5TD between 9am and 4pm Monday to Friday.