

Cost of Living Support Directory

Nov 2022

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The directory includes both national and local support to help with the rise in the cost of living.

Please note all information was correct as of 8th November 2022

Age UK – Lincoln and South Lincolnshire Branch

Phone: 03455 546144 **Email:** info@ageuklsl.org.uk

How can they help?

They can give advice on:

- Saving energy – energy installs to reduce fuel bills by ensure homes are well maintained
- Paying less
- Money in your pocket
- Looking after your money
- Getting help with debt
- Winter wrapped up
- Handyperson support – provides support to those in the community who need help with property maintenance e.g. putting up thicker curtains
- Information & Advice – provide advice on finances, debt, additional income, unclaimed benefits and how to better energy proof your home

Baby Banks

Organisations which can help with the provision of baby's clothes and more.

Alford Hub and Uniform Baby Bank

Phone: 01507 464901 **Email:** alfordhub@gmail.com

Location: 19 High Street Alford **Opening times:** Wed – Fri: 9am – 12pm

'We provide free baby clothes and equipment and free school uniform for the schools in the area. We are passionate about stopping clothing going into landfill and supporting children and their families.'

Baby Essentials

Phone: 07489 412547 **Email:** spaldingbabyessentials@gmail.com

Based in Spalding, provide baskets to new or expectant mothers and more.



Baby's Basket

Phone: 07486 534641 Email: babysbasket@wearebridge.org

Donates newborn baby essentials to parents in Lincolnshire who are struggling financially.



Bundles of Joy – Louth Baby Bank

Location: Methodist Church, Nicol Hill Opening times: Wed: 10am – 2pm and Fri: 10am – 12pm

Facebook Group: [Bundles of Joy - Louth Baby Bank - Knitting Group](#) (Contact here if support is needed outside of opening hours)

Group assists with provision of baby clothes, nappies and more to those in need.

Little Treasures – Baby Bank CIC

Email: littletreasuresenquiries@gmail.com Facebook page: [Little Treasures Baby Bank CIC](#)

Baby bank based in Horncastle. They often have stalls at events which sell affordable baby clothes.

Carers

Carers First

Carers First have online help and advice (not just relating to the rise in cost of living) for unpaid carers in Lincolnshire. They are also able to offer personal emotional support.

Phone: 01522 782224

Website: <https://www.carersfirst.org.uk/lincolnshire/welcome/#welcome>

Young Carers

If you are a young carer aged 19 or under you can access help and support via the Lincolnshire Young Carers Service. Young Carers are also able to apply for a Young Carers card. This card allows professionals to share information about medication, diagnosis and prognosis for the person you care for.

Phone: 01522 5553275

Email: youngcarers@lincolnshire.gov.uk

Website: <https://www.lincolnshire.gov.uk/support-carers/young-carers>

Apply for a young carer card: <https://www.lincolnshire.gov.uk/xfp/form/481>

Citizens Advice



Citizens Advice provide a wide range of information relating to the financial support available to help with the cost of living. They have information and advice on:

- Checking what benefits you can get
- Checking if you'll get the cost-of-living payment
- Getting help with your energy bills
- Getting help with essential costs
- Budgeting
- Applying for a charitable grant

Debt helpline

Citizens Advice also have a debt helpline where you can discuss any concerns you have about money or debt.

Online chat: Mon – Fri (8am – 7pm)

Call: 0800 240 4420 – Mon – Fri (9am – 5pm)

Relay UK - if you can't hear or speak on the phone, you can type what you want to say: 18001 then [0800 240 4420](tel:08002404420).

Please note the debt helpline is not available on public holidays.

Local branches

Please note that some branches may not be offering face to face advice/appointments due to the COVID-19 pandemic.

Location	Contact
Boston Municipal Buildings West Street Boston PE21 8QR	outreach@citizensadvicemidlincs.org.uk Phone: 0808 2787942 (Mon – Fri – 10am – 4pm)
Sleaford The Advice Centre, Moneys Yard Carre Street NG34 7TW	outreach@citizensadvicemidlincs.org.uk Phone: 0808 2787942 (Mon – Fri – 10am – 4pm)

<p>Lincoln 1st Floor City Hall Beaumont Fee LN1 1DD</p>	<p>Adviceline: 0808 278 7940 Help to Claim: 0800 144 8 444 Polish Speaking Helpline: 0344 8476128 Mon – Tues - 9.30am - 16.00pm and Wed - 9.30am -12.00pm</p>
<p>Louth Unit 1 Meridian House 41 Eastgate LN11 9NH</p>	<p>Adviceline: 0808 2787904 (Mon – Fi – 9am – 5pm) (Local call costs apply) Polish Helpline: 03444 847 6128 Webchat: https://www.citizensadvice.org.uk (Mon - Fri, 10am - 4pm)</p>
<p>Grantham 14 Finkin Street NG31 6QZ</p>	<p>Adviceline: 0808 2787996 (Mon – Fri – 10am – 4pm) Website: https://www.citizensadvicesouthlincs.org.uk/</p>
<p>Spalding Council Offices Priory Road PE11 2XE</p>	<p>Adviceline: 0808 2787996 (Mon – Fri – 10am – 4pm) Migrant Worker Advice Line: 0344 8476128 (Mon – Fri – 9:30am – 4pm) Website: https://www.citizensadvicesouthlincs.org.uk/</p>
<p>Skegness 20 Alghitha Rd PE25 2AG</p>	<p>Adviceline: 0808 2787904 (Mon – Fi – 9am – 5pm) Website: http://www.citizensadvice.org.uk/lindsey</p>
<p>Mablethorpe Inter Agency Centre Stanley Avenue LN12 1DP</p>	<p>Adviceline: 0808 2787904 (Mon – Fi – 9am – 5pm) Website: http://www.citizensadvice.org.uk/lindsey</p>
<p>Gainsborough Guildhall Marshall's Yard DN21 2NA</p>	<p>Adviceline: 0808 2787904 (Mon – Fi – 9am – 5pm) Website: http://www.citizensadvice.org.uk/lindsey</p>
<p>Stamford Stamford Day Centre 33 Ryhall Road PE9 1UF</p>	<p>Adviceline: 0808 2787996 (Mon – Fri – 10am – 4pm) Website: https://www.citizensadvicesouthlincs.org.uk/</p>

Connect to Support

Connect to Support is an online information, advice library and community directory for Lincolnshire. The directory has information on:

- Activities and groups in the county
- Mental health support
- Cancer information and support
- Cost of living support
- Support with digital and technology
- Long COVID hub
- Advice for Ukrainian arrivals

Phone: 0300 303 8789

Website: <https://lincolnshire.connecttosupport.org/>

Community Hubs

Alford Hub

Phone: 01507 464901 **Email:** alfordhub@gmail.com

Location: Alford Focal Point and Library, 5 South Market Place

The hub offers a variety of up-to-date information, has a signposting hub to connect you with other local and national organisations which can help meet your long terms needs and provide practical help which includes:

- Free prescription delivery to the vulnerable in a 6-mile radius of Alford
- Virtual Daily Toddler Sessions
- Social Prescribing
- Virtual community centre and weekly coffee and chat sessions
- Crisis Response
- Local business and community group support
- Befriending service
- Hospital discharge support



Nettleham Community Hub

Phone: 07305 300761 **Email:** offices@thehubnettleham.co.uk

Location: 1 East Street Lincoln **Opening times:** Mon – Sat: 8:30am – 4:30pm and Sun 9:30am – 4pm



Open to anyone and everyone, the hub is a play to connect, learn, meet and enjoy spending time with others. They host many events, projects and classes. They also support the community through jobs, apprenticeships, volunteering, local services, small businesses, community groups start-ups, and by being a super supportive network.

Bridge Community Hub

Phone: 01522 533406 **Email:** library@bridgechurchlincoln.co.uk

Facebook: <https://www.facebook.com/bridgecommunityhub/>

Location: Bridge Church Lincoln 107-115 Newark Road

The hub hosts a library and foodbank. It also provides free hot drinks, computer/internet access, cooking, parenting and marriage courses.

Connexions Community Hub

Phone: 01427 678695 **Email:** mylincs@outlook.com

Website: <https://www.connexionscommunityhub.co.uk/>

'This centre planned is a place that everyone will be able to enjoy and join in all the activities made available; from experiencing Arts, Crafts and the Performing Arts to getting involved with Community Radio or maybe get involved with a Community Garden or Cookery Lessons.

You might simply want to have a place to meet and chat or use the Gaming Room and Internet Café facilities planned.'



The Storehouse Skegness

Phone: 01754- 763362 **Email:** info@thestorehouse.co.uk

Location: North Parade Skegness

This church is home to the Re:Store project and the Skegness Community Foodbank.



Energy (& other utilities) costs

Both Citizens Advice and local government websites also have information on getting help with energy bills.

Ask Bill

Ask Bill can provide rounded simple advice on managing your money, benefit entitlements and accessing funding in relation to energy and water bills and general debt. They also have a free online self-assessment tool and can offer one to one advice over the phone.

Website: <https://www.askbill.org.uk/>

Money Saving Expert

Money Saving Expert has a range of advice covering all aspects of the rise in cost of living. They have put together a useful guide on what to do if you are struggling to pay your energy bills, check it out below.

Guide/website: <https://www.moneysavingexpert.com/utilities/how-to-get-help-if-you-re-struggling-with-your-energy-bills-/>

Priority Services Register

The Priority Services Register is a free support service that ensures those in vulnerable situations get extra support with their utility bills.

Website: <https://www.ofgem.gov.uk/get-help-your-supplier-priority-services-register>

Turn2us

Turn2us is a charity providing practical help to people who are struggling financially. They have a benefits calculator, where you can check to see which benefits you are entitled to, along with information and support on energy and water bills, grants you can apply for and other general financial support.

Website: <https://www.turn2us.org.uk/>

Food Banks

In order to get food from a food bank you need to be referred with a voucher. Frontline professionals like doctors, health visitors, social workers and Citizens Advice (varies from food bank to food bank) may be able to refer you to a food bank and give you a voucher.

The Trussell trust have a tool which allows you to find the closet food bank to you or check out the list below.

Trussell Trust: <https://www.trusselltrust.org/get-help/find-a-foodbank/>

Location	Opening Hours	Contact Details
Alford		
Alford Storehouse Church The Access Centre 47 West St	Mon, Wed & Fri: 10:30am – 12:30pm	Phone: 01507 462990
Bardney		
Bardney Larder Methodist Hall Church Ln	Sat: 9:30a, - 11:00pm (Follow their Facebook page for updates)	Phone: 07538 916444 Email: foodbank@bardneycommunity.co.uk Facebook: Bardney and surrounding villages Local Foodbank Larder
Bourne		
Bourne Don't lose hope café 4 North Street, Bourne	Mon-Fri: 9:00am – 4:00pm Sat: 10:00am – 4:00pm	Phone: 01778 420762 Email: enquiries@dontlosehope.co.uk
Bourne Foodbank Bourne United Reformed Church Spalding Rd Victoria Pl	Tues: 1:00pm – 3:00pm Fri: 9:00am – 11:00am	Phone: 01778 782365 Email: info@bournefoodbank.org.uk
Butterfield Community Pantry	Mon: 9:00am – 3:00pm Tues: 9:00am – 1:00pm	Phone: 01778 421422 Email: enquiries@thebutterfield.org.uk

Harrington St Bourne	Wed: 9:00am – 3:00pm Thurs: 9:00am – 1:00pm Fri: 9:00am – 1:00pm	
Boston		
Boston Restore Pantry Restore Church Liquorpond Street	Mon, Wed & Fri: 12:00pm – 2:00pm	Phone: 01205 837209 Email: darren@restorechurchboston.co.uk
Boston Restore Kitchen George St Car park	Mon – Fri: 8:00pm – 8:30pm Sat: 5:00pm – 5:30pm	Phone: 01205 837209 Email: darren@restorechurchboston.co.uk
Boston Foodbank Blenkin Memorial Hall		Phone: 01205 310929 Email: info@boston.foodbank.org.uk
Boston: Centrepont Outreach Belmont House	Mon – Fri: 9:30am – 12:15pm and 2:00pm – 3:45pm Sat: 9:30am – 12:00pm	Phone: 01205 360900 Email: admin@centrepont-outreach.com
Caistor		
Caistor Methodist Church Chapel St		Phone: 07714 624608 Email: sue@cafa-lincolnshire.org
Crowland		
Crowland Larder	Check Facebook Page: Crowland Community Larder	Phone: 07421 840313 Email: crowlandlarder@outlook.com
Grantham		
Grantham Unit 1-2, Grey Friars	Mon: 2:00pm – 4:00pm Wed & Fri: 1:00pm – 3:00pm	Phone: 07816 872561 Email: gfbenquiry@hotmail.com
Holbeach		
Holbeach Community Larder	Wed: 10:00am – 1:00pm Fri: 12:00pm – 1:00pm	Phone: 07859 905903 Email: info@holbeachcommunitylarder.org.uk

The Reading Rooms, Church St		
Horncastle		
Horncastle Community Larder	Contact team to arrange a parcel	Phone: 07599 023501 Email: Communitylarder@gmail.com Website: https://www.horncastlecommunitylarder.co.uk/
Kirton in Lindsey		
Kirton in Lindsey Town Hall High St		Email: info@kirtoninlindseytownhall.co.uk
Lincoln & Surrounding Villages		
Provision's Foodbank Dankerwood Rd South Hykeham	Mon – Fri: 10:am – 4:00pm	Phone: 07784 341140 Email: amy@lincolnfoodbank.org.uk
Branston Church	Contact for details	Phone: 07395 906220 Email: branstonhelp@gmail.com
Birchword Life Church	Mon – Fri: 9:00am – 12:00pm	Phone: 01522 694694 Email: amy@lincolnfoodank.org.uk
Moorland Park Methodist Church	Tues: 1:00pm – 3:00pm Thurs: 10:00am – 12:00pm	Phone: 01522 694694 Email: amy@lincolnfoodank.org.uk
Lincoln Central Mosque and Cultural Centre Dixon St	Sat: 1:30pm – 3:30pm	Phone: 07975 818809 Email: bt.abdul@yahoo.com
Central Methodist Church 123 High St	Thurs: 10:30am – 1:00pm	Phone: 01522 265511 Email: amy@lincolnfoodbank.org.uk
Bridge Church	Mon: 10:00am – 12:00pm Tues: 3:30pm – 5:30pm Wed: 10:00am – 12:00pm Fri: 10:00am – 12:00pm	Phone: 01522 530730 Email amy@lincolnfoodbank.org.uk

Lincoln Mint Lane Café 12 Mint Lane	Wed, Thurs, Fri: 10:00am – 2:30pm	Email: mintlanecafe@gmail.com
St Swithins Love Your Neighbour Scheme St Swithins Square	Contact to request support	Email: gethelp@stswithins.org.uk
YMCA Rosemary Ln	Tues and Fri: 1:30pm – 3:00pm	Phone: 01522 569291 or 07914 65540 Email: lincolncommunitylarder@hotmail.co.uk
ECHO Street Kitchen St Rumbold St	Sun: 1:30pm – 3:30pm	Phone: 07577 568740 or 01507 824342 Email richardspeed27@Yahoo.com
Lincoln LiFT Project Conningsby St	Mon – Sat: 7:00am – 9:00am	
ST John Baptist Church Sudbrooke Dr	Wed: 9:30am – 10:30pm	Phone: 01522 569291 or 07914655460 Email: lincolncommunitylarder@hotmail.co.uk
Welton St Mary's Church 9 Lincoln Rd	Thurs: 1:30pm – 3:30pm	Phone: 01523 569291 or 07914655460 Email: lincolncommunitylarder@hotmail.co.uk
Long Sutton Food Larder St Mary's Church, Market Pl	Updated regularly on their Facebook Page: Long Sutton Food Larder	Phone: 01406 364226
Louth		
Louth Pay-as-you feel veg stall – Community Farm Donnington on Bain	Sat: Mornings (Satellite stall opposite Louth Hospital)	Email: Doncomfarm@gmail.com
Louth Serendipity Project 149 Eastgate		Phone: 01507 602930 Email: paul@serendipityinitiative.co.uk
Louth Community Larder Trinity Centre Eastgate	Mon – Fri: 9:00am – 10:00am	Phone: 01507 605803 Contact via web form: https://www.teamparishoflouth.org.uk/community/louths-community-larder/
Mablethorpe		
Mablethorpe Food Larder	Mon – Fri: 12:00pm – 2:00pm	Phone: 01507 477007

97 Victoria Rd		
Market Deeping		
Market Deeping 63 Hereward Way Deeping St James	Mon: 2:30pm – 4:00pm	Phone: 07516 717346 Email: info@deepings.foodbank.org.uk
Market Rasen		
Market Rasen New Life Church Centre- Serpentine St	Mon – Fri: 10:30am – 12:30pm	Phone: 01673 849941 Email: office@marketrasennewlifechurch.co.uk
Market Rasen Salvation Army	Tues: 9:45am – 1:30pm	Phone: 01673 842859
Martin		
Martin Village Hall, Martin	Tues: 3:00pm – 4:00pm	Phone: Nicky Wilkes 07557853952, Clare Pearson 07816127681 (please text 'larder' to get a call back) or Brenda Crouch 01526 378634 Email: lincolncommunitylarder@hotmail.co.uk
Old Leake		
Pat's Pantry Furlongs Ln Old Leake		Phone: 07398 261248 or 07983 406443
Sleaford		
Sleaford New Life Centre Mareham Ln	Regularly Updated on Facebook Page: Sleaford Larder	Phone: 01529 413063 Email: office@nlcm.org.uk
Spalding & South Holland		
Spalding Agape Foodbank Lighthouse Pentecostal Church 10 Haverfield Rd	Tues: 12:00pm – 2:00pm Thurs: 12:00pm – 2:00pm	Phone: 07858 692289 Facebook: https://www.facebook.com/agapecarefoodbank/

Spilsby		
New Life Spilsby New Life Centre, Church St	Centre is open: Mon: 10:00am – 1:00pm and 6:00pm – 8:30pm Tues: 10:00am – 5:00pm and 7:00pm – 9:00pm Wed: 10:00am – 8:00pm Thurs: 11:00am – 9:00pm Fri: 10:00am – 3:00pm Sun: 10:00am – 12:00pm	Phone: 01790 754092 Email: david@newlifespilsby.com
Stamford		
Stamford Second Helpings	Mon-Sat: 8:00am – 8:00pm Sun: Closed Mon: Closed Tues: 10.30am – 12.30pm Wed: 10.30pm – 2.00pm Thurs: 10.30am – 2.00pm Fri: 10.30am – 2.00pm and 5.00pm – 6.00pm Sat: 10.00am – 2.00pm	https://www.facebook.com/stamfordsecondhelpings/
Stamford Foodbank The Unity Centre, West Street	Mon: 1:00pm – 3:00pm Wed: 1:00pm – 3:00pm Fri: 1:00pm – 3:00pm	Phone: 07570 583799 Email: info@stamfordoundle.foodbank.org.uk
Sutterton Food Bank St Mary's Church		Phone: 01205 310929 Email: info@boston.foodbank.org.uk
Sutton Bridge		
Sutton Bridge Community Larder 80 Bridge Rd	(Unclear if still running)	Phone: 01406 359122

Sutton-on-Sea		
Sutton on Sea 44 High St		Get in touch via Facebook group: https://www.facebook.com/groups/2587839068124571/
Wragby		
Wragby ChEF Community Shop Old Pharmacy Market Pl	Mon – Fri: 12:00pm – 1:00pm	Email: wragbychef@gmail.com Children eat free, provide food to families during school holidays
Wragby Foodbank All Saints Church	Mon & Thurs: 11:30am – 1:30pm	Email: wragbygroup@aol.com

Hygiene Banks

Lincoln Hygiene Bank

'At The Hygiene Bank, we believe it is not right that feeling clean should be a luxury or a privilege for anyone in our society, yet many are living in poverty and cannot afford to stay clean. That is why our network of projects exists – to give people access to the basics they need.'

Email: lincoln@thehygienebank.com

Twitter: @LincolnHygieneB



The Centre for Reconciliation (TCfR)

Set up in response to the cost-of-living crisis, this organisation works with faith, cultural and ethnic communities, religious leaders and schools. They help increase peace and harmony amongst multi-faith and multi-cultural communities through social events, training and mediation.

Email: enquiries@tcf-reconciliation.org

Phone: 01522 569776



Lincolnshire Credit Union

A fair and ethical local provider of financial services, including loans and savings accounts. 'Whatever your financial circumstances or borrowing requirements, we probably have a loan that's just right for you. And, because we don't have the overheads of many high street banks, our interest rates are more affordable.'

Email: info@nottsandlincscu.co.uk

Phone: 0330 004 0842

Website: <https://nottsandlincscu.co.uk/who-we-are/>



Lincolnshire County Council

Lincolnshire County Council have put together a range of resources to help people. From information on:

- [Household support fund](#)
- [Holiday activities and food programme](#)
- [Help with childcare costs](#)
- [Free schools meals](#)
- [Financial support for carers](#)

Local council districts also have a variety of resources available ranging from financial to practical and emotional support.

- [Boston Borough Council](#)
- [City of Lincoln Council](#)
- [East Lindsey District Council](#)
- [North Kesteven District Council](#)
- [South Kesteven District Council](#)
- [South Holland District Council](#)
- [West Lindsey District Council](#)

NHS Exemptions

Low Income Scheme

Information taken from the [NHS website](#)

If you have a low income, the NHS Low Income Scheme can help you pay:

- NHS prescription charges
- NHS dental treatment charges
- the cost of sight tests, glasses and contact lenses
- the cost of travelling to receive NHS treatment
- NHS wigs and fabric supports (check with your hospital for their arrangements for supplying NHS wigs)

How much help you get depends on your weekly income and necessary outgoings, plus any savings or investments you have at the time you apply. If the amount you have left is low, you may be able to get help through the NHS Low Income Scheme. Any help you're entitled to is also available to your partner, if you have one.

If you have already paid for treatment, you can apply for a refund at the same time as you apply for the scheme.

Applications are usually assessed within 18 working days from the date the NHS get the form. **You can apply online if you do not have capital or savings over £6,000.**

Prescription Costs

Information taken from the [NHS website](#)

You can get free NHS prescriptions if, at the time the prescription is dispensed, you:

- Are 60 or over
- Are under 16
- Are 16 to 18 in full-time education
- Are pregnant or have had a baby in the previous 12 months and have a valid maternity exemption certificate (MatEx)
- Have a specified medical condition and have a valid medical exemption certificate (MedEx) – **to see the list of conditions click [here](#)**
- Have a continuing physical disability that prevents you going out without help from another person and have a valid medical exemption certificate (MedEx)
- Hold a valid war pension exemption certificate and the prescription is for your accepted disability
- Are an NHS inpatient

You are also entitled to free prescriptions if you or your partner (including civil partner) receive, or you're under the age of 20 and the dependent of someone receiving:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- Pension Credit Guarantee Credit
- [Universal Credit](#) and meet the criteria

If you're entitled to or named on:

- a valid NHS tax credit exemption certificate – if you do not have a certificate, you can show your award notice. You qualify if you get Child Tax Credits, Working Tax Credits with a disability element (or both), and have income for tax credit purposes of £15,276 or less

- a valid NHS certificate for full help with health costs (HC2)

People named on an NHS certificate for partial help with health costs (HC3) may also get help.

Check if you're eligible for free prescriptions using this tool on the [NHS website](#).

Support for your Health

For more information relating to health, please visit our Information and Signposting Directory on [our website](#). This directory includes information on, for example, registering with a GP, complaining about the service you've received and patient transport.

Local support

Lincolnshire has confidential, free phone helpline for emotional mental health support. Specialist workers provide support, advice and guidance 24 hours a day.

Phone: 0800 001 4331

Here4You – Young people

If you are worried about your emotional wellbeing or mental health, there are two ways you can self-refer yourself to services in Lincolnshire.

Here4You Line

Phone: 0800 234 6342 (this line is open for self-referrals between 9am – 4:30pm, excluding bank holidays). If you are a parent/carer wishing to self-refer on the behalf of a child please use this number and not the online form below.

If you are aged 13 and over, you can refer yourself online.

Online referral form: [Online self-referral :: Lincolnshire Young Minds \(lpft.nhs.uk\)](https://lpft.nhs.uk)

Steps2change – Adults

Steps2change provides talking therapies for people aged 16 and older. The service can help those experiencing anxiety, depression and stress and support to those going through a bereavement or traumatic event. You do not need to make an appointment with you GP or healthcare professional to access this service.

You can refer yourself to the service in a number of ways:

Phone: 0303 123 4000 – to request a self-referral form in the post

Complete the form here: [Self-referral :: steps2change Lincolnshire \(lpft.nhs.uk\)](https://lpft.nhs.uk)

Op COURAGE – Veterans

Op COURAGE is the specialist mental health service designed to support those:

- Serving personnel due to leave the military
- Reservists
- Armed forces veterans
- Their families

The services offer a wide range of support from psychological and well-being, everyday employment, housing and independent needs.

For a detailed list of the support they offer, please visit: [Op COURAGE](#)

To refer yourself to Op COURAGE you can get in contact via your GP or the 24-hour single point of entry line (managed by the partner charity, Mental Health Matters).

Phone: 0300 323 0137

Email: mevs.mhm@nhs.net (to request a referral form to Mental Health Matters)

We are with you

We are with you is a free, confidential service, which can help if you or someone you know is struggling with alcohol or drug use. They can help you with your goals or just provide some advice. They have a needle and syringe service where you can pick up free needles and barrels, return used equipment or get confidential advice.

Book an appointment online: [Lincolnshire, Lincoln - With You](#)

Phone: 01522 305518

Mind Cambridgeshire, Peterborough and South Lincolnshire (CPSL)

The South Lincolnshire branch of the charity Mind runs Good Mood Cafés in Crowland and Holbeach. These cafés are a chance to connect with people in the local community and get mental health support.

The Night Light Café in Long Sutton provides a safe space for anyone experiencing a mental health crisis and provides a listening ear during the evening. The café runs on Wednesdays and Thursdays from 6pm – 10pm in the welcome area of Long Sutton Parish Church.

For more information, visit: [CPSL Mind](#)

Connect Health – Chronic Pain

Connect Health offers support to those suffering from chronic pain. They have a variety of clinics throughout the county, currently self-referral for PhysioNow is closed and you need to contact your GP to be referred but keep up to date via their website. They have a variety of clinics throughout the county, online support and resources and how to wait well whilst waiting for you appointment.

Website: <https://www.connecthealth.co.uk/services/lincolnshire/>

Phone: 01522 581777

National Support

The BLURT Foundation

The BLURT Foundation 'understand how devastating depression can be. Jobs come to an end, relationships break down and lives can be lost, all through the effect of depression. That's why the work we do here at Blurt is so important – it not only changes lives but saves them.' They have a range of resources such as how to support young people and you, taking care of yourself at university and cost of living support.

Website: [Blurtitout - Cost of living resources](#)

Dementia UK

For carers and people with dementia, Dementia UK have a range of help available from being able to be put on the Priority Services Register with your utility provider to their helpline where they can offer mental health support.

Phone: 0800 888 6678

Website: <https://www.dementiauk.org/advice-on-the-cost-of-living-crisis/>

Diabetes UK

Diabetes UK have compiled a list of resources with tips and information to help you or your loved ones living with diabetes through the cost of living crisis.

Website: <https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/cost-of-living>

Macmillan Cancer Support

Macmillan have put together a range of resources to help during the cost of living crisis, including the latest government updates, Macmillan Grants and their money and cancer guide.

Website: <https://www.macmillan.org.uk/cancer-information-and-support/get-help/cost-of-living>

British Heart Foundation

The British Heart Foundation also have resources to help with the cost-of-living crisis if you have a heart condition. The resources cover financial tips and health advice.

Website: <https://www.bhf.org.uk/information-support/support/practical-support/can-i-get-financial-support-or-benefits-if-i-have-a-heart-condition>

Warm Spaces

For the latest, up-to-date information on warm spaces, please check your local authority's website. Please note, however, not all available warm spaces may be listed on your local authority's website, as to do so warm spaces have to notify their council to be added to the list. If you've got a warm space up and running, let your local council know so your space can be added to the list.

- [Boston Borough Council](#)
- [City of Lincoln Council](#)
- [East Lindsey District Council](#)
- [North Kesteven District Council](#)
- [South Kesteven District Council](#)
- [South Holland District Council](#)
- [West Lindsey District Council](#)

Warm Welcome has also put together an interactive map of warm spaces – simply type in your postcode or location and they show your warm spaces near you.

Warm Spaces Finder: [Find a Warm Welcome Space Today](#)

Warm Spaces in East Lindsey

Alford Hub – Mon – Fri – 9am – 1pm (Warm packs are available, call 01507 464901 for more information)

Alford Library – Tuesdays and Fridays – 10am – 4pm

Binbrook Book Lending Club – Thursdays – 12pm – 2pm

Binbrook Friendship Group Coffee Morning – 3rd Monday of the month – 10am – 12pm

Bucknall Village Hall – Mondays, Wednesday throughout December 2022 and January 2023 – 9:30am – 1pm

Generations Church – Mondays – 9:30am – 12:30pm and 3pm – 6pm

Horncastle Community Centre – Wednesdays – 1:30pm – 3:30pm

Huttoft Village Hall – 1st Saturday of every month, 10am – midday

Lighthouse at Louth Methodist Church – Wednesdays – 10am – 2pm and Fridays 10am – 2pm

Mareham Le Fen Community Centre – Once a month

New Life Centre – Mondays – 10am – 1pm, Tuesdays – 12pm – 3pm, Wednesdays – 7:20am – 3pm, Fridays – 12pm – 3pm

Spilsby Christian Fellowship

- Toddlergroup - "Come & Play" is open to parents, grandparents and carers with babies to all pre-schoolers. It runs Mondays and Wednesdays 10 til 11.30am - Term time
- Coffee and chat - Thursdays 10 til 11.30am Term time
- Inter-generational group - activities, refreshments and social time for anyone across the generations - from 2 to 92!!! This meets on the 3rd Saturday each month

The Access Centre – Mondays, Tuesdays and Wednesdays – 10am – 2pm and Fridays 10am – 4pm.

The Coastal Centre Mablethorpe – fortnightly on Tuesday afternoon 2pm – 4pm

The Storehouse Skegness – Tuesdays – 1pm – 3pm

Trusthorpe Village Hall – Monday – 10am – 3pm

Winnies Community Lounge – Tuesdays – 6pm – 8pm and Thursday – 10am – 3pm

Warm Spaces in Lincoln

[*Places for People*](#) have compiled a list of all the warm spaces in Lincoln.

Monday –

10am – 2pm – Our Lady of Lincoln Church, Laughton Way

2pm – 4pm – St Giles Jubilee Halls, Lamb Gardens

Tuesday –

9am – 4pm – Ermine Library and Community Hub, Ravendale Drive

12pm – 4pm – St Peter Eastgate Church

Wednesday –

9am – 1pm – Ermine Library and Community Hub, Ravendale Drive

10am – 11:45am – St Giles Methodist Church Addison Drive

9:30am – 12:30pm – St Peter Eastgate Church

2pm – 3:30pm – Ermine URC Church, Sudbrooke Drive (1st and 3rd Wednesday of the month)

Thursday –

9:30am – 12pm – Bailgate Methodist Church

Friday –

10am – 11:45am – St Giles Methodist Church

10am – 1pm – Bailgate Methodist Church (2nd and 4th Friday of the month)

Saturday –

9am – 3:30pm – Burton Road Methodist Church (1st Saturday of the month) – including knit and natter, council surgeries and craft and thrift fayre

Warm Spaces South Holland

Broad Street Methodist Church – Mondays – 10am – 4pm

Cowbit Senior's Club - 2nd and 4th Tuesday of the month – 2pm – 4pm

Sutton St James Baptist Church - Weekdays – 10am – 12pm

Tonic Health –

- Monday Tea and Toast - 10.30am to 12noon
- Monday Arts and Craft - 12.30pm to 2.30pm
- Monday Night Light Café - 4pm to 7pm
- Tuesday Safe Places meeting - 4pm to 5.30pm
- Wednesday Autistic Led - 4pm to 5.30pm
- Thursday Mens Group - 11am to 1pm
- Thursday Night Light Café - 4pm to 7pm
- Friday Coffee Connect - 11am to 12.30pm

University Students

The UK Government has compiled a list of support available to students. This includes ensuring you have applied for all the student finance, living grants you are eligible for and other support for example with childcare costs.

Website: <https://commonslibrary.parliament.uk/cost-of-living-support-for-students/>

Bishop Grosseteste University

Bishop Grosseteste University have a dedicated page on their website of resources available to help their students. The support varies from tech support, to help with period product and budgeting advice.

Website: [BGU - Cost of living support](#)

Lincoln University

Lincoln University also has a cost of living hub and have a wide range of support available. There are resources to help with books, travel, childcare, work opportunities and so much more.

Website: <https://costofliving.lincoln.ac.uk/>



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