

COMMUNITY ASSISTANCE IN RUSHCLIFFE

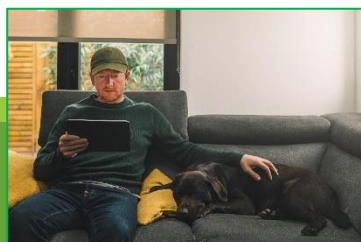
This directory has been put together collaboratory between Rushcliffe Primary Care Network, Rushcliffe Borough Council and The Community & Voluntary Service, all of which are delivering a wide range of wellbeing support, social activities and more in your local area. We hope you find the information helpful.



What's inside this guide?

Providing access for Rushcliffe residents to local support and information during the winter period and beyond

- ✓ Where to go if you are Feeling Lonely and Isolated
- ✓ Community Spaces in Rushcliffe
- ✓ Feeding the Residents of Rushcliffe
- ✓ Cost of Living Support
- ✓ How to Keep Warm and Well this Winter



FEELING LONELY? ISOLATED?

For more information/resources and things to do in your neighbourhood please click the PDF links below

Rushcliffe
North



Adobe Acrobat
Document

Rushcliffe
Central



Adobe Acrobat
Document

Rushcliffe
South



Adobe Acrobat
Document

Rushcliffe Friendship Calendars

The Rushcliffe Social Prescribing Team run Friendship Calendars across all the Borough with the aim to combat loneliness and isolation for individuals.

To find a Friendship Session near you, visit [Rushcliffe Social Prescribing Service](#).

Rushcliffe Community and Voluntary Service

Offer a wide range of support services, groups and transport
<https://rushcliffecvs.org.uk/>

Mental Health Support

Harmless is a user-led organisation providing a range of services regarding self-harm including support, information, training and consultancy to people who self-harm, their friends, their families and professionals.



Harmless Support

For more information and support including neighbourhood community resource packs, please click the link below

<https://www.rushcliffehealth.org/health-directories>

For further information please view the following
Community Spaces in Rushcliffe pages

Community Spaces in Rushcliffe

Safe friendly spaces for the whole of the community to come together

These spaces are intended for people to socialise, connect with people, and having a feeling of belonging.

✓ **OPEN TO ALL**

Rushcliffe Central

St Paul's Church, Warm Space

Boundary Rd,
West Bridgford, NG2 7DB
Fridays noon – 4.30pm
Offers a hot drink and simple meal
www.stpaulsboundaryroad.com

Renew 37

37 Abbey Road, West Bridgford, NG2
5NG
Mon-Thurs 9am-3pm
We provide a safe warm space, with
hot drinks and activities

West Bridgford Baptist – Church Hall

Melton Road, NG2 7NF
Thursday 10am – 11.30am
We have a Warm Space and Coffee
Morning.
Our Sunday service is from 10am
with coffee and tea provided
afterwards.

St Paul's Church, Café on the Corner

Boundary Rd,
West Bridgford, NG2 7DB
Fridays 10.30am – noon
Offers hot drinks and cake.

St Peter's Church

Ruddington
NG11 6EL
1st & 4th Mondays of the month
'£1 heat and eat' - must be booked
<https://www.achurchnearyou.com/church/17905/service-and-events/events/840972/>

Renew café

Ruddington Baptist Church
The Hub, 62 Musters Rd
NG11 6HW
Wednesdays 2.30pm -4pm
Offering a café style group, warm
space, tea and coffee

West Bridgford Methodist Church

NG2 7PQ
Variety of groups including singing,
walking and knitting.

West Bridgford Library

NG2 6AT
Wednesdays 10.30am-12.30pm
A place of welcome - drop in for a cup
of tea and a chat with a friendly face
www.inspireculture.org.uk

West Bridgford Baptist Church

NG2 7NF
Thursdays 10am - 11.30am
Offering a cup of tea and a chat

West Bridgford Methodist Church

2nd and 4th Thursday of the month
10am - 2pm
Friendship group with lunch

Community Spaces in Rushcliffe

✓ OPEN TO ALL

Rushcliffe Central

The Hub - Ruddington Baptist Church

NG11 6HW

2nd Monday of the month

For retired people

Small charge for a hot meal - need to book

0115 954 6833

St Peters Rooms Ruddington

NG11 6HA

1st Sunday of the month 10.30

- Midday

Offering coffee and cake

St Peters Rooms Ruddington

NG11 6HA

Wednesdays 10am - Midday

For the over 50s to come along and have a
coffee & a chat

Renew Green Spaces

Hareham Allotments Asher

Lane, Ruddington

Mondays 11am - 1pm

Community gardening with
Ruddington Baptist Church

Methodist Church Hall – St Peters Ruddington

NG11 6HD

Saturdays 10.30am - Midday

Offering coffee and cake

West Bridgford Library

Wednesdays 10.30am -

12.30pm

Offering a cup of tea and a
chat

Inspire Libraries in Rushcliffe

You can find your local library by clicking the link below:

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

Rushcliffe North

Craig Moray Community Centre,

Queens Road, Radcliffe-on-Trent, NG12 1DL

Mondays 10am – Noon for bacon & sausage butties

Fridays 10am – Noon for crumpets and a warm space

St Anne`s Church Catholic Church

Radcliffe-on-Trent, NG12 2AJ

Thursdays 2pm – 4pm

Offering a warm space

St Andrew`s Church

Langar, NG13 9HG

Dec 2nd, Jan 6th, Feb 3rd and Mar

2nd, all from 10am - 12 noon for our
Pop-up Cafés.

✓ OPEN TO ALL

Community Spaces in Rushcliffe

Rushcliffe South

Parochial Church Hall Selby Lane,
Keyworth
NG12 5AN
Fridays 11am - 4pm
Offering free hot drinks, toast, biscuits
and Wi-Fi
Community Bus available
Ring 07815 527392 to book.

**Keyworth Parochial Hall, Selby Lane,
Keyworth**
NG12 5AN
Fridays 10am – 2.30pm
We offer a warm space with free food-
hot drinks and squash, toast, biscuits,
sandwiches at lunchtime.
Free parking and on the main bus route.

Cotgrave Methodist Church
NG12 3JR
Tuesdays Midday - 4pm
Saturdays 10am -1pm
Offering a warm space with soup, cakes
and hot drinks

St Giles Church
Cropwell Bishop
NG12 3BU
Wednesdays 9.30am-11.30am
Offering a warm space, hot drinks, cake
and a chat
Recently refurbished with underfloor
heating!

Our Lady of the Angels Church East Leake

East Leake
LE12 6QD
3rd Thursday of the month
10.30am – Midday
Coffee Morning in the Church
Hall

Our Ladies Free Coffee Morning

East Leake
LE12 6PF
10.30am - 12 noon in the
Church hall on the Third
Thursday of each month

St Marys Church

Main Street, East Leake
LE12 6LN
Fridays 10am-Midday
Offering refreshments

The Methodist Church

East Leake
LE12 6PG
Saturdays 10am-Midday
Offering a warm space and
refreshments



FEEDING RUSHCLIFFE

Food bank vouchers can be obtained from Citizens Advice, Children's Centre, GPs, Job Centre, Social Worker.

In Rushcliffe you can call 0300 5008080 or HOPE on 0303 0401110 to discuss a referral to a food bank

St Paul's Church, Café on the Corner

Boundary Rd,
West Bridgford, NG2 7DB
Mondays 11 – 12.30pm
Community pantry and also offers a hot drink for the pantry visitors

[The Cafe on the Corner | Nottingham | Facebook](#)

Ruddington Pantry - St Peters Rooms

NG11 6HA
Wednesdays 12.30pm-1pm
Sundays 4pm-4.30pm
Surplus food from retailers and households

[The Ruddington Pantry | Facebook](#)

Keyworth Village Hall Community Food Bank

NG12 5AN
Wednesdays 2.30pm - 3.30pm

[Keyworth Community Projects | Facebook](#)

Bingham Food Warriors

NG13 8AL
Saturdays 9am - 10am
Surplus food from retailers

[Bingham Food Warriors | Facebook](#)

Edwalton Food Hub

Surplus food from retailers
7 days a week by appointment

[Edwalton Food Hub | Facebook](#)

SEWA Day

NG2 7PR
Monday/Wednesday/Friday
9am - 1pm
Drop in for food, clothing and advice

[Sewa Day Nottingham | Facebook](#)

Clifton Food Bank Hope Centre

NG11 8AQ
Tuesday and Saturdays
9.30am - 11am
Food parcels
Voucher needed

[Clifton NG11 Foodbank. | Nottingham | Facebook](#)

Cotgrave Community Kitchen

NG12 3JG
Thursdays 10.30am - 12.30pm
Community Supermarket
[Cotgrave Super Kitchen | Cotgrave | Facebook](#)

For further information on memberships and contact details please visit: [Feeding Rushcliffe - Rushcliffe Borough Council](#)



COST OF LIVING SUPPORT

✓ **OPEN TO ALL**

Citizens Advice

Advice and support
0300 330 5457

**Cotgrave Advice
Centre – All
Saints Church**
NG12 3HT
Tuesday and
Thursdays
9am – Midday.
Appointment only.

**Radcliffe-on-
Trent Advice
Centre – St Marys
Hall**
NG12 2FD
Thursdays
9.30am - 12.30pm

**Bingham Advice
Centre –Bingham
Town Council**
NG13 8AL
Wednesdays
9.30am - 12.30pm.
Drop ins.

**West Bridgford
Advice Centre –
St Giles Church**
NG2 6AZ
Wednesdays
9.30am - 12.30pm

**The Friary – Advice
& Support**
NG2 7PR
Monday, Wednesday
& Fridays 8.30am -
Midday drop ins
Open to all with a
focus on homeless
and vulnerable
adults

**Keyworth Advice
Centre –
Keyworth Village
Hall**
NG12 5AN
Tuesdays
1pm - 4pm

More resources & information for households and community groups on the cost of living is available on the Rushcliffe Borough Council website -

<https://www.rushcliffe.gov.uk/benefits/cost-of-living/>

Or by phoning - 01159819911

For more information and support about Rushcliffe advice centres, please click the link below

<https://www.rushcliffe.gov.uk/community-and-living/advice-and-support/advice-centres/>

COST OF LIVING SUPPORT

Green Doctor

We understand the challenges of living in a cost-of-living crisis. This is particularly so for people facing fuel poverty.

Green Doctors are trained energy-efficiency experts that help UK residents stay warm, stay well, and save money on household bills. They offer free, impartial advice to help people to take control of their bills, reduce waste in the home, and access other services and initiatives available.

Free energy assessment

Our team of experts will visit homes to identify areas for improvement. We'll assess the causes of heat loss, tackle any damp or mould problems, and offer tips and tricks to save energy and water- all while keeping the home safe and comfortable.

All kinds of practical support

We offer a range of small energy and water efficiency measures, such as draft excluders, to make the most of energy and resources. In some cases we also help people to switch energy providers and access other forms of support.

These include emergency heating, government subsidies or grants, and advice on energy or water debt.

A home visit by the Green Doctor, their advice, installation of items and further support is absolutely free of charge!

Sign up for this service for yourself or behalf of another person by emailing us

on greendoctor@groundworknottingham.org.uk or call 01159788212



How to keep warm and well this winter



Keeping warm and well: staying safe in cold weather

Plan ahead



Check the weather forecast and the news



Make sure you have sufficient food and medicine



Take simple measures to reduce draughts at home

Keep yourself warm



Heat rooms you spend most time in to 18°C if you can



Keep bedroom windows closed



Wear multiple layers of thinner clothing

Prepare your home



Check what financial support may be available for you



Use energy saving tips to save money on heating



Make sure appliances are safe and working well

Look after yourself and others



If you're eligible, get vaccinated against flu and COVID-19



Check on others who may be vulnerable



Get help if needed. Call NHS 111 or in an emergency 999

For more information go to:

[Top tips for keeping warm and well this winter - www.GOV.UK](https://www.gov.uk)

Download the poster by clicking the PDF icon to the right



Adobe Acrobat Document

How to keep warm and well this winter

Nottinghamshire County Council have produced a 'Winter Wise – Staying Well this Winter' document available here <https://www.nottinghamshire.gov.uk/media/vgqjcrze/winter-wise-booklet-2023.pdf>

Age UK's Top tips for keeping warm and well this winter document is available by double clicking on the icon to the right



Age UK Top Tips



Winter Pressures and Cost of Living

The NHS Winter Pressures and Cost of Living Resource Pack is available by double clicking on the icon to the left



The NHS Health & Wellbeing Toolkit is available by double clicking on the icon to the right

