

# COMMUNITY ASSISTANCE IN RUSHCLIFFE

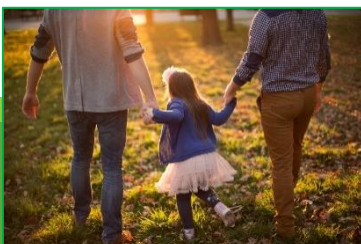
This directory has been put together collaboratory between Rushcliffe Primary Care Network, Rushcliffe Borough Council and The Community & Voluntary Service, all of which are delivering a wide range of wellbeing support, social activities and more in your local area. We hope you find the information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

## Rushcliffe Central

✓ **OPEN TO ALL**

### 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 Peter's Church

Ruddington

NG11 6EL

1<sup>st</sup> & 4<sup>th</sup> Mondays of the month

'£1 heat and eat' - must be booked

<https://www.achurchnearyou.com/church/17905/service-and-events/events/840972/>

### West Bridgford Methodist Church

NG2 7PQ

Variety of groups including singing,  
walking and knitting.

### West Bridgford Baptist Church

NG2 7NF

Thursdays 10am - 11.30am

Offering a cup of tea and a chat

### St Paul's Church, Café on the Corner

Boundary Rd, West Bridgford, NG2  
7DB

Community Spaces:

Warm Welcome every Monday (inc  
bank holidays) 9:30-11:30am – come  
and join us for free refreshments and a  
guaranteed warm welcome for all

Pizza, Chill and Chat every Friday 12-  
5pm – slice of pizza, glass of squash  
and sweet treat for £1

[www.stpaulsboundaryroad.com](http://www.stpaulsboundaryroad.com)

### 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 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](http://www.inspireculture.org.uk)

### West Bridgford Methodist Church

2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month

10am - 2pm

Friendship group with lunch

# Community Spaces in Rushcliffe

✓ OPEN TO ALL

## Rushcliffe Central

### St Peters Rooms Ruddington

NG11 6HA

1<sup>st</sup> 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

### Methodist Church Hall – St Peters Ruddington

NG11 6HD

Saturdays 10.30am - Midday  
Offering coffee and cake

### Renew Green Spaces

Hareham Allotments Asher  
Lane, Ruddington  
Mondays 11am - 1pm  
Community gardening with  
Ruddington Baptist Church

### 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

#### Keyworth Parochial Church Hall

Selby Lane, Keyworth  
NG12 5AN

Fridays 10am – 2.40pm

Offering free hot drinks, toast, biscuits  
and Wi-Fi

Community Bus available

Ring 07815 527392 to book.

#### Our Lady of the Angels Church East Leake

East Leake

LE12 6QD

3<sup>rd</sup> Thursday of the month

10.30am – Midday

Coffee Morning in the Church  
Hall

#### Cotgrave Methodist Church

NG12 3JR

Tuesdays Midday - 4pm

Saturdays 10am -1pm

Offering a warm space with soup, cakes  
and hot drinks

#### 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 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!

#### 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](mailto:greendoctor@groundworknottingham.org.uk) or call 01159788212





# How to keep warm and well this winter



## Keeping warm and well: staying safe in cold weather

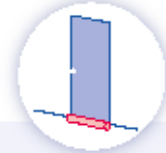
### Plan ahead



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



Health & Wellbeing Toolkit