

## Looking for a Church?

please ask us or try:  
[www.together.ourchurchweb.org.uk/lancaster](http://www.together.ourchurchweb.org.uk/lancaster)

## Other Support Services

### Age UK 0300 303 1234

Support for over-60s including bereavement  
7-11 Chapel Street, L/C LA1 1NZ  
[www.ageuklancs.co.uk](http://www.ageuklancs.co.uk)

### CAB Lancaster (Citizens Advice Bureau)

Free drop-in. Help with benefits, budgeting, debt,  
housing issues etc. 400400  
87 King Street, L/C LA1 1RH  
email: [enquiries@northlancashirecab.org.uk](mailto:enquiries@northlancashirecab.org.uk)  
[www.northlancashirecab.org.uk](http://www.northlancashirecab.org.uk)

### CanHelp (Community Advice Network)

[www.lancastercanhelp.org.uk](http://www.lancastercanhelp.org.uk)

### Disability Benefits Helpline 0345 712 3456

### Help Direct 387857

Budgeting, home, mobility, transport, leisure help etc.  
7-11 Chapel Street, L/C, LA1 1NZ  
[www.helpdirect.org](http://www.helpdirect.org)

### Job Centre Plus

**Benefits Enquiries** 0345/0845 608 8545  
**Job Centre** 0345/0845 604 3719

### Listening Space

Drop-in for those affected by benefit cuts  
Lancaster Friends Meeting House  
Meeting House Lane, L/C

### Probation Service 63537

### Social Services Lancaster 0300 123 6720

For emergencies 5pm-8.45am Mon-Fri, 24hrs  
at weekends/bank holidays 0845 602 1043

### Welfare Rights 0845 053 0013

Free benefit, review, tribunal advice etc.  
email: [infowrs@lancashire.gov.uk](mailto:infowrs@lancashire.gov.uk)  
[www.lancashire.gov.uk/welfarerights](http://www.lancashire.gov.uk/welfarerights)

## Need to travel?

**Bus** [www.traveline-northwest.co.uk](http://www.traveline-northwest.co.uk) 0871 200 3333

**Train** [www.nationalrail.co.uk](http://www.nationalrail.co.uk) 08457 484950

## For emergencies

### Domestic Violence (LDWA) 0800 612 1507

Lancaster & Dist. Women's Aid

### Police (L/C) 63333

### Community Support Officers 582590

### Samaritans L/C 61666

### National Helpline 0845 790 9090

### Shelter 0808 800 4444

*Note on phone numbers where there are options:*

*03 code are the ones cheapest from a mobile*

*08 code are cheapest from a landline*

Your notes

You can request this Leaflet in PDF format

*The Olive Branch offers this leaflet to try to help you. The information is as accurate at the time of printing. It is not comprehensive. Please let us know if we can improve it in any way. Thank you.*

*April 2015*

The Olive Branch Registered Charity 1116239



# The Really Useful Leaflet

**We are open from 11:00 to 4:00  
Monday, Wednesday, Thursday, Friday -  
just call in for help, tea and chat**

1 Westbourne Road, L/C, LA1 5DT  
tel.: 01524 555715  
email: [tob.olivebranch@live.co.uk](mailto:tob.olivebranch@live.co.uk)  
[www.the-olivebranch.org.uk](http://www.the-olivebranch.org.uk)

## Need help in addiction?

### Inspire

Open-access to assess/treat drug & alcohol addiction  
24 Great John Street, Lancaster **388493**  
173 Euston Road, Morecambe **34210**

### Shared care **846106**

Call in at GP to access alcohol/drug treatment service

## Mental Health Support ?

### nCompass **0800 988 8376**

**Advocacy Support 0345 013 8208**

**Carer Support 0300 303 8700**

### Lancastermentalhealth.org.uk

list of local resources

### Mental Health

**Community Team 586740**

**Helpline 0500 639 0000**

Mon-Fri 7pm-11pm, Sat/Sun 12 midday-12 midnight

## More support in your recovery?

### Celebrate Recovery **841941**

Help to overcome hurts, hang-ups and habits.

L.F.M. Church, Queen Street, Lancaster.

email: info@lfmc.co.uk

www.lfmc.co.uk/about/celebrate-recovery

### Peer Support (L/C) **07506 963 549**

Drop-in for those with mental health needs: advice, arts/crafts, trips, internet use, Mon, Weds, Fri 10-4

Trinity Community Centre, Middle Street, L/C.

email: peerlancaster@gmail.com

www.peersupportlancaster.org.uk

### The Helm **840521**

Drop-in 9-5 Mental Health Support

Telephone House, Fenton Street, LA1 1AB

thehelmlancaster@creativesupport.org.uk

www.creativesupport.org.uk

### The Well **07453 324011**

Peer-led rehab-based club for those in recovery and ex-offenders; cafe, healthy living, housing etc.

Lancaster Boys&Girls Club, Dallas Road, L/C

email: thewell2@hotmail.co.uk

www.thewellcommunities.co.uk

## Money problems?

**CAB** - see back page

### CAP Money (Christians Against Poverty)

1:1 support to sort out debt and budgeting

Christians Alive, The Barracks, White Cross, L/C

email: info@capuk.org

www.capuk.org

**0800 328 0066**

### Morecambe Bay Credit Union **411240**

Interest-free savings, loans, banking

LDHAS in Lancaster, or:

75 Queen Street, M/C LA4 5EN

### Crisis and Urgent Needs Support Scheme

Limited financial support, Food Bank referral, quality

second-hand goods, if on benefits **0845 053 0015**

## Do you need a meal?

### Lancaster

Weekdays 10-11, 12:30-1:30, weekends 12-1:30

LDHAS, Edward Street

Tuesday 6:30 Mustard Seed, Priory Church

Friday 6:30 The Ark, St Thomas Church

### Morecambe

Mon, 10-12 Stanley Road Baptist Church

Tues, 10-12 St John's Church Hall, Sandylands

Weds, 6-7:30pm St Barnabas Church Centre

Thurs, 10-12 West End Impact, 12 Heysham Rd

Fri, 6-7:30pm St Barnabas Church Centre

Sat, 12-1 St Barnabas Church Centre

Sun, 2-4 West End Impact, 12 Heysham Rd

## Emergency Food Banks

### Lancaster:

Mon, Weds, Thurs, Fri, 11-4 The Olive Branch

### Morecambe & Heysham:

Tues, Fri, 1-3 GYM Church, Green St, M/C

**07472 735831**

Weds, 10-12 Heysham Free Methodist Church,

Emmaus Road, Heysham **01524 853890**

Mon, 10-12, Thurs, 10-2, Fri, 10-2 Grace Ministries,

37 Yorkshire St, M/C **07516 915357**

## Homeless?

### Christ Church Night Shelter

Open usually from early November to end of March

### LDHAS 'Edward Street' **842008**

Lancaster & District Homeless Action Service  
Meeting place, hot food, advice, advocacy, showers,

laundry, life skills, recovery groups, internet use  
Mon-Fri 10-1:30; Sat/Sun/Bank Hol. 12-1:30 food only

Edward Street, Lancaster, LA1 1QH

email: admin@ldhas.org.uk

www.ldhas.org.uk

### Severe Weather Emergency Protocol

If found sleeping rough when temperature below 0°C  
can phone for food and B&B, Morecambe:

9-5 **01524 582257** Out of hours **01524 67099**

## Housing help

Advice from LDHAS, and

### Lancaster City Council Housing **582929**

for shelter. They can also refer to supported housing offered by Adactus, Stonham, Salvation Army and other housing associations etc.

## General medical problems

### Emergency Dentist **34788**

### NHS 111 (free number) **111**

The number to ring for non-emergency medical help

## Struggling with disability issues?

### Disability On-line **0333 344 8820**

Free advice drop-in, including for benefits, appeals

Lighthouse Centre, 1 Townley St, Morecambe

email: info@disabilityonline.org.uk

www.disabilityonline.org.uk

## Been in the Armed Services?

Please ask us about ways in which you can be helped

www.ssafa.org.uk