

BISHOP AUCKLAND

I NEED SOMEBODY
TO
HELP
ME

WITH WARMTH & SUPPORT

Little Chefs Big Chefs Community Hub
11 Selby Close, DL14 9ED
www.littlechefsbigchefs.org.uk
07507666805 / 01388 309 358

Four Clocks Centre
154A Newgate St. DL14 7EH
www.fourclockscentre.org.uk
Tel:01388 609 852

Bishop Auckland Baptist Church Open House
Westfield Rd, Cockton Hill, DL14 6AE
www.bishopbaptists.co.uk

WITH MONEY & SUPPORT

Durham County Council Household Support
www.durham.gov.uk/article/26603/Household-Support-Fund-HSF Tel:0300 026 0000

Welfare Assistance Scheme 03000 267 900
www.durham.gov.uk/helpwithyourmoney
03000 265000.

Government Support www.gov.uk/cost-of-living
Citizens Advice Bishop Auckland- Four Clocks Centre
www.citizensadvicecd.org.uk/contact/bishop-auckland

Age UK County Durham 0191 386 385
www.ageuk.org.uk/countydurham/our-services

WITH FOOD & SUPPORT

Little Chefs Big Chefs Community Hub
07507666805 / 01388 309 358

Woodhouse Close Community Centre
Proudfoot Drive, DL14 6PD 01388 450838
www.woodhousechurchandcommunitycentre.co.uk

The Well Community Café 01388 834 005
46 E Green, West Auckland, DL14 9HJ
Trussell Trust Foodbank

Angel Trust 01388 737 270
Belvedere House, Kingsway, DL14 7JN
www.angeltrust.co.uk
Community Pantry Trussell Trust
Foodbank

Welfare Hub Bishop Auckland College
Student and family support
bacoll.ac.uk/welfarehub
lisa.robson@bacoll.ac.uk 01388 443113

Shildon Alive 01388 417 600
91-95 Church Sreet, Shildon DL4 1DT
www.shildonalive.org.uk/

The Bread and Butter Thing - St. Andrews Hub
St Andrew's School, St. Andrew's Rd, DL14 6RY
www.breadandbutterthing.org
07537416040

Salvation Army Church Hall 01388 777358
Cross St, Shildon DL4 1PF

WITH ENERGY SUPPORT

ENERGY EFFICIENCY SUPPORT-

Durham County Council offer advice on the grants available for boiler replacements, wall and loft insulation, energy bill supports, benefit checks, fire safety checks and more 03000 268 000.

OFGEM

<https://www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-help-if-you-cant-afford-your-energy-bills>

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WITH OTHER SUPPORT

Cruse - Bereavement support
01642 210 284
www.cruse.org.uk

Durham Locate
Care and support in County Durham
www.durhamlocate.org.uk

Samaritans 116 123
www.samaritans.org

Wear Valley Women's Aid
Bishop Auckland Refuge
01388 600094 / 07946 190203
National helpline: 0808 2000 247

WITH MENTAL WELLBEING

County Durham Mental Health Support for Adults
<https://www.durham.gov.uk/adultmentalhealthsupport>

Durham Mental Health Alliance 0300 304 5527
3 Waddington St, Durham DH1 4BG
www.durhammentalwellbeingalliance.or

Manhealth 01388 320023
Bishop Auckland Group Henknowle Community Centre
www.manhealth.org.uk

MIND
www.mind.org.uk/

Pioneering Care Partnership 01325 321234
The Pioneering Care Centre, Carer's Way,
Newton Aycliffe, County Durham, DL5 4SF
www.pcp.uk.net

QWELL - anonymous support
www.qwell.io

Recovery College Online
www.recoverycollegeonline.co.uk

Rethink Mental Illness
www.rethink.org

SANE
SANEline 0300 304 7000
sane.org.uk

Talking Changes 0191 3333300
durhamanddarlingtontalkingtherapies.org.uk

Wellbeing for Life
0800 8766887
www.wellbeingforlife.net

WITH GENERAL SUPPORT

Auckland Youth & Community Centre
Walker Drive, Woodhouse Close, DL14 6QL
www.aucklandyouthcommunitycentre.co.uk
01388 604 575

Woodhouse Close Family Centre
97 Walker Drive, Bishop Auckland DL14 6QL
0300 026 6390