

Money

Problems Managing your money?
Do you have Debt issues?
Call 0800 328 0006.
 CAP Debt help and Money Management courses are free
 Capuk.org




Preston Council Debt Help
www.preston.gov.uk/debtadvice
 01772 906838



Citizens Advice
www.citizensadvice.org.uk/debt-and-money/
 0808 278 7883 Mon-Thurs
 Town Hall Annexe, Birley Street




CAP Job Club
 Penwortham Community Centre, Kingsfold Drive.
Contact Mark Willett
 07542 736095



Food Banks

Most Food Banks require a supporting referral from Citizens Advice, Welfare Benefits, Council, Health Visitors or other agencies. But if it is your *first time* requiring support and if you are unable to access a referral elsewhere, please contact the Food Bank directly as they may be able to help in some cases.



The Salvation Army, Harrington Street 01772 555425
 Mon/Tue/Thu/Fri 10am—1pm

NOOR FOODBANK Mon 6:30-7:30pm Noor Hall, Noor St PR1 1QS noorfoodbank.co.uk
 SUPPORTING THE COMMUNITY


Luv Preston Foodbank contact@luvpreston.com
 01772 298107



Penwortham Food Bank
 Kingsfold Drive
 Fri 9:30am—12 noon (for South Ribble folk)




Ashton Food Aid
 St Andrews Church Hall, Ashton, Wed and Fri 12:30-1:45pm
 Contact via Messenger in advance if possible, or for emergency need.



Food Pantries offer access to food for a low fixed amount, or free.
 St Stephens Food Market, Friday 2.30-3pm Bird Street (free)
 Church of the Ascension, Watling St Rd. Tuesdays 10-12 (£3)
 Frenchwood Comm Primary School. Sat's 11:15 - 12 (£1 for 5 items)

Get home Safe

Call 0333 335 0026.
 Fridays & Saturdays: 19:00 - 03:00
 Sundays: 19:00 - 01:00



Our responders are there to be a friendly voice on the phone, and will stay on the line with you until you feel safe.


Church Services in the City Centre

- All Saints, Elizabeth Street. Sundays 10:30am and 6:30pm
- Carey Baptist, Pole Street. Sundays at 10:30am
- Central Methodist, Lune Street. Sundays 10:30am and Weds 1pm
- Crossgate, Landmark, St Marys Street North. Sundays at 10:30am
- City Mission, Corporation St. Sun 11am and 6:30pm. Wed 7:30pm
- The Minster, Church St. Sundays 11am
- St George's, Georges Road. Sundays 10:30am, weekdays at 12:30pm
- St James, Knowsley Street. Sundays at 10am
- St Stephen's, Bird Street. Sundays 10:30am and 6pm.
- St Wilfred's, Chapel St. Sun 7am, 10:15 and 4:30pm. Other days 12:15

Many churches are open during the week too.


Homeless or threatened with homelessness?

Support, safety and resources for vulnerable adults and young people in Preston. Tel 01772 555925
 3 Fox Street, Preston PR1 2AB
www.thefoxtoncentre.co.uk



Preston City Council Homelessness advice

01772 906412 (Office hours)
 01772 906014 (Out of hours)
 Outreach team email: outreach@preston.gov.uk




South Ribble Council Housing Advice
 01772 625625 (M-F 10-4)
 01772 436756 (Out of hours)
housing@southribble.gov.uk



Street Link

If you are rough sleeping, or find someone who is, contact www.streetlink.org.uk
 A local agency will be alerted to help provide support.



ON A DATE THAT ISN'T WORKING OUT?
 FEEL LIKE YOU'RE NOT IN A SAFE SITUATION?

Go To THE BAR AND
#ASK FOR ANGELA
 FOR DISCREET HELP



icann Do you need support with your benefit assessment or appeal?
 I-CANN Advocacy can help you.
 Call 01772 746061



Report a concern of modern slavery.
Call 0300 008 8000 (M-F, 9-5)
 Email help@hopeforjustice.org or Crimestoppers on 0800 555 111



Streetlink Drop in Advice Support and Peer support for Sex Workers at Base18
 01772 654362



StreetSafe Concerned about your safety? Anonymously report safety concerns about public places to streetsafetool.com

The website Help In Preston has advice and lots of information about local support. More than we can include here! www.helpinpreston.com



Help & Advice

Preston & South Ribble Street Pastors

Caring, Listening & Helping

streetpastors.org/locations/preston
 07794 008767
preston@streetpastors.org.uk






Text PRESTONSP to 70460 to donate £5



Moving On



Emmaus provides a home and work for people who have been homeless or socially excluded.

emmaus.org.uk/get-help 01772 796622

Accommodation for single people aged 16-24 including ex-offenders and young people leaving local authority care. No local connection required. Tel 01772 881383



Our residential facility offers stable, supported accommodation for men who have been homeless to regain their independence. Over 9-12 month stays residents receive wrap-around support and undertake voluntary work, work placements and training. Call 01772 654321



Supporting people up to 25 years old in South Ribble, Preston and Chorley
01772 623603

9am-4pm, Mon to Fri Email admin@sleep.co.uk
Support & Lodgings for Young People

Support for people released from Prison

We meet men and women as they pass through the prison gates, offering help with basic needs, whilst also using our own experiences to build hope and belief.



07399 082994 / help@releasemates.org / releasemates.org



Giving ex-offenders Chances, Choices and Opportunities to build a better life. Tel 01772 732313

Medical Help



Needle Exchange and Morning after pill

Davies Pharmacy 59 Plungington Rd (9-6M-F, 9-4.30 Sa)
Ribbleton Pharmacy 182 Ribbleton Av (9-5 M-F)

Morning after pill

Smithsons Phar'cy 51 Fishergate Hill (8:30-6M-F, 9-12Sa)
AYP Healthcare, St Johns, (9:30-9 M-F, 12-4Sa/Su)

Health Centre

Geoffrey Street 01772 970907 8:00-18:30 Mon-Fri

Suicide & Mental Health

If you think someone is in immediate danger, the quickest way to get help is to call an ambulance.



Call free 116123
Open all day, everyday.

A confidential support and advice service for anyone under the age of 35 who are experiencing thoughts of suicide. Call 0800 0684141 or Text 07860 039967



NHS Mental Health help and support - urgent and general, based at the Royal Preston, (24x7) 0800 013 0708



National NHS Mental Health Urgent Response Line (24x7) 0800 953 0110



Access a range of support agencies, local and national. Search by issue(s) and get the help you need.



hubofhope.co.uk



Support for your mental health. Text SHOUT to 85258. 24 hrs help.

Addiction



Call 0300 123 6600 Text 82111
Honest Information about drugs

Gamblers Anonymous



0330 - 094 0322
07974 668999

Creating opportunities for people affected by substance misuse, dual diagnosis and offending behaviours



01772 821440



Inspire Prevention and Recovery Service

St Wilfreds Building Fox Street, Preston
08081 698673

Alcoholics Anonymous
0800 917 7650



Narcotics Anonymous
0300 999 1212
10am—midnight



Free local, confidential support with alcohol and drugs for under 25's, in person or online. Ringway House, Percy Street. (M-F 9-5) 0808 164 0074, ring first!
<https://www.wearewithyou.org.uk/services/lancashire-for-young-people-preston/>

Violence, Hate and Abuse

0300 323 0085
Call anytime



PRESTON DOMESTIC VIOLENCE SERVICES



Helpline 01772 201601

The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247 or online at refuge.org.uk



For women and children. Against domestic violence.

999 but then can't talk?

Press 55 to let the operator know you need Police help.



Raise palm, tuck thumb, trap thumb.



safenet For men, women and children who are experiencing abuse or feel unsafe in a current or previous relationship. Access to refuges, advice and help - 0300 3033 581 (24x7), Webchat and email. Safenet.org.uk

Times and locations can change. Last checked Jan 2024

Meals

Monday to Friday 9.30am – 11.30am
Rough Sleepers Breakfast at The Foxton Day Centre, Fox Street. Advice available. Showers and Laundry.
Monday to Friday 10.30am – 2am. Crossgate church, St Mary's St N, hot food and support available to the homeless and vulnerable.
Monday, Wednesday and Friday nights from 7pm The Street Kitchen at Preston Market. Run by IHSAN.
Monday 6pm 'Greggs' food handout Preston Market



Tuesday 10am-noon. Church of the Ascension, Watling Street Road. Free hot drinks and toast, new to you clothing available.
Tuesday 6.15pm-7:30pm St Wilfrid's Parish Centre. A free hot meal provided by Luv Preston volunteers. Referrals to the food bank too.

Wednesday 6pm at Red Rose, Lune Street 'Curry Night' and 'Greggs' handout
Wednesday 7pm Tinned food available from Inspire
Wednesday 8pm Preston Market Sandwiches
Wednesday 6:30pm—8pm St Wilfrid's Church. Run by Metanoia Project, they provide clothes, sleeping bags, toiletries as well as a warm welcome and a brew.

Saturdays 5-7pm Georges Kitchen. George's Road (off Lune Street) Free hot two course meal to anyone in need.

Sunday 3pm 7th Day Adventist Church, Grimshaw Street, Hot meals

Occasional Sunday evenings Guru Nanak's Free Kitchen at Preston Market, sometimes found walking through the city centre!