

Winter Support Services & Resources 2023

Nottingham Women's Centre is closed from:

4pm on Friday 22nd Dec 2023 to 9am on Tuesday 2nd Jan 2024.

This info sheet provides information on support that is available over the Christmas period and may help if you are:

- Homeless
- Without food
- Experiencing domestic or sexual abuse or violence
- In need of health and well-being support
- In need of mental health support
- Have drug / alcohol needs
- In need of a pharmacy or needle exchange in Nottingham City

For urgent healthcare needs call 111

For life-threatening emergencies dial 999

Where can I get help if I'm homeless or rough sleeping?

[Housing Aid](#)

Call **0115 8763300**

[Framework's Street Outreach team](#) offer support and advice on how to stay safe when rough sleeping and will support you to find accommodation.

Call **0800 066 5356**

24 hours a day

[Shelter](#)

Call **0808 800 4444**

Where can I go for food & emergency shelter?

[Emmanuel House](#) 53-61 Goose Gate NG1 1FE

Call **0115 950 7140**

Winter shelter, emotional support, food, showers, clothes and essentials, bedding and tents, haircuts, phone charging, support and advice. OPEN Monday, Tuesday, Thursday, Friday - 9.30am - 1pm. New Year's Day - 10.30am-1pm (Christmas Day – Tickets only, Boxing Day – CLOSED)

[The Friary](#), 46 Musters Road, West Bridgford

Call **0115 982 5448**

Support and advice, food, showers, IT and internet, clothing and essentials, emotional support.

Tuesday & Thursday - 08.30am – 11.00am

*The above services are used by women and men

Where can I get support for domestic or sexual abuse or violence?

- **IF YOU ARE IN DANGER CALL 999**

[JUNO Women's Aid](#) provides domestic violence help to women and children.

Call **0808 800 0340**

Confidential 24-hour help line



Support for domestic or sexual abuse or violence

[The Topaz Centre](#) provides confidential support for women who are survivors of sexual assault. You do not have to report the incident to the police to use the service.

Call 0800 085 9993

24-hour help line

[Nottinghamshire Sexual Violence Support](#)

[Services \(Notts SVSS\)](#) provide support for those aged 18+, whether the abuse happened recently or in the past.

Call **0115 941 0440**

Monday to Saturday 10am to 1pm

Monday to Friday 4.30pm - 7.30pm

Call **0808 800 0340** 24-hour Domestic and Sexual Violence Helpline.

*The helpline will be closed Monday 25th Dec, Tuesday 26th Dec and Monday 1st Jan. The helpline will be open as normal on all other days around Christmas.

Where can I get health and wellbeing support?

- **For urgent healthcare needs call 111**
- **For life-threatening emergencies dial 999**

[The Nottingham NHS Urgent Treatment](#)

[Centre](#), Seaton House, City Link, Nottingham
NG2 4LA

7am – 7pm

Call **0115 883 8500**

Health and wellbeing support

[POW](#) - support for sex workers

Call **0115 924 9992**

Drop-in opening hours - Mon and Thurs 1pm-3pm

Evening outreach - 22nd Dec 7pm-11pm

Evening outreach - 27th Dec 7pm-9pm

Drop-in - 28th Dec 1pm-4pm

Normal service resumes 2nd Jan

Where can I get mental health support?

[Nottinghamshire Crisis Sanctuaries](#)

[Nottinghamshire Mind](#), 318 High Road, Chilwell,
Nottingham, NG9 5EG.

Call **0330 822 4100**

4 pm – 11pm

[Nottinghamshire Mental Health Helpline](#)

Call **0808 196 3779**

24 hours a day

[CALM](#) - Suicide Prevention Helpline

Call **0800 585858**

[Samaritans](#)

Call **116 123**

24 hours a day

[Shout](#) - National Text Crisis Service

Text **SHOUT** to **85258**

24 hours a day

[British Red Cross](#) - support in more than 200 languages

Call **0808 196 3651**

10am to 6pm daily.



Where can I get support for drug / alcohol issues?

[The Wellbeing Hub](#) - Drug and alcohol support, and more in Nottingham City

73 HoundsGate, Nottingham NG1 6BB

Telephone: **0800 028 5598**

E-mail: info@nottinghamwellbeinghub.org

Within the Hub is [Nottingham Recovery Network](#), which provides a single point of free support, advice and treatment for people facing drug and alcohol issues in Nottingham City

[Narcotics Anonymous](#) - self-help for drugs problems.

Call **0300 999 1212**

10am – midnight daily

[Alcoholics Anonymous](#) - self-help for alcohol problems.

Call **0800 917 7650**

Many self-help groups run throughout the holiday period.

NA meetings in Nottingham city centre: St Barnabas Cathedral Hall on Derby Road every Saturday 4.30pm.

AA meetings in Nottingham city centre: St Barnabas Cathedral Hall on Derby Road every Saturday 7.30pm.

Where can I find a [pharmacy and / or needle exchange](#)?

Asim's Chemist (NG2 4BU) 14-16 Colwick Road, one road away from Sneinton Hermitage

Community Centre on 44 bus route

Monday – Friday 9am-6:30pm – closed Friday 12:30pm-1:30pm

Saturday 9am-1pm

Well Pharmacy St. Ann's Valley Centre (NG3 3GG) on the Wells Road on the 40/41 bus route.

Near The Chase

Monday – Friday 8:30am-6:30pm

Sherwood Late Night Pharmacy (NG5 2DR) on

Mansfield Road, on 87/88/89 and 56/57/58/59

bus routes. Near Welbeck Surgery

Monday – Saturday 7:30am-11pm

Sunday 10am-5pm

Midnight Pharmacy (NG7 3PE) 194 Alfreton Road opposite Peveril Street bus stop, route 77/78/79

Monday – Saturday 9am-8pm

Sunday 12am-8pm

Well Pharmacy Aspley (NG8 5ND) opposite King

George V Park on Broxtowe Lane, 77/78 and 35 bus routes

Monday – Friday 8:30am-6:30pm

More info & locations:

www.nottinghamcdp.co.uk/needle-exchange-services/