



Winter Support Services & Resources 2024

Nottingham Women's Centre is closed from 4pm on Tuesday 24th December 2024 and reopens at 9am on Thursday 2nd January 2025.

This info sheet has details of 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 call 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 - 23rd, 24th, 27th, 30th, 31st Dec,
2nd & 3rd Jan - 9.30 am to 12pm & 1pm to 2pm

25th, 26th Dec & 1st Jan - 11am to 2pm

The Friary*, 46 Musters Road, West
Bridgford

Call **0115 982 5448**

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

OPEN

Monday, Wednesday & Friday - 8am to 12pm

Tuesday & Thursday - 8am to 11am

Christmas Day - ticket only, book in advance.

*The above services are used by people of all genders.



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

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

Tues 24th Dec & Tues 31st Dec - 10am to 1pm

*The helpline will be closed Wednesday 25th Dec, Thursday 26th Dec and Wednesday 1st Jan.

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

Where can I get health and well-being support?

For urgent healthcare needs call 111

For life-threatening emergencies call 999

The Nottingham NHS Urgent Treatment Centre, Seaton House, City Link,

Nottingham NG2 4LA

7am - 7pm every day, all year

Call **0115 883 8500**

POW - support for sex workers

Call **0115 924 9992**

OPEN - Monday, Tuesday & Thursday - 1pm to 3pm

CLOSED - 24th, 25th, 26th & 31st December, & 1st January.

Where can I get mental health support?

Nottinghamshire Crisis Sanctuaries

Nottinghamshire Mind, 318 High Road, Chilwell, Nottingham, NG9 5EG.

Call **0330 822 4100**

6pm - 11pm

Nottinghamshire Mental Health Helpline

Call **0808 196 3779**

24 hours a day

CALM - Suicide Prevention Helpline
Call **0800 585858**

Shout - National Text Crisis Service
Text **SHOUT** to **85258**

24 hours a day

Samaritans

Call **116 123**

24 hours a day



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 Thursday 7.30pm.

AA meetings in Nottingham city centre:
International Community Centre, 61b Mansfield Road every Monday 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 to 6:30pm

(closed Friday 12:30pm to 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 to 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 9am to 8pm

Sunday 10am to 5pm

Midnight Pharmacy (NG7 3PE) 194

Alfreton Road opposite Peveril Street bus stop, route 77/78/79

Monday - Saturday 9am to 8pm

Sunday 12pm to 8pm

Well Pharmacy Aspley (NG8 5ND)

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

Monday - Friday 8:30am to 6:30pm

More info & locations