

Emergency Food Support

Your local **BAY foodbank** provides emergency food parcels to adults, couples, or families. Tel-**0191 257 3820**

- Food parcel contact times-10-2pm (Monday-Friday)
- Donation Drop off times 9-4pm (Monday-Friday)

Welfare Assistance-Crisis Support

If you are experiencing exceptional hardship and need help with a food parcel or utility bill you may be entitled to Crisis Support Telephone the Gateway Team on **0191 643 2777** and press option 2 between 9-2pm (Monday-Friday)

The Nourish Store-North Shields

Community membership store Members pay £4 to get at least £15 worth of fresh fruit & vegetables, chilled, and frozen foods, toiletries & cleaning goods
www.cedarwoodtrust.com
Freephone-**0330 094 8454**

The Big Local -Whitley Bay

"Pay As You Can Pantry" pop in every Tuesday, Thursday, Friday, and Saturday from 10am. For range of fresh fruit veg, Milk, bakery items & dried goods



Too Good to Go App: Access unsold food from local businesses at low cost price from your smart phone

Debt & Financial Support

Citizens Advice-North Tyneside

Access face to face in the local community please see www.ntcab.org.uk for information
Advice line- **0300 3309 047**
open 9-5pm

Step Change

Online debt advice service is available 24 hours a day 7 days a week, at a time that suits you or speak to someone, you can call our debt advice helpline-**0800 138 1111**
Monday to Friday 8am to 8pm and Saturday 8am to 4pm

Age UK

Support with benefits & entitlement, debts & savings, legal advice, pension advice, scams, fraud & consumer issues
Advice Line-**0800 678 1602**
8am-7pm 365 days per year

National Energy action (NEA)

Provides financial support to help struggling households, support with heating & insulation of their home
Visit; www.nea.org.uk
Energy Advice-**0800 304 7159**
Benefits Advice-**0800 138 8218**

Bread & Butter Hubs-North Tyneside

Range of food available fresh fruit & veg, chilled food & cupboard goods.

- **Whitley Bay Young People Centre**
Thursdays 1.30pm
- **Longbenton Community Centre**
Tuesdays from 2pm
- **Shiremoor Adventure Play Park**
Wednesdays from 1.30pm
- **Fordley Primary School**
Thursdays from 1.45pm
- **Howden Family Gateway**
Fridays from 1.30pm

No subscription required. To sign up, text **07860063304** with your full name, postcode and name of hub you will be collecting from.
Individual Bags: £4.00, £7.50 or Large Family £15 to access roughly £35 worth of food each week.

Homeless Support

Housing Advice Team-North Tyneside Council

Contact- **0800 011 6511**

Face to Face advice: -

Monday – Thursday 9am – 4.30pm

Friday 9am – 4pm

Out of hours

6pm – 8am Monday to Friday

8am – 8am (24/7) Saturday, Sunday & Bank Holiday.

Shelter North-East Newcastle

Contact-**03301 755 121**

North East Homeless-Fish Quay

Food & emergency equipment

Contact-**0800 254 5434**