

Winter Pressures

NEWSLETTER

This newsletter is designed to help all of our patients access any support they need over the colder months. There is support available for the pressures we all face this winter from support with accessing food, support with the cost of bills, financial advice and guidance, and support on staying warm and well. If you need any further support with anything outlined on this newsletter please request a referral to the social prescriber, Amber-Lea, at St Luke's Surgery.

Support with energy bills...

You can apply for household support vouchers through

- ◇ *Age UK Notts if you are a pensioner*
- ◇ *Tenancy Sustainment Team if you are a Nottingham City Homes Tenant*
- ◇ *Customer Services Team if you are a Metropolitan Valley Housing Resident*
- ◇ *If you are not any of the above, you can contact further advice agencies listed on the link below.*

Check if you are eligible to apply for a voucher towards your energy bills using this link:

[Household Support Fund - Nottingham City Council.](#)

SOCIAL PRESCRIBING AT ST LUKES SURGERY

Support with water bills...

If you are a Severn Trent Customer you could be eligible for a discount on your water bills. To see if you are eligible call the Bestwood Advice Centre on 0115 962 6519 and leave your name, number and interest in the Big Difference Scheme or send an email to:

admin@bestwoodadvice.org.uk

Further information can also be accessed via the link below—

[Severn Trent Big Difference Scheme](#)
[| bestwoodadvicecentre](#)



St Luke's Surgery.



Accessing Food...

- **Salaam Shalom Food Bank.** Bridge Centre, Gregory Boulevard. Every Wednesday 5.30—7.30pm. Vegetarian only. Visit the website: [Salaam Shalom Kitchen Nottingham - A joint Muslim / Jewish charity project](#)
- **Himmah Food Parcels.** Unit 2 Forest Court, Gamble Street NG7 5AJ. Every day between 10am-4pm. Visit the website: [Himmah home](#) or call 0115 871 4426.
- **The Open Kitchen** Mansfield Road. Monday – Sunday 11am – 2pm. For queries related to the Open Kitchen, please contact Imran Khan on 07890584506. People are able to pop in to the café without booking .
- **The SFice Social Café.** Tuesday, Wednesday, and Thursday 4 to 6pm. You can pick a two course hot meal for you and your family for free.

You can also access food parcels, clothes, toiletries and other necessities you may need. Please call 07941378265.

- **Sai Dham Nottingham** 75 Egypt road, New Basford, NG7 7GN. Saturday 9 to 11am. Freshly cooked veg meals and groceries. For more information please visit [Sai Dham \(Nottingham\) And Community Centre | Neighbourly](#)
- **St Aidan's Church** Basford. Monday, Tuesday, and Thursdays 8:45 until 2pm. Hot and cold food, £4 for jacket potatoes, toasties.

Staying Warm...

- **Warm Hubs** — If you need somewhere warm to go please use the QR code to find your nearest warm hub.



Financial Advice...

Welfare Rights — If you are seeking advice regarding benefits, debt, housing and employment you can contact Welfare Rights by calling 0115 915 1355 or by emailing:

welfarerights@nottinghamcity.gov.uk

Staying well this winter...

- Find a walk-in Covid-19 vaccination center by searching for “Find a walk-in coronavirus (COVID-19) vaccination site (www.nhs.uk)”.
- You can Grab a Cab to get your Covid jab. Once you have booked your Covid-19 jab, Call DG taxis on 01159 500500, ask to book a taxi on the ‘GRAB A CAB’ account, the quoting code is “CC22”. Find more information on [You can Grab a Cab to get your Covid jab \(govdelivery.com\)](#)
- Book your flu vaccination via this link— [Book or manage a free NHS flu vaccination at a pharmacy - NHS \(www.nhs.uk\)](#)



How to get a referral to the social prescriber?

Ask your GP for a referral. The social prescriber will then process your referral and add you to a waiting list and contact you as soon as possible.