

Christmas Period Help and Support 2023

Chorley Council	
Chorley Council Support	Wide range of support can also be found on our website Chorley Together - Chorley Council

Emergency Food Provision and Community Support	
Chorley Community Helpline	Several voluntary, charity and faith groups in Chorley have come together to launch the Chorley Community Helpline. This free phone helpline will allow individuals to access the emergency food support they require from a local group. Community Helpline number: 0800 368 8452
Foodbank Living Waters store house (food bank)	Food Parcel for individual or family Partner referrals only – no self-referrals 07889 757045 / Email storehouse@lwchurch.co.uk Open for referral and collection Last session for 2023 will be 12 noon on 22 nd December. Will re-open on Friday 5 th January 2024 at 10am as normal
Chorley Help the Homeless	The Gateway: Food bank and free hot lunchtime meal Monday to Friday, 10am-2pm At: Matrix House, Friday St, Chorley, PR6 0AA. Contact: 01257 220077 reception@chth.org.uk Website: www.chorleyhelpthehomeless.org Christmas hours: Closed on Christmas Day, Boxing Day and New Year's Day. Open on Wed 27 th , Thur 28 th and Fri 29 th Dec for food bank only. Back to regular hours on Tuesday 2 nd January 2024. On email include your name, the number of adults and children in your household, your phone number.
St Laurence's Emergency Food Parcels	Dedicated phone line - To request a food parcel, please call 07763 226275 between 9:00am and 12:00 noon and someone will be able to deal with your request. Calls made after 12.00 noon will be actioned the next day.

St Laurence's
Open Table

DECEMBER 2023

Taste Café, Open Table & Warm Welcome Space

[Taste Cafe | Facebook](#)

NOTE: **Warm Welcome** operates at the same hours as Taste Café below. It offers warm clothing, books, a place to sit and be warm, people on hand to chat with, free haircuts and a hot meal each day.

Monday 18th December

Open Table - hot meal at 5pm

Tuesday 19th – Friday 22nd December

Taste Café (pay what you can café) open for hot soup, homemade cakes and refreshments from 11am-2pm

Wednesday 27th and Thursday 28th December

Taste Café (pay what you can café) open for refreshments and cakes (**no hot food available**)

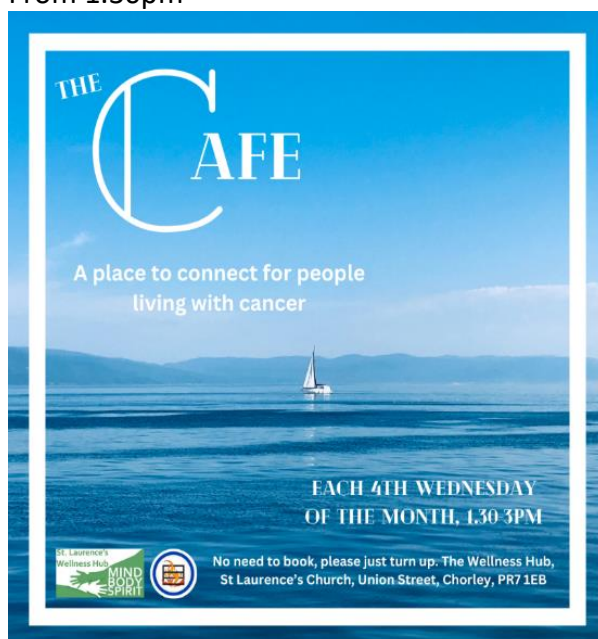
Friday 29th December

Taste Café closed

Big C – Cancer Support Café

Wednesday 27th December

From 1.30pm





St Laurences
Church

Al Anon

Tuesday 26th December (Boxing day) and 2nd January

from 7.30 – 9.00pm

Dates are in place of usual Monday meetings

	<p>Church Services Christmas Eve – Sunday 24TH December 3pm and 4.30pm - Family Crib Services 8pm - First Eucharist of Christmas 11.30pm - Midnight Mass</p> 
<p>St Laurence’s Church</p> <p>Christmas Day Meal</p>	
<p>St Laurences Church</p>	<p><u>JANUARY 2024</u> Taste Café, Open Table & Warm Welcome Space Taste Cafe Facebook</p> <p>NOTE: Warm Welcome operates at the same hours as Taste Café below. It offers warm clothing, books, a place to sit and be warm, people on hand to chat with, free haircuts and a hot meal each day</p> <p>Monday 1st January Open Table - 5pm, takeaway hot food</p> <p>Tuesday 2nd – Friday 5th January Taste Café (pay what you can café) open for hot soup, homemade cakes and refreshments from 11am-2pm</p>

St Laurences Church

FREE COMMUNITY ENERGY ADVICE EVENT Wednesday 17th January 12pm



**GET ADVICE, SUPPORT AND TIPS
ON HOW TO MANAGE YOUR
ENERGY USAGE THIS WINTER!**

Rebecca Wilkinson, part of the energy advice team at Places for People will be available on the day to offer advice and tips on energy usage throughout your home!



Also open on the day will be our pay what you can Taste Cafe offering soup, cakes and hot drinks!



HEALTH AND WELLBEING

FREE courses in January to book email: wellness@stlaurenceschorley.co.uk

- **Quick Ways to Sleep Well**
Wednesday 10th January 9.30am -12pm
- **CAP Life Skills**
Wednesdays for 8 weeks 10.00am -12pm

A flyer for the "MIND BODY SPIRIT Programme Autumn/Winter '23" at St. Laurence's Wellness Hub. The flyer lists three courses: "Creating a More Confident You" (Monday 4th and 11th December, 9:30AM-12:00PM), "Quick ways to Sleep Well" (Wednesday 10th January, 09.30AM-12.00PM), and "CAP Life Skills" (January 2024, 10.00AM-12.00PM). It includes contact information for St. Laurence's Church and logos for Lancashire Adult Learning and CAP.

St. Laurence's Wellness Hub

MIND BODY SPIRIT Programme Autumn/Winter '23

These courses are all free to attend - to book onto any of these courses, please email: wellness@stlaurencechorley.co.uk

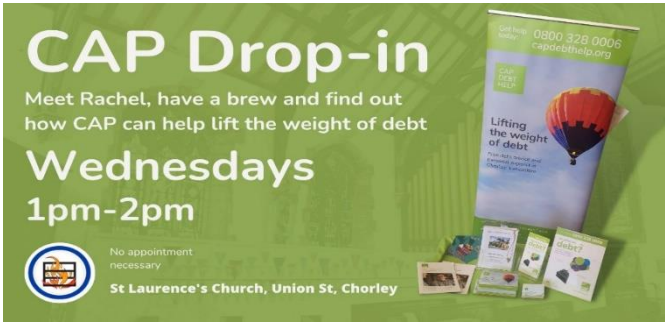
9:30AM - 12.00PM	Monday 4th and 11th December Creating a More Confident You This course enables you to build your confidence and self-esteem by recognise your skills, strengths and achievements, in order to improve our overall wellbeing and create a more resilient life.
09.30AM - 12.00PM	Wednesday 10th January Quick ways to Sleep Well This short session aims to give a snapshot view into common sleep problems, as well as providing techniques to try and aid a better night's sleep for us all.
10.00AM - 12.00PM	January 2024 CAP Life Skills An 8 week course (Weds, 10am-12pm) equipping people with confidence, decision-making and practical skills. Sessions are very interactive and fun. Arrive from 9.30 for tea & toast, and lunch is provided.

St. Laurence's Church, Chorley
Union Street, Chorley, Lancs
PR7 1EB
01257 231360 Find us on

Lancashire Adult Learning

CAP

<p>Chorley United Reform Church</p> <p>Open Kitchen</p> <p>Evening Hot Meal</p>	<p>Every Thursday throughout December 2023 Start again in 2024 on Thursday 4th January. Time: 5pm</p> <p>Chorley United Reformed Church Entry from Byron Street or Hollingshead Street For more details, contact: Andy Littlejohns on 07860 339596</p>
<p>Chorley Buddies</p> <p>Website: www.svp.org.uk</p>	<ul style="list-style-type: none"> • The last food club of 2023 is on Friday 22nd December at Clayton Brook Village Hall • The first food club(s) of 2024 will be Tuesday 2nd January at St Pauls Church Adlington and at St Joseph's Church on Harpers Lane Chorley respectively. • SVP Chorley Buddies will not be open in between Christmas and New Year • The helpline will still be open to advise people 01257 542367. • For any emergencies, please contact 01257 542341

<p style="text-align: center;">Financial Hardship - Debt & Benefits Advice</p>	
<p>Citizens Advice</p>	<p>All Citizens Advice Lancashire West offices will close at 12pm on Thursday 21st December 2023 and reopen Tuesday 2nd January 2024.</p> <p>CAB will be unable to respond to emails, professional referrals and Refernet referrals until after 3rd January 2024.</p> <p>Calls to CAB Adviceline (0808 278 7880) will be diverted into the national network during this time, where a limited telephone service will be available.</p> <p>Help to Claim (universal credit): 0800 144 8444</p> <p>They can offer a range of support services around debt and benefits, energy budgeting, consumer advice, employment, education, and health care advice. They also provide a Help to Claim service which supports people to claim Universal Credit, up to and including the first payment.</p> <p>https://citizensadvicelancashirewest.org.uk/</p>
<p>Christians against Poverty (CAP)</p>	<p>CAP Debt Advice Drop in Wednesday 20th December 1-2pm CAP Head Office – call this number to access CAP debt support: 0800 328 0006</p> 

DWP Jobcentre + Hamilton Rd 3 Hamilton Road Chorley PR7 2HB	Telephone: 0800 169 0190 Textphone: 0800 169 0314
	Up to Friday 22 Dec open as usual. Phone lines open until 4pm
	Monday 25 Dec Offices and phone lines are closed
	Tuesday 26 Dec Offices and phone lines are closed
	Wednesday 27 Dec Offices and phone lines are closed
	Thursday 28 Dec Open as usual. Phone lines open until 4pm
	Friday 29 Dec Open as usual. Phone lines open until 4pm
	Monday 1 Jan 2024 Offices and phone lines are closed
	Tuesday 2 Jan onwards Offices open as usual. Phone lines open until 4pm

Housing / Homelessness

Chorley Council Housing Solutions Team	If you need emergency help, please call the out of hours team on 01257 515142
Rough sleeping	If you are worried that someone might be sleeping rough and needs assistance with accessing housing support, then you can report a rough sleeper online using the street link online reporting system. Alternatively, you can contact us on 01257 515142

Help with Social Isolation/Feeling Lonely

Friends for You	This local community group is run by volunteers and is providing telephone befriending support for Chorley residents who are lonely or isolated. we also visit now that the pandemic restrictions have been lifted. Telephone: 07506 189128
Chorley Buddies	If you may be lonely, or you know someone who may be lonely, please let us know and we will endeavour to call and have a chat. There are two ways to refer for support on loneliness <ul style="list-style-type: none"> • Email the details to chorleybuddies@svp.org.uk (If you are referring someone else, you MUST have their permission to share their contact details) • Call Chorley Buddies helpline on 01257 542367 • For any emergencies, please call 01257 542341

Chorley United Reform Church The Meeting Place	Open every Wednesday and Thursday throughout December 2023 and they start again on the 3 rd and 4 th January 2024 Times: 10am-2pm. Hot Lunch will be served at 12noon. We provide a warm welcome, a brew, a biscuit and a chat.
Community Helpline number	0800 368 8452 Choose the option for befriending support.
Adult Mental Health – Struggling or in Crisis	
Samaritans	Call 116 123 or email jo@samaritans.org (response within 2 hours)
MIND	Christmas and mental health Learn how Christmas might affect your mental health. Find tips on how to cope and ways to support someone else. Christmas and mental health - Mind
Mental Health Helpline	Call 0800 915 4640 The service is open 365 days a year, 24 hours a day. Also has Texting Service Text HELLO to 07860 022 846
Crisis Team	If you need urgent help as you are in mental distress, then please call the Crisis team's trained medical professionals who can provide assessment and referrals to appropriate services. You can also call the Crisis team if you need access to services or advice about someone else who needs treatment or support. Telephone: 0800 953 0110
Specialist Triage, Assessment and Referral Team (START Team)	The START team screens and assesses the needs of all referrals and signposts on to other services, creating a seamless and timely care pathway. To access the START team you will need to be referred via a health professional such as a GP, social worker or health visitor. Self-referral is also available. View more information on the START team's website . Telephone: 01772 676173
Chorley Womens Centre	General Counselling General Counselling offers clients the opportunity to explore difficulties around a diverse range of issues such as: bereavement, low self-esteem, anxiety, depression. For more information please contact: 01257 265342. chorleywomenscentre@outlook.com Women's support Chorley Women's Centre England (chorleywomenscentre.com)
More information	Adult mental health support - Chorley Council

Young Peoples – Mental Health Support

Inspire – Chorley Youth Zone	Open to public as usual apart from: 25 th , 26 th December 2023 & 1 st , 2 nd Jan 2024 Emergency contact via Instagram remains available for young people @inspireyouthzone
Kooth	Kooth provides a free, safe and anonymous online support platform for young people. Young people can chat to approved counsellors online, read articles written by young people or get support from talking to an online community. View more information on the Kooth website.
Papyrus	Papyrus provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. View more information on the Papyrus website. Telephone: 0800 068 4141.
More information	Children, young people and family support - Chorley Council

Domestic Abuse Support

Lancashire Victim Services (LVS)	LVS offers advice, advocacy, and support to any victims over the age of 16 who are at high risk of significant harm. The service is free, independent, and confidential. They can provide emotional support and help with housing, benefits, and legal advice, help people to support any children that may be involved and provide information and take action to help people stay safe. View more information on the Lancashire Victim Services website. Telephone: 0300 323 0085
Lancashire County Council (LCC)	If you are concerned about the welfare of any children, you can contact LCC children's services . They can work with a parent to help them protect their children from harm. Some adults aged 18 and over due to age, disability, illness or lifestyle may not be able to protect themselves against domestic abuse. If you are concerned about the welfare of an adult, you can contact LCC adult social care service
Chorley Womens Centre	Circle Counselling - specialises in offering counselling to women, men, and children over the age of 13 affected by domestic violence or abuse recently or in the past. Circle work in conjunction with the Women's Centre and operate throughout the week, offering telephone and online counselling sessions. For more information please contact: 07810 308966 circlecounsellingservice@gmail.com Women's support Chorley Women's Centre England (chorleywomenscentre.com)