

# Welcome to Bassetlaw



Local information and advice on living in the area



Kings Park, Retford

## You are welcome

We have created this welcome booklet to give you as much local information as we can so that you can settle in to the area in the best possible way.

We want you to feel safe and happy here.

Inside this booklet you will be able to find information about healthcare, schools and benefits advice, as well as local and voluntary community groups that may be able to help you with other specialist services.



## Useful Numbers

Bassetlaw District Council  
01909 533 533  
Council Housing  
0800 590 542

Jobcentre / Benefits  
0800 169 0190

Your nearest Immigration office (Sheffield)  
0300 123 2253

Bassetlaw Citizens Advice  
01909 485 656

Local Police - 101  
Non emergency health - 111

In an emergency:  
Police, Fire & Ambulance - 999

Bassetlaw Community and Voluntary Service -  
01909 476 118

All emergency numbers are free to call in the UK.

# Immigration Status



Depending on what visa or immigration status you have been given to enter the UK, you may need to access immigration advice from a qualified immigration adviser about extending this or making a different kind of application in future.

Legal aid can help meet the costs of legal advice and representation but is only available for certain types of applications and for people who cannot afford to pay for a solicitor privately. You can search for a solicitor in the UK on <https://solicitors.lawsociety.org.uk/> by selecting “Legal Issue & Changing Countries” and entering your postcode, town or city.

Or for a legal representative regulated by the UK’s Office of the Immigration Services Commissioner (OISC) through the ‘Find an Immigration Advisor’ search function via this webpage.

You can also email [ukraine@freemovement.org.uk](mailto:ukraine@freemovement.org.uk) explaining your situation and requesting free immigration advice.

# Driving in the UK



You can drive any type of small vehicle (for example cars or motorcycles) listed on your full and valid Ukrainian licence for 12 months.

After 12 months, you will need apply to exchange your Ukrainian licence for a British licence.

The legal age to start learning to drive in the UK is 17 years old.

More information can be found here:  
[www.gov.uk/browse/driving/driving-licences](http://www.gov.uk/browse/driving/driving-licences)



# Benefits and Financial



The UK Government is providing an initial payment of £200 to all Ukrainian refugees which can be accessed by contacting Nottinghamshire County Council. Their phone number is 0300 500 80 80.

The UK Government provides basic welfare benefit payments for people who are unable to work, who are looking for work but have not yet found a job, or who are on a low income.

This is called Universal Credit. Universal Credit is a payment from the government to help you and your family live in the UK. It's paid monthly and you need to apply for it online.

Universal Credit can be used to pay for your living expenses such as food, clothing, transport, household bills and anything you want to buy.

Your Universal Credit payment is made up of a standard allowance. Any extra amounts that apply to you, for example, if you have children; a disability; a health condition which prevents you from working; or need help paying your rent, will be added in addition.

**If you have questions about how Universal Credit works you can call:**

Universal Credit Full Service 0800 328 5644

Citizens Advice Help to Claim 0800 144 8 444

## **Pensions**

Ukrainian Pensioners are able to apply for a pension. Pension Credit Applications 0800 99 1234. Normally the pension is paid into a bank account. There is a Payment Exception Service for those without a bank account.

# Benefits and Financial



## **How do I start a Universal Credit application?**

When you complete the online application, the website will tell you if you need to go to a local Job Centre. When you go to the Job Centre, you will meet a 'work coach'.

They will help you apply for a National Insurance Number (NINO), if you do not have one. This is a unique and personal number. It takes about 2-6 weeks for a NINO to come. It will be sent to you in the post.

If you are joining a Universal Credit claim with your partner their claim will be suspended.

It is important to be aware that after making a joint claim, your partner's Universal Credit may be stopped for around five weeks. If you already have a national insurance number and a bank account, you can ask your work coach for advance payment.

This payment is a loan and will be repaid by deducting from future payments of Universal Credit. If your partner is working, you may still be able to get extra help by applying for Universal Credit jointly and your partner's income will affect how much money you receive.

## **What do I ask for at the Job Centre?**

You can ask for an interpreter for Job Centre appointments if you need one. It is important you understand what you need to do and when. If you do not do what the Job Centre asked you to do, some or all the money you receive may be stopped (this is called being 'sanctioned').

# Benefits and Financial



## If you have children

There is a difference between Universal Credit and Child Benefit: Child Benefit is money paid to parents or other people who are responsible for bringing up a child.

You can apply for Child Benefit for children under 16, and sometimes for older children (aged 16-20) if they are in approved full-time education.

You can download a Child Benefit form from this website: [www.gov.uk/child-benefit/how-to-claim](http://www.gov.uk/child-benefit/how-to-claim)

## Should I open a bank account?

Universal Credit is paid into one bank account, yours or your partner's.

To receive Universal Credit or other benefits yourself, you need to open a bank account. To open a bank account, you need to go to a bank and show documents that prove: Identity; Immigration status and Address.

If you do not have a bank account, you can get your first payment as a voucher.

This is called 'government payment exemption service'.

You will need to tell the Job Centre why you have not been able to open a bank account. This can take a long time, so it is better to try and open a bank account first.

## Where can I try and get other financial support?

Charities in the UK might be able to help by providing you with basic essential items or food if there are delays with accessing financial support.

### Christians Against Poverty

The Well, Hospital Road, Retford DN22 7BD  
Support and assistance with money worries.  
0800 328 0006 | [www.capuk.org](http://www.capuk.org)



The Well, Retford

### Bassetlaw Citizen's Advice

Bassetlaw Citizen's Advice can offer support and assistance with any money worries.

They have also translated their main leaflet into Ukrainian for you.

You can download that here -

The national website has lots of advice here - [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Information on the local sites can be found here - [www.bassetlawca.org.uk](http://www.bassetlawca.org.uk)



CAB Leaflet Ukraine

# Emergency help with food



**There are various charities and community spaces in Bassetlaw that can help with food if you are struggling.**

## **Bassetlaw Food Bank**

CSL Centre, Community Way, Worksop S80 2TU

[www.bassetlawfoodbank.org](http://www.bassetlawfoodbank.org) - 07841 564089

Bassetlaw Food Bank provides emergency food parcels for those in need of help. BDC provides a confidential service so, if you need a referral for food parcels, call 01909 533 533.

## **From The Heart Charity**

The Priorswell Centre, Cheapside, Worksop Nottinghamshire S80 2HX

[www.fthc.org.uk](http://www.fthc.org.uk) - 07310221774

FTHC supports young people and families with children between 0-18 years and up to 21 years, for those with disabilities. They can support with food parcels, clothing, furniture, sensory toys, gas/electric and free educational activity packs.

## **Oasis Community Centre**

Longfellow Dr, Worksop S81 0DE

[www.oasis-centre.org.uk](http://www.oasis-centre.org.uk) - 07795 194957

Oasis may be able to help with food parcels.

## **Now Church Langold**

Doncaster Rd, Langold, Worksop S81 9RJ

[www.nowchurch.org.uk](http://www.nowchurch.org.uk) - 01777 711377

Now Church can offer assistance with school uniform, dry food and other essentials.

## **The Bridge Church, Retford**

30 Bridgegate, Retford DN22 6AJ

[www.bridgechurchretford.com](http://www.bridgechurchretford.com)

"Bags of Help" available for those in need of food.

Available on Tuesday's 9am - 1pm.



# Housing

If you find yourself needing emergency housing you can contact the Bassetlaw District Council housing department on 01909 533 533.

You can also contact Shelter for advice here - [www.shelter.org.uk](http://www.shelter.org.uk)



# Healthcare

The UK has excellent free of charge health care – it is called the NHS (National Health Service)

All Ukrainians arriving in England will be able to access NHS healthcare free of charge, including GP (Doctor) and nurse consultations, hospital services, and urgent care centres.



[www.gov.uk/government/news/ukrainians-fleeing-war-granted-free-access-to-nhs-healthcare](http://www.gov.uk/government/news/ukrainians-fleeing-war-granted-free-access-to-nhs-healthcare)

Ukrainians coming to the UK will also be offered COVID-19 vaccines and medical screenings.

The first thing we would recommend is that arriving guests register themselves with a local GP (healthcare) practice.

This is a free service in England and they are looking forward to helping you.

We recommend you go to the GP practice your host family use. These are the healthcare professionals

(Doctors, Nurses and administrators etc) who will first assess you if you are ill or believe yourself to be ill.

They will either treat you or will refer you onwards (to hospitals / specialists etc) They will also check you have received the right vaccinations and may provide you with a new patient health check..

They have access to translators who can speak Ukrainian, Polish & Russian.



# Healthcare

GP Practices can be found across the area and all are high quality. The link to them all is below and full details with phone numbers is at the bottom of this page – if you struggle to find one local, please contact [basccg.communicationoffice@nhs.net](mailto:basccg.communicationoffice@nhs.net)

General (healthcare) practices in this area :

<https://www.bassetlawccg.nhs.uk/local-services/categories/13>



GP's Bassetlaw

If you need access to health services, but are not sure how to proceed (and it isn't an emergency) you can phone 111 (free) anytime and they will advise you and find the right service to meet your needs.

You will also find pharmacies across the area.

These can be recognised by a green cross on their shop sign. You can walk into these stores and they can help and advise you for free. They can provide you with certain medications, but you will have to pay for these.

If you are prescribed medication from a GP (Doctor) you will collect it from a Pharmacy.

You can find out if you will be charged for this here but if you are, the fee is £9.35 per item.



Free Prescriptions

If you need **emergency** treatment you should either phone 999 and ask for an ambulance or go to a Hospital Accident and Emergency Centre – the most local of these is at Bassetlaw Hospital, Kilton Hill, Worksop, S81 0BD.

These are free of charge, but can be very busy .





# Healthcare

An NHS England letter to help those without an NHS number to get a coronavirus (COVID-19) vaccine and register with a GP Healthcare Practice can be found in Ukrainian here and in English here:



NHS Ukrainian

Further information about vaccines, registering with a GP and what to do if you or someone you are caring for is ill can be found on the GOV.uk website:



A leaflet is available in Ukrainian here and in English here:



## GP surgeries in Bassetlaw



### Bawtry

The Health Centre Station Road, Bawtry, DN10 6RQ  
01302 710210  
<http://www.bawtryandblythmedical.co.uk>



### Blyth

1 The Archway High Street, Blyth, S81 8EQ  
01909 591254  
<http://www.bawtryandblythmedical.co.uk>



### Kingfisher Family Practice

Retford Primary Care Centre, North Road,  
Retford, DN22 7XF  
01777 702381  
<http://www.kingfisherfamilypractice.co.uk/>



### Crown House Surgery

Retford Primary Care Centre, North Road,  
Retford, Postcode, DN22 7XF  
01777 703672  
[www.crownhousesurgery.co.uk](http://www.crownhousesurgery.co.uk)



### Carlton-in-Lindrick

Long Lane Carlton-in-Lindrick, S81 9AR  
01909 732933  
<http://www.larwoodsurgery.co.uk/>



### Lakeside Surgery

Church Street Langold, S81 9NW  
01909 732933  
<http://www.larwoodsurgery.co.uk/>



### Larwood Health Centre

56 Larwood Worksop, S81 0HH  
01909 500233  
<https://www.larwoodhealthpartnership.co.uk>



### Newgate Medical Group

Newgate Street, Worksop, S80 1HP  
01909 500266/500288  
<http://www.newgatemedicalgroup.co.uk/>



### North Leverton Surgery

Sturton Road, North Leverton, Retford, DN22 0AB  
01427 880223  
<http://www.northlevertonsurgery.nhs.uk>



### Oakleaf Surgery

Harworth Primary Care Centre, Scrooby Road,  
Harworth, DN11 8JT  
01302 243230  
<http://www.larwoodsurgery.co.uk/>



# GP surgeries in Bassetlaw



## Riverside - Gringley

Leys Lane, Gringley on the Hill, DN10 4QU  
01777 713330  
[www.riversidehealth.co.uk](http://www.riversidehealth.co.uk)



## Riverside - Harworth

Harworth Primary Care Centre, Scrooby Road, Harworth,  
Doncaster, DN11 8JT  
01777 713330 | [www.riversidehealth.co.uk](http://www.riversidehealth.co.uk)



## Riverside - Retford

Riverside Walk, Retford, DN22 6FB  
01777 713330  
[www.riversidehealth.co.uk](http://www.riversidehealth.co.uk)



## Riverside - Misterton

Marsh Lane, Misterton, Doncaster, DN10 4DL  
01777 713330 | [www.riversidehealth.co.uk](http://www.riversidehealth.co.uk)



## Tuxford Medical Practice

Faraday Avenue, Tuxford, NG22 0HT  
01777 870203  
[www.tuxfordmedicalcentre.co.uk](http://www.tuxfordmedicalcentre.co.uk)



## Westwood Worksop

Pelham Street, Worksop, S80 2TR  
01909 509010  
<http://www.larwoodsurgery.co.uk/>

## The Bassetlaw Healthy Family Team

Nottinghamshire Healthcare NHS Foundation Trust's Healthy Family Teams provide care and support to parents, carers and families across the whole 0-19 years age range in Bassetlaw.

We offer a 'single point of access' Advice Line for parents, carers and healthcare professionals who want to speak to us for advice or support, covering the 0-19 years age range. It operates Monday to Friday, from 9am to 4.30pm, and can be accessed by calling 0300 123 3387 and pick option 4. Note: This number will change to 0300 123 5436 from April 12th, 2022.

Parentline is the Healthy Family Teams' confidential texting service to provide parents and carers with advice around feeding, child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.

Text: 07520 619919.

ChatHealth is a confidential texting service for 11 to 19-year-olds, where young people can confidentially ask for help about a range of issues. They can also find out how to access other local services including emotional support or sexual health services.

Text: 07507 329952.

We also provide local information and advice on 3 websites:

Health for Under 5s

<https://healthforunder5s.co.uk/nottinghamshire>

Health for Kids

<https://www.healthforkids.co.uk/nottinghamshire>

Health for Teens

<https://www.healthforteens.co.uk/nottinghamshire>

For more details visit:

[www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams](http://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams)



Under 5s Health



Kids Health



Teens Health

# Mental Health Support

Mental health needs range from the worries we all experience as part of everyday life to more serious long-term conditions.

We understand that you have been through a very traumatic time and been exposed to huge mental stress.

There are Mental Health Services available to help.

If you, or someone you love, need help this can be arranged through making an appointment with your GP. If you are struggling but do not want to talk to a GP, there are a wide-range of support organisations that offer helplines where you can talk in confidence to a trained advisor.

## These include:

- Lifeline 0808 808 8000 - (Textphone :18001 0808 808 8000)  
Website: <https://www.lifelinehelpline.info/>
- Samaritans on 08457 90 90 90 to talk to a trained volunteer



Nottinghamshire Mind - <https://www.nottinghamshiremind.org.uk/>



## NHS Crisis Team

The mental health Crisis Line number is: 0808 196 3779.

It is available to anyone in mental health crisis at anytime anywhere across Nottingham and Nottinghamshire. Available 24 hours a day, seven-days a week, it's the number to call if you are experiencing a mental health crisis and need immediate help.

It's open to people of all ages who need urgent mental health support.

## BCVS Directory

The BCVS directory contains listings of many different groups and charities that can assist and support you with wider and non-clinical mental health concerns.



# Mental Health Support

All of these local and national providers will be able to support you with a variety of mental health related needs.



## Insight

Insight provide free NHS talking therapies for adults, to help with common issues like low mood, stress, and anxiety in Bassetlaw.

They accept self-referrals, so you don't have to go through your GP or other healthcare professional.

Tel - 0300 300 0033

Website - <https://www.insightiapt.org/locations/bassetlaw/>



## Qwell

Qwell, which is a free, anonymous adult online counselling and emotional wellbeing service which can be accessed immediately by using a computer, smartphone or tablet device, allowing local people to access support and guidance whenever they need it.

Website - <https://www.qwell.io/>



## TalkZone

Talkzone is a free, confidential mental health support and counselling service for children and young people, aged 11-25, in Bassetlaw.

Tel - 01909 530943

Email - [info@talkzone.org.uk](mailto:info@talkzone.org.uk) Website

Website - [www.talkzone.org.uk](http://www.talkzone.org.uk)



## Kooth

Kooth.com is a safe, confidential way for children and young people (11-25) to receive free counselling, advice and support on-

line. Staffed by fully trained and qualified counsellors and available Monday to Friday from 12 noon until 10pm each night, and

weekends from 6pm to 10pm, 365 days per year

Website - <https://www.kooth.com/>

# Mental Health Support



## Harmless

Harmless is a self-harm service that provides free clinical support and clinical interventions for those that are at risk of self-harm and/or experience chronic suicidality.

Tel - 01158800280

Website - <https://harmless.org.uk/>



## Children's Bereavement Centre

Free Support for children, young people (3-18) and their parents/carers who are affected by the death or terminal illness of someone close to them.

Tel - 01636 551739

Email - [info@childrensbereavementcentre.co.uk](mailto:info@childrensbereavementcentre.co.uk)

Website - [www.childrensbereavementcentre.co.uk](http://www.childrensbereavementcentre.co.uk)



## Childline

[www.childline.org.uk](http://www.childline.org.uk)

Childline is a free service for whatever's on your mind.

Telephone - 0800 1111



## Young Minds

<https://www.youngminds.org.uk>

Providing young people with tools to look after their mental health.



## LGBT+ Service Nottinghamshire

<https://www.lgbtplusnotts.org.uk>

Providing a range of specialist services for children and young people aged 11-25 who identify as LGBT+ or may be questioning this.

# Schools and Education



## Services for Children including Education, Early Learning and Childcare

In the UK, the law states that fulltime education is compulsory for all children from the term after their 5th birthday until the age of 16, but there is an expectation that young people will remain in education, employment or training until the age of 18.

### Early Learning and Childcare

Many children start their early learning before 5, as all 3 and 4 year olds are entitled to 15 hours per week during term time.

<https://www.nottinghamshire.gov.uk/care/early-years-and-childcare/help-with-childcare/15-hours-funded-childcare-for-three-four-year-olds>



15 Hours

Three and 4 year olds whose parents work are entitled to up to 30 hours per week.

<https://www.nottinghamshire.gov.uk/care/early-years-and-childcare/help-with-childcare/30-hours-funded-childcare-for-three-and-four-year-olds>



30 Hours

Some 2 year olds are eligible for up to 15 hours per week

<https://www.nottinghamshire.gov.uk/care/early-years-and-childcare/help-with-childcare/funded-early-years-places-for-two-year-olds>



15 hours age 2

# Schools and Education



## Choosing Early Education or Childcare

Choosing early education and childcare is down to personal preference, budget, age and needs of your child. In England an organisation called Ofsted makes sure that childcare settings are of a good standard. In Nottinghamshire we are fortunate that most of the childcare settings have been graded as Good or Outstanding.

### Childcare settings can be:

A registered childminder working in their own home

A pre-school playgroup - often in a village hall

A day nursery

A nursery attached to a local school

For school aged children breakfast clubs, afterschool and holiday clubs are all available.

Details of what is available can be found here:

[www.nottinghamshire.gov.uk/care/early-years-and-childcare/find-childcare](http://www.nottinghamshire.gov.uk/care/early-years-and-childcare/find-childcare)



Childcare

Before you decide on a childcare provider, it is a good idea to visit your shortlisted settings. You may choose to see more than one setting and visit more than once to help you decide.

Think about taking your child with you to meet the childcare setting. You will be able to see:

- how they get on with other children
- how the child carer interacts with your child

More information about the different types of childcare, funding support and top tips to think about when choosing childcare can be found at Notts help Yourself [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)



Notts Help Yourself

# Schools and Education



## Children Centre Service

Children's Centres have a range of services for families with children aged 0-5 years old and for those expecting a baby, who live in Nottinghamshire. Some of these are at our purpose-built centres, but many take place in community venues, parks and in the home.

Children's Centre Service staff have expertise in family support, developing parenting skills, promoting health and wellbeing, early years development, community development, communication and language and supporting adults back to work. Children's Centres work with partner organisations to make sure families are supported in whatever area they need.

Each Children's Centre Services team has its own programme of weekly activities, home visit appointments and other services which vary according to the needs of their local area.

To find out more about the Children's Centre Service and the support they can offer you take a look here:

[www.nottinghamshire.gov.uk/care/early-years-and-childcare/childrens-centre-service](http://www.nottinghamshire.gov.uk/care/early-years-and-childcare/childrens-centre-service)



Children's Centres

For more information on everything linked to being a parent, please take a look at the Parent Carer Zone on

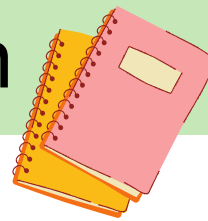
Notts Help Yourself  
[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)



Notts Help Yourself



# Schools and Education



## Applying for a school place

You will need to apply for a school place for each child, using the registration process. Please do not contact schools direct. Use this link to apply for a school place for all children in your care:

[www.nottinghamshire.gov.uk/education/school-admissions/apply-for-a-school-place](http://www.nottinghamshire.gov.uk/education/school-admissions/apply-for-a-school-place)

School Admissions



It is your responsibility to arrange for your child(ren) to get to school. Transport to access school is only arranged in exceptional circumstances. Use this link to apply for transport to access school [www.nottinghamshire.gov.uk/education/travel-to-schools/under-16-mainstream-travel-assistance](http://www.nottinghamshire.gov.uk/education/travel-to-schools/under-16-mainstream-travel-assistance)



School Transport

## Free School Meals

Nottinghamshire wants to make sure as many eligible children as possible are claiming their free school meals. We use the Department for Education's free school meal checker to determine eligibility. For more information about how to apply please visit [www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk](http://www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk)

School Meals



## Advice and Information for parents of children with Special Educational Needs and Disabilities

If your child has Special Educational Needs or Disabilities, a great starting point is the SEND



Notts Help Yourself

Local Offer on Notts Help Yourself. [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

# Domestic Abuse

Domestic abuse is a serious crime in the UK. Domestic abuse does not only occur between couples. It can also involve wider family members, including parental abuse by an adolescent or grown child. It can exist between older siblings, or the wider extended family. It can affect anyone, regardless of age, social background, gender, religion, sexual orientation or ethnicity.

Domestic abuse usually occurs in the home and can take many forms:

- physical abuse like hitting, kicking or hair pulling
- emotional abuse like blackmail, mental torture and threats to disown a person or harm those they care about
- controlling, for example, restricting a person's movements or access to or contact with family or friends or preventing access to money or a chosen career
- coercive behaviour for example threats, humiliation/intimidation that is used to harm, punish, frighten
- It can be rape – being married or in a relationship doesn't mean that a partner has the right to force sex against the will of the other

Domestic abuse is complex. It can go unidentified by agencies, families, friends, colleagues and even victims themselves. If you are worried about a relationship you are in, concerned about your own behaviour towards someone or concerned about someone you know then help is available in Nottinghamshire.

For support, Nottinghamshire has a 24 hour free helpline and this can be reached on 0808 800 0340

More details on the wide range of services and organisations that can help can be found by following this link:

[www.nottinghamshire.gov.uk/care/health-and-wellbeing/domestic-abuse-and-sexual-violence-support](http://www.nottinghamshire.gov.uk/care/health-and-wellbeing/domestic-abuse-and-sexual-violence-support)

In an emergency call the Police on 999 or for a non emergency 101



# Useful Contacts and websites

## Councils



**Bassetlaw DISTRICT COUNCIL**  
— North Nottinghamshire —  
Queens Buildings, Potter St,  
Worksop, S80 2AH  
Open Monday - Friday  
9am - 5pm  
Phone: 01909 533533  
[www.bassetlaw.gov.uk](http://www.bassetlaw.gov.uk)



**Nottinghamshire County Council**  
County Hall, Loughborough  
Road, West Bridgford,  
Nottingham, Nottinghamshire,  
NG2 7QP  
Phone: 0300 500 80 80  
[www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)



## Financial



**Bassetlaw**  
**Workshop**  
100 Bridge Street,  
Worksop, S80 1HZ,  
**Retford**  
The Square, Retford,  
DN22 6EU  
[www.bassetlawca.org.uk](http://www.bassetlawca.org.uk)



**Workshop**  
CSL Community Centre,  
Community Way,  
Off Shrewsbury  
Road, Manton, Worksop,  
S80 2TU  
Phone Number: 07841 564089  
[www.bassetlawfoodbank.org](http://www.bassetlawfoodbank.org)

**Retford**  
Mon – Thurs 10:30am – 3:30pm  
Unit E,  
Buttermarket House,  
Retford  
DN22 6BP  
[www.bassetlawfoodbank.org](http://www.bassetlawfoodbank.org)



## Translation



Free and easy to use instant digital translation app.



Apple download

Android download



Free and easy to use translation website  
[www.translate.yandex.com](http://www.translate.yandex.com)



Free and easy to use translation website  
[www.bing.com/translator](http://www.bing.com/translator)



## Leisure

### Workshop Leisure Centre

Valley Road,  
Workshop,  
Notts, S81 7EN  
01909 473937  
[www.yourspacetofeel.com/workshop](http://www.yourspacetofeel.com/workshop)

### Retford Leisure Centre

Old Hall Drive,  
Retford, Notts,  
DN22 7EA  
01777 706500  
[www.yourspacetofeel.com/retford](http://www.yourspacetofeel.com/retford)

### Bircotes Leisure Centre

Whitehouse Road,  
Bircotes, Doncaster,  
S. Yorks, DN11 8EF  
01302 743979  
[www.yourspacetofeel.com/bircotes](http://www.yourspacetofeel.com/bircotes)



## Community



[www.bcvs.org.uk/health-directory](http://www.bcvs.org.uk/health-directory)  
[www.bcvs.org.uk/ukraineresponse](http://www.bcvs.org.uk/ukraineresponse)

The BCVS (Bassetlaw Community and Voluntary Service) directory has information and contact details for a huge range of community organisations that may be able to help you if you need it.

BCVS also have a Ukraine Response page, where there will be regular updates on the latest news on Ukraine. This page also has links to lots of other useful information from the County and District councils.



BCVS  
Telephone Number  
**01909 476 118**



Directory of  
multiple  
organisations in  
Nottinghamshire  
that can offer  
help and  
support.



**Bassetlaw Support Group with support and advice for sponsors and guests. Lots of local information as well as a matching service.**



**The Ukrainian Centre - Doncaster**  
48, Beckett Road, Doncaster, S. Yorkshire, DN2 4AD  
enquiries@ucdoncaster.co.uk

# Notes

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