

# Cost of Living

Support available in Bassetlaw



Produced by



**Bassetlaw**  
DISTRICT COUNCIL  
— North Nottinghamshire —



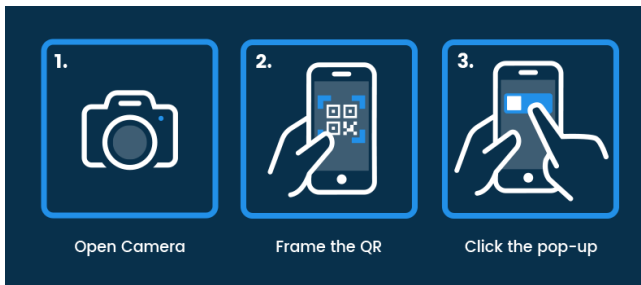
**Bassetlaw**  
Place-Based  
Partnership

On behalf of the Bassetlaw Financial Inclusion Forum

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**To make it easy to find information about each service we have included a QR code to each of their websites. QR codes will work from all smart phone cameras.**



## Introduction

This booklet has been produced by Bassetlaw Community and Voluntary Service and Bassetlaw District Council to ensure that everyone living in Bassetlaw knows where and how to access the help and support available in our area.

A digital online version of this booklet can be found here:

**[www.bcvs.org.uk/costofliving](http://www.bcvs.org.uk/costofliving)**

There is also a PDF version that will enable organisations to print their own copies.



If you require this information in another language, a full text version is also available here:

**[www.bcvs.org.uk/costofliving](http://www.bcvs.org.uk/costofliving)**

This can then be translated into any language using the built in translator toolbar at the top of the website.

## Money and Finance

The services and organisations below are able to help and advise on a variety of different financial concerns and queries.

**Government Support** | <https://helpforhouseholds.campaign.gov.uk>



**Household Support Fund** | 0300 500 80 80

<https://www.nottinghamshire.gov.uk/householdsupportfund>



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**Universal Credit Advice** | 0800 328 5644

<https://www.understandinguniversalcredit.gov.uk>



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**Entitled To Independent Benefits Calculator** | 0800 328 5644

<https://www.entitledto.co.uk>



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**Bassetlaw District Council Benefits Page** | 01909 533533

<https://www.bassetlaw.gov.uk/council-housing/support/benefit-information>



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**Bassetlaw Citizen's Advice** | <https://www.bassetlawca.org.uk>

01909 498888

Free advice regarding money, benefits, debt, energy and more.



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**Step Change Debt Charity** | <https://www.stepchange.org>

0800 138 1111

Free and impartial debt advice.



# Money and Finance

**National Debtline** | <https://nationaldebtline.org> | 0808 808 4000

National Debtline is a charity that gives out free and independent debt advice over the phone and online.



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**Turn 2 Us** | <https://www.turn2us.org.uk>

Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help.



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**2 Shires Credit Union** | <https://www.2shires.org.uk>

01909 500575

Credit unions aim to help people take control of their money by encouraging them to save what they can, and borrow only what they can afford to repay.



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**Access to Work Scheme** | <https://www.gov.uk/access-to-work>

Help to get or stay in work if you have a physical or mental health condition or disability.



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**Money Helper** | <https://www.moneyhelper.org.uk/en>

Money advice site covering benefits, budgeting planner, savings and more.



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**Christian's Against Poverty (CAP)** | <https://capuk.org>

0800 328 0006

Free debt and budgeting advice, available to anyone that needs it.



# Mental Health

The services and organisations below are able to help and advise on a variety of different mental health concerns. You are not alone.

**Mental health crisis number: 0808 196 3779**

The crisis line is open 24 hours a day, seven days a week, to people of all ages.

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**The Samaritans** | Call 116 123, 24 hours a day

Email [jo@samaritans.org](mailto:jo@samaritans.org)

**Childline:** 0800 11 11



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**Insight IAPT** | <https://www.insightiapt.org/locations/nottingham>

Tel: 0300 300 0033

Provides NHS therapies for adults to help with counselling issues like low mood, stress, and anxiety in Bassetlaw.

<https://www.insightiapt.org/locations/nottingham>



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

Tel: 0800 470 0203

One to One and group mental health support.



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**Aurora Bassetlaw** | <https://aurorawellbeing.org.uk/centres/aurora-bassetlaw>

Tel: 01909 470 985

Emotional support and counselling for people affected by cancer and long-term health conditions.



# Mental Health

**The Edge | Oasis Community Centre** | Tel: 07795 194957

Men on the Edge: A range of support for men in crisis at all times and situations.

MANSS: Support project for male survivors of sexual and domestic abuse.

<https://www.oasiscommunitycentre.org/men-on-the-edge>



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**Bassetlaw Action Centre** | <https://www.bassetlawactioncentre.org.uk>

Tel: 01777 709650

**Men Walk Talk:** at various locations throughout Bassetlaw.

<https://menwalktalk.co.uk/bassetlaw-1>

**Get Out Get Active:** Get our Get Active (GOGA) supports adults

mental wellbeing by providing a fun, safe and inclusive activities for adults.

**Women Walk Talk:** A walking group for women that want to get out and have a walk with other women.

**Stay Pawsitive:** A dog walking group open to all.



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**BPL Community Health** | 01226 730060

Providing a 12-week funded programme supporting mental health and wellbeing tailored around any health related concerns.

<https://bpl.org.uk/community-health>



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**Rhubarb Farm** | <https://www.rhubarbfarm.co.uk> | 01623 741210

A holistic approach to mental health on their community farm.



# Mental Health

**Harmless** | <https://harmless.org.uk> | Tel: 01158 800280

Support for adults focusing on mental health and self harm.



Harmless

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**The Tomorrow Project** | Tel: 0115 880 0280

<https://www.ataloss.org/faqs/the-tomorrow-project-nottinghamshire>

Specialised suicide bereavement support service.



The Tomorrow Project

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**Kooth** | <https://www.kooth.com>

Free, anonymous online counselling for young people ages 11-25.



Kooth

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**Qwell** | <https://www.qwell.io>

Free, anonymous adult online counselling and emotional wellbeing service.



Qwell

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**Talkzone** | <https://www.talkzone.org.uk> | Tel: 01909 530 943

Confidential mental health support for children and young people age 11-25 in Bassetlaw.



Talkzone

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**SOBS—Survivors of Bereavement by Suicide Bassetlaw**

<https://uksobs.org/support-groups/bassetlaw> | Tel: 07398 422577

Email: [bassetlaw@uksobs.org](mailto:bassetlaw@uksobs.org)



SOBS

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**Nott Alone** | <https://www.nottalone.org.uk>

Local mental health advice and help for young people in Nottingham and Nottinghamshire.



Nott Alone



# Mental Health

**In Sam's Name** | <https://www.facebook.com/groups/457132082431436>

In Sam's Name is a mental health support group for men.

Email: [insams.name@outlook.com](mailto:insams.name@outlook.com)



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**Muddy Fork** | <https://www.muddyfork.org> | 01777 567005

Outdoor support focused on gardening activities, willow craft, bee keeping and more. Email: [enquiries@muddyfork.org](mailto:enquiries@muddyfork.org)



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**LGBT+ Service Nottinghamshire** | <https://www.lgbtplusnotts.org.uk>

Tel: 01909 479191 | Provides one-to-one and group services for children and young people aged 11-25 who identify as LGBT+.



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**Young Minds** | <https://www.youngminds.org.uk> | 0800 11 11

Mental health support for young people.



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**Papyrus** | [www.papyrus-uk.org](http://www.papyrus-uk.org) | Tel: 0800 068 4141

Prevention of young suicide.



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**The Mix** | <https://www.themix.org.uk> | 0808 808 4994

Support with mental health, money, homelessness, finding a job, break-ups and drugs. A free confidential helpline.



# Children and Families

## Childcare Choices

The Childcare Choices website explains all the different subsidised childcare available. | <https://www.childcarechoices.gov.uk>

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## Play Areas

A list of all the free outdoor play parks in Bassetlaw.

<https://www.bcvs.org.uk/bassetlawparks>

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## Bassetlaw NCT (National Childbirth Trust)

Your local parent support network.

<https://www.nct.org.uk> | [branch.bassetlaw@nct.org.uk](mailto:branch.bassetlaw@nct.org.uk)

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## Playgroups

Playgroups in Bassetlaw .

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

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## HAF (Holiday Activity and Food ) | 01909 533533

<https://www.bassetlaw.gov.uk/haf> | The HAF programme is to support children to eat more healthily and be more active over the school holidays.

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## From The Heart Charity | 01909 494858

<https://fthc.org.uk> | Support for young people and families with children between the ages of 0-18 years.

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**Workshop Library | 01909 535353**

<https://www.inspireculture.org.uk/reading-information/find-a-library/workshop-library>



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**Retford Library | 01777 708724**

<https://www.inspireculture.org.uk/reading-information/find-a-library/retford-library>



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**Langold Library | 01909 730363**

<https://www.inspireculture.org.uk/reading-information/find-a-library/langold-library>



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**Bircotes Library | 01302 742384**

<https://www.inspireculture.org.uk/reading-information/find-a-library/bircotes-library>



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**Misterton Library | 01427 890646**

<https://www.inspireculture.org.uk/reading-information/find-a-library/misterton-library>



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**Tuxford Mobile Library | 01777 871221**

<https://www.inspireculture.org.uk/reading-information/find-a-library/tuxford-library>



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**Carlton-in-Lindrick Library | 01909 732275**

<https://www.inspireculture.org.uk/reading-information/find-a-library/carlton-lindrick-library>



# Food Support

**Bassetlaw Food Bank** | Referrals: 01909 533 533.

<https://bassetlawfoodbank.org>

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**Oasis Community Centre** | 07795 194957

The Food For Life Project has been active since the first UK Lockdown and has to date given over 6000 of its food hampers out.

<https://www.oasiscommunitycentre.org/operation-oasis>

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**Now Church** | 01909 732731

Community café's and lunch clubs take place on a regular basis.

<https://nowchurch.org.uk/index.php/whats-on>

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**Rhubarb Farm** | <https://www.rhubarbfarm.co.uk> | 01623 741210

Weekly veg boxes available to purchase, as well as a community café.

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**Too Good to Go App**

Too Good To Go connects customers to surplus unsold food. You can't always choose the food so make sure you are happy to receive whatever they have left.

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**Older People's Luncheon Club** | Carlton-in-Lindrick Civic Centre

01909 541127

Thursday's 10.30am—1.30pm



# Food Support

**Bassetlaw Food Insecurity Network (BFIN)** is a collaboration of food support services that are tackling food insecurity issues locally to help ease the pressures on local people. Cooking courses and social eating events take place on a regular basis.



For all the latest information and events please visit:

<https://www.bcvs.org.uk/bfin> | 01909 476 118

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## **Food Hubs | 01909 476 118**

As a result of the work of the BFIN, there are various Food Hubs across Bassetlaw. Local people can fill a bag of fresh food for just £3. All the food hubs in Bassetlaw can be found here:



<https://www.bcvs.org.uk/foodhubs>

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## **Feed Your family on a Budget**

Popular Facebook group with over 300,000 members.

<https://www.facebook.com/groups/178040285731834>



## **Feed Yourself for £1 a Day**

Facebook group with over 250,000 members.

<https://www.facebook.com/groups/651859231575794>



## **Slow Cooked Wonders**

Slow cooker advice group with over half a million supportive members.



# Clothing

## Charity Shops

Charity shops are a great way to save money on clothing and household items.

<https://www.bcvs.org.uk/health-directory>



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## Car Boot Sales

Car Boots are a great way to save money, as well as making extra money if you have things that you no longer need.

The most local, regular car boot sale in Bassetlaw is Oldcotes Car Boot, A634 Blyth Rd, Oldcotes, Worksop S81 8JE—every Sunday and Bank Holiday Monday.

Check their Facebook page for the most up to date information.

You can also find other car boot sales here: <http://www.carbootjunction.com>



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## School Uniform Bank | <https://www.facebook.com/FreeSchoolUniformBank>

The school uniform bank hosts regular events throughout the year to allow local families to receive free school uniform.

You can follow their Facebook page for all the latest information.



## The Boot Room Workshop | <https://www.facebook.com/TheBootRoomWorkshop>

Sports shoe collections and donations.

Tel: 01909 732731



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## Facebook Groups and Marketplace | [www.facebook.com](http://www.facebook.com)

Facebook is a great way to buy and sell items such as clothing and household goods. You can filter this by area and find things to buy that are close to you.

# Energy & Fuel

**Petrol and Fuel** | [www.petrolprices.com](http://www.petrolprices.com)

All the latest live petrol and diesel prices in Bassetlaw.



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**Bassetlaw Citizen's Advice** | <https://bassetlawca.org.uk/energy>

Tel: 01909 498 894

Free, confidential, impartial and independent advice on a variety of issues including debt, energy, money advice, welfare benefits support for individuals affected by mental health and a Macmillan team for people affected by cancer.



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**Bassetlaw Action Centre** | 01777 709650

<https://www.bassetlawactioncentre.org.uk/energy>

The Bassetlaw Action Centre energy advisor is able to visit you at home to give advice on keeping warm and well.



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**Energy Saving Trust** | <https://energysavingtrust.org.uk> | 0800 444 202

Energy Saving Trust is an independent organisation – working to address the climate emergency. They empower millions of householders every year to make better energy choices.



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**Simple Energy Advice** | <https://www.simpleenergyadvice.org.uk>

If you're looking for home energy efficiency advice, try the Simple Energy Advice website, or call them on freephone 0800 444 202.



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**Warm Spaces** | [www.bcvs.org.uk/warmspaces](http://www.bcvs.org.uk/warmspaces)

Information on warm spaces throughout Bassetlaw.



# Housing

**Council Housing** | <https://www.bassetlaw.gov.uk/council-housing>

Information and advice about all aspect of council housing.

Tel: 0800 590 542

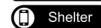


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**Facing Eviction** | [https://england.shelter.org.uk/what\\_we\\_do](https://england.shelter.org.uk/what_we_do)

Advice and support services and help with housing issues and homelessness.

**Shelter:** Emergency helpline: 0808 800 4444



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**New Roots:** <http://newrootshousing.org.uk> | 01909 501732

Offering support to both single young people aged 16-21, and also to young parents aged 16-19 in Bassetlaw.



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**Jigsaw Support Scheme** | <https://jigsawsupportscheme.org.uk>

01623 232800

Hoarding support service, available to Bassetlaw residents.

Support if hoarding is causing you problems with your landlord.



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**Waste and Recycling** |

<https://www.bassetlaw.gov.uk/bins-recycling-and-waste>

01909 533533

Information about extra bins that you may be entitled to if you have a large family, and how to register for Recycling services.





## Domestic Abuse

**If there is an immediate risk to life or serious harm please dial 999.**

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**Victim Support** | <https://www.victimsupport.org.uk>

Victim Support is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales.

If you need to speak to someone, Victim Support are available

every day, night and day. Call their free and 24 hour Support line on: 08 08 16 89 111

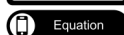


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**Women's Aid Nottinghamshire** | <https://nottswa.org>

24hr Freephone Helpline: 0808 800 0340

The commissioned specialist domestic abuse support provider for women, children and teenagers who live in Bassetlaw.



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**Equation** | <https://equation.org.uk/service-for-men>

Email: [helpline@equation.org.uk](mailto:helpline@equation.org.uk) or call 0800 9956 999

Equation host the only expert services for men experiencing

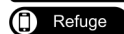
domestic abuse in Nottingham city and county. Equation also provides the local stalking advocacy support service for men experiencing stalking in a non-domestic abuse context.



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**Refuge** | <https://www.nationaldahelpline.org.uk> | 0808 2000 247

The freephone, 24-hour National Domestic Abuse Helpline for Women and Children.



## Useful Local Contacts

**Bassetlaw District Council** | <https://www.bassetlaw.gov.uk>

customer.services@bassetlaw.gov.uk | 01909 533533

**Workshop:** Queen's Buildings, Potter Street, Worksop

Open Mon-Fri, 9am-5pm

**Harworth & Bircotes:** Harworth Information Centre, Scrooby Road, Harworth. (Open Tues, Weds, Thurs, 9am—1pm)

**Retford:** 17B The Square, Retford (Open Mon-Fri, 9am-5pm)

**Bassetlaw Financial Inclusion Forum:** adele.watson@bassetlaw.gov.uk

**Misterton Centre** (at the library) | 01427 890646

Open Tues, Weds, Thurs 10am-5pm & Fri 10am-2pm



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**Nottinghamshire County Council**

<https://www.nottinghamshire.gov.uk> | 0300 500 8080

County Hall, Loughborough Road, West Bridgford, Nottingham



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**Bassetlaw Community and Voluntary Service (BCVS)**

<https://www.bcvs.org.uk> | 01909 476118

Old Abbey School, Priorswell Road, Worksop, S80 2BU



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**Citizen's Advice Bassetlaw** | <https://www.bassetlawca.org.uk>

Tel: 01909 498 894



## Other Useful Websites

### **NHS Prescription Pre-Payment**

[www.nhsbsa.nhs.uk/help-nhs-prescription-costs/nhs-prescription-prepayment-certificates-ppcs](http://www.nhsbsa.nhs.uk/help-nhs-prescription-costs/nhs-prescription-prepayment-certificates-ppcs)

A PPC could save you money if you pay for your NHS prescriptions.

A PPC costs: £30.25 for 3 months | £108.10 for 12 months.

#### **Check if you qualify for free prescriptions:**

<https://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/who-can-get-free-prescriptions>



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### **Money Saving Expert** | <https://www.moneysavingexpert.com>

Impartial site to help save you money. Advice on credit cards, shopping, special offers, mortgages, council tax, interest rates and more.



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### **Trolley.co.uk** | <https://www.trolley.co.uk>

Price comparison website for common items.



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### **Household Money Saving** | <https://www.householdmoneysaving.com>

Independent blog, with lots of different articles and advice about saving money at home and on your shopping.



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### **Pouch** | <https://joinpouch.com/en-gb>

Use Pouch to automatically find and apply every online voucher code in one click.



