

FREE FUN AND FOOD THIS SUMMER!

FREE Fun and Food



Is your child entitled to Free School Meals? If so, check out our FREE Fun and Food offer this Summer!

1. Supermarket e-vouchers will be sent out through schools offering £15 per pupil for each week of the holidays. Ask your school for details.
2. Holiday Activity Clubs will be providing FREE outdoor activity sessions and packed lunches during the holidays - find a session near you by visiting www.asklion.co.uk/funandfood

All sessions offer a warm welcome, entertaining outdoor activities and lots of fun!

Please note:

- Places are limited and must be booked in advance.
- Every Holiday Activity Club listed on the website above will provide their contact details for you to book a place.
- Not eligible for Free School Meals? You can still visit the website above to find and book sessions near you. Some extra places will be available on a first-come-first served basis.

STAY IN TOUCH!

Ahead of the Summer holidays, the 'FREE Fun and Food' Holiday Clubs will be promoted through our 'Information and Support' email newsletter.

Type in <https://bit.ly/2UinA0Q> to subscribe. Every month subscribers will also get information about the availability of food vouchers, advice on debt and benefits, reducing household bills, employment and job-hunting support including training courses and much, much more.



ASKLION
FINDING YOU ACTIVITIES AND SUPPORT IN NOTTINGHAM

WWW.ASKLION.CO.UK/FUNANDFOOD

HELP & SUPPORT IS AVAILABLE IN NOTTINGHAM

Support for families

The Families Information Service provides free information, advice and guidance about services for children, young people and their families. FREE phone: 0800 458 4114 Monday to Friday 9am-5pm or email: fis@nottinghamcity.gov.uk.

Are you worried about a child?

If you are worried about a child phone Children and Families Direct on: 0115 876 4800 Monday to Friday 9am-5pm
Or phone the NSPCC Free Helpline on: 0808 800 5000
In an emergency always call the Police on 999

Money Help and Advice

Many services in Nottingham provide advice on welfare, debt, benefits, safe borrowing and more...

The Ask Lion website is a good starting place for money advice: www.asklion.co.uk/money

Citizens Advice Help to Claim Universal Credit
0800 144 8 444

Citizens Advice Nottingham & District 0300 330 5457 or email www.advicenottingham.org.uk/contactus/

Bestwood Advice Centre 0115 962 6519

Clifton Advice Centre 07887 925 181

Meadows Advice Centre 0115 986 0197

St Ann's Advice Centre

General enquiries: 0115 950 6867 Debt advice: 0115 908 1532

Nottingham Law Centre

General enquiries: 07342 116 424 Debt advice: 07342 116 445

EU Settlement Scheme: 07834 264 950

Housing: 07763 468 526

Welfare Benefits: 07340 542 134

Food Banks and Social Eating Venues

Visiting a food bank isn't something to be worried about - they are here to help. You will always have a warm welcome.

- To find your nearest food bank or social eating venues visit www.asklion.co.uk/food
- To get a referral for a food bank ask your health visitor, school, doctor, social worker or citizen's advice bureau
- Or call Nottingham City Council's Family Information Service FREE on 0800 458 4114 and we'll help you

Nottingham City Council Welfare Rights Service

0115 915 1355 welfarights@nottinghamcity.gov.uk
www.nottinghamcity.gov.uk/welfarights

Homelessness Prevention and Advice:

www.nottinghamcity.gov.uk/homelessness

Help with energy bills 0115 985 3009 or visit www.nottenergy.com

Notts and Lincs Credit Union

www.nottsandlincscu.co.uk or email info@nottsandlincscu.co.uk

National Helplines

Money Advice Service www.moneyadvice.service.org.uk

National Debtline Advice 0808 808 4000 or www.gov.uk/national-debtline

Step Change Debt Advice www.stepchange.org

Universal Credit advice 0800 144 8 444 or www.understandinguniversalcredit.gov.uk

Illegal Money Lending Team 0300 555 2222 or www.stoploansharks.co.uk

Jobs and Skills Support

Are you currently looking for work, or for a better job?

You can get free help from Nottingham Jobs to brush up your interview or job-seeking skills, and much more. Simply call the team on **0115 876 4508** or email: jobs.hub@nottinghamjobs.com

Try the Two Week Challenge; a series of 14 emails sending you daily Top Tips to help to get you ready to ace job applications and interviews – sign up at www.nottinghamjobs.com/twoweekchallenge

If you live in Nottingham city, and need help to travel to an interview or to work, you may be able to get a free bike – visit www.nottinghamjobs.com/travel-support

Free Courses

There are a wide range of FREE courses to help you with Business Skills, English and Maths and much more.

Visit our Libraries for details: www.nottinghamcitylibraries.co.uk/our-services/adult-learning/

Domestic Violence & Abuse services

Juno Women's Aid: 0808 800 0340 (24 hours, every day) www.junowomensaid.org.uk

Equation Men's Support: 0115 960 5556 (9.30am – 16.30pm, week days) www.equation.org.uk

Sexual Violence Support: 0115 941 0440 www.nottssvss.org.uk

Mental Health services

Nottinghamshire Healthcare Trust

Free Turning Point Helpline on 0300 555 0730 (9am – 11pm, every day)

Free Crisis Support Helpline on 0808 196 3779 (24 hours, every day)

www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis

Need mental health support for your child?

Call 0115 876 4000 or visit www.nottinghamcity.gov.uk/camhs