

Where	Details	Link
Bispham/Blackpool	Community Grocery Shop. £5 annual fee + £4 per shop, allowed a shop 3x per week.	Blackpool Community Grocery - Community Grocery
Cleveley's	Christian Care and Share Foodbank	Christian Care & Share - Home Facebook
Cleveley's	LifeBoat Café @ Cleveley's Community Centre and Church. Free food and brews. Wednesday's 10-2.	Cleveleys Community Church - Home Facebook
Cleveley's	Cleveley's Community Centre and Church Foodbank	Cleveleys Community Church - Home Facebook
Fleetwood	The Pantry Foodbank 07467 498406.	07467 498406.
Fleetwood	Fleetwood Baby Bank – Baby Supplies. 1 st Sunday every Month, 10-12. From Skools Out, 444 Fleetwood Road.	
Fleetwood	Men's Shed	Mental Health Support MensShed Fleetwood Fleetwood
Kirkham	Fylde FoodBank Monday 12.3-2 Friday 10.30-2 Can use other fylde foodbanks if shut.	Locations Fylde Foodbank
Lancaster	The Olive Branch Foodbank	The Olive Branch (the-olivebranch.org.uk)
Lancaster	LCC Lancaster District Hardship Fund – can support with cost of food, utility bills and other essentials	Lancaster District Hardship Fund - Lancaster City Council
Lancaster – Hala Pantry St Paul's, Hala Centre	£4.00 for a bag of food that you choose from what they have on offer that week.	Hala Pantry Facebook
Lancaster and morecambe Egg Cup	£5 cost for a bag of food. You choose from	www.eggcup.org/membership

	what they have on that week.	
Morecambe 37 Yorkshire Street West, Morecambe, LA3 1QF	Limited emergency food bank. Hot drinks, snacks and soup offered too.	www.graceministriesmorecambe.org
Morecambe Pantry	£4.00 for a bag of food. £2.00 for some milk, bread and eggs.	Morecambe Pantry – Morecambe Parish Church
Morecambe	Morecambe Bay Trussel Trust Foodbank	Morecambe Bay Foodbank - The Trussell Trust
Morecambe	West End Impact Food parcel/top up – around 3 days/£20 of food	www.westendimpact.org.uk
Garstang/Catterall	St Thomas's Church Hall PR3 1PA. Free Food Club Monday 9.30-11.30. Choose the food you want and also a free café too.	Email kathrynisperring@gmail.com to refer
St Anne's	Fylde FoodBank Tuesday 10-3 Thursday 10-3 Can use other fylde foodbanks if shut.	Locations Fylde Foodbank
Warton	Fylde FoodBank Wednesday 12-3pm Can use other fylde foodbanks if shut.	Locations Fylde Foodbank

Food

Energy Bills

Details	Link
Morecambe West End Impact – may be able to provide £5 emergency electricity money- see webpage for times etc	Charity West End Impact Morecambe
Fuel Poverty Grants.	Complete Form (evolutive.co.uk)
Advice on Energy Bill support	Citizen's Advice Bureau - Get help with the cost of living - Citizens Advice
Advice on Grant Eligibility and Applications	Gov Website - Help for Households - Get government cost of living support
Advice General	Cost of living - Lancashire County Council

LCC Lancaster District Hardship Fund – can support with cost of food, utility bills and other essential	Lancaster District Hardship Fund - Lancaster City Council
Charis Grants	Financial Grants for Individuals Financial Assistance for Individuals Charis (charisgrants.com)
CAB Grant's available from providers	Grants and benefits to help you pay your energy bills - Citizens Advice

Adult Support Groups

Where	Details	Link
Blackpool	Community Grocery Blackpool Free courses ran.	Blackpool Community Grocery - Community Grocery
Fleetwood	Men's Shed Social, Mental Health Support groups, and Food support	Mental Health Support MensShed Fleetwood Fleetwood
Lancashire	Warm and Welcome Spaces, select Lancashire Libraries. See pdf for when and where	Appendix A.pdf (lancashire.gov.uk)
Morecambe	West End Impact Support, advice and guidance group and courses for mental health support. Access to a phone/laptop	West End Impact Facebook
Thornton-Cleveley's	Talking Men's Support. The Verona Hall, 124 Fleetwood Road North, TC, FY5 4BL. Thursdays 7-9pm.	Community Trust launch new programme 'Talking Men' - News - Fleetwood Town (fleetwoodtownfc.com)

Toddler Groups

Where	Details
Cleveley's Knott-End Poulton	Messy Play Group - £5 per child, £3.50 for siblings/childminders Term bookings (7 week term) w/c 9/04/18 is £30 Splat Messy Play Classes & Children's Parties in North West Lancashire Cleveleys FY5 1DB (familiesonline.co.uk)
Fleetwood - Methodist Church	Stay and play toddler group. Tuesday Mornings

	<p>More info - Name: Charlotte Rudge Email: enquiries@homestartbfw.org.uk Phone: 01253728615</p>
Kirkham	<p>Kirkham CFW @ The Zone The Zone in Fylde - Lancashire County Council</p>
Thornton-Cleveley's – All Saints Church	<p>All Saints Church Toddler Group Thursdays 1.15-2.45 01253 823904 All Saints Toddler Thursday Group - Thornton Cleveleys - Families Online</p>
Little Thornton – St John's Church	<p>Toddler Group – Wednesdays – 9.15 – 11.30 - £1.50 Toddler group stjohnslt (stjohnslittlethornton.org)</p>
Thornton-Cleveleys - St Theresa's Avenue, FY5 3JT	<p>Creative-ED Messy Can-Do's Messy Play Bring a towel Creative-ED: Messy CanDos Messy Play - Cleveleys - Families Online</p>

Household Goods

Where	Details	Link
<p>Anywhere Local contact: Pastor John: 07841 644482</p>	<p>Forget me notts Furniture & Bedding. Optional extra's offered with delivery e.g. food parcel, clothes.</p>	<p>Forget-Me-Notts – Operation Orphan (operation-orphan.org) Referral form online or ask C&F Practitioner</p>
<p>Anywhere</p>	<p>Under One Roof, Selnet White goods, furniture.</p>	<p>Selnet - Under One Roof (selnet-uk.com) Password - SELUORapp1& Ask C&F practitioner if log-in fails.</p>
<p>Lancaster area</p>		<p>Lancaster District Hardship Fund - Lancaster City Council</p>

Cost of Living Advice

What	Link
<p>Energy Bills, Benefits, Support, Food, Childcare, Work, Businesses, Etc.</p>	<p>Cost of living - Lancashire County Council</p>
<p>Christians Against Poverty – Lancaster and Morecambe – debt advise and support</p>	<p>Lancaster, Morecambe and District Churches Debt Centre (lmdebtcentre.org.uk)</p>

Grants for children - Home - Buttle UK