

# #Don't go hungry this summer

The Covid crisis has left many people struggling. There is no reason to feel alone with finance or food worries.



Contact one of these local free and friendly services for help.



All of these organisations work throughout the year.  
Follow the hashtag  
**#dontgohungrythissummer**

# Accessing food



We offer food parcels to those who are unable to afford food. If you need support from Peterborough Foodbank, please **call the FREE National Citizens Advice Line 0808 2082138 (open Monday to Friday, 10am to 4pm).**

In addition to being able to issue foodbank vouchers, they can provide information and advice on welfare benefits and debt issues.



**Peterborough  
Soup Kitchen**

Peterborough Soup Kitchen is a local charity for homeless and disadvantaged people from in and around the city.

Due to the current COVID-19 situation we are not able to serve food from our mobile van, however we are providing both food to the homeless housed in local hotels. In addition we are providing emergency food packs to individuals who are struggling to obtain food.

**Further details please contact: [enquiries@peterboroughsoupkitchen.org.uk](mailto:enquiries@peterboroughsoupkitchen.org.uk) or ring 01733 315456**



# MILLFIELD COMMUNITY FRIDGE

Anyone can access Millfield Community Fridge. We offer free fruit, veg, bread and other basic supplies. We rely on donations of waste and surplus food from supermarkets, food businesses and individuals.  
**Monday to Friday 10am - 12 noon**

**Open Door Baptist Church  
Hall on Searjeant Street,  
Millfield, Peterborough  
PE1 2LY  
facebook.com/  
millfieldcommunityfridge**



Our community fridge is available to everyone. Anyone can come and take some food, choosing what they want. Gloves and masks are to be worn (excluding sensory or illness issues) and you need to bring carrier bags as we are unable to supply.

**10am on Thursdays  
Paston Farm Centre, Freston,  
Paston, Peterborough  
PE4 7XP.**

## **Westraven Community Fridge at the Westraven Community Café**

Our community fridge is open every day. Stock may vary.

**24-28 Hampton  
Court, Westwood,  
Peterborough, PE3 7JA  
Monday to Friday  
10am - 2pm  
Call 01733 330040**





Little Miracles supports families that have children with additional needs, disabilities and life limiting conditions **get in contact** on 01733 262226 or email [admin@littlemiraclescharity.org.uk](mailto:admin@littlemiraclescharity.org.uk) to discuss how we can help.

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## **Peterborough Homeless Helpers**

Provision of food, clothing, toiletries and other essentials to rough sleepers, the homeless and those transitioning into accommodation.

Contact us on [facebook.com/groups/2066736390318122](https://www.facebook.com/groups/2066736390318122) or [tbhphh@gmail.com](mailto:tbhphh@gmail.com)

Regular provision on a **Sunday**, but do contact us at other times for help



If you live or work within a 15 minutes radius of the Woodfield Park Community Centre **you can join the club for £1 a year and purchase a preordered bag of food every week worth approximately £15 for just £3.50.**

Woodfield Park Community Centre, Normanton Road, Welland, Peterborough, PE1 4XE

Fridays, 9.30am to 3pm

Call 01733 893361 for more information

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Our mission is to nourish communities using surplus food.

**Weekly, on Mondays. Please see our website for up to date information on how to access.**

[foodcycle.org.uk](http://foodcycle.org.uk)

# Debt and financial support

citizens  
advice

Peterborough

All of our advisers are trained to help with debt issues. We also have two specialist money advisers who offer advice on a wide range of issues including priority or non-priority debt, emergencies, unmanageable debt repayments and debts which they are not responsible for.

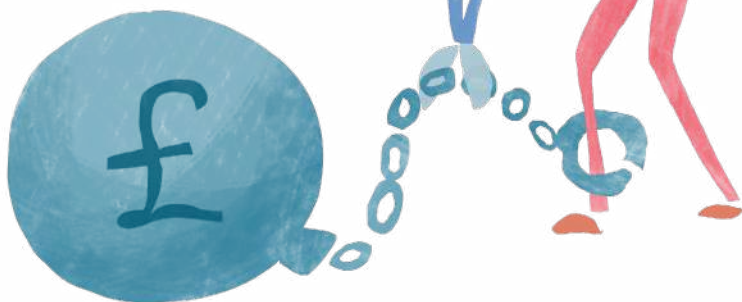
**Monday to Friday 10am – 4pm** Call our Adviceline on 0344 499 4120 or access information on our website: [citapeterborough.org.uk/get-help](http://citapeterborough.org.uk/get-help)



LifeMoney

Life Money is a free, unbiased confidential face to face service for those struggling with money, debt and/or budgeting issues. Life Money is run by volunteers who are fully trained by Community Money Advice to offer advice and are FCA regulated.

**Tuesdays, Wednesdays and Thursdays 9am to 3pm** phone our office on 01733 314524 or our mobile 07796435447



## **Xtreme Momentum**

Through financial education we help families become debt free and financially independent especially with those in employment, who are between 25 and 55 and own their own property. We put together a bespoke plan for every client to achieve this. **Call or text, in office hours, the Group Leader Tim Jones on 07577 456488 or email: [timbedwardjones@aol.com](mailto:timbedwardjones@aol.com)**

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New Horizons by Cross Keys Homes- support for those facing financial difficulties who are unemployed and looking to gain employment. **Self-refer anytime by email: [support@crosskeyshomes.co.uk](mailto:support@crosskeyshomes.co.uk) response will be sent between 9am-5pm Monday to Friday.** CKHs resident can also contact their local office.



We offer free regulated debt advice to any adult. **The service is by appointment only please ring 01733 307747 or email [peterboroughdas@salvationarmy.org.uk](mailto:peterboroughdas@salvationarmy.org.uk) to arrange your appointment.** Out of hours information can be obtained from: [peterboroughsa.org.uk/freedebtadvice.htm](http://peterboroughsa.org.uk/freedebtadvice.htm)

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The Garden House: Light Project Peterborough Offers advice, information and support to the rough sleepers in Peterborough. **Monday to Friday 10am-12.30pm and 1.30pm to 4pm** Access is in person, or call **01733 560031**



**RightResolution**  
Supporting children and young people's futures

A Community Interest Company working with care leavers from the age of 16-25 offering support with their journeys into education, employment or training, including debt and financial issues.

**Please call 07928 762354  
or email [cherry@rightresolutioncic.org](mailto:cherry@rightresolutioncic.org)**



Age UK are able to provide free extra assistance for those over 65 in Peterborough experiencing a difficult period, such as bereavement, ill health, financial worries or housing concerns. They can assist with forms, benefits, blue badges, organise bills, and assist with housing choices.

**For more information or support please contact:  
01354 776110 or email [vssop@ageukcap.org.uk](mailto:vssop@ageukcap.org.uk)**





All Longhurst Group customers can visit our Customer Wellbeing page on our website for free access to a wide range of support, advice and guidance regarding their emotional, physical and financial wellbeing. [longhurst-group.org.uk/wellbeing](http://longhurst-group.org.uk/wellbeing)  
Alternatively, please email [citeam@longhurst-group.org.uk](mailto:citeam@longhurst-group.org.uk) or call our customer services team on 0300 123 7598. Responses will be sent Monday to Friday 9am to 5pm.

New Horizons by Longhurst Group- support for those facing financial difficulties who are unemployed and looking to gain employment. Self-refer anytime by email [citeam@longhurst-group.org.uk](mailto:citeam@longhurst-group.org.uk)



The OpenDoorTrust working in partnership with Christians Against Poverty offers:  
Free CAP debt help to support clients through the process and manage the debts for the clients. **Anyone 18+ Please call 0800 328 0006**  
Job Club Course helping give those unemployed the basic skills to get back to work, or start looking for work. Job Club 17+  
Money Budgeting Course. People do not need to be in debt to attend this course.  
Money Course 17+  
Our office is open Tuesday - Thursday 9:30 am - 4.30 pm  
For Job Club and Money Course, please visit our website and complete the "Get in Touch" form, [opendoortrust.com](http://opendoortrust.com)



working together to help ensure everyone across the city has access to food.



Westraven Community Café

Peterborough Homeless Helpers



Building stronger families



This leaflet has been possible thanks to all the organisations above and:

