

Cost of Living Crisis – Support in York

October 2022

This information has been provided by VCSE organisations for the Cost of Living Crisis – Support in York event which took place on 6 October 2022. For the latest information, please visit the websites provided below.

Organisation:	Support available:	Contact details:
Carecent, St Saviourgate, York	Carecent serves breakfast every morning between 8.30am - 10.45am. This is primarily used by rough sleepers, unemployed and otherwise socially excluded people, but is open to all adults.	Website: https://www.carecent.org.uk
Central Methodist Church	Place of Welcome is an afternoon drop in where anyone in the community can have a free hot drink, in a warm welcoming environment. Jigsaws, games and crafts are available. Open weekday afternoons between 1pm - 3pm	Website: https://www.placesofwelcome.org.uk/locations Email: deaconjudithstoddart@gmail.com
City of York Council Public Health (Alcohol)	We're aware that alcohol may be used as a strategy for coping with the burden of the cost of living, and alcohol consumption may also be increasing financial strain, and so we're keen to make sure York residents know about the support available to them to reduce alcohol consumption and build new ways of coping with challenges.	Websites: www.LowerMyDrinking.com www.york.gov.uk/LowerMyDrinking

	<p>The www.LowerMyDrinking.com quiz and advice website gives people tailored, York specific information based on their alcohol consumption/risk level about the effects alcohol has on health and wellbeing, low risk drinking levels and the support that's relevant for them in York.</p> <p>City of York residents can also download the Lower My Drinking phone app to help with setting goals, identifying difficult situations and planning how to manage them, and keeping an eye on progress.</p> <p>There's support around alcohol available in York at whatever level it's needed, whether that be through the City of York Health Trainers, the Changing Habits service or York Drug and Alcohol Service, or the Lower My Drinking app.</p>	<p>Email: anna.brown@york.gov.uk or enquiries.publichealth@york.gov.uk</p> <p>The LowerMyDrinking app can be downloaded FREE of charge with a York postcode from the App Store for iOS and Play Store for Android.</p>
City of York Council - Local Area Coordination (LAC) Team	<p>LACs offer person centred generalist support across a wide range of issues people may be facing, including financial hardship. We can help by supporting people directly with advice, information and ongoing person centred support or by linking to appropriate specialist services where needed. We cover specific geographical areas, you can find the most up to date information on our website where there is a searchable map and contact details for all the LACs.</p>	<p>Website: https://www.york.gov.uk/LACDirectory</p> <p>Email: Jennie Cox j.cox@york.gov.uk</p> <p>Sarah Charlton sarah.charlton@york.gov.uk</p>
Purey Cust Trust CIO	<p>We provide grants related to health and mental health to charitable organisations and to individuals via third party referral agencies within York. The Trust provides grants that aim to prevent, treat or alleviate illness, injury, disability or related conditions and disorders, whether physical or related to mental health and well-being. We also have a small amount of funding to support training in health-related matters.</p>	<p>Website: www.pureycusttrust.org</p> <p>Email: pureycusttrust@btinternet.com</p>

Refugee Action York (RAY)	<p>RAY's vision is for all refugees, asylum seekers and migrants to be welcomed and fully accepted into local and regional communities, where they can feel safe and empowered to rebuild their lives. RAY works with individuals and families assessing their needs and then delivering services or referring to other specialist services where appropriate.</p> <p>RAY offers a drop-in coffee morning and informal English language conversation practice at York St John's University 10am - 12 noon every Wednesday morning, a monthly hub sessions to gather information and make friends, and regular children's and young people's activities. During the 'Cost of Living Crisis' RAY are offering support to service users in a variety of ways (helping them to speak with relevant service providers, making them aware of support available, making referrals to other agencies such as Foodbank, Citizens Advice, etc.)</p>	<p>Website: www.refugeeactionyork.org</p> <p>Email: info@refugeeactionyork.com</p> <p>Phone: 07545 060694</p>
Restore (York) Limited	<p>We provide supported housing for 41 residents. We help them with utility top-up payments. We help them access food and other services. We also regularly meet with 25 residents who have moved on from Restore into their own accommodation. The impacts of the cost of living crisis is harder for these residents as they have to pay for rent, utilities, food etc. from universal credit.</p>	<p>Website: https://www.restoreyork.co.uk</p>
The Opportunity Centre	<p>As part of the aspire-igen group, The Opportunity Centre is a Yorkshire based social enterprise committed to changing lives for the better through learning and work. Our vision is a Yorkshire where all people have the opportunity to acquire the skills they need to live a better, more fulfilled life and contribute to the economic success of our region. We provide practical help, guidance, and support about taking the next steps towards learning and work so you can realise your aspirations and dreams. It's all about you!</p> <p>Currently, our centre in York has 4 projects underway: Action Towards Inclusion, Aspire2Lead, The Opportunity College, and Accelerate.</p>	<p>Website: http://theopportunitycentre.com/projects/</p> <p>Facebook Page: www.facebook.com/CareersColliergate/</p> <p>Address: The Opportunity Centre</p>

	<p>Action Towards Inclusion (ATI) continually supports single parents - https://theopportunitycentre.com/projects/action-towards-inclusion-lone-parent-mentor-scheme/.</p> <p>Aspire2Lead (A2L) aims to provide free support to people who identify as women to boost their skills and confidence, achieve their potential, and contribute to the growth of businesses in the York and North Yorkshire LEP Area – https://theopportunitycentre.com/projects/aspire2lead/</p> <p>The Opportunity College has opened its doors in York for people aged 16+! Hosted on site at our York centre, our Vocational Studies course will prepare students for a higher level of learning - https://theopportunitycollege.com/centres/york/</p> <p>The Accelerate project is aimed at young people aged 15 to 24 years old who are not in education, employment, or training or at risk of disengaging from education - https://theopportunitycentre.com/projects/accelerate/</p> <p>The centre itself has a variety of leaflets, posters, print outs, and a variety of other sign posting material for people to take away with them if these projects do not fit their needs.</p>	<p>18 - 19 Colliergate York YO1 8BN</p> <p>Open 9am - 4pm, Monday to Friday to sign up, or for any questions or queries.</p> <p>Phone: 01904 656655</p>
WISE ABOUT FOOD Community Interest Company	<p>Wise About Food is a Community Interest Company seeking to support individuals in developing a confident, healthy lifestyle by working with various community groups in the local area. Sarah is a community nutritionist and works to offer support and guidance to help raise awareness of healthy eating and all aspects of nutrition.</p>	<p>Website: https://www.wiseaboutfood.co.uk/</p>

York Carers Centre	<p>York Carers Centre offer a free benefits advice service which helps any unpaid carer and their families to claim the benefits and allowances they're entitled to.</p> <p>Unpaid carers in York just need to get in touch on 01904 715490 or enquiries@yorkcarerscentre.co.uk to make an appointment for free benefits advice. Our adviser will help with checking carers are getting all the benefits they're entitled to, completing initial applications and helping fill in forms, help getting ready for appeals and all aspects of the process, as well as referring to other organisations.</p>	<p>Website: https://yorkcarerscentre.co.uk/</p> <p>Email: enquiries@yorkcarerscentre.co.uk</p> <p>Phone: 01904 715490</p>
York Community Energy	<p>York Community Energy is a social enterprise whose aim is to reduce York's carbon emissions by both saving energy and generating community-owned renewable energy. Through our Warmer Homes York programme, we are helping York residents insulate and draught-proof their homes to make them easier to heat, which means:</p> <ul style="list-style-type: none"> • Warmer, more comfortable homes • Lower greenhouse gas emissions • Lower heating bills 	<p>Website: https://yorkcommunityenergy.org.uk/</p>
Yorkshire Energy Doctor – Community Energy Ambassador Training	<p>Funded by Northern Gas Networks, Yorkshire Energy Doctor CIC are providing free Community Energy Ambassador training courses throughout October – December. The course will equip you with skills and knowledge to understand the current energy crisis, ways to reduce energy use in the home, how to navigate energy bills and energy suppliers, and provide useful information on the schemes available to try to help others to be safe, warm and well over the winter. They will also provide you with resources that you can share with others. The free courses are held on Zoom.</p>	<p>Website: https://www.eventbrite.com/cc/energy-ambassadors-141409</p>

York Energy Advice	<p>We offer free support on energy issues to anyone in York on a low income, aged 50 or over, or experiencing a long term physical or mental health condition or disability.</p> <p>Get in touch with our friendly team for:</p> <ul style="list-style-type: none"> • Advice on managing energy bills • Tips on reducing energy use to save money on bills • Installation of energy-saving measures • Info on other services in York e.g. debt advice, insulation grants and more 	<p>Website: https://yorkenergyadvice.org.uk/</p> <p>Email: info@yorkenergyadvice.org.uk</p> <p>Phone: 01904 922249</p> <p>SMS: 07418 364631</p>
York Foodbank	<p>York Foodbank now have six openings per week taking place at different host churches across York (one per day Mon – Sat):</p> <p>Monday: 11:00-13:00 – Gateway Centre, Front Street, Acomb, YO24 3BZ</p> <p>Tuesday: 10:00-12:00 – Vineyard Church, 3 Fawcett St, York YO10 4AH</p> <p>Wednesday: 13:00-15:00 – Living Word Church, 189 Huntington Road, YO31 9BP</p> <p>Thursday: 15:00-17:00 – Clifton Moor Community Church, Rivelin Way, YO30 4WD</p> <p>Friday: 10:30-12:30 – Cornerstone Methodist Church, 119 Millfield Lane, Tang Hall, YO10 3AP</p> <p>Saturday: 10:00-12:00 – The Citadel (old Salvation Army building), Gillygate, York, YO31 7EA.</p>	<p>Website: york.foodbank.org.uk</p> <p>Email: info@york.foodbank.org.uk</p> <p>Phone: 07871 610894</p>

	<p>On Monday and Wednesday Foodbank opening takes place alongside welcoming Community Cafe setting offering clients free refreshments, as well as access to partner advice services. On Friday a free Community Lunch is hosted after the Foodbank opening from 12:45. Clients and non-clients welcome.</p> <p>One venue is changing soon. Starting 3 November, our Thursday session at Clifton Moor Community church will move to be in St Joseph's Church Hall on Sutton Way, Kingsway North from 2pm – 4pm. We will continue at Clifton Moor Community Church 3 - 5pm until 27 October.</p> <p>Any voucher you issue is valid at any location, not just the one nominated when you issue it.</p> <p>All sessions have advice and support provisions in place, combining Peasholme Charity, Citizens Advice York appointment availability and LAC drop-ins at the various locations.</p> <p>Deliveries update – we feel this is the right time to wind down the Volunteer Collection service which was introduced in response to the Covid-19 pandemic. York Foodbanks has always been a collection service which attempts to provide in-person engagement and, having added additional openings this year to improve accessibility, we plan to return to operating on a collection basis from the end of October.</p> <p>Agencies are very welcome to collect on behalf of their clients. We still invite agencies to contact us for any client who needs emergency food but has no possibility of collecting, as some provision may be possible on an ad hoc basis. However, from the end of October there will no longer be a formal delivery offering and this option will not be present on the Foodbank E-referral system.</p>	
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