

## → LOCAL HOUSING ASSOCIATIONS

### YMCA Trinity

📍 The Cresset / Bretton Centre / PE3 8DX

☎ 01733 269621

🌐 [ymcatrinitygroup.org.uk/what-we-do/housing/peterborough](http://ymcatrinitygroup.org.uk/what-we-do/housing/peterborough)

📌 Supported living, with practical advice and assistance empowering residents to move on to more independent living in accommodation within the building. On site gym and computer suite, plus subsidised laundry facilities.

### Longhurst Housing Association

📍 Axiom House / Cottessmore Close / Peterborough / PE3 9TP

☎ Freephone 0300 123 1745

🌐 [longhurst-group.org.uk/find-a-home](http://longhurst-group.org.uk/find-a-home)

### Cross Keys Housing Association

📍 Shrewsbury Avenue / Peterborough / PE2 7BZ

☎ 01733 385000

🌐 [crosskeyshomes.co.uk](http://crosskeyshomes.co.uk)

## → ADVICE, HELP & SUPPORT

### Citizens Advice Peterborough

☎ 0808 278 7850 available Monday-Friday 9am-4pm

📌 Citizens Advice Peterborough offer information and advice on a range of issues.

🕒 Specialist debt advice available Monday-Friday 8am-7pm

🌐 Web chat is available on their website Monday-Friday 10am-4pm:

🌐 [citapeterborough.org.uk/contact-us](http://citapeterborough.org.uk/contact-us)

### British Red Cross Peterborough Refugee Services

☎ 01733 557472

🌐 [redcross.org.uk/get-help-as-a-refugee](http://redcross.org.uk/get-help-as-a-refugee)

📍 Crescent House, 46 Priestgate, Peterborough PE1 1LF

📌 Information, advice and advocacy for asylum seekers and refugees.

### Peterborough Asylum & Refugee Community Association (PARCA)

☎ 01733 563420 🌐 [parcald.org](http://parcald.org)

📍 Unity Hall, Northfield Rd, Peterborough PE1 3QH

📌 Support & advice / translation and interpretation / form filling / employment help / housing & welfare support / free telephone and photocopying service / ESOL classes / craft groups / adult and youth activities / breakfast club / community space.

### Gladca

☎ 01733 566343 🌐 [gladca.org.uk](http://gladca.org.uk)

📍 316-318 Gladstone Street Peterborough PE1 2BX

📌 Community hub and multi-cultural centre, supporting recently arrived migrants. They offer various immigration services, ESOL classes and other support. They also deliver food parcels to asylum seekers and refugees.

### H.E.L.P.

☎ 01733 735563

📍 27a Broadway, Peterborough PE1 1SQ

📌 Charity supporting Ukrainian refugees, and those from other countries. Help with

### Peterborough Women's Refuge

☎ 08454 103123

🌐 [peterboroughwomensaid.co.uk](http://peterboroughwomensaid.co.uk)

📌 Providing safe and stable refuge accommodation for women and children fleeing high risk domestic abuse. Child support workers, advice line, webchat and group work services.

### Cambridgeshire & Peterborough Domestic Abuse & Sexual Violence Partnership

🌐 [cambsdasv.org.uk](http://cambsdasv.org.uk)

📌 The website offers links, support and advice on a range of different areas, including domestic abuse, sexual violence, & forced marriage.

### Living Keys

🌐 [livingkeys.co.uk](http://livingkeys.co.uk)

📌 Support and advice for survivors of domestic abuse, male & female. Range of courses & workshops, drop-in service, support group.

### Andy's Man Club

🕒 Mondays 7pm

📌 Support Group for men

📍 Hodgson Community Centre, Werrington PE4 5EG

🌐 [andysmanclub.co.uk](http://andysmanclub.co.uk)

### The Samaritans

☎ Freephone 116 123 - open 24 hours a day

Online chat also available: 🌐 [samaritans.org](http://samaritans.org) (click 'Contact')

📌 Support for anyone in emotional distress, struggling to cope, or at risk of suicide.

### Aspire Drug & Alcohol Support

📍 Unit 4 Bretton Court, Bretton PE3 8DJ

📍 96 Bridge Street, Peterborough PE1 1DY T

☎ 01733 269461

☎ 01733 895624

*All information compiled by Sally Williams  
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# LOCAL HELP & SUPPORT

**Peterborough Foodbanks**  
**Free Meals & Community Fridges,**  
**Help & Support Groups, Advice Centres, etc.**

## PETERBOROUGH FOODBANK CENTRES\*

MONDAY / 11am-1pm	Church of the Holy Spirit / The Cresset, Bretton, PE3 8DX
TUESDAY / 11am-1pm	Church of the Holy Spirit / The Cresset, Bretton, PE3 8DX
WEDNESDAY / 11am-1pm	The Salvation Army / The Triangle, Bourges Boulevard, PE1 2AU
THURSDAY / 11am-1pm	The Salvation Army / The Triangle, Bourges Boulevard, PE1 2AU
THURSDAY / 7pm-9pm	Christ the Servant King / Silver Hill, Hampton, PE7 8FF
FRIDAY / 11am-1pm	Dogsthorpe Methodist Church / Birchtree Avenue, PE1 4HP
SATURDAY / 11am-1pm	Dogsthorpe Methodist Church / Birchtree Avenue, PE1 4HP

\* To access Foodbank support, you will require a voucher.  
You can contact Help Through Hardship on 0808 208 2138. Vouchers are also issued by agencies such as Citizens Advice, Children's & Adult Social Care, the Probation Service, social housing landlords (for example YMCA, Cross Keys or Longhurst), and some schools and churches.

## → COST OF LIVING AND OTHER SUPPORT

### Peterborough City Council Cost of Living Support Hubs

☎ 01733 747474

🌐 [peterborough.gov.uk/council/campaigns/support-with-the-cost-of-living/cost-of-living-support-hubs](https://peterborough.gov.uk/council/campaigns/support-with-the-cost-of-living/cost-of-living-support-hubs)

📌 For anyone struggling with the cost of living, this is a list of local hubs offering advice, food support and hygiene essentials. Many also offer a 'pay what you can' café.

## → MONEY MANAGEMENT AND DEBT ADVICE

Free, confidential, non-judgmental advice and support:

### KingsGate Community Money Advice Connect Centre

☎ 07376 598 855 🌐 [kingsgate.church/debtadvice](https://kingsgate.church/debtadvice)

### Christians Against Poverty (CAP) 🌐 [capuk.org/get-help](https://capuk.org/get-help)

Visit the website for information, advice and local courses on budgeting, money skills, debt management, and more.

### Peterborough Citadel Debt Advice Service ☎ 01733 307747

🌐 [salvationarmy.org.uk/budget-and-debt-advice/debt-advice](https://salvationarmy.org.uk/budget-and-debt-advice/debt-advice)

## → HELP WITH PETS

### Munch by Margo Pet Food Bank

☎ 07701 343426 ✉ [munchbymargo@hotmail.com](mailto:munchbymargo@hotmail.com)

📌 Contact them on a Tuesday to book your collection on a Wednesday from one of a number of venues across Peterborough. Voluntary contribution of £3 per week's supply of pet food and treats.

### Woodgreen Pets Charity ☎ 0300 303 9333

📌 Helpline open 8am-4pm daily for free advice and support. They can also help with free petfood and small veterinary procedures such as worming, fleaing, nail clipping and microchipping, plus subsidised neutering and spaying.

### StreetVet 🌐 [streetvet.co.uk](https://streetvet.co.uk)

Assisting those living on the street to care for their pet.

## → COMMUNITY FRIDGES, CAFÉS & FREE/SUBSIDISED MEALS

### Barnardo's Food Basket Community Fridges ☎ 07751 645513

📌 Community fridges providing fresh food (fruit, vegetables and bakery goods). Open to all, no voucher required. Please bring a bag.

🕒 Monday 2pm-4pm 📍 Orton Family Hub / PE2 5PW

🕒 Wednesday 2pm-4pm 📍 East Child & Family Centre / PE1 5JU

🕒 Thursday 2pm-4pm 📍 First Steps Child & Family Centre / PE1 4TR

### Barnardo's Honey Pot Café

🕒 Tuesdays 11:30am-2pm

📍 Honeyhill Family Hub / Paston / PE4 7DR

📌 Adult meal £1, Child's meal 50p, first drink free.

### Barnardo's Buttercup Café

🕒 Wednesdays 12pm-2pm

📍 First Steps Child & Family Centre, Dogsthorpe PE1 4TR

📌 Jacket potatoes & toasties £1, plus free drink with food.

### Family Action Food Club & Emergency Food Parcels

☎ 01733 893361 for further information / to book a slot.

📍 Woodfield Park Community Centre / Normanton Road / PE1 4XE

📌 Join the Food Club for £1 a year and purchase a pre-ordered weekly bag of food worth £15 for just £4.50 (including chilled items, fruit and vegetables)

🕒 Tuesdays 8am-12pm for children attending a Greenwood Academy Trust school. Fridays 8am-12pm open to anyone.

### Peterborough FoodCycle

🕒 Mondays from 12:30pm

📍 Park Road Baptist Church / Peterborough / PE1 2SY

📌 Free 3-course plant and dairy based meal.

### Peterborough Soup Kitchen

☎ 01733 315456 🕒 Monday-Friday 7:30pm-8:30pm / Saturday 12pm-1pm / Sunday 12pm-1pm

📍 Brewery Tap Car Park / Peterborough / PE1 2AA

📌 Free soup, sandwiches, hot & cold drinks.

### 3 Pillars Feeding the Homeless

🕒 Tuesday & Thursday from 6pm

📍 Brewery Tap Car Park / Peterborough / PE1 2AA

📌 Free hot meal. Also tents, sleeping bags, clothing, toiletries, advice.

### WestRaven Community Fridge, Café & Pantry

☎ 01733 330040 🕒 Monday-Friday 8am-3pm

📍 22-28 Hampton Court / Westwood / PE3 7LD

📌 Free community fridge & subsidised café

### ALSO WestRaven Community Garden

☎ 07918 754022 🌐 [westraven.co.uk](https://westraven.co.uk)

📌 Open to all every day. Volunteer opportunities, community plant nursery, library and book club.

### Millfield Community Fridge

☎ 01733 349755 / 07443 653710 🕒 Thursdays 1pm-4pm

📍 Open Door Baptist Church Hall / Searjeant Street / PE1 2LY

📌 50p donation, fresh fruit and vegetables, bakery goods. Please bring a bag.

### Paston Farm Community Fridge

☎ 01733 570310 🕒 Wednesday 10:30am-2:30pm

📍 Freston / Paston / Peterborough / PE4 7XB

📌 Fresh fruit, vegetables, bakery items, eggs. Weekly recipe. Please bring a bag.

### Little Miracles

☎ 01733 262226

📌 Supporting families who have children with additional needs, disabilities and life limiting conditions. They provide (and can sometimes deliver) food parcels, and offer advice and support.

### St Luke's Food Hub

☎ 01733 230464 🕒 Friday 11:30am-1pm

📍 Benyon Grove / Orton Malborne / PE2 5XS

📌 The Food Hub offers a hot drink and a chat, plus a parcel with a range of non-perishable food and hygiene essentials, with signposting to other support if needed.

## → NIGHT SHELTERS & HELP FOR PEOPLE FACING HOMELESSNESS

### New Haven Night Shelter ☎ 01733 554858

📌 Open 24 hours a day, every day.

📍 21 Towler Street, Peterborough PE1 2TX

### The Light Project at The Garden House ☎ 01733 560031

📍 Garden House, Gravel Walk, Minster Precincts, Peterborough, PE1 1YU

📌 The Garden House offers information, advice and support to rough sleepers in Peterborough 5 days a week. Guests can access support from housing officers, GPs, drug and alcohol specialists, mental health teams, chiropodist, hairdressers and other professionals running sessions at The Garden House.

🕒 Every day 10:30am-12:30pm & 1:30pm-4:00pm, closed on Wednesday afternoons.

### Peterborough Homeless Helpers

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

✉ [tbhphh@gmail.com](mailto:tbhphh@gmail.com) or contact them on Facebook.

### Outside Links

☎ 0800 587 7745 / 07789 615048

📍 First Floor / Bradfield House / Westgate / PE1 2SY

📌 Continued support for both men and women who have resided at HMP Peterborough in the past, as well as the wider community. The support available is diverse and includes: drop-in service / arranging housing appointments / finance / benefit and debt support / meeting point with support agencies / job search / CV writing / help with completing housing forms & benefit forms / arranging Doctor's appointments / signposting to other agencies and support for families. They also hold 'Women Only Wednesdays'.

🕒 Monday-Friday 10:30am-4:00pm / Wednesday - Woman only 1:00pm-4:00pm

## → HOUSING

### Facing Homelessness?

If you're homeless or being threatened with homelessness, which means you have been asked to leave your current accommodation within 56 days or have received a notice to quit from your landlord, you should get advice as soon as possible by contacting Peterborough City Council on ☎ 01733 747474 or visit the Customer Services Desk at the Town Hall on Bridge Street.

🌐 [peterborough.gov.uk/residents/housing/homelessness](https://peterborough.gov.uk/residents/housing/homelessness)

or ring **The Light Project at The Garden House** ☎ 01733 560031

### Care Zone Furniture Bank

📌 Provides furniture, bedding, and kitchen items for families facing homelessness. To access this support, you will need a referral from agencies such as Citizens Advice Peterborough, children's & adult social care, the Probation service, social housing associations, or schools.

### Time Stop

☎ 01733 891891 📍 101 Wellington St, Peterborough PE1 5DU

📌 If you are between 16 and 25 and in need of immediate accommodation, YMCA Time Stop can provide you with a safe place to stay. They provide immediate short term (up to 3 months) relief for young people with a local connection to Peterborough City Council authority area. You can apply by calling the number above. All applicants must be willing to engage with the support on offer.