

# Cost of Living Support in Bassetlaw

*Local Support for Local People*

Money & Finance



Food & Shopping



Mental Health



Energy & Fuel

2023/2024



Children &  
Families



Clothing



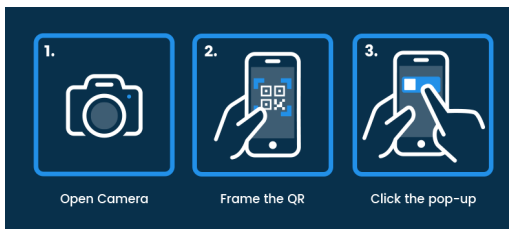
Housing



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**To make it easy to find information about each service we have included a QR code to each of their websites. QR codes will work from all smart phone cameras.**



## Introduction

This booklet has been produced by Bassetlaw Community and Voluntary Service and Bassetlaw District Council to ensure that everyone living in Bassetlaw knows where and how to access the help and support available in our area.

A digital online version of this booklet can be found here:

**[www.bcvs.org.uk/costofliving](http://www.bcvs.org.uk/costofliving)**



There is also a PDF version that will enable organisations to print their own copies.

If you require this information in another language, a full text version is also available here:

**[www.bcvs.org.uk/costofliving](http://www.bcvs.org.uk/costofliving)**

This can then be translated into any language using the built in translator toolbar at the top of the website.

## Money and Finance

The services and organisations below are able to help and advise on a variety of different financial concerns and queries.

**Government Support** | [www.helpforhouseholds.campaign.gov.uk](http://www.helpforhouseholds.campaign.gov.uk)



**Household Support Fund** | 0300 500 80 80

[www.nottinghamshire.gov.uk/householdsupportfund](http://www.nottinghamshire.gov.uk/householdsupportfund)



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**Universal Credit Advice** | 0800 328 5644

[www.understandinguniversalcredit.gov.uk](http://www.understandinguniversalcredit.gov.uk)



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**Entitled To Independent Benefits Calculator** | 0800 328 5644

[www.entitledto.co.uk](http://www.entitledto.co.uk)



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**Bassetlaw District Council Benefits Page** | 01909 533533

[www.bassetlaw.gov.uk/council-housing/support/benefit-information](http://www.bassetlaw.gov.uk/council-housing/support/benefit-information)



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**Bassetlaw Citizen's Advice** | [www.bassetlawca.org.uk](http://www.bassetlawca.org.uk)

01909 498888

Free advice regarding money, benefits, debt, energy and more.



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**Step Change Debt Charity** | [www.stepchange.org](http://www.stepchange.org)

0800 138 1111

Free and impartial debt advice.



# Money and Finance

**National Debtline** | [www.nationaldebtline.org](http://www.nationaldebtline.org) | 0808 808 4000

National Debtline is a charity that gives out free and independent debt advice over the phone and online.



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**Turn 2 Us** | [www.turn2us.org.uk](http://www.turn2us.org.uk)

Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help.



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**2 Shires Credit Union** | [www.2shires.org.uk](http://www.2shires.org.uk)

01909 500575

Credit unions aim to help people take control of their money by encouraging them to save what they can, and borrow only what they can afford to repay.



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**Access to Work Scheme** | [www.gov.uk/access-to-work](http://www.gov.uk/access-to-work)

Help to get or stay in work if you have a physical or mental health condition or disability.



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**Money Helper** | [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) | 0800 138 7777

MoneyHelper is a government-backed one stop shop for all money and pensions guidance, available online and by telephone.



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**Christian's Against Poverty (CAP)** | [www.capuk.org](http://www.capuk.org)

Available at The Well, Retford

0800 328 0006

Free debt and budgeting advice, available to anyone that needs it.



# Money and Finance

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## Loan Sharks and Pay Day Loans

[www.stepchange.org/debt-info/types-of-debt/payday-loan-debt](http://www.stepchange.org/debt-info/types-of-debt/payday-loan-debt)

If you are concerned about loans from loan sharks or pay day loan Companies, Step Change have some guidance on their web site.



## Pensions | [www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise](http://www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise)

Pension scams are on the rise and guidance on what to do with your pension can be confusing. Before you decide to touch your pension, please seek advice from Pension Wise. They can offer you free impartial advice.



## Pyramid Schemes | [www.unbiased.co.uk](http://www.unbiased.co.uk)

Please be mindful of any work from home jobs that are commission only and require you to buy stock or pay to sign up as an employee.

This advice from unbiased is very helpful.



See what support is available to help with the cost of living and save money with our energy saving tips.

## Text and Email Scams

Be wary of emails asking for your bank details or personal information. Always check who the email or text is “from” and don’t send any personal details if you are not 100% sure who you are sending them to.

# Money and Finance

## **Birthdays and Christmas**

Birthdays and Christmas are an extra pressure on us all when funds are already tight. We have collected some resources and helpful advice below that may give you some ideas on how to keep costs down as well as still being able to celebrate.

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### **How to do Christmas on a budget amid the cost of living crisis:**

[www.housebeautiful.com/uk/lifestyle/a41082260/christmas-budget-cost-living](http://www.housebeautiful.com/uk/lifestyle/a41082260/christmas-budget-cost-living)



### **5 ways to cut the cost of Christmas**

[www.thetimes.co.uk/money-mentor/article/cutting-cost-of-christmas](http://www.thetimes.co.uk/money-mentor/article/cutting-cost-of-christmas)



### **Christmas shopping on a budget**

[www.themoneypages.com/useful-guides/cost-of-living-crisis-christmas-shopping-on-a-budget](http://www.themoneypages.com/useful-guides/cost-of-living-crisis-christmas-shopping-on-a-budget)



### **Christmas Budget Spreadsheet—Free Download**

[www.vertex42.com/ExcelTemplates/christmas-gift-budget](http://www.vertex42.com/ExcelTemplates/christmas-gift-budget)



### **20 Kids Birthday Parties on a Budget**

[www.parents.com/fun/birthdays/ideas/17-tips-to-throw-a-kids-birthday-party-on-a-budget](http://www.parents.com/fun/birthdays/ideas/17-tips-to-throw-a-kids-birthday-party-on-a-budget)



# Mental Health

The services and organisations below are able to help and advise on a variety of different mental health concerns. You are not alone.

**Mental health crisis number: 0808 196 3779**

The crisis line is open 24 hours a day, seven days a week, to people of all ages.

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**The Samaritans** | Call 116 123, 24 hours a day

Email [jo@samaritans.org](mailto:jo@samaritans.org)

**Childline:** 0800 11 11



**Talking Therapies** | [www.notts-talk.co.uk](http://www.notts-talk.co.uk)

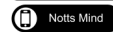
Provides NHS therapies for adults to help with counselling issues like low mood, stress, and anxiety in Bassetlaw.



**Nottinghamshire Mind** | [www.nottinghamshiremind.org.uk](http://www.nottinghamshiremind.org.uk)

Tel: 0800 470 0203

One to One and group mental health support.



**Aurora Bassetlaw** | [www.aurorawellbeing.org.uk/centres/aurora-bassetlaw](http://www.aurorawellbeing.org.uk/centres/aurora-bassetlaw) | Tel: 01909 470 985

Emotional support and counselling for people affected by cancer and long-term health conditions.



**Freed Beeches** | [www.freedbeeches.org.uk](http://www.freedbeeches.org.uk)

39 Park St, Worksop S80 1HW | 01909 479922

Freed Beeches is an Eating Disorders Service in Bassetlaw.





# Mental Health

**The Edge | Oasis Community Centre** | Tel: 07795 194957

A range of support for men in crisis at all times and situations.

[www.oasiscommunitycentre.org/men-on-the-edge](http://www.oasiscommunitycentre.org/men-on-the-edge)



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**Bassetlaw Action Centre** | [www.bassetlawactioncentre.org.uk](http://www.bassetlawactioncentre.org.uk)

Tel: 01777 709650

**Men Walk Talk:** Takes place at various locations throughout Bassetlaw. | [www.menwalktalk.co.uk/bassetlaw-1](http://www.menwalktalk.co.uk/bassetlaw-1)

**Get Out Get Active:** Get our Get Active (GOGA) supports adults mental wellbeing by providing a fun, safe and inclusive activities for adults.

**Women Walk Talk:** A walking group for women.

**Stay Pawsitive:** A dog walking group open to all.



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**BPL Community Health** | [www.bpl.org.uk/community-health](http://www.bpl.org.uk/community-health) | 01226 730060

Providing a 12-week funded programme supporting mental health and wellbeing tailored around any health related concerns.



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**Rhubarb Farm** | [www.rhubarbfarm.co.uk](http://www.rhubarbfarm.co.uk) | 01623 741210

A holistic approach to mental health on their community farm.



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**Children's Bereavement Centre** | 01636 551739

[www.childrensbereavementcentre.co.uk](http://www.childrensbereavementcentre.co.uk)

Helping children and young people to cope with the grieving process.



## Mental Health

**Harmless** | [www.harmless.org.uk](http://www.harmless.org.uk) | Tel: 01158 800280

Support for adults focusing on mental health and self harm.



Harmless

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**The Tomorrow Project** | Tel: 0115 880 0280

[www.ataloss.org/faqs/the-tomorrow-project-nottinghamshire](http://www.ataloss.org/faqs/the-tomorrow-project-nottinghamshire)

Specialised suicide bereavement support service.



The Tomorrow Project

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**Kooth** | [www.kooth.com](http://www.kooth.com)

Free, anonymous online counselling for young people ages 11-25.



Kooth

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**Talkzone** | [www.talkzone.org.uk](http://www.talkzone.org.uk) | Tel: 01909 530 943

Confidential mental health support for children and young people age 11-25 in Bassetlaw.



Talkzone

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**SOBS—Survivors of Bereavement by Suicide Bassetlaw**

[www.uksobs.org/support-groups/bassetlaw](http://www.uksobs.org/support-groups/bassetlaw) | Tel: 07398 422577

Email: [bassetlaw@uksobs.org](mailto:bassetlaw@uksobs.org)



SOBS

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**Nott Alone** | [www.nottalone.org.uk](http://www.nottalone.org.uk)

Local mental health advice and help for young people in Notts.



Nott Alone

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## **Text Notts**

**Text NOTTS to 85285 for 24/7 mental health support.**

# Mental Health

**In Sam's Name / In Sam's Name for Her** | [www.insamsname.co.uk](http://www.insamsname.co.uk)

In Sam's Name is a mental health support group.

Email: [insams.name@outlook.com](mailto:insams.name@outlook.com)



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**Muddy Fork** | [www.muddyfork.org](http://www.muddyfork.org) | 01777 567005

Outdoor support focused on gardening activities, willow craft, bee keeping and more. Email: [enquiries@muddyfork.org](mailto:enquiries@muddyfork.org)



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**LGBT+ Service Nottinghamshire** | [www.lgbtplusnotts.org.uk](http://www.lgbtplusnotts.org.uk)

Tel: 01909 479191 | Provides one-to-one and group services for children and young people aged 11-25 who identify as LGBT+.



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**Young Minds** | [www.youngminds.org.uk](http://www.youngminds.org.uk) | 0800 11 11

Mental health support for young people.



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**Papyrus** | [www.papyrus-uk.org](http://www.papyrus-uk.org) | Tel: 0800 068 4141

Prevention of young suicide.



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**The Mix** | [www.themix.org.uk](http://www.themix.org.uk) | 0808 808 4994

Support with mental health, money, homelessness, finding a job, break-ups and drugs. A free confidential helpline.



# Children and Families

**Childcare Choices** | [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

The Childcare Choices website explains all the different subsidised childcare available.



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**Play Areas** | [www.bcvs.org.uk/bassetlawparks](http://www.bcvs.org.uk/bassetlawparks)



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**Bassetlaw NCT (National Childbirth Trust)** | [www.nct.org.uk](http://www.nct.org.uk)

[branch.bassetlaw@nct.org.uk](mailto:branch.bassetlaw@nct.org.uk) | Your local parent support network.



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**Playgroups in Bassetlaw** | [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)



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**HAF (Holiday Activity and Food )** | 01909 533533

[www.bassetlaw.gov.uk/haf](http://www.bassetlaw.gov.uk/haf) | HAF supports children to eat more healthily and be more active.



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**From The Heart Charity** | [www.fthc.org.uk](http://www.fthc.org.uk) | 01909 494858

Support for young people and families with children between the ages of 0-18 years.



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**The Sleep Charity** | [www.thesleepcharity.org.uk](http://www.thesleepcharity.org.uk)

Independent expert voices on sleep issues in the UK



**Workshop Library | 01909 535353**

[www.inspireculture.org.uk/reading-information/find-a-library/workshop-library](http://www.inspireculture.org.uk/reading-information/find-a-library/workshop-library)



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**Retford Library | 01777 708724**

[www.inspireculture.org.uk/reading-information/find-a-library/retford-library](http://www.inspireculture.org.uk/reading-information/find-a-library/retford-library)



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**Langold Library | 01909 730363**

[www.inspireculture.org.uk/reading-information/find-a-library/langold-library](http://www.inspireculture.org.uk/reading-information/find-a-library/langold-library)



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**Bircotes Library | 01302 742384**

[www.inspireculture.org.uk/reading-information/find-a-library/bircotes-library](http://www.inspireculture.org.uk/reading-information/find-a-library/bircotes-library)



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**Misterton Library | 01427 890646**

[www.inspireculture.org.uk/reading-information/find-a-library/misterton-library](http://www.inspireculture.org.uk/reading-information/find-a-library/misterton-library)



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**Tuxford Mobile Library | 01777 871221**

[www.inspireculture.org.uk/reading-information/find-a-library/tuxford-library](http://www.inspireculture.org.uk/reading-information/find-a-library/tuxford-library)



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**Carlton-in-Lindrick Library | 01909 732275**

[www.inspireculture.org.uk/reading-information/find-a-library/carlton-lindrick-library](http://www.inspireculture.org.uk/reading-information/find-a-library/carlton-lindrick-library)



## Discount Cards

There are a variety of discount cards available to selected job roles and volunteers. These can offer helpful discounts on a variety of different things so it is worth checking if you qualify for any of them.

**Blue Light Card** | [www.bluelightcard.co.uk](http://www.bluelightcard.co.uk)



Available to employees of NHS, emergency services, care workers and more.

For full details please visit the website. There is a £4.99 for that covers you for 2 years.

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**Carers Card UK** | [www.carerscarduk.co.uk](http://www.carerscarduk.co.uk)



Discounts for anyone classed as a carer, £9.99 fee (covers 2 year).

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**Charity Worker Discounts** | [www.charityworkerdiscounts.com](http://www.charityworkerdiscounts.com)



Available to anyone that works for a charity or volunteers for a charity. Free to sign up.

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**Company Shop** | [www.companyshopgroup.co.uk](http://www.companyshopgroup.co.uk)



Company shop sells food at a reduced price that is surplus of close to it's best before date. The closes shop is in Barnsley—Wentworth Way, Wentworth Industrial Estate, Tankersley, S75 3DH,

Company shop membership is available to NHS, emergency services, carers, charity workers, armed forces, prison workers and those in receipt of means testes benefits.

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## Discounted Public Transport

### Free Bus Travel | [www.nottinghamshire.gov.uk/transport](http://www.nottinghamshire.gov.uk/transport)

If you are over 66, or disabled, you can apply for a free bus pass with Nottinghamshire County Council. Some families may also qualify for free transport to and from school.



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### Railcards | [www.nationalrail.co.uk/tickets-railcards-and-offers/railcards](http://www.nationalrail.co.uk/tickets-railcards-and-offers/railcards)

There are a variety of railcards available that can save you money on your train fares. They all have a fee but if you a regular user they will save you money.

They include 16-17 Saver, 16-25, 26-30, Disabled, Friends & Family, Senior, 2 Together and Veterans.



**NOW'S THE  
TIME TO  
GO BY BUS.**

All single fares  
now £2\* or less.

\*Variations & exclusions apply. Ends 31st March 2023.

Part of the £2 single fare capped scheme

Help for Households

HM Government



# Food Support

**Bassetlaw Food Bank** | Referrals: 01909 533 533.

[www.bassetlawfoodbank.org](http://www.bassetlawfoodbank.org)



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**Oasis Community Centre** | 07795 194957

The Food For Life Project has been active since the first UK Lockdown and has to date given over 6000 of its food hampers out.

[www.oasiscommunitycentre.org/operation-oasis](http://www.oasiscommunitycentre.org/operation-oasis)



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**Now Church** | 01909 732731

Community café's and lunch clubs take place on a regular basis.

[www.nowchurch.org.uk/index.php/whats-on](http://www.nowchurch.org.uk/index.php/whats-on)



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**Rhubarb Farm** | [www.rhubarbfarm.co.uk](http://www.rhubarbfarm.co.uk) | 01623 741210

Weekly veg boxes available to purchase, as well as a community café.



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**Too Good to Go App**

Too Good To Go connects customers to surplus unsold food.



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**Older People's Luncheon Club** | Carlton-in-Lindrick Civic Centre

01909 541127 | Thursday's 10.30am—1.30pm



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**Healthy Start Vouchers**

Check if you are eligible for Healthy Start Vouchers.





# Food Support

**Bassetlaw Food Insecurity Network (BFIN)** is a collaboration of food support services that are tackling food insecurity issues locally to help ease the pressures on local people.



[www.bcvs.org.uk/bfin](http://www.bcvs.org.uk/bfin) | 01909 476 118

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**Food Hubs** | 01909 476 118

Fill a bag of fresh food for just £3. All the food hubs in Bassetlaw can be found here: [www.bcvs.org.uk/foodhubs](http://www.bcvs.org.uk/foodhubs)



**Feed Your family on a Budget**

Popular Facebook group with over 300,000 members.

[www.facebook.com/groups/178040285731834](http://www.facebook.com/groups/178040285731834)



**Feed Yourself for £1 a Day**

Facebook group with over 250,000 members.

[www.facebook.com/groups/651859231575794](http://www.facebook.com/groups/651859231575794)



**Slow Cooked Wonders** | [www.facebook.com/groups/236980049761079](http://www.facebook.com/groups/236980049761079)

Slow cooker advice group with over half a million supportive members.



# Clothing

## Charity Shops

Charity shops are a great way to save money on clothing and household items.

[www.bcvs.org.uk/health-directory](http://www.bcvs.org.uk/health-directory)



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## Car Boot Sales

Car Boots are a great way to save money, as well as making extra money if you have things that you no longer need.

The most local, regular car boot sale in Bassetlaw is Oldcotes Car Boot, A634 Blyth Rd, Oldcotes, Worksop S81 8JE—every Sunday and Bank Holiday Monday. Check their Facebook page for the most up to date information.

You can also find other car boot sales here: [www.carbootjunction.com](http://www.carbootjunction.com)



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## School Uniform Bank | [www.facebook.com/FreeSchoolUniformBank](https://www.facebook.com/FreeSchoolUniformBank)

Poplars Church, The Golden Ball, 3 Victoria Square, Worksop

The school uniform bank now has a permanent shop at The Golden Ball in Worksop called “The Basement”.

Open Monday, Tuesday, Wednesday, 10am—12noon



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## Facebook Groups and Marketplace | [www.facebook.com](https://www.facebook.com)

Facebook is a great way to buy and sell items such as clothing and household goods. You can filter this by area and find things to buy that are close to you.

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## Vinted | [www.vinted.co.uk](https://www.vinted.co.uk)

Vinted is a popular app for buying and selling second hand items.



## Energy & Fuel

**Petrol and Fuel** | [www.petrolprices.com](http://www.petrolprices.com)

All the latest live petrol and diesel prices in Bassetlaw.



**Bassetlaw Citizen's Advice** | [www.bassetlawca.org.uk/energy](http://www.bassetlawca.org.uk/energy)

Tel: 01909 498 894

Free, confidential, impartial and independent advice on a variety of issues including debt, energy, money advice, welfare benefits support for individuals affected by mental health and a Macmillan team for people affected by cancer.



**Bassetlaw Action Centre** | 01777 709650

<https://www.bassetlawactioncentre.org.uk/energy>

The Bassetlaw Action Centre energy advisor is able to visit you at home to give advice on keeping warm and well.



**Energy Saving Trust** | [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk) | 0800 444 202

Energy Saving Trust empower millions of householders every year to make better energy choices.



**Simple Energy Advice** | [www.simpleenergyadvice.org.uk](http://www.simpleenergyadvice.org.uk)

If you're looking for home energy efficiency advice, try the Simple Energy Advice website, or call them on freephone 0800 444 202.



**Warm Spaces** | [www.bcvs.org.uk/warmspaces](http://www.bcvs.org.uk/warmspaces)

Information on warm spaces throughout Bassetlaw. This will be updated as we find out more about the provision of warm spaces for 2024.



# Housing

**Council Housing** | [www.bassetlaw.gov.uk/council-housing](http://www.bassetlaw.gov.uk/council-housing)

0800 590 542 | Information and advice about all aspect of council housing.



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**Facing Eviction** | [www.england.shelter.org.uk/what\\_we\\_do](http://www.england.shelter.org.uk/what_we_do)

Advice and support services and help with housing issues and homelessness. | **Shelter**: Emergency helpline: 0808 800 4444



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**Bassetlaw Action Centre—Housing Choice** | 01777 709650

A service to help people make the right housing choices in Bassetlaw.

Samantha Oxley—Bassetlaw Action Centre, Canal Street, Retford,  
DN22 6EZ | [housing@actioncentre.org.uk](mailto:housing@actioncentre.org.uk)



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**New Roots**: [www.newrootshousing.org.uk](http://www.newrootshousing.org.uk) | 01909 501732

Offering support to both single young people aged 16-21, and also to young parents aged 16-19 in Bassetlaw.



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**Jigsaw Support Scheme** | [www.jigsawsupportscheme.org.uk](http://www.jigsawsupportscheme.org.uk)

01623 232800

Hoarding support service, available to Bassetlaw residents.

Support if hoarding is causing you problems with your landlord.



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**Waste and Recycling** | [www.bassetlaw.gov.uk/bins-recycling-and-waste](http://www.bassetlaw.gov.uk/bins-recycling-and-waste) | 01909 533533

Information about extra bins that you may be entitled to if you have a large family, and how to register for Recycling services.



## Domestic Abuse

**If there is an immediate risk to life or serious harm please dial 999.**

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**Victim Support** | [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Victim Support is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales.

If you need to speak to someone, Victim Support are available

every day, night and day. Call their free and 24 hour Support line on: 08 08 16 89 111



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**Women's Aid Nottinghamshire** | [www.nottswa.org](http://www.nottswa.org)

Nottinghamshire Women's Aid | Mon-Fri, 9-5—01909 491 330

24hr JUNO Freephone Helpline: 0808 800 0340

The commissioned specialist domestic abuse support provider for women, children and teenagers who live in Bassetlaw.



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**Equation** | [www.equation.org.uk/service-for-men](http://www.equation.org.uk/service-for-men)

Email: [helpline@equation.org.uk](mailto:helpline@equation.org.uk) or call 0800 9956 999

Equation host the only expert services for men experiencing

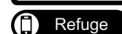
domestic abuse in Nottingham city and county. Equation also provides the local stalking advocacy support service for men experiencing stalking in a non-domestic abuse context.



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**Refuge** | [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk) | 0808 2000 247

The freephone, 24-hour National Domestic Abuse Helpline for Women and Children.



## Useful Local Contacts

**Bassetlaw District Council** | [www.bassetlaw.gov.uk](http://www.bassetlaw.gov.uk)  
customer.services@bassetlaw.gov.uk | 01909 533533

**Workshop:** Queen's Buildings, Potter Street, Workshop

Open Mon-Fri, 9am-5pm

**Harworth & Bircotes:** Harworth Information Centre, Scrooby Road,  
Harworth. (Open Tues, Weds, Thurs, 9am—1pm)

**Retford:** 17B The Square, Retford (Open Mon-Fri, 9am-5pm)

**Bassetlaw Financial Inclusion Forum:** [adele.watson@bassetlaw.gov.uk](mailto:adele.watson@bassetlaw.gov.uk)

**Misterton Centre** (at the library) | 01427 890646

Open Tues, Weds, Thurs 10am-5pm & Fri 10am-2pm



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**Nottinghamshire County Council**

[www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) | 0300 500 8080

County Hall, Loughborough Road, West Bridgford, Nottingham



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**Bassetlaw Community and Voluntary Service (BCVS)**

[www.bcvs.org.uk](http://www.bcvs.org.uk) | 01909 476118

Old Abbey School, Priorswell Road, Workshop, S80 2BU



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**Citizen's Advice Bassetlaw** | [www.bassetlawca.org.uk](http://www.bassetlawca.org.uk)

Tel: 01909 498 894



## Other Useful Websites

### **NHS Prescription Pre-Payment**

[www.nhsbsa.nhs.uk/help-nhs-prescription-costs/nhs-prescription-prepayment-certificates-ppcs](http://www.nhsbsa.nhs.uk/help-nhs-prescription-costs/nhs-prescription-prepayment-certificates-ppcs)

A PPC could save you money if you pay for your NHS prescriptions.

A PPC costs: £30.25 for 3 months | £108.10 for 12 months.

### **Check if you qualify for free prescriptions:**

[www.nhs.uk/nhs-services/prescriptions-and-pharmacies/](http://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/who-can-get-free-prescriptions)

[who-can-get-free-prescriptions](http://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/who-can-get-free-prescriptions)



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### **Money Saving Expert | [www.moneysavingexpert.com](http://www.moneysavingexpert.com)**

Impartial site to help save you money. Advice on credit cards, shopping, special offers, mortgages, council tax, interest rates and more.



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### **Trolley.co.uk | [www.trolley.co.uk](http://www.trolley.co.uk)**

Price comparison website for common items.



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### **Household Money Saving | [www.householdmoneysaving.com](http://www.householdmoneysaving.com)**

Independent blog, with lots of different articles and advice about saving money at home and on your shopping.



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### **Pouch | [www.joinpouch.com/en-gb](http://www.joinpouch.com/en-gb)**

Use Pouch to automatically find and apply every online voucher code in one click.



