

# Cost of Living Support - Wakefield

As more people struggle with the cost of living, more people will also struggle with their mental health. We have collated information on mental health, emotional wellbeing and material support available for people living in Wakefield and District struggling with costs.

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## Emotional and mental wellbeing support

### Age UK Wakefield District Wraparound Service.

Wraparound is a service that supports older people with low level Mental Health needs – isolation, anxiety, depression, bereavement. This is a funded service which is free for service users.

The service is designed for a broad range of people to respond to their emotional / wellbeing needs. The service will be provided in the home, via telephone / online channels and community events.

People are offered 6-8 sessions with the possibility of follow up contact by a volunteer.

The service will respond specifically to people over the age of 50 who require emotional support and who are living within the Wakefield area and/or registered with a Wakefield G.P.

In addition to assessment and planning of direct wellbeing support, people will be offered signposting and referrals to internal (Age UKWD) and external specialist services including those which support with practical issues– Advocacy, DWP, CAB, Cashwise etc.

**Availability:** Monday to Friday 0900-1700.

**Referral:** Referral should only be made with the consent of the client - self-referral, family & friends via Age UKWD SPOC 01977 552114. Professionals please contact [wraparound@ageukwd.org.uk](mailto:wraparound@ageukwd.org.uk) to request a copy of our professional referral form.

**Current waiting times:** Response within 48 hours (please note Wraparound is NOT a crisis service).

### West Yorkshire Crisis Line

West Yorkshire general helpline that provides emotional support, signposting and reassurance for people aged 16+

**Availability** 24/7

**Referral:** no referral needed call directly at 0800 183 0558

**Current waiting times:** no waiting times

### Wakefield Safe Space

Wakefield Safe Space, which helps people aged 16+ experiencing or approaching mental health crisis to find support and help in a non-clinical setting

They provide one to one face to face support, via telephone and Zoom, group social activities, support for attendees to develop safety plans and also create “wellbeing boxes” to aid in self-distraction and de-escalation at home.

**Availability:** Thursday to Tuesday 6pm-midnight.

**Referral:** People can either self-refer or be referred in by calling 07776 962815, they can also call into the venue to complete a referral form so that an appointment can be made.

**Current waiting times:** None

## WDH Wellbeing Team

This offer is open to WDH Tenants and adult residents.

WDH Wellbeing Team can provide a holistic mental health assessment with support from WCW and MHN, referrals into other teams and partner agencies where required.

**Availability:** 08:30 – 17:00 Monday to Thursday 08:30 – 16:30 Friday

**Referral:** contact via 01977 724403

## Appletree Community Garden

We're a welcoming, accessible and inclusive community garden in Agbrigg, Wakefield, open to anyone interested in spending time outdoors, enjoying fresh community-grown food, meeting new people, and learning new skills

- Sowing, planting and harvesting
- Learning new ways to cook
- Building, mending, recycling and reusing
- Sharing in conversation and enjoying the garden atmosphere!

We're open Tuesdays, Wednesdays and Fridays (10 - 4) Follow directions to WF1 5AE. You'll find us on Agbrigg Road, down the long driveway opposite Newland Street.

## Kooth

Kooth provides evening and weekend support to young people online. The service is free, anonymous and available to 11-19 year olds. They have developed information topics on the following:

- Cost of living crisis: what can you do?
- Poverty and mental health: Layla's story
- Financial pressure as a new dad
- Housing problems and mental health
- Single/solo parents and the cost of living
- Making memories on a budget
- Interview with a foodbank

- Tips on how to save money as a young person
- Cost of living and the effect on domestic violence
- Living alone in a financial crisis
- When money holds you back from your dreams
- Living with: Hunger
- Second hand super shopping

Referral: Sign up via [Home - Kooth](#)

## Additional Mental Health Offers

[Mental health, learning disability and autism :: West Yorkshire Health & Care Partnership \(wypartnership.co.uk\)](#)

## Recovery College Courses

[Understanding anxiety - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

[Understanding depression - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

[Exploring resilience - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

[For those that give too much: Everyday stress - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

[Improving your sleep - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

[Overcoming anxiety - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

[Recognising burnout - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

[Enhancing self-care & wellbeing - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

[Lifting your spirits; Enhancing inner strength & wellbeing - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

[Self-care and self-soothe - Wakefield Recovery and Wellbeing College \(wakefieldrecoverycollege.nhs.uk\)](#)

## Future Selph Provided Mental Health Offer

The following offers are all part of a Mental Health Project for people aged 16-25 provided by 6 VCSE providers across Wakefield.

### Young People's Empowerment Project

For Young People aged 16-25 with emotional wellbeing issues/mild-Moderate mental health conditions who have not previously engaged with services

Offers one to one mental health support alongside a creative club for people aged 16-25 where people can express themselves creatively. Provides early intervention with the aim of helping young people to manage their mental and emotional health effectively. Provides in-person support via a dedicated team, working on own personal goals. One to one support dedicated to the needs of the individual.

**Availability:** contracted to operate Monday to Friday 9-5 but may offer contact outside these hours and if required over the weekend to meet the needs and lifestyles of this age group. Airedale, Castleford.

**Referral:** The young person refers themselves or are referred via Tel: 01977 558074 [info@ypep.co.uk](mailto:info@ypep.co.uk)

**Current waiting times:** Generally less than a week for contact

### The Youth Association

For Young People aged 16-25 with emotional wellbeing issues/mild-Moderate mental health conditions who have not previously engaged with services

Empowering young adults to overcome life challenges. Aims to grow resilience and reduce need for ongoing support from mental health services. Through group activity, seek to improve support networks, increase self-esteem and improve capacity to manage own mental health effectively. Includes:

- One to one initial support online and in person
- Participation in group activities
- Skills workshops e.g. speaking with confidence, personal budgeting, independent living
- Work on personal development plan and personal goals

**Availability:** contracted to operate Monday to Friday 9-5 but may offer contact outside these hours and if required over the weekend to meet the needs and lifestyles of this age group. Airedale, Castleford, Normanton

**Referral:** The young person refers themselves or are referred via Tel: 07772 111408 [gill.arabskyj@youth-association.org](mailto:gill.arabskyj@youth-association.org)

**Current waiting times:** Generally less than a week for contact

## SMaSH (Self-Management and Self Help)

For Young People aged 16-25 with emotional wellbeing issues/mild-Moderate mental health conditions who have not previously engaged with services  
Wraparound services to ensure participants receive the necessary and appropriate support network to enable them to improve their health and wellbeing and live well with a long-term health condition. Mainly those struggling with a mental or emotional health condition but often those who have medical and social issues impacting on their mental health

**Availability:** contracted to operate Monday to Friday 9-5 but may offer contact outside these hours and if required over the weekend to meet the needs and lifestyles of this age group. Knottingley, Ferrybridge, Pontefract

**Referral:** The young person refers themselves or are referred via Tel: 07867 514031  
[smashsociety@outlook.com](mailto:smashsociety@outlook.com)

**Current waiting times:** Generally less than a week for contact

## Rycroft Leisure

For Young People aged 16-25 with emotional wellbeing issues/mild-Moderate mental health conditions who have not previously engaged with services  
Rycroft Leisure is a sports, youth and Community facility

The SELPH project works with individuals on a one-to-one basis with the intention of then moving them on to group work sessions at their own pace. Each participant will have a bespoke package of support to suit their needs, they will be supported throughout this project with the hope that they will be involved in the group work activities at their own point in the programme. We will address any barriers faced and work towards removing these barriers

**Availability:** contracted to operate Monday to Friday 9-5 but may offer contact outside these hours and if required over the weekend to meet the needs and lifestyles of this age group. Ryhill/Havercroft, South Kirkby, South Elmsall

**Referral:** The young person refers themselves or are referred via Tel: 01226 723659  
[youth@rycroftleisure.com](mailto:youth@rycroftleisure.com)

**Current waiting times:** Generally less than a week for contact

## Humanity 1<sup>st</sup>

For Young People aged 16-25 with emotional wellbeing issues/mild-Moderate mental health conditions who have not previously engaged with services

Primarily supporting asylum seekers and related community

Develop the skills needed to gain employment, good health & wellbeing and live independently through the following:

- Conversation Café to reduce isolation
- One to one/ focus group to support ESOL
- Employability skills workshops
- Health and wellbeing sessions
- Help to write a CV
- Qualifications conversion
- Work experience
- Volunteering schemes
- Women group session

**Availability:** contracted to operate Monday to Friday 9-5 but may offer contact outside these hours and if required over the weekend to meet the needs and lifestyles of this age group. East wide.

**Referral:** The young person refers themselves or are referred via Tel: 07445657274

**Current waiting times:** Generally less than a week for contact

## St George's Lupset

For Young People aged 16-25 with emotional wellbeing issues/mild-Moderate mental health conditions who have not previously engaged with services

We support 16-25 year olds to build their own unique path to an improved sense of mental health and wellbeing. Together with the young person we can choose when and where to meet.

We can offer support whilst the young person is on a waiting list for other services. We'll listen to find out what's going on and we won't judge.

We offer:

- Skills workshops and volunteer opportunities
- 1-1 check ins
- Support to access counselling
- Professional advice
- Meeting new friends
- We'll support the young person to acquire the tools they need on their journey

Our support is not time restricted

**Availability:** contracted to operate Monday to Friday 9-5 but may offer contact outside these hours and if required over the weekend to meet the needs and lifestyles of this age group. West Wakefield

**Referral:** The young person refers themselves or are referred via 01924 369631

[Emma.coyle@stgeorgeslupset.org.uk](mailto:Emma.coyle@stgeorgeslupset.org.uk)

**Current waiting times:** Generally less than a week for contact



## Material cost of living support

### Tiny Hands Baby Bank

Our aim is to collect baby clothes, equipment and other baby essentials that are preloved and donate to families in need.

The baby bank are providing a huge amount of nappies wipes and baby food and milk as the cost of living crisis worsens.

To donate or if you are in need of items for your baby please contact Jane Robinson [tinyhandsbabybankyorkshire@gmail.com](mailto:tinyhandsbabybankyorkshire@gmail.com)

### Friends of the Community in Upton

We are providing a warm space, lunch and activities for all ages.

We are working in conjunction with UNEPC and the Methodist Church at Upton.

Tuesday Wednesday and Friday at Upton Village hall

Lunches will be 12 to 2pm.

Any donations will be much appreciated. Soup rolls tea and coffee biscuits etc. Friends of the Community run the Food bank.

The Village Hall  
Harewood Lane  
Upton WF9 1JB.  
01977 643283.

Friends of the Community contact:  
Pauline Kitching 07747087658.





**A WEEKLY DROP IN SESSION AT KNOTTINGLEY FOOD-  
BANK AT THE METHODIST CHURCH**

**16 ROPEWALK**

**KNOTTINGLEY**

**EVERY TUESDAY AND FRIDAY**

**10am-12pm**

**Free and confidential information and advice on-**

**Welfare Benefits & Universal Credit**– Check what you are entitled to, challenging decisions, help with claim forms...

**Debt & Money**– Struggling with bills & the cost of living, energy, managing money & budgeting ...

**Work**- Redundancy, pay, terms and conditions, dismissals...

**Consumer**- Faulty goods, problems with services, holidays, building work...

**Housing**- Landlord and tenant disputes, homelessness, disrepair, evictions...

**Family**- Ending a relationship, looking after people, dealing with a death...

**And much more!**

**No appointment needed, either call into the drop in sessions or speak to the foodbank about being referred to one of our advisers.**

Citizens Advice Wakefield District is a registered charity. Although part of the national Citizens Advice network we are independent and run locally for the residents of Wakefield District.

## Wakefield District Sight Aid

Will be providing support to people through the WDHCS Prosper Together Fund.

We also have a direct referral system in place with Citizens Advice to refer people who are blind and partially sighted directly into their services for support.

For all enquiries please call:  
01924 215555



We operate no-appointment necessary drop-in sessions at venues around the district and at our King Street office (see attached list)

We also operate telephone and email advice services, 9 am to 5 pm Monday to Friday.

We have a Debt Advice Service, regulated by the FCA and a new Financial Capability Service (details attached).



Opening times including Mental Health YBS.pub



Financial Capability Leaflet 2022.pub



**St George's Community Centre, Broadway, Lupset WF2 8AA**

Phone: 01924 369631 | Email: [info@stgeorgeslupset.org.uk](mailto:info@stgeorgeslupset.org.uk)

- Emergency Food Parcels in times of a crisis (e.g. relationship breakdown, job loss etc.)
- Food Pantry Membership offering dignity, choice & hope, allow people to get back on top of their finances
- Drop ins: Step-Up (employment & skills support), Citizens Advice (advice regarding benefits, employment, debt/money housing, family, law/courts), DWP (this is in the church, though – benefits advice)
- Signposting/Referring clients: school uniform bank, baby bank, Step Change, CAP etc.
- Pre-employment courses: e.g. CSCS, SIA, Helping in Schools etc.
- Wellbeing courses: e.g. Tai Chi, Arts & Crafts
- Subsidised meals in the café/lunch club

- Wellbeing groups: TLC, Coffee Morning, Allotment
- Walk in Wardrobe: providing clothes, school uniforms, coats, shoes, toiletries and sanitary items to local children and adults in partnership with Thornes Lane Garage, Small Steps Uniform Bank and Tiny Hands Baby Bank
- Young Futures: providing youth work experiences for children and young people including youth cafes, tech zone, physical activities, residential experiences, centre based and detached sessions- co-produced with young people and free to attend.
- We are a Happy Healthy Holiday Provider providing free school holiday activities and meals during school holidays for children and families accessing free school meals or facing challenging times.

## Cash Wise

Our Cash Wise Service offers free support and guidance to help service users to address financial issues and take control of their finances, whilst building financial confidence and resilience.

### **The Cash Wise service is currently available to:**

- WDH tenants
- Young families across the district with children under 12, through our Healthier Wealthier Wakefield Families initiative working in partnership with Public Health.

### **Cash Wise can help service users to:**

- Better understand their benefit options and identify benefit underclaim
- Set up household budgets and offer support to budget effectively
- Reduce outgoings
- Begin to address problem debts
- Maximise income by accessing appropriate grants and funds.
- Engage with other support services, both within WDH and with other external partners to encourage positive outcomes.
- Take steps to improve financial confidence and general wellbeing.

We look to provide a flexible support service, tailored to the need of the individual, including

- One to one support, in the individual's home or at other suitable community locations
- Phone Support
- Digital/online based support
- Events, Workshops and Drop-in
- Sessions across the district

### **Referrals/Contact**

Many of our clients are signposted to the Cash Wise service via other agencies, however, individuals who feel that they are struggling to manage their money can get in touch with the team directly via phone on 01977 724651, email at [cashwise@wdh.co.uk](mailto:cashwise@wdh.co.uk), or by completing a self-referral form on the Cash Wise Website - [www.getcashwise.co.uk/](http://www.getcashwise.co.uk/)

The Cash Wise Website also contains useful general information for anyone who may need a little advice in relation to budgeting, debts, benefits, maximising their income or even cooking on a budget. Additionally, Cash Wise have an active social media presence on both facebook ([www.facebook.com/getcashwise](http://www.facebook.com/getcashwise)) and Instagram ([www.instagram.com/getcashwise](http://www.instagram.com/getcashwise)), sharing topical information and advice for everyone.

A video highlighting the work of the Cash Wise team can be found [here](#)

### Uniform exchanges:

<https://www.wakefieldfamiliesstogether.co.uk/school-uniform-exchange-services/>

### [More money in your pocket - Wakefield Council](#)

Website: Many people experience financial difficulties for different reasons and might not realise that they're entitled to more help.

The rising cost of living is a concern for everyone and with the district still recovering from the financial impact of the coronavirus pandemic, the Council is working with partner organisations to offer help and support.

You might be able to get help and advice to make changes so you have more money coming in and less money going out.

### Food banks:

#### **St Michaels Welcome Centre**

Wakefield District City of Sanctuary run a small food bank on Wednesdays and Fridays of each week, from 1:00pm – 3:00pm, from our base at St. Michaels Church, Westgate Common, WF2 9RW. Contact us at: [foodstore@wdcos.org.uk](mailto:foodstore@wdcos.org.uk).

See our Donations page for how to get here. Please note – We do not provide a “Food Parcel” service. Walk-in only.

Organisations can access our referral forms here: [\(Word Format\)](#) [\(PDF Format\)](#).

#### **Community Awareness Programme (CAP)**

7 Wood Street Wakefield

Tel: 01924 381119

Contact: Ernest Hibberd

Opening times: Mon – Fri 10am -12pm

by referral only

Provide snack meal, toiletries, food & household basics, shower and change of

clothes

### **St Catherines Centre**

Doncaster Road, Wakefield (next to Wakefield Trinity Rugby Stadium) WF1 5HL

Tel: 01924 211130

Contact: Lisa Grant, Centre Manager

Opening Times: Mon – Fri 11-1pm

Provide food parcels. No referral needed but

clients must take ID and can attend x3 in 6

months

Also available debt & employment advice – more details on their website here.

<https://www.stcatherines-wakefield.org.uk/community-activities/>

### **Lightwaves Leisure and Community Centre**

Lower York Street Wakefield, West Yorkshire, WF1 3LJ.

Have a look at their “Hello Neighbour” project, on their front page. Note this service

is aimed at people in the area close to Lightwaves – i.e. Pinderfields, College Grove

and Eastmoor. – Details on their website here. <https://lightwaves.org.uk/>

### **St Georges Community Centre**

Broadway, Lupset

Tel: 01924 369631

Opening times: Tuesday and Thursday 1.30pm until 3pm. A referral is required.

Also available: debt advice, job club, training

& free counselling.

### **Kettlethorpe**

Kettlethorpe Guardians Food Bank

Standbridge Community Centre

Standbridge Lane

Wakefield

WF2 7NP

### **Calder Grove**

CCG Food Bank

Calder Grove Cricket Club, Denby Dale Road, Calder Close, Durkar, Wakefield WF4

3BA, UK

Facebook: @cgccfoodbank

07530 304669

cgccworkforce@gmail.com

### **Castleford**

Trinity Mission

Trinity Methodist Church, Powell Street,

Castleford

Opening Times: Tues & Weds 12 – 2pm

drop in for hot meals Sun 6 – 9pm drop

in hot drink & snack

Night Shelter service in winter months

**The Link @Smawthorne Community Project**

Beancroft Road, Castleford WF10 5BP

Tel: 07544 943862

Contact: Tim Weeks timweeks@fsmail.net

Opening Times: Friday 6 – 8pm

Clients must be issued with a voucher to take with them. If same day, contact food bank to advise and post voucher direct to foodbank.

Max 5 visits per year.

**Featherstone**

Featherstone Food Bank.

Gospel Hall, Station Road, Featherstone WF7 5BB.

Wed 6.30pm – 8pm.

Voucher and ID required. Tel 07805 101825 ...

**Knottingley**

Knottingley Food Bank

Elim Church, Tithe Barn Road, Knottingley

WF11 9BU

Contact: Pat Measham

patmeasham@btinternet.com

Opening Times:

Tues 11am – 1pm & Thurs 12 – 2pm

Provide food parcels. Clients must be issued with a voucher to take with them, which must be used within 3 days.

If same day, contact food bank to advise and post voucher direct to foodbank.

Maximum of 3 vouchers per 6 months

NB: vouchers issued must be recorded

**Pontefract**

Saviour Trust

South Baileygate, Pontefract (near Aldi)

Tel: 01977 600335

Contact: Hannah Iwanuschak

hannah@thesaviourtrust.co.uk

Opening Times: Weds 1 – 3pm

Provide advice and warm meal for homeless people on a drop-in basis

**Pontefract Foodbank**

Central Methodist Church , Newgate,

Pontefract

Tel: 07935 530583

Contact: Frank Sheard

Opening Times:

Tues 11.30am – 1pm & Thurs 12 –



1.30pm

Provide food parcels. Clients must be issued with a voucher to take with them, which must be used within 3 days. If same day, contact food bank to advise and post voucher direct to foodbank.

Maximum of 3 vouchers per 6 months

NB: vouchers issued must be recorded

### **Normanton**

The Well Project, Normanton,

See their website for latest info – they run the Normanton Foodbank.  
website here.

<https://thewellproject.org.uk/>

### **South Elmsall**

Westfield Centre

Clients must be referred by CAB, WDH,  
Childrens Centre, GP or Public Health Worker

### **Tingley**

West Ardsley Methodist Church

Haigh Manor Road,

Tingley

Every Friday from 3:00pm to 4:30pm

No referral needed

## **Mental Health Breathing Space**

A mental health breathing space is a debt respite scheme for people currently receiving mental health crisis treatment certified by an Approved Mental Health Professional (AMHP)

Breathing space is a scheme where you can get a period of respite from your debts. This means that your creditors cannot contact you during that time or take action against you to recover their debt

There is a particular version of breathing space for people who are receiving mental health crisis treatment. It can last longer than a standard breathing space.

A debt adviser applies to the Insolvency Service for a mental health crisis breathing space on your behalf.

Referral: Find out more at [What is a mental health breathing space? : Mental Health & Money Advice \(mentalhealthandmoneyadvice.org\)](https://www.mentalhealthandmoneyadvice.org/)



## Citizens Advice Outreach Services

These include weekly drop-in and appointments at Baghill House (every Wednesday morning), Drury Lane (every 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month) and Fieldhead Mental Health Museum (1<sup>st</sup> and 3<sup>rd</sup> Friday of each month).

Monday	<b>Citizens Advice Wakefield District</b> 27 King Street Wakefield WF1 2SR <b>Drop in: 10–3</b>	<b>Kinsley &amp; Fitzwilliam Learning and Community Centre</b> Wakefield Road Kinsley WF9 5BP <b>Drop in: 10–12</b>	<b>Ossett Town Hall</b> Market Place Ossett WF5 8BE <b>Drop in 10–12</b>	<b>Kellingley Social Club</b> 25 Marine Villa Road Knottingley WF11 8ER <b>Drop in: 10–12</b>	
Tuesday	<b>Citizens Advice Wakefield District</b> 27 King Street Wakefield WF1 2SR <b>Drop in: 10–1</b>	<b>South Elmsall Westfield Centre</b> West field Lane South Elmsall WF9 2PU <b>Drop in 10–12</b>	<b>St Georges Community Centre</b> Broadway Lupton WF2 8AA <b>Drop in 10–12</b>	<b>St Swithuns Community Centre</b> Arncliffe Road Eastmoor WF1 4RR <b>Drop in 10–12</b>	<b>Featherstone Library and Community Centre</b> Victoria Street Off Station Lane Featherstone WF7 5BB <b>Drop in 10–12</b>
Wednesday	<b>Lightwaves Leisure Centre</b> Lower York Street Wakefield WF1 3LJ <b>Drop in 10–12</b>	<b>Upton &amp; North Elmsall The Village Hall</b> Harewood Lane Upton WF9 1JB <b>Drop in 10–12 (1st &amp; 3rd Weds of each month)</b>	<b>St Giles Parish Church</b> Market Street Pontefract WF8 1AT <b>Drop in 10–12</b>	<b>Castleford Heritage Trust</b> Queens Mill Aire Street Castleford WF10 1JL <b>Drop in 10–12</b>	<b>Baghill House Health &amp; Wellbeing Centre</b> Walkergate Pontefract WF8 1QW <b>Every Wednesday 10–12 Service Users Only</b>
Thursday	<b>Citizens Advice Wakefield District</b> 27 King Street Wakefield WF1 2SR <b>Drop in: 10–3</b>	<b>South Kirkby and Moorthorpe Millennium Hall</b> Barnsley Road Moorthorpe WF9 2BJ <b>Drop in 10–12 (1st &amp; 3rd Thurs of each month)</b>	<b>Havercroft and Ryhill Havercroft Community Learning Project</b> Mulberry Place Ryhill WF4 2BD <b>Drop in 10–12</b>	<b>Hemsworth Town Council Community Centre</b> Bullenshaw Road Hemsworth WF9 4NE <b>Drop in 10–12 (2nd &amp; 4th Thurs of each month)</b>	<b>Yorkshire Building Society</b> 85 Carlton Street Castleford WF10 1BP <b>By appointment only 10–1</b> <i>internal reference only- not to be given to public</i>
Friday	<b>Warwick Ahead Hub</b> 5 Pinewood Place Knottingley WF11 0QH <b>Drop in 10–12</b>	<b>St Marys Community Centre</b> The Circle Chisquersfield Pontefract WF8 2AY <b>Drop in 10–12</b>	<b>The Mental Health Museum</b> Fieldhead Hospital Ouchthorpe Lane Wakefield WF1 3SP <b>1st and 3rd Friday of each month 10–12 Service Users Only</b>	<b>Drury Lane Health &amp; Wellbeing Centre</b> Drury Lane Wakefield WF1 2TE <b>2nd and 4th Friday of each month 10–12 Service Users Only</b>	<b>Yorkshire Building Society</b> 30–32 Kirkgate Wakefield WF1 1TQ <b>By appointment only 10–1</b> <i>internal reference only- not to be given to public</i>

## Citizens Advice Financial Capability Service

Free, confidential, impartial guidance

We have a dedicated team that can help you to:

- \* Budget: understand the money you have coming in and the money you have going out
- \* Look at ways you may be able to increase your income
- \* Look at ways you may be able to reduce the money you have going out
- \* Understand Banking and opening an account that works for you
- \* Understand the importance of Savings and planning for your future
- \* Understand credit and borrowing options

Referral: No referral needed, contact via Tel 01924 234000

[moneyadvice@wakefielddistrictcab.co.uk](mailto:moneyadvice@wakefielddistrictcab.co.uk)

## Royal British Legion: Everyday Needs Grants

RBL has noted a 20% rise in requests for support with urgent needs and has found that some features of the Armed Forces community result in a greater vulnerability to rising costs.

The Everyday Needs Grants Programme is designed to assist those who need help in a quick and easy way with essentials such as kitchen appliances, clothes, and energy costs.

Grants are available of up to £2,400 over 12 months.

**We encourage anyone who is struggling with increasing costs to apply, as flexibility is in place to consider support for those who do not meet the defined means testing.**

**Referral:** Any member of the Armed Forces community wanting to access the grants can find out more and apply directly at [rbl.org.uk/costofliving](http://rbl.org.uk/costofliving) or call **0808 802 8080**

## WDH

Since WDH was established in 2005, we have gone from strength to strength. We are now one of the UK's largest social housing providers, with over 32,000 homes across the Wakefield district and our wider operating area across the north of England.

Our vision is to create confident communities. This is underpinned by our mission which is to inspire, transform and promote excellence and our values - to be creative, inclusive and work with integrity.

**Referral:** [Welcome to WDH](#)

## Wakefield Council Cost of Living Support

Is the cost of living affecting you and your family? Many residents are struggling due to the rising costs of household bills and groceries, making it more difficult to make ends meet.

We are here to help you through it and have put together a guide of the support available. From advice on money, energy and housing to information on your local Warm Space and Help at the Hub venues.

**Referral:** [Cost of Living Support - Wakefield Council](#)

## Warm Spaces

Updated information on warm space can be found here

<https://www.wakefield.gov.uk/more-money-in-my-pocket/warm-spaces>

Organisation	Venue	Warm Spaces Opening Hours	Food available	Activities
Inspiring Community CIC	Rainbow Hub, 26 Duke of York Ave, Portobello, Wakefield WF2 7BY	Tuesday 5pm to 7pm Saturday 11am to 3pm	Y	Tuesdays - family orientation. Saturday - family fun
Pontefract Community Kitchen	Unit 7, Horsefair House, Horsefair Precinct, Pontefract WF8 1PE	Thursday - 12pm-7pm Sunday 9.30am- 11.30am	Y	Arts & Crafts, elderly keep fit, kids activity days (school hols), cookery classes
MHA Communities	Airedale Library, Airedale Centre, The square, Castleford WF10 3JJ and Fitzwilliam Centre, Wakefield Rd	Airedale Centre would run either Mondays or Friday 10am - 3pm. Fitzwilliam Centre would run Tuesdays? 10am - 2pm	Y	quizzes, crafts, games,
Eastmoor Community Project	St Swithun's Community Centre, Eastmoor, Wakefield, WF1 4RR	Monday – Wednesday 3.30 -7.00	Y	games, crafts, film club, IT opportunities, family fit sessions, play area for kids
Balne Lane Community Centre	Balne Lane Community Centre	Wednesday 9am-1pm	Y	arts and crafts, cards, dominos, board games, bingo etc and a children's play area
St George's	St George's Community Centre, Broadway, Lupset, Wakefield, WF2 8AA	Tuesday and Thursday 9:00 am till 5:00pm Monday, Wednesday and Friday 9:00 am till 6:30pm Once per month on a Saturday or Sunday 5:30 pm till 6:30	Y	Newspapers and magazines, lending library of books, a range of board games for adults and children in the café space. Access to the radio and TV We are hoping to plan a film showing (this is subject to the cost of the licence required) Story telling for the under 5's, Organised group games and sports, including, Lazer Tag, Organised family games including bingo, beetle drive, quizzes, Themed arts and craft materials – i.e., Christmas wreath making, Access to computers for gaming if requested (WF-Connect Café) Family health & wellbeing sessions comprising fun games and activities together with the preparation and eating together of healthy meals on a budget
Trinity Mission CIO	Trinity Methodist Church, Powell Street, Castleford, WF10 1EL	Monday 7.30pm - 9pm	Y	Jigsaws, puzzles and a listening ear
Evergreen Active/Family Fit	Millennium Hall Barnsley Rd South Elmsall Pontefract WF9 2BJ	Thursdays - 4.30pm - 6pm	Y	Family Fit inclusive games and activities. Let's get cooking healthy meal preparation and cooking on a budget
Ferrybridge Community Centre	Ferrybridge Community Centre, The Square, Ferrybridge, West Yorkshire, WF11 8PQ	Monday, Tuesday, Thursday, Friday 9am- 12pm	Y	Arts and crafts, board games, jigsaws
Ridings Consortium Partnership bid	Ridings Centre, Almhouse Lane, Wakefield WF1 1DS Peter Jones (upper mall) Crafting4Good (upper mall) The Hive (management suite) Make Space (middle mall) Rainbow Playrooms (upper mall)	Monday 9.30am - 12.30pm & 3pm - 6pm Thursday 9.30am - 12.30pm & 3pm - 6pm	Y	various
Havercroft & Ryhill Community Learning Project	Havercroft and Ryhill Community Learning Centre, Mulberry Place, Ryhill, Wakefield, Wf4 2BD	Tuesday 9am - 4pm	Y	dominoes, cards, magazine/puzzle books and jigsaws and kids play area
Leeds GATE	1 Heath Caravan Park, Heath Common Caravan Park, Doncaster Road, WAKEFIELD, WF1 5DB	Monday 10.30am - 2.30pm Wednesday 1pm-3pm Thursday 11am -2pm	Y	Cinema matinee, youth group, women's wellbeing group, 1-1 mental health & wellbeing appointments