

Bridge Weekend Emergency List

Hope Centre- Day Centre

Northampton Hope Centre

Oasis House

35-37 Campbell Street

Northampton

NN1 3DS

Tel: 0845 519 9371

They offer a meal, internet access and can provide clothing and food in emergencies. You need to be NFA to access their Saturday service, but you do not need to be previously known to them.

"We are open on Saturdays 9.30 am-12.30pm only for those of no fixed abode (NFA), including those who are street homeless. We are open all Bank Holidays such as Christmas and New Year's Day 10-1, even if these fall on a Sunday."

The Lowdown (For children and young adults age 12-25 in the NN1-NN7 area)

3 Kingswell Street (off Gold St)

Northampton

NN1 1PP

HELPLINE: 01604 622223

Enquiries: 01604 634385

<http://thelowdown.info/about-us/>

Saturdays: 10am-4pm

You will need to be referred to this service in advance, although you can self-refer using their web page, or by calling them.

"the lowdown is a counselling, sexual health and LGBTQ support service in Northamptonshire offering a free and confidential service six days a week to children and young adults in distress or experiencing crisis."

Springs Family Centre

9 Tower St, Northampton NN1 2SN

Saturdays 1-4pm

"Springs Family is situated in Spring Boroughs and has created a street level centre at the heart of the neighbourhood. The centre is open to all. Drop into "The Hub" for internet access, for coffee and for a chat."

Internet Access

Many banks and cafes offer free Wi-Fi, as do some bus services.

Free Wi-Fi- Northampton Central Library

**Abington St,
Northampton
NN1 2BA
Sat 9-5.**

Free Wi-Fi if you have your own phone/laptop/tablet and sockets for charging/running devices. Charges apply for using one of their computers and for printing. Some websites may be restricted.

Weekend Events In Northampton Links

<https://www.northamptonchron.co.uk/whats-on>

<https://www.lovenorthampton.co.uk/events/>

<https://www.northampton.gov.uk/whatson>

<https://www.google.com/search?q=whats+on+northampton&oq=whats+on+northampton>

MENTAL HEALTH AND CRISIS SERVICES

If you have already been referred to mental health services in Northampton and are under their care (for example, you have support from Campbell House)

CATTS (Crisis Telephone Support Service) Team

24/7 Helpline

Tel: 0800 917 0464

“We provide a 24-hour a day telephone support service for people receiving support in Northamptonshire for mental health problems, their carers, families and friends. Our service helps when you feel unsafe, at risk, or unable to cope without support.”

Services available to everyone:

MIND Crisis Café

Northampton Mind: 6-7 Regent Square, Northampton, NN1 2NQ

Tel: 01604 634310

2-10pm Every Saturday.

Crisis service for people with Mental Health needs. Professional mental health workers are on hand. No appointment or referral is necessary, just drop-in. Tea and coffee available for a small charge.

For other locations and times around the county see: <https://www.mhnc.uk/crisis-support>

Samaritans:

24/7 Free Helpline

Tel: 116 123

A free and anonymous talking service for people who are suffering. “Every six seconds, we respond to a call for help. No judgement. No pressure. We’re here for anyone who needs someone.”

SANE

Daily 4.30pm – 10.30pm

Tel: 0300 304 7000

“SANE services provide practical help, emotional support and specialist information to individuals affected by mental health problems, their family, friends and carers.”

CALM (Campaign Against Living Miserably) Men's Helpline

5pm-midnight all year round

Tel: 0800 58 58 58

"A helpline for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support."

Domestic Violence Helpline

24/7 Free Helpline

Tel: 0808 2000 247

"The helpline is answered by fully trained female support workers and volunteers, who will answer your call in confidence. All calls to the domestic violence helpline are free from mobiles and landlines. We can support survivors of domestic abuse, friends and families, and professionals who are in contact with domestic violence survivors."

NDAS (Northampton Domestic Abuse Service)

24/7 Helpline

Tel: 0300 0120 154

"NDAS offers help for anyone affected by domestic abuse in Northamptonshire. You could be a victim, perpetrator or a worried family member or friend. Our role is to offer non-judgemental, friendly and practical support."

Victim Support

24/7 Helpline

Tel: 08 08 16 89 111

"If you've been affected by crime and you need confidential support or information, call our Supportline...We're independent of the police and anyone can contact us for support, regardless of whether the crime has been reported or how long ago it took place."

RECOVERY MEETINGS AND NUMBERS

Note that although meetings may be specialist (i.e. for alcohol), they are usually welcoming of people going through any kind of substance recovery or addiction, especially if you feel that you are in danger of a relapse or in crisis.

AA (Alcoholics Anonymous) Meetings:

Saturdays:

Northampton Big Book Study Saturday

The Nene Centre,
Bedford Rd (opposite Daily Bread)
Time: 19.00
Postcode: NN4 7AD

Northampton Just For Today Saturday

Northampton & District MIND, 6-7 Regent Square
Time: 12.00 - duration 1hr 15mins
Postcode: NN1 2NQ

Sundays:

Northampton Share Sunday

Northampton & District MIND,
6-7 Regent Sq
Time: 11.00
Postcode: NN1 2NQ

Northampton Step Sunday

St Mary's Church, Towcester Rd, Far Cotton.
Time: 19.00 - duration 1hr
Postcode: NN4 8EZ

Sunday Polish Speaking AA Meeting

12:00 to 14:00
**Bridge,
63C Gold Street,
Northampton,
Northamptonshire,
NN1 1RA**

You do not need to be a member of Bridge to attend. The meeting is intended for Polish speakers.

Elsewhere in the County:

<https://www.alcoholics-anonymous.org.uk/Members/Regional-&-Local-Websites/midlands-region/Northamptonshire-Intergroup>

SMART (Self Management And Recovery Training) Recovery

“SMART (Self Management and Recovery Training) is a programme that provides training and tools for people who want to change their problematic behaviour, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, Internet and others.”

SMART Recovery, Northampton

Saturday 10:00 - 11:30

S2S

Spring House

39 Billing Rd,

Northampton

NN1 5BA

This meeting is open to all. You do not need to be registered with S2S to attend.

CA (Cocaine Anonymous) Meeting

Sunday 19:00 Hope, Faith & Courage (Recovery, share meeting)

Mind

7 Regent St

Northampton

NN1 2NQ

Elsewhere in the county:

<https://meetings.cocaineanonymous.org.uk/meetings/?tsml-day=any&tsml-region=northamptonshire>

NA (Narcotics Anonymous) Meetings

Saturday, 6:30 pm Just For Today & Topic Group

Anchor House (Northampton MIND)

6-7 Regent's Square

Sheep Street

Northampton

Northamptonshire

NN1 2NQ

Meeting Format "Open to all"

Wheelchair Accessible? : Yes

Length of meeting: 1 hour 30 mins

Ring bell on the right

Sunday 1:00 pm Step Meeting Group

Anchor House (Northampton MIND)

6-7 Regents Square

Sheep Street

Northampton

Northamptonshire

NN1 2NQ

Meeting Format "Open to all"

Wheelchair Accessible? : No

Length of meeting: 1 hour 45 mins (due to 15 min break - finishes at 2:45pm)

Elsewhere in the county: <https://ukna.org/meetings/search>

AI-Anon Meetings

"AI-Anon meetings are for the families & friends of alcoholics who share their experience, strength, & hope in order to solve their common problems"

AI-Anon Northampton Saturday 10:00

Training Room 1,

The Braye Learning and Development Centre (Workbridge),

St Andrew's,

**Bedford Road,
Northampton,
NN4 7AD**

Al-Anon Northampton Sunday Polish Speaking Group

**12:00 to 14:00
Bridge,
63C Gold Street,
Northampton,
Northamptonshire,
NN1 1RA**

You do not need to be a member of Bridge to attend. The meeting is intended for Polish speakers.

Elsewhere in the county: <https://www.al-anonuk.org.uk/find-a-meeting/>

Al-Anon Helpline

**Daily: 10am-10pm
Tel: 0800 0086 811**

"We are here for anyone affected by someone else's drinking. Our Helpline is manned by a team of friendly and helpful volunteers who are also members of Al-Anon. They will listen and be happy to answer your questions"

Drinkline- Alcohol Helpline

Weekdays 9am–8pm, Weekends 11am–4pm

Tel: 0300 123 1110

"The purpose of the Drinkline service is to offer free, confidential, accurate and consistent information and advice to callers who are concerned about their own or someone else's drinking regardless of the caller's age, gender, sexuality, ethnicity or spirituality."

FRANK- Government Drug Advice Helpline

24/7 Helpline

Tel: 0300 123 6600

Free and confidential advice about drugs, especially aimed at young people and their parents and carers.

"The Talk to Frank service provides information about drugs, and advice for drug users, parents and carers."

FOOD AND MEALS

Food Bank

Saturday 10am - 12pm
Duston URC (United Reformed Church)
Main Road
Duston NN5 6JF

Food bank voucher required in advance. Ask at Bridge, at other services, or at the One Stop Shop next to the Guildhall to see if you are in need of one.

Shop Zer0

Saturday 9.00-12.00
134 St James Road (On St James Square)
Northampton
NN5 5LQ

Be aware that they will ask for a donation to keep them up and running.

“Open to the public for people to share the produce in exchange for a donation. Shop Zero has a deli counter, a series of fridges for dairy items and drinks, and plentiful supplies of bread and baked goods, we also stock dried and canned goods.”

Best Before It's Gone Northampton

10 St Peter's Way, Northampton NN1 1PT (Street leading from Gold Street to Argos)
Sat- 9:00-5:30
Sun- 10:00-4:00

Sells discounted food and other items past the “best before” date, but not expired. Shopping online is available, with Mon-Fri delivery within NN postcodes, £2.75. They also stock pet food.

<https://cheapfood.co.uk/>

MEALS

100 Ladles- Hot meal for the Homeless (Saturday)

“100 Ladles (Action for Homelessness and Hunger) is a volunteer led community action group providing a hot meal every Saturday evening in Northampton's town centre. We arrive on Abington Street outside Poundland at 6pm and commence serving at 6.30pm.”

Langar Seva- Hot meal for the Homeless (Sunday)

Same location. Sunday evening 6-7pm.

“Langar Seva is an organisation to help the those in need around the UK. The charity was established October 2013 in Walsall providing hot food and drink to those living on the street, schools, safe houses and those on the poverty line. MLSS operates on Sikh based ethos, where we help and support all people regardless of social status.”

Bridge Programme

1st Sunday of Every Month

Roast Dinner and Dessert (£2.75, members only, payment required in advance)

63C Gold St, Northampton NN1 1RA

4u Community Café

Saturday 9.30am-1pm

St. David's Church Hall on Eastern Avenue South, NN2 7QB

“The Café operates a 'pay as you feel' policy which means that you can come and eat good healthy food for a donation of your choice. We serve a full cooked breakfast (at a cost of £2 plus a drink) and a varied menu of alternate breakfasts and hot dinners.”

Salvation Army Superstore Red Shield Cafe

Abington Street, past the library

Saturday 8.30-5.30 Sunday- closed

Tea- 75p, Coffee- from 99p, Meals and breakfasts from £1-£4, vegetarian and vegan options available.

URGENT PROBLEM NUMBERS

IF YOU OR SOMEONE ELSE ARE IN IMMEDIATE DANGER CALL 999

Urgent medical issue that is non-emergency: 111 (NHS line from any phone)

"NHS 111 can help if you have an urgent medical problem and you're not sure what to do."

Non-emergency police number: 101

"You should call 101 to report crime and other concerns that do not require an emergency response. For example, if:

Your car has been stolen

Your property has been damaged

You suspect drug use or dealing in your neighbourhood

Or to:

Give the police information about crime in your area

Speak to the police about a general enquiry

You should always call 999 when it is an emergency, such as when a crime is in progress, someone suspected of a crime is nearby, when there is danger to life or when violence is being used or threatened."

If you have a serious power cut, or there is damage to power lines: 105 (free call)

Report a suspected gas leak, carbon monoxide leak, or damage to gas lines: 0800 111 999

Out of Hours Northampton Council Line- 01604 837 999 (EMERGENCIES ONLY)

EMERGENCY REPAIRS- Out of Hours **Numbers**

BE SURE THAT THE REPAIR IS AN EMERGENCY BEFORE CALLING

Generally, an emergency is if, without repair, there is an urgent threat to your health or safety (for example, live loose electrical wiring), or imminent threat of severe property damage (for example, burst pipes or flooding), or the property is no longer secure (for example, a broken front door that can no longer be locked).

Private tenants should contact their landlord immediately. If you are in supported housing, use the numbers provided with your tenancy or posted in communal areas.

Emergency repairs for Housing Association Tenants

Check the paperwork for your tenancy or website of your housing association if not listed

EMH Homes: 0300 123 6000

Grand Union: 0300 123 5544, or 0800 177 7003 for gas, electric, and hot water issues

Guinness Partnership: 0303 123 1890

Hyde Housing: 0800 328 2282

Metropolitan: 020 3535 3535 (unconfirmed if this available out of hours)

Midland Heart: 0345 60 20 540

Northampton Partnership Homes: 01604 837 999

Orbit and Phase Housing: 0800 678 1221

Places For People: 0845 850 9571 or 01772 667002 (Charges apply)

Spire Homes (Longhurst Group): 0300 123 1745 and press 1

Waterloo Housing: 0345 600 6055

Specialist Helplines

Samaritans

24/7 Free Helpline

Tel: 116 123

A free and anonymous talking service for people who are suffering. "Every six seconds, we respond to a call for help. No judgement. No pressure. We're here for anyone who needs someone."

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Rape Crisis

Helpline: 0300 222 59 30

Direct: 01604 250721

National Freephone: 0808 802 9999 (Daily 12-2.30 and 7-9.30pm)

Macmillan Cancer Support Careline:

7 days a week, 8am-8pm

Tel: 0808 808 00 00

“The Macmillan Support Line offers confidential support to people living with cancer and their loved ones. If you are worried about money, work or treatment, or you just want to speak about whatever matters to you, we'll listen and support. We can offer guidance and help you find the right information and support in your area.”

Migrant Help

24/7 Helpline

Tel: 0808 8010 503 24

“Migrant Help provides free independent advice and guidance to assist asylum seekers in the UK move through and understand the asylum process. We run a national helpline that is free and accessible to all asylum seekers in the UK.” <https://www.migranthehelpuk.org/>

National Gambling Helpline

7 days a week, 8am-midnight Helpline

Tel: 0808 8020 133

“The National Gambling Helpline is operated by GamCare and offers free and confidential support, information and advice on problem gambling either via telephone, online or text. It can also include direction to chat room forums and printed information depending on what you need and when.”

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Step Change- National debt advice charity

Monday to Friday 8am to 8pm, Saturday 8am to 4pm

Tel: 0800 138 1111

“Before calling, gather the details we need using our budget form [You can find this on their website]. Calls take around 40 minutes.”

<https://www.stepchange.org/contact-us.aspx>

This is not a crisis line. Consult their website before calling about what sort of information they will need you to have on hand. Generally, they will need detailed information about what you owe, how much money you receive, and what your weekly/monthly expenses are.

24 Hour Northampton Rough Sleeping Line

Tel-01604 629 804

“The number is available 24 hours a day to members of the public who notice new people sleeping rough or are concerned about the deteriorating health and wellbeing of familiar rough sleepers.”