

## WARM SPACES

Free welcoming safe warm spaces are available every week as follows:

MONDAY	
9am to 6pm	Sidmouth Library
9am to 1.30pm	Twyford House
12 noon to 2pm	St Teresa's Hall
TUESDAY	
9am to 1.30pm	Twyford House
10.30am to 12 noon	Manstone Youth Centre
WEDNESDAY	
9am to 5pm	Sidmouth Library
9am to 1.30pm	Twyford House
10.30am to 12noon	Methodist Hall
12 noon to 2pm	Dissenter's Hall
THURSDAY	
9am to 5pm	Sidmouth Library
9am to 1.30pm	Twyford House
FRIDAY	
9am to 6pm	Sidmouth Library
9am to 1.30pm	Twyford House
12 noon to 3pm	URC Church
SATURDAY	
9am to 1pm	Sidmouth Library
SUNDAY	
11.30am to 12.30pm	St Teresa's Hall

### ADDRESSES:

Dissenter's Hall, All Saints Rd, EX10 8ER  
Manstone Youth Centre, EX10 9TS  
Methodist Hall, High St, EX10 8LE  
Sidmouth Library, Blackmore Dr, EX10 8LA  
St Teresa's Hall, Connaught Rd, EX10 8TY  
Twyford House, Coburg Rd, EX10 8NF  
URC Church, Primley Rd, EX10 9LB

## COMMUNITY DROP-INS

### YOUTH & COMMUNITY CENTRE

Manstone Road, Sidmouth EX10 9TS every Tuesday 10:30am to 12pm:

- Sidmouth Salvation Army Community Drop-in with tea, chat, speakers, crafts and games. Contact: Angie Carney 07889 755777
- Honiton Community Advice Service (HCAS) advisors are available to give free face-to-face advice on a range of issues. No question is too small and no appointment is needed. honitoncas@hotmail.com
- Sid Valley Food Bank food parcel collection for people with a referral. Phone Sid Valley Help on 01395 892 011 if you need a referral.

### OASIS CAFÉ

The pop-up café provides a light lunch, cuppa, conversation and various activities every Wednesday 12 to 2pm at the Dissenters Hall, All Saints Road, Sidmouth EX10 8ER. Phone 07977 469882.

### MUSTARD SEED CAFÉ

The café and bookshop is open 10 am to 4:30pm Monday to Friday and 10am to 2:30pm on Saturday at 1 All Saints Road, Sidmouth EX10 8ER phone 01395 512225.

# SUPPORT & ADVICE for the cost of living crisis

**Sid Valley Help**  
in association with  
**Sidmouth**  
**Town**  
**Council**



## FOR MORE INFORMATION ON ANY OF THESE SERVICES:

- phone Sid Valley Help anytime on 01395 892 011
- visit the Sidmouth Hospice at Home Information Hub at 48 High Street, Sidmouth open Monday to Friday 10am to 2pm.

Leaflet by **Sid Valley HELP** in Dec 2022  
registered charity 1181458  
[www.sidvalleyhelp.org.uk](http://www.sidvalleyhelp.org.uk)  
phone **01395 892 011** anytime  
email [sidvalleyhelp@gmail.com](mailto:sidvalleyhelp@gmail.com)



## **CITIZENS ADVICE EAST DEVON**

CAED gives free, confidential and impartial advice on benefits, debt and money, consumer affairs, housing, family, law and courts, immigration, and health and social care services. Phone 01395 265 070 or see [www.citizensadviceeastdevon.org](http://www.citizensadviceeastdevon.org). The national website has lots of information at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk).

## **EDDC FINANCIAL HELP**

The East Devon District Council Financial Resilience Team provides financial support and advice including help with energy bills and housing costs.

See the website: [www.eastdevon.gov.uk/benefits-and-support/financial-support-and-advice](http://www.eastdevon.gov.uk/benefits-and-support/financial-support-and-advice) or phone the team on 01395 517446.

## **GATEWAY HOMELESSNESS**

Gateway is the Sid Valley Homelessness Action Group. Volunteers work with clients rough sleeping, homeless or about to be made homeless.

See [www.gatewaysidmouth.org.uk](http://www.gatewaysidmouth.org.uk)

If you are homeless or at risk of becoming homeless call Gateway on 07432 200671 or EDDC Housing on 01395 571 660.

## **SIDMOUTH VOLUNTARY SERVICES**

SVS provides services, care and friendship for the elderly and disabled. We provide a range of services from Twyford House including a morning café, lunches, patient transport, and shopping buses. To find out more please call Carol on 01395 515 063 [www.sidmouthvs.org.uk](http://www.sidmouthvs.org.uk).

## **SIDMOUTH CONSOLIDATED CHARITIES GRANTS**

SCC awards grants for general charitable purposes including buying necessary household items and disability aids. Write to: The Administrator, PO Box 99, Sidmouth EX10 1DH or email [info@sidmouthconsolidatedcharities.co.uk](mailto:info@sidmouthconsolidatedcharities.co.uk)

## **ECOE ENERGY BILLS HELP**

Exeter Community Energy (ECOE) offer advice on how to reduce electricity and gas bills. Advice sessions are held in Sidmouth every month.

See [www.ecoe.org.uk/healthy-homes-wellbeing](http://www.ecoe.org.uk/healthy-homes-wellbeing) or phone ECOE on 0800 772 3617 for advice and the dates of local advice sessions.

## **SID VALLEY FOOD BANK**

The Sid Valley Food Bank helps individuals and families who are struggling financially to meet the demands of daily living. A referral is required. See our website [www.sidvalleyfoodbank.org.uk](http://www.sidvalleyfoodbank.org.uk) or phone Sid Valley Help on 01395 892 011 if you need a referral.

## **SAVE FOOD HUB**

We offer free, good, end-of-date food from local stores. Food can be collected from the Dissenters Chapel (opposite Tesco) at 8.15pm on Tuesdays, Wednesdays, Thursdays and Saturdays. Food may also be available at other locations and from the Community Larder at SVS Twyford House. Check [www.savefoodhub.org.uk](http://www.savefoodhub.org.uk) or phone Sid Valley Help on 01395 892 011 for details.

## **AGE UK COMPUTER HELP**

Age UK Devon provides free training sessions to help older people in Devon to use the internet, digital devices and online services. There is Sidmouth-based advisor and home visits can be arranged. Phone Age UK 0333 241 2340 or Sid Valley Help 01395 892 011 for details.