

Concerned about the Cost of Living crisis?

Some local **Oadby, Wigston, South Wigston Borough** information to help....

If you are struggling to pay for essentials or you need more support this year than usual,
please read this. You are not on your own

What's on:	Contact/More Details:	When:	Time:	Where:	Cost:
FOOD PARCELS					
Oadby Foodbank	Oadby Foodbank Call direct 07723121794 Email: info@oadbyfoodbank.org.uk	Fridays fortnightly	11:30am- 12:30pm	Oadby Trinity Methodist Church Harborough Road Oadby LE2 4LA	free
Salvation Army	Salvation Army Referrals from GP, professionals, support workers, etc Call direct 01162 774114 Email: office@leicestersouthsa.org.uk Food Bank – Referral required	Tues, Wed, Thur	09:00am- 12:00pm	Ladysmith Road (off Saffron Road) South Wigston LE18 4UZ	free
		Daily	09:30 – 12:00pm		Free
Oadby & Wigston Lions and South Wigston Congregational Church	Oadby and Wigston Lions Call Direct 07818603699	Mondays fortnightly	10:00am- 11:15am	South Wigston Congregational Church Hall, 48 Blaby Road, South Wigston. LE18 4SD	£1.20
Leicester South Foodbank Trussell Trust	Foodbank Call direct : 07912 194783 Email:	Thursdays	1:00pm- 2:00pm	The Kings Centre, 56 Bull Head Street, Wigston	free

Concerned about the Cost of Living crisis?
Some local **Oadby, Wigston, South Wigston Borough** information to help....

What's on:	Contact/More Details:	When:	Time:	Where:	Cost:
	info@leicestersouth.foodbank.org.uk Clothing/household items service which people can access by emailing hub@hopechurchwigston.co.uk			LE18 1PA	
The Wigston Community Fridge	open to anyone - results from partnership working with various supermarkets and good businesses	Mon, Wed, Thur ----- Fri ----- Closed: Tue,Sat, Sun	1:30pm – 2.30pm ----- 10:45am – 11:45am -----	Long Street, Wigston Magna LE18 2AH	Free
HOT MEALS					
ASDA	Asda offer the over-60's soup, a roll and unlimited tea and coffees for £1 in any of its 205 cafes all day and every day throughout November and December'	every day	All day	All Asda Cafes	£1
MORRISONS	Morrisons Café FREE jacket potato & beans (normally £5)* You just need to "ask for Henry". Valid every day, till 6 November or till 'stocks' run out	from 26/10/22 until 6/11/22, or until 160,000 free meals are claimed	Check in store	All Morrisons Cafes	Free
SAINSBURYS					

Concerned about the Cost of Living crisis?
Some local **Oadby, Wigston, South Wigston Borough** information to help....

What's on:	Contact/More Details:	When:	Time:	Where:	Cost:
Open hands Pie Night -	Emergency Hot meal – Consisting of Pukka pie, Jacket Potato, Baked beans and a pudding.	Tues	7:00pm	The Open Hands Compassion Centre 19, Lower Willow Street, Leicester LE12HP	Free
HOT DRINK & A CHAT					
Cuppa and a chat – drop in	British Legion 0116 2714415	Tues	11:00am-1:00pm	4A Wigston Rd, Oadby, Leicester LE2 5QA	£1 + £1 cake, etc
Cuppa and a chat – drop in	Tracey Westkamp	Weds	11:00am-1:00pm	Oadby Boys Club Wigston Road Oadby	£1 + £1 cake, etc
'A Place to Grow' – drop in	Community Garden space. It's free, open to all, and we serve hot drinks and cakes and there's always some fresh produce from the garden that people can help themselves to.	Weds	10:00am-12:00pm	Oasis Centre, Oadby Baptist Church, Leicester Road, Oadby, LE2 5BD	Free
Over 60s coffee morning – Drop in	Coffee morning	Tuesdays	10:00am-11:30am	Kings Centre, 56 Bull Head Street, Wigston LE18 1PA	Drinks
Hope Hub Community – Drop in	Community session at the Boulter Crescent community flat - drop in chill and chat	Tuesdays	12:00pm-2:00pm	Boulter Crescent Community Flat	
Hub Club – drop in	Community driven project aiming to provide adults with a space to	Thursdays	2:00pm-4:00pm	Kings Centre, 56 Bull Head Street,	Free

Concerned about the Cost of Living crisis?
Some local **Oadby, Wigston, South Wigston Borough** information to help....

What's on:	Contact/More Details:	When:	Time:	Where:	Cost:
	meet a range of services, chat and activities while having a cuppa. Supported by Hope Community Church, Oadby & Wigston PCNs, Helping Hands, Leics South Foodbank, Oadby & Wigston Borough Council,			Wigston LE18 1PA	
Coffee morning – drop in, the church offers a warm welcome	South Wigston Methodist Church	Saturdays	9:30am-11:30am	South Wigston Methodist Church Blaby Road South Wigston LE18 4PB	drinks/ cakes to buy
Coffee Morning – Drop in All welcome	South Wigston Congregational Church	Thursdays	10:00am-11:30am	South Wigston Congregational Church 48 Blaby Road South Wigston LE18 4SD	
Coffee Morning –	URC at NWSLC Marion Bartholomew	Wednesdays	Fortnightly		
Coffee/Tea Morning Warm Place All welcome	Mark Pasimupindu - - markcfani1@yahoo.co.uk 07545808173	Thursdays	10:00am 12:00pm	Church For All Nations Central Avenue Church 102 Central Avenue, Wigston, Leicester, LE18 2AA	Free
Warm Place	Josh Harrison - - joshh803@gmail.com	Starting from Thursday 17 th November 2022	09:30 – 12:30	Little Hill Church Launceston Road, Little Hill, Wigston. www.littlehill.org.uk	Free

Concerned about the Cost of Living crisis?
Some local **Oadby, Wigston, South Wigston Borough** information to help....

What's on:	Contact/More Details:	When:	Time:	Where:	Cost:
Warm Place	The Star & Garter Debra Murray Chill, chat and stay warm with a hot drink.	0116 2886485	1.00pm till 12:00am	114 Leicester Rd, Wigston LE18 1DS	As per price list
Warm Place	Community cafe for a hot drink & chat. Contact: Dan Eagles, Bethel Church, Wigston Fields 0116321898 danjeagles@yahoo.co.uk	Wednesday (coffee morning) Thursday (friendship café)	10:00 – 12:00pm 10:30 – 12pm	Community Cafe – The Corner, The Crescent, Wigston LE18 1HW Contact - Ellie & Mark Merrick – 07927214613 Contact Claire - 07841668712	FREE
Warm Place @281 Wigston Cafe	@281 Wigston Cafe Coffee, cakes, chill and chat	Tuesday to Saturday	10:00am – 5:00pm	281 Leicester Road, Wigston, LE18 1JW Javeria - 07734287418	As per price list
Warm Place Salvation Army	Loaf & Bloom Hot drinks/cakes/snacks Cakes from £2 Hot Choc £2.10	Every Day	9:30am- 3:00pm	Salvation Army Loaf & Bloom Ladysmith Road South Wigston LE18 4UZ	Tea 1.50
Men's group – Over 50s - Drop in	Group for men over 50 to get together over tea and coffee, cards, darts, pool, indoor bowls, scrabble and board games Rob Elliott 07703441894 Robelliott3514@gmail.com	Wednesdays	Weekly	Elliott Hall 14 Albion Street South Wigston LE18 4SA	£3

Concerned about the Cost of Living crisis?
Some local **Oadby, Wigston, South Wigston Borough** information to help....

What's on:	Contact/More Details:	When:	Time:	Where:	Cost:
Men In Sheds – woodworking and fix it group	Rob Elliott 07703441894 Robelliott3514@gmail.com	Monday and Tuesday	09:00am – 1.30pm	Elliott Hall 14 Albion Street South Wigston LE18 4SA	£3 free hot drink
Warm Place – Drop in	Rob Elliott 07703441894 Robelliott3514@gmail.com Details to be confirmed – please contact Rob	Thursdays	12:00pm-2:00pm	Elliott Hall 14 Albion Street South Wigston LE18 4SA	£2.50 tea and cake
Oadby Library	Coffee, Tea and Conversation mornings – all welcome for chat free biscuit and hot drink	First Monday of the month	10.30am-12.00pm	Oadby library, 10 The Parade, Oadby, LE2 5BF	Donation
Wigston Library	List of activities	Daily	Please contact Wigston library	Wigston Library, Bull Head St, Wigston, LE18 1PA 0116 3053689	Free
Inter Faith Week Celebration – Drop in for free cake, samosas, coffee, tea, chai, chat & friendship	admin@oadbyweb.org.uk	Fri 18/11/22	10:30am-12:30pm	Oadby Library The Parade Oadby	Free
HELP WITH MENTAL / PHYSICAL HEALTH					
Oadby Library	Cancer Support Group – informal drop in group offering friendship and support to anyone who has had or has cancer	First Friday of the month	1:30pm-3:00pm	Oadby library, 10 The Parade, Oadby, LE2 5BF	FREE

Concerned about the Cost of Living crisis?
Some local **Oadby, Wigston, South Wigston Borough** information to help....

What's on:	Contact/More Details:	When:	Time:	Where:	Cost:
Life Links	Support for Mental Health and Wellbeing – 14th November 21st November 28th November 5th December No need to book, just turn up	Mondays	3:00pm-4:00pm	Oadby Baptist Church, Leicester Road, Oadby, LE2 5BD	FREE
Life Links/Richmond Fellowship	Mental health, wellbeing and recovery support to adult residents of Oadby and Wigston, who either have a mental health diagnosis or are experiencing elements of poor mental health. Offering a range of different services including 1:1 Community Recovery Support, Group Community Recovery Support, Peer Support Groups and Recovery Education Workshops. 0800 0234 575 www.rflifelinks.co.uk Leicestershire.Lifelinks@RichmondFellowship.org.uk	Mon-Fri	9:00am-5:00pm	Our offices are based in the city centre, however we do a lot of our work within the community. Address: Richmond Fellowship – Leicester Life Links First Floor 60 Charles Street Leicester LE1 1FB	FREE
SWAMM Group	Support for Mental Health and Wellbeing Hot drinks available to buy from the cafe	Tuesdays	1:30pm-3:30pm	Menphys Community Centre Bassett Street South Wigston	Free

Concerned about the Cost of Living crisis?
Some local **Oadby, Wigston, South Wigston Borough** information to help....

What's on:	Contact/More Details:	When:	Time:	Where:	Cost:
Active Oadby & Wigston and Life Links	Support for Mental Health and Wellbeing – Book by calling: 07464 901109 Email: Active.together@oadby-wigston.gov.uk	Mon 7/11/22 Tue 8/11/22 Wed 9/11/22	12:00pm-3:00pm 11:15am-12:15pm 11:00am-12:00am	Free pool and snooker at Winchester, Wigston Stress Management Workshop at Freer Centre, Wigston Mindfulness Walk from Bell Street, Wigston	Free
Active Oadby & Wigston – Wellbeing activities across the borough	So many local activities: Oadby Group Walk Wigston Group Walk Dementia Walk South Wigston Wellbeing Walk Care to Walk Ladies only Walk Saturday South Wigston Walk Seated Activity Walking Football/Netball Active Ladies Move2Muziq Waterways Wellbeing Walk-Jog-Run Email: Active.together@oadby-wigston.gov.uk Online:	Various dates	Various times	Various places in the borough, e.g Brocks Hill, Uplands Park, Blaby Road Park, Two Steeples Pub, SW Methodist Church, etc	Free

Concerned about the Cost of Living crisis?
Some local **Oadby, Wigston, South Wigston Borough** information to help....

What's on:	Contact/More Details:	When:	Time:	Where:	Cost:
	https://www.activeoadbywigston.org.uk/our-programmes1				
Canalside walk with Hot drink at end	Sean Payne, 07795 057 198 Email: Sean.payne@canalrivertrust.org.uk	Thursdays	10:30am-12:00pm	Blaby/Glen Parva (Manor Pub)	Free
Canalside walk with Hot drink at end	Sean Payne, 07795 057 198	Tuesdays	10:30am-12:00pm	Market Harborough (Union Wharf)	Free
Health Focussed Zoom Sessions – for over 50s living in Leicester, Leics or Rutland	Email: healthplus@reachingpeople.co.uk	Mon, Tues, Thu, Fri	various	Zoom – online sessions: Dance, Exercise, Yoga, Chit Chat, Stretches, Mindfulness, Knit & Natter, Geet Sangeet, Shreemad Bhagwad Gita, Ke Sitare Kareoke. Sessions in Gujarati/Hindi/English	Free
HELP WITH LOCAL TRANSPORT					
Local Transport (volunteers) Transport costs vary but heavily subsidised	Community Action Partnership 0116 2887482 https://www.communityactionpartnership.org.uk/	Mondays-Fridays	9:00am-1:00pm	Wigston/South Wigston/Oadby	Varies
HELP WITH WORK & SKILLS					
Free service to local residents help to find work or training: job	Work & Skills Leicestershire	Wednesdays	10:00am-12:00pm	Wigston Library	Free

Concerned about the Cost of Living crisis?
Some local **Oadby, Wigston, South Wigston Borough** information to help....

What's on:	Contact/More Details:	When:	Time:	Where:	Cost:
search, CV writing, interview techniques, digital training					
HELP WITH FINANCES/BENEFITS					
Help and support with a range of issues including: Welfare Benefits Debts Housing Utility Bills	Helping Hands Community Trust 0116 278 2001 office@helpinghandscentre.co.uk www.helpinghandsadvice.co.uk	Monday, Wednesday, Friday Appointment only	10:00am-1:00pm	Helping Hands Building 66-68 Blaby Road, South Wigston LE18 4SD	FREE
		Tuesday (Drop in)	10:00am-3:00pm	(nr Zephs Café) Trinity Methodist Church, Oadby	
		Thursday (Drop in)	10:00am-3:00pm	Wigston URC, Long Street, Wigston Magna	

Where to go:	What for:
ADVICE, SUPPORT, HELP WITH COSTS OF LIVING AND HEATING MY HOME	
Oadby & Wigston Borough Council https://www.oadby-wigston.gov.uk/pages/cost_of_living_support Financial Inclusion Officer	Lots of information and advice through the links on the Oadby & Wigston Borough Council website, designed to ensure that you're getting all the help that you are entitled to. Oadby & Wigston Borough Council has a Financial

Concerned about the Cost of Living crisis? Some local **Oadby, Wigston, South Wigston Borough** information to help....

Where to go:	What for:
<p>If you wish to access the Financial Inclusion Service, complete the online form: https://myaccount.oadby-wigston.gov.uk/service/Financial_Inclusion_Support_Request</p>	<p>Inclusion Officer whose role is to support financially vulnerable customers, help them claim any benefits they may be entitled to and identify any other support they may need.</p> <p>In some cases support will be available from the borough council, but the inclusion officer is also able to make referrals on behalf of customers needing help from other organisations.</p> <p>The officer is also able to help the customer review debts and will work in their best interests to look at how the repayment of debt can be manageable and effective.</p>
<p>Central Government website https://helpforhouseholds.campaign.gov.uk/discounts-and-offers/</p>	<p>Cost of Living Campaign Find out what offers are available from businesses to help with the cost of living, e.g ASDA, Iceland, Sainsburys, Morrisons, Co-Op, Muscle Food, Everyone Active and many more</p>
<p>Leicestershire County Council https://www.leicestershire.gov.uk/leisure-and-community/find-help-with-cost-of-living</p> <p>https://www.leicestershire.gov.uk/adult-social-care-and-health/assessment-and-eligibility-for-care-and-support/household-support-fund</p>	<p><u>Cost of living advice</u></p> <p><u>Household Support Fund</u> The Household Support Fund is provided by the Government to local authorities to support families with children and individuals most in need, administered by Leicestershire County Council. Support available includes food and fuel (Change to gas and electric) vouchers and you can find details of eligibility criteria on the county council website. Direct applications are not being accepted and a referral must be made on your</p>

Concerned about the Cost of Living crisis?
Some local **Oadby, Wigston, South Wigston Borough** information to help....

Where to go:	What for:
<p>First Contact Plus https://firstcontactplus.org.uk/</p>	<p>behalf by a professional support worker or agency. An online tool which helps adults find information about a range of services all in one place. Information and resources on housing, health, living independently, money advice, work, security and other topics that assist the county's residents can be found on this site. First Contact Plus is delivered by Leicestershire County Council in partnership with GPs, the police, health organisations, voluntary groups and social care departments, district & borough councils who are helping adults across the county by working together to make access to services much easier.</p>
<p>Warm & Wise Project Age UK 01162614604 Email: warmandwise@ageukleics.org.uk</p>	<p>Age UK Leicester Shire & Rutland are working together with Age UK Nottingham & Nottinghamshire and Age UK Lincoln & South Lincolnshire to provide affordable warmth information, advice and support to Leicester, Leicestershire & Rutland residents aged 50+.</p> <ul style="list-style-type: none"> • Home Energy Assessment • In-depth personalised energy advice • Tariff switching advice • Benefit checks • Information on applying for £150 Warm Home Discount • Priority services registration • Explaining smart meter benefits • Help and advice with home improvement grants • Practical tips and support to keep your home warm in winter

Concerned about the Cost of Living crisis?
Some local **Oadby, Wigston, South Wigston Borough** information to help....

Where to go:	What for:
Community Advice and Law Service https://cals.uk.net/	Free community law advice and support
Warm Homes 0116 305 4286 https://firstcontactplus.org.uk/download/Warm-Homes-advice-booklet.pdf	Help with heating and staying warm at home. Guide to staying warm
Christians against Poverty www.capuk.org Email Marilyn: marilyn@hopechurchwigston.co.uk	Help getting out of debt, budgeting, making your money go further or help to find a job.
British Gas support Struggling to pay - https://www.britishgas.co.uk/help-and-support/debt-triage/debit-type Energy advice - https://www.britishgas.co.uk/energy/british-gas-energy-trust.html?cid=oem_BGCE321922_Mon_20220912_23430 Energy saving tips – https://www.britishgas.co.uk/energy/energy-saving/energy-saving-tips.html?cid=oem_BGCE321922_Mon_20220912_23430	
British Gas Energy Trust Funds are limited, and applications should be made as soon as	British Gas's charity, the British Gas Energy Trust, operates two very similar schemes: one available to both

Concerned about the Cost of Living crisis? Some local **Oadby, Wigston, South Wigston Borough** information to help....

Where to go:	What for:
<p>possible.</p> <p>apply here: https://bget.org.uk/login.php</p> <p>https://britishgasenergytrust.org.uk/grants-available/</p>	<p>customers and non-customers that Both are only for those living in England, Scotland or Wales, and both are designed to reduce existing fuel debts of £250+. The eligibility criteria for the grant opening today has also changed, and you can now also have more than £1,000 in savings and still be eligible.</p>
<p>Severn Trent - Water Fit Scheme</p> <p>https://www.stwater.co.uk/wonderful-on-tap/save-water/get-water-fit/#/</p>	<p>Severn Trent – Water Fit scheme provides tips and suggestions of ways to reduce usages of water and gives examples on the cost savings</p>
<p>If you are unsure where to go for help, please contact your Local Area Coordinator for a friendly chat about this, we are happy to help direct you to the right help:</p> <p>Louise Monk, LAC Oadby (covering South Wigston) 07526927372 louise.monk@leics.gov.uk</p> <p>Safina Jamal, LAC Wigston Magna, 07834177184 Safina.jamal@leics.gov.uk</p>	
<p>DISCLAIMER: all information is fact checked where possible and accurate at the time of sending. If you notice any inaccuracies, please email: Louise.monk@leics.gov.uk or Safina.jamal@leics.gov.uk</p>	