

Financially things are getting tougher.

The cost of living is going up.



Opening Doors, Enriching Lives

If you are worried about food, finance, energy bills etc. there is help and it is local to us.

Here are a few places you could go for help and support. If you can signpost us to anymore, please let us know and we will share with all of our families.

Food Bank

<https://durham.foodbank.org.uk/>

FOOD BANKS

The Food Bank at Stanley can provide 3 days of nutritionally balanced, non-perishable food. To access this you need a Food Voucher. If you contact us, we could help you with this or you can call 0300 330 9027 to speak to Citizens Advice who will be able to issue you with a food bank voucher if necessary.

Stanley

OPENING TIMES		ADDRESS
Mon	10:00 - 11:45	The Venue Stanley Day Centre, Wear Road, Stanley (Fuel) DH9 6LU
Tue	Closed	
Wed	10:00 - 11:45	
Thu	Closed	
Fri	10:00 - 11:45	
Sat	Closed	
Sun	Closed	

Pact House, Stanley

<https://www.cdcf.org.uk/casestudies/pact-house-stanley/>

<https://www.facebook.com/PACTHouseStanley/>

PACT House 

CAFE • COMMUNITY HUB • MEETING SPACE



FREE FAMILY BREAKFAST

Bacon or Sausage Sandwich
Beans on Toast, Cereal
with Tea/Coffee or Juice

Monday 11th - Thursday 14th April
Tuesday 19th - Friday 22nd April
available from 9am to 11am

Funded through the hard work of our amazing volunteer team

 @PACTHouseStanley
39 Front Street, Stanley DH9 0JE
pacthousestanley@outlook.com



PACT house, in Stanley (39 Front Street, Stanley DH9 0JE), was set up to be a one-stop shop for local people looking for practical and emotional support. All in a relaxed, friendly environment.

The team provide a free community meal every Wednesday, cooked and served by volunteers. There are 'no questions asked' for those who cannot pay, who often choose to donate their time to wash up and clear away.

Fighting holiday hunger, and wider food insecurity is another key part of the mission.

During school holidays the team offer free breakfasts for children, making sure that families who are struggling with the extra cost of feeding their children during the long holidays are helped with one free meal a day.

They also provide a crisis foodbank, furniture and household items to people with nothing; and keep a small clothing bank for people in emergency situations.



Shape Performance <http://www.shapeperformance.co.uk/> are offering FREE coaching courses over Easter at Croft Community School in Annfield Plain this Easter.

The courses are free and **ONLY AVAILABLE** for children who receive free school meals – Year 1 to Year 7.

Children will participate in their multi-sport activities course which includes some of the following:

Dodgeball, Cricket, Basketball, Ultimate Frisbee, Nerf Games, Football, Archery etc.

The courses are running as follows from 9 until 2:30:

Monday 11th to Thursday 14th April

Tuesday 19th to Friday 22nd April

Children will have a hot meal at lunchtime and breakfast is available too.

Stanley One Point Hub

One Point provides a variety of free advice and support and a range of activities for children, young people and families. They work alongside the NHS to provide this. You can find them on Stanley Front Street, DH9 0TE
Telephone: 03000 261114



Citizens Advice can offer help with a range of issues and we have a centre in Stanley. To find out more look on their website or ring on one of the numbers listed here.

<https://www.citizensadvice.org.uk/>

Contact us

The Venue Wear Road
STANLEY
DH9 6LU

<http://www.citizensadvicecd.org.uk/>

Ring 0808 2787821 Monday to Friday 10am to 4pm for telephone advice

0300 323 2000 - Debt Advice Line Monday to Friday 9am to 1pm

0300 323 1000 - To cancel or rearrange appointments

Also, if you are on Facebook, look at the Friends of Tanfield Lea site as they promote support in the area too.

We hope you have found this helpful.

Please don't forget... if you are unsure or need some advice or help, please contact us at school and we will do whatever we can to support you.



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