



BOWERHAM PRIMARY & NURSERY SCHOOL

Bowerham Road, Lancaster, LA1 4BS

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Dear Parents,

SUPPORT – IT IS OUT THERE – UPDATED

During these difficulties times it is essential for us to inform you that help and support is out there for YOU to access. Please find below support with a range of difficulties from lack of food, heating, money and clothing.

A number of these resources are not income relevant, they are for anyone who is finding things difficult, due to the effects of COVID 19 and how our world, as we knew it, has changed over the last 2 years.

Many of these services can be accessed by a drop in service or you can follow them on Facebook for more up to date information.

With the summer holidays just around the corner we really want to make sure that our families still feel help is out there and you do not need to struggle.

Foodbanks:

North Lancs Intercepted Food Club Alliance

Contact:

Follow on Facebook: YES



North Lancs Intercepted Food Club Alliance

Public group · 216 members

[Join group](#)

Information: Volunteer members gather up good food that would go to waste and we bring it to our pop up clubs. We get all kinds of food: cereal, fruit, pasta sauces, vegetables, cakes and snacks, sausages, pasties, ready dinners, packets of ham, chicken nuggets, ice cream... etc. It varies every week and we never quite know what we will get, because that is how intercepted food works! Each club member pays between £2.50 and £3 in subs when they come to the club. The subs pay for

club membership, not for the food. The clubs offer more than just food - they are sociable and positive places that people enjoy coming to and where they feel part of a community that cares.

Location: Follow Facebook page for details - venues vary.

Stand tall, reach high, love learning

The Bowerham School community is proud to nurture aspiration, inspire love for life-long learning and prepare children for a changing Society.

Hala Pantry

Follow on Facebook: YES



Information: Hala Pantry is a food club that meets weekly at St Paul's, Hala Centre. 5pm - 6.30pm. For £4 per week (cash only) come to top up your weekly shop with food that is rescued from waste and meet old and new friends at the same time.

Father's House Church, Lancaster



Follow on Facebook: YES

Information: Now we are delighted to be able to open the Community Cafe again as a Takeaway Service. This time it is for those who find themselves struggling to make ends meet and as such are struggling to get a decent meal. Therefore, every Thursday from 12:00 - 2:00pm we offer a free hot meal to those who are unable to pay.

Location: Owen Road, Lancaster, LA1 2AP

Tel: 01524 63770 Email: fathershouselancaster@gmail.com

Food 4 Thought



Follow on Facebook: YES

Information: Food for Thought is a not-for-profit community group. We are based out of Father's House in Skerton. Our food club is held weekly on a Thursday 12-2.

Location: Father's House Elim Church, Owen Road, Lancaster, LA1 2AP, UK

Back of the boot: Donation of £1 goes towards the Father's House defibrillator. Held Mon - 5.00pm - 5.30pm.

Eggcup Lancaster



Information: Eggcup is about food, people and community. Our low-cost, weekly food scheme helps our members to save money on food, and that makes life more affordable for those in our community on a tight budget. Call: 01524 928027 admin@eggcup.org



Olive Branch – 01524555715

Morecambe Bay Food Bank – 01524932001



Clothing:

Little Joe's Clothes



Follow on Facebook: Yes

Little Joe's Clothing

Every second Friday of the Month

9.30am - 11.00am

Location: St Joseph's Catholic Church - Slyne Rd, Skerton, Lancaster, LA1 2HU

Information: We are Little Joe's, a birth to 10 years pre loved clothes service based from the Presbytery (the house attached to) St Joseph's Church, Lancaster.

Post-Covid means we are working a little differently! We no longer have a drop in; instead, you can now message us through here, and request items in need, which will need to be collected. EVERYTHING IS FREE!

Advice:

Citizen Advice Bureau



Contact: Adviceline - Freephone 0802787882

Email: enquiries@northlancashirecab.org.uk

Website: <https://www.northlancashirecab.org.uk/>

Overview: If you are finding life difficult and would like some free, independent, impartial and confidential advice then come and talk to us. We can talk to you over the phone, or by email or we can make a face to face appointment so that you can get the help that you need in a way that's best for you. They support with Money advice, Welfare Benefits, Housing, Community Advice and Support, Employment advice, Computer Hub, Citizen Representative and Adviceline.

Debt:

https://www.debtadviceline.uk/main.php?cq_src=google_ads&cq_cmp=16026636695&cq_term=debt&cq_plac=&cq_net=g&cq_plt=gp&gclid=Cj0KCQiA0eOPBhCGARIsAFIwTs6J-6md7pTcSMqPk9V-RpFLeV-iXZ78CEhgDpeNVD57OGtb60kGryAaAmM_EALw_wcB

Support with household bills



Tel: 01524 582000

Email: customerservices@lancaster.gov.uk

Hygiene Bank



If you are in need for hygiene resources please contact school directly. We have a bank of items here, we can create bag of items to collect from the school office.

Mental Health

Lancashire MIND – 01257231660

Mindsmatters: <https://www.lscft.nhs.uk/mindsmatter2-self-referral>

Are you entitled to Free school meals?

<https://www.lancashire.gov.uk/children-education-families/schools/free-school-meals/?page=3>

Uniform

The Uniform project:

Website:

https://lancasteruni.eu.qualtrics.com/jfe/form/SV_2ifBllLp9un6yOh?_ga=2.218659353.1475347044.1625475804-2143721581.1624953110&fbclid=IwAR10i8tuTBodW0_hj8yOLmqNKI8OV6OaDXhMv3_nxVBdddaJPkQpZUe90yY



If you are in need of Bowerham School uniform – please contact school.

Council for voluntary service:

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

Young carers:

<https://www.barnardos.org.uk/what-we-do/services/lancashire-young-carers>

Lancaster Men's Hub:



The Tara Centre:

Address: The Storey, Castle Park, Lancaster LA1 1TH

Phone: 07830 107008

Supporting Families Employment Advisors

Zoe Quinn

zoe.quinn@Lancashire.gov.uk

Free school meal vouchers

If you are currently in receipt of free school meals then you will receive a voucher for £90 for each eligible child. The vouchers are due to be sent to you on Monday 25th July and will cover the Summer holidays. If you believe you may be eligible but have not applied, please use this link to check your entitlement. <https://www.lancashire.gov.uk/.../free-school-meals/...>

School uniform support

Further uniform and support is also available for primary & secondary school uniform from the Foodbank Uniform Project. The self-referral form can be found at <https://morecambebay.foodbank.org.uk/uniformproject/>

Household support fund

If any of our families think, they may experience financial hardship over the summer there is help available from our local council. Please use the link to find out more and apply for either the Household support fund, the Lancaster district hardship fund or the discretionary energy rebate scheme. <https://www.lancaster.gov.uk/.../financial-support-for...>

We are here for you; please do not hesitate to ask!

The Pastoral Team