



# BOWERHAM PRIMARY & NURSERY SCHOOL

Bowerham Road, Lancaster, LA1 4BS

t: 01524 63999

[www.bowerham.co.uk](http://www.bowerham.co.uk)



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Dear Parents,

## **SUPPORT – IT IS OUT THERE !!**

During these difficult 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 cost of living crisis and current economical climate.

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 start of a new term and heading into winter 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.

### **Hala Pantry**

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## **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.

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](mailto:admin@eggcup.org)



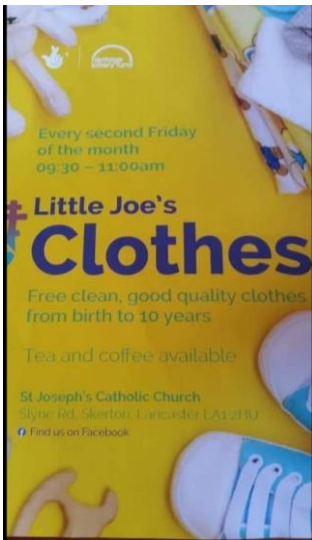
Olive Branch – 01524555715

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](mailto: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](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**



Lancaster District  
Community Hub

Do you need help accessing / purchasing food, or support with your bills and other essential items this winter?  
If so, our Household Support Fund could help.

To be eligible for the scheme you must be:

- Aged 16 or over
- A resident of the Lancaster District
- Experiencing financial hardship and struggling to afford essential items

For more information and to apply:

www.lancaster.gov.uk/hsf

01524 582000 between the hours of 9am to 5pm, Monday to Friday.

or scan me!

LANCASTER CITY COUNCIL

**Tel: 01524 582000**

**Email: [customerservices@lancaster.gov.uk](mailto: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\\_2ifBllP9un6yOh?\\_ga=2.218659353.1475347044.1625475804-2143721581.1624953110&fbclid=IwAR10i8tuTBodW0\\_hj8yOLmqNKI8OV6OaDXhMv3\\_nxVBdddaJPkQpZUe90yY](https://lancasteruni.eu.qualtrics.com/jfe/form/SV_2ifBllP9un6yOh?_ga=2.218659353.1475347044.1625475804-2143721581.1624953110&fbclid=IwAR10i8tuTBodW0_hj8yOLmqNKI8OV6OaDXhMv3_nxVBdddaJPkQpZUe90yY)



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

We are continuing to have a rail of nearly new uniform outside the office, please feel free to have a look, take what you need and make a small donation.

**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:**

We are starting a drop-in care for men at 11am each Friday beginning on September 24th. It will be an opportunity to relax, make friends, even have a game of chess, as well as finding out more about the activities of Lancaster Men's Hub.

For more information contact Simon on 01524 840027 or email [... See more](#)



Free coffee, free company, free conversation

**LMH**  
**Elevenes**

Every Friday from 11am to 12noon  
Drop-in hour at  
**The Cornerstone**  
Sulward Street, Lancaster LA1 1PX  
[www.thelmh.org.uk](http://www.thelmh.org.uk)

**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](mailto:zoe.quinn@Lancashire.gov.uk)

**Free school meal vouchers**

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