

## **SENIORS DIRECTORY**

### March 2024



# MAKING A DIFFERENCE THROUGHOUT BASSETLAW

Bassetlaw Action Centre, Canal Street, Retford, Nottinghamshire, DN22 6EZ Telephone: 01777 709650 Email: enquiries@actioncentre.org.uk Website: www.bassetlawactioncentre.org.uk Facebook: Bassetlaw Action Centre Twitter: @BassetlawBAC Registered Charity No. 1106908 Company Registered in England and Wales No. 05177066

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### **INTRODUCTION**

#### WHY WE HAVE PRODUCED A DIRECTORY OF OLDER PEOPLES SERVICES

Bassetlaw is fortunate that it has many active groups to support and improve lifestyle. Access to information about how and where services are provided is very important.

As a result, Bassetlaw Action Centre produced this Directory to inform Older People about the services available.

#### **UPDATING THE DIRECTORY**

We want to keep the information in the Directory as up to date as possible. It will be amended every twelve months. An on-line version is available at <u>www.bassetlawactioncentre.org.uk</u>

We have tried to include as much information as possible but there may be gaps. You may know about a service/group that should be included in the Directory or a service/group that no longer exists. If you want to make amendments to the information, please contact

**Bassetlaw Action Centre** Canal Street Retford Nottinghamshire **DN22 6EZ** Telephone: 01777 709650 Website: www.bassetlawactioncentre.org.uk Email: enquiries@actioncentre.org.uk Facebook: Bassetlaw Action Centre FFIELD Twitter: @BassetlawBAC A620 WORKSOF RETFORD TO CHESTERFIELD OLLERTON

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### **GROUPS & CLUBS IN BASSETLAW**

#### **District-Wide**

#### AGE UK – NOTTINGHAMSHIRE

Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ Telephone: 0115 8440011

Website: www.ageuk.org.uk/notts

Main contact for local Age Concern Groups.

Advice and information, welfare rights support for local groups, day centres for the elderly and mentally ill, luncheon clubs and Age Well groups. Support and training volunteers working within the groups.

#### AGE CONCERN – HARWORTH AND BIRCOTES

Contact: Hilary Jones (Organiser) Telephone: 07790 230673 **Luncheon Club:** Every Tuesday (except Christmas week) 10.30am - 2.30pm 2 course hot meal provided by County Enterprise Foods Held at the Harworth Methodist Church, Waterslack Road, Bircotes. Please contact the Secretary in advance of attendance to secure your place. **Coffee Shop:** Mondays, Thursdays and Fridays 8.45am - 12.30pm Community centre, Devonshire Road, Harworth

#### ALZHEIMER'S SOCIETY

Website: <u>www.alzheimers.org.uk</u> For further information, help and advice please see our website or call our **National Dementia Helpline on 0333 150 3456.** 

#### AURORA WELLBEING CENTRE - WORKSOP

The Aurora Wellbeing Centre in Worksop is a unique therapy service providing support in the Bassetlaw community for people affected by cancer and long-term health conditions. We encourage people to be active participants in their wellbeing, working together to improve physical and emotional health.

We deliver our services for Bassetlaw from the Old Library and Museum building in Worksop. We open at 9am Monday to Friday and close to the public at 4pm. Our therapy appointments close at 5pm.

From our Therapy Suite we offer specialised cancer support, beauty and holistic therapy, one to one and group counselling, wellbeing workshops, family therapy and counselling for young people affected by cancer and regular support groups.

From our Heritage Hub we encourage people to engage with local heritage in many ways to boost wellbeing. We deliver activities inspired by history and heritage including a Heritage Café, Art Therapy groups, History Maker family events and heritage-inspired social groups. We are open to visitors every day and share the history of Worksop through handling objects and sharing stories.

From our Curve we have a range of fitness equipment and run a programme of specialised exercise sessions, with some general sessions for the public. We also run regular exercise groups such as Tai Chi, Pilates and Yoga.

From our Community Space we have a tea-room, charity shop, hireable meeting rooms and community spaces. Valerie's Tearoom overlooks the park and has a selection of home cooked food. Our popular charity shop is volunteer led and is the place to pick up a bargain. Our meeting and community rooms are used as relaxed spaces for support groups including a regular bereavement group, prostate cancer support group, partners group and drop-in support groups for people with long term health conditions; as well as rooms to be hired out for meetings, workshops and training.

We are open to everyone and have a varied programme of sociable, supported, educational and relaxed activities, events and projects to boost your wellbeing.

#### For more information, you can contact us in many ways.

Pop in: The Old Library Building, Memorial Avenue, Worksop, S80 2BJ Email: admin@aurorawellbeing.org.uk Call: 01909 470985 Check out our website: www.aurorawellbeing.org.uk Follow us on social media: Facebook: @AuroraWellbeingCentreBassetlaw and Heritage & Health at Aurora Wellbeing Twitter: @AuroraCentres and @HeritageAurora Instagram: @aurorawellbeingcentre and @heritageaurora

#### **BASSETLAW – ASTRONOMICAL SOCIETY**

Gateford Park Primary School, Amherst Rise, Worksop, S81 7RG Telephone: Secretary Andrew Patton: 01909 480939 James Ince contact number: 07512 857667, e-mail james.ince1@tiscali.co.uk facebook: Bassetlaw Astronomical Society Fortnightly Wednesday 8.00pm – 10.00pm (first meeting of month held virtually on Zoom) Membership: £20 pa, £10 pa for the usual concessions

#### **NOTTINGHAMSHIRE MIND**

Nottinghamshire Mind, 6 Hardy Street, Worksop, S80 1EH Telephone: 0800 470 0203 Email:<u>enquiries@nottinghamshiremind.org.uk</u> Website: <u>www.nottinghamshiremind.org.uk/</u>

Support and friendship to people experiencing mental health problems, free confidential services include: Peer support group, one to one counselling, and information/advice on mental health issues.

#### INDEPENDENT AGE

We provide free, clear and impartial advice for older people, their families and carers, focusing on wellbeing, health and care, money and benefits and befriending services. Helpline: 0800 319 6789 Website: www.independentage.org/ Email: charity@independentage.org

#### **INSPIRE CULTURE, LEARNING, LIBRARIES**

For information and enquires please contact our friendly ASK Inspire team: Telephone: 01623 677200 Email: <u>ask@inspireculture.org.uk</u> Website: www.inspireculture.org.uk/

#### **RETFORD u3a - LEARN LAUGH LIVE**

General Meetings with Speakers are held on the 4th Thursday of every month at The Well, Hospital Road, Retford from 1.30pm - 3.30pm. Retford u3a offers a wide range of special interest groups to promote life-long learning in a relaxed and social environment. In addition we offer participation in social events and visits.

Membership is open to anyone who is no longer in full time employment, the annual membership is £20 which covers monthly General Meetings and access to a wide variety of interest groups. Social events and theatre visits are also arranged.

Website: <u>www.u3asites.org.uk/retford/welcome</u>

Facebook: Retford u3a Membership Secretary – Pat Lockett 07385 244 159 Email: <u>memsec@retford-u3a.org.uk</u>

#### AREA SPECIFIC

#### **BARNBY MOOR - VILLAGE HALL**

Kennel Drive, Barnby Moor, Retford, DN22 8QU Contact: Mrs Ann Fraser Telephone: 01777 705906

#### **RECREATION ROOM**

The Green, Beckingham, Doncaster, DN10 4NL For the Venue Contact: Bev Taylor 01427 848191

#### **BECKINGHAM & SAUNDBY VILLAGE HALL**

Southfield Lane, Beckingham Telephone: 01427 848756 Website: <u>beckingham-northnotts.org.uk/village/beckingham-village-hall/</u>

#### **BECKINGHAM & SAUNDBY – HISTORY GROUP**

Recreation Room, The Green, Beckingham Contact: Mrs Freda Proudly Telephone: 01427 848226 Meet last Thursday of the month at 7pm

#### **BECKINGHAM BOWLS CLUB - Isle of Axholme Seniors' League**

Bowling Green, Village Hall, Southfields Lane, Beckingham, North Notts, DN10 4QN Contact: John O'Hare Telephone: 01427 848032 E- mail: johnoharehome@btinternet.com

#### **BIRCOTES – SMILEY MILERS**

Contact: Malcolm Funnell Telephone: 07853 725262 Email: <u>malcfunnell67@gmail.com</u> Meet 10am every Wednesday from the Sports and Social Club, Scrooby Road, Bircotes. Step 2it Dukeries – Thursdays at 10am from Kilton Forest Golf Club

#### BARNBY MEMORIAL HALL

High Street, Blyth, S81 8EW For the Venue Contact; Julia Evans 07486 563254 Website: <u>blythvillagehallnotts.co.uk/</u>

#### **BOTHAMSALL VILLAGE HALL**

6 Main Street, Bothamsall, DN22 8DT Telephone: 07890 406915

#### **CLEVELAND CLOSE COMMUNITY CENTRE**

Cleveland Close, Rotherham Baulk, Carlton In Lindrick, Worksop, Notts, S81 9BG To book hall telephone: 0800 590542 Website: <u>www.bassetlaw.gov.uk/sport-leisure-and-culture/community-centres/hiring-information/</u>

#### CARLTON-IN-LINDRICK CIVIC CENTRE

Carlton in Lindrick Civic Centre, Oakham Drive, Carlton in Lindrick. Worksop, S81 9RE Telephone: 01909 541127 Email: enquiries@civiccentre.org.uk Website: www.civiccentre.org.uk MONDAY Pilates 9:30am - 10:30am Carlton Bowles 2pm - 3:30pm Seated Exercise 2pm – 3pm Legs Bums & Tums 6:30pm - 7:30pm Lindrick Players - Just come along 7:30 - 10pm TUESDAY Tiger Tots Football 9:30am - 10:30am Choose to Lose 5pm - 7:30pm Bingo Doors open 6:30pm Eyes down 7:30pm Parish Council Meeting 2nd Tuesday of each month 7pm (No meeting in August) WEDNESDAY 60+ club, Friendship & Fun Keep fit, bowls & refreshments 1:45pm – 3:15pm Keep Fit 6pm – 7pm SenshinRyu Karate 4:45pm – 5:45pm Yoga 6pm – 7:30pm Keep Fit 6pm – 7pm Burlesque Chair Dance 7:30pm – 8:30pm Circuit Training 8pm – 9pm

#### CARLTON-IN-LINDRICK CIVIC CENTRE

Carlton in Lindrick Civic Centre, Oakham Drive, Carlton in Lindrick, Worksop, S81 9RE Telephone: 01909 541127 Email: <u>enquiries@civiccentre.org.uk</u> Website: <u>www.civiccentre.org.uk</u>

#### THURSDAY

Choose to Lose 9:15am – 10:45am Luncheon Group 10:30am – 1:30pm Scorpion Taekwondo: -4:45pm – 5:30pm Marvel Kickstars. Age 4 – 7 5:30pm - 6:30pm, Age 8 - adult, mixed ability 6:30pm - 7:30pm, Age 8 - adult, mixed ability Rock Choir 7pm – 9:30pm U3A Every 3rd Thursday of the month 1:30pm - 4pm FRIDAY Yoga 9am – 10am SenshinRyu Karate 5pm - 7pm SATURDAY Yoga 1st Saturday of each month 9:30am - 11am Courtney Watkinson School of Dance Various classes, days & times. Visit www.cwschoolofdance.co.uk SUNDAY The Vivanaires Marching Band 12pm – 3pm Private Ballroom Dance Lessons 3:30pm - 7:30pm Ballroom social Dance 7:30pm – 10pm Various Councillors Surgeries Amelia Boutique Beauty & Nail Salon – Please contact 07713 558141 Moo Music – Please contact https://moo-music.co.uk/areas/worksop/

#### CLARBOROUGH VILLAGE HALL

Main Street, Clarborough, DN22 9LN Bookings 07442 105268 or <u>clarboroughvillagehall@gmail.com</u>

#### DUNHAM VILLAGE HALL

Low Street, Dunham on Trent, Newark, NG22 0FJ What 3 Words: caller-scaffold-protest Telephone: 07973 560773 Email: <u>dotvillagehall@aol.com</u> Website: www.dunhamontrentvillagehall.com

#### EAST MARKHAM VILLAGE HALL

Lincoln Road, East Markham, Newark, NG22 0SS Hire of Hall Telephone: 07403 010550 Email: clerk@eastmarkhamparishcouncil.gov.uk

#### ELKESLEY MEMORIAL HALL

High Street, Elkesley, Retford, DN22 8AJ For the Venue the Secretary 07593 871577

#### **EVERTON VILLAGE HALL**

Everton Village Hall Caretaker and Bookings Dr Douglas Haynes Home Tel: 01777816673 Email address: thecaretaker@metcalfect.org.uk

#### **GRINGLEY- ON- THE HILL COMMUNITY CENTRE**

West Wells Lane, Gringley on the Hill, Notts, DN10 4QY Hire Hall contact Telephone: 07713 800124 Email: <u>info@gringleycommunitycentre.org.uk</u>

#### HARWORTH & BIRCOTES METHODIST CHURCH

Parish Hall, Waterslack Road, Bircotes, Doncaster Contact: Mrs J Dennis 01302 751094

#### **DEVONSHIRE ROAD COMMUNITY CENTRE**

2 Devonshire Road, Harworth, Doncaster, DN11 8JF For bookings telephone: 0800 590542 Website: www.bassetlaw.gov.uk/sport-leisure-and-culture/community-centres/hiring-information/

#### HAYTON VILLAGE HALL

Church Lane, Hayton, Retford, DN22 9LD Telephone: 07733 416712

#### HEADON CUM UPTON VILLAGE HALL

Church Street, Headon, Retford, DN22 0RD Contact: Paddy Thorpe 01777 248368

#### LANEHAM MEMORIAL HALL

Main Street, Laneham, DN22 0NF Email: <u>lanehamvillagehall@gmail.com</u>

#### LANGOLD CENTRE THE VILLAGE HALL

Markham Road, Langold, Worksop, Nottinghamshire S81 9SW Mandy Merrills Telephone: 01909 730441 / 07973 597030

#### MATTERSEY VILLAGES TOGETHER GROUP

The Meeting Room, Mattersey Church Every 4th Tuesday 1:45pm – 3:45pm This is a large and lively group that has a wide variety of activities, talks and visits. Contact: Sue Telephone: 01777 818880 Mobile: 07921 132889

#### **MISSON COMMUNITY CENTRE**

Vicar Lane, Misson, Doncaster, DN10 6EG Contact: Jan Robey Telephone: 01302 285709

#### **MISTERTON METHODIST HALL & SCHOOL ROOM**

High Street, Misterton, Doncaster Contact: Mrs Jo Kershaw Telephone: 01427 752386

#### NORTON & CUCKNEY VILLAGE HALL

Norton Lane, Cuckney, Mansfield, NG20 9NR Cuckney Village Hall – 01623 845796

#### HALLCROFT COMMUNITY CENTRE

Randall Way, Hallcroft, Retford, Notts, DN22 7GR For bookings telephone: 0800 590542 Website: <u>www.bassetlaw.gov.uk/sport-leisure-and-culture/community-centres/hiring-information/</u> **Men's Probus** Fortnightly on Fridays 10:00am – 12:00pm Contact Secretary on 07542 852037 for more details Email: <u>probyte@retfordmensprobusclub.org.uk</u> Website: <u>www.retfordmensprobusclub.org.uk</u>

#### **RAMPTON VILLAGE HALL**

Manor Drive, Rampton, Retford, Nottinghamshire, DN22 OJU Email: <u>clerk@ramptonandwoodbeck-pc.gov.uk</u> Website: <u>https://www.ramptonandwoodbeck-pc.gov.uk/rampton-village-hall1</u>

#### **RANSKILL & TORWORTH WOMEN'S INSTITUTE**

Barnby Moor, Village Hall, Kennel Drive As from October all meetings held will commence at 2.p.m. throughout the year Telephone: 01777 818519 Email: <u>pblatchford@talktalk.net</u>

#### **ROTARY CLUB OF RETFORD**

Monday 6pm for 6:30pm start Ye Olde Bell, Barnby Moor, Retford, DN22 8QS Website: rotaryclubofretford.co.uk/

#### **RETFORD CIVIC SOCIETY**

Contact: Mr Turner Telephone: 01777 702929 Email: <u>retfordcivicsociety@hotmail.co.uk</u> Website: www.retfordcivicsociety.org.uk

The Retford Civic Society is a non-political, conservation and amenity group that cares about Retford. The Society's aims are to protect the architectural and natural environment of Retford and to improve Retford's public amenities for present and future generations, whilst offering its members a varied and interesting social programme of events.

#### **RETFORD & DISTRICT PHOTOGRAPHIC SOCIETY**

Every Monday 7.30pm from September to May at St Joseph's Church Hall, Retford Contact: The Secretary Email: <u>secretary@retford-photographic.co.uk</u> Website: www.retford-photographic.co.uk

The Retford and District Photographic Society has presentations by expert photographers, competition and practical and learning sessions to improve technique.

#### **RETFORD GOLF CLUB**

Brecks Road, Ordsall, Retford, DN22 7UA Playing and promoting the game of golf Telephone: 01777 703733 Email: office@retfordgolfclub.co.uk Website: www.retfordgolfclub.co.uk/

#### **RETFORD GOODWIN HALL**

Chancery Lane, Retford, DN22 6DT

#### HALLCROFT COMMUNITY CENTRE

Randall Way, Hallcroft, Retford, Notts For bookings telephone: 0800 590542

#### **RETFORD COMMUNITY SINGERS**

The Grove Street Methodist Church, 65 Grove St, Retford DN22 6LA Meet on Tuesdays from 7pm If you want to sing for enjoyment not for performances, give singing a try with us. About 35 come along most weeks. No need to be a great singer or to read music. No auditions. Everything is taught by ear by an inspiring professional choir leader. Contact: Pat or Bruce Telephone: 01777 704154 Contact: Judith Telephone: 01777 704038 Email: <u>rcs@retfordcommunitysingers.co.uk</u> Website: <u>www.retfordcommunitysingers.co.uk/</u>

#### **RETFORD LITTLE THEATRE**

Wharf Road, Retford, DN22 6EN Telephone: 01777 702002 Email: <u>boxoffice@rlt.org.uk</u> Website: <u>www.rlt.org.uk</u> Amateur dramatic society producing 5 plays a year plus special events and home to The Screen@RLT. We also have a thriving Youth Theatre.

#### **RETFORD 41 CLUB**

1st Tuesday of the month Contact: Mr G Muir Telephone: 01427 880212 Social and charitable organisation.

#### **RETFORD DISTRICT MULTIPLE SCLEROSIS SOCIETY SUPPORT GROUP**

Retford District Multiple Sclerosis Support Group has a wide age group ranging from young people to gt grandparents brought together by a diagnosis of Multiple Sclerosis. The group is volunteer led and part of the MS Society.

Being part of the group is fun and newcomers are always welcome.

Our aims are to help ourselves and others, to live with multiple sclerosis in a positive manner. We want people with MS to feel good about themselves and lead a meaningful life.

We promote exercise and well being activities, both face to face and on zoom, open and free to members of the local MS community and referrals of patients with MS from Bassetlaw Neuro Rehab Team.

Zoom activities are Breath Awareness for relaxation, Seated Tai Chi and seated Dance sessions. 2 general Knowledge quizzes per week devised by members, and 1 online chat session.

We also have a dedicated swim/ aqua exercise session for people with MS who can no longer cope with mainstream swimming. Details from the group helpline only 0798 3412161 or retford@mssociety.org.uk

We meet at The Well DN22 7BD each 1<sup>st</sup> Friday in the month at 10-30 -12pm for Coffee, Cake and Chat is always a lively event. The group also has an active social life including meals out and fundraising events.

A monthly newsletter produced by members, self-help information and signposting to professional agencies is also available.

All enquiries to the group helpline 0798 3412161 or email retford@mssociety.org.uk

#### THE WELL

Retford Baptist church and Community Centre Hospital Road, Retford, DN22 7BD Telephone: 01777 702344 Email: <u>admin@thewellrbc.org</u> Website: <u>www.thewellretford.org/</u>

#### ST. SAVIOUR'S CHURCH RETFORD

Lidget Lane Retford DN22 6QW Contact Church Office Telephone: 01777 704222 Email: <u>office@stsavioursretford.org.uk</u> Website: <u>www.stsavioursretford.org.uk/</u> **ABC – Under 5's** Wednesday 1:30pm - 3:00pm Term time only **Lego Club – Primary aged** Tuesdays 3.45pm - 5.30pm Term time only **AA** Mondays 7pm-9pm **Grief Cafe** First Tuesday of the month 2pm-3pm

#### SHIREOAKS VILLAGE HALL

Shireoaks Road, Shireoaks, Worksop, Nottinghamshire, S81 8LX Contact: Mr Peter V Stanley Telephone: 01909 477391

#### SHIREOAKS - WELFARE SPORTS AND SOCIAL CLUB

Shireoaks Road, Shireoaks, Nr Worksop, Nottinghamshire S81 8NA Contact: Ted Elgy Telephone: 01909 483348 – Secretary or 01909 472817 - Club

#### SOUTH LEVERTON MEMORIAL INSTITUTE

Town Street, South Leverton, Retford, Nottinghamshire Contact: Bookings Secretary Telephone: 01427 880117

#### NORTH & SOUTH WHEATLEY VILLAGE HALL

Sturton Road, South Wheatley, DN22 9DL Website: wheatleyvillagehall.org.uk/

#### STURTON LE STEEPLE VILLAGE HALL

Brickings Way, Sturton Le Steeple, Retford, Nottinghamshire, DN22 9HY Contact: Bookings Secretary Telephone: 07887 703348 **STYRRUP VILLAGE HALL** Serlby Road, Styrrup, Nr. Doncaster, DN11 8NA Contact: Bookings Secretary Telephone: 07975 615573

#### SUTTON CUM LOUND VILLAGE HALL

Town Street, Sutton cum Lound, DN22 8PT Telephone: 01777 854392 Website: www.suttonvillagehall.net/ Email: suttonloundvillagehall@gmail.com **District Councillor Surgery** First Saturday of the month (bi-monthly) 9:15am - 10:15am **Sutton Village Hall Committee** Second Sunday of the month Doors open at 7:00pm. Quiz starts at 7:30pm Heart 2 Art Monday 7.00pm -9:00pm **Post Office** Tuesday afternoon 1:30pm – 3:30pm Wednesday morning 10.00am – 12:30pm Craft Club First Wednesday of the month 7:00pm – 9:00pm **Sutton cum Lound Parish Council** Second Wednesday of the month 7:00pm – 9:00pm Sutton and Barnby Moor W.I. Third Wednesday in the month 1:15pm – 4.00pm (October to March) 7.00pm – 9:00pm (April to September) Lee Style Tai-Chi and Chinese Yoga Tuesday 6:30pm – 7.30pm Thursday 10.00am - 11:00am Lound Bird Club Last Wednesday of the month (September to March only) 7:00pm - 10.00pm

#### Sutton & Barnby Moor Gardening Club (Starting January 2024)

First Thursday of the month (Excluding July & August) 7:15pm – 9:15pm **Sutton Art Group** Friday morning 10:00pm – 12:30pm

#### TRESWELL VILLAGE HALL

Town Street, Treswell, Retford, Nottinghamshire, DN22 0EG Contact: Marylin Papworth Telephone: 01777 248805

#### THE BEECHES COMMUNITY CENTRE

Birch Court, Tuxford, Newark, Notts Bookings contact telephone: 0800 590542 **Forget Me Not Club** Tuesday & Friday 12noon – 3:30pm

#### WALKERINGHAM VILLAGE HALL

Stockwith Road, Walkeringham, Doncaster, DN10 4JD Contact: Bookings Secretary Telephone: 01427 890848 Website: www.walkeringhamvillagehall.co.uk/

#### **BALMORAL COMMUNITY CENTRE**

Sandringham Crescent, off Valley Road, Worksop Bookings contact telephone: 0800 590542

#### **WORKSOP - COMMUNITY RESOURCE CENTRE**

Worksop Library Memorial Avenue Worksop S80 2BP Telephone: 01909 535333 We provide day service care for people with enduring mental health problems. We offer group and individual support.

#### THE CROSSING CHURCH, CENTRE & CAFE

Newcastle Street, Worksop, S80 2AT Minister: Deacon Emily Hoe-Crook - Telephone: 07739 018908 Trustee with an overview of operations: Anne Taylor - Telephone: 07816064050 Telephone: 01909 473375 Email: <u>admin@thecrossing.co.uk</u>

#### **CROWN PLACE COMMUNITY CENTRE**

Sandy Lane, Worksop, Notts Bookings contact telephone: 0800 590542

#### KILTON FOREST COMMUNITY CENTRE

15 Longhurst, Kilton, Worksop, Notts, S81 0DA Bookings contact telephone: 0800 590542

#### **RAYTON SPUR COMMUNITY CENTRE**

Rayton Spur, Worksop, Notts, S81 0HF Bookings contact telephone: 0800 590542

#### THIEVESDALE COMMUNITY CENTRE

Thievesdale Lane, Worksop, Notts Bookings contact Telephone:0800 590542

#### WORKSOP PROBUS CLUB

St John's Parish Centre, Carlton In Lindrick Alternate Fridays 10am - 12noon Between September and May Contact: Chris Stanton Telephone: 01709 818927 Website: www.probusclubofworksop.co.uk/

#### **RYTON CHORALE**

The Holy Family School, Netherton Road, Worksop S80 2SF Rehearsals Mondays 7:30pm to 9:30pm in term time Visit website <u>www.rytonchorale.org.uk</u> Email: <u>sing@rytonchorale.org.uk</u>

### **Bassetlaw Tenants and Residents Associations**

#### HARWORTH AND BIRCOTES TENANTS & RESIDENTS ASSOCIATION MATTERSEY THORPE TENANTS & RESIDENTS ASSOCIATION BALMOROL TENANTS & RESIDENTS ASSOCIATION

Would you like to join our new Bassetlaw Tenants and Residents group who meet on a monthly basis? We are called Voices of Bassetlaw and we are looking for new members to work alongside us and the Councils Housing Service, give us your views be the voice of your community. Help to influence improvements in your homes and communities.

More info or an informal chat contact

VoicesofBassetlaw@gmail.com

Conversations@bassetlawconversations.gov.uk

We also have three active Tenant and Resident Associations in Bassetlaw you may wish to join. Find out whats going in in your local area, new members welcome.

Harworth and Bircotes TRA Mattersey Thorpe TRA Balmoral TRA Website: <u>www.bassetlaw.gov.uk/council-housing/tenant-and-resident-engagement/tenant-and-resident-associations-tras/</u>

Telephone: 07725 768 474 Anita Fairweather Tenant and Resident Engagement Officer

### **Churches & Faith groups in Bassetlaw**

#### ALL HALLOWS CHURCH OF ENGLAND

Contact: The Priest in Charge The Rectory, All Hallows Street, Ordsall, Retford, DN22 7TP Telephone: 01777 702515 Website: www.achurchnearyou.com/church/5451/

#### ALL SAINTS CHURCH OF ENGLAND

The Incumbent, Babworth Rectory, Babworth, Retford. DN22 8ET

#### ALL SAINTS CHURCH OF ENGLAND

Contact: Reverend Jackie Johnson The Vicarage, Tickhill Road, Harworth, DN11 8PD

#### ALL SAINTS CHURCH OF ENGLAND

Retford Road, Mattersey, Doncaster The Incumbent, Abbey Lane, Mattersey, Doncaster, DN22 5DX Telephone: 01777 817364

#### ALL SAINTS CHURCH OF ENGLAND

Markham Clinton (West Markham) Contact: The Church Warden April Cottage, West Markham, Newark, NG22 0PN Telephone: 01777 870520

#### ALL SAINTS, CHURCH OF ENGLAND

The Incumbent, The Vicarage, Torksey Street, Rampton, Retford, DN22 0HT

#### **BIBLE4HEALTH MISSIONS**

86 Kingsway, Worksop, S81 0AG Office Address; Old Drill Hall, Colbeck Street, Worksop, S80 1SJ Office Telephone / Fax: 01909 473806 Mobile: 07454 983076 Email: <u>bible4health@gmail.com</u> Website: <u>www.bible4healthmissions.com</u>

#### CHRIST CHURCH CENTRE – CHURCH OF ENGLAND

Thievesdale Lane, Worksop, S81 0XS Contact: The Priest in Charge Telephone: 01909 530127

#### CHRISTIAN COMMUNITY CHURCH

Doncaster Road, Langold, Worksop, S81 7NP Contact: The Leader

#### CHURCH OF THE LATTER DAY SAINTS

17 Underwood Gardens, Worksop, S80 1YL Contact: The President Telephone: 01909 484427

#### **CHURCHES TOGETHER**

C/o 41 Dunstan Crescent, Worksop, S80 1AE Telephone: 01909 473847 An international association pledged to help people less fortunate than ourselves.

#### **DIOCESE OF SOUTHWELL**

Contact: The Archdeacon of Newark, Dunham House, Westgate, Southwell, NG25 0JL Telephone: 01636 814331

#### HOLY TRINITY, CHURCH OF ENGLAND,

Church Street, Everton, Nr Retford, DN10 5BB Contact: The Incumbent Abbey Lane, Mattersey, Doncaster Telephone: 01777 817364

#### JEHOVAH'S WITNESSES

Kingdom Hall, Central Avenue, Worksop, S80 1EW

#### **METHODIST CHURCH - CARLTON-IN-LINDRICK**

Methodist Schoolrooms, High Road, Carlton-in-Lindrick, Worksop METHODIST CHURCH - HALLCROFT, RETFORD Hallcroft Road, Retford, Notts

#### **METHODIST CHURCH - HARWORTH & BIRCOTES**

Contact: The Secretary 3 Grange View, Harworth, Doncaster, DN11 8QP Telephone: 01302 742016

#### **METHODIST CHURCH - MISTERTON**

Contact: The Minister 4 Ashdown Way, Misterton, Doncaster, DN10 4PB Telephone: 01427 890050

#### **METHODIST CHURCH - RETFORD**

Contact: The Minister Grove Street, Retford Telephone: 01777 702786

#### **METHODIST CHURCH - RETFORD CIRCUIT**

Contact: Reverend N. Vickers Telephone: 01777 702573 / 702468

#### **METHODIST CHURCH - RHODESIA**

Contact: The Minister 5 Shepherds Avenue, Worksop, S81 0JD Telephone: 01909 472609

#### THE BRIDGE CHURCH

26-32 Bridgegate, Retford, DN22 6AA Telephone: 01777 711377 Email: <u>info@bridgechurchretford.com</u> Website: <u>www.bridgechurchretford.com</u>

#### NEW TESTAMENT CHURCH

Cheapside, Worksop, S80 2HX Contact: Rev Keith Clark Telephone: 01909 487940

#### **OASIS CHRISTIAN FELLOWSHIP**

Westhill Community Centre Ordsall Retford. Contact: Mr Williams Telephone: 07882 797104

#### **PAROCHIAL CHURCH COUNCIL – SHIREOAKS**

Contact: The Secretary – Peter Stanley 15 St Annes Close, Worksop, S80 3QS

#### **POPLARS CHURCH**

Church Office The Golden Ball, 3 Victoria Square, Worksop, S80 1DX Telephone: 01909 532620 Sunday meeting at the Golden ball, Victoria Square, Worksop at 10.30am Email: <u>admin@poplarschurch.co.uk</u> Website: <u>www.poplarschurch.co.uk</u>

#### PRIORY CHURCH OF ENGLAND

Contact: The Incumbent Priory Vicarage, Worksop, S80 2HX Telephone: 01909 472180 Website: <u>www.worksoppriory.co.uk</u>

#### **RELEASE INTERNATIONAL**

7 Long Meadows, Everton, Nr Doncaster, DN10 5BL Telephone: 01777 818297 A holistic ministry that identifies with and supports Christians who are persecuted for their faith.

#### **RHODESIA CHRISTIAN FELLOWSHIP**

Methodist Church, Rhodesia Contact: Tim Edmunds Telephone: 01909 473988

#### **SALVATION ARMY - RETFORD**

Contact: The Commanding Officer Telephone: 07980 199616

#### **SALVATION ARMY - WORKSOP**

Contact: The Commanding Officer 4 Langdale Road, Worksop, S81 0NL Telephone: 01909 473979

#### **SOCIETY OF FRIENDS - QUAKERS**

The Crossing Church and Centre, Newcastle Street, Worksop, S80 2AT. 10:15am on the 2nd and 4th Sundays of each month 7:15pm on the 2nd Thursday of the month in member's houses. Contact: Gordon Moodie Bardwell, Sparken Hill, Worksop Telephone: 01909 475299

#### ST ANNES, CHURCH OF ENGLAND

Contact: The Incumbent The Vicarage, 11 Poplar Close, Worksop, S80 3BZ Telephone: 01909 472069

#### ST. BARNABAS, CHURCH OF ENGLAND

North Road, Ranskill, Nr Retford Contact: David Stacey 20 Southfall Close, Ranskill Telephone: 01777 818303 Email: <u>david.stacey@talktalk.net</u>

#### ST GILES, CHURCH OF ENGLAND

Contact: The Incumbent Elkesley Vicarage, 3 Maple Drive, Elkesley, Retford, DN22 8AX

#### ST HELENS ROMAN CATHOLIC CHURCH

Main Street, Oldcotes, Nr Worksop, S81 8JF Contact: Rev Peter Hunt Telephone: 01909 487368

#### ST JOHNS CHURCH OF ENGLAND

Contact: The Incumbent Overend Road, Worksop, S81 1QG

#### ST JOHNS CLARBOROUGH AND ST PETERS HAYTON CHURCH OF ENGLAND

Contact: The Incumbent The Vicarage, Clarborough, Retford

#### ST JOHN THE BAPTIST, CHURCH OF ENGLAND

Contact: The Incumbent The Vicarage, Church Street, East Markham, Newark, Notts

#### ST JOHN THE BAPTIST, TRESWELL & HOLY TRINITY COTTAM

Contact: The Church Warden Cottam Road, Treswell, Retford, DN22 0EP

#### ST JOHN THE EVANGELIST, CHURCH OF ENGLAND

Contact: The Rector The Rectory, High Road, Carlton-in-Lindrick, Worksop, S81 9EF

#### THE PARISH CENTRE

Contact: Jeff Lewis 18 Craithie Road, Carlton in Lindrick Telephone: 01909 731342

#### ST JOSEPHS ROMAN CATHOLIC CHURCH

Babworth Road, Retford, DN22 6BP Contact: The Parish Priest Telephone: 01777 703373

#### ST JOSEPHS THE WORKER ROMAN CATHOLIC CHURCH

Contact: The Parish Priest The Rectory, Wingfield Avenue, Worksop, S81 0SF Telephone: 01909 473373

#### ST LUKE'S CHURCH OF ENGLAND

Contact: The Priest in Charge 1 Potters Nook, Shireoaks, Worksop, S81 8NF Telephone: 01909 479350

#### ST LUKE'S CHURCH OF ENGLAND

Church Street, Langold, Nr Worksop Contact: The Priest in Charge, The Rectory, High Road, Carlton-in-Lindrick, S81 9EF Telephone: 01909 730222

#### ST MARTINS CHURCH OF ENGLAND

Contact: The Incumbent The Vicarage, North Vicarage, North Leverton, Retford, DN22 0AA Telephone: 01427 880882

#### ST MARY'S ROMAN CATHOLIC CHURCH

Contact: The Parish Priest, The Rectory, Park Street, Worksop, S80 0SF Telephone: 01909 476045

#### ST MARY AND ST MARTINS CHURCH OF ENGLAND

Contact: The Incumbent, The New Vicarage, St Martins Close, Blyth, Worksop, S81 8DW Telephone: 01909 591229

#### ST MARY'S AND ST WINIFREDS HOLBECK CHURCH OF ENGLAND

Contact: The Incumbent Cuckney Vicarage, Cuckney, Mansfield

#### ST MICHAEL THE ARCHANGEL CHURCH OF ENGLAND

Rectory Road, Retford, DN22 7AY Contact: The Incumbent 11 Poplar Close, Worksop, S80 3BZ Telephone: 01777 719816

#### ST OSWALD, CHURCH OF ENGLAND,

Contact: The Incumbent, The Vicarage, The Green, Dunham on Trent, Newark

#### ST PATRICK ROMAN CATHOLIC CHURCH

Harworth, Nr Doncaster Contact: Rev Peter Hunt Telephone: 01909 487368

#### ST PETER, CHURCH OF ENGLAND

Wiseton Road, Clayworth Contact: The Incumbent, Abbey Lane, Mattersey, Doncaster Telephone: 01777 817364

#### ST SAVIOURS CHURCH OF ENGLAND

Rectory Road, Retford, DN22 7AY Contact: Canon Tony Walker Telephone: 01777 704222

#### ST SWITHUNS CHURCH OF ENGLAND

Canon Square, Retford, DN22 6PJ Contact: Canon Tony Walker Telephone: 01777 704222

#### ST WILFRID, CHURCH OF ENGLAND

Low Road, Scrooby, Nr Retford Contact: The Incumbent, The New Vicarage, St Martins Close, Blyth, Worksop, S81 8DW Telephone: 01909 591229

#### WORKSOP CHRISTIAN CENTRE

Vicars Walk, Worksop, Notts, S80 2HJ Telephone 01909 489521 Email: <u>life@wcc-church.com</u> Website: <u>www.wcc-church.com</u>

#### WORKSOP CHRISTIAN CENTRE

Vicars Walk, Worksop, S80 2HJ Contact: Pastor Florin Mocanu. Telephone: 01909 489521

#### WORKSOP SPIRITUALIST CHURCH

37 George Street, Worksop, S80 1QJ Telephone: 01909 531962 Email: worksopspiritualistchurch1@gmail.com

### SERVICES IN BASSETLAW

#### WHO CAN HELP ME ACCESS INFORMATION ON SERVICES TO KEEP ME SAFE AT HOME?

#### **BASSETLAW, NEWARK AND SHERWOOD COMMUNITY SAFETY PARTNERSHIP**

Telephone: 01909 533533 Website: www.bassetlaw.gov.uk/community-and-living/community-safety/

#### **CRIME STOPPERS**

Telephone: 0800 555111

#### LIFELINE SERVICE

This service is available to all Bassetlaw residents regardless of age.

We provide 24-hour access to our emergency control room and the equipment is tested regularly by our team of wardens.

There is a choice of 3 packages for the lifeline

Bronze - lifeline with pendant only - £4.20 per week

Silver – lifeline, pendant and small key safe - £4.50 per week

Gold – lifeline, pendant and large key safe - £5.00 per week

There is a one-off installation charge of £18 for all packages.

For more information, please contact Bassetlaw District Council Telephone: 0800 590542

Email: customer.services@bassetlaw.gov.uk Website: www.bassetlaw.gov.uk/council-housing/supported-housing/lifeline-service/

#### NOTTINGHAMSHIRE FIRE AND RESCUE

Contact: 0800 022 3235 Helpline for Safe and Well visits

- Free home safety cheek
- Smoke alarms with 10year batteries
- Free smoke alarms for the deaf

#### NOTTINGHAMSHIRE POLICE

Crime Reduction manger Telephone: 101 Advice and information on crime reduction including:

- Alarms
- Security devices
- Property marking
- Advice on heating oil theft

#### SUPPORTED HOUSING SERVICE

Telephone: 01909 533533 Email: customer.services@bassetlaw.gov.uk Website: www.bassetlaw.gov.uk/

#### MEALS AT HOME

The Meals at Home service delivers a wide range of frozen or hot meals to people who may have difficulty preparing a hot meal themselves. The meals can be supplied for the long-term or to cover short-term situations or whilst you are re-learning cooking skills.

Telephone: 01623 490015

Website: https://www.nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/meals-athome

#### HOW CAN I KEEP WARM AT HOME?

#### **ENERGY SAVING TRUST**

Telephone: 0800 098 7950 www.energysavingtrust.org.uk/

#### WARM HOME DISCOUNT SCHEME

Website: www.gov.uk/the-warm-home-discount-scheme/what-youll-get

#### ENERGY ADVISOR

Can provide energy tariff advice and energy cost saving efficiencies for people within Bassetlaw, to help them remain warm in their own homes.

Telephone: 01777 709650 Monday to Friday 9:00am to 1:00pm

Email: enquiries@actioncentre.org.uk

Website: www.bassetlawactioncentre.org.uk/energy/

#### THE PRIORITY SERVICE REGISTER

If a power cut happens and you are a member of the Priority Service Register Western power will:

- Give you a direct number to call in the event of a power cut so you can get straight through to them
- Agree a password with you before a visit (to protect you from rogue callers)
- Provide special help, if needed, through the Royal Voluntary Service or British Red Cross
- Ring and tell you of planned interruptions to your electricity supply
- Keep you as informed as possible in the event of an unplanned power cut.

To register for this service telephone Western Power Distribution, East Midlands: Telephone 0800 096 3080

#### WHERE CAN I GET HELP WITH MONEY?

#### BASSETLAW DISTRICT COUNCIL MONEY ADVISORS

You can access our money advice team for help with any worries you have about claiming benefits. They can advise you if you are claiming all of the benefits you should be or give general advice if you have debts. If you need help contact our Money Advisors, on 01909 533 744 or email us at money.advice@bassetlaw.gov.uk

#### **BASSETLAW CITIZENS ADVICE BUREAU**

100 Bridge Street, Worksop, S80 1HZ (Telephone opening times: Monday – Friday 9:30am – 2pm) General Advice Telephone: 01909 498888 Debt Advice Telephone: 01909 498890 Cancer Related Money Advice Telephone: 01909 498889 Website: www.bassetlawcab.org.uk/

#### **BENEFITS ADVICE AND INFORMATION**

Disability Living Allowance Helpline: 0800 121 4600 Attendance Allowance Helpline: 0800 731 0122 Pension Credit Claims: 0800 99 1234 Carers Allowance Unit: 0800 731 0297 The Pension Service Enquires: 0800 731 0469 Personal Independence Payment Claims: 0800 917 2222

#### CHRISTIANS AGAINST POVERTY

The Well, Hospital Road, Retford, DN22 7BD Telephone: 0800 328 0006 Website: <u>www.capuk.org/</u> Free, impartial debt counselling service by appointment only.

#### COAL INDUSTRY SOCIAL WELFARE ORGANISATION (CISWO)

The Old Rectory, Rectory Drive, Whiston, Rotherham, South Yorkshire, S60 4JG Telephone: 01709 728115 Fax: 01709 839164 Email: <u>mail@ciswo.org.uk</u> Website: <u>www.ciswo.org.uk/</u> CISWO is a national charity which has a fr

CISWO is a national charity which has a focus on the key role of delivering community and personal welfare services within mining and former mining communities.

#### NOTTINGHAM COUNTY COUNCIL CONTACT

We are closely following Government and Public Health England guidelines about COVID-19. In response to this we have withdrawn our face to face service usually located around the county at local council offices. If you can't find what you're looking for on our website you can send us a message below or call us and a customer service advisor will help you. <u>https://www.nottinghamshire.gov.uk/contact-and-complaints/contact-us/contact-us</u> We aim to respond to all customer service enquiries within two working days. If you prefer to speak to us, you can contact our customer service team via 0300 500 8080

Customer service opening hours: Monday to Friday: 8:30am to 5pm

#### **RETFORD CITIZENS ADVICE BUREAU**

c/o County Contact, Market Square, Retford, DN22 6EU Telephone: 0300 4568369 Tuesdays 9:30am – 2:00pm Drop in Thursdays 9:30am – 2:00pm Drop in

#### **VETERANS WELFARE**

Telephone: 0808 1914218 (Mon – Fri 8am to 4pm) Email: <u>veterans-uk@mod.uk</u> Website: <u>www.veterans-uk.info</u>

The Service Personnel and Veterans Agency (SPVA) provides support to anyone who has served in HM Armed Forces, even just for a day. Providing advice on benefits, compensation payments, pensions, employment and much more.

#### WHERE CAN I GET PENSIONS ADVICE?

#### YOUR PENSION CENTRE:

The Pension Service 15, Post Handling Site B, Wolverhampton, WV99 1AS Telephone: 0800 731 7898 Fax: 01925 793101 Text phone (for those with speech or hearing difficulties) 0800 731 7339 Opening Hours: Monday to Friday 8am to 6pm

#### NEW STATE PENSION CLAIMS

(8am to 6pm Monday to Friday) Telephone: 0800 731 7898 Text phone: 0800 731 7339

#### **NEW PENSION CREDIT CLAIMS**

(8am to 6pm Monday to Friday) Telephone: 0800 991 234 Text phone: 0800 169 0133

#### PENSION TRACING SERVICE

With our assisted pension tracing service, we can help you to trace your lost pension and then contact your pension providers to update your details. We will help you to establish what exactly is in your lost pension, what your pension can do for you and with the help of a pension expert inform you of the options available to you. Our entire service is designed to offer more assistance than that which is available direct from the DWP government website and is available to you completely free of charge.

For more information, contact us at Telephone: 0800 122 3170 Website: www.pensiontracingservice.com/

#### WHERE CAN I GET HELP WITH HEALTHCARE/FALLS?

#### **BREAST CARE SUPPORT**

Bassetlaw Hospital, Blyth Road, Worksop, S80 0BD Telephone: 01909 500990 Support group for women having treatment for breast cancer or recovering after treatment as well as on going friendship and fun.

#### **CARDIAC SUPPORT GROUP**

Post Graduate Centre, Bassetlaw Hospital, Blyth Road, Worksop, S80 0BD Telephone: 01909 500990 ext. 2944 A support group, which also has a social element, occasional visits and speakers are arranged on medical and non-medical topics. Affiliated to the British Heart Foundation.

#### FOR NURSE ADVICE AND HEALTH INFORMATION

NHS non-emergency number for when you need medical help that is not a 999 emergency. Telephone: 111

#### FOR FALLS PREVENTION

Contact: NHS Bassetlaw though the Single Point of Access: Telephone: 01777 274422

#### LIFELINE SERVICE

This service is available to all Bassetlaw residents regardless of age. We provide 24-hour access to our emergency control room and the equipment is tested regularly by our team of wardens. There is a choice of 3 packages for the lifeline Bronze – lifeline with pendant only - £4.20 per week Silver – lifeline, pendant and small key safe - £4.50 per week Gold – lifeline, pendant and large key safe - £5.00 per week There is a one-off installation charge of £18 for all packages. For more information, please contact Bassetlaw District Council Telephone: 0800 590542 Email: <u>customer.services@bassetlaw.gov.uk</u> Website: www.bassetlaw.gov.uk/council-housing/supported-housing/lifeline-service/

#### RETFORD DISTRICT MULTIPLE SCLEROSIS SOCIETY SUPPORT GROUP

is a friendly welcoming group of like-minded people of a wide age range who are brought together by a diagnosis of Multiple Sclerosis.

Being part of the group is fun and newcomers are always welcome.

We arrange a wide range of weekly and monthly events for members and include MS Drop in Clinic, Monthly Newsletter, Self Help Information, Signposting for professional help, fundraising for local MS Community, Art Class, Neuro physio based Pilates exercise, Swim/float sessions, Meals out and a Monthly Coffee Cake and Chat morning.

Group Coordinator Barbara Ramsden

Email: retford@mssociety.org.uk

Group telephone: 01777 704687

#### MULTIPLE SCLEROSIS SOCIETY – WORKSOP & DISTRICT

Contact: The Secretary/Treasurer, 23 Red Kite Close, Gateford, Worksop, S81 8WA Telephone: 01909 474941

Provides information from National MS Society and social meetings for sufferers and families. Aims to improve quality of life and be a support to newly diagnosed sufferers.

#### DRUGS AND ALCOHOL SUPPORT

We commission drug and alcohol support services across Nottinghamshire.

Change, Grow, Live (CGL) provides adult drug and alcohol recovery services across the county in a range of community settings, making treatment more accessible.

This service is open to anyone over the age of 18 living in Nottinghamshire. If you are experiencing issues around drug and/or alcohol use, please contact CGL on 01158 960 798 for more information or to make an appointment. CGL are open Monday to Friday 9:30am - 5:00pm

#### EMERGENCY DENTAL SERVICES

If you have a regular NHS dentist and need urgent treatment, contact your dentist for advice. If you do not have a regular NHS dentist, you can contact NHS non-emergency number on 111. They can give you details of out-of-hours dental services in your area.

#### **RAPID RESPONSE**

The team supports adults who have become unwell but are medically stable and are in crisis at home. The service operates 7 days per week until 9pm. Telephone: 01777 274422

#### HOW CAN I FIND OUT ABOUT HOUSING OPTIONS AND CHOICES?

#### **BASSETLAW INDEPENDENT LIVING**

Independent Living schemes which are ideally suited for elderly or vulnerable tenants who wish to live independently, yet be part of a community setting.

Our Independent Living schemes are spread throughout Bassetlaw and offer the choice of one or two bed flats and a small number of bedsits. All have access to communal rooms and gardens as well as an onsite warden.

Telephone: 01909 533533

Website: www.bassetlaw.gov.uk/council-housing/supported-housing/independent-living-centres/

#### HOUSING OPTIONS

Have you ever considered the changes that you might need to make to your home to ensure it remains suitable and meets your changing needs throughout your later life?

The Bassetlaw Housing Choice Case Worker can help you put into place anything you need to remain in your existing property or help you to find other suitable accommodation.

If you would like some help, support, advocacy and information on what housing options are available; you can book an appointment with the caseworker or you can book an appointment to attend our housing surgery in Retford.

Contact: Craig Chadburn Telephone: 01777 709650 Email: cchadburn@actioncentre.org.uk

#### SLOSWICKES ALMSHOUSE CHARITY

2 Carolina Court, Lakeside, Doncaster, DN4 5RA Telephone: 01302 243933 A charity providing accommodation for people over 60 years of age. Website: <u>http://sloswickes.co.uk/</u>

#### ANCHOR TRUST

Anchor has more than 40 years' experience of working with older people and providing residential care homes – so we know how to help you get the best out of life. For more information, Call 0800 731 2020 <a href="https://www.anchor.org.uk">www.anchor.org.uk</a>

#### HOUSING NEEDS

If you are being threatened with homelessness or are homeless please contact one of the Bassetlaw District Council team on Telephone: 01909 533533

#### EXTRA CARE HOUSING SCHEMES IN NOTTINGHAMSHIRE

Each scheme is different and what is available varies from site to site. However, each scheme will have:

- Housing a range of modern and affordable one or two bedroom homes available to buy, rent or part own which are purpose-built or adapted for your care and support needs
- Personal care support staff are available 24 hours a day to offer you support
- Communal areas these might include a cafe, hairdressers, library, guest accommodation for your visitors, a day centre with organised activities and outings
- Neighbourhood facilities extra care schemes are based within local communities so the usual range of neighbourhood facilities are close by such as leisure centres, shops, GP surgeries and public transport.

Some extra care sites have dementia units which provide specialist care in a community setting. Website: <u>www.nottinghamshire.gov.uk/care/adult-social-care/somewhere-to-live/housing-with-care</u> Telephone: 0300 500 80 80

#### WHERE ARE THE CARE HOMES IN BASSETLAW?

Residential and Nursing Homes are now called Care Homes. They provide personal care, meals and accommodation to people who are no longer able to look after themselves. For each facility the number of people catered for is indicted, including specialist provision (in brackets). For further information contact: www.carechoices.co.uk

County Council Customer Service Centre: 0300 500 80 80

#### **OLDER PEOPLE NURSING**

#### Ashley Care Home

Sunnyside, Worksop, Nottinghamshire, S81 7LN Telephone: 01909 500541 Places: 48 (Dementia, Mental Health)

#### **Blyth Country House Care Home**

Spital Road, Blyth, Worksop, Nottinghamshire, S81 8DU Telephone: 01909 212137 Places: 30 (Old age)

#### **Cherry Holt Care Home**

28 Welham Road, Retford, Nottinghamshire, DN22 6TN Telephone: 01777 710347 Places: 52 (Old age, Physical disability)

#### **Forest Hill Care Home**

Forest Hill Park, Worksop, Nottinghamshire, S81 0NZ Telephone: 01909 283000 Places: 64 (Old age, Dementia)

#### **Gateford Hill Care Home**

Worksop, Nottinghamshire, S81 8AF Telephone: 01909 521236 Places: 65 (Old age, Physical disability)

#### Lound Hall Nursing Home

Town Street, Lound, Retford, Nottinghamshire, DN22 8RS Telephone: 01777 818082 Places: 30 (Dementia, old age, physical disability)

#### **Rufford Care Centre**

Clumber Unit, Gateford Road, Gateford, Worksop, Nottinghamshire, S81 7BH Telephone: 01909 530233 Places: 25 (Physical disability) 35 (Dementia Over 65) 50 (Old age)

#### Westvilla Nursing Home

Westfield Road, Retford, Nottinghamshire, DN22 7BT Telephone: 01777 701636 Places: 35 (Old age, Physical disability, Dementia, Past or present alcohol dependency)

#### **OLDER PEOPLE RESIDENTIAL**

#### Ashley Care Home

Sunnyside, Worksop, Nottinghamshire, S81 7LN Telephone: 01909 500541 Places: 48 (Dementia, Mental Health)

#### **Avondale Residential Home**

Whitehouse Road, Bircotes, Doncaster, South Yorkshire, DN11 8EQ Telephone: 01302 743673 Places: 31 (Old age, Dementia)

#### **Barnby Court Care Home**

Barnby Moor, Retford, Nottinghamshire, DN22 8QS Telephone: 01777 705902 Places: 25 (Old age, Dementia)

#### **Beech House Care Home**

294 Carlton Road, Worksop, Nottinghamshire, S81 7LL Telephone: 01909 472149 Places: 32 (Old age, Mental health, Dementia)

#### **Brailsford House**

1 Main Street, Harworth, Doncaster, South Yorkshire, DN11 8LE Telephone: 01302 742156 Places: 20 (Old age, Dementia)

#### **Branthwaite Care Home**

34 Welham Road, Retford, Nottinghamshire, DN22 6TN Telephone: 01777 706720 Places: 21 (Mental Health, Dementia)

#### **Farthings Residential Care Home**

The Old London Road, West Drayton, Retford, Nottinghamshire, DN22 8ED Telephone: 01777 838219 Places: 13 (Old age)

#### **Glenesk Care Home**

The Crescent, Queen Street, Retford, Nottinghamshire DN22 7BX Telephone: 01777 702339 Places: 22 (Old age)

#### The Hollies

19-23 London Road, Retford, Nottinghamshire, DN22 6AT Telephone: 01777 707750 Places: 22 (Old age, Dementia)

#### Langwith Lodge Care Home

The Park, Nether Langwith, Mansfield, Nottinghamshire, NG20 9ES Telephone: 01623 742204 Places: 54 (Old age, Dementia)

#### The Old Vicarage Care Home

Newcastle Avenue, Worksop, Nottinghamshire, S80 1NJ Telephone: 01909 475521 Places: 38 (Old age, Dementia)

#### **Rose Farm Care Home**

Main Street, Styrrup, Doncaster, South Yorkshire, DN11 8NB Telephone: 01302 744664 Places: 54 (Old age, Dementia)

#### South Moor Lodge Care Home

South Moor Road, Walkeringham, Doncaster, South Yorkshire, DN10 4LD Telephone: 01427 891204 Places: 40 (Old age, Dementia)

#### St. Saviours Care Home

5 Lidget Lane, Retford, Nottinghamshire, DN22 6QW Telephone: 01777 703040 Places: 40 (Old age)

#### **Tuxford Manor Care Home**

143 Lincoln Road, Tuxford, Newark, Nottinghamshire, NG22 0JQ Telephone: 01777 872555 Places: 42 (Old age, Dementia)

#### Victoria Care Home

Memorial Avenue, Worksop, Nottinghamshire, S80 2BJ Telephone: 01909 476416 Places: 93 (Old age, Dementia)

#### Westwood

Talbot Road, Worksop, Nottinghamshire, S80 2PG Telephone: 01909 490009 Places: 78 (Old age, Dementia, Physical disability)

## NURSING CARE FOR UNDER 65 YEAR OLDS

#### Gateford Hill Care Home

Worksop, Nottinghamshire, S81 8AF Telephone: 01909 521236

#### **Rufford Care Centre**

Clumber Unit, Gateford Road, Gateford, Worksop, Nottinghamshire, S81 7BH Telephone: 01909 530233 Places: 25 (Physical disability) 35 (Dementia Over 65) 50 (Old age)

#### RESIDENTIAL CARE FOR UNDER 65 YEAR OLDS

#### Mason House

6 Bracken Lane, Retford, Nottinghamshire, DN22 7EU Telephone: 0800 328 6091 Places: 8 (Learning disability)

#### **Branthwaite Care Home**

34 Welham Road, Retford, Nottinghamshire, DN22 6TN Telephone: 01777 706720 Places: 21 (Mental health, Dementia)

#### **Carlton Road Care Home**

181-183 Carlton Road, Worksop, Nottinghamshire, S81 7AD Telephone: 01909 473831

#### **Dyscarr Grange Care Home**

Doncaster Road, Langold, Nottinghamshire, S81 9RJ Telephone: 01909 540607 Places: 7 (Learning disability)

#### Holles Street Short Breaks Service

Holles Street, Worksop, Nottinghamshire, S80 2LJ Telephone: 01909 535220 Places: 10 (Learning disability)

#### Limetree Avenue Care Home

23 Limetree Avenue, Retford, DN22 7BB Telephone: 01777 708725 Places: 6 (Learning disability)

#### Home Redbank House Care

Town Street, South Leverton, Nottinghamshire, DN22 0BT Telephone: 01427 880716

#### Rivers

Blyth Road, Oldcotes, Worksop, Nottinghamshire, S81 8HU Telephone: 01909 731429 Places: 6

#### **Rose Meadow Residential Home**

119 Station Road, Misterton, Doncaster, South Yorkshire, DN10 4DG Telephone: 01427 891190 Places: 10 (Learning disability)

#### Rutland Crescent (25-27) Care Home

25-27 Rutland Crescent, Harworth, South Yorkshire, DN11 8HZ Telephone: 01302 759636 Places: 7 (Learning disability)

#### WHERE CAN I GET ADVICE AND SUPPORT IF SUFFERING BEREAVEMENT?

#### **BASSETLAW BEREAVEMENT CARE**

Offers support and practical assistance to the bereaved, both at Bassetlaw District General Hospital and one to one support in the community. Bassetlaw Hospital, Blyth Road, Worksop, Notts, S81 0BD Telephone: 01909 502779

#### **DYING MATTERS**

We're here for people in the last years of life, their families, carers and friends. We offer links to local services, information and a supportive online community. Website: <a href="https://www.dyingmatters.org">www.dyingmatters.org</a>

#### THE TOMORROW PROJECT- SUICIDE BEREAVEMENT SUPPORT

The suicide bereavement service has been developed directly from the needs of the bereaved to provide a dedicated, innovative new service for those facing this devastating experience. We will help liaise with other services and provide emotional and practical support to anyone affected by a suicide. For more information or to contact our team Telephone: 0115 880 0280 Email: <a href="mailto:bereavement@tomorrowproject.org.uk">bereavement@tomorrowproject.org.uk</a>

Website: www.harmless.org.uk

#### WHERE CAN I GET A WHEELCHAIR?

#### SHOPMOBILITY

Provides scooters, power chairs and manual chairs Retford - Chancery Lane Car Park Telephone: 01777 705432 Tuesday - Saturday 9am – 4pm Worksop - Priory Centre Car Park Telephone: 01909 479070 Monday - Saturday 9am – 4pm

#### PARKGATE MOBILITY WORKSOP

38-40 Eastgate Worksop S80 1RF Telephone: 01909 286019

#### FOR A PERMANENT WHEELCHAIR

(An assessment is required) Single Point of Access (S.P.A) Telephone: 01777 274422

#### WHO CAN HELP ME TO MANAGE MY LONG-TERM CONDITION?

#### STAYING WELL EXPERT PATIENTS PROGRAMME

The Staying Well Expert Patients Programme is a six-week course for anyone living with a longterm health condition. Its aims are to help you take control of your health by learning new skills to manage your condition better on a daily basis. Each session lasts for two and a half hours and is facilitated by trained tutors who are themselves living with a long-term condition. The Staying Well programme complements existing health care programmes and treatments, empowering participants to be more informed and better able to develop partnerships with their medical practitioners.

Topics covered by the programme:

- Dealing with pain and extreme tiredness
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Communicating with family, friends and professionals
- Planning for the future

Contact Paula on 01777 709650 Email: <u>stayingwell@actioncentre.org.uk</u> Website: <u>www.bassetlawactioncentre.org.uk</u>

#### HOW CAN I GET SOME HELP WITH ADAPTATIONS AND SOCIAL CARE?

## BASSETLAW ADULT AND SOCIAL CARE SERVICES CAN ARRANGE FOR ESSENTIAL HOME ADAPTATIONS

Other services include:

- Personal care within your own home
- Day care
- Help with discharge from hospital
- Meals At Home
- Disability Equipment

You can visit the Nottingham County Council Customer Service Points at:

- Queens building, Potter Street, Worksop Monday Friday 8:40am 5pm
- 17b The Square, Retford Monday Friday 9am 5pm

Or telephone Customer Service Centre 0300 500 80 80

#### HANDY PERSON ADAPTATION SERVICE (HPAS)

The Handy Person Adaptation Service provides help and support to keep people safe and secure in their home with free or low-cost but high quality essential adaptations and small practical jobs.

This service is available to people living in Nottinghamshire (except the City of Nottingham) who are either:

- aged 60 or over
- disabled.
- Adaptations
- Adaptations are jobs such as fitting stair rails and grab rails which help you move around your home and stay steady on your feet.

These are supplied and fitted in a single job and are free of charge.

- Handy person jobs
- Handy person jobs are small jobs such as fixing curtain rails, putting up shelves or fixing loose carpets or trip hazards.

The cost of a handy person job is £15 which should be given to the trader.

You will also need to supply all the materials for the job. But if you have difficulty getting what's needed, you may be able to give the money to the trader so they can buy the materials for you.

These prices are subject to change, so please check when requesting a job to confirm the price.

- How long does it take to get the work done?
- Jobs inside the house are usually completed within 5 working days.

If you have been discharged from hospital the job will be completed within 2 working days.

The work is carried out by professional traders from our approved trader register regulated by Trading Standards.

To apply for the handy person and adaptation service call the scheme co-ordinators on 0300 500 80 80 or email <u>enquiries@nottscc.gov.uk</u> For more information visit;

Contact us | Nottinghamshire County Council

Or for Adult Social Care;

Adult Social Care hub | Nottinghamshire County Council

Website : http://www.nottinghamshire.gov.uk

#### WHERE CAN I GET SOME HELP AROUND THE HOME?

#### **BDC REFUSE COLLECTION**

Telephone: 01909 534501 Bassetlaw District Council provides Assisted Refuse Collection for Elderly and Disabled Residents.

#### HOME SUPPORT SERVICE

Offers a range of services including

- General housework
- Laundry/Ironing
- Shopping
- Help with correspondence
- Medication prompts
- Sitting service
- Light meal preparation
- Accompanied shopping
- Social visits

This is a chargeable service. Please ring The Bassetlaw Action Centre for further details. Telephone: 01777 709650

Email: <u>homesupport@actioncentre.org.uk</u> Website: <u>www.bassetlawactioncentre.org.uk</u>

#### HOW CAN I GET OUT AND ABOUT?

#### **BASSETLAW COMMUNITY CAR SCHEME**

The Community Car Scheme is available to Bassetlaw residents who are unable to access any other forms of public transport or where none is available. The scheme can be used to visit friends or social clubs, attend appointments or maybe just go shopping. It is a door-to-door service; volunteer drivers will allow you one-hour maximum from dropping off before returning you home. If you know you are going to be more than one hour, please state at time of booking as there will be an additional charge in this circumstance. In order to use the scheme, you must register. Registration and journey charges apply.

Telephone: 01777 709650

Email: <u>transport@actioncentre.org.uk</u> Website: www.bassetlawactioncentre.org.uk/index.php/bassetlaw-community-car-scheme/

#### **BASSETLAW COMMUNITY CAR SCHEME PLUS**

The Community Car Scheme Plus vehicle has been fully adapted for wheelchair users and offers a door-to-door service for people of all ages. For an affordable fare, you can travel in safety and comfort to make those important appointments, get to work or simply socialise with friends. This vehicle is also able to carry a wheelchair and up to 4 passengers. Registration and journey charges apply.

Telephone: 01777 709650 Email: <u>transport@actioncentre.org.uk</u> Website: <u>www.bassetlawactioncentre.org.uk/index.php/car-scheme-plus/</u>

#### **BASSETLAW DISTRICT COUNCIL – ACCESSIBLE TAXIS**

Information regarding Taxi firms with wheelchair accessible vehicles is available. Licensing Unit, Queens Buildings, Potter Street, Worksop, Notts S80 2AH Telephone: 01909 533533 Email: <u>licensing@bassetlaw.gov.uk</u>. Website: <u>www.Bassetlaw.gov.uk</u>

#### DIAL A TRIP COVERING THE VILLAGES AROUND TUXFORD

DAT is a Social Car Scheme offering transport for those people unable to access public or private transport to get to medical appointments such as Dentists, Chiropodists, Opticians as well as some social events. Once registered and the yearly fee has been paid, we are only a phone call away, but we do ask for 24 to 48 office hours' notice for trips.

Dial a Trip is administered and run by volunteers who use their own cars. The office is open from 9.30am to 12.30pm Monday to Friday for bookings. All other times there is an answer machine which is monitored regularly. This is because as volunteers we administer and drive. Telephone: 01777 948384

Email: dialatrialtd@gmail.com

Email: dialatripltd@gmail.com

#### **BASSETLAW ACTION CENTRE COMMUNITY MINIBUS**

This service is managed by Bassetlaw Action Centre and is a wheelchair friendly minibus offering community groups throughout the district access to a flexible and affordable mode of transport. Any group wanting to take advantage of this opportunity is required to have obtained membership through the Bassetlaw Action Centre. Both annual and day memberships are available. We also offer a wide range of Day Trips open to the general public.

For an up to date list of trips contact Bassetlaw Action Centre or visit our

Website: www.bassetlawactioncentre.org.uk/index.php/community-mini-bus/#trips

We now have gift vouchers available to purchase so why not treat your family or friends; they would make a great Christmas or Birthday present.

Booking and payment arrangements for day trips:

Registration is required before you book onto any of the trips.

You will be at your destination for a minimum of 3 and half hours unless otherwise stated. Times may vary due to unforeseen circumstances or circumstances beyond our control. Payment is to be made at the time of booking for all daytrips. Bookings that are not paid will only be held for 7 days. If a trip is shown to be fully booked you can put your name on a reserve list and we will contact, you if a place becomes available.

Payment can be made by cash, debit/credit card over the phone or in person or by BACs. For more information or to book a trip contact Bassetlaw Action Centre, Canal Street, Retford DN22 6EZ Monday to Friday 9:00am to 1:00pm Telephone: 01777 709650

#### WHERE CAN I GET TRAVEL INFORMATION?

#### TRAVELINE

Telephone: 0871 200 2233

(Please note that there is a charge 12 pence per minute from landlines and mobiles for a call to 0871 200 22 33; your phone company may add its own access charge but it will tell you about this.)

www.traveline.info/

#### NATIONAL RAIL ENQUIRIES

Telephone: 08457 484 950 www.nationalrail.co.uk

#### FREE CONCESSIONARY TRAVEL SCHEME

Who is eligible?

The scheme no longer provides a free pass automatically at the age of 60. Instead, the qualifying age is now linked to the state pension age. To see when you will qualify for a free pass on age grounds, have a look on www.gov.uk/calculate-state-pension

You are an eligible disabled person if you:

- are blind or partially sighted
- are profoundly or severely deaf
- are without speech
- have a disability, or have suffered an injury, which has a substantial and long-term adverse effect on your ability to walk
- do not have arms or have long term loss of the use of both arms
- have a learning disability a state of arrested or incomplete development of mind which includes significant impairment of intelligence and social functioning, or
- would have an application to drive a motor vehicle refused due to your disability.

#### When can you use your pass?

The National Concessionary Pass allows you to enjoy free off-peak travel on local buses anywhere in England. The national free entitlement operates between 9:30am and 11:00pm Monday to Friday and all day at weekends and on public holidays.

How do you apply for your travel pass and how much does it cost?

The concessionary travel passes are initially free of charge, however if you lose your pass a fee may be charged for the replacement.

Telephone: 0300 500 80 80

Website: www.nottinghamshire.gov.uk/transport/public-transport/apply-for-a-concessionary-travelpass

#### WHO CAN TELL ME ABOUT LOCAL GROUPS AND CLUBS?

For a list of groups and clubs in your area contact the following organisations:

#### **BASSETLAW ACTION CENTRE**

Bassetlaw Action Centre is a Community Resource Agency linking individuals and organisations with help and support. Canal Street, Retford, DN22 6EZ Telephone: 01777 709650 Email: <u>enquiries@actioncentre.org.uk</u> Website: www.bassetlawactioncentre.org.uk

#### **BCVS - BASSETLAW COMMUNITY AND VOLUNTARY SERVICE**

The Priory, The Old Abbey School, Priorswell Road Worksop, Nottinghamshire S80 2BU Telephone: 01909 476118 Email: <u>bcvs@bcvs.org.uk</u> Website: <u>www.bcvs.org.uk</u>

BCVS is a registered charity that works to challenge deprivation, health inequalities and social exclusion through supporting local residents and voluntary and community group across Bassetlaw and Bolsover.

We aim to create, support and develop a sustainable and vibrant third sector. Our work involves both direct support and communicating and facilitating strong and effective community voices which will have an influence locally, regionally and nationally.

## DO YOU WANT TO TAKE RESPONSIBILITY FOR YOUR OWN HEALTH AND KEEPING ACTIVE?

#### GET OUT GET ACTIVE (GOGA) BASSETLAW

Get Out Get Active (GOGA) Bassetlaw is a project that is working across the district to support those who are inactive or have a long term heath condition to get active by taking part in fun, safe and inclusive activities. For more details, contact: Telephone: 01777 709650 Email: <u>GOGA@actioncentre.org.uk</u> Website: <u>www.bassetlawactioncentre.org.uk/index.php/goga/</u>

#### **OBESITY PREVENTION & WEIGHT MANAGEMENT SCHEME**

This scheme is run by Everyone Health. Telephone: 0333 005 0095 Website: <u>www.everyonehealth.co.uk</u>

#### STOP SMOKING SERVICE

A free NHS stop smoking service that helps anyone who lives, works or is having treatment in Bassetlaw and is ready to stop smoking. Telephone: 0800 328 8553

#### STAYING WELL PROGRAMME

A free six-week course helping people to better self-manage their long term health condition. Courses are available in various locations throughout Bassetlaw. Telephone: 01777 709650

#### WHAT HEALTHY ACTIVITIES/LEISURE SERVICES ARE AVAILABLE?

#### **BASSETLAW DISTRICT COUNCIL – PARKS AND OPEN SPACES**

To Rent a Council Owned Allotment Telephone 01909 534525 Email: <u>Allotment.Enquiries@bassetlaw.gov.uk</u>

#### **BIRCOTES LEISURE CENTRE**

Whitehouse Road, Bircotes, Doncaster, DN11 8EF Telephone: 01302 743979 Facilities:

- 20m Swimming Pool Fitness Suite
- 2 Squash Courts Sauna
- MUGA Multi-Use Games Area/Outside Pitch
- Sports Hall (4 Badminton Courts/Aerobics)

#### **RETFORD LEISURE CENTRE**

Old Hall Drive, Retford, DN22 7EA Telephone: 01777 706500 Facilities:

- 25 metre Swimming Pool
- 12 metre Training Pool
- Fitness Suite
- Aerobic Studio
- Conference Room
- Steam Room
- Sauna
- Viewing balcony
- Vending Area

#### **WORKSOP - SAVOY CINEMA - SILVER SCREENINGS**

Exclusively for the over 50s every Wednesday at 11:30am. Admission is £4.50 including complimentary tea or coffee. Telephone: 01909 481900 Website: savoyworksop.co.uk/SavoyWorksop.dll/Home

#### WORKSOP - CLUMBER PARK

Worksop, Nottinghamshire, S80 3BE Telephone: 01909 476592 Email: <u>clumberpark@nationaltrust.org.uk</u> Website: <u>www.nationaltrust.org.uk/clumber-park/whats-on</u>

#### WORKSOP LEISURE CENTRE

Valley Road, Worksop, S81 7EN Telephone: 01909 473937 Facilities:

- 25 metre Swimming Pool
- 12 metre Training Pool
- Fitness Suite
- Aerobic Studio
- Conference Room
- Steam Room

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Dance Studio/Conference Room

- Sauna
- Viewing balcony
- Vending Area

#### BASSETLAW DISTRICT COUNCIL LEISURE AND WELLBEING SERVICE

Telephone: 01909 533533 Email: <u>LeisureServices.ITS@bassetlaw.gov.uk</u> Website: <u>https://www.bassetlaw.gov.uk/sport-leisure-and-culture/</u>

The Leisure and Wellbeing team at Bassetlaw District Council supports local clubs that offer activities for the older person. Specific activities developed and promoted include; health walks, seated exercise classes, dementia groups, allotments, exercise classes for falls patients as well supporting weekly Walking Football, Walking Netball, Walking Tennis and Walking Cricket sessions across the district.

#### NORTH NOTTS COMMUNITY ARENA

Worksop - North Notts Community Arena Eastgate, Worksop, Notts. S80 1QS Venue 01909 480164 Email: <u>d.layden@nnca.org.uk</u> Website: <u>www.nnca.info/</u>

#### WALKING IN NOTTINGHAMSHIRE

Walking in Nottinghamshire <u>www.walkinginengland.co.uk/notts</u>. is a website packed with useful information for walkers.

With hundreds of walks to download and print free, it also has books of walks, contact details for all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

For more information, contact John Harris Website: <u>www.walkinginengland.co.uk/notts</u>. Email: <u>john@walkinginengland.co.uk</u> Telephone: 07740 306189

#### WHERE CAN I FIND HELP TO STOP SMOKING?

#### **BASSETLAW STOP SMOKING SERVICE**

Telephone: 0300 123 1044 website: <u>www.smokefree.nhs.uk</u> WHAT IS ABUSE OR MISTREATMENT?

Abuse or mistreatment can be many things.

Physical including hitting, slapping, punching, kicking or the misuse of medication on someone. Sexual including rape or sexual assault acts which the person has not consented to. It may be non-contact such as teasing or being photographed.

Psychological including threats, humiliating someone, controlling or intimidating.

Financial including stealing or tricking the person out of money or material possessions like their house or jewellery.

Discriminatory including racist, sexist, that is based on a person's disability and other forms of harassment.

Neglect is also a form of abuse - leaving someone without food or heating, refusing to take care of personal needs and failing to provide access to appropriate health and social care may all be forms of neglect.

#### NOTTINGHAMSHIRE WOMEN'S AID LTD

The Farr Centre, Chapel Walk, Westgate, Worksop, S80 1LR. Telephone: 01909 491330. Email: <u>enquiries@nottswa.org</u> Website: <u>www.nottswa.org</u> 24 hour Freephone Helpline 0808 800 0340

#### VICTIM SUPPORT SCHEME

We are the national charity giving free and confidential help to victims of crime, witnesses, their family, friends and anyone else affected across England and Wales. We also speak out as a national voice for victims and witnesses and campaign for change.

We are not a government agency or part of the police and you don't have to report a crime to the police to get our help. You can call us any time after the crime has happened, whether it was yesterday, last week or several years ago.

We have offices throughout England and Wales and we run the Witness Service in every criminal court. For help, support or advice call our Nottinghamshire team now on 0800 304 7575. Website: <a href="https://www.victimsupport.org.uk/">www.victimsupport.org.uk/</a>

#### WHO CAN I HAVE A CHAT WITH WHEN I FEEL LONELY?

#### A CALL IN TIME

Call in Time is a FREE service where a trained volunteer could give you a friendly phone call once a week, on your preferred day, and at a time convenient to you, for a friendly chat to talk about just about anything you want to, from the weather to your favourite subject? Telephone: 0800 434 6105

Website: www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/

#### THE SILVER LINE

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Telephone: 0800 470 80 90 Website: www.thesilverline.org.uk/

#### **BASSETLAW TELEPHONE BEFRINEDING**

#### Face to Face Befriending

Our befriending scheme can receive referrals from anyone who is suffering from extreme loneliness. Befriending is a means to reduce isolation and increase independence.

Our clients are placed with a befriender who will visit them for one hour a week in their own home or telephone them to chat and encouraging them to make positive choices to help them to help themselves.

When the clients are referred to us, we match them with a volunteer, who may have similar interests and hobbies and lives in the same area. This service is free of charge, but there may be travel costs incurred for the volunteer mileage if they are visiting in the home.

#### **Telephone Befriending**

Our telephone befriending is a free service which offers weekly calls made to our clients by volunteers.

As with home visits, we ensure to match our clients with a volunteer who may have similar interests or hobbies, and the volunteer will encourage clients over the duration of the call to make positive choices.

For those clients who are unable to have home visits or use the telephone we may be able to offer befriending letters.

#### Peer to Peer Befriending

Peer to peer befriending is a great way for clients to support each other through weekly telephone calls. Befriending not only benefits the person who receives the call but also the person who provides the call. People often volunteer for Befriending as a way to reduce their own isolation and loneliness whilst helping another person.

As such we now offer Peer to Peer Befriending Support. This is where 2 clients waiting for a volunteer will contact each other via telephone and Befriend each other. This enables both clients to give and receive support, build friendships and help each other overcome their feelings of loneliness and isolation.

For more information, contact Bassetlaw Action Centre

Telephone:01777 709650

Email: <u>befriending@actioncentre.org.uk</u>

Website: www.bassetlawactioncentre.org.uk/befriending/

#### WHERE CAN I GET SOME SUPPORT WHEN I LEAVE HOSPITAL?

#### ROYAL VOLUNTARY SERVICE HOME FROM HOSPITAL SERVICE

From on the ward to back at home, our friendly Home From Hospital Service is for people aged 55 or over, who are registered with a Bassetlaw GP and live in the Bassetlaw area. We help to get patients discharged quickly and safely. Our support services include:

- Assisted shopping service
- Companionship
- Help with traveling to and from appointments
- Prescription collection
- Accompanied walks
- Regular friendly telephone chats

We tailor our services where possible to meet individual needs. Please note that we do not provide personal care.

This is a six to eight weeks service aimed at getting you back on your feet after a stay in hospital. Costs: There is no joining fee but there is a minimum charge of £4.20 for the first 3 miles, then a charge of 65p per mile over 3 miles if transport services are required. Referrals can be made by calling 07714 898531.

or by emailing bassetlaw.syr@royalvoluntaryservice.org.uk

#### HOME SUPPORT SERVICE

Offers a range of services including

- General housework
- Laundry/Ironing
- Shopping
- Help with correspondence
- Medication prompts
- Sitting service
- Light meal preparation
- Accompanied shopping
- Social visits

This is a chargeable service. Please ring The Bassetlaw Action Centre for further details. Telephone: 01777 709650

Email: <u>homesupport@actioncentre.org.uk</u>

#### WHO CAN TELEPHONE ME ABOUT VOLUNTEERING OPPORTUNITIES?

#### **BCVS INVOLVE - VOLUNTEERING**

Bassetlaw Community & Voluntary Service The Old Abbey School, Priorswell Road, Worksop, Notts, S80 2BU Contact: Annie Parry (She/Her) Bassetlaw Volunteer Coordinator Email: <u>involve@bcvs.org.uk</u> Office Telephone: 01909 476118 Ext 22 Work Mobile: 07923 256976 Website: <u>www.bcvs.org.uk</u>

#### THE BASSETLAW ACTION CENTRE VOLUNTEER OPPORTUNITIES

#### **Volunteer Befriending**

Do you like chatting to people? Are you a good listener? Could you offer an hour a week? If so; Befriending could be for you!

Our befriending scheme is available for people who are identified as socially isolated. We hope to reduce isolation and increase independence for our clients by providing befrienders who will encourage clients to make positive choices and help them to help themselves. The befriending service is currently telephone based and our volunteers offer their support to clients through regular phone calls.

#### **Bassetlaw Community Car Scheme**

If you enjoy driving and meeting people and are looking to help the local community, you are the ideal person to be a volunteer driver. Any amount of time that you are able to give to the scheme is welcomed, even an hour or two each week. We are all part of a friendly team and drivers help and support each other in addition to receiving support and training from the staff at The Bassetlaw Action Centre. We do not put any pressure on our drivers and are grateful for any amount of time that they are able to give to the Car Scheme. Many clients have managed to remain independent because of the valuable help they have received from our volunteer drivers. We pay 45p per mile for every mile that you drive on behalf of the scheme.

#### **Bassetlaw Community Car Scheme Plus**

We are also looking for drivers for our Community Car Scheme Plus vehicle. This vehicle has been fully adapted for wheelchair users and offers a door to door service for people of all ages. The vehicle is also able to carry up to 4 passengers. We provide all training for this vehicle which will help individuals to travel in safety and comfort to make those important appointments, get to work or simply socialise with friends for an affordable fare.

#### **Bassetlaw Community Minibus**

We are always looking to add to our bank of volunteer drivers for the minibus at The Bassetlaw Action Centre. The minibus has the facilities to enable wheelchair users to board and alight using a passenger lift and specialist equipment to secure both the user and their wheelchair. All our drivers must hold D1 on their driving licence and will undergo an enhanced DBS check and MiDAS training.

#### **Office Administration**

We have limited opportunities for volunteers to help within our Bassetlaw Action Centre offices, duties including, making and receiving telephone calls, using up to date computer packages and supporting our existing staff.

If you are interested in becoming a volunteer for the Office Administration, Community Car Scheme, Community Car Scheme Plus or Community Minibus or have any questions about any of the Schemes.

Contact: Bassetlaw Action Centre

Canal Street, Retford, Notts, DN22 6EZ

Telephone: 01777 709650 Email: enquiries@actioncentre.org.uk

#### HOW CAN I LEARN NEW SKILLS?

#### NORTH NOTTS COLLEGE:

Contact address below for details of available adult courses. Website: <u>www.nnc.ac.uk</u>

Contact Us You can choose to contact the College by email, telephone or post. Whichever way you choose, our staff will be pleased to help and will get back to you as soon as possible.

Learner Recruitment Team The Learner Recruitment Team can help with course enquiries, financial support and general advice and guidance. By Email: <u>contact@nnc.ac.uk</u> Telephone: 01909 504500

Main College Telephone: 01909 504504 Fax: 01909 504505

By Post: North Notts College, Carlton Road, Worksop, Nottinghamshire, S81 7HP

#### WORKERS EDUCATION ASSOCIATION (WEA)

Training courses available from the WEA please call or go to the website Telephone: 0300 303 3464, Monday – Friday 9am – 5pm. Website: <u>https://www.wea.org.uk/</u>

#### WHAT SUPPORT SERVICES ARE AVAILABLE IN RURAL AREAS?

#### **BASSETLAW DISTRICT COUNCIL RURAL OFFICER**

Karen Tarburton is the Community Development and Funding Manager. Karen works for Harworth Town Council and delivers the community development and funding advice on behalf of Bassetlaw District Council within the district although this is mainly within the Rural Areas. Email: <u>ktarburton@harworthandbircotestowncouncil.org.uk</u> Website: <u>www.bassetlaw.gov.uk/community-and-living/rural-communities/rural-officer/</u>

Stephen Brown, Head of Corporate Services, is the contact for information on rural issues including Parish Councils. He is available on 01909 533767 or email <u>Stephen.brown@bassetlaw.gov.uk</u>

#### LANGOLD CENTRE

The Village Hall, Markham Rd, Langold, Worksop, S81 9SW Telephone: 01909 732904

#### THE MISTERTON CENTRE

The Misterton Centre & Library Building 52 High Street Misterton Doncaster DN10 4BU Telephone: Centre & Library 01427 890646 Telephone: The Clerk 01427 890780 Email: <u>themistertoncentre@outlook.com</u> Website <u>www.misterton-notts-pc.gov.uk</u>

#### NATIONAL ASSOCIATION OF LOCAL COUNCIL NOTTINGHAMSHIRE BRANCH

Nottinghamshire Association of Local Councils, Minister Chambers, Southwell, Notts, NG25 0HD Website: <u>www.nottsalc.com</u>

## WHERE CAN I FIND GENERAL INFORMATION ABOUT SERVICES FOR OLDER PEOPLE?

#### BASSETLAW ACTION CENTRE

Bassetlaw Action Centre is a Community Resource Agency linking individuals and organisations with help and support Canal Street, Retford, DN22 6EZ Telephone: 01777 709650 Email: <u>enquiries@actioncentre.org.uk</u> Website: <u>www.bassetlawactioncentre.org.uk</u>

#### **CONNECT – HELPING TO KEEP PEOPLE INDEPENDENT**

The Connect service provides information, advice and short term support for people who are at risk of deteriorating health and independence as a result of age, mobility, disability, long term health condition or bereavement. It is aimed at people who might be struggling with keeping active or managing personal affairs, or who might be feeling lonely. All these things can happen so easily as a result of getting older, poor health, family moving away or losing loved ones.

The Connect service can find information about local services, activities and opportunities. If needed, Connect can work with people around money issues including benefits advice and support, housing problems, health management and other things. This support will be tailored to each person and will focus on achieving what they want in a way that suits them. If you, or someone you know, might benefit from the advice and support of Connect phone Framework on 01623 675402 Email: connectbassetlaw@frameworkha.org

#### **ROYAL VOLUNTARY SERVICE**

Royal Voluntary Service C/O 3 Bridge Street, Worksop, Nottinghamshire, S80 1DL Telephone: 01909 484437 Email: <u>bassetlaw.SYR@royalvoluntaryservice.org.uk</u>

#### NOTTS HELP YOUR SELF

Where older people (and other local people) can find information about services, activities and support in their area. www.nottshelpyourself.org.uk

sheipyoursen.org.uk

#### WHERE CAN I FIND OUT ABOUT HELP FOR CARERS?

#### CARERS FEDERATION

Carers Federation Head Office Christopher Cargill House, 21-23 Pelham Road,Nottingham,NG5 1AP Website: <u>www.carersfederation.co.uk/</u> Email: <u>info@carersfederation.co.uk</u> Telephone: 01159 629 310 Fax: 01159 629 338

#### **REACH OUT NOTTINGHAMSHIRE PLUS**

Provides information & advice for disabled people & their carers Room 6 Park Road Resource Centre, 53 Park Road, Mansfield-Woodhouse NG19 8ER Advice line: 01623 625891 Website: <u>www.disabilitynottinghamshire.org.uk/</u> Email: <u>advice@disabilitynottinghamshire.org.uk</u>

## DOES THE COUNCIL PROVIDE FINANCIAL SUPPORT FOR COMMUNITY GROUPS?

#### **Councillor Community Grants Scheme**

Each District Councillor is allocated a small budget and has the discretion to award grants to community activities that will benefit the community within their respective electoral ward areas. Councillors will consider grant applications for sports; culture and heritage; environment and sustainability; social welfare; and community activities.

Unsuccessful applicants will be unable to reapply to the Councillor Community Grants scheme in the same year. Applications will only be accepted once the activity has been discussed with the ward member of Bassetlaw District Council.

Funding for the following, are unlikely to be considered:

- Activities which cover an area that is the primary responsibility of another funding agency
- Additional funding from Bassetlaw District Council
- Activities that do not support Bassetlaw residents
- Activities that promote religious belief or political activities
- Civic events
- Expenses that have already been incurred or retrospective funding

For more information contact:

Your Ward Councillor, or Members Support, Bassetlaw District Council, Queen's Buildings, Potter Street, Worksop, Notts, S80 2AH. Telephone: 01909 533533.

#### WHERE CAN I FIND CONTACT DETAILS FOR MY LOCAL MP/COUNCILLOR?

For Members' Support, please contact 01909 533120 or email: <u>rebecca.smith@bassetlaw.gov.uk</u> or <u>sue.symcox@bassetlaw.gov.uk</u> further information is available on the websites below: Local Councillors: <u>www.bassetlaw.gov.uk/council-and-democracy</u> - select 'Your local District Councillor' section

Local MPs/County Councillors: <u>www.bassetlaw.gov.uk/council-and-democracy</u> - select 'Your local District Councillor' section

#### **USEFUL NUMBERS**

Age UK: 0115 844 0011

Alzheimer's Society: 0333 150 3456

Aurora Wellbeing Centre: 01909 470985

Bassetlaw Action Centre: 01777 709650

Bassetlaw Hospice: 01777 200060

Bassetlaw Mind: 0800 470 0203

Bassetlaw Community and Voluntary Service: 01909 476118

Bereavement Care: 01909 502779

Citizens' Advice Bureau: 0800 144 8848

Carers' Federation: 0115 9629 310

Macmillan Cancer Information Service: 0808 808 00 00

RVS Home from Hospital Scheme: 07714 898531