

THE FREE SHOP OFFER

— PROVIDING DAILY ESSENTIALS —

DAILY ESSENTIALS

We offer 6 months' support of weekly shops to our customers so that everyone can access daily essentials.

COFFEE MORNINGS

Our fortnightly coffee mornings are open to everyone, whether you are one of our customers or not. There is delicious home made cakes, posh coffee and tea made in a teapot!

We also invite other agencies to this so that if you need help it is all at your finger tips.

FORM FILLING CLINICS

We understand how hard it is to navigate the world of forms whether that be CVs or benefits. Just let us know what you need help with and we will do our best to get the right person to help you.

CLANGERS WELLBEING

Look after your wellbeing in our CLANGERS groups. CLANGERS is a series of weekly sessions exploring simple activities that will help to keep you and your family happy and healthy.

STILL METHOD

If anxiety impacts your everyday life, the STILL Method programme uses a step-by-step approach to help understand and manage anxiety, improve low self-esteem and gain resilience.

EXERCISE OPPORTUNITIES

We know how hard it is to be active when finances are tight but it is important for your wellbeing to release those endorphins. We offer a range of exercise opportunities.

BESPOKE WORKSHOPS

As we get to know our customers, different needs arise and if we can't signpost you, we will do our best to offer solutions with our own bespoke workshops.

