



## **Selby & District Foodbank Citizens Advice Worker**

**1811 Building, New Lane, Selby, YO8 4QP**

**Monday, Wednesday, Friday 10am – 1pm**

### **Citizens Advice in Foodbank**

The service is independent and always works with your best interest at heart. The service provides a non-judgemental approach and treats everyone equally. Your information is confidential and will only be shared with your permission.

Our Citizens advice worker is in Foodbank every session offering support and advice. Areas of help include:

- \* Debt and money
- \* Energy
- \* Immigration
- \* Welfare benefits
- \* Discrimination
- \* Legal Aid
- \* Employment
- \* Consumer
- \* Child maintenance
- \* Housing
- \* Family

In addition to advice, we are also able to access grants and charitable support in certain situations. Our worker may refer you to another service, such as, Warm and Well, Debt advice, North Yorkshire Local Assistance Fund and York Mind.

Selby & District Foodbank - **01757 703426**. We provide food parcels on a referral system and provide help and support through our in-house Citizens Advice Advisor.





Warm and Well support people across North Yorkshire to keep warm in their homes. You can contact them on **01609767555** or to find out more, visit their website: **[www.warmandwell.org.uk](http://www.warmandwell.org.uk)**.



The North Yorkshire Local Assistance Fund, also known as NYLAF, provides emergency support. This can be small one-off payments for fuel or food and white goods. You can self-refer by calling **01904 550030**.



Sleepsafe is a charity supporting people who are experiencing homelessness. They can provide temporary accommodation for people with a Selby connection. Additionally, they can support people who are currently homeless, with items such as sleeping bag/tents, food, clothing, and showers. You can contact them on **07777 677367**.

The Big Communi-tea is a low-level mental health support service. Providing an evening helpline and support and activities within the community. You can contact them on **01757 642177** to find out what activities they have on. **The helpline 01757 642399** is open 7pm to 10pm 365 days per year.

