



# JUST ASK @ St Ann's Valley Centre and The Chase Neighbourhood Centre

Do you need some help and advice? If so, just call in and talk to someone free of charge.

Starts  
4 January  
2022

	St Ann's Valley Centre	Service	The Chase Neighbourhood Centre	Service
Monday	12noon - 4pm	<b>Debt Advice</b> appointment only - Tel 0115 908 1530	9am - 12.20pm 1.20pm - 3.30pm  9am - 4pm 9.15am - 5pm	<b>Welfare rights, debt / fuel debt and energy efficiency advice</b> by appointment/crisis support - call 0115 950 6867 for appointments. Debt advice 0115 908 1530 <b>Work club drop-in</b> Employment and training support <b>Well For Work</b> - Financial advice and employability support - appointments call 07443 268 832
Tuesday	9.30am -12.30pm	<b>Work club drop-in</b> Employment and training support	9am - 12.20pm 1.20pm - 3.30pm  10am - 3pm 12noon - 5pm	<b>Welfare rights, debt / fuel debt and energy efficiency advice</b> by appointment/crisis support - call 0115 950 6867 for appointments. Debt advice 0115 908 1530 <b>One-to-one IT Support</b> to increase digital skills <b>Well For Work</b> - Financial advice and employability support - appointments call 07443 268 832
Wednesday	9am -12noon  1.30pm - 4.30pm	<b>Debt Advice</b> appointment only - Tel 0115 908 1530  <b>Volunteer Local St Ann's Drop-in:</b> Volunteering opportunities for local people and support for voluntary and community groups	9am - 12.20pm   9am - 12.30pm	<b>Welfare rights, debt / fuel debt and energy efficiency advice</b> by appointment/crisis support - call 0115 950 6867 for appointments. Debt advice 0115 908 1530 <b>Employment support</b> One-to-one appointments call 07867 562 295
Thursday	9am -12noon  10am - 1pm	<b>Debt Advice</b> appointment only - Tel 0115 908 1530  <b>Let's Talk Wellbeing</b> for Mental Health support by appointment (see over the page for booking information)	9am - 12.20pm 1.20pm - 3.30pm  9am - 4pm 9am - 4pm  10am - 3pm	<b>Welfare rights, debt / fuel debt and energy efficiency advice</b> by appointment/crisis support - call 0115 950 6867 for appointments. Debt advice 0115 908 1530 <b>Employment support</b> One-to-one appointments call 07867 562 295 <b>Well For Work</b> - Financial advice and employability support - appointments call 07443 268 832 <b>One-to-one IT Support</b> to increase digital skills
Friday	9.30am - 12.30pm	<b>Nottingham City Homes Drop-in.</b> NCH Housing queries, advice and signposting	9am - 12.20pm	<b>Welfare rights, debt / fuel debt and energy efficiency advice</b> by appointment/crisis support - call 0115 950 6867 for appointments. Debt advice 0115 908 1530

For an up-to-date timetable/ any changes please check Ask Lion



## St Ann's Advice Group at The Chase Neighbourhood Centre

[www.stannsadvise.org.uk](http://www.stannsadvise.org.uk)

Call 0115 950 6867 for appointments, and for debt advice 0115 908 1530

- Welfare benefits and debt / fuel debt and efficiency advice by appointment.
- One-to-one support for up to 6 months for those with financial difficulties preventing them from taking up employment opportunities.
- Well For Work programme helps people facing barriers to taking the next steps into work through offering practical financial information and advice and employability support including jobsearch, assessing training requirements, CVs, applications and interview skills.

**Let's Talk - Wellbeing** (for mental health support) talking therapies for common mental health problems, which 1 in 4 of us will experience at some stage in our lives. If you require support with depression, anxiety, panic, phobias, obsessive compulsive disorder (OCD), trauma and stress then please feel free to self-refer via the following options:

- For online self-referral - [www.nottinghamshirehealthcare.nhs.uk/ltwb-self-referral](http://www.nottinghamshirehealthcare.nhs.uk/ltwb-self-referral)
- Telephone referrals phone **0300 300 2200**. Lines are open Monday to Friday, 8am to 4pm.
- Website - [www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing](http://www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing)

## The Renewal Trust Employment and training support

**Work club:** Help with CVs, job searching, applications, information about training, apprenticeships and job opportunities.

**NCVS – Volunteer Local St Ann's:** NCVS volunteer advisors will be on hand each week to talk to those individuals who want to volunteer about current volunteer opportunities as well as offer more accessible support for local voluntary and community sector groups.

**Nottingham City Homes** for NCH housing queries – advice and signposting.



## St Ann's Councillor surgeries

Drop-in surgeries with your local Councillors, why not come along to ask a question or share an idea on how to make St Ann's a better place to live:

**St Ann's Valley Centre** 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month, 6pm-7pm

**Cherry Lodge** on King Edward Park, Carlton Rd - 1<sup>st</sup> Saturday of the month, 10am-11am

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