



Dry January
January

Challenging you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.

[Alcohol Change](#)



World Religion
Day

16 January 2022

To promote inter-faith understanding and harmony.



HOLOCAUST
MEMORIAL
DAY TRUST

Holocaust
Memorial Day

27 January 2022

Remembering the people murdered in the Holocaust, under Nazi persecution, and in the genocides which followed in Cambodia, Rwanda, Bosnia, and Darfur.

**CERVICAL
CANCER
PREVENTION
WEEK**

23 - 29 Jan 23

MULTIPLY YOUR SKILLS WITH GREAT PLACES HOUSING GROUP

What's on Offer?

Multiply is a new government funded programme aimed at helping adults improve their numeracy skills!

Where is it?

Starting on Thursday 26th January at Claremont Park Community Centre, Blackpool
5x2 hour weekly sessions!

What will I Learn?

- Week 1- understanding APR and finding cheaper loan options
- Week 2- Income and expenditure
- Week 3- healthy eating & nutrition
- Week 4- Shopping on a budget

What Else is included?

Week 5- 1-2-1 Financial support
Also an opportunity to receive tailored 1-2-1 coaching and mentoring following on to help support you to access further training or employment

How can I get involved?

Please email hidie.taylor@greatplaces.org.uk to book your place on the course, alternatively call 07829861693

All learners who complete course and attend all sessions will receive a £40 Supermarket voucher !!!

We know that many people in Blackpool and across the country are worried about the cost of living and the impact on their lives.

Blackpool Council along with partners and volunteers have pulled together some information to ensure that you can access the help and support you need. You can find advice with food and essentials, community centres activities, help with housing if you are struggling with accommodations costs, and contacts to talk to someone for emotional and practical help.

Online



www.fyidirectory.co.uk

You can find information about all the support that is available locally in our cost of living section.

In Person

If you prefer you can call in at the locations below where someone will signpost you to the services and support available across Blackpool.

Empowerment Charity

333 Bispham Road
Blackpool, FY2 0HH

Monday to Friday
9am until 5pm

Volunteer Centre

95 Abingdon Street
Blackpool, FY1 1PP

Monday to Friday
10am until 3pm

Telephone

Freephone **0808 175 3379**

between 10am and 3pm Monday to Friday.

Your call will be answered by one of our voluntary organisation partners who will point you in the right direction.

Help with money and bills

Are you facing financial hardship?

We know that sudden unexpected costs can be difficult for people facing financial hardship.

The Household Support Fund can help by providing short term financial support to meet immediate needs and help residents who are struggling to afford household energy costs.

- In Blackpool, an award of £200 will be made to qualifying households of one or two people (including children) and £300 to qualifying households of three or more people (including children).
- There is an application process and evidence will be required to support your request. If successful your award will be paid directly to your energy provider and will appear as a credit on your bill or pre-payment meter.

For further information please go to:

www.blackpool.gov.uk/householdsupport



Citizens Advice Blackpool

Free confidential advice on welfare benefits, family and personal issues, housing and employment.

T: 0330 330 1184 Advice Line

T: 01253 308401 Universal credit advice

T: 01253 308405 Debt advice

www.blackpoolcab.org.uk

Blackpool Discretionary Support

Short term emergency support and help with referral to other agencies

www.blackpool.gov.uk/discretionarysupport

Cosy homes in Lancashire

Access to cost effective ways to keep your home warm.

T: 03306 061 488

www.chil.uk.com

Care and repair

Blackpool's home improvement agency helping people live independently.

They also provide free boiler repairs for vulnerable people.

T: 01253 477900



HM Government

Help with keeping warm

There are a number of warm places across Blackpool and more are being set up. For a complete up to date list please have a look at www.fyidirectory.co.uk/cost-of-living-help where you can also find out about what is going on at each centre, or you can phone the numbers below. Opening times vary please telephone the location nearest to you for more information. Everyone is also welcome in any one of the eight libraries across Blackpool.

Argosy Community Centre

T: 01253 477898

Aysgarth Community Centre

T: 01253 477898

Bostonway Community Centre

T: 01253 477898

**Cherry Tree Gardens
Community Centre**

T: 01253 477898

**Claremont First Step
Community Centre**

T: 01253 299306

**Drop in at Streetlife for
young people**

T: 01253 294477

Dunsop Court Community Centre

T: 01253 477898

Ibbison Community Centre

T: 01253 477898

Kilmory Community Centre

T: 01253 477898

Kingcraig Community Centre

T: 01253 477898

Lostock Community Centre

T: 01253 477898

Molyneux Community Centre

T: 01253 477898

Revoluelution

T: 01253 423430

@ The Grange

T: 01253 478301

Aiming Higher

**for disabled children and
their families**

T: 01253 206448

The Hub@Southshore

T: 01253 405490

Blackpool Carers Centre

T: 01253 393748

**Blackpool Football Community Trust
- Lunch clubs**

T: 01253 348691

**Claremont Park Community Centre
contact via Empowerment Charity**

T: 0330 3232100

Practical advice to help with your energy bills

Get a smart meter.

to monitor your energy usage and **keep track** on the appliances that are expensive to run.



Turn your temperature down on your thermostat.

It sounds obvious but turning it down by even one degree can **save you 10%** on your bill.



If you have a condensing boiler (installed after 2005), **you can adjust your flow temperature and save money.**

It's the dial with the radiator icon on the front of your boiler. **Dial it down to 60°C or less** if you have a newer property and your boiler will work more efficiently (condensing mode).



Bleed your radiators.

If the top is cold, it's not heating fully. You need a radiator key but once bled, **your boiler won't have to work as hard to keep your room warm.**



Turn radiators off in rooms you're not using and **close the doors.** This will help insulate your home.



Keep your internal doors shut and curtains closed – especially in rooms you're not using.

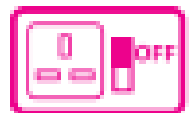


If you've got laminate, wood or tiled floors, try and use a rug if you have **one.** Up to **10% of heat can be lost** through your floors.

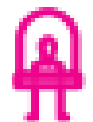


Not leaving appliances on standby can save up to £147 per year.

TV, microwave, computers and phone chargers are all costing money if you leave them plugged in.



Use LED bulbs. They use at least **75% less energy** and last up to 25 times longer than regular bulbs.



If you're making a brew **only boil enough for cups you are making.** Your kettle won't need to work so hard so it's cheaper to run.



Help with food

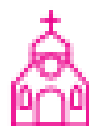
There are a number of community food schemes where you can obtain low cost food.



A number of supermarkets with cafes also run meal offers with discounts.



Many local churches also run emergency food sessions.



Blackpool Food Bank

Distribute food to over 80 local locations. If you are interested in volunteering or donating food please get in touch.

T: 01253 358842

Blackpool Community Grocery Store Kings Church

241 Bispham Road, Blackpool,
FY2 0LB

Monday to Friday

9.30am until 4.30pm

HIS Provision Mobile Pantry visits the following locations:

Claremont Park Community Centre

Claremont Road, Blackpool,
FY1 2JQ

Tuesdays 1pm until 2.30pm

Argosy Court

Foreshaw Avenue, Blackpool,
FY3 7NG

Thursdays 9.30am until 11am

Ibbison Court

Blackpool,
FY1 4AU

Thursdays 12.30pm until 2pm



Citizens Advice Bureau Outreach Sessions

Abbeydale Surgery

**50 Common Edge Rd, Blackpool FY4
5AU**

**01253 696696 Alternate Thurs 12pm-
2pm Lisa**

Arnold Medical Centre

204 St Anne's Rd, Blackpool FY4 2EF

**01253 951950 Alternate Wed 1pm-
3pm Conal**

Grange Park Children's Centre

31 Dingle Ave, Blackpool FY3 7NX

**01253 476480 Wed 9.30am- 11.30am
Lisa**

Highfield Surgery

**South Shore Primary Care Centre,
Lytham Rd, Blackpool. FY4 1TJ**

**01255 953953 Thurs 9.30-11pm
Bridget**

NHS Walk in Centre

**Doctors Surgery, 48 Whitegate Dr,
Blackpool FY3 9ES**

**01253 953953-01253953953
Alternate Tues and Thursday 5pm-
8pm Jill/Conal**

Glenroyd Medical centre

**Moore Park Health & Leisure Centre
Bristol Ave, Blackpool FY2 0JG**

**01253 953500 Mon 10am-12pm And
2pm-4pm Jane**

Revoe Family Hub

**Wyre Grove, off Grasmere Rd,
Blackpool FY1 5HP**

**01253 798016 Mon 9.30am-
11.30am Conal**

South King Street Medical Centre

**25 South King St, Blackpool FY1
4NF**

**01253 626637 Alternate Wed
4pm-6pm Andrew**

St Paul's Surgery

Dickson Rd, Blackpool FY1 2HH

**01253 623896 Thurs 1.30-5pm
Andrew**

Stonyhill Surgery

575 Lytham Rd, Blackpool FY4 1TJ

**01253 956655 Alternate Wed
10am-12pm Conal**

Stonyhill Surgery

575 Lytham Rd, Blackpool FY4 1TJ

**01253 956655 Alternate Fri 9am-
11am Lisa**

The Boathouse

**170 Horsebridge Rd, Blackpool
FY3 7EA**

**01253 804904 Tues 10am-12pm
Jane**

Pop-Up Health and Wellbeing Event

Wednesday 25 January 2023 10am – 12:30

Are you worried about the cost of living?

Need help with money and managing finances?

Would you like to improve but not sure of the first step?

Would you like practical advice to manage energy bills?

Need a job but not sure where to start?

Do you have a health condition or disability and would like to move forward?

If you have answered yes to any of the questions then our wellbeing pop event is ideal for you!

Come along and talk to a team of experts who can give you information and assistance you need!

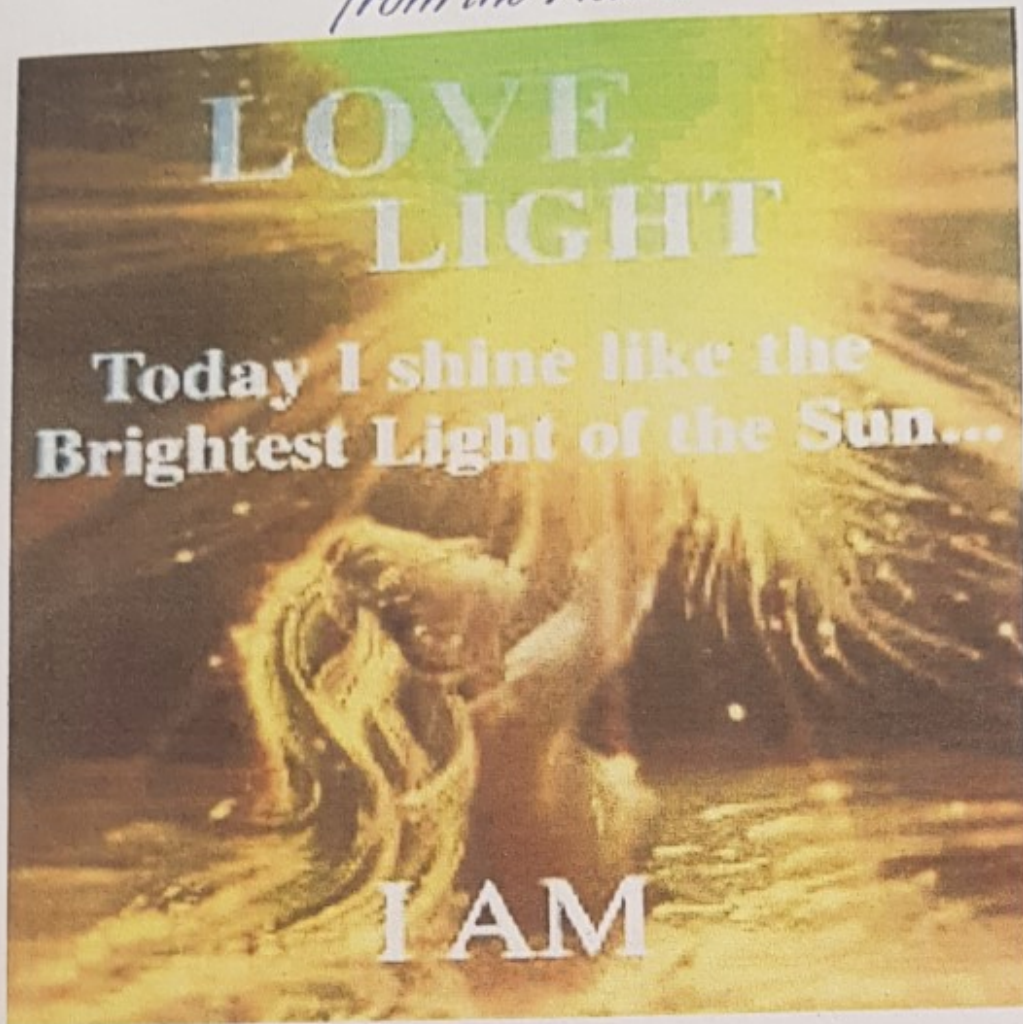
Hosted by:

jobcentre plus

Department for Work and Pensions

Where:
Layton Methodist Church,
1 Westcliffe Drive,
Blackpool. FY3 7DZ

*Your Voice
from the Heart!*



Dawn Thaw and friends will be holding unique

Women's Wellbeing Days

We are weaving together with our strength, knowledge and wisdom to provide a beautiful safe, trusting space for guidance and support on a new path ahead to a healing journey together.

Our workshops will run weekly for 6 weeks. We will be introducing journaling, reiki healing, crystal jewellery, sharing stories from the heart and more.

This opportunity is coming in the new year, starting January 6th

**Be Empowered* A New Year - A New You!*

Contact: Dawn.
077 922 515 77

W A R M
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C O M M U N I T Y
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H
B



Blackpool Coastal
Housing

**A WARM WELCOME AWAITS YOU AT
SPENCER COURT COMMUNITY CENTRE!**

SPENCER COURT, OFF TALBOT RD, FY1 3TW

*Keep
cozy* &  **Chat**

**WIN
RAFFLE
PRIZES!**

**EVERY TUESDAY
FROM 3RD JANUARY**

1:15PM - 3:15PM

Suggested donation: £1
























Hot food & drinks provided

FEEL GOOD, KEEP WARM AND

TALK TO YOUR FRIENDS &

NEIGHBOURS!

Cancer awareness month calendar

January	February	March	April	May	June
 <p>Cervical Cancer Prevention Week</p>	 <p>Oesophageal Cancer Awareness</p>  <p>World Cancer Day</p>	 <p>Colorectal Cancer Awareness</p>  <p>Ovarian Cancer Awareness</p>  <p>Brain Tumour Awareness</p>  <p>Prostate Cancer Awareness</p>	 <p>Bowel Cancer Awareness</p>  <p>Testicular Cancer Awareness</p>	 <p>Bladder Cancer Awareness</p>  <p>Sun Awareness Week</p>  <p>Skin Cancer Awareness</p>	 <p>Cervical Screening Awareness Week</p>
July	August	September	October	November	December
 <p>Sarcoma Awareness</p>		 <p>Childhood Cancer Awareness</p>  <p>Blood Cancer Awareness</p>  <p>Gynaecological Cancer Awareness</p>  <p>Thyroid Cancer Awareness</p>  <p>Urological Cancer Awareness</p>	 <p>Breast Cancer Awareness</p>	 <p>Lung Cancer Awareness</p>  <p>Pancreatic Cancer Awareness</p>  <p>Mouth Cancer Action</p>	

For further information or to give feedback contact earlydiagnosis@cancer.org.uk  [@CRUKHCPs](https://twitter.com/CRUKHCPs)

cruk.org/healthprofessional
Together we will beat cancer



CANCER
RESEARCH
UK

To find out more:

luke.johnson@empowermentcharity.org.uk

Bike and Brew

Fortnightly Bike Group

-  First and third Saturday of the month
-  2pm - 4pm at Elliot's Place Project
-  Don't have a bike? No problem, there are bikes available to borrow

Elliot's
Place

Blackpool Family Hubs



Come along and join us for a fun cooking session.

Central Family Hub

Saturday 7th January 10am - 12pm

Your child will have the opportunity to create a Cornish pasty and if we have time a tasty dessert.

Booking is essential as places are limited.

Please call 01253 591190 to book your place.



**FREE
AIR
FRYER**

1000000000

HEALTHY AND WEALTHY



**GREEN
DOCTOR
SUPPORT**

MULTIPLY MONEY THROUGH LIFESTYLE AND BUDGETING

Interactive groupwork and 1-1 support to improve the use of maths in your daily life, at home and for future employment.

- Building financial confidence and resilience.
- Improving health and wellbeing and making healthier and financially beneficial lifestyle choices



**MONEY
MANAGEMENT**



**HEALTH &
WELLBEING**



**GAMBLING
AWARENESS**



**COMMUNICATION
SKILLS**



**CAREER
DEVELOPMENT**

Improved knowledge and awareness of money management

Greater financial resilience - Improved confidence and self esteem

Improved health and wellbeing - Increased career aspirations

Access to future learning opportunities - Make healthier lifestyle choices

For More Info

Rachel Denby

rachel.denby@groundwork.org.uk

07801 406443

Anastasia Walsh

anastasia.walsh@groundwork.org.uk

07972 681715

*Free air fryer on completion of course.

Blackpool Council

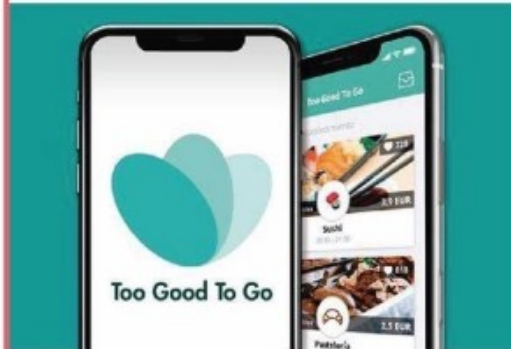


Family Food Deals

Winter
2022

Blackpool

OUT & ABOUT



Too Good to Go App

Too Good To Go is an app for fighting food waste and saving delicious food. Through the app, you can save food from restaurants, cafes and food stores at a heavily reduced rate!

To download, search "Too Good to Go" on your phones app store.

ASDA

ASDA cafes will feed kids under 16 a hot or cold meal for only £1 with no other spend required! Free Ella's baby food pouches are also available for children under 18 months old with any purchase. Maximum of one meal per child, per day.



Morrisons

Kids eat for free with one adult meal with a value of £4.49. Kids meal includes a piece of fruit and a drink. One kids meal per adult meal.

Tesco

At Tesco, kids eat free with any purchase. Adults must be Clubcard holders (just download the app and register). Free meals include Kids Breakfast, Kids Hot Meal Deal and Kids Cold Pick & Mix Deal.



Keep up to date with new events
and services for families