



CLEAN BREAK



Things to do this festive season 2023





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Volunteering Opportunities

Crisis at Christmas (Various Locations)

There are a variety of roles available across several locations in London. This Christmas they have volunteering opportunities in hotels, day centres and call centres. And, if you'd prefer to volunteer remotely, they have opportunities for that too!

Here is a link to see what roles are available: <https://www.crisis.org.uk/get-involved/volunteer/volunteer-at-christmas-in-london/>

FareShare volunteering to fight hunger!

Did you know that 1 in 8 people in the UK regularly go hungry, yet thousands of tonnes of food is wasted every year? We know we can dramatically increase the amount of food we deliver to charities feeding vulnerable people, but to achieve our goal we need your help.

Use this link to find the right volunteering position for you!

<https://fareshare.org.uk/volunteer/>

Streets Kitchen (Various Locations)

Streets Kitchen operate soup kitchens in locations across London. They are likely to have lots of opportunities over the Christmas period.

<https://www.streetskitchen.org/volunteeringhere>

If anything is unclear and/or you can't access the Eventbrite or Zoom (for volunteer induction) please email: getinvolved@streetskitchen.org



Volunteering Opportunities

The Felix Project

Volunteer in London to fight food waste and hunger!

They have five different London locations to choose from and a number of different roles you can get involved with - from sorting food to admin work, cooking in the kitchen, or driving their vans.

Take a look: <https://thefelixproject.org/help-us/volunteer-london>

And for additional volunteering opportunities check out:

- **Team London:** <https://www.london.gov.uk/what-we-do/volunteering/search/#s>
- **Do It:** <https://doit.life/volunteer>
- **Reach Volunteering:** <https://reachvolunteering.org.uk/>
- **HandsOn London:** <https://www.handsonlondon.org.uk/volunteer>



Volunteering Opportunities

Salvation Army

Find your local Salvation Army:
<https://www.salvationarmy.org.uk/map-page>

St Mungos

Learn more about how to get involved to end homelessness:
<https://www.mungos.org/get-involved/>

London Basket Brigade

Take part in this years Basket Brigade delivering food this Christmas:
<https://www.basketbrigade.org.uk/>

Shelter From The Storm

Volunteer at London's free homeless shelter: <https://sfts.org.uk/volunteer/>

Hackney Winter Night Shelter

Join the volunteering community this December:
<https://www.hwns.org.uk/pages/9-get-involved>

Age UK

Spending time with the elderly this Christmas:
<https://www.ageuk.org.uk/get-involved/>

Volunteering Matters

Find more volunteering opportunities across London:
<https://volunteeringmatters.org.uk/>




Things To Do

Festive Activities

Christmas Lights in Central London

There's nothing like the sparkle of London Christmas lights to give the city an instant festive makeover. Plan an outing to gaze upon Christmas lights in London. Here is a selection of some of the places you can see London sparkle.



Oxford Street – Nearest Tube: Oxford Circus

Carnaby Street – Nearest Tube: Oxford Circus/ Piccadilly Circus

Bond Street – Nearest Tube: Bond Street

South Bank - Nearest Tube: Waterloo

Regent Street – Nearest Tube: Piccadilly Circus

Carols and Concerts

St Pauls Christmas Carol Service

St Paul's Cathedral, St Paul's Churchyard, London, EC4M 8AD

Sun 24th Dec 2023, 4pm-5pm

The start of the Christmas season with the re-telling of the story of the birth of Christ in words and music at this traditional service of Lessons and Carols, with music from the St Paul's Cathedral Choir and readings given by representatives of London life and the St Paul's Cathedral Community. **Book your free ticket here: <https://www.stpauls.co.uk/whats-on/christmas-carol-service-2>**



Sing Choirs of Angels

St Bride's Church, Fleet Street London EC4Y 8AU

Sun 24th Dec 2023, 4pm

Sing Choirs of Angels is a recent addition to our busy Advent calendar and has proved immensely popular. It is a mix of seasonal music, readings and poetry creating a celebratory yet reflective atmosphere ahead of the big day.

Reserve your free spot: <https://www.eventbrite.co.uk/e/sing-choirs-of-angels-tickets-735337954617?aff=ebdssbdestsearch>





Things To Do

Festive Activities

Christmas Markets

Southbank Centre Winter Market: Free entry, 3 Nov-26 Dec
Belvedere Road, South Bank SE1 8XX
Check out the Winter Lights whilst you're there too!
<https://www.southbankcentre.co.uk/whats-on/winter-market>

Christmas In Leicester Square: Free entry, 9 Nov-8 Jan, open midday-10pm
Monday-Friday, 10am-10pm Saturday & Sunday
Leicester Square, London, WC2H 7LU
<https://www.christmasinleicestersquare.com/>

Christmas Under the Canopy @ Kings Cross: Free entry, 1 Dec-22 Dec, Tuesday-Sunday
West Handyside Canopy, 2 Granary Square, London, N1C 4BH
<https://canopymarket.co.uk/>

Winter Wonderland: Free Tickets Available at Off-Peak Times, Open Until the 2nd January, Book Online: <https://hydeparkwinterwonderland.com>
Hyde Park, W2 2UH

Peckham Christmas Market: Free entry, Sat, 16 Dec 2023 10:30am - 04:00pm
Copeland Gallery, 133 Copeland Road #Unit 9 London SE15 3SN
https://www.eventbrite.co.uk/e/peckham-christmas-market-tickets-692309966747?aff=ebdssbdestsearch&keep_tld=1

Trafalgar Square Christmas Market: Free entry, 10 November 2023 @ 10:00 am - 2 January 2024 @ 10:00 pm
Trafalgar Square, London, WC2N 5
<https://www.thenorthbank.london/event/trafalgar-square-christmas-market/>

Winter By The River: 14 NOVEMBER 2023 – 01 JANUARY 2024 11:00 AM
London Bridge City, situated between Tower Bridge and London Bridge
<https://londonbridgecity.co.uk/events/2023/november/winter-by-the-river-is-coming>



Things To Do

Comedy

Poster Comedy Club

Downstairs at Poster Hauss, 182 Stoke Newington Rd, N16 7UY
Hackney's Premier Stand-Up Comedy Spot!

Dive into a laughter-filled evening downstairs at Poster Hauss on
Stoke Newington Road, right in the heart of Hackney, London.

<https://postercomedy.club/>

Angel Comedy Club

Angel Comedy Club has grown from a once-a-week gig into a seven-nights-a-week "Comedy Institution" and has become one of London's most popular comedy clubs. Our venues are in Islington, London, England and they both host funny shows every single night, with cheap or free entrance.

Check out their website for upcoming shows and venues:

<https://www.angelcomedy.co.uk/whats-on/>

The Top Secret Comedy Club

The Top Secret Comedy Club, 170 Drury Lane, London, WC2B 5PD

If you are looking for an evening full of belly laugh. The Top Secret Comedy Club is for you. If you book tickets during the week, you can often go in for FREE. On other nights tickets cost just £1.

Weekends are a little more expensive.

Website: <https://thetopsecretcomedyclub.co.uk>

See here for their COVID guidelines:

<https://thetopsecretcomedyclub.co.uk/covid-19/>



Things To Do

Live Music

Live Jazz Jam w/ Stratos led by Rio Kai (SEED Ensemble + Nerija)

Grow Hackney, 98c Wallis Road, Main Yard, London E9 5LN

7th-21st Dec 2023, 7:30pm-11pm

Led by the Mercury Prize nominated Rio Kai, Stratos take us on a voyage through straight ahead, classic & fusion Jazz every Thursday at Grow. Entry £6.13

Buy tickets here: <https://shorturl.at/irs03>

Simmer Down @ Southbank Centre

The Clore Ballroom, Level 2, Royal Festival Hall, Belvedere Road, London SE1 8XX

Fri 15 Dec, 1.30pm – 3.30pm, FREE

Our monthly free reggae meet-up is back with a holiday twist, so come down for an enchanting afternoon of joy, movement and soulful beats.

<https://www.southbankcentre.co.uk/whats-on/gigs/simmer-down-december>

Saint James' Piccadilly

197 Piccadilly, London W1J 9LL Nearest Tube: Piccadilly Circus

A church that offer some free classical music recitals:

<https://www.sjp.org.uk/music-arts-ideas/>

Saint Martin's in the Fields

Trafalgar Square, London WC2N 4JJ Outstanding music and artists enrich the cultural life at St Martin's. With internationally renowned musicians performing every week, there's something for everyone to enjoy.

<https://www.stmartin-in-the-fields.org/music-programme/>





Things To Do

Film

Richmix

35-47 Bethnal Grn Rd, London E1 6LA

Community arts hub staging music, dance and spoken word performance, art shows and film screenings.

Nearest Tube: Shoreditch High Street (Overground), Liverpool Street

<https://richmix.org.uk/whats-on/>

Peckham Plex

95A Rye Ln, London SE15 4ST

Multi-screen cinema showing the latest blockbuster and 3D film releases, with cheap tickets all day.

Nearest Tube: Peckham Rye (Overground)

<https://www.peckhamplex.london/>

Prince Charles Cinema

7 Leicester Pl, London, WC2H 7BY

The Prince Charles Cinema is a repertory cinema located in Leicester Place, 50 yards north of Leicester Square in the West End of London. It shows a rotating programme of cult, arthouse, and classic films alongside recent Hollywood releases – typically more than ten different films a week on two screens.

Nearest Tube: Leicester Square, Piccadilly Circus

<https://princecharlescinema.com/PrinceCharlesCinema.dll/WhatsOn>

Genesis Cinema

93-95 Mile End Rd, London, E1 4UJ

Arthouse cinema showing blockbuster and independent films in a renovated 19th-century building.

Nearest Tube: Mile End

<https://www.genescinema.co.uk/full-programme>

The Cinema Museum

The Master's House, 2 Dugard Way (off Renfrew Rd), London SE11 4TH

Nearest Tube: Kennington, Elephant & Castle

<http://www.cinemamuseum.org.uk/>



Things To Do

Other Useful Websites and Things to Do:

Time Out

A great way to find out what's on in London.

Check out: <https://www.timeout.com/london/things-to-do>

City of London Website

Features information about events, parks, museums, and much more.

Visit: <https://www.cityoflondon.gov.uk/things-to-do/>

The Outside Edge Theatre Company

Women's Theatre Group, Thursday 12.30-2pm

Address: Brady Arts & Community Centre, 192-196 Hanbury Street, E1 5HU

About: This is a safe space for women of all stages of recovery from addiction to explore theatre and drama through exercises and games. It also gives you the chance of performing if you wish.

For more info: <http://edgetc.org/womens-drama-group/>

Today Tix

Today Tix is a great website/phone app to get great deals on tickets!

Not only can you browse shows by price, when things are open, they often have "rush" and "lottery" tickets available for last minute, cheaper and better seats for shows! **Definitely worth keeping an eye on:**

<https://www.todaytix.com/x/london/shows>

Under 25s: National Theatre

If you are under 25, you can apply for a national theatre entry pass. This means that you can get into some shows at the National Theatre for £5-£10 if you book in advance and discounted prices for some of their courses.

<http://www.nationaltheatre.org.uk/discover-more/entry-pass>

Eventbrite

A platform for live experiences that allows anyone to create, share, find and attend events that fuel your passions and enrich your life. From music festivals, marathons, conferences, community rallies, and fundraisers, to gaming competitions and air guitar contests. <https://www.eventbrite.com/>



Things To Do

Festive Film Club

BOXPARK Wembley
18 Olympic Way Wembley HA9 0JT
6th- 20th December 2023,
20:00-22:00pm, FREE

This December, we will be screening a series of festive films to get you in the spirit!

Click here to book your tickets:

<https://rb.gy/dr4oIn>

'Repair & Refashion your Clothes' at The Remakery

THE REMAKERY BRIXTON
51 Lilford Road London SE5 9HY
Mon, 18 Dec 2023 18:30 - 20:00

Learn how to save your old or damaged clothes and textiles from going to waste with Fast Fashion Therapy. £4 entry

Click here to book your tickets:

<https://rb.gy/09zzta>

Sustainable Clothes Swap

Love Shack Cambridge Heath
299 Cambridge Heath Road #Arch 298
London E2 9HA
Sun, 17 Dec 2023 12:00 - 16:00, FREE

Get ready for a day of fashion, sustainability and community at this FREE Clothes Swap Event!

Click here to book your tickets:

<https://shorturl.at/ivO37>

Creative Writing Workshop

Wellcome Collection
183 Euston Road London NW1 2BE
Thu, 14 Dec 2023 18:00 - 19:30pm,
FREE

Join this seasonal workshop and take inspiration from items in our collections on themes such as festive parties and reindeer.

Click here to book your tickets:

<https://shorturl.at/bqzC0>

Symphony of Transitions : Winter Edition

Alphabeta Building, 14-18 Finsbury Square London EC2A 1AH, FREE
Fri, 15 Dec 2023 18:00 - 22:00

Get ready for a mind-blowing winter experience as Symphony of Transitions takes you on a thrilling journey through the enchanting melodies.

Click here to book your tickets:

<https://shorturl.at/hrFM0>

Make a Roman Saturnalia-inspired Mosaic

Bloomberg Space, 12 Walbrook London, EC4N 8AA
Friday 22 December 2023 - Sunday 7 January 2024, FREE

This holiday season, make your very own mosaic masterpiece at London Mithraeum Bloomberg SPACE.

Click here for more info:

<https://shorturl.at/dGW38>



Things To Do

Museums, Art Galleries and Exhibitions

British Museum
www.britishmuseum.org
Great Russell Street
London, WC1B 3DG
General admission free

Victoria and Albert Museum
www.vam.ac.uk
Cromwell Road
London, SW7 2RL
General admission free

National Gallery
www.nationalgallery.org.uk
Trafalgar Square
London, WC2N 5DN
General admission free

Natural History Museum
www.nhm.ac.uk
Cromwell Road
London, SW7 5BD
General admission free

BFI National Archive:
<http://www.bfi.org.uk/archive-collections>
BFI Southbank Belvedere Road
South Bank, London, SE1 8XT

Science Museum
Open Wednesday- Sunday
www.sciencemuseum.org.uk
Exhibition Road
South Kensington
London, SW7 2DD
General admission free

Tate Modern
www.tate.org.uk
Bankside
London, SE1 9TG
General admission free

Horniman Museum
Museum and Butterfly House closed on Wednesdays.
Gardens open daily
www.horniman.ac.uk
100 London Road
Forest Hill,
London, SE23 3PQ
General admission free

Tate Britain
www.tate.org.uk
Millbank
London, SW1P 4RG
General admission free



Things To Do

Museums, Art Galleries and Exhibitions

Museum of London
www.museumoflondon.org.uk
150 London Wall
Barbican
London, EC2Y 5HN
General admission free

Imperial War Museum
<https://www.iwm.org.uk/visits/iwm-london>
Lambeth Road
London, SE1 6HZ
General admission free

RAF Museum
www.rafmuseum.org.uk/london
Grahame Park Way
London, NW9 5LL
General admission free

Welcome Collection
<http://www.wellcomecollection.org/>
183 Euston Road
London, NW1 2BE
General admission free although timeslot must be booked in advance

Serpentine Gallery
<https://www.serpentinegalleries.org>
Kensington Gardens
London, W2 3XA
General admission free

Institute of Contemporary Arts
<https://www.ica.art/>
12 Carlton House Terrace
London
SW1Y 5AH
General admission free on Tuesdays, Weds-Sun, £5

Design Museum
<https://designmuseum.org/>
224–238 Kensington High Street
London W8 6AG
Free Admission for Collection Display

Somerset House
<https://www.somersetthouse.org.uk/whats-on>
Strand, London, WC2R 1LA
General admission free

White Cube
<https://www.whitecube.com/>
144 – 152 Bermondsey Street
London SE1 3TQ
General admission free

The Photographer's Gallery
<https://thephotographersgallery.org.uk/homepage>
16-18 Ramillies St, London W1F 7LW
Friday's free from 5pm



Things To Do

Libraries

Local Libraries are a great place to borrow books, films and music, to use the computers and get some peace and quiet. There are many located around London. Speak to the reception to get a free library card.

To find your local library, search by your postcode here:
<https://www.gov.uk/local-library-services>

The British Library

<http://www.bl.uk/whatson/index.html>

96 Euston Rd

London, NW1 2DB

Nearest Tube: Kings Cross St. Pancras,
Euston, Euston Square

Opening Times Vary:

<https://www.bl.uk/visit/opening-hours>

The Women's Library

<https://www.lse.ac.uk/library/collection-highlights/the-womens-library>

LSE Library, 10 Portugal Street, London,
WC2A 2HD

Nearest Tube: Holborn

How to see: More than 300 items are available for FREE to read online on the Digital Library.

Black Cultural Archives

<https://blackculturalarchives.org/>

1 Windrush Sq. Brixton, SW2 1EF

Nearest Tube: Brixton

Opening Times Vary:

<https://blackculturalarchives.org/collections>

Women's Art Library

<https://www.gold.ac.uk/make/>

Women's Art Library, Special Collections Library

Goldsmiths, University of London,
New Cross, SE14 6NW

Nearest Tube: New Cross (Overground)

Visiting Information: Access for visitors is by appointment only. Contact here:

+44 (0)20 7717 2295,

special.collections@gold.ac.uk

The Women's Art Library began as an artists' initiative that developed into an arts organization publishing catalogues and books as well as magazines from the early 1980s to 2002

National Poetry Library

<https://www.nationalpoetrylibrary.org.uk/visit>

Level 5, Blue Side, Royal Festival Hall,
Southbank Centre,

Belvedere Road, London SE1 8XX

Tue 12 - 6pm

Wed - Sun 12 - 8pm

Things To Do

Libraries & Bookshops

The BFI Reuben Library
<https://www.bfi.org.uk/bfi-reuben-library/visiting-library>
BFI Reuben Library, BFI Southbank,
Belvedere Road, South Bank
London SE1 8XT
Nearest Tube: Waterloo, Embankment
Tuesday to Saturday: 11am to 7pm
Closed Sunday and Monday

Tate Archives
<https://www.tate.org.uk/visit/tate-britain/reading-rooms>
Lower floor, via the Manton Entrance
Tate Britain, Millbank
London SW1P 4RG
Nearest Tube: Pimlico, Vauxhall
Monday to Thursday 11.00–17.00
To book an appointment and request items, email: reading.rooms@tate.org.uk

The Barbican Library
<https://www.nationalpoetrylibrary.org.uk/visit>
Level 2, Barbican Centre, Silk Street,
London, EC2Y 8DS
Mon: 9.30am - 5.30pm
Tue: 9.30am - 7.30pm
Wed: 9.30am - 5.30pm
Thu: 9.30am - 7.30pm
Fri: 9.30am - 5.30pm
Sat: 9.30am - 4.00pm
Sun & Bank Holidays: Closed

The Feminist Library
<https://feministlibrary.co.uk/visit-us/>
The Sojourner Truth Community Centre
161 Sumner Rd, Peckham, London SE15
6JL
Nearest Tube: Peckham Rye Overground
Tues- Fridays 11am – 5pm
Saturdays 1pm – 4pm (Book Shop)

Bookshops
Round Table Books
<https://www.roundtablebooks.co.uk/>
73 Granville Arcade, Coldharbour Lane
Brixton, London, SW9 8PS
Nearest Tube: Brixton
Opening Times
Sunday - Friday 11am - 5.30pm Saturday
9.30am - 5.30pm

Gay's The Word Bookshop
<https://www.gaystheword.co.uk/visit>
66 Marchmont Street, London WC1N 1AB
Monday-Saturday: 11am-6pm
Sunday: 1-6pm

New Beacon Books
<https://www.newbeaconbooks.com/>
76 Stroud Green Road, London, England,
N4 3EN, United Kingdom
Open Thurs-Sat 12pm-6pm
Sun 12pm-5pm

Boom Cat Books
70 Camden Lock Pl, London NW1 8AF
Opening Times
Mon-Sun, 10am-6pm



Things To Do

Parks

There are loads of great parks in London! Here are a few examples:

Richmond Park (7:30am-4pm)

<https://www.royalparks.org.uk/parks/richmond-park>

Nearest tube: Richmond

Hyde Park (5am-midnight)

<https://www.royalparks.org.uk/parks/hyde-park>

Nearest tubes: Marble Arch, Hyde Park Corner

Regent's Park (5am-4:30pm during Dec, till 5pm in Jan)

<https://www.royalparks.org.uk/parks/the-regents-park>

Nearest tubes: Baker Street, Great Portland Street, Camden Town

Primrose Hill (open 24 hours) beautiful views of London

<https://www.royalparks.org.uk/parks/the-regents-park/things-to-see-and-do/primrose-hill>

Nearest tube: Chalk Farm

Epping Forest

<https://www.cityoflondon.gov.uk/things-to-do/green-spaces/epping-forest/>

Nearest tubes: Loughton, Theydon Bois

About: If you really fancy getting away from it all, why not try a day trip to this wonderful, open and free space. Located just outside London, you can even catch the tube there!

Hampstead Heath (open 24 hours a day, 7 days a week)

<https://www.hampsteadheath.net/getting-here-around>

Nearest tubes: Hampstead Heath (Overground), Hampstead, Golders Green

Things To Do

Walks with Podcasts

There are various podcasts that lead you through parts of London while explaining the history or present situation of the area.

<https://www.walks.com/podcast/>

<https://www.theguardian.com/travel/series/cityguides>

<https://tunein.com/podcasts/Travel/London-Walks-p425381/>

There are also loads of podcasts on plenty of topics that you can download onto your phone and listen to anywhere/anytime! Browse iTunes/Google Play/Spotify to find the right one for you!





Women Only Spaces

The Beth Centre

<https://www.womeninprison.org.uk/support/womens-centres>

Hudson House, 1 Stockwell Green, Stockwell, SW9 9JF

About: A safe and confidential space providing expert support for women living in Lambeth at risk of or affected by the criminal justice system. We aim to reduce re-offending rates, develop positive familial relationships and reduce the use of custody, for women.

Referrals: Lambeth women can self-refer by calling or dropping in on Wednesdays between 10am-4pm or Fridays between 1pm-4pm. Agencies can make a referral by completing a referral form and sending it to:

beth.referrals@wip.cjsm.net or call for a referral form: 0203 869 2170

South London Women's Hubs

<https://www.womeninprison.org.uk/support/womens-centres>

About: Offers safe and confidential space for advice and support for women affected by the criminal justice system in the following locations:

Lambeth, Southwark, Sutton, Croydon, Wandsworth, Lewisham. The Hubs provide one-to-one practical and emotional support, group workshops, Peer Mentoring and drop-in advice sessions.

Contact and Referrals: sla.referrals@wip.cjsm.net , 0203 869 2170



Women Only Spaces

Southwark and Lewisham Women's Space

<https://www.pecan.org.uk/womens-hubs>

Hall of All Saints Church, Blenheim Grove, Peckham, London, SE15 4QS.

About: The Southwark and Lewisham Women's Hubs offer safe, welcoming, one-stop-shop support for those affected by the criminal justice system, and for local women seeking support, information, and community. Their aim is to provide gender-specific and personalised support, helping to equip women with the tools and resources to address their needs in a relaxed and welcoming space.

Opening Times: 10am-4pm: Advocacy support at our Southwark hub (by appointment only) AND phone support.

Solace Women's Aid

<https://www.solacewomensaid.org/>

Solace exists to end the harm done through gender-based violence. Our aim is to work to prevent violence and abuse as well as providing services to meet the individual needs of survivors particularly women and children. Our work is holistic and empowering, working alongside survivors to achieve independent lives free from abuse.

Solace Advice Line – 0808 802 5565

Monday – Friday 10am – 4pm. Additional 6pm – 8pm on Tuesdays.

Email: advice@solacewomensaid.org



Food Banks

If you need to find a food bank near you, these resources should help you find the one you need:

The Trussell Trust

<https://www.trusselltrust.org/get-help/find-a-foodbank/> : Put your postcode in to find your nearest foodbank.

If you are in financial crisis and live in England or Wales, they have a confidential free helpline on **0808 208 2138** (open Monday to Friday, 9am–5pm, closed on public holidays).

The Londonist


<https://londonist.com/london/food/a-guide-to-london-food-banks> - a guide to London's food banks borough by borough.





Warm Spaces

Warm spaces are where everyone is welcome to access warmth this winter. They are friendly, non-judgemental places that are there to help you with the cost of living crisis.



[Find your local warm space in your local area here:](https://www.warmwelcome.uk/#find-a-space)

<https://www.warmwelcome.uk/#find-a-space>

[Warm spaces in Camden:](https://www.camden.gov.uk/warm-spaces-in-camden)

<https://www.camden.gov.uk/warm-spaces-in-camden>





Useful Phone Numbers

NHS Direct 111

If you have a medical issue that is not life threatening or an immediate emergency, call this number for free and confidential advice.

Lines are open 24 hours a day, 7 days a week, 365 days of the year.

Samaritans 116 123

You can call them free, at any time day or night. 24 hours a day, seven days a week, 365 days of the year.

You can get in touch about anything that's troubling you, no matter how large or small the issue. They're here to listen.

Domestic Violence Helpline 0808 2000 247

Run in partnership between Women's Aid and Refuge

The 24hr freephone is available 24 hours a day, 7 days a week.

It is answered by fully trained female helpline support workers and volunteers who will answer your call in confidence.

Alcoholics Anonymous 0800 9177 650

If you need help with a drinking problem phone the national helpline. Open seven days a week.

These services are staffed by volunteer members of AA who will be happy to answer your questions or put you in touch with those who can.



Useful Phone Numbers

Narcotics Anonymous 0300 999 1212

Everyone who volunteers for shifts are Recovering Addicts. The NA Helpline is open 10am- until midnight, seven days a week. If for some reason, you get an answerphone, please DO leave a message and they will get back to you as soon as possible.

Shelter Housing Advice Helpline 0808 800 4444

Shelter's helpline is open 8am – 8pm on weekdays and 9am – 5pm on weekends, 365 days a year. Calls are free from UK landlines and all major UK mobile operators. Housing experts will advise you, no matter what your housing situation.

Beat Eating Disorders Helpline 0808 801 0677

Lines are open 9am-8pm on weekdays and 4pm-8pm on weekends and bank holidays Sometimes lines are busy. If you can't get through immediately do try again or try their one-to-one web chat. Beat provides helplines for adults and young people offering support and information about eating disorders.

Mind Info Line 0300 123 3393

Lines are open 9am to 6pm, Monday to Friday (except for bank holidays). The Mind Info Line team provides information on a range of topics including types of mental health problems, where to get help, medication and alternative treatments and, advocacy.



Useful Phone Numbers

National Rape Crisis Helpline 0808 802 9999

The Helpline is open every day of the year between 12-2.30pm and 7-9.30pm.

There is also a webchat available at <https://rapecrisis.org.uk/get-help/want-to-talk/>

The Rape Crisis National Helpline is for female survivors of sexual violence. The Helpline is accessible to women who have survived any form of sexual violence, no matter how long ago.

They offer specialised, confidential support, information and referral details completely free of charge. The helpline is also available to provide an immediate source of support to friends and family of survivors.

**Happy Holidays to all our
Members.**

**From the Clean Break
Team!**