



## Personal Care etc.



**Monday, Wednesday 12:00 – 2:30**  
**01733 564540**  
1203 Bourges Boulevard (The Triangle)



**Tuesday 10:00 – 3:00**  
**01733 575083**  
**Care Zone**  
11 Titan Drive, Fengate



Love & Humanity  
Peterborough

Support for homeless and street homeless.  
Help with housing, clothing, furniture, help with paperwork  
07592 215292



**Peterborough Soup Kitchen**  
**Monday-Friday 7:30 pm;**  
**Sunday 3:30 pm; Free**  
**Closed Saturday**  
Bright Street Car Park  
Hot soup and drinks, sandwich



Need referral for furniture  
01733 575083  
Care Zone  
11 Titan Drive, Fengate.



**Open Door Baptist Church**  
**Friday lunch 12:00 Free**  
Corner of Searjeant St and Harris Street  
01733 349755



This signposting leaflet has been put together by  
**FoodCycle Peterborough**  
Thanks to all the organisations listed here who are  
Providing help and support to Peterborough people



**Stronger Together**  
Free Hot meal Saturdays 5 p.m.  
Seventh Day Adventist Church  
48 Clarence Road  
**No Under 16s**



Email: [peterborough@foodcycle.org.uk](mailto:peterborough@foodcycle.org.uk)  
Web: [www.foodcycle.org.uk/location/peterborough-hub](http://www.foodcycle.org.uk/location/peterborough-hub)  
Facebook: [foodcyclepeterborough](https://www.facebook.com/foodcyclepeterborough)



**Hussain Soup Kitchen - Free**  
Last Saturday each month  
5 to 6.30 p.m.  
Westgate New Church  
70, Westgate



**Must have a Foodbank Voucher**  
Vouchers can be obtained from CAB and other referral  
agencies listed on website.  
Various opening times; various locations



<https://peterborough.foodbank.org.uk/locations/>



## Peterborough Foodcycle Signposting Leaflet



# Where to get help



**Foodcycle Monday lunch 12:30 Free**  
Park Rd Baptist Church  
Corner of Geneva Street and Park Road  
**3-course vegetarian meal**





## Housing



Enabling churches to house the homeless

Self-referral - providing homes  
No emergency accommodation  
26 North Street 01733 558301



Self-referral by phone or visiting  
Single homeless people aged 16-25  
101 Wellington Street 01733 891891  
[www.theymca.org.uk](http://www.theymca.org.uk)



Self-referral by phone or visiting  
18+  
The Cresset, Rightwell,  
Bretton Centre 01733 269621  
[www.theymca.org.uk](http://www.theymca.org.uk)



17+ self-referral 12-week temp housing  
Must be on Council Housing Register  
Must have local connection  
01733 554858



Severe Weather Emergency Beds  
When temperature 0°C for 3 nights  
12 beds for homeless – arrive 10:00 pm  
1 Oundle Road



To get help for Rough Sleepers  
0300 500 0914  
<http://www.streetlink.org.uk/>



## Guidance



Drug and Alcohol Support  
Self-referral  
Various locations:  
Unit 4 Bretton Centre: 01733 269461  
Unit 26 Hertlington Centre, Orton: 01733 895624  
102-104 Bridge Street: 01733 895624  
Free phone: 0800 111 4354



Website for info and email:  
16-17 St Mark's Street  
0300 330 0650  
<https://www.citapeterborough.org.uk/get-help/>



The Dawn Project: 01733 889354  
Range of support and advice: **Women only**  
Ex-offenders and vulnerable women  
9:30-3:00 Tuesday to Friday  
58 Broadway



Mental health counselling  
Self-referral 17+  
226 Dogsthorpe Road  
(3-4 month wait after assessment)  
0305 550 8888  
<https://www.insighthhealthcare.org/>



The first response service (FRS) puts your mental health first. 24 hr access, 7 days a week, 365 days a year. If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health contact us – dial 111 select option 2.



Salvation Army Debt Advice  
Phone for appointment:  
01733 307747



Outside Links. Drop in Service 10.30 – 17.00  
Women only Wednesday 13.00 – 17.00  
One to one support  
Shower facilities  
101 Wellington Street (next-door to Time Stop)  
0800 587 7745