

HEALTH:

Eight Bells for Mental Health:

Monday and Thursday 9.00am – 3.00pm.

Friends Meeting House, 1 Highfield Avenue, Newbury, Berkshire, RG14 5DS

Mobile 07785 254828 - available every Monday and Thursday between 9.00am and 3.00pm

Physical and Mental Health Outreach Liaison Team:

Fridays 10am- 12pm

Swanswell 1 Station Road, Newbury, RG14 7LP

FOOD:

Newbury Soup Kitchen:

Thursday evening 6.00pm – 8.00pm.

8 Northcroft Lane, Newbury, RG14 1BU

Loose ends:

Monday: 12.30 - 13.15pm Soup Kitchen

Tuesday: 12.30 - 13.15pm Lunch

Wednesday & Friday: 09.30 - 10.45am Breakfast

Sunday: 14.00 - 15.15pm Lunch

Morton Hall, Newbury Baptist Church, Cheap Street, Newbury, RG14

5DD

Food bank Crisis Foodline 01635 760560

DRUG AND ALCOHOL SUPPORT:

Swanswell:

Monday 9am - 7.30pm

Rest of the week 9am- 5pm

Swanswell 1 Station Road, Newbury, RG14 7LP

0300 003 7025

Needle exchange:

Weekdays: 8am- 9pm

Saturday: 9am- 6pm

Sunday: 10am- 4pm

Boots, Unit 13 Newbury Retail Park, Pinchington Lane RG147HU

The Edge for under 18 year olds:

Weekdays 9am- 5pm

Waterside Youth Centre Waldegrave Place Northbrook Street,

Newbury RG14 1DS

01635 582002

HOUSING:

West Berkshire Council:

Monday to Thursday 08.30am- 17.00pm

Friday 08.30am-16.30pm

Council Offices, Market Street, Newbury, RG14 5LD

01635 519530

Emergency hours: 01344 786543

DROP-IN SUPPORT SERVICES