Devonport Lifehouse
Path
1st Stop
Coach Station
Central Library
Central Park
Train Station
Mutley Baptist Church
POLICE
Drake Circus Shopping Mall
St Andrew's Church
Hamoaze House
George House
shekinah
Smeaton's Tower Lighthouse
All Nations Ministries
Citizens Advice Bureau
APPROXIMATE TIMES FOR DAILY SOUP RUN STOPS:
1. 9:15pm Charles Cross
2. 9:30pm Hoe Road Belvedere
3. 9:45pm Shekinah Bath Street
4. 10:00pm King's Road Devonport
SUNDAYS ONLY:
5. 8:15-9:45pm Soup Kitchen Shekinah
PLYMOUTH SOUP RUN

ALL NATIONS MINISTRIES
next to Catherine Street Baptist Church PL1 2AD 01752-651817
www.allnationsministries.info

Food and fellowship for homeless and vulnerable people. Meal, friendship and clothing, Tuesday 11:30am-2pm; 2nd and last Friday of the month 7-9pm.

MUTLEY BAPTIST CHURCH
Mutley Plain PL4 6LB
01752-203346
www.mutleybaptistchurch.co.uk

Gaffer's Café Monday & Thursday 1-2pm offers free lunches to the vulnerable and homeless (in the lounge on the side of the church up the slope). **Recovery** on Tuesday 7-9pm free hot meal followed by informal discussion, prayer, support and worship (entrance via the youth door at the side).

PLYMOUTH ACCESS TO HOUSING
Harwell Centre, Western Approach PL1 1PY 01752-255889
www.pathdevon.org

Renting support, help for refugees and those sleeping rough, deposit guarantee scheme. Housing, Intervention, Signposting and Support Service (HISS) drop-in Monday and Wednesday 9:30am-12:30pm at the Harwell Centre and Friday at the JobCentre Plus, 64 Exeter Street PL4 0AJ. Tuesday Refugee drop-in 10am-12:30pm at Harwell Centre.

1ST STOP PLYMOUTH CITY COUNCIL
71 New George Street PL1 1RJ
01752-305496
www.plymouth.gov.uk

Housing, benefits and advice. Monday, Tuesday, Wednesday and Friday 8:30am-6pm; Thursday 8:30am-8pm; Saturday 9am-5pm.

SHEKINAH
Bath Street PL1 3LT
01752-203480
www.shekinah.co.uk

Drop-in centre for homeless/vulnerable. Hot meals, showers, medical, clothing, housing and benefit advice, training, support, referrals to other agencies including Path etc. Rough sleepers and those in crisis: Monday-Friday from 8am: showers, breakfast, cooked lunch at 12 noon; Saturday and Sunday 10am-12 noon: showers, cooked brunch. Open to all Tuesday and Friday from 11am.

There are many support services available, this is not a complete list. Some main service providers are shown on the left; following are helpful websites and contacts:

adviceplymouth.org.uk
ctip.org.uk
plymouthonlinedirectory.com
streetlink.org.uk
victimcaredevonandcornwall.org.uk

ADVICE & CRISIS SUPPORT

Citizens Advice Bureau Ernest English House, Buckwell Street PL1 2DA. Monday-Friday 9am-5pm 03444-111444 citizensadvice.org.uk
Crimestoppers independent charity call anonymously 0800-555111
Crossline 24 hour Christian listening line 01752-666777, counselling by appointment 01752-664243
CASS+ Community Advice & Support Service support and advice attending court/tribunal 01752-601153/206187
Cumberland Centre Minor Injuries Unit Damerel Close PL1 4JZ 01752-434390 8:30am-9pm every day for non life threatening injuries that require urgent treatment
Domestic Abuse National Helpline Freephone 0808-2000247
Emergency Free call **999** from any phone for Fire/Police/Ambulance
Missing People Confidential support, call or text free 116000
Missing Persons Bureau UK 0845-0005481
Peninsula Initiative Support inside and after prison 01392-284285
Plymouth Domestic Abuse Service PDAS 01752-252033
Plymouth Foodbank and **Community Food Share** are only accessible by referral through either a government agency, eg health or education, or through a charity, including those listed in this leaflet
Pregnancy Crisis Care 01752-246788
Sexual Abuse Listening Therapy 01752-600599
Samaritans Free call anytime 116123
SSAFA Plymouth Armed Forces support 01752-553414
Street Pastors offer assistance in key areas on Friday and Saturday nights 07503-468973 (patrol nights only)
Victim Care Unit 01392-475900 (website given above)
Victim Support 0300-3030554 12pm-6pm Monday-Friday, outside these times call for support free on 0808-168911

ASYLUM & REFUGEE SUPPORT

All Nations Ministries (see column 1) Advice, befriending, immigration, signposting, translation etc
British Red Cross 18 Catherine Street PL1 2AD 01752-831619 Supports refugees and asylum seekers to access essential services
Devon & Cornwall Refugee Support 7 Whimple Street PL1 2DH 01752-265959 Drop-in 10am-1pm Monday, Wednesday, Thursday & Friday. Advice, support, Engish classes, computers, emergency food and clothing
Open Doors International Language School 28 Woodland Terrace Lane PL4 8QL 01752-258770

DRUGS, ALCOHOL & ADDICTION

Alcoholics Anonymous Freephone 0800-9177650
FRANK Advice 0300-1236600 Text 82111 talktofrank.com
Hamoaze House Support service for drug and alcohol rehabilitation George Street PL1 4JQ 01752-566100
Harbour Centre Hyde Park House, Mutley PL4 6LF 01752-434343
Mutley Baptist Recovery (see column 1)
Narcotics Anonymous 0300-9991212 10am-midnight
St Matthias North Hill PL4 8HF Recovery group for those with addictions Mondays at 7:30pm

FINANCES & BENEFITS

Christians Against Poverty Freephone 0800-3280006
moneyadviceplymouth.org.uk Debt advice charity also offering benefits advice to those already receiving debt advice 01752-208126
Plymouth City Council 1st Stop 01752-668000 (see column 1)
Plymouth Focus Advice Centre 01752-669785

HEALTH & DENTAL CARE

A&E 01752-202082 Derriford Road, Crownhill PL6 8DH
Cumberland Centre Minor Injuries Unit (see column 2)
Dental Access Centre, Baring Street PL4 8NF 01752-434664
Devon Doctors NHS call 111 free when you need medical help fast but it's not a 999 emergency. 24 hours a day, 365 days a year
Eddystone Trust HIV & sexual health sevices 0800-3283508
Hearing & Sight Centre Mannamead PL3 5QL 01752-201899

HOUSING

Devonport Lifehouse 24 Park Avenue PL1 4BA 01752-562170
George House (BCHA) 22a George Place PL1 3NY 01752-664441
HISS 01752-293716 (see Path, column 1)
Path (Plymouth Access to Housing) 01752-255889 (see column 1)
Plymouth City Council 1st Stop 01752-668000 (see column 1)
Shelter Free call 0808-8004444 or 0344 515 2399

MENTAL HEALTH

Combat Stress Veterans mental health 0800-1381619 24 hrs
Crossroads Fun and Friendship Centre 01752-367880
Frontline Veterans Support PTSD 07709-392114
Improving Lives Plymouth (Plymouth Guild) 01752-201766
livewellsouthwest.co.uk (GP referral required)
MIND Association 01752-512280
Plymouth Options 01752-435419
Rethink Mental Illness 0300-5000927

YOUTH & FAMILY SUPPORT

Childline Confidential charity, Freephone 24 hrs 0800-1111
Children's Storehouse essential equipment 07938-569527
DCH 01752-2556880 Housing for youth up to age 21 via referral
The Gateway PCC Family Support 01752-668000
The Zone Youth Services 14-16 Union St PL1 2SR 01752-206626

PLYMOUTH SOUP RUN

Advice
Food
Health
Housing
Map
Support

A community and faith driven service providing free food and drinks to homeless, hungry and vulnerable people 365 days a year