

Northampton Support Directory



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Riverside Support Services



ASB, hate crime and domestic abuse

Our focus is to make sure all of our customers feel safe and have the support they need. We want our neighbourhoods to be safe places for everyone. We won't tolerate behaviour that prevents our customers feeling secure in their home and their neighbourhood.

To find out more about what support is available or to report incidents please visit

<https://www.riverside.org.uk/you-your-home/asb-hate-crime-and-domestic-abuse/hate-crime/>

Money and benefit welfare advice

Our Money Advice Team are specialists in assisting and advising with Welfare Benefits. They can help you to make a claim, submit an appeal if you have been refused, explain how the different types of Benefits work and ensure that you are receiving your full entitlement.

For benefit advice please visit

<https://www.riverside.org.uk/you-your-home/money-advice/benefit-advice/>

For support from our money advisors please visit

<https://www.riverside.org.uk/you-your-home/money-advice/debt-advice/>

Energy and heating

Heating your home can be a real cost pressure. Here you can find guidance around keeping your costs down while keeping your home warm and free of damp.

For support from our Affordable warmth Team please visit

<https://www.riverside.org.uk/you-your-home/energy-and-heating/affordable-warmth-team/>

Employment and Training

Our Employment and Training Team provides free support to anyone living in a Riverside home. The team offer a tailored service for each person we work with. So whether you're a young person looking for a first job, would like to gain a qualification or are planning for longer term – we are here to help!

We can help support you in

- Getting back to work if you're unemployed, disabled or have a criminal record
- Help with searching for jobs, CV writing and interview techniques to help secure your next role
- Accessing funding to support apprenticeships, learning and qualifications
- Working with you to become self-employed or start your own business

To find out more visit

<https://www.riverside.org.uk/you-your-home/employment-training/>
or email

Safety and Support

We take our responsibility to make sure you are safe and comfortable in your home very seriously. Find out about asbestos, water and fire safety as well as advice on domestic abuse and report nuisances here.

<https://www.riverside.org.uk/you-your-home/safety-support/>

Food Support Services in Northampton



Food Support

Main Central Vineyard / Northampton Food Bank

42 Sheep Street, Northampton, NN1 2LZ

01604328046

<https://www.restorenorthampton.org.uk/food-bank>

McCarthy-Dixon Foundation

Food support and community help

67 Grove Rd, Northampton, NN1 3LJ

01604 5321

<https://mccarthydixon.org.uk/>

Open Monday to Friday 10 am to 5 pm

Oasis House – Hope Centre Food Bank

Crisis food support

35–37 Campbell Street, NN1 3DS

01604 214300

<https://northamptonhopecentre.org.uk/>

Open Tuesday to Friday 9.30 am to 2.15 pm

Duston United Reformed Church

Main Road, Duston, NN5 6JF

07760475960

<https://dustonurc.org.uk/>

Open Saturdays 10 am to 12 pm

Community Support

Community Cafe Hope Centre

Northampton Hope Centre, Oasis House,

35 – 37 Campbell Street, Northampton, NN1 3DS

01604 214300

<https://northamptonhopecentre.org.uk/how-we-help/hardship/community-cafe/>

Open Monday to Friday from 9.30 am

Semilong Community Exchange

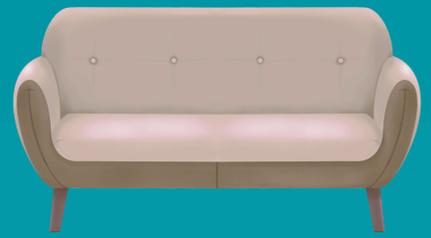
Leicester Street hub. Northampton NN1 3RS

<https://semilongcommunity.com/>

Open Tuesday 10 am to 2 pm

Riverside

Furniture Support in Northampton



Council Support

West Northamptonshire Council

To find out what support is available through the council please visit.

<https://www.westnorthants.gov.uk/benefits/household-support-fund>

Facebook Groups

There are several groups on Facebook that offer free or low cost furniture.

These include:

Free stuff in Northampton

Resources

Reuse Network

Reuse Network supports reuse charities across the UK to help them alleviate poverty, reduce waste and tackle climate change.

<https://reuse-network.org.uk/>

Second Hand Furniture Websites

Facebook Market Place and Groups
Gumtree, FreeCycle, Pre-Loved, Freeads,
VivaStreet, Freegal

Charity Shops

Age UK

18 St Giles Street, Northampton NN1 1JQ
01604 63673

Monday to Saturday: 9am - 4.30pm

Red Cross

83 Harborough Road, NN2 7SL
01604 791408

Open Monday to Saturday 9 am to 5 pm

British Heart Foundation, Northampton

67-83 Bridge Street, Northampton, UK, NN1
1PD

01604 652700

**Open Monday to Friday 9.30 am to 5.30 pm
and Sunday 10 am to 4 pm**

The Salvation Army

25 Gold Street, Northampton, NN1 1RA
01604 626855

northamptonshop@satcol.org

Open Monday to Saturday 9 am to 5 pm

Cost of Living Support in Northampton



Council Support

West Northamptonshire Council

The West Northamptonshire Council website has a number of resources to help support you if you are struggling. To find out more visit

<https://www.westnorthants.gov.uk/>

You can also find support by visiting

<https://www.westnorthants.gov.uk/cost-living-support>

Libraries

Northamptonshire Central Library

Abington Street, Northampton, NN1 2BA
northampton.libraryplus@westnorthants.gov.uk

Open Monday to Friday 9 am to 6 pm and Saturday 9 am to 5pm

Brackley Library

Manor Road, Brackley, NN13 6AJ
brackley.libraryplus@westnorthants.gov.uk

Open Monday to Friday 9 am to 5 pm and Saturday 10 am to 2 pm

Brixworth Library

Spratton Road, Brixworth, NN6 9DS
brixworth.libraryplus@westnorthants.gov.uk

Open Monday to Friday 9 am to 5 pm and Saturday 10 am to 2 pm

Duston Library

Pendle Road, Northampton, NN5 6DT
duston.libraryplus@westnorthants.gov.uk

Open Monday to Friday 9 am to 5 pm and Saturday 10 am to 2 pm

Hunsbury Library

Overslade Close, Northampton, NN4 0RZ
hunsbury.libraryplus@westnorthants.gov.uk

Open Monday to Friday 9 am to 5 pm and Saturday 10 am to 2 pm

Northamptonshire Central Library

Abington Street, Northampton, NN1 2BA
northampton.libraryplus@westnorthants.gov.uk

Open Monday to Friday 9 am to 5 pm and Saturday 10 am to 2 pm

Employment Support

Northampton Jobcentre Plus

21 Lower Mounts, NN1 3LY
0800 169 0190

<https://www.gov.uk/contact-jobcentre-plus>

Futures Advice – Jobs & Training Northamptonshire

Free support for job applications, CV help, training access, local vacancies.

<https://www.futuresadvice.org/find-job-support-near-you/northampton-and-northamptonshire/>

Credit Unions

Commsave Credit Union

Royal Pavilion 2, Summerhouse Road, NN3 6BJ
0303 0402 660

hello@commsave.co.uk

<https://www.commsave.co.uk>

Citizens Advice

Citizens Advice

Benefits, debt, housing, employment, consumer advice.

0333 038 3221

enquiries@cawnac.org.uk

Local drop in services can be found by visiting

<https://www.cawnac.org.uk/access-our-services>



Riverside

Cost of Living Support in Northampton



Debt Support

Debt and Money Advice Service

With the Cost of Living crisis meaning residents are facing increased financial pressures, the Debt and Money Advice Team play an important part in building financial resilience among vulnerable groups.

How they can help

- support with debt options and negotiating payment arrangements
- money management and budgeting advice
- help with maximising income including benefits entitlement checks
- completing welfare benefit claim forms and support with appeals
- referrals to partners for further holistic support that compliments the financial support provided
- support in gaining confidence in managing finances through self help tools

01604 527300

debtandmoneyadvice@westnorthants.gov.uk

<https://www.westnorthants.gov.uk/benefits/debt-and-money-advice-service>

Riverside Digital Inclusion Support in Northampton



Libraries

Northamptonshire Central Library

Abington Street, Northampton, NN1 2BA
northampton.libraryplus@westnorthants.gov.uk

**Open Monday to Friday 9 am to 6 pm and
Saturday 9 am to 5 pm**

Brackley Library

Manor Road, Brackley, NN13 6AJ
brackley.libraryplus@westnorthants.gov.uk

**Open Monday to Friday 9 am to 5 pm and
Saturday 10 am to 2 pm**

Brixworth Library

Spratton Road, Brixworth, NN6 9DS
brixworth.libraryplus@westnorthants.gov.uk

**Open Monday to Friday 9 am to 5 pm and
Saturday 10 am to 2 pm**

Duston Library

Pendle Road, Northampton, NN5 6DT
duston.libraryplus@westnorthants.gov.uk

**Open Monday to Friday 9 am to 5 pm and
Saturday 10 am to 2 pm**

Hunsbury Library

Overslade Close, Northampton, NN4 0RZ
hunsbury.libraryplus@westnorthants.gov.uk

**Open Monday to Friday 9 am to 5 pm and
Saturday 10 am to 2 pm**

Northamptonshire Central Library

Abington Street, Northampton, NN1 2BA
northampton.libraryplus@westnorthants.gov.uk

**Open Monday to Friday 9 am to 5 pm and
Saturday 10 am to 2 pm**

Digital Hubs

Good things foundation

Find local digital inclusion support
From the northern islands of Scotland to the southern tip of England, across Wales and Northern Ireland, there's thousands of places to go for digital inclusion support. Use their map to find your local Digital Inclusion Hub.

<https://www.goodthingsfoundation.org/find-support/map>

Riverside Youth Provision in Northampton



Family Centres/Children's Centres

Family Hubs offer a safe, welcoming space for all families with children aged 0 to 19 years (or 25 years for a young person with a special educational need or disability).

Family Hubs bring services together, making it easier for families to get the help they need - giving babies the best start for life and continuing that support through adolescence.

As part of Family Hubs, Strong Start provides information, advice and early learning activities for parents with children from 0 to 5 years old.

Upton Family Hub

Offers early years support, parenting help, community groups, baby programmes
Barring Street, Upton, Northampton, NN5 4DD / NN5 4EZ
07353 103213
familyhubs@westnorthants.gov.uk

Kingsthorpe Children's Centre (Kingsthorpe Family Hub)

Family hub offering sessions, support for under-5s, activities, advice
St David's Rd, Northampton, NN2 7QJ
01604 791537

Woodbridge Family Centre

28 Hever Close, Northampton, NN5 4WN
01604702026
<https://www.thewoodbridgefamilycentre.org.uk/>

Youth Groups

NAYC – Northamptonshire Association of Youth Clubs

01604 499699
nayc@nayc.org
<https://www.naycacuk.co.uk/nayc-youthwork/>

Youth organisations

Youth Courtyard

Charity supporting young people through weekly activities and health and wellbeing support
62 Gold Street, Northampton, NN1 1RS
01604 639545
shout@communitycourtyard.org
<https://communitycourtyard.org/youth-%26-community-clubs>

Youth Works Northamptonshire

Counselling, emotional wellbeing, drop-ins for ages 8–25
01536 518339
<https://www.youthworksnorthamptonshire.org.uk/>

Youth Inspired (West Northants Council Youth Clubs)

Youth Inspired runs term-time youth clubs for children and young people across Northamptonshire. Sessions take place in local community venues and are open to different age groups depending on location.
For more information email sarah@cypn.org or call phone: **07422 573625**
<https://www.westnorthants.gov.uk/information-young-people/youth-clubs>

St James Community Centre

144b St James Road, Northampton, NN5 5LQ
For ages 8 to 13
£1 (snack included)
07726 776463
Mondays 5 pm to 6.30 pm

Riverside Youth Provision in Northampton



Out There LGBT+ Support Services

Youth Group

The Lowdown, 3 Kingswell Street, NN1 1PP
11 to 18 and 18 to 25

Free to attend

Call 01604 634385 to find out more

Delivered Friday evenings

Free2Talk

Free2Talk Youth Groups take place in various community venues around Northampton as well as online.

enquiries@free2talkcic.org

<https://free2talkcic.org/youth-groups>

Espresso Yourself Cafe

The Lowdown, University of Northampton
Innovation Centre, Green Street, NN1 1SY

11 to 18

Free to attend

01604 634385

Mondays and Fridays 4 pm to 8 pm

Springs Family Youth Club activities

9 Tower Street, NN1 2SN

Springs deliver weekly activities including sports, music and group sessions to find out more visit

<https://www.westnorthants.gov.uk/information-young-people/youth-clubs>

contact springsrecordingstudio@gmail.com

07922160851

SEND Activities

Are you a parent looking for fun SEND Activities and activities for children in Northampton and the surrounding area? Toddle About lists SEND Activities for kids, plus activities, events and days out in Northamptonshire for babies, toddlers and their parents.

<https://toddleabout.co.uk/near-me/northampton/special-needs>

Northamptonshire Council

Lists youth groups for young people with disabilities

<https://www.westnorthants.gov.uk/local-offer/activities-and-leisure-local-offer>

For additional youth support services please download our National Support Directory

Riverside Older People Support in Northampton



Age UK Advice Line - 0800 678 1602

Dementia UK - 0800 888 6678

Re-engage

Group and one-to-one social activities will help older people connect with others.

0800 716543

The Silver Line - 0800 4 70 80 90

Friends of the Elderly

Grants to older people living on low incomes.

0330 332 1110 hello@fote.org.uk

Age UK Northamptonshire

Age UK offers advice, support and activities to help support older people in the community.

The William and Patricia Venton Centre

York Road, Northampton, NN1 5QJ

01604 611200

access@ageuknorthants.org.uk

<https://www.ageuk.org.uk/northamptonshire/>

Mental Health and Wellbeing Support in Northampton



Hub of Hope

Hub of Hope is the UK's most comprehensive national mental health support database. Download the free app or text **HOPE** to **85258** to find relevant services near you.

Northamptonshire Mental Health Number

Call **0800 448 0828**, or text **07480 633531**, for support for your mental health needs. The service is available 24/7.

Children and Young People's Mental Health Services (CYPMHS) Crisis Team

Call **0800 170 7055**, open 24/7, if you are in a crisis, at risk of self-harm or suicide.

Crisis Cafes

Crisis Cafés are for anyone aged 18 years old or over who find themselves in need of support for their mental health. If you are feeling, stressed, anxious or worried about your mental health, Minds crisis cafes are there for you.

<https://www.nhft.nhs.uk/crisis-cafe#CrisisCafeTimetable-open>

Mind Northamptonshire

Offers a range of services supporting those who are struggling.

Anchor House, 6/7 Regent Sq, NN1 2NQ
01604 634310

<https://www.northamptonshiremind.org.uk/>

Domestic Abuse Services in Northampton



If you are in immediate danger, call 999 and ask for the police.

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police.

Pressing 55 only works on mobiles and does not allow police to track your location.

Call 999 from a landline

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

If you are deaf or can't use a phone

You can register with the emergencySMS. Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

<https://www.emergencysms.net/>

Bright Sky app

Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else.

The app can be downloaded for free from the app stores. **Only download the app if it is safe for you to do so and if you are sure that your phone isn't being monitored.**

Safe Spaces

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

Northamptonshire Domestic Abuse Service

A non-judgemental, friendly and practical support service, offered to anyone affected by domestic abuse in Northamptonshire.

Call the helpline on **0300 012 0154** open 24/7, send an email to **advice@ndas-org.co.uk** or visit the NDAS website for more information.

NDAS Website - <https://www.ndas.co/i-need-help>

Sunflower Centre

A service that works closely with Voice to provide non-judgemental specialist support to victims of domestic abuse.

Call **01604 888211** from Monday to Friday between 8 am and 6 pm, email **sunflower@northants.pnn.police.uk** or visit the Voice Northants website for more information.

<https://voicenorthants.org/about-voice-northants/sunflower-centre/>

Riverside Disability Support in Northampton



Government Support

Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

West Northamptonshire Council

Support offered through the West Northamptonshire Council

<https://www.westnorthants.gov.uk/mental-health-and-wellbeing/mental-health-services-and-support-adults/disability-learning>

Disabled and Proud

Everyone Active, Daventry, Northamptonshire
NN11 4FP

07368396934

Dottie.davies@btinternet.com

The Rockin' Roadrunner

The Rockin' Roadrunner is a club night for adults with disabilities and an annual festival for all ages.

They hold inclusive live music events, festivals and performing opportunities specifically for people with a wide range of disabilities, their families, carers and friends at the forefront.

Mum182@hotmail.co.uk

<https://www.rockinroadrunner.com/>

Fitness Without Boundaries

Fitness Without Boundaries is a charity, which offers disabled people, people with long-term health issues, more choice and opportunities to enjoy the benefits of physical activity.

07312 247673

info@fitnesswithoutboundaries.com

<https://www.fitnesswithoutboundaries.com/>

SENdsational Families CIC

Provide indoor Wellbeing Workshops, outdoor Wild Wellbeing and online Worldwide Workshops, all within an inclusive community dedicated to the holistic health and wellbeing of parents and caregivers of children with special educational needs and disabilities (SEND) in Northamptonshire.

<https://sendsationalfamilies.co.uk/>



Riverside Migrant and Multi- Cultural Support in Northampton



Local Council

Northampton Town of Sanctuary

Safe space, community building, English practice, support for asylum seekers & refugees.
<https://northampton.cityofsanctuary.org/what-we-offer/>

West Northamptonshire Council – Refugee, Asylum Seeker & Migrant Support

Local authority help for Afghan, Ukrainian, asylum seekers, LLR/LLTR individuals; housing, welfare support.

<https://www.westnorthants.gov.uk/refugee-asylum-seeker-and-migrant-support>

Groups

Semilong Community Exchange

Semilong Community Exchange (SCE) is a grassroots, volunteer-led organisation offering free hot meals, essentials, and a welcoming social space for anyone in need across Northampton.
16 Hester Street, Northampton, NN2 6AP
jo@semilongcommunity.com
07407046126

Northampton Hope Centre

Oasis House 35-37 Campbell Street, NN1 3DS
Hope centre assists a variety of different vulnerable people, including refugees and asylum seekers.
01604 214300

office@northamptonhopecentre.org.uk
<https://northamptonhopecentre.org.uk/what-we-do/work-with-migrants-and-refugees/>

**People are welcome to visit the Day Centre
Monday to Friday 8.30 am to 1 pm**

Dostiyo - Asian Women and Girls Organisation

Advice for Asian women on a range of issues, including benefits, debt, housing, domestic violence, disability, immigration, drug and alcohol misuse.

62-66 Dunster Street, Northampton, NN1 3JY
01604 745340 / 07572 896361

<https://www.dostiyo.co.uk/>

For additional migrant and multi-cultural support services please download our National Support Directory

Riverside Women's Groups in Northampton



Northampton Women's Centre (C2C Social Action)

Holistic 1-to-1 support for women including mental health, domestic abuse, homelessness, debt, life skills, peer mentoring and volunteering pathways.

Northampton Women's Centre, 1st Floor, 9
Overstone Road, Northampton, NN1 3JL
01604 824 080

NWC@c2csocialaction.com

<https://www.c2csocialaction.com/contact-10>

Northamptonshire Mind – Women's Peer Support Groups

Women-only peer groups offering a safe space, self-care, connection, and mental-health support. Suitable for women new to services.

<https://www.northamptonshiremind.org.uk/group-work-and-peer-support>

West Northamptonshire Council

<https://www.westnorthants.gov.uk/mental-health-and-wellbeing/mental-health-services-and-support-adults/support-females>

Mind Northamptonshire

Offers a range of services including woman's groups

Anchor House, 6/7 Regent Sq, NN1 2NQ
01604 634310

<https://www.northamptonshiremind.org.uk/>

Riverside Men's Groups in Northampton



The Man Cave (Northampton)

Weekly peer-support group for men struggling with mental health. Safe, informal and supportive. Wootton Community & Sports Centre, Curtlee Hill, Wootton, Northampton, NN4 6ED
Michaelw@themancaveuk.co.uk
griff@themancaveuk.co.uk
<https://www.themancaveuk.co.uk/contact/>
Tuesdays 7 pm to 9 pm

ANDYSMANCLUB (Northampton)

National men's talking group; free, anonymous, peer-led for any man 18+.
Holiday Inn Northampton by IHG Bedford Road
Northampton, NN4 7YF United Kingdom
<https://andysmanclub.co.uk/groups/>

Northamptonshire Mind – Men's Peer Support Group

Anchor House, 6/7 Regent Sq, NN1 2NQ
01604 634310
<https://www.northamptonshiremind.org.uk/group-work-and-peer-support>

MenWalkTalk (Northamptonshire)

Men-only walking groups supporting physical & mental wellbeing.
<https://menwalktalk.co.uk/walks>

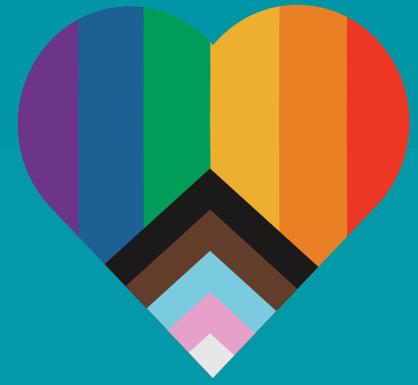
Men's Shed

Men's Sheds are kitted out community spaces where men can enjoy practical hobbies. They're about making friends, learning and sharing skills. Many guys come just for the tea and banter – everyone's welcome.
Spencer Contact, Gladstone Close, Spencer, Northampton NN5 7AY
northamptoncommunitysheds@gmail.com
Thomas Street, Northampton NN1 3EN, UK
joanne@northamptonhopecentre.org.uk
07399818133

The Brotherhood

The Brotherhood offers a space for men aged 18+ to come together and have real, honest conversations in a safe, welcoming environment.
<https://www.originwellbeing.co.uk/thebrotherhood>

LGBTQ+ Support in Northampton



Hide and Seek

'Hide and Seek' is a youth group for young people who identify as LGBTQI+ or those who are questioning their sexual orientation or gender identity. The group is open to young people aged between 11 and 18 to socialise and take part in various activities and events.

enquiries@youthworksnorthamptonshire.org.uk

<https://www.youthworksnorthamptonshire.org.uk/youth-activities/lgbtq-support/>

Out there LGBTQ+ support in Northamptonshire @low down

The Lowdown's LGBTQ+ Support Service runs youth groups and events for young people from School year 7, up to the age of 25.

01604 634385

lgbtqsupport@thelowdownnorthampton.co.uk

<https://thelowdown.info/lgbtq-groups/>

Northampton LGBT Social Group

Social meet-ups, pub evenings, cinema trips, nights out, LGBTQ+ events – adult-friendly, community-building activities

Q Space (Northampton)

Supporting the Northants LGBTQ+ community in mind, body, and spirit.

The Doddridge Centre, St James, NN5 5LD

qspacenorthampton@gmail.com

<https://qspacenorthants.co.uk/>

Riverside Additional Support in Northampton



Sexual Violence Support

Northamptonshire Rape Crisis (NRC)

Women, men, all genders; inclusive of BME & LGBTQ+ communities

Billing House, Cliftonville, Northampton NN1 5BE

01604 250721/0300 222 59 30.

info@northamptonshirerapecrisis.co.uk

<https://www.northamptonshirerapecrisis.co.uk/>

Serenity – Sexual Assault Referral Centre (SARC)

For urgent support and advice call **01604 601713** any time, any day.

Voice Northants (Victim & Witness Support)

Anyone impacted by crime including sexual violence; supports adults & children

0300 303 1965

info@voicenorthants.org

<https://www.voicenorthants.org/myvoice/support-and-services/>

Northamptonshire Police – Sexual Assault Support Guidance

<https://www.northants.police.uk/ro/report/rsa/alpha-v1/advice/rape-sexual-assault-and-other-sexual-offences/rape-sexual-assault-support/>

National Online Helpline for Male Survivors

Operated by Survivors UK. Supports men and boys (trans or cisgender) and non-binary people who have ever experienced unwanted sexual activity.

Live chat, SMS and email support.

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

The Survivors Trust

The Survivors Trust provides confidential information, advice and support for women, men and young people, their parents/carers or partners via a helpline or email.

08088 010818

info@thesurvivorstrust.org

More information can be found at

www.thesurvivorstrust.org

Hate Crime

General victims of hate crime can call their Local Neighbourhood Police Team on telephone number **101** to report

Reporting online -

<https://www.gmp.police.uk/ro/report/hate-crime/triage/v1/report-hate-crime/>

Stop Hate UK

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

0800 138 1625 Text: 07717 989 025

Text relay: 18001 0113 293 5100

Webchat at <https://www.stophateuk.org/talk-to-us>