

Name of organisation / funding	Location	Who they help	What help they can provide	Contact details & opening hours
Age UK	Various	<ul style="list-style-type: none"> <li>Over 50 years of age</li> </ul>	<ul style="list-style-type: none"> <li>Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.ageuk.org.uk/eastriding">www.ageuk.org.uk/eastriding</a></li> <li>01482 861065</li> <li>16 North Bar Within, Beverley</li> </ul>
Bridlington Salvation Army	Bridlington	<ul style="list-style-type: none"> <li>Anyone in need</li> </ul>	<ul style="list-style-type: none"> <li>Support &amp; advice</li> <li>Hot meals</li> </ul>	<ul style="list-style-type: none"> <li>Wellington Road, Bridlington</li> <li>01262 603009</li> <li>Monday 9 - 12</li> </ul>
Christ Church	Bridlington	<ul style="list-style-type: none"> <li>Homeless</li> <li>People struggling on benefits</li> </ul>	<ul style="list-style-type: none"> <li>Food</li> <li>Clothing</li> <li>Furniture</li> <li>Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.christchurchbridlington.vom">www.christchurchbridlington.vom</a></li> <li>01262 404100</li> <li>2 Quay Rd, Bridlington</li> </ul>
Citizens Advice Bureau	Various	<ul style="list-style-type: none"> <li>All residents</li> </ul>	<ul style="list-style-type: none"> <li>Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></li> <li>0300 3300888</li> </ul>
Compass	National	<ul style="list-style-type: none"> <li>Residents with drug and alcohol issues</li> </ul>	<ul style="list-style-type: none"> <li>Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.compass-uk.org">www.compass-uk.org</a></li> <li><a href="mailto:info@compass-uk.org">info@compass-uk.org</a></li> <li>01904 636374</li> </ul>
Discretionary Housing Payment	Various	<ul style="list-style-type: none"> <li>In receipt of housing benefit</li> <li>Unable to pay the shortfall in your rent</li> </ul>	<ul style="list-style-type: none"> <li>Assistance with shortfalls in rent</li> <li>Rent in advance</li> <li>Removal costs</li> <li>bonds</li> </ul>	<ul style="list-style-type: none"> <li><a href="mailto:adjudication@eastriding.gov.uk">adjudication@eastriding.gov.uk</a></li> <li>01482 394642</li> </ul>
East Riding Community Covenant	Various	<ul style="list-style-type: none"> <li>Armed forces</li> </ul>	<ul style="list-style-type: none"> <li>Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li><a href="mailto:Customer.services@eastriding.gov.uk">Customer.services@eastriding.gov.uk</a></li> <li>01482 393939</li> </ul>
Families Information Service Hub	Various	<ul style="list-style-type: none"> <li>families of children and young people aged 0-19</li> </ul>	<ul style="list-style-type: none"> <li>Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.fish.eastriding.gov.uk">www.fish.eastriding.gov.uk</a></li> <li><a href="mailto:fish@eastridng.gov.uk">fish@eastridng.gov.uk</a></li> <li>01482 396469</li> </ul>
Friends of the Elderly	Various	<ul style="list-style-type: none"> <li>Aged 60 or over</li> <li>Managing on a low income with savings of less than £3,000 (£4,500 for couples)</li> <li>Not living in a residential care home</li> </ul>	<ul style="list-style-type: none"> <li>Grants</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.fote.org.uk/our-services/grants">www.fote.org.uk/our-services/grants</a></li> <li>01262 608221</li> <li>4-6 Victoria Rd, Bridlington</li> </ul>

Healthy Start	National	<ul style="list-style-type: none"> <li>• At least 10 weeks pregnant</li> <li>• A child under four</li> <li>• In receipt of Income Support, Income Based Job Seekers Allowance, Income Related Employment &amp; Support Allowance, Child Tax Credits</li> <li>• Under 18 and pregnant (regardless of benefits)</li> </ul>	<ul style="list-style-type: none"> <li>• Free baby milk</li> <li>• Fresh or frozen fruit</li> <li>• Fresh or frozen vegetables</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.healthystart.nhs.uk/">http://www.healthystart.nhs.uk/</a></li> </ul>
Help 4 Heroes	National	<ul style="list-style-type: none"> <li>• Ex-service men and women</li> </ul>	<ul style="list-style-type: none"> <li>• Immediate financial support</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="mailto:grants@helpforheroes.org.uk">grants@helpforheroes.org.uk</a></li> <li>• 01725 513212</li> <li>•</li> </ul>
Holderness Food Bank	Hornsea	<ul style="list-style-type: none"> <li>• All residents</li> </ul>	<ul style="list-style-type: none"> <li>• Food</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.holdernessfoodbank.org.uk">www.holdernessfoodbank.org.uk</a></li> <li>• 01964 532531</li> </ul>
Homeless Prevention Team	Various	<ul style="list-style-type: none"> <li>• All residents</li> </ul>	<ul style="list-style-type: none"> <li>• Bond Scheme</li> <li>• Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="mailto:housing.services@eastriding.gov.uk">housing.services@eastriding.gov.uk</a></li> <li>• 01482 396301</li> </ul>
Hull & East Yorkshire Credit Union	Various	<ul style="list-style-type: none"> <li>• All residents</li> </ul>	<ul style="list-style-type: none"> <li>• Low cost affordable loans</li> <li>• Straightforward bank accounts</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.hullandeycu.co.uk">www.hullandeycu.co.uk</a></li> <li>• <a href="mailto:info@hullandeycu.co.uk">info@hullandeycu.co.uk</a></li> <li>• 01482 778753</li> <li>• 01262 438233</li> <li>• 01405 854564</li> </ul>
Hull & East Yorkshire Mind	Various	<ul style="list-style-type: none"> <li>• Residents with mild to moderate mental health problems</li> </ul>	<ul style="list-style-type: none"> <li>• Accommodation</li> <li>• Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.minhey.co.uk">www.minhey.co.uk</a></li> <li>• <a href="mailto:info@mindhey.co.uk">info@mindhey.co.uk</a></li> <li>• 01482 240200</li> </ul>
Kingfisher Trust	Bridlington	<ul style="list-style-type: none"> <li>• Homeless</li> </ul>	<ul style="list-style-type: none"> <li>• Food</li> <li>• Washing facilities</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.kingfishertrust.org">www.kingfishertrust.org</a></li> <li>• Kathleen Brown: 01262 674311 &amp; 07907675720</li> <li>• 22 West St, Bridlington</li> </ul>
Local Links Network	Various	<ul style="list-style-type: none"> <li>• All residents</li> </ul>	<ul style="list-style-type: none"> <li>• Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.local-links.org.uk">www.local-links.org.uk</a></li> </ul>
Mencap	National	<ul style="list-style-type: none"> <li>• All residents</li> </ul>	<ul style="list-style-type: none"> <li>• Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="mailto:help@mencap.org.uk">help@mencap.org.uk</a></li> <li>• 0808 8081111</li> </ul>
Prevention of Domestic Abuse Service	Various	<ul style="list-style-type: none"> <li>• All residents</li> </ul>	<ul style="list-style-type: none"> <li>• Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.eastriding.gov.uk">www.eastriding.gov.uk</a></li> <li>• 01482 396368.</li> </ul>

Mission Trinity	Goole/ Howdenshire	<ul style="list-style-type: none"> <li>• Homeless</li> <li>• Anyone in need</li> </ul>	<ul style="list-style-type: none"> <li>• Food</li> <li>• Other assistance</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="mailto:missiontrinity1@hotmail.com">missiontrinity1@hotmail.com</a></li> <li>• Mission Trinity, Trinity Methodist Church, Boothferry Rd, Goole</li> </ul>
Real Aid	Tickton	<ul style="list-style-type: none"> <li>• All residents</li> </ul>	<ul style="list-style-type: none"> <li>• Food</li> <li>• Furniture</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="mailto:admin@realaid.org.uk">admin@realaid.org.uk</a></li> <li>• 01482 880 660</li> </ul>
SASH	Various	<ul style="list-style-type: none"> <li>• Young people</li> </ul>	<ul style="list-style-type: none"> <li>• Nightstop – an emergency service for young people in crisis</li> <li>• Supported lodgings</li> <li>• Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="mailto:talk@sash-uk.org.uk">talk@sash-uk.org.uk</a></li> <li>• 01904 652043</li> </ul>
Salvation Army	National	<ul style="list-style-type: none"> <li>• All residents</li> </ul>	<ul style="list-style-type: none"> <li>• Food</li> <li>• Temporary accommodation</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.salvationarmy.org.uk/uki/heretohelp">www.salvationarmy.org.uk/uki/heretohelp</a></li> <li>• <a href="mailto:info@salvationarmy.org.uk">info@salvationarmy.org.uk</a></li> <li>• 020 7367 4500</li> </ul>
The Alcohol & Drug Service	Various	<ul style="list-style-type: none"> <li>• All residents</li> </ul>	<ul style="list-style-type: none"> <li>• Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.humber.nhs.uk/servides/east-riding-partnership.htm">www.humber.nhs.uk/servides/east-riding-partnership.htm</a></li> <li>• 01482 344690</li> <li>• 74 Lairgate, Beverley</li> </ul>
The Hinge	Bridlington & Goole	<ul style="list-style-type: none"> <li>• Residents living within the Havenfield Council Estate and surrounding area</li> <li>• All residents in Goole</li> </ul>	<ul style="list-style-type: none"> <li>• Cooking facilities</li> <li>• Laundry facilities</li> <li>• Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://thehinge.org.uk/Home.php">http://thehinge.org.uk/Home.php</a></li> <li>• Bridlington 01262 679671</li> <li>• Goole 01405 765435</li> </ul>
Turn to Us	National	<ul style="list-style-type: none"> <li>• All residents</li> </ul>	<ul style="list-style-type: none"> <li>• Grants</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a></li> <li>• 0808 802200</li> </ul>
West Hill Community Centre	Bridlington	<ul style="list-style-type: none"> <li>• All residents in Bridlington</li> </ul>	<ul style="list-style-type: none"> <li>• Support &amp; advice</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.westhill-bridlington.or.uk">www.westhill-bridlington.or.uk</a></li> <li>• 33 Bessingby Gate, Bridlington</li> </ul>
Young Adult Support Service	Bridlington	<ul style="list-style-type: none"> <li>• Young adults aged 18 - 35</li> </ul>	<ul style="list-style-type: none"> <li>• One to one support</li> <li>• Referrals to other organisations</li> <li>• Housing advocacy</li> </ul>	<ul style="list-style-type: none"> <li>• 07865 085973 (call or text)</li> </ul>