

SOCIAL PRESCRIBING COMMUNITY SUPPORT SERVICES



Financial Support & Benefits






SERVICE	SUPPORT OFFERED	CONTACT
Advice at Hart	Benefits advice (PIP, UC), Cost of Living Vouchers	☎ 01429 748010 🌐 www.advice-at-hart.co.uk
Citizens Advice	Benefits, food vouchers, debt, housing, legal advice	☎ 0808 278 7967 📍 87 Park Rd, TS26 9HP 🌐 www.citizensadvice-hartlepool.org.uk
West View Resource Centre	Benefits, debt, housing, employment and energy	☎ 01429 271294 🌐 www.wvarc30.org.uk
Christians Against Poverty (CAP)	Free debt help and budgeting support	☎ 0800 328 0006 📍 46 Tankerville St, TS26 8DU 🌐 www.capuk.org
StepChange	National debt advice, DMPs, budgeting, bankruptcy	☎ 0800 138 1111 🌐 www.stepchange.org

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Food Support










SERVICE	SUPPORT OFFERED	CONTACT
The Bread-and-Butter Thing	Low-cost weekly food bags  Text 07860 063 304 with name, postcode, hub	 Community Hub South (Tues 14:00–14:30)  Community Hub Central (Thurs 12:00–12:30)
Hartlepool Foodbank	Emergency 3-day food parcels (referral needed) <i>Citizens Advice can refer</i>	 01429 806 895 / 01429 523330  www.hartlepool.foodbank.org.uk
Community Grocery	A bridge between food banks and supermarkets	 Oxford Road Baptist Church, Caledonian Road, Hartlepool, TS25 5LH  www.communitygrocery.org.uk/hartlepool
Food Cycle Community Meal	Free evening meal on Mondays  6:30–8:00 pm	 Wynyard Hub, Wynyard Rd  hartlepool@foodcycle.org.uk

Housing & Adaptations

SERVICE	SUPPORT OFFERED	CONTACT
Hartlepool Housing	Council housing enquiries	 01429 266522  Civic Centre, Victoria Rd, TS24 8AY
Hartlepool Home Search	Social housing registration & lettings	 01429 806834  homesearch@hartlepool.gov.uk
Social Services (Adaptations)	Occupational therapy, home adaptations	 01429 523390 / 01429 803100














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SERVICE	SUPPORT OFFERED	CONTACT
Tidal Minds Adult ADHD Peer Support Group	No diagnosis necessary, everyone welcome Every other Friday, 11am – 1pm	 Salaam Centre, Murray St  https://www.facebook.com/search/top/?q=tidal%20minds
LilyAnne's Wellbeing Café Autism Support	Providing understanding and tailored support for people with Autism Peer support & themed activities	 01429 728040  Titan House, 141 to 147a York Road,  www.lilyannes.co.uk
Community Hubs Central, York Rd South, Wynyard Rd	Motomed, chair exercises, steady feet classes, support with accessing the gym/pool	 01429 272905  www.hartlepoolnow.co.uk/community_support_hub
Fibro Connect TS	A place where people who have fibromyalgia can connect	 07903 776 256  info@fibroconnect.co.uk








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Mental Health & Emotional Support

SERVICE	SUPPORT OFFERED	CONTACT
IMPACT	Mental health support self – call or online or referral from clinician	 01642 573924  enquiries@impactonteesside.com  www.impactonteesside.com
Let's Connect	Mental health support Self – call Or referral from clinician	 01429 269303  www.letsconnect-eng.co.uk
Togetherall	Online anonymous community peer support for mental wellbeing	 www.togetherall.com/en-gb
Alice House Hospice	Bereavement support Self – call Or referral from clinician	 01429 855555  Therapeutic Support Services
LilyAnne's Wellbeing Café	Peer wellbeing group meetings (inc Autism, men only, women only meetings)	 01429 728040  Titan House, 141 to 147a York Road,  www.lilyannes.co.uk
Harbour	Supporting families and individuals affected by domestic abuse	 03000 20 25 25  https://www.myharbour.org.uk/about-us

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Men's Health

SERVICE	SUPPORT OFFERED	CONTACT
ManHealth (at Hartlepool United)	Peer support for men 18+ (no referral needed) — Thursdays 6:30–8:30 pm	 Hartlepool United Centenary Lounge, Prestige, Group Stadium  www.hartlepoolunited.co.uk/manhealth
STAGS (MINDS FOR MEN) Hartlepool	Peer support for men 18+ games, gym, chat Thursdays 6–9 pm	 07935 152839  Rift House Community Centre  https://www.facebook.com/STAGSstandtogether
Andy Man's Club	Free peer-to-peer support group for men 18+ — Mondays 7–9 pm (except bank holidays)	 Hartlepool Rugby Club, West View Road  https://www.facebook.com/andymanclubhartlepool

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Social & Community Activities








SERVICE	SUPPORT OFFERED	CONTACT
Community Hubs Central, York Rd South, Wynyard Rd Throston & Seaton	Local support, activities, signposting	 01429 272905  www.hartlepoolnow.co.uk/community_support_hub
New Perspectives – North East Wellness Walking Group	Inclusive wellness walking group for all abilities.	 www.facebook.com/groups/709186816778735
Let's Connect	Group Activities Clients needs to be assessed before access to activity group	 01429 269303  www.letsconnect-eng.co.uk

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Substance Misuse & Recovery

SERVICE	SUPPORT OFFERED	CONTACT
START	Drug and alcohol treatment & recovery	 01429 285000  starthartlepool.co.uk/#about
Community Links	Peer support for those struggling with addiction and substance misuse. In partnership with Addictions North East.	 Burbank Community Centre  Fridays 6 pm
Lived Experience, Women's only Recovery Group	10am – 12 every Thursday LGBTQIA+ inclusive.	 07598 534452  Park Road, Hartlepool, TS24 7PW  womenshealthhubhartlepool@gmail.com

Women's Health

SERVICE	SUPPORT OFFERED	CONTACT
Women's Health Hub	Women's services, peer groups, support	 07935 152839  The Arches Shopping Village, TS24 7PW  womenshealthhubhartlepool@gmail.com
Women's Wellbeing	Provide social and physical activity aged 18yrs + additional support with mental health and wellbeing Mondays 10 – 11.30 Tuesday 10.30 – 12 – arts, crafts, chat	 01429 862595  Hartlepool United Centenary Lounge, Prestige, Group Stadium  hucsf@hartlepoolunited.co.uk
Menopause Drop in	Drop in Café for women to come together First Thursday of Every Month 6pm – 7.30pm	 Unit 13, Tees Bay Retail Park Menopause Drop in Cafe.JPG (592x839)