

## COST OF LIVING SUPPORT IN MALMESBURY

The cost of living crisis means that many of us are finding it difficult to manage rising energy, food and other costs.

Malmesbury Town Council, Wiltshire Council and other local organisations have partnered together to provide a network of support and information to help people cope with the crisis.

## WARM SPACES

Reduce your heating bill by spending time in a warm place outside of your home. Many venues have free activities and free refreshments available. At other venues, you can just relax on your own, read, catch up on your phone messages or chat with a friend or two. All are welcoming and friendly. Details of warm spaces available in Malmesbury are shown below:

<b>Mon</b>	<b>Coffee and Conversation</b> 2pm-5pm Library	(All ages) Chat, warm drinks, biscuits, soup, toast, puzzles, board games, toys.
<b>Tues</b>	<b>Rhyme Time</b> 11am-11.30am Library	(Babies & parents/ carers) Songs, rhymes & movement.
	<b>Family Time</b> 11.30am-12.30pm Library	(Babies and parents/ carers) Meet other families, chat, warm drinks, biscuits, books & toys.
	<b>Heat and Eat</b> 12pm-2pm Abbey	(All ages) Chat, soup & bread, tea & coffee. Playroom, but children must be supervised.
	<b>Public Living Room</b> 1.30pm-4.30pm Library	(All ages) Chat, warm drinks and biscuits.
<b>Weds</b>	<b>Malmesbury Luncheon Club</b> 12pm onwards Town Hall	(Over 60s) Two course hot dinner, tea and coffee. Cost £3.50. Phone the Town Hall 01666 822143 for details.

<b>Weds</b>	<b>Heat and Eat</b> 12pm-2pm Abbey	(All ages) Chat, soup & bread, tea & coffee. Playroom, but children must be supervised.
<b>Thurs</b>	<b>Thermal Thursdays</b> 9am-1.30pm United Reformed Church Upper Room, lift or stairs from West St.	(All ages) Hot drinks, toast until 12pm, soup & bread to 1.30pm. Chat, cards, puzzles, dominoes or bring your own craft or laptop to work on.
<b>Fri</b>	<b>Crafts and Games</b> 9.30am-2.30pm The Kings Church	(All ages) Chat, warm drinks, soup and roll at lunchtime. Optional games and crafts. Family friendly, with toys and baby changing facilities.
	<b>Malmesbury Seniors</b> 10am-12pm Burnham Court	(Seniors) Chat, warm drinks, biscuits.
	<b>Rhyme Time</b> 11am-11.30am Library	(Babies & parents/ carers) Songs, rhymes & movement.
	<b>Family Time</b> 11.30am-12.30pm Library	(Babies and parents/ carers) Meet other families, chat, warm drinks, biscuits, books & toys.
	<b>Rise Trust Youth Drop In</b> 6.30pm-8.30pm Town Hall	(Young people/ teens) Old School Room. Drop in for a chat with or without friends and for hot chocolate.
<b>Sat</b>	<b>Saturday Friends</b> 2pm-4pm Riverside Community Centre	(Seniors) First Saturday of the month. Chat, warm drinks, cake and activities.

## DON'T FORGET!

The Library, the Activity Zone, the Abbey and Town Hall are already open for many days of the week and you are very welcome to spend time there. Please note most venues have free WiFi available.

## HEALS

Help, Empowerment And Local Support - HEALS is a local charity providing practical help for those facing financial hardship and other challenges. Contact HEALS at [heals.malmesbury@gmail.com](mailto:heals.malmesbury@gmail.com)

## COMMUNITY FRIDGE (HEALS Project)

Free food, which is available for anyone to take from the fridge, located next to the lift in the Town Hall. This food is approaching its 'use by date' and would otherwise go to landfill, but instead is collected daily by volunteers from the local Aldi and the Co-op.

## COMMUNITY WARDROBE (HEALS Project)

Free, donated, clean, warm clothing for adults and children is available on Tuesday mornings 9am to 11.30am at the Riverside Community Centre. To donate clothing, please take it bagged up to the Gloucester Road Co-op and the Town Hall.

## MALMESBURY FOODBANK

Need help with food? Then you will need a foodbank voucher from a local agency, such as HEALS, Citizens Advice, schools, churches, housing support officers, health visitors, social services. If you are in financial crisis, call the free helpline, Help through Hardship, on 0808 2082138 to talk confidentially with a trained Citizens Advice adviser. They can help address your crises and provide support. If needed, they'll issue you with a voucher so you can get an emergency food parcel. The foodbank is in the Old School Room, Town Hall (entrance off Market Lane) on Tuesdays 10am to 11.30am and Thursdays 1pm to 2.30pm. For local Foodbank info email: [info@malmesburydistrict.foodbank.org.uk](mailto:info@malmesburydistrict.foodbank.org.uk) or tel: 01666 826982

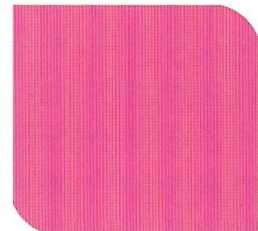
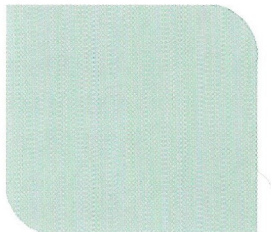
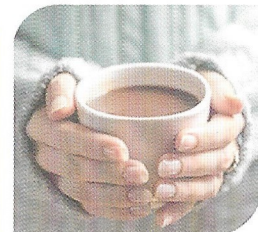
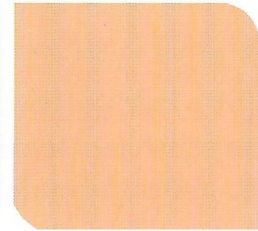
## HELP AND ADVICE FROM WILTSHIRE COUNCIL

Tel: 0300 456 0100 or search [www.wiltshire.gov.uk](http://www.wiltshire.gov.uk) for Cost of Living Crisis [www.wiltshire.gov.uk/article/6665/Council-tax-benefits-and-financial-support](http://www.wiltshire.gov.uk/article/6665/Council-tax-benefits-and-financial-support)  
Also look under this section to find other 'Warm Spaces' in Wiltshire.

The Malmesbury Cost of Living Support initiative includes these partners:



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ADVICE - WARM SPACES - HEATING - CLOTHING - FOOD