

## **CAP'S TOP TEN TIPS FOR AVOIDING FESTIVE DEBT**

1. Decide what you have to spend. Make a list and be realistic. Paying in cash may help you keep control. Let your children see your careful planning – you'll be teaching them a valuable life-long lesson.
2. Manage expectations early. If things are tight don't be afraid to say so to family members. You'll probably all be in the same boat and it may lead to a happier Christmas for them too!
3. See if relatives will club together with you to buy children what they would like, rather than individually over indulging them and all feeling out of pocket.
4. Buy fewer presents but more cheaper trimmings like paper chains and Christmas crackers. They all add to the fun without costing very much.
5. Never take out a Christmas loan! Remember the possible consequences could be disastrous for you and your family.
6. Try to make presents as opposed to buying them. For example, delicious homemade biscuits or fudge make a lovely gift as does a voucher to make your friend their favourite cake, or babysitting for an hour. All show you've spent time and care.
7. Remember – you can't buy love. Don't feel guilty if you can't afford the latest present for your children. Your love and affection will last longer in the memory than any toy can.
8. Don't fall into the trap of reciprocal gift giving and don't buy out of obligation.
9. Don't overspend in the January sales, in spite of how good a bargain you might see. Make a budget and stick to it and if possible, leave those credit cards at home.
10. Enjoy all the low cost things on offer– the lights in town, get-togethers, making mince pies, playing family board games, seeing your kids in the school nativity – and have a very Happy Christmas!

### **Feeling low or worried this Christmas season?**

**You're not alone.**

**If you have feelings of loneliness, anxiety or feel down over this Winter period, talk to someone who can help.**

**Contact your GP or telephone**

**South Tyneside Lifecycle Primary Care Mental Health Service  
on: 0191 283 2937**

**If your enquiry is urgent call: 0303 123 1145**

# Useful Christmas Information



## Christmas Day Celebration

25<sup>th</sup> December 2017

St Michael's Church Hall, Westoe Road, South Shields

11:30am to 4:00pm

If you would like to join us food, fun and  
friendship at the Christmas Day Celebration  
please contact Jo Benham-Brown on  
0191 496 9710 for more information



## Emergency contact numbers

**Police, fire and rescue service and coast guard:** 999

**NHS Choices:** 111 (call 111 when you need medical help fast but it's not a 999 emergency)

**Electrical problems:** 0800 668877

**Gas leaks:** 0800 111 999

**Floods:** 0845 988 1188

**Mental Health Initial Response Team:** 0303 123 1145

**Police:** 0191 454 7555 or 101

**South Tyneside Hospital:** 0191 404 1000

**South Tyneside Council emergencies:**

Minor emergencies (for example repairs): Out of hours: 0191 455 6111

Social Care and Health 0191 456 2093

Environmental Health Out of hours: 0191 427 2090

**Samaritans:** 116 123

**South Tyneside Lifecycle Mental Health Service:** 0191 283 2937

**South Tyneside Homes:** 0300 123 6633 (If you need to report an emergency repair that is an immediate risk to people or a property it can be reported using this 24 hour contact number)

**Veterans Wellbeing, Assessment and Liaison Service:** 0191 441 5974

**Water leaks:** 0800 393 084

# Food banks

Food banks provide for individuals and families in crisis for example sudden unemployment, delays in benefit payments, benefits sanctions and financial problems. They supply food parcels to people while they get help to resolve their crisis. To receive a food parcel you will need to be referred to a food bank by a professional such as a housing officer, social worker, CAB advisor, doctor or health advisor. For details about food banks contact Hospitality and Hope on 0191 420 3336 or the Key Project on 0191 496 9710

## Low Cost Meals

### Low cost meals in South Shields

New Hope Church  
3 Robinson Street, South Shields, NE33 4PR  
Monday 11:00am - 12:00pm  
Wednesday 11:00am - 12:30pm  
Free Hopes Kitchen, Tea & Coffee, Pot of Hope / Free Snacks  
0191 424 5462

Salvation Army  
Wawn Street, South Shields NE33 4EB  
Tuesday 10:00am - 1:00pm  
2 Course Hot Meal, 50p (donation optional)  
0191 496 7511

Westoe Road Baptist Church  
Romilly Street, South Shields, NE33 2SP  
Tuesday 10:00am - 11:30am  
Donations, Coffee and cake, Over 50's only  
0191 427 9359

Harton Methodist Church  
227 Sunderland Road, South Shields, NE33 6AS  
Thursdays 2pm - 4pm  
Free soup 0191 427 9953

Hospitality and Hope  
Hampden Street, South Shields NE33 4JR  
Sunday 2pm - 3pm  
Wednesday 11am – 12pm  
Free soup kitchen  
0191 420 3363

Living Waters Church  
St Jude's Terrace, Laygate, South Shields, NE33 5PB  
Wednesday 9:30am - 12pm  
Friday 11 - 3:30pm  
Wednesday: Full Breakfast £3.70  
Friday: toasties £2, cakes & scones £1.20. 0191 427 5284

Colliery Café  
Action Station, Boldon Lane, South Shields, NE34 0LZ  
Monday - Friday 9am - 2pm  
Bacon sandwiches £1.50, medium breakfast £2.50, daily small meal £2.50  
0191 455 8122

## **Low cost meals in Jarrow and Hebburn**

Grange Road Baptist Church  
Grange Road, Jarrow, NE32 3JA  
Wednesday 10:00am - 11:30am  
Friday 10.00am - 11.30am  
Coffee Stop - free tea or coffee  
and a biscuit Bacon Sandwiches,  
teacake, scones or cakes  
available for a small charge  
0191 421 7987

Independent Methodist Church  
80 Victoria Road, Hebburn, NE31  
1LR  
Monday - Friday 10:00am -  
1:00pm  
Free/Small Donation  
Tea/Coffee/Toast/Sandwich  
0191 422 3889

Primrose Community Centre-  
Jarrow  
Lambton Terrace, Jarrow, Tyne  
& Wear, NE32 5QY  
Monday 9:00am - 12:30pm  
Full English Breakfast Tea and  
Coffee all for £3.25  
0191 424 9977

Hebburn Helps  
South Tyneside Children's  
Centre, Campbell Park Road,  
Hebburn, NE31 1QY  
Monday - Friday 10am - 4pm  
Free or small donation tea &  
coffee, toast and light  
refreshments, Wednesday hot  
meals to take away £1, packed  
lunch free or £1 voluntary  
donation for all school children  
during the school holidays.  
07450 656492 / 07927 358801

St John's Church  
Canning Street, Hebburn, NE31  
2UF  
Tuesday 10:00am - 12:00pm  
Small donation Refreshments  
and light lunch  
07941 073378

Christ Church  
Ellison Street, Jarrow, NE32 3JU  
Friday 10:00am - 12:00pm  
Small Charge Soup and  
Sandwich  
07941 073378

Hedworthfield Community  
Association  
Cornhill, Jarrow, NE32 4QD  
Saturday Mornings 9:30am -  
1:00pm  
Small Charge Hot Snacks  
0191 519 6700

**Please contact the organisers direct to check their Christmas opening hours**