

Coalfield Area (Copt Hill, Hetton, Houghton, Shiney Row)

Job Centre

Houghton Le Spring
Broadway House
Fredrick Place
Houghton Le Spring
DH4 4DL

Benefits or debt advice

- Gentoo Tenants: Money Matters Team -0300 123 2004 or email moneymatters@gentoo.org.uk

Non Gentoo tenants - First Tier Advice Providers

- Coalfields - Shiney Advice & Resource Project -01913856687 or email advice@shineyadvice.org.uk
- Sunderland Welfare Rights Service is a specialist service and deals with more complex queries the above provider can refer into the service if needed

No money or access to funds – need help with Food & Fuel

- Sunderland City Council Local Welfare Provision Scheme –Crisis Support 0191 -5205551
- Washington Community Food Project - washingtoncfp@gmail.com
- Sunderland Food bank – Coordinator 0191 -5437191 or email coordinator@sunderlandfoodbank.org.uk

(NB Majority of Foodbanks operate by referral only)

Mental health crisis including suicide prevention

- Sunderland Initial Response Team - 0303 123 1145 (24 hours service)
- Samaritans **Free** phone number: 116 123