

Gedling Borough Information Sheet

Local Council Information and Support

Gedling Borough Council
Civic Centre, Arnot Hill Park, Arnold, Nottingham NG5 6LU
Phone: 0115 9013901
Opening Hours: Mon to Thur 8:45 am – 5:15pm. Fri 8:45am – 4:45pm
enquiries@gedling.gov.uk
<https://www.gedling.gov.uk/>

Supermarkets and Food Deliveries

Morrisons - 4 Victoria Park Way, Netherfield, Nottingham NG4 2PA
Phone: 0115 9870769

Opening Hours:

Friday	7am–8pm
Saturday	7am–8pm
Sunday	10am–4pm
Monday	7am–8pm
Tuesday	7am–8pm
Wednesday	7am–8pm
Thursday	7am–8pm

The Co-Operative - Westdale Ln E, Carlton, Gedling, Nottingham NG4 3NA
Phone: 0115 9879854

Opening Hours: Mon to Sun 7am – 8pm

Tesco - Carlton Hill, Carlton, Nottingham NG4 1EB
Phone: 0345 677 9509

Opening Hours:

Friday	6am–10pm
Saturday	6am–10pm
Sunday	10am–4pm
Monday	6am–10pm
Tuesday	6am–10pm
Wednesday	6am–10pm
Thursday	6am–10pm

Foodbanks

Food banks are designed to provide short-term, emergency support with food during a crisis. Their aim is to relieve the immediate pressure of the crisis by providing food, while also providing additional support to help people resolve the crises that they face

Gedling Food Bank

Wollaton Avenue
Gedling
Nottingham
NG4 4HZ

Friday - 13:30 to 15:00
0303 0401110

When you contact a foodbank direct, inform them you are a PA Housing resident. We have agreements with many foodbanks and it may assist them in deciding whether they can help you.

The Trussell Trust covers approximately 75% of the Foodbanks across the UK. If the local numbers can't provide the help and support you need, try the Trust at <https://www.trusselltrust.org/coronavirus-food-banks/> or on 01722 580180. It may help find foodbanks near to you and give you contact details to see what they are offering local residents.

Local Pharmacies

Manor Pharmacy - 18 Westdale Cres, Carlton, Nottingham NG4 3JA
Phone: 0115 987 8602
Opening Hours: Mon to Fri 9am – 6pm.

Manor Pharmacy - 61 Burton Rd, Carlton, Nottingham NG4 3DR
Phone: 0115 940 1822
Opening Hours: Mon to Fri 8:30am – 6:30pm

Boots - 19 Carlton Hill, Carlton, Nottingham NG4 3BP
Phone: 0115 987 0480
Opening Hours: Mon to Fri 8:30am – 6pm. Sat 9am to 1pm

Westdale Pharmacy - 354 Westdale Ln W, Mapperley, Nottingham NG3 6ET
Phone: 0115 960 6836
Opening Hours: Mon to Fri - 11:30pm. Sat 9am – 10pm. Sun 10am – 7:30pm

Other Essential Shops and Surgeries

All Dentists, opticians and vets are open as usual.

Local Banks and Banking

Main banks in Gedling appear to be keeping regular hours.

Online and phone banking normal but obviously busy

Local Support

Citizens Advice Service – 16-18 Maid Marian Way, Nottingham NG1 6HS

Phone: 0300 3305457

Website: <http://citizensadvicenottingham.org.uk/>

JUNO Womens Aid - 30 Chaucer St, Nottingham NG1 5LP

Phone: 0808 800 0340

Mon to Fri – 9am – 5pm

Health and Wellbeing

Here are some contacts that may help with a number of health and wellbeing issues

General health: www.nhs.uk or call 111

Support for mental health issues: www.mind.org.uk/information-support/coronavirus or www.mind.org.uk or call 020 8519 2122

Senior citizen's support: www.ageuk.org.uk or <https://www.ageuk.org.uk/information-advice/coronavirus/> or call **0800 678 1602**. – open 8am to 7pm, every day of the year.

Daily Meditation – online app providing support through meditation, sleep and movement exercises: www.headspace.com or <https://www.headspace.com/covid-19>

Alzheimer's Support - advice for people living with dementia: Call 0333 150 3456 or www.alzheimers.org.uk

Online Counselling – Cognitive Behavioural Therapy: www.iesohealth.com or call **0800 074 5560**

Domestic abuse advice: www.womensaid.org.uk or call 0808 2000 247 (women) 0808 801 0327 (men), www.refuge.org.uk and www.mankind.org.uk or call **01823 334244**

Citizens Advice England www.citizensadvice.org.uk/ or call 03444 111 444

Gyms, libraries, council healthy walks and fitness classes are closed however here are some exercises you can do at home:

Over 70s Sitting exercises	https://www.nhs.uk/live-well/exercise/sitting-exercises/	Home Keeping Fit - Online only
Gym free exercises	https://www.nhs.uk/live-well/exercise/gym-free-exercises/	Cheap and fun gym-free activities to improve health and fitness.
CBeebies	https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids	Fun exercises to do at home with kids
World Stories with Kids	https://worldstories.org.uk/	Stories available in numerous languages: https://worldstories.org.uk/library
CBBC	https://www.bbc.co.uk/cbbc	Games, quizzes and puzzles
BBC	http://www.bbc.co.uk/scotland/brainSMART/games/	Brain games for adults
Games online	https://www.chess.com/ https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly	Chess Monopoly (for adults & kids)
Mind	https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/	Distraction when you're in crisis
NHS	https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/	Free Pilates for beginners
British Heart Foundation	https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses	Chair based yoga