



FREEDOM — CENTRE —

PARTNER INFORMATION PACK

*"This place is a safe haven -
everyone should have a
place like this."*

LAST UPDATED MARCH 2025

CONTENTS



01

Welcome to the Freedom Centre

02

Citizens Advice

03 & 04

Romsey Foodbank

05

Employment Hub & DWP

06

CAP (Christians Against Poverty)

07

Other Activities & Programmes

08

Freedom Church

09

Contact and Referral Details

WELCOME TO THE FREEDOM CENTRE



The Freedom Centre is open three mornings a week: Tuesdays, Wednesdays and Thursdays between 10:30am -12:30pm.

The Centre is open to all - whether that's someone needing support from one of our services or someone who just needs a space to take a moment to pause, chat, or pray with someone.

We have a trained team of volunteers and staff who are available to chat over a drink, and can point individuals in the direction of further help and support if needed. There's no need to book an appointment, anyone can pop in when we're open.

Please have a look through this booklet and get in touch if any of the services we offer can be of benefit to you or someone you know, or if you have any further queries.

We look forward to partnering with you!



FREEDOM CENTRE, UNIT 6
GREATBRIDGE BUSINESS PARK
BUDDS LANE, ROMSEY
SO51 0HA
/// HUMID.FEWER.CURIOSITY

The Freedom Centre is part of the work of Freedom Church UK
Charity Number 1154422

CITIZENS ADVICE DROP-IN



WE HAVE A CITIZENS ADVICE CASEWORKER AT THE FREEDOM CENTRE WHO CAN:

- ◆ Offer advice on a number of subjects. For example, a benefit check to identify eligibility and how to make applications for benefits.
- ◆ Provide enough information for you to make your own enquiries.
- ◆ Assist you in resolving the matter.
- ◆ Refer you directly to the main Citizens Advice Office for a longer appointment, should that be required.
- ◆ Signpost you to another agency or team who can provide specialist advice.

Manders is generally available to see anyone who comes along to our foodbank drop-ins on Tuesdays, Wednesdays and Thursdays, 10:30am-12:30pm.

Or, she can be contacted by email/phone to make a referral or arrange an appointment (see details below).

mandersj@testvalleycab.org.uk | 07436165021

ROMSEY FOODBANK

Romsey Foodbank supports local people in hardship by supplying 5-7 days worth of food to those who visit us, free of charge.



Romsey
Foodbank
Together with Trussell



HOW TO ACCESS ROMSEY FOODBANK FOR FOOD SUPPORT:

We do accept 'walk-ins' or 'self-referrals' at Romsey Foodbank. So, if someone doesn't know where to go to get a referral, they can visit one of our locations during opening times (see below). They will then either need to have a conversation with the in-house Citizens' Advice Caseworker or Foodbank Manager. This discussion will cover the options there are for support, and whether a food voucher is appropriate.

However, if possible, it is always preferred that someone gets a referral from another agency first so we know who to expect.

Agencies that refer to us include:

Schools | Test Valley Housing Department | Housing Associations Social Workers
Health Visitors | Social Prescribers
as well as many other local charities and local support services.

WHAT IS AN E-REFERRAL?

Everyone that uses our Foodbank needs a unique e-voucher each time they visit. This is done using Trussell's online E-Referral System. Anyone that refers people to Romsey Foodbank can become an E-referrer. This means that instead of calling us or sending an email, you will have your own login to our database and following a step-by-step referral process, you can do it yourself! We have a guide that walks you through how to use the system if you wish to become an E-referrer. Once you have completed an e-referral for someone, we will receive an email moments after as well as seeing it on our database.

WHAT DO THE PACKS INCLUDE?

Our packs include all long-life basics for a balanced diet, such as fruit, veg, cereal, milk, soup, beans etc (with added extras like chocolate and biscuits!) as well as toiletries, pet food and domestic household products.

We are able to provide Free From food items for those with dietary requirements as well as making bespoke packs for those with limited cooking facilities or other specific requirements.

DELIVERIES:

In specific circumstances, we are able to deliver to postcode areas SO51, SO52, SO16 if in Nursling and SO20.

Circumstances include:

- Unable to leave the home due to health reasons
- No access to transport
- No one can collect on behalf of client

We ask that, unless housebound, clients come in to see what other help is available to them as well as being able to choose their own food from our self-selection area. After their visit, a delivery can be organised to get the food to their home.

Freedom Centre - 10:30-12:30, Tuesdays, Wednesdays & Thursdays

Unit 6, Greatbridge Business Park, Budds Ln, Romsey SO51 OHA

Community Life Centre - 13:00 - 15:00 Tuesdays & 10:00-12:00 Fridays

23 Fleming Ave, North Baddesley, SO52 9EJ



EMPLOYMENT HUB & DWP

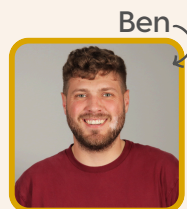


**WE HOST A NUMBER OF ACTIVITIES AT THE CENTRE
FOCUSED AROUND HELPING THOSE SEEKING EMPLOYMENT.**

THIS INCLUDES:

1:1 employment support and coaching.

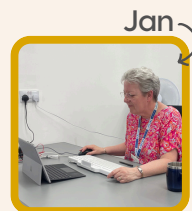
This is available on an appointment-only basis with our employment support lead Ben Tanton. Some of the things Ben can help with are: CV writing, support with applications and interviews, identifying skills and potential work opportunities.



Weekly DWP (Department of Work and Pensions)

Clinic.

Jan Muldowney, a DWP Work Coach, holds Job Centre appointments all day at the Freedom Centre on Tuesdays for residents living in Romsey and the surrounding areas. Jan is a wonderful and very helpful source of knowledge and support!.



Ben can be contacted via email to:

- make a referral or book an appointment with him for 1:1 employment support or,
- make a request for an individual to have their DWP Work Coach appointments at the Freedom Centre (rather than Eastleigh Job Centre).



Contact Ben on
ben@freedomchurch.uk



CAP DEBT HELP

As a CAP Debt Centre, we are able to provide professional debt help and money coaching courses in the heart of the local community. All of our services are free of charge and can be tailored to individual need.

What we offer is available to everyone, regardless of age, background, ethnicity or faith. It can feel very challenging, asking for help with financial matters but at CAP, individuals will not find any judgement, moralising or finger-pointing. We simply want to link people with the knowledge and resources we have that can transform their situation.

Debt help is provided in the individual's own home by a trained Debt Coach, accompanied by a volunteer who bring holistic support during the journey. An appointment to start the process can be made by phoning 0800 328 0006.

The Money Coaching course is run throughout the year in Romsey and North Baddesley. These are advertised through our referral partners and through social media, along with booking details. The courses provide practical tools to enable people to manage their money well, top tips on living on a low income, and a friendly and encouraging environment to address any issues that may arise.

For any questions about what we do at CAP Romsey, please do contact our Debt Centre Manager, Debs Niblett. She will be happy to help.

Contact Debs on deborahniblett@capuk.org

OTHER ACTIVITIES

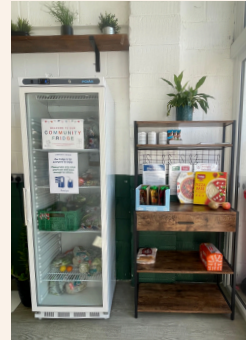


- COMMUNITY FRIDGE -

We are very excited to have our own Community Fridge at the Centre, part of the Hubbub network.

A Community Fridge is a space where anyone can share food to combat food waste, either by bringing food to leave in the fridge or by taking food from the fridge to use themselves.

Week-by-week, our stock will change as it depends on what is donated. Our fridge is accessible during the Freedom Centre opening times.



- FREEDOM FUND -

We run a small discretionary fund for those experiencing hardship. Examples of awards are - a new cooker for a Foodbank client, a sewing machine for a Ukrainian refugee starting her own business.

Freedom Church Staff members, as well as our in-house Citizens Advice Caseworker, can make applications on behalf of an individual where deemed appropriate.

Generally, these applications would be done in person with the individual at the Freedom Centre. We don't advertise this fund widely as it is small - but we recognise that sometimes, there are no other options available.

- CHILDREN, FAMILIES AND HOLIDAY SUPPORT -

If you are part of a family or work with families with children of school age or younger, then we would encourage you to keep an extra eye out on our social media pages as we sometimes offer additional support to families in the school holidays. These include things such as our Christmas Hamper making sessions and additional school holiday support.

FREEDOM CHURCH



Serving the people of Romsey is a special privilege. Freedom Centre is one of the ways in which Freedom Church - through its time, finances, and prayers - supports the local community. We are grateful to all those that partner with us to help the Centre make such an impact.

Freedom Church is a vibrant church family of all ages and stories, that has a desire to lead people in the pursuit of Jesus to see lives and communities transformed. We meet every Sunday, with refreshments from 9.30am, before we begin at 10am in the Main Hall at the Romsey School (SO51 8ZB). Visitors are always welcome – just turn up and join us.

If you, or anyone you are working with, is interested in knowing more about the church - please visit our website or pop into the Centre during our opening times. In addition, we have trained volunteers who will listen and pray with anyone seeking spiritual comfort – during our drop-in times, or on an appointment basis. Please feel free to contact the church office with any further enquires.



freedom
CHURCH



CONTACT AND REFERRAL DETAILS

**If you or anyone you know would like to get in contact with us,
please do so in any of the following ways:**

 Landline: 01794 450 451

 Mobile: 07761 405 870

 Email: freedomcentre@freedomchurch.uk

 Or head to www.freedomcentre.uk to find our contact form

If you know the specific service you would like to contact, please refer to
the specific project information in this booklet.

OPENING TIMES

We are open for general enquiries and for anyone to visit on
Tuesdays, Wednesdays and Thursdays from 10:30am-12:30pm.

Other activities are planned at specific times.

**PLEASE FOLLOW US ON SOCIAL FOR UP-TO-DATE INFORMATION ABOUT OUR
SERVICES AND ENCOURAGE OTHERS TO DO THE SAME**

Instagram:
@freedomcentreromsey

Facebook:
Freedom Centre

Website:
www.freedomcentre.uk



