

Sunderland West Area (Barnes, Pallion, St Anne's, St Chad's, Sandhill, Silksworth)

Job Centre

Sunderland Jobcentre Plus  
60-66 John Street  
Sunderland  
SR1 1QT

Benefits or debt advice

- Gentoo Tenants: Money Matters Team -0300 123 2004 or email [moneymatters@gentoo.com](mailto:moneymatters@gentoo.com)

Non Gentoo tenants - First Tier Advice Providers

- Sunderland West – Sunderland West Advice Project – 01915142930 or email [outreachwelfare@btconnect.com](mailto:outreachwelfare@btconnect.com)
- 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
- Sunderland Food bank – Coordinator 0191 -5437191 or email [coordinator@sunderlandfoodbank.org.uk](mailto: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