

Wetherby Community Cafe & Advice Hub



• Welcome to the Café!

This is Wetherby's new Community Cafe and Advice Hub.

A friendly space for everyone. Whether you're here for a cuppa, a chat or just some time out, you're welcome.

1

A LISTENING EAR AND
A FRIENDLY FACE

2

FREE TEA, COFFEE &
BISCUITS

3

FREE CONFIDENTIAL
ADVICE AND SUPPORT

THIS WEEK:

General
signposting



Moneybuddies



Alan Lamb
Councillor



Groundwork



Living Potential



EPOSS



Moneybuddies

We know that money worries can feel heavy sometimes — but you don't have to face them alone. That's where **Moneybuddies** come in. They're a friendly team who sit down with you, listen to what's going on, and offer free, confidential advice on anything from debts and bills to benefits and budgeting.

Moneybuddies are all about helping people feel more confident and less stressed about money. They'll work alongside you to find practical solutions and make sure you're getting the support you're entitled to. Many visitors tell us they leave feeling lighter, with a clear plan and a bit more peace of mind.

Moneybuddies have made over £100,000 worth of financial gains for our guests over the past 12 months.

NEXT WEEK - 17TH OCTOBER:

- MONEYBUDDIES
- BREATHING SPACE
- COUNCILLOR PENNY STABLES
- IDAS

Groundwork

Keeping on top of gas, electricity, and water bills can sometimes feel overwhelming, especially with prices changing so often. That's why **Groundwork** are here to help. Their friendly team offer free, practical advice on managing your utility bills, understanding tariffs, and finding ways to save energy at home.

They can also check if you're entitled to special schemes, discounts, or grants that could make things a little easier. Many people have found that even small changes or extra support from Groundwork can make a big difference to their monthly bills. Most importantly, they take the time to listen and guide you through things step by step, so you don't have to manage it on your own.

LIVING POTENTIAL

Living Potential is a community interest company based on a working farm near Wetherby. They offer a peaceful, nature-filled space where people can come together, learn new skills, and build confidence. Whether it's caring for animals, tending to plants, or cooking meals with produce grown on-site, every activity is designed to support mental health and reduce isolation.

If you or someone you know could benefit from a welcoming, nature-based environment, Living Potential might be just what you're looking for. They accept self-referrals and referrals from health or social care providers. For more information or to get involved, visit livingpotentialcarefarming.org.uk or call 07849 443735.

Today Living Potential are offering their produce at a 'pay as you feel' price.