

GUIDE TO FIRST AID OUTREACH AND DAY SHELTERS

LILLE URBAN DISTRICT - LILLE CENTRAL ZONE



Agir pour
la santé
des femmes



assistance aux sans-abri

MONDAY TO FRIDAY :



From 10:30 a.m. to 12:15 a.m. : Food distribution, listening support, in collaboration with the Secours Populaire center (Lille Fives)
Monday / Wednesday / Friday : République Beaux Arts (by the prefecture)
Tuesday / Thursday : Lille Flandres Train Station



Warm place from 6 p.m. to 7:30 p.m. :
217 Rue des Postes, Lille

Distributions from 7 p.m. to 11 p.m. : Around Lille (Loos, Haubourdin, Faches, ...) and in city center - Distribution : soups, coffees, sandwiches, hygiene products, duvets and blankets.

MONDAY



2:30 p.m. - 5:30 p.m.
Lille City Center
Social outreach



7 p.m. - 9h30 p.m.
Lille City Center,
Food distribution



6:30 p.m. - 9 p.m.
Town Hall, City Center
Food distribution



5 p.m. - 6:30 p.m.
Lille City Center, Wazemmes, Vieux Lille :
Social outreach and distribution of the aid guide called "Le Carillon"

TUESDAY



8 p.m. - 11 p.m.
Lille City Center :
Distribution : food, hygiene products, blankets, duvets and couvertures et duvets, pet food



11 a.m. - 1 p.m.
"Le Repère" -
Sebastopol - Hot drinks, social outreach and distribution of the aid guide called "Le Carillon"

WEDNESDAY



6 p.m. - 8 p.m. (Every other wednesday)
Medical consultation and nursing care at Restos du Coeur warm place

THURSDAY



6:30 p.m. - 8:30 p.m.
City Center, Wazemmes
Food distribution



8 p.m. - 11 p.m.
Lille city centre
Distribution : food, hygiene products, blankets, duvets and pet food

FRIDAY



5 p.m. - 8 p.m.
Medical outreach : medical consultation, nursing care, distribution of hygiene products and hot drinks



6:30 pm - 9:30 pm
Rihour - Train Stations
Distribution : water, hot drinks, pastries, sandwiches



7:45 p.m. - 11 p.m.
City Center - Train Stations - Sebastopol :
Distribution : sandwiches, hot drinks, water, clothes, hygiene products, winter kits, support



Every other friday, from 7 p.m. to 9 p.m. (odd weeks)
Rihour, République, Train Station
Distribution : food, drinks, clothes, hygiene products, blankets, duvets, tents, support and advices, nursing care



8:30 p.m. - 1 a.m.
Rihour, République, Train Stations
Distribution : hot drinks, food, clothes (glove, beanie, scarf, underwear), blankets, duvets and tents (upon request)

SATURDAY



9:30 a.m. - 12:30 a.m
Rue de Fleurus, Train Station, Prefecture, Wazemmes
Distribution : meals or sandwiches, soups, coffees, hygiene product and medical advices



Every other saturday, from 9 a.m. to 11 a.m. (even weeks)
Rihour, République, Train Station
Distribution : food, drinks, clothes, hygiene products, blankets, duvets, tents, pet food.

SUNDAY



8:30 a.m. - 11 a.m.
Until 10 a.m. : Breakfast in warm place - 13 Rue de Fleurus
Until 11 a.m. : Vieux Lille, Train Stations, Wazemmes - Viennese pastries, hot drinks



2 p.m. - 6 p.m.
République, Solférino, City center, Town Hall, Wazemmes
Distribution : hygiene products, hot and cold drinks, snacks, support and advices, phone battery recharging



3 p.m.- 5 p.m.
St Sauveur Church (park)
Distribution : food, hygiene products, support and advices



Every last sunday of the month, from 5 p.m. to 7 p.m.
Rihour, République, Train Stations
Distribution : food, drinks, clothes, hygiene products, blankets, duvets and tents, support and advices

AND ALSO



Monday : 2 p.m. - 4 p.m. Wazemmes, City Center - Distribution of hygiene products
Monday, Tuesday, Thursday and Friday : 9:30 a.m. - 12 p.m.
Reception center (shower, coffee) : 162 rue du Faubourg des Postes
Psychologists and gynaecologists on Tuesday and Thursday afternoon per appointment : **06.58.12.22.88**



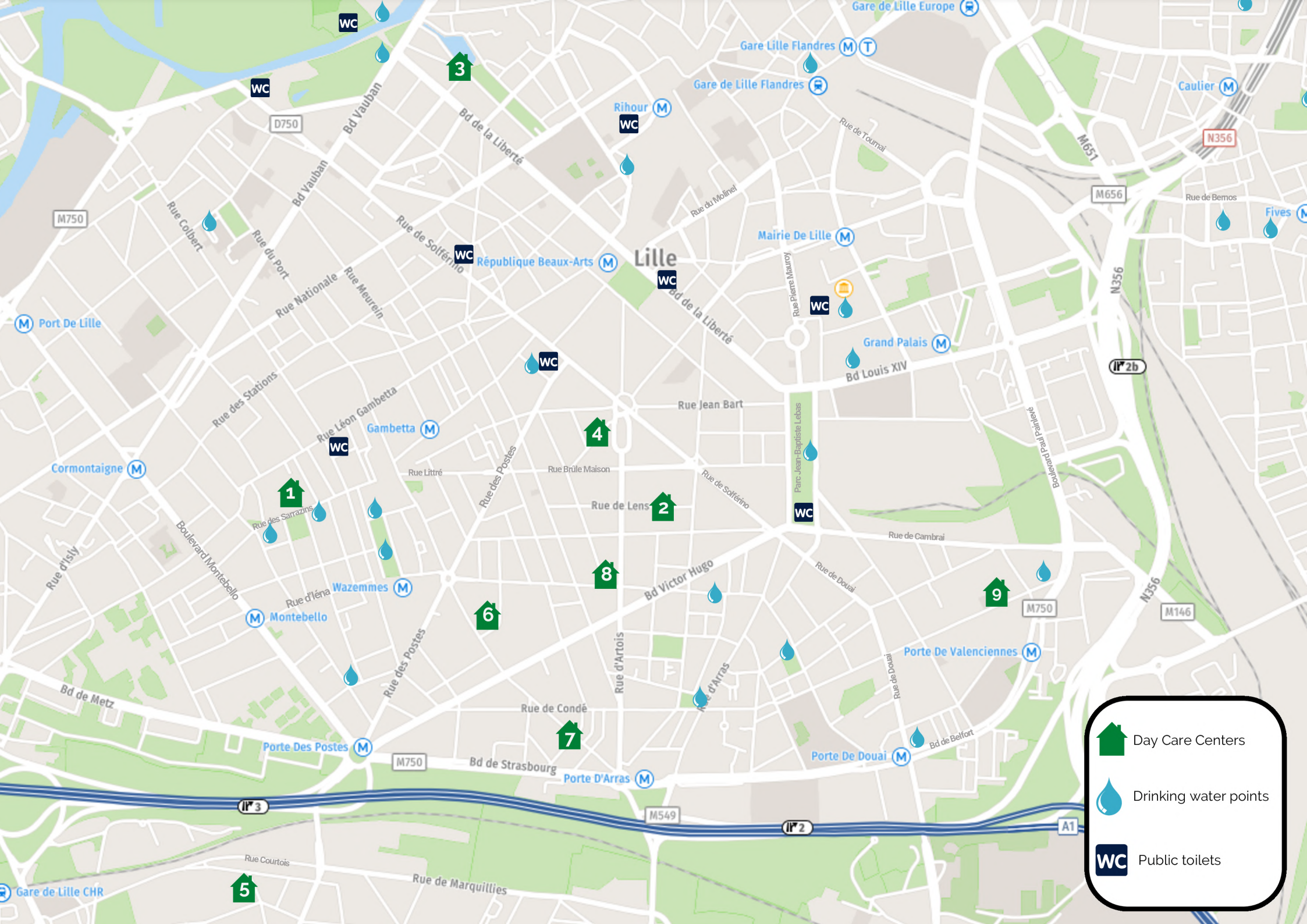
Clothes distribution once a week and on request. Appointments via the Facebook page or by phone : **06.81.22.52.44**



"Les Gamelles pleines" :
Wednesday from 6 p.m. to 8 p.m.
Rihour, rue du Molinel and train stations. Distribution : pet food, equipments, and warm clothes



Personnal interview to evaluate health needs (women only) : without appointment on Tuesday from 10 a.m. to 5 p.m. at 6 Rue Jeanne d'Arc, Lille. Distribution of hygiene products and clothes.
To call for an appointment : **07 59 59 38 87**



DAY CARE CENTERS LOCATED IN THE CENTER OF LILLE



1

Magdala, 31 rue des Sarrazins (M) Wazemmes
Monday to Friday: 9 a.m. - 11:45 a.m. and Friday: 2 p.m. - 4 p.m.



2

Ozanam, 81 rue Barthélémy Delespaul (M) Wazemmes
Monday to Friday: 8:45 a.m. - 11:30 a.m. / 1:45 p.m. - 4 p.m. (closed on Wednesday morning)
1st November to 31st March : Saturday from 8.45 a.m. to 2.30 p.m.



3

Eole, 8 rue de Tenremonde (M) Rihour
Monday to Friday: 7:30 a.m. - 12:30 p.m. and 1:30 p.m. - 5 p.m. (closing at 2 p.m. on Thursday). Saturday and Sunday: 8:30 a.m. - 12:30 p.m. and 1:30 p.m. - 5 p.m. - First reception in the morning.



4

ABEJ, Point de repère, 22 parvis St Michel (M) République
Monday to Friday: 9 a.m. - 12 p.m. and 1 p.m. - 4 p.m. (closed on Wednesdays).



CAARUD

5

ABEJ, 14 rue du Four à Chaux, Lille (M) Porte des Postes
Monday to Friday: 8 a.m. - 6 p.m. (except Tuesday morning), Sunday 8 a.m. - 12 p.m.



6

AIDA, 60 rue de la Justice (M) Wazemmes
Monday : 2 p.m. - 5 p.m.
Tuesday, Thursday: 8:30 a.m. - 12 p.m. / 2 p.m. - 5 p.m.
Wednesday, Friday: 8:30 a.m. - 12 p.m. / 2 p.m. - 4 p.m.



7

Ile de solidarité, 50 boulevard de Strasbourg (M) Porte d'Arras
Monday to Friday: 8:30 a.m. - 12 p.m.

WIFI
PHONE BATTERY RECHARGE
GAMES AND SOCIAL ACTIVITIES



8

Rosa, 94 rue de Wazemmes (M) Wazemmes
Monday: 9 a.m. - 5 p.m., Tuesday: 1 p.m. - 8 p.m.,
Wednesday: 9 a.m. - 5 p.m., Thursday: 9 a.m. - 7 p.m.,
Friday: 9 a.m. - 5 p.m.



Violence victims

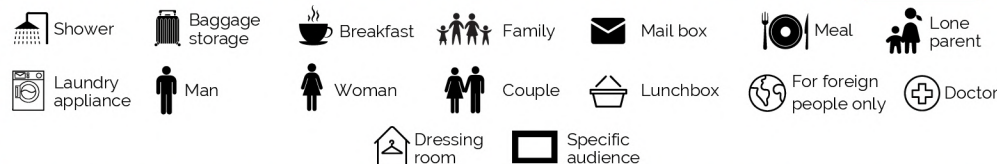
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Croix-Rouge, 10-12 place Guy de Dampierre Lille
Monday: 10 a.m. - 12 p.m./2 p.m. - 5 p.m., Tuesday, Wednesday, Thursday: 9 a.m. - 12 p.m./2-5 p.m., Friday: 9 a.m. - 12 p.m.



(M) Porte de Valenciennes

LEGEND



PRACTICAL INFORMATION

For inquiries or accommodation requests, please call **115**.

3919 - Free helpline for women victims of violence

3114 - national suicide prevention free hotline

SAMU Social - Call 115

SIAO : Requests for housing and accomodation

"Happy Vet" : Solidary veterinarian 07 71 73 75 15

ADVICES ON RIGHTS AND LISTENING



CIDFF

Women and Family Rights Information Center.

231 Rue Nationale, Lille. Monday to Friday : 9 a.m. - 12:30 p.m. and 1:30 p.m. - 5 p.m.

Phone: 03 20 70 22 18.



J'en Suis J'y Reste

Lesbian Gay Bi Trans Queer Intersex and Feminist Center (LGBTQIF) of Lille

19 Rue de Condé, 59000 Lille. Thursday : 4 p.m. - 10 p.m.

Phone: 03 20 52 28 68

INFORMATION ON ASYLUM APPLICATIONS AND EXILE



To seek asylum - pre-registration : Monday to Friday from 9 a.m. to 11.30 p.m.

On site : 1 allée du Chargement, Villeneuve d'Ascq.



Office Français de l'Immigration et de l'Intégration

107 Boulevard de la Liberté, Lille

Monday to Friday - From 9 a.m. to 12 p.m.



Unaccompanied minors support - Phone : 06.26.30.95.21

Distribution : clothes, hygiene products and equipment



112 Chemin des Postes, Loos - Medical care for people without health insurance

Monday to Friday - From 9 a.m. to 12 p.m. and from 2 p.m. to 5 p.m.

Phone : 03 20 49 04 77



9 Boulevard de la Moselle, Lille - Free legal advice service

Without appointment - Tuesday to Thursday from 2 p.m. to 5 p.m. and Saturday from 9 a.m. to 12 p.m.



Free legal and social advice service - Tuesday from 6 p.m. to 8 p.m.

By appointment only : contact@exod-asso.org / 06 05 53 22 12



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Ne pas jeter sur la voie publique

