A~Z Directory* for *Local Support Offers

Name	Description of support	Contact Details
A		
Action for Children	A mental health and emotional wellbeing support for children and their families.	Web: https://www.actionforchildren.org.uk/
Alcohol Change UK	If you are worried about your own or someone else's drinking, there is support available	Web: https://alcoholchange.org.uk/
Andy's Man Club	ANDYSMANCLUB has free support groups nationwide, running every Monday from 7PM except bank holidays. In these groups, men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment. Our clubs are designed to be free of pressure, there is no obligation for men to speak, they can simply listen if they wish.	Web: https://andysmanclub.co.uk/groups/ Local groups: Bolsover Assembly Rooms Chesterfield FC Stadium
Anti-Social Behaviour	Anti-social behaviour is described as behaviours by a person which causes, or is likely to cause, harassment, alarm or distress to any person. In simple terms, ASB is any action that negatively affects other people's quality of life or makes them feel unsafe in their community.	**Web:** **https://www.bolsover.gov.uk/services/a/asb-and-crime/anti-social-behaviour** **Telephone: 01246 242424.** **Out of Hours (evening and weekends only): 01246 242295**.

		Email: **enquiries@bolsover.gov.uk** **Online** via our **Self Service** porta
B		
Barnardo's Children's Charity	Working with children and young people to be safe, happy, healthy and hopeful.	Web: https://www.barnardos.org.uk/
Be U Support	Mental Health and emotional wellbeing service for Children and Young People.	Web: https://www.beusupport.co.uk/ Tel: 0115 708 0008
Blood Cancer UK	Help and support for people dealing with a blood cancer diagnosis as well as suport and advice for their families and loved ones.	Web: https://bloodcancer.org.uk/what-it-takes-to-beat-blood-cancer/?creative=758054439512&gad_source=1&gad_campaignid=22670432072&gbraid=0AAAAAC6fYFbhTqurtLUm9s2rqUcDg3jkE&gclid=Cj0KCQjw-frTBhCvARIsADv4XY7dgljM061EnyOdAWougagmX9CLBzersxhwkxXMv3LTLIMKZI7DdCEaAuUeEALw_wcB
Bolsover District Council	Local Authority. • Housing and Council Tax benefit applications • Housing applications • Anti- Social Behaviour	Web: https://www.bolsover.gov.uk/
Bright Sky app	Bright Sky is a free to download mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.	Web: https://www.hestia.org/brightsky App available on App Store and Google Play

	The app is also available to use in Polish, Punjabi and Urdu.	
C		
CALM	App for meditation and sleep	**Web:** https://www.calm.com/
Campaign Against Living Miserably (CALM)	A suicide prevention charity which provides life-saving services and practical mental health support to anyone who needs it.	**Web:** https://www.thecalmzone.net/
CAMHS	Support for children and young people aged 0-18 (and their families) with a wide range of mental health difficulties.	**Tel: 01246 514412** **Web:** https://www.camhsnorthderbyshire.nhs.uk/ **Urgent Care Team – 07901330724** (Available between 10:00 – 22:00 7 days a week)
Cancer Relief	Cancer Relief UK provides help and assistance to cancer sufferers in the UK who have experienced financial hardship during their illness.	**Web:** https://cancerreliefuk.org/ **Tel:** 01246 852233 Email: info@cancerreliefuk.org
Cancer Support UK	To Build a kinder world for those impacted by cancer by providing practical and emotional support that will ensure that every day is better	**Web:** https://cancersupportuk.org/
Capa First Response	A service to support families and professionals who are experiencing behaviours from a child towards their parent.	**Web:** https://capafirstresponse.org/

CAPVA	Child and Adolescent to parent Violence Abuse. Abusive behaviour can include physical violence; emotional, economic or sexual abuse; and coercive control. It may also include damage to property and abuse towards other family members, particularly siblings.	**Web:** **https://www.respect.org.uk/pages/about-us**
Carers UK	Help support and advice for unpaid carers with expert information, advice and support on all areas of support.	**Web:** **https://www.carersuk.org/**
Caudwell Children	We are a UK charity providing life-changing practical and emotional support for disabled and neurodivergent **children** and their families.	**Web:** **https://www.caudwellchildren.com/**
Chesterfield FC Community Trust	A Spire Right is a programme which helps people who have a history of drug and alcohol misuse to get more physically active and do something positive with their lives.	**Tel: 01246 925115** **Web:** **https://cfcct.org.uk/** **Email:** activities@spireitestrust.org.uk
Child Bereavement UK	At Child Bereavement UK we help families to rebuild their lives when a child grieves or when a child dies. We offer free, UK-wide, accessible online grief support to children and young people (up to 25) who are bereaved or facing the death of someone important, and the parents and carers of babies and children who are dying or have died. We also offer guidance and resources for those supporting bereaved families, whether a parent, family member or friend, as well as tailored	Web: https://www.childbereavementuk.org/ Helpline: 0800 02 888 40 Short animated films: https://www.childbereavementuk.org/Listing/Category/short-animated-films

	advice, training and education programmes for professionals	
Childline	A free, private and confidential service for Information and Advice about a wide range of issues. Talking to a trained counsellor, send Childline a message or post on the message boards if you are feeling worried, scared or uncomfortable.	**Tel: 08001111** **Web:** **https://www.childline.org.uk/**
Children in Need	Funding for vital support for children struggling with challenges caused by mental health, poverty, social equality and family-related stress.	**Web:** **https://www.bbcchildreninneed.co.uk/**
Citizens Advice	Access to free independent and confidential support and advice.	Bolsover Library Tel: 0808 250 5702 Email: mail@nedcab.org.uk Web: https://www.citizensadvicened.org.uk/
Cloverleaf Advocacy	Derbyshire's Independent Advocacy Service, delivered by Cloverleaf Advocacy. Help support your voice when they find it difficult to express your views. Making sure that decisions about you are not made without you. Cloverleaf can help you to: • Find information • Understand and uphold their rights	**Tel: 01924 454875** **Email: referrals@cloverleaf-advocacy.co.uk** **Web link:** **https://cloverleaf-advocacy.co.uk/** **Address:** Cloverleaf Advocacy 4th Floor, Empire House,

	• Consider their options • Get the support they need • peak up about the issues that matter to them	Wakefield Old Road, Dewsbury, WF12 8DJ
Community Rangers - Bolsover	Community Rangers provide a service to the public of Bolsover District between the hours of 8am until midnight, 7 days a week, 365 days per year. They can support with: Patrols Anti-Social Behaviour Crime prevention Fly tipping Needles/Sharps removal PSPO Enforcement Dog Fouling Enforcement Littering Enforcement Community Engagement Council Tenancy Issues Out of Hours Emergencies (Housing) Out of Hours Repairs (Housing) Environmental Crime	**Web:** **https://www.bolsover.gov.uk/services/a/asb-and-crime/community-rangers** Community Rangers can be contacted via Telephone: 01246 242424 9–5pm Emergency Number (evening and weekends only) 01246 242295. Email: **enquiries@bolsover.gov.uk**
Compass Changing Lives	**Compass Changing Lives** provides prevention and early intervention for emotional wellbeing and mental health support to Children, Young People and Families.	**Web:** **https://compass-uk.org/services/compass-changing-lives/** **Email:** changinglives@compass-uk.org Tel: 01332 315569

Coram Family Lives	Caram Family Lives provides targeted early intervention and crisis support to families.	**Web:** https://www.coramfamilylives.org.uk/ **WhatsApp:** 07441444125 Email: askus@coramfamilylives.org.uk Lots of useful leaflets
Crossroads Derbyshire	Supporting people experiencing domestic abuse in the High Peak and Derbyshire Dales	**Web:** https://www.crossroadsderbyshire.org/
Cruse Bereavement Support	Help, support and advice at one of the most difficult times of a persons life, the loss of a loved one.	**Web:** https://www.cruse.org.uk/ **Helpline: 0808 808 1677**
D		
DASH Resources	When someone is experiencing domestic abuse, it's vital to make an accurate and fast assessment of the danger they're in, so they can get the right help as quickly as possible. Our DASH resources aim to help MARAC and frontline practitioners provide a consistent response and approach to domestic abuse across the UK.	**Web:** https://safelives.org.uk/resources-for-professionals/dash-resources/
Derbyshire Addiction Advice Service (DAAS)	DAAS is part of the Derbyshire Recovery Partnership, providing support for anyone over the age of 18 who lives in Derbyshire (excluding Derby City) and is affected by substance misuse, their own or someone else's.	**Tel: 01246 206514** **Web:** https://daas.uk.com/ **Email:** admin@daas.uk.com.

Derbyshire All Age Carers Support Service (DAACAS)	**DAACSS** provides help and advice, carer assessments, peer support, online services and wellbeing activities for unpaid carers across	**Tel: 01773 833833** **Email:** info@derbyshirecarers.co.uk **Web:** https://derbyshirecarers.co.uk/daacss
Derbyshire Autism Services	We offer information, advice and guidance but above all support to children, young people and adults affected by autism - with or without a diagnosis - and their families. We also work with professionals in other services to make sure that individuals and families affected by autism have their needs met and fully taken into account when involved with them.	**Tel: 01773 741221** **Web:** https://www.derbyshireautismservices.org/ **Email:** enquiries@derbyshireautismservices.org
Derbyshire CGL (Change Grow Live)	Derbyshire CGL is a free and confidential drug and alcohol outreach service for young people up to the age of 19.	**Tel: 01773 303646** **Web:** https://changegrowlive.org/
Derbyshire Children's Rights Service	The Derbyshire Children's Rights Service provides free, confidential, and independent advocacy and support for looked-after children, care leavers, and vulnerable young people	**01629 532029** or via email at **childrens.rights@derbyshire.gov.uk**
Derbyshire Discretionary Fund	The Derbyshire Discretionary Fund (DDF) can provide grants or emergency cash payments if you are in urgent need of financial help following a crisis or disaster, or if you need help to settle or remain in your home.	**Web:** https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/benefits-debt-and-legal-matters/derbyshire-discretionary-fund/derbyshire-discretionary-fund-ddf.aspx

Derbyshire Information Advice and Support Service (DIASS)	Derbyshire Information, Advice and Support Service (DIASS) provides independent information, advice and support to children and young people with special educational needs and disabilities (SEND), as well as their parents and carers.	Web: https://www.derbyshireiass.co.uk/home.aspx Tel: 01629 533668 Monday to Friday from 9:30am to 3pm. Tel: 01629 533660 for general enquiries Email: ias.service@derbyshire.gov.uk Derbyshire information Advice & Support Service for SEND info: https://www.derbyshireiass.co.uk/site-elements/documents/pdf/sen-support-2023-2024.pdf
Derbyshire Mental Health Helpline	The Derbyshire Mental Health Helpline and Support Service is a freephone service available to everyone living in Derbyshire - young people and adults. It is open 24 hours a day, seven days a week. If you or your loved one is experiencing distress or anxiety, or feeling that you cannot cope, call us for support over the phone. That support could be about your mental health, but you can also talk through practical issues that may be causing concern.	Tell: 111 and select the mental health option (option 2)

Derbyshire Recovery Partnership	DRP is a drug and alcohol treatment service for adults over 18 in Derbyshire.	Tel: 01246 206514 Web: https://www.derbyshirerecoverypartnership.co.uk/ Email: info@derbyshirerecoverypartnership.co.uk
Derbyshire Victim Services	DVS is here to provide both the public and victims of crime with easily accessible information, advice and links to local and national support services. It helps ensure people can self-refer to support services and access information on a wide variety of different crime types. It also offers people the opportunity to report a crime and provides advice on what to do if somebody has been a victim of crime.	**For support please call: 0800 612 6505** **Email: support@dvssupport.org** **Web:** https://www.derbyshirevictimservices.co.uk/about-dvs/about-dvs/ **Text:** DVS to 82228
Disability Charity Scope UK	Advice, support, benefit help and funding applications for people with disabilities.	**Web: https://www.scope.org.uk/** **Call: 0808 800 3333** **Email:** helpline@scope.org.uk
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Fairplay	Fairplay offers a wide range of services to meet the needs of families. We offer support to children and young people, aged 0-25, and to parents and siblings. Fairplay runs play schemes and Saturday clubs for children, youth clubs, activity days, themed groups, and independent living groups for young people, and parent support groups and family trips for parents and siblings.	Tel: 01246 203963 Email: office@fair-play.co.uk Web: https://www.fair-play.co.uk/
Family Fund	Help and support for disabled children and their families	Web: https://www.familyfund.org.uk/
Family Support Derbyshire	Family Support Derbyshire is a local initiative helping parents with young children through difficult and challenging times - whatever those challenges may look like.	Web: https://familysupportderbyshire.org.uk/ Tel: 0300 323 0252 Email: hello@familysupportderbyshire.org.uk
Food Banks	Emergency Food parcels and vouchers	Web: https://www.bolsover.gov.uk/services/c/cost-of-living-support/food-support https://chesterfield.foodbank.org.uk/ **Community Unity Project:** Coordinates localized emergency food parcel deliveries covering surrounding parts of the Bolsover district (Phone: 07515 727876 or 01246 242242).
FRANK	Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today.	Web: https://www.talktofrank.com/ Live chat available through the web page.

		Tel: 03001236600 Text: 82111 Email: frank@talktofrank.com
G		
GRID – Growing Recovery in Derbyshire	The Growing Recovery in Derbyshire website is designed to be a drug and alcohol recovery services gateway allowing anyone to find up to date information on local drug and alcohol recovery services, mental health support and other useful services throughout Derbyshire.	Web: https://www.growingrecoveryinderbyshire.co.uk/
Grief Encounter	We care passionately about helping bereaved children, young people and their families find hope and healing after the death of someone close	Web: https://www.griefencounter.org.uk/ Tel: 0808 802 0111 Email: bereavementsupport@griefencounter.org.uk
H		
Headspace app	Our library has 1,000+ guided meditations, expert-led exercises courses, and skill-building resources. These tools, tips, and guidance are designed to help you feel calmer, more focused, and better able to handle life's ups and downs. You can use our mental wellness app to help manage anxiety, boost your mood, and practice mindfulness throughout your day. Many members also turn to Headspace for better sleep, with soothing bedtime content and	Web: https://www.headspace.com/app?origin=navigation Download from the app store or Google Play

	relaxation techniques. Whether you're just getting started or deepening your practice, Headspace is here to help you every step of the way.	
Hub of Hope	We are the UK's largest mental health support directory. Whether you want to find a service to help you feel better or you want to support someone who is struggling, we can help.	Wed: https://hubofhope.co.uk/
I		
Incredible Kids	Inclusive Play and support for families with children and young people with additional needs.	Web: https://incrediblekids.org.uk/
Independent domestic violence advisor (IDVA)	The main purpose of an Independent Domestic Violence Advisor (IDVA) is to address the safety of victims at high risk (14+ on Domestic Abuse Stalking and Honour (DASH) risk assessment) of harm from intimate partners, ex-partners or family members; to secure their safety and the safety of their children.	Web: https://www.saferderbyshire.gov.uk/what-we-do/domestic-abuse/staff-guidance/adults/independent-domestic-violence-advisor/independent-domestic-violence-advisor.aspx IDVA service contact details The Derbyshire and Derby IDVA Service is available on tel: 01332 985111. core service: Monday to Friday from 9am to 5pm duty service: Monday to Friday from 9am to 8pm Saturday, Sunday and bank holidays from 10am to 6pm North Bolsover only, tel: 01246 593063.

		North Bolsover only, email: sharon.ryan@bolsover.gov.uk Or email the referral form via secure email: MARAC@derbyshire.pnn.police.uk
J		
K		
Kidswell Health	An example of mental health and emotional health support as well as neurodiversity assessment pathway.	Web: https://kidswellhealth.com/
KOOTH	A mental health and wellbeing online platform to access help, support and advice when needed.	Web: https://www.kooth.com/
L		
Live Life Better Derbyshire	Whether you want to feel fitter, lose weight or quit smoking we're here to help the people of Derbyshire to Live Life Better. Whatever your goal, you'll be amazed how a little extra support and advice can make a big difference	Tel: 01629 538200 Web: https://www.livelifebetterderbyshire.org.uk/home.aspx Email: llbd.info@derbyshire.gov.uk
Lord's Taverners	We provide free, inclusive, and impactful cricket programmes empowering young people living with a disability or facing socio-economic disadvantage, by using cricket to unlock	Web: https://www.lordstaverners.org/what-we-do/

	potential, build confidence, and create life-changing opportunities.	
M		
MacMillan Cancer Support	Information, support and advice around a cancer diagnosis.	Web: https://www.macmillan.org.uk/
Maggie's Everyone's home of cancer care	Information, support and advice around a cancer diagnosis.	Web: https://www.maggies.org/
MARAC	A MARAC (Multi-Agency Risk Assessment Conference) is a meeting where information is shared on the highest risk domestic abuse cases.	Web: https://safelives.org.uk/about-domestic-abuse/domestic-abuse-response-in-the-uk/what-is-a-marac/
Marie Curie	Providing help and support when faced with a cancer diagnosis and the support available through all stages of the diagnosis.	Web: https://www.mariecurie.org.uk/ Tel: 0800 090 2309
Mencap	A UK charity that works to support people with a learning disability.	Web: https://www.mencap.org.uk/ Tel: 020 7454 0454
Mental Health Support	For urgent Mental Health Support	Tel: 111 and select option 2 for the Derbyshire Mental Health Helpline.
Mental Health Support in a crisis (DCC)	Provides information and contacts for people needing support in a crisis.	Web: https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/support-in-a-crisis/mental-health-support-in-a-crisis.aspx
MIND	Mental Health Charity which offers support and advice for people dealing with a mental health crisis, supporting someone who is struggling with their mental health, having access to the right information in a timely manner. No one needs to face this alone.	Web: https://www.mind.org.uk/about-us/contact-us/ Support Line: 0300 102 1234 Infoline: 0300 123 3393

MIND Derbyshire	Derbyshire Mind is your local independent mental health charity. We provide a range of community mental health and wellbeing services designed to support people with mental health problems, improve mental health and wellbeing and to help promote better mental health and wellbeing for all throughout the population of Derby and Derbyshire.	Web: https://www.derbyshiremind.org.uk/about-us/ Tel: 01332 623732 Email: triage@derbyshiremind.org.uk
N		
National Domestic Abuse Helpline	Providing support and advice for individuals and their children experiencing or previously experienced domestic abuse.	**Web: https://www.nationaldahelpline.org.uk/** Tel: Call for free and in confidence, 24 hours a day: **0808 2000 247.**
National LGBT+ Domestic Abuse Helpline	Support and advice for LGBT+ people who have experienced abuse and violence	**Tel:** 0800 999 5428 (run by Galop) Web: https://galop.org.uk/ Email **help@galop.org.uk**
Neurohub	With no formal referral needed, the hubs will offer children, young people up to the age of 25, their families, and carers drop-ins for advice and information, one to one sessions or groups via appointments, a space to work out how to manage their situation, support with the assessment process, before and after a diagnosis, training for parents and individuals, and specialist sessions covering housing, benefits,	**Email:** neurohub@fair-play.org.uk Tel: 01246 886 475, or 07874 941 890 Web: https://www.autismeastmidlands.org.uk/child-services/neurohubs

	finance and employment. The hubs will also provide a safe and supportive environment where people can ask questions, be heard without having to repeat their story, receive hope and encouragement to reduce isolation	
Newlife	We help disabled children and their families with support, equipment, and play opportunities they need to thrive	**Web:** **https://www.newlifecharity.co.uk/**
NHS 111	To receive help and advice for your symptoms you are currently experiencing.	Tel: 111 Web: https://111.nhs.uk/ App: NHS app
NSPCC	Children's charity providing help and support to children and families to enable children to thrive. A platform to report concerns regarding the concerns for a child being a risk of harm / abuse.	**Web:** **https://www.nspcc.org.uk/** **Email:** help@NSPCC.org.uk Help for adults concerned about a child Call us on 0808 800 5000 Help for children and young people Call Childline on 0800 1111

O		
P		
PALS – Chesterfield Royal Hospital	If you are unhappy with any element of the care provided by CNDRH PALS is a less formal route to help resolve the issue.	Web: https://www.chesterfieldroyal.nhs.uk/patients-visitors-and-carers/advice-and-support/patient-advice-and-liaison-service-pals-text-and-form Tel: 01246 512640 or 01246 513742 Email: crhft.acs@nhs.net
PEGS	PEGS is a social enterprise set up to support parents, carers and guardians who are experiencing child to parent abuse, including those with adult offspring	Web: https://www.pegsupport.co.uk/
Police	If a child or young person is in immediate danger.	Tel: 999
Q		
R		
Refuge	Support and advice for women who have experienced abuse or if you are worried someone is being abused	Web: https://refuge.org.uk/ Helpline: 0808 2000 247
Rhubarb Farm	Rhubarb Farm is a social enterprise and charity based in Langwith, on the Derbyshire-Nottinghamshire border. We provide life-changing support for people facing challenges such as learning	Tel: 01623 741210 Web: https://www.rhubarbfarm.co.uk/ Email: enquiries@rhubarbfarm.co.uk

	disabilities, mental health issues, addiction recovery, and social isolation. Through therapeutic horticulture and community-focused activities, we help individuals build confidence, develop skills, and feel part of a supportive network.	
Rights of Women	we are the only charity dedicated to providing frontline legal advice to women experiencing all forms of violence against women and girls in England and Wales. We also campaign for access to justice and safety for all women.	Web: https://www.rightsofwomen.org.uk/ General email: info@row.org.uk Tel: 020 7251 6575* (Please note, we cannot provide legal advice via this number)
Ruth Struss Foundation	Provide emotional support for families to prepare for the death of a parent Raise awareness of the need for more research & collaboration in the fight against non-smoking lung cancers.	Web: https://ruthstraussfoundation.com/info-and-support/ Email: familysupport@ruthstraussfoundation.com.
S		
Sail	We exist to enable survivors of current and historical sexual abuse and incest to live safe lives in which they can recover and thrive.	Web: https://www.sailderbyshire.org.uk/referrals/ Tel: 01246 559 889 Helpline: **0800 0282678**

		Text: **07522 561397** **Email:** **info@sailderbyshire.org.uk**
Samaritans	The Samaritans provide a safe, free, and confidential 24/7 listening service for anyone who is struggling to cope, feeling overwhelmed, or experiencing thoughts of suicide.	Tel: 116 123 Web: https://www.samaritans.org/
SENDHelp!	SEND Advocacy, Admin & Consultancy Services for parents, families & professionals	Web: https://www.sendhelp-uk.com/
sendhelp uk	Signpost information, suport, benefits and activities that are available to SEND children and their families	Web: https://www.sendhelpuk.com/home
Shine Cancer Support	Cancer support for individuals in their 20's, 30's or 40's	Web: https://shinecancersupport.org/
Special Educational Needs and Disabilities (SEND) ISS Graduated Response Offer	Implementation of the Graduated Response enables early identification and a clear understanding of each individual's needs within their school community. This includes consideration of the individual's life from their viewpoint, and discovering with them what their needs are rather than assessing them from the outside	Web: https://www.localoffer.derbyshire.gov.uk/education-and-learning/inclusion-support-services-iss/iss-graduated-response/iss-graduated-response.aspx
Starting Point (Call Derbyshire)	Starting Point is Derbyshire's contact and referral service for children's services.	Tel: 01629 533190

		Request for support and request for information can be accessed through the following link: https://www.derbyshire.gov.uk/social-health/children-and-families/support-for-families/starting-point-referral-form/starting-point-contact-and-referral-service.aspx
Starting Point Professionals Advice Line	For a practitioner seeking advice ahead of making a referral to discuss threshold.	Tel 01629 535353
SV2	Support for victims of sexual violence and their families.	Web: https://www.sv2.org.uk/contact.php Email: help@sv2.org.uk Tel: 01773 746115
T		
Talking Therapies	Derby and Derbyshire Talking Therapies is a confidential, NHS-funded service offering free support for common mental health challenges like low mood, stress, and anxiety. If you're aged 16 or over and registered with a local GP, you can self-refer without needing to see your doctor.	Web: https://derby-talk.co.uk/ Email: **derby.tt.admin@derby-talk.co.uk** **Tel: 03330417262**
The Coparent App	Caler communication, shared family tools and organised records. Interact with facts, not friction.	Web: https://thecoparent.app/
The Elm Foundation	The Elm Foundation is a specialist charity that has almost 40 years' experience in providing services to adults and children	Web: https://www.theelmfoundation.org.uk/ Tel: 08000 198 668 (free phone)

	affected by domestic abuse. Our services are trauma-informed and individually tailored to meet survivors' needs.	SMS: 07534617252 Professionals only: 01246 540464 Email: info@theelmfoundation.org.uk
The Men's Advice Line	Information, advice and support for male domestic abuse survivors	Tel: 0808 801 0327 (run by Respect) Web: https://mensadviceline.org.uk/
The Mix	We offer free, confidential support, expert advice and a welcoming community, all designed with and for young people. Whether you need help with mental health, relationships, work, money or anything else, you'll find it here — whenever you need it. At The Mix, you can get one-to-one support from counsellors, join live Support Groups, talk on our Community Boards or connect with peers through our new Peer Chat service. You can also learn at your own pace with our self-help tools, get urgent help through Shout and hear real stories on The Mix Six podcast.	Web: https://www.themix.org.uk/get-support/ Text: THEMIX to 85258 For counselling-related enquiries, please email counselling@themix.org.uk
The Reuse Network	Working with our network of members, we are reducing poverty, tackling waste and offering a brighter and better future for the most isolated individuals in our society.	Web: https://reuse-network.org.uk/
Trussell Trust	Providing emergency food parcels to families in need.	Web: https://www.trussell.org.uk/

	Advice line, energy bill support and benefits calculator. Grants search function	
U		
V		
Variety, the Children's Charity	We fund and deliver life-changing programmes that give children and young people across the UK a better future	Web: https://www.variety.org.uk/
W		
WellChild	Giving seriously ill children the best chance to thrive at home.	Web: https://www.wellchild.org.uk/
Weston Park Cancer Support	Booking of free transport, complementary therapies, emotional and practical support during all stages of your diagnosis	Web: https://www.westonpark.org.uk/cancer-services
Winston's Wish	Childhood bereavement charity dedicated to providing bereavement support to children and young people.	Web: https://winstonswish.org/ Helpline: 0800 02 888 40
Womensaid	Providing help, support to victims and survivors of domestic abuse.	Web: https://womensaid.org.uk/information-support/ Email: **info@womensaid.org.uk**
X		
Y		
Young Minds	Providing mental health advice and support to young people.	Web: https://www.youngminds.org.uk/
Z		

Zink for life and work	Zink empowers people and families to build a better future no matter what they've been through. When a crisis happens, we can provide emergency food and supplies, advice and support to sort out the cause and a place to plan. Our work coaches offer help into work, education or training and our community provides a range of exciting activities and interests that enable to people grow, learn and mix.	Tel: 01298 214926 Email: paul@zink.org.uk
ADDITIONAL Links		https://www.coramfamilylives.org.uk/how-we-can-help/useful-links/