

# Useful Support Services & Children's Activities in North Yorkshire



## Support Services

# 24/7 & Late Night Helplines

For young people



**YoungMinds**  
Are you a young person in crisis?  
Text the YoungMinds Crisis Messenger for free 24/7 support if you are experiencing a mental health crisis.  
**text YM to 85258**  
YOUNGMINDS

**The Mix**  
Do you need help now?  
Crisis messenger text service provides free, 24/7 crisis support  
**text THEMIX to 85258**  
THE MIX



**Papyrus**  
If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and advice.  
**Call 0800 068 4141**  
9am – midnight every day of the year

**Samaritans**  
Whatever you're going through, you can call anytime from any phone for FREE.  
**Call 116 123**  
S

**YOUTH INSPIRED**  
A hand holding a smartphone

**CALM**  
A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.  
**Call 0800 58 58 58**  
5pm – midnight every day of the year



For support got to:

[www.home-start.org.uk/Pages/Category/things-we-can-help-with](http://www.home-start.org.uk/Pages/Category/things-we-can-help-with)

### Things we can help with:

- Activities for families during self-isolation
- Disability & illness
- Forces Families
- Isolation
- Mental Ill Health & Post Natal Illness
- Money Issues
- When a relationship ends
- Twins, Triplets & Multiple children

## Support Services

### Harrogate

BOROUGH COUNCIL

### Support Services for Children & Families

Wellbeing Advice:

[www.hdft.nhs.uk/livingatourbest/hwb](http://www.hdft.nhs.uk/livingatourbest/hwb)

Early Years Child Care:

[www.northyorks.gov.uk/early-education-and-childcare](http://www.northyorks.gov.uk/early-education-and-childcare)

Childcare & Family Support:

[www.northyorks.gov.uk/children-and-family-care](http://www.northyorks.gov.uk/children-and-family-care)



### Support Services for Young Adults

SEND & Preparing for adulthood:

[www.northyorks.gov.uk/send-and-preparing-Adulthood](http://www.northyorks.gov.uk/send-and-preparing-Adulthood)

Transport for SEND Children:

[www.northyorks.gov.uk/transport-send-children-and-young-people](http://www.northyorks.gov.uk/transport-send-children-and-young-people)



**Who to contact:** Call 999 if you or someone you know is in immediate danger from domestic abuse or sexual violence.

Call 101 if you want to report something that's happened or if you want to seek advice.

**Call the Independent Domestic Abuse Services (IDAS) on 03000 110110 or 24 hour National Domestic Abuse Helpline on 0808 2000 247**

### Harrogate

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### Bereavement Support

To get help go to:

[www.harrogate.gov.uk/bereavement-support-guidance](http://www.harrogate.gov.uk/bereavement-support-guidance)

### H&DCA

Harrogate and District  
Community Action

Supporting Communities,  
Charities and Volunteers to  
make Harrogate district a great  
place to live and work.

Email: [hadca@hadca.org.uk](mailto:hadca@hadca.org.uk)

Tel: **01423 504074**

## Support Services



**ManHealth is building a network of male peer support groups across the UK.**

Helping men to manage and prevent Depression or other Mental health conditions.

To find out more go to:  
[www.manhealth.org.uk](http://www.manhealth.org.uk)



**For brothers and sisters of disabled children and adults**

**You're not alone!**

Do you have a brother or sister who is disabled, has special educational needs or a serious long-term condition?

To find out more go to:  
[www.sibs.org.uk/youngsibs](http://www.sibs.org.uk/youngsibs)

## Useful Services

**Who you can call this Mental Health Awareness Week**



**0300 123 3393**  
Open 9am-6pm weekdays



**116 123**  
Always open



**0800 58 58 58**  
Open 5pm - midnight

If you're in Wales:



**0800 132 737**  
Always open

If you're under 25:



**0808 808 4994**  
Open 4pm - 11pm



### Free School Meals

are available to all reception, Year 1 and Year 2 pupils and to children whose parents receive certain benefits.

**To apply go to:**  
[www.northyorks.gov.uk/free-school-meals](http://www.northyorks.gov.uk/free-school-meals)

**Respect**  
Men's advice line

The Helpline for male victims of domestic abuse.

**Talk it over!**

Freephone:

**0808 8010327**



**#ANDYSMANCLUB**



**#ITSOKAYTOTALK**

To find your nearest group go to:  
[www.andysmanclub.co.uk/find-your-nearest-group](http://www.andysmanclub.co.uk/find-your-nearest-group)



**Harrogate and District**  
NHS Foundation Trust

Growing Healthy North Yorkshire  
0-19 health visitors and school nursing team.

To find out more go to:  
[www.hdft.nhs.uk/coronavirus/ghny](http://www.hdft.nhs.uk/coronavirus/ghny)



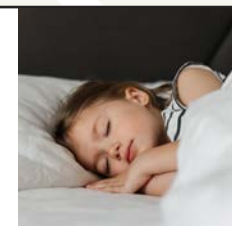
**Local Personalised Learning Pathways**

Information for young people and their families

To find out more email:  
[communications@northyorks.gov.uk](mailto:communications@northyorks.gov.uk)  
Tel: **01609 780 780**



If you'd like to talk about your child's sleep problems, you can call between 7pm and 9pm, Sunday to Thursday  
Tel: **03303 530 541**



## Useful Services

### Food Banks in your area:



[www.trusselltrust.org/  
get-help/find-a-  
foodbank](http://www.trusselltrust.org/get-help/find-a-foodbank)



[www.harrogate-mcc.com](http://www.harrogate-mcc.com)



[www.hopeharrogate.co.uk](http://www.hopeharrogate.co.uk)



[www.resurrectedbites.co.uk](http://www.resurrectedbites.co.uk)



Visit us at:

[www.singleparentsupportandadvice.co.uk](http://www.singleparentsupportandadvice.co.uk)

Email us at: [hello@spsas.co.uk](mailto:hello@spsas.co.uk)

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### Money & Debt Advice

To find out more go to:

[www.harrogate.gov.uk/  
council-tenants/debt-advice-  
services](http://www.harrogate.gov.uk/council-tenants/debt-advice-services)



**parentcarer voice**  
NORTH YORKSHIRE  
WORKING TOGETHER FOR POSITIVE CHANGE

### Parent Carer Voice North Yorkshire

Your voice, your support, your resource

To get in touch go to:

[www.parentcarervoiceuk.org](http://www.parentcarervoiceuk.org)

## Useful Services

### Believe in children

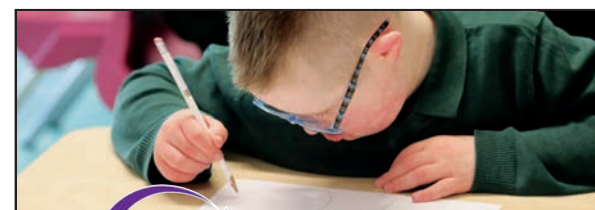


**Barnardo's**

#### Supporting:

- Young carers
- Domestic abuse
- Help for anyone fleeing the Ukrainian conflict
- Alcohol and substance abuse
- Children with parents in prison
- Children seeking asylum

To find out what services are in your area go to: [www.barnardos.org.uk](http://www.barnardos.org.uk)



**sendiass**  
NORTH YORKSHIRE

We offer information, advice, and support to:

- Children and young people (up to 25 years) with SEND
- Parents and carers of children with SEND
- Practitioners (who might support children, young people, or parents to access our service)

Tel: **01609 536923**

[www.sendiassnorthyorkshire.co.uk](http://www.sendiassnorthyorkshire.co.uk)

**carers' resource**

*you care for them, we care for you*

Unit 3, Grove Park Court,  
Grove Park Terrace,  
Harrogate HG1 4DP  
Tel: **01423 500555**



## Activities for the Holidays



### The MAX Card

The Max Card is the UK's leading discount card for foster families and families of children with additional needs.

Families can use their Max Card at venues across the UK to get **free** or **discounted admission**.

To register for a card go to: [www.mymaxcard.co.uk](http://www.mymaxcard.co.uk)



The Card enables a disabled cinema guest to **receive a complimentary ticket** for someone to go with them when they visit a participating cinema.



To find out more go to:  
[www.ceacard.co.uk](http://www.ceacard.co.uk)



Free holiday activities for eligible children and young people!

To Find out more go to:  
<https://northyorkshiretogether.co.uk/feast-activities>

Harrogate

# Games Zone

**INCLUSIVE GAMING CLUB**

**Mondays 4pm-5.30pm 11+**

XBox Wii-U Game Cube Board Games Snacks

£5 per session (paid per half term)

at Time Together, Unit 10, Provincial Works, Laundry Road, Starbeck HG1 4QE

**INSPIRE YOUTH**

**BOOKING IS ESSENTIAL, PLEASE CONTACT:**  
01423 883992 or [office@time-together.org](mailto:office@time-together.org)

## Activities for the Holidays

### Kids eat for FREE or less during Summer 2022

#### MORRISONS

Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.

#### ASDA CAFE

Kids eat for £1 every day with NO need for a paying adult from 25th July – 4th September 2022.

#### DUNELM

One free mini main, two snacks and a drink for every £4 spent in the in-store cafe.

#### YO!

Kids eat free from 3pm – 5:30pm Monday–Thursday for every £10 spent on food.

#### BEEFEATER & BREWERS FAYRE

Free breakfast for two children under 16 with every paying adult.

#### HUNGRY HORSE

Free kids breakfast with an adults breakfast from 9am – 12pm daily.

#### IKEA

Get TWO kids hot meals, fruit, drink and jelly for £5 in their Swedish restaurants (subject to availability).

#### BELLA ITALIA

Kids eat for £1 with each adult meal from 4pm – 6pm on Monday–Thursday.

#### DOBBIES

Kids eat free with an adult main meal.

#### TABLE TABLE

Two children under 16 get a free breakfast with one paying adult every day.

#### CAFE ROUGE

Kids eat for £1 with an adult meal excluding Saturday.

#### MORE TO COME!!!!

M&S, TESCO and more expected soon, see [www.moneysaverdansway.co.uk](http://www.moneysaverdansway.co.uk) for more information.







Springwell  
Harrogate



**The Forest School**  
Every Child, Every Chance