

SERVICE DIRECTORY

**Current support/services available
during COVID - 19**

**SINGLE POINT OF ACCESS TEAM
UPDATED: 12TH APRIL 2020**

FINANCE/HOUSING/BENEFITS

DRUGS AND ALCOHOL

DOMESTIC VIOLENCE

BEREAVEMENT

COVID -19 RESPONDERS

MENTAL HEALTH SUPPORT

YOUNG PEOPLE'S SUPPORT

OLDER ADULT'S SUPPORT

DISABILITIES & CARERS SUPPORT

RECOMMENDED NHS APPS

COMMUNITY ONLINE ACTIVITY

FINANCE



HOUSING/
BENEFITS

BARNESLEY COUNCIL COVID-19 EMERGENCY CONTACT CENTRE

The information in on the website including an eform for any service requests under 'Request community responders for your service'

Service can offer:

- Emergency food
- Shopping
- Medication collection
- Isolation/befriending calls

Monday – Friday 9am-5pm

Saturday and Sunday : 9am-4pm

🖥️ Weblink: www.barnsley.gov.uk/covid-19-emergency-support

✉️ Email: communityresponders@barnsley.gov.uk

For emergency food parcels and medication collections:

☎️ Telephone: 01226 774444

FREEPHONE: 0808 196 3531

BARNESLEY COUNCIL – BERNESLAI HOMES

🖥️ www.customerservices@berneslaihomes.co.uk

☎️ General enquiries: 01226 775555

Monday to Friday 8.00am-8.00pm

Saturday 8:00am- 1:00pm

☎️ Repairs hotline – 01226 787878 (7 days a week)

BMBC ADVICE SERVICES – HOMELESS/HOUSING

Following Government advice office is temporarily closed until further notice.

We are asking everyone to access our service either online or by telephone. Aiming to respond to all queries within 24 hours wherever possible.

✉️ Email: advice@barnsley.gov.uk

☎️ Telephone: 773870 or Freephone 0300 3031990

🖥️ Website: www.barnsley.gov.uk/services/housing/homeless-and-housing-advice

We're continuing to support those who are rough sleeping. You can continue to report rough sleeping to the email or numbers above.

CITIZENS ADVICE BUREAU

- We have diverted as many people as possible to our telephone, email and web-chat services.
- We have new IT systems, which enable staff and volunteers to continue offering our same, high standard services from home; our building has closed.
- Our website is being updated regularly so that people have accurate information about our services.
- We are keeping in touch with all of our local funders, partners and stakeholders, providing regular updates and publicity materials to be distributed across different networks.
- For help with Universal Credit: 0800 144 8 444

💻 WEBSITE: www.citizenadvice.org.uk

✉ for Barnsley: www.barnsleycab.org.uk/contact-us/

☎ TELEPHONE: 03444 111 444 (between 10am and 4pm Monday – Friday)

FACEBOOK: Citizens Advice Barnsley

DIAL

Telephone support for customers requiring support with benefit forms. (During Coronavirus)

Monday to Thursday 9am to 4pm

☎ Telephone : 01226 240273

💻 Website: www.dialbarnsley.org.uk

✉ Email: first.contact@dialbarnsley.org.uk

Barnsley Community First Credit Union (Savings/Loans)

Customer service team contact centre is still in operation – telephone contact only

Monday to Thursday: 9:00am – 4:30pm

Friday 9:00am to 4:00pm

☎ Telephone: 0303 03 000 10

💻 Website: www.communityfirstcu.co.uk

BARNSLEY LOCAL WELFARE ASSISTANCE (Emergency Hardship Support)

☎ Telephone: 01226 787897

Website: www.barnsley.gov.uk/services/advice-benefits-and-council-tax/benefits-help-and-support/local-welfare-assistance-scheme/

SHELTER

Housing Advice – COVID 19

If you're worried about paying your rent or mortgage, you can also seek advice from Shelter:

☎Telephone: Freephone: 0808 800 4444

💻Website: www.england.shelter.org.uk

ACTION FOR THE HOMELESS – BARNSELY

Currently operating 4 days a week - continuing to support homeless.

☎TELEPHONE: 0808 196 3530

💻WEBSITE: www.streetlink.org.uk

LOSS OF EMPLOYMENT- COVID 19

ENTERPRISING BARNSELY

Online central source of information frequently updated. Chat function also available for those who need support.

- Grants for small businesses who receive small business rate relief
- Coronavirus Job Retention Scheme
- Coronavirus Business Interruption loan
- Vat &Tax
- Self employed income support Scheme
- Support for employment

Staff are working from home but are contactable via the CHAT function on the website below or via email listed below.

✉Email: investment@barnsley.gov.uk

Website: www.enterprisingbarnsley.co.uk

DRUGS ALCOHOL & GAMBLING



HUMANKIND

 www.humankindcharity.org.uk


UMBRELLA

Early support for low to mild mental health/learning disabilities

- Counselling
- Befriending
- Housing Support
- Peer Support

Open Monday – Friday 9am to 5pm

CONTACT INFO :

 Telephone 01226 704090

 www.humankindcharity.org.uk/service/umbrella-early-intervention-and-prevention-support-service


 referrals.eipssbarnsley.nhs.net

RECOVERY STEPS

(Drug and Alcohol Services)


Still taking referrals either from professional or self-referral

Majority only telephone triage, signposting to their online materials. In specific cases only they will still be prescribing.

 Telephone : 01226 779066

 Website: www.humankindcharity.org.uk/service/barnsley-recovery-steps


ALCOHOLICS ANONYMOUS

 Telephone: 0800 9177 650

 Website: www.alcoholics-anonymous.org.uk/

OTHER NATIONAL DRUGS & ALCOHOL WEBLINKS/CONTACTS

DRINKAWARE

 Telephone: 0300 123 1110

 Website: www.drinkaware.co.uk/

AL-ANON FAMILY GROUPS

 Website: www.al-anonuk.org.uk/


ALATEEN

 Website: www.al-anon.org/newcomers/teen-corner-alateen/

ALCOHOL CONCERN


 Website: www.alcoholchange.org.uk/

DRUGS NARCOTICS ANONYMOUS

 Telephone: 0300 999 1212

 Website: www.ukna.org/

COCAINE ANONYMOUS

 Telephone: 0800 6120225

Email: helpline@cauk.org.uk

 Website: www.cocaineanonymous.org.uk/

TALK TO FRANK

☎Telephone: 0300 123 6600

💻Website: <https://www.talktofrank.com/>

RE-SOLV

Solvent abuse – gases, aerosols, nitrous oxide ('laughing gas'), poppers, petrol, glues, solvents and other volatile substances

☎Telephone: 01785 810762

💻Website: www.re-solv.org

ADFAM

💻Website: www.adfam.org.uk/

DRUGFAM

☎Telephone: 0300 888 3853

💻Website: <https://www.drugfam.co.uk/>

ADDACTION

💻Website: www.wearewithyou.org.uk/

FAMILIES ANONYMOUS

💻Website: www.famanon.org.uk/

GAMBLING

National Gambling Helpline

Phone: 0808 8020 133 (daily, 8am to midnight)

Website: www.begambleaware.org



**VICTIMS
&
PERPRETRATORS**



GOV.UK

Domestic Abuse Call 999 and then press 55

We know that COVID-19 will have serious impacts on the lives of women and children. Survivors are telling us that they are feeling unsafe with the prospect of being isolated in the house with their perpetrator.

Try and keep a mobile phone with you at all times if possible. The police are a key service when in immediate danger. Do not be afraid to call 999 in an emergency.

GOVERNMENT GUIDANCE

If you are in danger and unable to talk on the phone, call 999, and then press 55. This will transfer your call to the relevant police force who will assist you without you having to speak.

Domestic abuse is more than physical violence. It can also include, but is not limited to:

- **coercive control and 'gas lighting'**
- **economic abuse**
- **online abuse**
- **verbal abuse**
- **emotional abuse**
- **sexual abuse**

IDAS

Service is currently providing:

- Online video support sessions
- WhatsApp messaging
- Telephone calls
- Online live chat on website
- Email
- Provide emergency refuge accommodation

HELPLINES OPEN AS USUAL

Extended Chat hours

10am-12noon – Monday to Friday (for professionals)

3pm until 6pm Monday to Friday (for all)

☎TELEPHONE: 03000 110 110

☎NATIONAL 24 HOUR HELPLINE: 0808 2000 247

✉Email: info@idas.org.uk

💻Website: www.idas.org.uk/coronavirus-covid-19-idas-information-for-our-stakeholders-17th-march-2020/

WOMEN'S AID

Providing additional advice specifically designed for the current COVID-19 outbreak, including a live chat service.

If you were accessing counselling that has now been suspended; some counselling services can continue to provide helpline support. For example, Support line provide a confidential telephone helpline and email counselling service. Particularly to those at risk of abuse or are isolated: www.supportline.org.uk The Survivors' Forum is an online resource for survivors of domestic abuse. The Survivors' forum can be accessed 24/7. This is a place where survivors can support each other and share their experiences.

💻Website: www.womensaid.org.uk/womens-aid-comments-on-the-impact-of-coronavirus-on-women-and-children-escaping-domestic-abuse/

Webchat Monday – Friday 10am-Noon

DEAF HOPE

Practical and emotional support to deaf women experiencing domestic abuse:

Emergency SMS provides a text message service for deaf, hard of hearing and speech impaired people in the UK to send SMS messages to the UK 999 service where it will be passed to the Police: www.emergencysms.org.uk

☎ For Help Text 07970 350 36

💻 Website: www.signhealth.org.uk

NATIONAL DOMESTIC ABUSE HELPLINE

The National Domestic Abuse Helpline website provides guidance and support for potential victims, as well as those who are worried about friends and loved ones. They can also be called, for free and in confidence, 24 hours a day. The website also has a form through which women can book a safe time for a call from the team.

☎ Telephone: 0808 2000 247

💻 Website: www.nationaldahelpline.org.uk/

MANKIND INITIATIVE

For Male victims of domestic abuse

Monday to Friday 10am-4pm

☎ TELEPHONE: 01823 334244

MEN'S ADVICE LINE

The Men's Advice Line is a confidential helpline for male victims of domestic abuse and those supporting them. It can be contacted on 0808 801 0327 free from landlines and mobile phones within the UK. Your call will not appear on itemised bills. You can also call free from BT pay phones.

Webchat: Wednesday, Thursday and Friday – 10 – 11am and 3 – 4pm

💻 Website: www.mensadviceline.org.uk/

✉ Email info@mensadviceline.org.uk

MEN CAN – MEN'S LIFE ADVICE

Non judgemental advice and support for Men only.

Monday and Wednesday 9am-8pm / Tuesday, Thursday and Friday 9am-5pm

☎ Telephone: 0800 8010327

ECONOMIC ABUSE

If you are concerned about how COVID-19 may affect your finances and leave you vulnerable to economic abuse, please see the advice provided by HM Treasury on what support is on offer. The charity Surviving Economic Abuse has also provided additional guidance and support. There are lots of resources on the website.

🖥️ Website: www.survivingeconomicabuse.org

CHAYN CHAYN

Provides online help and resources in a number of languages, ranging from identifying manipulative situations and how friends can support those being abused.

🖥️ Website: www.chayn.co/

HESTIA

Hestia provides a free-to-download mobile app, Bright Sky, which provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

🖥️ Website: www.hestia.org/domestic-abuse

🖥️ Website with App information: www.hestia.org/brightsky

GALOP – LGBT & ANTI-VIOLENCE CHARITY

Support for members of the LGBT+ community. If you are a member of the LGBT+ community, Galop runs a specialist helpline or email Monday-Friday 10.00am-4.00pm

Telephone: 0800 999 5428

🖥️ Website: <https://www.galop.org.uk>

✉️ Email : help@galop.org.uk

KARMA NIRVANA

(Supporting victims of honour-based abuse and forced marriage)

Monday to Friday 9am-5pm

☎️ Telephone :0800 5999 247

🖥️ Website: www.karmanirvana.org.uk

INSPIRE TO CHANGE

Support for those worried about their behaviour in their relationship

☎Telephone: 01142 567270

💻Website : www.inspiretochange.co.uk

BEREAVEMENT



BARNSLEY BEREAVEMENT

Free confidential support to people to help come to terms with the loss of a loved one

☎TELEPHONE: 01226 200565

SUDDEN DEATH – COVID 19 SUPPORT

COVID 19 – Bereavement if you have been bereaved

COVID 19 – If you are caring for a bereaved person

COVID 19 – Advice on memorialising when gatherings are restricted.

💻 www.suddendeath.org/covid-19-bereavement

CRUSE – INCLUDING COVID 19 SUPPORT

Telephone support for bereaved in Yorkshire. Specific advice/support and guidance also provided online regarding loss of a loved one to COVID-19.

- Parents/Carers
- Young people
- Military Families
- Schools
- Professionals

☎Telephone : 0808 8081677

(Mon/Fri 9:30am – 5:00pm, Tue/Wed/Thur 9:30am – 8:00pm)

💻 Website: www.cruse.org.uk

www.cruse.org.uk/coronavirus/trauma (COVID-19)

✉Email: Sheffield@cruse.org.uk (local support)

BARNSLEY HOSPICE

Bereavement group providing support to families whose relative was or is spending some time at Barnsley Hospice

☎Telephone: 01226 244244

💻Website : www.barnsleyhospice.org

MARIE CURIE

A range of online resources to help people cope emotionally as well as handle the practical side of losing someone close to you.

☎Telephone: 0800 090 2309 (open 7 days a week)

💻Website www.mariecurie.org.uk

CHILD BEREAVEMENT UK

Support for families with seriously ill children, or following the death of a baby or child

☎ Telephone:

💻 Website: www.childbereavementuk.org

SANDS

Emotional support for parents, grandparents and siblings who have been affected by the death of a baby before, during or shortly after birth

☎ Telephone: 0808 1643332

💻 Website: www.sands.org.uk

✉ Email: helpline@sands.org.uk

GINGERBREAD

Information and advice about coping with the loss of a partner and practical support for you and your children

💻 Website: www.gingerbread.org.uk

ROYAL VOLUNTARY SERVICE

A charity supporting older people with an online guide to coping with the loss of a relative.

☎ Telephone: 0330 555 0310

💻 Website: royalvoluntaryservice.org.uk

YOUNG SIBS

For brothers and sisters of disabled children. Service offers advice/support/chat to other siblings and provides lots of information/support on website.

💻 Website: www.youngsibs.org.uk

WIDOWED AND YOUNG

Peer to Peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation. 24 hour helpline also available. Complete online form to sign up and someone will then contact you to give you all contact numbers/access.

💻 Website: www.widowedandyoung.org.uk

HELP IS AT HAND (SURVIVED BY SUICIDE)

Support for people survived by suicide. Practical and emotional support. Local groups (Sheffield/Wakefield) meet monthly. Telephone support also offered. Support guides available online including "Help is at hand" book also available online to download on link below.

☎Telephone: 0300 1231002

💻Website: www.supportaftersuicide.org.uk

SAMARITANS

24 hour helpline – operating as normal

Telephone: 116 123

Website: www.samaritans.org

Email: jo@samaritans.org



RESPONDERS



NHS RESPONDERS – PATIENT REFERRAL FORM

- Check in and Chat: Provides short term telephone support for individuals at risk of loneliness as a consequence of self-isolation
- Community support: Shopping medication or other essential supplies to those self-isolating and delivering these to their homes
- Patient transport support: Provides transport to take patients home who are medically fit for discharge
- NHS Transport support: Provides transport for equipment/supplies and or medication between NHS service sites. Also assisting pharmacies with medication delivery.

🖥 Website: www.goodsamapp.org/NHSreferral

Emergency COVID-19 contact centre

We've launched a new emergency contact centre to respond to COVID-19 (coronavirus) related emergencies for vulnerable people, and to respond to services who need support.

If you, or someone you know, needs emergency support visit
barnsley.gov.uk/covid-19-emergency-support.

If you're unable to fill the online form in, you can call us on (01226) 774444 or freephone 0300 303 1950.

For general information about coronavirus disruption and support, please visit
barnsley.gov.uk/coronavirus.

The centre can only help those vulnerable people and families who need emergency support such as;

- essential supplies
- help with medication
- over-the-phone befriending.



GOOD GYM

Allows organisation to request help from the GoodGym volunteers to assist those that might need help with deliveries or practical tasks.

📧 FACEBOOK PAGE: GOODGYM BARNSELY

SILKSTONE HELPING HAND

Silkstone helping hand is offering support to those who need to self-isolate and are struggling to get food and medical supplies. If you live locally you can access support using the website below.

📧 Website: www.huskarshelpinghands.weebly.com/

HONEST DODERTH HELP A NEIGHBOUR SCHEME

Offering support to Dodworth local residents with shopping for the community. You can message them via facebook using the information below:

📧 FACEBOOK: HonestDoderthHANscheme

BIG LOCAL THURSCOE

Delivery of emergency food parcels to vulnerable residents in Thurnscoe. Residents who may be struggling to get out. Operating weekly and consisting of household essentials with contactless delivery from a company-Evolution. Deliveries are made every Thursday and items may vary each week but include bread, milk and fruit/vegetables.

☎ Telephone: Alison Vint 07557 740330

📧 Website: www.alisonvint@biglocalthurnscoe.org.uk

GOLDTHORPE SALVATION ARMY (Straight Lane)

Continues to function during COVID-19 and is run by volunteers. Food/essentials available for collection every Monday. Appointment time required - Contact Salvation Army Goldthorpe via Facebook page and send name/address/postcode via Facebook messenger.

📧 FACEBOOK: SALVATION ARMY GOLDTHORPE

MENTAL HEALTH SUPPORT



MENTAL HEALTH SUPPORT

SAMARITANS – BARNSLEY

Confidential support for people experiencing emotional distress

Monday 10:30am-12:30pm

Wednesday 12:30pm – 3:00pm

Friday 12:30pm – 3:00pm

☎Telephone: 01226 116123 (Freephone)

☎0330 0945717 (local charges apply)

NHS – EVERY MIND MATTERS

Manages mental health and provides practical advice to deal with stress and anxiety to boosting the mood and sleeping better. It helps spot the signs of common mental health conditions and allows people to get a personalised practical self care tips and information about further support.

ONE YOU – Free tips tools and apps

Website: www.nhs.uk/oneyou/every-mind-matters

EXCHANGE RECOVERY COLLEGE

Providing interactive support online via facebook. Access to this is via facebook page and enrolling onto the courses.

Activity sessions can also be seen in the community resources section of this booklet.

MIND

Provide advice and support to empower anyone experiencing mental health problems. They campaign to improve services, raise awareness and promote understanding.

💻Website: www.mind.org.uk

☎Telephone: Barnsley - 01226 211188
Rotherham - 01709 919929

SHOUT

Crisis text service available for times when people feel they need immediate support. By texting the word shout to the number below a trained crisis volunteer will chat using trained techniques via text. The service is designed to help individuals to think more clearly and take steps into feeling better.

☎Text: SHOUT to 85258

💻Website: www.giveusashout.org

SANE

Provides emotional support to anyone affected by mental illness, including families, friends and carers

Mental Health professionals and trained volunteers provide a safe space to feel safe to talk about things that are most affecting you.

Normal services are not functioning at the moment due to COVID-19. There is still support available. Callers can leave a message on the telephone number below or by sending an email.

☎Telephone: 07984 967708

✉Email: support@sane.org.uk

ANXIETY UK

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

💻Website: www.anxietyuk.org.uk

MENS SUPPORT

ANDYs MAN CLUB

Operating in Rotherham/Wakefield/Sheffield

Current group supports are suspended but online interactive groups are taking place weekly.

💻Website: www.andysmanclub.co.uk/

CALM

(Campaign against living miserably) for young men who are feeling unhappy.

☎Telephone: 0800 585858

MEN'S MENTAL HEALTH FORUM

24/7 stress support for men by text, chat and email.

💻Website: www.menshealthforum.org.uk

OCD SUPPORT

RETHINK

 www.rethink.org.uk

OCD ACTION

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

 Website: www.ocdaction.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

 Telephone: 0333 212 7890 (Monday to Friday, 9am

BIPOLAR

BIPOLAR UK

A charity helping people living with manic depression or bipolar disorder.

 Website: www.bipolaruk.org.uk


ANTENATAL/PERINATAL & NEW MUMS

FAMILY LIVES (BARNESLEY SUPPORT SERVICE FOR NEW MOTHERS)

Befriending service by phone or video calls. Taking referrals so any new mothers who are struggling can be referred to them for support

- Struggling in isolation
- Strategies for maintaining good mental health
- Establishing feeding and bedtime routines
- Discuss behaviour issues
- Keeping children busy during isolation
- Offer advice on where to access financial support
- Support families in maintaining a sense of connectedness with wider community.

Criteria: Pregnant or have a child under 2 years of age

 Telephone: 07971 253308

 Email: lesleyb@familylives.org.uk

Pre-postnatal Depression Advice & Support

Provides help to improve the lives of people affected by Pre (Ante) and Postnatal illnesses, for those living with Antenatal Depression, Postnatal Depression, OCD, Anxiety, Psychosis. This includes family and carers. Advice, guidance and support given to aid recovery.

Helpline available Monday to Sunday 11am to 10pm

✉ Email: info@pandasfoundation.org.uk

☎ Telephone: 0808 1961776

💻 Website: www.pandasfoundation.org.uk

RELATIONSHIPS

RELATE

The UK's largest provider of relationship support.

💻 Website: www.relate.org.uk

SELF HARM SUPPORT

SELF HARM RESOURCES – NHS

This web page is an NHS page that has information and advice about self-harm, links to other resources and further helplines.

🖥️ Website: www.nhs.uk/conditions/self-harm/

SELFHARM UK

This is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life. These pages will tell you a bit about us as well as pointing you in the right direction if you need to contact us or find out more about our policies and procedures. selfharmUK is part of Youthscape, a registered UK charity that's been working to support young people aged 11 to 19 since 1993.

This site has information, support and guides relating to self-harm for young people. Also this site runs a 6 week online course (Alumina)

Website for Alumina: www.selfharm.co.uk/alumina

for young people 14-19 struggling with self-harm.

🖥️ Website: www.selfharm.co.uk

NATIONAL SELF-HARM NETWORK

Support for survivors and people who self-harm, as well as the people it indirectly affects, like family and friends. As well as supporting the individual.

This organization helps to raise awareness of self-harm, underlying causes, triggers and the many ways to offer support.

🖥️ Website: www.nshn.co.uk

SELF INJURY SUPPORT

(formerly Bristol Crisis Service for Women)

National organisation that supports girls and women affected by self-injury or self-harm.

We have carried out extensive research with women who self-injure, and through our work we have developed a deep understanding of the reason's individuals harm themselves and of the things they may find helpful or supportive.

This site offers online support and self-help tools on their web pages.

Self-Injury Support (Formerly Bristol Crisis Service for Women)

☎ Women's Self Injury Helpline: 0808 800 8088 (Weds 7-9pm & Thurs 3-5pm)

☎ TESS text support - 0780 047 2908 (Mon-Fri 7-9pm)

www.selfinjurysupport.org.uk

RECOVER YOUR LIFE

One of the biggest and best Self Harm Support Communities on the Internet, offers help on a variety of topics surrounding self-harm, including self-injury, eating disorders, mental health issues, abuse and bullying, as well as drugs and alcohol and first aid.

This site provides reading materials on a variety of different issues.

💻 Website: www.recoveryourlife.com

LIFESIGNS

LifeSIGNS (Self-Injury Guidance & Network Support) is an online, user-led voluntary organisation, founded in 2002 to create understanding about [self-injury](#) and provide information and support to people of all ages affected by self-injury. We recognise self-injury and self-harm as a way of coping with distressing experiences and difficult emotions, and we encourage people to reflect on the issues behind their self-injury, and to develop and explore [alternative coping mechanisms](#).

This site provides online coping strategies for individuals who self-harm/self-injure. Also gives advice on self-harm first aid, harm minimization, scar minimization and more.

💻 Website: www.lifesigns.org.uk

HARMLESS

Harmless is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals. This website offers resources around coping strategies, Harmless workbooks, and downloads. And more information around the reasons behind self-harm.

 Website: www.harmless.org.uk

SELF HARM (MIND)

The link below is provided through MIND and has information around self-harm and factors that may influence the decision to self-injure. Provides useful information about how to challenge behaviours/patterns and process thoughts and feelings in a productive way.

 Telephone: Mind Infoline: 0300 123 3393

 Website: www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/about-self-harm/#.V6INuJMrJmB

CRIME VICTIMS

RAPE CRISIS

To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)

 Website: www.rapecrisis.org.uk

VICTIM SUPPORT

 Phone: 0808 168 9111 (24-hour helpline)

 Website: www.victimsupport.org



YOUNG PEOPLES SUPPORT/RESOURCES

TADS BARNSELEY (Treatment for Anxiety & Depression)

Covering Ages 5-11 (1:1 support)
 Ages 11-18 Wellbeing workshops (currently online)

Following government guidelines changes have been made to TADS service. Staff are working from home and can be contacted via email on address below or via Facebook/Twitter or by using the contact us page on their website.

Monday to Thursday 12:30-6:30 1:1 Messenger appointments are available

Online social groups are currently being set up. Professionals will also continue to run sessions.

🌐 Website: www.tadsbarnsley.co.uk

✉ Email: admin@tadsbarnsley.co.uk

☎ Telephone: 01226 872120

Facebook: TADSBarnsley

Twitter: TADS123456

Instagram: TADS123456

PAPYRUS- UK BARNSELEY (Suicidal teens and young adults)

For young people experiencing thoughts of suicide contact HOPELINE via text and email Suicide prevention advisors with extensive training. The message will be picked up by advisors and callers will receive an automated response who will then get to know more about the individual situation so that the best help can be provided.

Text: 07860 039967

Website: www.papyrus-uk.org

Email: pat@papyrus-uk.org

TARGETED YOUTH SUPPORT SERVICE (BARNSELEY) Open after Easter

Local support including:

Health/emotional support – confidence building/self esteem & anger management

Risk taking behaviours – alcohol/sex/drugs

Sexual health advice and STI screening

Promoting positive relationships

Diversion from crime and antisocial behaviour

Staying safe – including advice regarding internet and social media

Support to encourage volunteering and active citizenship

Signposting to find work, education and training opportunities.

☎ Telephone: 0800 0345340

YOUNG MINDS

National charity committed to improving the mental health of all children and young people, their Parents Information Service provides information and advice for any adult with concerns about a child or young person.

☎Telephone: Parent's Helpline: 0808 802 5544

💻Website: www.youngminds.org.uk

BEAT – EATING DISORDERS (For under 18's)

☎Telephone: 0808 801 0677 (adults) or 0808 801 0711

💻Website: www.b-eat.co.uk

FAMILY LIVES (PARENTING)

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: www.familylives.org.uk

CHILDLINE

ChildLine is a counselling service for children and young people. You can contact ChildLine in these ways: You can phone on 0800 1111, send us an email, have a [1-2-1 chat](#) with us, send a message to [Ask Sam](#) and you can post messages to the [ChildLine message boards](#).

CHILDLINE – SELF HARM

Childline website provides information as follows:

Self-Harm coping techniques, information around self-harm, advice about helping friends, coping with stress, advice about suicidal thoughts, building confidence and self-esteem, loneliness and isolation and how to access further support.

💻Website: www.childline.org.uk

☎Telephone: Helpline: 0800 1111

Childline for Self Harm:

💻Website: www.childline.org.uk/info-advice/your-feelings/self-harm/

THE MIX (SUPPORTING 13-25 YRS)

We'll connect you to experts and your peers who'll give you the support and tools you need to take on any challenge you're facing – for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs.

We're a free and confidential multi-channel service. That means that you choose how you access our support, without the worry of anyone else finding out. Whether it be through our articles and video content online or our phone, email, peer to peer and counselling services – we put the control in your hands. You can even volunteer with us too.

💻 Website: themix.org.uk

☎ Telephone: Helpline: 0808 808 4994

The Mix – Self Harm

Website: www.themix.org.uk/search/self+harm

NIGHTLINE (Support for Students)

Nightlines provide emotional support to students in distress. Our phones are manned throughout the night during term time when other specialist university welfare services are closed. Now operating at over 90 universities and colleges, each individual Nightline is run by students for students at their university. Nightline is confidential and anonymous; students don't have to tell us anything about themselves, not even their name.

💻 Website: www.nightline.ac.uk

To find local service: [Find my Nightline](#)

STUDENTS AGAINST DEPRESSION

A website for students who are depressed, have low mood or are suicidal.

💻 Website: www.studentsagainstdepression.org

BULLYING UK

A website for both children and adults affected by bullying.

💻 Website: www.bullying.co.uk

SAFEGUARDING

NSPCC

Children's charity dedicated to ending child abuse and child cruelty.

☎ Phone: 0800 1111 for Childline for children (24-hour helpline)

☎ 0808 800 5000 for adults concerned about a child (24-hour helpline)

💻 Website: www.nspcc.org.uk

Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.



Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!



Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com



Music with Myleene Klass on YouTube

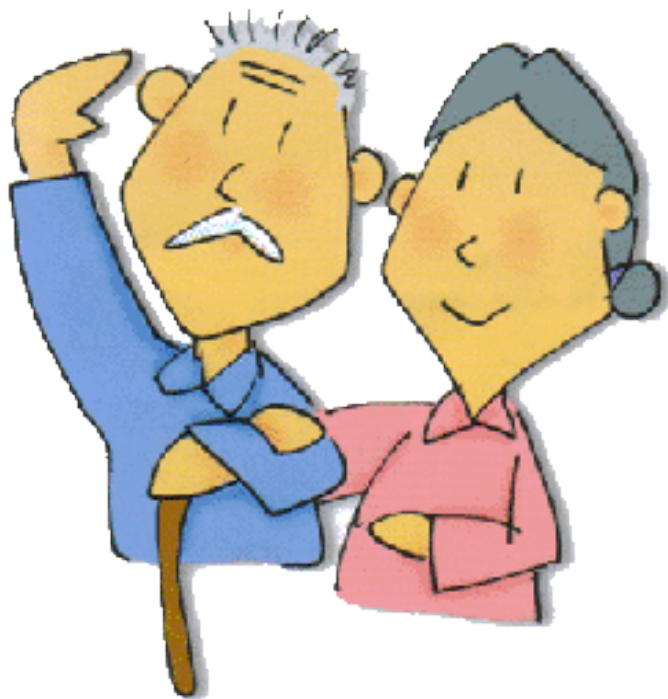
Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com


SUPPORT FOR OLDER ADULTS



THE SILVERLINE

A free confidential helpline providing information, friendship and advice to older people 24 hours a day, every day of the year

 Website: www.silverline.org.uk


 Telephone: 08004 708090

AGE UK

Website offers information on staying well during the Coronavirus outbreak and the services they offer.

Call in time – this is a free befriending telephone service for people aged 60 or over who have their own land line or mobile and able to commit to a regular weekly telephone call at the same time. Register via website or call

 WEBSITE: <https://www.ageuk.org.uk>

 Telephone: 08004346105

In these challenging times our INFORMATION & ADVICE SERVICE is still maintaining an ongoing service as much as possible. They can be contacted via our main office tel. 01226 776820 or email information@ageukbarnsley.org.uk

They are able to provide Pension age benefits advice and eligibility checks and make applications where face to face meetings are not required. They can also point you in the right direction for other services such as disability aids and adaptations.
Age UK Barnsley at your service.


ALZHEIMER'S SOCIETY

Provides information on dementia, including factsheets and helplines.

 Phone: 0333 150 3456 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

DEMENTIA UK

Dementia advice/support. Support also available for relatives

 Telephone: 0800 888 6678

 www.dementiauk.org

BIADS (Barnsley Independent Alzheimer's and Dementia support)

Telephone 01226 280057

Website: www.biads.org.uk

Barnsley Alzheimer's Society

Telephone 01226 296301

Email: Barnsley@alzheimers.org.uk



A local charity supporting
Barnsley's older people

**DO YOU LIVE IN THE BARNSLEY AREA?
ARE YOU AN OLDER PERSON WITHOUT SUPPORT
FROM FRIENDS, NEIGHBOURS OR FAMILY?**

**IF SO, WE WILL TRY TO HELP DURING THE
CORONAVIRUS EPIDEMIC.**

**PLEASE GIVE US A CALL ON 01226 776820
LINES OPEN 9.30AM-4.30PM MON-FRI**

**WE WILL TRY TO HELP WITH GETTING SHOPPING IN
FOR YOU OR IF YOU ARE JUST IN NEED OF A CHAT
OR ANY OTHER WAY WE CAN.**

**OUR INFORMATION & ADVICE SERVICE IS ALSO
CONTINUING BY TELEPHONE AND EMAIL ONLY.**

(information@ageukbarnsley.org.uk)

DISABILITIES & CARERS SUPPORT



BARNSLEY CARERS SERVICE

Lots of guidance for carers supporting vulnerable people available on the website. Including Coronavirus guidance. Virtual online groups/sessions also available during COVID-19

☎Telephone: 01226 288772

✉Email: barnsleycarers@makingspace.co.uk

📘FACEBOOK: Barnsley Carers

💻Website: www.carersuk.org

- Telephone befriending service also available.

✉To access email : adele.lacy@making space.co.uk

- Whats app support group also available 9am-6pm Monday-Friday

☎Contact Gemma Newstead on:07970 184254

✉ gemma.newstead@makingspace.co.uk

Free Online Training & Resources For Volunteers & Carers



Below are some useful links to online training;

Wellbeing

Mindfulness training

<https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>

Great tips on stress management and relaxation techniques

<https://www.helpguide.org/articles/stress/stress-management.htm>

Safeguarding

Safeguarding with older people – looking out for each other

<https://www.scie.org.uk/socialcaretv/video-player.asp?guid=d2966889-f552-4464-98d3-c22ab02a5ed>

Safeguarding, how to behave with people from Papworth Trust

<https://www.youtube.com/watch?v=a927T34wIFg>

Cup of Tea and Consent

https://www.youtube.com/watch?v=IOS5_I3Yzog

Variety of Courses

Future Learn – various subjects which have been developed by universities across the world. You do need to sign up for account and the courses are only free for a time limit and you can't always get a certificate with the free versions.

<https://www.futurelearn.com/courses>

Vision 2 Learn – do a number of distance learning courses which are fully funded and are accredited at level 2. You can do the courses online and a tutor can guide and support you. Courses include: Working in the Health Sector, Dementia Care, Dignity and Safeguarding, Equality and Diversity and Lean Management Techniques. There is more information at:

<https://www.vision2learn.net/courses>

If you undertake any of these online training courses, please send your feedback then we can assess how useful these are.

Send your feedback to adele.lacy@makingspace.co.uk



BARNSLEY SENDIASS

Special Education Needs and Disabilities information, advice and support service.

☎Telephone : 01226 787234

BARNSLEY BLIND AND PARTIALLY SIGHTED ASSOCIATION

Telephone: 01226 200618

Email: bbpsa@btconnect.com

Website: www.bbpsa.co.uk

LIVING WITH ADHD

Support for parents and carers. Resources also available for parents/families and carers to provide practical help.

💻Website: www.livingwithadhd.co.uk

NATIONAL AUTISTIC SOCIETY

Information, advice and support for those living with Autism and those supporting people with Autism. Lots of printable booklets and resources available on website.

💻Website: www.autism.org.uk

☎Helpline: 0800 8004104 Monday to Friday 10am-3pm

NHS

RECOMMENDED APPS

(Assessed against a range of NHS standards)



BIG WHITE WALL

Round the clock support from therapists to help you cope with stress and anxiety

BLUEICE

This app helps young people manage their emotions and reduce urges to self harm

CALM HARM

Reduce urges to self harm and manage emotions in a more positive way.

CATCH IT

Learn to manage negative thoughts and look at problems differently

CHILL PANDA

Use breathing techniques to help relax more, worry less and feel better

SILVER CLOUD

An 8 week course to help manage stress, anxiety and depression at your own pace.

SLEEPIO

An online sleep improvement programme, clinically proven to help you fall asleep faster.

STRESS AND ANXIETY COMPANION

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts.

STUDENT HEALTH APP

Reduce your worries, feel more confident and get the health information you need as a student.

THRIVE

Use games to track your mood and teach yourself methods to take control of stress and anxiety.

WORRY TREE

Notice, record and manage your worries using cognitive behavioural therapy techniques.

COMMUNITY ACTIVITIES & ONLINE RESOURCES



ONLINE COMMUNITY ACTIVITY

*10 Minute workout Video. Stuck in with COVID-19.

 [Website: www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/](https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/)

NHS FITNESS

*NHS Fitness Studio Exercises (All levels of competence)

 Website:

www.nhs.uk/conditions/nhs-fitness-studio/?tabname=other-fitness-plans&fbclid=IwAR2HOWT0vnbVIWcNVaxiPhRw678gm5LNVA1Sx2ZKJHvgnwVoN698miRwCmY

***CREATIVE RECOVERY – (BARNSELY)**

 FACEBOOK – CREATIVE RECOVERY BARNSELY

SUSPENDED ALL 'FACE TO FACE' GROUPS FOR THE FORESEEABLE....
WE ARE STILL COMMITTED TO SUPPORTING YOUR MENTAL HEALTH AND
PROMOTING CONNECTION IN THE BEST WAY WE KNOW, THROUGH THE
FOLLOWING SOOTHING, CREATIVE AND INSPIRING HAPPENINGS....

MONDAY

Your weekly cuppa and live chat with [Steph Cronin](#) (CR Trustee). Log on to the CR page from 1pm for a catch up chat and a run down of the weeks happenings.

TUESDAY

2-4pm- Live Studio Session with Phil Hunter (Artist from Recovery Through Art). Be a fly on the wall as Phil paints in his studio.

WEDNESDAY

'We Can Survive Singers' closed group (singing session on Zoom)
-6-7pm Creative Recovery Zoom Social.

THURSDAY

'UPLIFT Choir', closed group (singing session on Zoom)

FRIDAY 6.30-7.30pm- Arts Cafe 'On Line'. A soothing blend of music, poetry and film short, plus a shot or 2 of art inspiration. A theme every week and a chance to respond to what we post live (in the comments) as well as share some of the things you've been inspired to create each week.


RECOVERY COLLEGE - BARNSELY

*The Recovery Exchange on facebook are doing, fitness fridays, online art group. and post updates regularly.

 FACEBOOK – EXCHANGE RECOVERY COLLEGE BARNSELY

BARNSELY COUNCIL

Barnsley Council website advice about well-being and tutorials online.

 Website: www.barnsley.gov.uk/services/health-and-wellbeing/covid-19-coronavirus-advice-and-guidance/looking-after-your-health-and-wellbeing/?fbclid=IwAR2JTvNjoMSgR78mE0hAQV76oje7YPQJY2A-R3pd2ldKRooi04X-GEtHTjE

BARNSELY LIBRARIES

Barnsley Library is now online with audio books and ebooks via their APPs.
Rock the lockdown with our selection of eBooks & audiobooks on the Libby or Overdrive app:

 Website: www.barnsley.overdrive.com/

Lots of online interactive games/education for both adults and children.