

	Venue	Address / Website	Tel number / Email	Useful Information	Specific Covid-19 information
CHILDREN YP & FAMILY SUPPORT					
Virtual Parenting Classes	SEE CLASSES TAB				
	HALE Young People's Social Prescribing Service		T: 01274 271088 E: info@haleproject.org.uk DM on Facebook: https://www.facebook.com/HALEproject/	For ages 9-19 feeling worried, lonely or isolated, feeling low, experiencing life changes, struggling to set goals & aspirations, needing help & support, lacking empowerment to make positive life choices.	
	Safeguard Reporting for Adults & Children	https://www.safesbradford.co.uk/report-a-concern?utm_medium=email&	Emergency Duty Team 01274 431010 Monday to Thursday: 5pm to 7.30am the following morning,		

**Support for YP
11-18 yr old
affected by
DV in the
district.**

	tm_source=gov delivery	Fridays: 4.30pm to 7.30am Monday, with 24 hour cover at weekends and throughout Bank Holidays		
First Response		Open 24/7 01274 221181		
Children's Social Care Initial		Initial Contact Point 01274 431010 8:30am-5:00pm Monday to Thursday, 8:30am- 4:30pm on Friday		
Safe Space		See referral process information on shared drive. T: 07903346360 between 1.00— 4.00pm.	For YP who may be anxious, worried, scared, sad, low or isolated/ at risk of emotional distress. Unable to manage their current situation, need help to understand their emotional distress – someone to talk to and listen to them. Y.P who is having thoughts about self harm but not needing medical	The service at the moment is a virtual service – if a face to face appointment is needed this needs to be discussed and thoroughly risk assessed.



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Female only

			attention Can provide a change of scenery, a place to think/clear mind and to resolve short term situation. To refer: make sure YP fits screening and complete referral form on shared drive.	
Anah Project	https://www.anahproject.org/what-we-do/	T: 08459 60 60 11 Email: help@anahproject.org	Help, advice & support. Accept self-referrals as well as referrals from agencies. Those looking for a bed at the refuge are either given a space, or if no space is available, are referred to alternative suitable support services.	



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Bradford East

<p>Bradford East Information and Advice</p>		<p>Onkar 07582 100682 / Nicky 07582102432</p>	<p>Tues 1pm-3pm Online support for jobsearch, applying fo college, confidence building skills, CV's & application forms, welfare benefits, housing, drug & alcohol services, apprenticeships, leisure activities, voluntary work, health issues.</p>	
<p>Bradford East Family Hub</p>	<p>https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/bradford-east-family-hub/</p>		<p>East Bradford Family Hub offers support and activities for babies, children, young people and families in the East Bradford area. This includes support for mums with babies, activities for children, support for mums, dads and carers, as well as activities and support for young people up to the age of 18 (or 24 with a disability).</p>	<p>Currently offering Virtual Parenting classes for the whole of the District - see classes tab.</p>

Anna Freud National Centre for Children and Families			The Anna Freud Centre have produced guidance about how to maintain children's wellbeing at a time of uncertainty.	https://www.annafreud.org/coronavirus-support/
Better Start Bradford	https://www.betterstartbradford.org.uk/news/coronavirus-covid-19/	T: 01274 723146 Email: hello@betterstartbradford.org.uk	https://www.betterstartbradford.org.uk/activities/	Supporting remotely were they can. Link in Address / Website has details of which programmes are still running.
Youth In Mind	http://www.youth-in-mind.org/#learnmore	01274 437 959	Barnardo's, Bradford Youth Service, CAMHS, Creative Support, MYMUP, North Yorkshire Youth, Roshni Ghar, Sharing Voices Bradford and Yorkshire Mentoring offering a range of community and school-based support including 1:1, group work, peer support, evening/overnight crisis services and a	Youth in Mind 1:1 support is being provided virtually; phone calls, video calls and messages. Youth in Mind groups continue to run across the district via a range of digital platforms. New referrals are still being accepted and allocated.

			digital self-help application.	
Talking to children about Covid-19	British Psychological Society	https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf		Talking to children about Coronavirus
Bereavement workbook for children dealing with death of a loved one	TIME4ME (BAATN)	https://www.baatn.org.uk/wp-content/uploads/Time4Me-Childrens-Bereavement-Workbook.pdf	Notes to go with the workbook. https://www.baatn.org.uk/wp-content/uploads/Time4Me-Childrens-Bereavement-Workbook-1.pdf	



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	Creative Education	https://www.creativeeducation.co.uk/		Free online courses to help adults supporting children during Covid-19	https://elearning.creativeeducation.co.uk/available-courses/#free
Helping children deal with stress during Covid-19	World Health Organisation	https://www.who.int/docs/default-source/coronavirus/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2			
Support for single parents	Gingerbread	https://www.gingerbread.org.uk/	0808 802 0925	Mondays: 10am to 6pm Tuesdays/Thursdays/ Fridays: 10am to 4pm Wednesdays: 10am-1pm and 5pm-7pm (Closed on all public holidays)	https://www.gingerbread.org.uk/coronavirus/

Tips for single parents during Covid-19	Single Parents on Holiday	https://singleparentsonholiday.co.uk/covid-19-practical-tips-for-single-parents-during-lockdown/			
Perinatal Support	Family Action	https://www.familyaction.org.uk/what-we-do/early-years/perinatal-support-services/		The Family Action Perinatal Support Services are early intervention, low intensity services for those with low to moderate level diagnosed mental health issues or who are at risk of developing perinatal mental illness. We work with families from before the baby is born to at least one year after.	Referral criteria, consent form & referral form in the Shared Drive under Useful Information (Covid Folder)
KOOOTH	https://www.kooth.com/	Monday to Friday 9am – 10pm Saturday to Sunday 6pm – 10pm	Online mental health service for children, young people & adults. Chat to friendly counsellors, read articles written by young people, get support from KOOOTH		

			community, write in a daily journal	
Stem 4	https://stem4.org.uk/resources/		Supporting teenage mental health	Downloadable resources on coronavirus advice & advice on looking after mental health through the outbreak
Princes Trust	https://www.princes-trust.org.uk/about-the-trust/coronaviruses-response	Live chat, phone line & text service open 9am-9pm every day 0800 842 842		Offering support & advice on confusion around social distancing & worrying about friends and family with health issues, to nervousness around using public transport & feeling hopeless about the future. Also have a Coronavirus Support Hub with useful advice, guidance & resources as well as answers to questions on work & self-employment https://www.princes-trust.org.uk/about-the-trust/coronavirus-

				response/resource-centre
Under 25s	The Mix	https://www.themix.org.uk/mental-health	T: 0808 8084994 (Freephone 7 days a week 4pm-11pm) 24hr crisis text messenger service text THEMIX to 85258 (free service) Email service on website.	Essential support for under 25s. Have telephone counselling for short-term help with MH and wellbeing, webchat, 1:1 on telephone.
Advice for parents during Covid-19	Young Minds	https://youngminds.org.uk/	Crisis support text YM to 85258 (free 24/7 support) For parents worried about a child 0808 802 5544	https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/

**Covid-19 &
MH advice for
YP**

Young Minds	https://youngminds.org.uk/	Crisis support text YM to 85258 (free 24/7 support) For parents worried about a child 0808 802 5545	Tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID- 19) pandemic	https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/
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<p>CAMHS (Children & Adolescent Mental Health Service)</p>	<p>Fieldhead in Bradford Hillbrook in Keighley https://www.bdct.nhs.uk/services/child-adolescent-mental-health-camhs/</p>	<p>Monday to Friday 9am–5pm Keighley: 01535 661531 Bradford: 01274 723241</p>	<p>Referrals to CAMHS are accepted from a variety of health professionals including GPs and hospital doctors (if urgent assessment required) as well as from school nurses and health visitors.</p>	<p>CAMHS is continuing to provide virtual support to children, young people & their families across all of their teams. Support listed is primarily being offered via phone, email and Microsoft Teams video calling, however, some teams are offering limited face to face, where appropriate. • Assessment of new referrals over the phone • Ongoing assessments of risk • 1-1 support, including therapeutic interventions • Support, consultations and multi-agency meetings with education, health, social care and youth offending professionals • Core Team • Crisis Team • Specialist Looked After Child Team • Eating Disorder Team • Early Intervention in Psychosis Team • Primary Mental Health Workers’ Team • Psychological Therapy</p>
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				Team • Specialist Early Attachment and Development Team 0-7 • Be Positive Pathways • Neurodevelopment Team
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Step2	www.step2.org.uk	T: 01274 683118 E: info@step2.org.uk	Offer a private, independent space where YP can talk through the things that are bothering them at their own pace. Have a team of fully qualified and experienced counsellors who are all members of the British Association of Counsellors and Psychotherapists (BACP).	
LOCALA	https://www.locala.org.uk/	T: 0300 3045555 (24/7)	https://www.locala.org.uk/locations	Currently phone access only clinics
Relate	https://relatebradford.org/	Mon to Thur 9am - 9pm and Fri 9am - 3pm 01274 726096 or email information@relatebradford.com		Telephone or webcam on relationship, individual couple's therapy for depression, children & YP's, family, and telephone counselling, sex therapy and training & education

	Safer Bradford	https://saferbradford.co.uk/resources/childrens/report-a-concern/?page_id=13	During office hours (8.30am – 5pm Monday to Thursday, 4.30pm on Friday) call Children’s Social Services Initial Contact Point on 01274 435600 At all other times, Social Services Emergency Duty Team on 01274 431010	To report a concern regarding a child being harmed from abuse or neglect	
16+	My Wellbeing College	http://bmywellbeingcollege.nhs.uk/	0300 555 5551 and press option 3 For queries e-mail mwcadminservices@bdct.nhs.uk	Free NHS service to help manage everyday problems such as feeling low, anxious and or experiencing stress, or having problems sleeping.	COVID-19 - telephone appointments only at the moment. Self-refer online or call. *As of 4th June after initial telephone assesment there is a 4 week waiting period for telephone therapy*
Youth & Young Adult	Shaping Spaces	https://www.facebook.com/YMCASHapingSpaces/	07387 015320 (Mobile switched on Weds & Thurs but can leave a message anytime) Email: rachel.deadman@bradfordymca.org.u	Help for young adults 16-25 remain connected to others or meet new people and maintain good mental health. Access by completing referral	Working virtually at the moment. WhatsApp group for current & past participants discussing the effects of loneliness and isolation and devising tools to help people cope, overcome

Children & YP
under 35yrs

		k / may.mcquade@bra dfordymca.org.uk	form or email Rachel directly.	or raise awareness of the problem.
PAPYRUS	https://papyrus-uk.org/	Hopeline: 0800 068 4141 (Mon-Fri 9am to 10pm, Sat/Sun 2pm to 10pm, BH 2pm to 10pm) Text 07860 039967 Email pat@papyrus- uk.org	PAPYRUS is the national charity dedicated to the prevention of young suicide.	
Young Minds	https://youngmi nds.org.uk/	Parents Helpline - 0808 802 5544 (Mon to Fri 9:30am-4pm) Young Persons' Crisis Messenger service text YM to 85258 (24hrs)	All texts are answered by trained volunteers, with support from experienced clinical supervisors Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.	Information on the website re the covid-19 crisis and advice on how to look after self or for parents/carers.



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NSPCC	https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/	<p>Service Centre/Duty Worker Monday to Friday 9am–5pm 01274 381440 To report a concern about a child Mon to Fri 8am–10pm Sat & Sun 9am–6pm 0808 800 5000</p>	<p>Services include Pregnancy in Mind, Turn the Page, InCtrl, & Seeking Solutions developed to offer to children & families using technology, such as video calls, apps & telephone support.</p>	<p>Link to supporting children during Covid-19 with mental health issues https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/?utm_source=Adestra&utm_medium=email&utm_content=Talking%20to%20a%20child%20worried%20about%20coronavirus%20%28COVID-19%29&utm_campaign=CASPAR-2019-03-30</p>
Childline	https://www.childline.org.uk/	<p>Free telephone number for children 0800 1111 9am-midnight</p>	<p>Children can speak to a Childline counsellor on the phone or online between 9am and midnight</p>	

<p>Family</p> <p>Better Lives, Healthy Futures</p>	<p>https://www.betterliveshealthyfuturesbw.nhs.uk/?utm_medium=email&utm_source=govdelivery</p>		<p>Family Health Services website. Offers local families 24/7 access to reliable, trusted NHS health and wellbeing information. Now includes content on school readiness, school nursing & the 5-11 age group. Information on pregnancy to age four, health visiting & emergency and out-of-hours contact details. The latest update includes advice on topics such as hygiene, oral health, emotional wellbeing, mental health, bullying, puberty and safety.</p>	<p>https://www.betterliveshealthyfuturesbw.nhs.uk/covid-19-help-and-support/</p>
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<p>Family</p> <p>See It Differently</p>	<p>https://www.seeitdifferently.org/</p>			<p>If you're struggling with family arguments during lockdown, whether it's with your partner, your parents, or other family members, charity See It Differently has videos, tools and online resources that can help on their website. There is also a 'Book a chat' feature which allows users to book a secure web chat with one of their listeners for free if they want to talk to someone</p>
<p>Family</p> <p>Relationship Matters</p>	<p>https://relationshipmatters.org.uk/</p>		<p>Advice site for parental conflict and the effects it may have on children. Support and signposting.</p>	



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Government Website	https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak?utm_medium=email&utm_source=govdelivery			<p>Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic</p>
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Drug/Alcohol support

<p>The Bridge Project</p>	<p>https://thebridgeproject.org.uk/services/young-persons-drug-and-alcohol-service/</p>	<p>01274 723 863</p>	<p>Support for people up to age 21 across Bradford District who are concerned about their own use of drugs/alcohol or somebody else is concerned about their use. Can offer telephone support & consultations with young people, their friends, family, schools, social workers and professionals who may be concerned about them – as well as treatment and education.</p>	<p>Opening hours slightly different during Covid-19 Mon-Fri 9:30 to 5:30</p>
<p>Lucy's In Lockdown</p>	<p>https://www.youtube.com/watch?v=-RXF5-29VGU&feature=youtu.be</p>		<p>A story designed to help children realise they're not alone in the current conditions with Covid-19, to help them understand it is temporary and to help them express how they're feeling.</p>	



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Bradford leadership programme for 18-25 yr olds.

National Autistic Society				https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx
Common Purpose	https://commonpurpose.org/bradford150		<p>Free online course running 24th-25th September, and 28th-29th September. Connect with other amazing young leaders across Bradford to make a difference in your city. Access senior leaders in Bradford to have your say on some of the city's challenges that matter the most to you. Gain skills that will increase your employability and add to your resume.</p>	

Free online course

<p>University Of Reading - free online course for YP & MH during Covid-19</p>				<p>Free e-learning called "Covid-19: Helping Young People Manage Low Mood & Depression" for young people, parents, carers, teachers, & other professionals. The course will be available online for 2 weeks from 4th May 2020 and takes just two hours to complete.</p>
<p>Brathay Trust</p>	<p>https://www.brathay.org.uk/</p>	<p>For our work in Bradford, Sheffield, Barnsley, Yorkshire and Humber please ring - 015394 39774.</p>	<p>Improving the life chances of children, young people & families by inspiring them to engage positively in their communities.</p>	<p>https://www.brathay.org.uk/news/still-here</p>
<p>Better Start Bradford</p>	<p>https://www.betterstartbradford.org.uk/</p>	<p>01274 723146</p>	<p>Run over 20 projects for pregnant women and families with children under four, including reading, play, healthy cooking & eating, support in the home, English language skills and much more. Projects are running virtually at moment. Link in</p>	<p>https://www.betterstartbradford.org.uk/news/coronavirus-covid-19/</p>



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			next box is for all projects & contact details.	
Bursary for 16-19 yr olds	Government Website	https://www.gov.uk/1619-bursary-fund	Bursary for 19-19 yr olds for education-related costs inc clothing, books, other equipment, transport/lunch on days you study or train.	
Support for unemployed parents	Stronger Families	StrongerFamiliesBradford@barnardos.org.uk	Able to offer support with benefit & debt advice for those in financial distress. Support with emergencies including need for food bank. Support around MH & wellbeing and anyone interested in support to access employment and training.	Whilst we aren't able to offer home visits at the moment we are staying in regular touch with families by phone or video.

Activities for children & families whilst at home	JUMP@Home	https://jumpathome.org/	For more info call Nicola Marklew on 07855 115066	Website full of activities and games that encourage children and families to stay active at home through play. Activities have been designed and tested with children and families, taking into account that not everyone has access to a lot of space, or specialist equipment at home. New activity videos have been added to the website and shared through Facebook and Twitter each week whilst in lockdown.	
BD3 only	Womenzone		T: 01274 665270 (Mon & Fri 10am-4pm, Tue Weds Thrs 10am-3pm)		Providing zoom sessions for 13-18 yr olds to help them connect back in to education.
Research for parents on a low income during COVID	Covid Realities	https://covidrealities.org/		Looking to hear from parents & carers living on low incomes during the pandemic. Our aim is to understand the	

			challenges you face, so that we can document the impact of COVID-19, and help policymakers make better decisions.	
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