



# Signposting Directory

Scarborough - Ryedale



Date: September 2025

## Signposting Directory

**Disclaimer and recommendations:** As a team and trust we cannot recommend Services but have collated this list of known services within the public domain. School/college staff, families and young people may find accessing these useful.

Service and contact information included in this directory are correct at time of distributing (September 2023). Services do evolve and contact details do change so the document is meant to be used as a work-in progress. There may be services that you are aware of that have not yet been included in this directory, there are blank sections intended to support you to edit and add to. Please note a printed paper copy may become outdated quickly, so it is recommended to also keep an electronic copy to support you to continue to review and update.

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- Warm home discount scheme
- NHS refund travel claim form HC5
- Charis Grants
- Chances for Children: Buttle trust
- SALT: Scarborough and Locals Together
- Cauldwell Children's Charity
- Trussell Trust Food Bank
- Future Works
- Advocacy Alliance

**Training:**

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- Recovery College Online
- Contact: for families with disabled children
- Anna Freud Centre
- Charlie Waller Trust
- Anti-Bullying Alliance

**Service**

**Area:**

**Web/email/telephone contact details**

**Children and families services: pages 4-6**

**North Yorkshire Council Signposting directory: Children and Families**

The website link is the signposting page which offers the link to a whole range of services including: health, charity and local authority. This can be a good starting point when searching for appropriate services. This includes information/links to:

- Emotional and mental health support for children and young people
- Children's centres
- Community and voluntary services sector
- Compass service
- Customer services centre
- Domestic abuse services
- Early years childcare provider
- Education psychology service
- Education social welfare service (including early help)
- GPs in North Yorkshire
- Health Visitors
- Healthy Choices
- North Yorkshire Voice
- Parent partnership service
- Parenting strategy
- Police
- Schools







Across North Yorkshire


**Website:**






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

**Telephone:** 0300 121 2 131

<ul style="list-style-type: none"> <li>• School nursing</li> <li>• Special educational needs and disability (SEND) services</li> <li>• Teenage pregnancy and sexual health</li> <li>• Youth justice service</li> </ul>		
<p><b>East Riding Signposting directory: Children and Families</b></p> <p>The website link is the signposting page which offers the link to a whole range of services including: health, charity and local authority. This can be a good starting point when searching for appropriate services. This includes information/links to:</p> <ul style="list-style-type: none"> <li>• Adoption and fostering</li> <li>• Families information service hub</li> <li>• Children’s centres</li> <li>• Children’s social care</li> <li>• Child employment</li> <li>• Early help and prevention</li> <li>• Youth and family support</li> <li>• Teenage pregnancy</li> <li>• Children’s social work matters</li> <li>• East Riding Safeguarding Children’s Partnership board</li> <li>• Local offer: SEND 0-25</li> <li>• Leaving care</li> </ul>	 <p>East Riding of Yorkshire</p>	<p><b>Website:</b>  <a href="https://www.eastriding.gov.uk/living/children-and-families/">https://www.eastriding.gov.uk/living/children-and-families/</a></p>
<p><b>NYCC Early Help service</b></p> <p>Early help is the term used by all agencies to describe North Yorkshire’s approach to providing early support to families so that children, young people and their families are safe, happy and ready for school, work and life’s challenges. Early Help is the right help, at the right time, in the right place.</p>	 <p>NY Voice  North Yorkshire</p> <p>Scarborough, Filey, Whitby &amp; Ryedale</p>	<p><b>Website:</b>  <a href="https://www.northyorks.gov.uk/children-and-families/early-help">https://www.northyorks.gov.uk/children-and-families/early-help</a></p> <p><b>Telephone: 0300 131 2 131</b></p>
<p><b>NYCC Children and Family Hub</b></p> <p>Find out about the sessions, courses, activities, services and support our children and family hubs offer to families across North Yorkshire.</p> <p>Our children and family hubs are located across the county and provide services for children and young people aged 0-19 and their families.</p> <p>Some of our activities are free for you to drop in, others need to be booked in advance, and some are by invitation or referral only. Just select your area below to download the full programme with details of what's on near you.</p>	 <p>North Yorkshire</p> <p>Scarborough, Whitby &amp; Ryedale</p>	<p><b>Website:</b>  <a href="http://www.northyorks.gov.uk/children-and-families/children-and-family-hubs">www.northyorks.gov.uk/children-and-families/children-and-family-hubs</a></p> <p>This includes links to local sites including:</p> <ul style="list-style-type: none"> <li>• Scarborough/Filey Children and Family Hubs</li> <li>• Ryedale Children and Family Hubs</li> <li>• Whitby and the Moors Children and Family Hubs</li> </ul>




<p>Feel free to contact your local children and family hub to find out more, ask any questions, or to register to join in.</p>		
<p><b>See appendix for additional blank pages.</b></p>		
<p><b>SEND services &amp; support: pages 6-10</b>  <b>See also Financial support advice &amp; misc. charity services section</b></p>		
<p><b>North Yorkshire Council SEND Hubs</b>  The SEND hubs consist of a range of specialist support and provision delivered by highly qualified and experienced staff who support families, schools, Early Years settings and post 16 providers to effectively and holistically meet the needs of children and young people who have SEND.  Services offered by the hub include:</p> <ul style="list-style-type: none"> <li>• <b>Cognition and Learning</b>  Individualised planning for children with moderate, severe, or complex developmental or learning disabilities.</li> <li>• <b>Portage Home Visiting</b></li> <li>• <b>Communication and Interaction</b>  Individual work includes assessment or direct intervention in regards to helping young people accessing the curriculum and helping develop targeted provision for young people.</li> <li>• <b>Vision</b></li> <li>• <b>Hearing</b></li> <li>• <b>Social, Emotional and Mental Health</b>  Ensuring inclusion for children whose needs challenge the school as well as supporting a relationship with other appropriate services. The hub also offer 1-1 work to assess and advise and monitor the needs of young people who's needs are beyond the capabilities of the school.</li> <li>• <b>Educational Psychology</b></li> <li>• <b>Occupational Therapy</b></li> <li>• <b>Medical Education Service</b>  A short-term intervention to provide continuity in education for children who have been absent from school due to a medical condition that has a diagnosis or is currently receiving medical support.</li> </ul>		<p><b>Website and contact page for referral information: <a href="#">SEND hubs   North Yorkshire Council</a></b></p> <p><i>All schools and settings in North Yorkshire can refer to the SEND hubs and will need to provide evidence that they have already exhausted their resources and skills in meeting the learner's needs. Contact North Yorkshire Council via their SEND offer for more information.</i></p> <p><i>Information also available in document: SEND Hubs Handbook – info for schools and settings Scarborough, Whitby &amp; Ryedale</i></p>

<p><b>North Yorkshire SENDIASS</b>  A free, confidential and impartial service, provided at arm’s length from the local authority. Information, advice and support relating to special educational needs and disability (SEND) provided by professionally trained Advisers Support through the statutory processes relating to Educational Needs and Education Health, and Care (EHC) needs assessment and planning Practical support to find the answers to your questions in relation to education, health and social care services.  For Young People 16-25  If you are a young person with SEND we can offer free, confidential and impartial advice and support.  We offer information and advice about the law on special educational needs and disability.</p>	 North Yorkshire  Scarborough, Whitby & Ryedale	<p><b>Website:</b>  <a href="https://sendiassnorthyorkshire.co.uk/">https://sendiassnorthyorkshire.co.uk/</a>  <a href="https://www.northyorks.gov.uk/children-and-families/send-local-offer">https://www.northyorks.gov.uk/children-and-families/send-local-offer</a></p> <p><b>Email:</b>  <a href="http://sendiassnorthyorkshire.co.uk/contact-us/">http://sendiassnorthyorkshire.co.uk/contact-us/</a>  <a href="mailto:info@sendiassnorthyorks.org">info@sendiassnorthyorks.org</a></p> <p><b>Telephone:</b> 01609 536923</p>
<p><b>East Riding SENDIASS</b>  East Riding SENDIASS work with young people aged 16 - 25 who need extra help because of special educational needs, a disability or health needs.  SENDIASS offer impartial, confidential information, advice and support to:  parents and carers of children and young people (birth to 25 years) with special educational needs or disabilities  children (16 years and under) with special educational needs or disabilities  professionals needing signposting and procedure information around the SEND Code of Practice  any type of disability or learning difficulty, diagnosis not needed.</p>	 East Riding	<p><b>Website:</b>  <a href="https://www.eastridingsendiass.org.uk/">https://www.eastridingsendiass.org.uk/</a></p> <p><b>Email:</b> <a href="mailto:sendiass@eastriding.gov.uk">sendiass@eastriding.gov.uk</a></p> <p><b>Telephone:</b> 01482 396469</p>
<p><b>Ryedale Special Families:</b>  Supporting families of children and young adults with disabilities, additional needs and illness throughout Ryedale, North Yorkshire, for over 25 years.  Information, Advice &amp; Guidance  1 TO 1 Flexible Care  Social Groups  Family Activities</p>	 Ryedale	<p><b>Website:</b>  <a href="https://www.ryedalespecialfamilies.org.uk/">https://www.ryedalespecialfamilies.org.uk/</a></p> <p><b>Email:</b>  <a href="mailto:post@ryedalespecialfamilies.org.uk">post@ryedalespecialfamilies.org.uk</a></p> <p><b>Telephone:</b> 01653 699000</p>
<p><b>Short breaks for disabled children and young people.</b>  Short breaks are available to families to provide a break from caring for a disabled child and for the child to have a break from their carers.  Short breaks are matched to meet the child's needs, interests and preferences and aim to provide:</p>	 North Yorkshire	<p><b>Website</b>  <a href="https://www.northyorks.gov.uk/children-and-families/social-care-children/short-breaks-disabled-children-and-young-people#:~:text=Short%20breaks%20are%20available%20to,for%20the%20parents%20and%20child">https://www.northyorks.gov.uk/children-and-families/social-care-children/short-breaks-disabled-children-and-young-people#:~:text=Short%20breaks%20are%20available%20to,for%20the%20parents%20and%20child</a></p>




<ul style="list-style-type: none"> <li>• extra social opportunities for the child;</li> <li>• a break for the parents and child; or</li> <li>• time for parents to spend with other children in the family</li> </ul>		
<p><b>Parent Carer Voice (Used to be NYPACT):</b> Parent Carer Forum for North Yorkshire, supporting families with children and young people (0-25 years old) with Special Educational Needs and/or Disabilities (SEND). Our vision is to inform, empower and represent the collective voice of families with SEND in the region. We are a community, connecting families through shared information, experiences and mutual support. We know how isolating and confusing it can be to navigate services and family life with SEND, so we organise events and training across North Yorkshire and share information with the aim to inform and empower families. We work together, using our collective voice for positive change.</p>	 <p>parentcarer voice WORKING TOGETHER FOR POSITIVE CHANGE</p> <p>North Yorkshire</p>	<p><b>Website:</b> <a href="https://www.parentcarervoiceuk.org/">https://www.parentcarervoiceuk.org/</a></p> <p><b>Email:</b> <a href="mailto:info@parentcarervoiceuk.org">info@parentcarervoiceuk.org</a></p> <p><b>Telephone:</b> 07396 641232</p>
<p><b>Autism Understood</b> This website provides a better understanding of what autism is with links to information on education, health and wellbeing, co-occurring conditions, social differences. A website about autism, for autistic young people.</p>	 <p>AU Autism Understood by Spectrum Learning</p>	<p><a href="https://autismunderstood.co.uk/">https://autismunderstood.co.uk/</a></p>
<p><b>Carers Plus Yorkshire (formerly Carers' Resource)</b> We are a local charity covering Scarborough, Whitby and Ryedale, providing free and confidential support for unpaid carers from the age of 8 upwards. Support services includes:</p> <ul style="list-style-type: none"> <li>• Adult carers</li> <li>• Young Adult Carers</li> <li>• Young Carers service</li> <li>• Action for Inclusion</li> <li>• Home from hospital</li> </ul>	 <p>carers plus YORKSHIRE</p> <p>Scarborough, Whitby and Ryedale</p>	<p><b>Website:</b> <a href="http://www.carersplus.net">www.carersplus.net</a> <b>Email:</b> <a href="mailto:admin@carersplus.net">admin@carersplus.net</a> <b>Telephone:</b> 01723 850155 01609 780872</p>
<p><b>National autistic society</b> The UK's leading charity for people on the autism spectrum and their families. Since 1962, we have been providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.</p>	 <p>National Autistic Society</p> <p>National and regional support</p>	<p><b>Website:</b> <a href="https://www.autism.org.uk/">https://www.autism.org.uk/</a></p> <p><b>Local branch:</b> North Yorkshire <b>Email:</b> northyorkshirecentral.branch@nas.org.uk <b>Telephone:</b> 07818 016431</p>
<p><b>Contact: for families with disabled children</b> We support families, bring families together and help families take action for others:</p> <ul style="list-style-type: none"> <li>• Information and advice</li> </ul>	 <p>contact for families with disabled children</p> <p>National and regional</p>	<p><b>Website:</b> <a href="https://contact.org.uk/">https://contact.org.uk/</a> <b>Telephone helpline:</b> 0808 808 3555</p>










<ul style="list-style-type: none"> <li>• Workshops and events</li> <li>• Listening ear: 1-2-1 support</li> <li>• Parent carer participation</li> <li>• Training</li> </ul> <p>We run a free helpline for parents and carers with a disabled child aged from birth to 25, living in any part of the UK. Your child does not need a diagnosis for you to call our helpline.</p>		
<p><b>Mencap</b>  “Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers.</p> <p>Our vision is a world where people with a learning disability are valued equally, listened to and included.”</p>	 National and local support	<p><b>Website:</b>  <a href="https://www.mencap.org.uk/">https://www.mencap.org.uk/</a>  <b>Scarborough and District</b>  <b>Website:</b>  <a href="http://www.scarboroughmencap.org.uk">www.scarboroughmencap.org.uk</a>  <b>Email:</b>  <a href="mailto:info@scarboroughmencap.org.uk">info@scarboroughmencap.org.uk</a>  <b>Telephone:</b> 01723 374819  <b>Ryedale and District</b>  <b>Website:</b>  <a href="https://www.ryedalemencap.org/">https://www.ryedalemencap.org/</a>  <b>Email:</b>  <a href="mailto:josephinehallmencap@outlook.com">josephinehallmencap@outlook.com</a>  <b>Telephone:</b> 07702783574</p>
<p><b>Guide Dogs</b>  We provide a range of services to support not only your child with sight loss, but the whole family. This includes equipping your child with the skills they need to live an independent and active life, to family events to connect with other families living with sight loss.  Information and advice for children and families:  Family support  Technology and sensory equipment  Education support</p>	 National	<p><b>Website:</b> <a href="http://www.guidedogs.org.uk">www.guidedogs.org.uk</a>  <b>Email:</b>  <a href="mailto:information@guidedogs.org.uk">information@guidedogs.org.uk</a>  <b>Telephone:</b> 0800 781 1444</p>
<p><b>The Daisy Chain Project</b>  ADHD - Autism - Sensory Processing  A free confidential service providing support, advice, and information for neurodiverse adults, young people and their families.</p> <p>No matter what stage of your journey, we can offer:</p> <ul style="list-style-type: none"> <li>• Strategies</li> <li>• Resources</li> <li>• Signposting to other services</li> <li>• Advice</li> <li>• Supportive listening</li> </ul>	 	<p><b>Website:</b>  <a href="https://www.daisychainproject.co.uk/">https://www.daisychainproject.co.uk/</a>  Web link contact:  <a href="https://www.daisychainproject.co.uk/forms/contact-us">https://www.daisychainproject.co.uk/forms/contact-us</a>  Telephone: 01642 531248</p>





<p><b>Ambitious About Autism</b>  We stand with autistic children and young people, champion their rights and create opportunities. We run specialist education services, an award-winning employment programme and children and young people are at the heart of our charity's decision-making, policy work and campaigning.</p> <p>We also use our expertise to deliver training and consultancy to a wide range of organisations to improve awareness and understanding of autism.</p>		<p><b>Website:</b>  <a href="https://www.ambitiousaboutautism.org.uk/">https://www.ambitiousaboutautism.org.uk/</a></p> <p><b>Email:</b>  <a href="mailto:info@ambitiousaboutautism.org.uk">info@ambitiousaboutautism.org.uk</a></p> <p><b>Telephone:</b> 02088155444</p>
<p><b>The Parent Pod</b>  The Parent Pod is a place for parents and carers of children with additional needs and disabilities to get together in a non judgmental safe place.</p> <p>Offering coffee mornings and parent led SEN activities, mainly in the Scarborough area.</p>		<p><b>Facebook:</b> @The Parent Pod</p> <p><b>Email:</b>  <a href="mailto:theparentpod@outlook.com">theparentpod@outlook.com</a></p>
<p><b>Let's Make Sense Together</b>  Let's Make Sense Together is a free resource that anyone can use. It provides information and support to children and young people with sensory processing differences.</p> <p>Here you can find a series of videos to help parents, carers, teachers, and others who support children with sensory processing differences. You'll also find helpful advice sheets and links to other support and information.</p>		<p><b>Website:</b>  <a href="https://www.hnyhealthiertogether.nhs.uk/young-person/sensory-processing">https://www.hnyhealthiertogether.nhs.uk/young-person/sensory-processing</a></p>
<p><b>See appendix for additional blank pages.</b></p>		
<p><b>Bereavement and loss services: pages 10-12</b></p>		
<p><b>Child and Family Bereaved Services directory</b>  The aim of this page is to assist children, young people, parents, carers and their families in accessing bereavement information, resources and services when they are bereaved by the death of a child or a child is bereaved by the loss of somebody close in their lives. Directory includes links to:</p> <ul style="list-style-type: none"> <li>• Regional Support Services</li> <li>• National Support Services</li> <li>• Resources to support services working with children &amp; families</li> <li>• List to children's literature to support with death and bereavement</li> </ul>	 <p>Regional and National services</p>	<p><b>Website:</b>  <a href="https://www.safeguardingchildren.co.uk/parents-carers/bereavement/">https://www.safeguardingchildren.co.uk/parents-carers/bereavement/</a></p>



<p><b>Samaritans</b> Samaritans supports schools, college communities and other youth settings across the UK and Republic of Ireland through our postvention services, lesson plans and school talks. Step by Step resource "Help When We Needed it Most" here, to plan and deliver an effective response to a suicide in a school.</p>	 National support	<p><b>Website:</b> <a href="https://www.samaritans.org/how-we-can-help/schools/step-step/step-step-resources/">https://www.samaritans.org/how-we-can-help/schools/step-step/step-step-resources/</a></p>
<p><b>Bereaved Children Support</b> We are an organisation that looks to support bereaved children and their families in the York area.</p>	 York and surrounding area	<p><b>Website:</b> <a href="http://www.bcsy.org.uk/index.html">http://www.bcsy.org.uk/index.html</a> <b>Email:</b> <a href="mailto:info.bcsy@gmail.com">info.bcsy@gmail.com</a></p>
<p><b>Winston's Wish</b> Winston's Wish was the UK's first childhood bereavement charity. We have been supporting bereaved children and young people since 1992 and we continue to lead the way in providing specialist child bereavement support services across the UK. Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them. Our expert teams offer one off and ongoing bereavement support and we also provide online resources, specialist publications and training for professionals. We have launched a brand-new text and WhatsApp bereavement support service, and we wanted you to be the first to know about it.</p>	 National	<p><b>Website:</b> <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a> <b>Email:</b> <a href="mailto:ask@winstonswish.org">ask@winstonswish.org</a> <b>Telephone:</b> 08088 020 021</p> <p><b>Text or WhatsApp</b> 07418 341 800 Open 3pm - 8pm, weekdays (excluding bank holidays)</p>
<p><b>Child Bereavement UK</b> Child Bereavement UK helps children, parents and families to rebuild their lives when a child grieves or when a child dies. We support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age. We offer free, confidential bereavement support by telephone, video or instant messenger, as well as face to face from a number of locations across the UK.</p>	 National	<p><b>Website:</b> <a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a> <b>Email:</b> <a href="mailto:helpline@childbereavementuk.org">helpline@childbereavementuk.org</a> <b>Telephone:</b> 0800 02 888 40</p>
<p><b>Mind: Scarborough, Whitby and Ryedale</b> Our specialist mental health support is designed around what you need. Support may include: Emotional support and reassurance using theories and models of bereavement</p>	 Local support	<p><b>Website:</b> <a href="#">MindSpace (Children and Young People) – Scarborough, Whitby &amp; Ryedale Mind</a> <b>Email:</b> <a href="mailto:info@swrmind.org.uk">info@swrmind.org.uk</a> <b>Telephone:</b> <a href="tel:01723339838">01723 339838</a></p>

<p>Practical support – signposting, help with arrangements, accompanying to appointments Creative emotional support, for example memory boxes and craft ideas Therapeutic support – resources and advice around stress control and anxiety management, either individually or in a group setting.</p>		
<p><b>Cruse:</b> Cruse Bereavement Care is the leading national charity for bereaved people. We offer support, advice and information to children, young people and adults when someone die, and work to enhance society’s care of bereaved people. Cruse offers face-to-face, group, telephone, email and website support. We have a Free phone national helpline and local services throughout England, Wales and Northern Ireland. Our website Hope Again provides support for young people. Our services are provided by trained volunteers and are confidential and free.</p>	 National and local support  East Riding  York, Scarborough, Whitby, Ryedale	<p><b>Website:</b> <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a> <b>Telephone:</b> 0808 808 1677</p> <p><b>Local branches:</b> East Riding Email: <a href="mailto:hull@cruse.org.uk">hull@cruse.org.uk</a> <b>Telephone:</b> 01482 966000</p> <p><b>York &amp; North Yorkshire</b> Email: <a href="mailto:York@cruse.org.uk">York@cruse.org.uk</a> <b>Telephone:</b> 01904 481162</p>
<p><b>Hope Again:</b> Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies.</p>	 National and local support	<p><b>Website:</b> <a href="https://www.hopeagain.org.uk/">https://www.hopeagain.org.uk/</a> <b>Email:</b> <a href="mailto:hopeagain@cruse.org.uk">hopeagain@cruse.org.uk</a> <b>Telephone:</b> 0808 808 1677</p>
<p><b>See appendix for additional blank pages.</b></p>		
<p><b>CYP and families’ mental health and wellbeing services: pages 12-19</b></p>		
<p><b>Tees Esk and Wear Valley (TEWV) NHS Foundation Trust signposting directory provides access information and links about services for Children and Young people. Some of which includes:</b></p> <ul style="list-style-type: none"> <li>• Child and Adolescent Mental Health Services (CAMHS) – Lake House, Scarborough 01723 346000</li> <li>• Learning and Disabilities Team</li> <li>• Wellbeing in Mind Team (MHST) – <a href="mailto:TEWV.wimts Scarborough@nhs.net">TEWV.wimts Scarborough@nhs.net</a></li> </ul>	 Scarborough  York	<p><b>Children and young people in Scarborough, Whitby, Ryedale:</b> <a href="https://www.tewv.nhs.uk/services/?service_type=children-and-young-people&amp;location=scarborough-whitby-ryedale">https://www.tewv.nhs.uk/services/?service_type=children-and-young-people&amp;location=scarborough-whitby-ryedale</a></p> <p><b>Children and young people in the Vale of York:</b> <a href="https://www.tewv.nhs.uk/services/?service_type=children-and-">https://www.tewv.nhs.uk/services/?service_type=children-and-</a></p>





<ul style="list-style-type: none"> <li>• Follow Wellbeing in Mind Team Instagram on <b>@wellbeinginmind.mhst</b></li> <li>• Eating Disorders Team – Enquiries and advice seeking can be made by school staff to the Duty Worker: <a href="mailto:tewv.edtduty@nhs.net">tewv.edtduty@nhs.net</a> 01904 615343</li> <li>• Early Intervention Psychosis Team</li> </ul>	<p>Harrogate</p> <p>Hambleton and Richmond</p> <p>Resources</p>	<p><a href="#">young-people&amp;location=vale-of-york</a></p> <p><b>Children and young people in Harrogate:</b> <a href="https://www.tewv.nhs.uk/services/?service_type=children-and-young-people&amp;location=harrogate-and-craven">https://www.tewv.nhs.uk/services/?service_type=children-and-young-people&amp;location=harrogate-and-craven</a></p> <p><b>Children and young people in Hambleton and Richmond:</b> <a href="https://www.tewv.nhs.uk/services/?service_type=children-and-young-people&amp;location=hambleton-richmondshire">https://www.tewv.nhs.uk/services/?service_type=children-and-young-people&amp;location=hambleton-richmondshire</a></p>
<p><b>6-19 Emotional Health and Resilience Team.</b> The Emotional Health and Resilience Team offer a service for 6-19 years olds experiencing low to moderate level emotional health issues. Children, Young People and Families will be offered face to face or virtual support as part of our service offer.</p> <p>To contact a member of the 0-19 Healthy Child Team please use the single point of contact where you can reach us via 0300 3030916 should you wish to ask any questions about our service or discuss any potential referrals over the phone.</p>	 <p>North Yorkshire</p>	<p>There is a new referral form (June 2023) that is specific to the 5-19 Emotional Health Resilience Team. This is available:</p> <p><a href="https://thegoto.org.uk/im-a-young-person/whats-in-north-yorkshire-for-me/17-or-under/">https://thegoto.org.uk/im-a-young-person/whats-in-north-yorkshire-for-me/17-or-under/</a></p>
<p><b>The Go-To</b> Welcome to the home of wellbeing and mental health for young people in North Yorkshire. We're here to help you find the right help and support for you, to help you stay well, whatever is going on in your life.</p>		<p><b>Website:</b> <a href="https://thegoto.org.uk/">https://thegoto.org.uk/</a></p> <p><b>Mini-market provides overview of services:</b> <a href="https://thegoto.org.uk/mini-marketplace/">https://thegoto.org.uk/mini-marketplace/</a></p>
<p><b>Beat</b> The UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders. They offer various training courses for those working in healthcare and education and for those caring for someone with an eating disorder. They can also offer bespoke training for your organisation.</p>		<p><a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a></p>


<p><b>Compass Phoenix</b> Supporting Children &amp; Young People in North Yorkshire</p> <p>Compass Phoenix is a free, confidential health and wellbeing service for children and young people between the ages of 5-19. It's also available for young people with Special Educational Needs and Disabilities (SEND) and an Education Health and Care Plan (EHCP) up to the age of 25.</p> <p>The Compass Phoenix service is for those children and young people who may benefit from receiving early help and prevention of harm work in relation to mild to moderate emotional wellbeing and mental health issues.</p> <p>The aim of the service is to improve outcomes for children and young people's mental health by strengthening the range of mental health support available to children and young people.</p>	 <p>National and regional</p>	<p><b>Website:</b> <a href="https://www.compass-uk.org/contact/">https://www.compass-uk.org/contact/</a></p> <p><b>Email:</b> <a href="mailto:phoenix@compass-uk.org">phoenix@compass-uk.org</a></p> <p><b>Telephone:</b> 01904 661916; 0800 008 7452</p> <p>Compass offers a confidential text messaging service to young people aged 11-18 across North Yorkshire</p> <p><b>BUZZ US:</b> 07520 631168</p>
<p><b>Andy man's club</b> Men's Mental Health Support Groups running throughout the UK.</p> <p>We are talking groups for men who have either been through a storm, are currently going through a storm or have a storm brewing in life. NATIONWIDE MENTAL HEALTH SUPPORT TALKING GROUPS OPEN EVERY MONDAY FROM 7PM EXCLUDING BANK HOLIDAYS.</p>	 <p>National and regional</p>	<p><b>Website:</b> <a href="https://andysmanclub.co.uk/">https://andysmanclub.co.uk/</a></p> <p><b>Email:</b> <a href="mailto:info@andysmanclub.co.uk">info@andysmanclub.co.uk</a></p> <p>Local Yorkshire clubs include:</p> <ul style="list-style-type: none"> <li>• Beverley</li> <li>• Bridlington</li> <li>• Hull</li> <li>• Scarborough</li> <li>• Malton &amp; Norton</li> </ul>
<p><b>Sidewalk youth project Scarborough</b> Sidewalk-Scarborough is a youth-led movement for change. Just as it takes a village to raise the young, we believe it takes young people to raise a village! For 28 years we have focussed on engaging with Scarborough's most marginalized and at-risk young people on the streets, to draw alongside them and nurture conditions in which they can develop in all areas of life. Sidewalk-Scarborough is currently headed up by Steve Blower along with our amazing team of sessional workers and volunteers.</p>	 <p>Scarborough</p>	<p><b>Website:</b> <a href="https://sidewalk-scarborough.com/">https://sidewalk-scarborough.com/</a></p> <p><b>Email:</b> <a href="mailto:admin@sidewalk-scarborough.com">admin@sidewalk-scarborough.com</a></p> <p><b>Telephone:</b> 07735 205 622</p>
<p><b>YoungMinds:</b> fighting for young people's mental health.</p> <p>Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help. Life can be challenging and we all struggle to cope sometimes. It might not feel like it, but things can get better. We have lots of advice and tips that can really help.</p>	 <p>National</p>	<p><b>Website:</b> <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a></p> <p><b>Parent helpline:</b> 0808 802 5544</p> <p><b>Parents online chat:</b> <a href="https://www.youngminds.org.uk/parent/parents-helpline/#Chattousonline">https://www.youngminds.org.uk/parent/parents-helpline/#Chattousonline</a></p>




<p><b>NHS North Yorkshire CCG: The sleep charity</b></p> <p>Scarborough and Ryedale sleep clinics for families of children age 12 months upwards.</p> <p>Does your child have a sleep difficulty that is impacting on their behaviour and family life. Do you need support from a trained sleep practitioner. The sleep charity has been commissioned by NY CCG to provide 1-2-1 sleep clinics via telephone or online for families in Scarborough and Ryedale.</p> <p>This service is also suitable for children with Special educational needs and disabilities.</p>	 <p>Scarborough &amp; Ryedale</p>	<p><b>Website:</b> <a href="http://www.thesleepcharity.org.uk">www.thesleepcharity.org.uk</a></p> <p><b>Email:</b> info@thesleepcharity.org.uk</p> <p><b>Telephone:</b> 01302 751 416</p>
<p><b>Childline</b></p> <p>Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.</p> <p>Childline is free, confidential and available any time, day or night. You can talk to us:</p> <ul style="list-style-type: none"> <li>by calling</li> <li>by email</li> <li>through 1-2-1 counsellor chat</li> </ul> <p>Whatever feels best for you.</p> <p>Childline website provides a wide range of information to support emotional wellbeing.</p>		<p><b>Website:</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a></p> <p><b>1-2-1 support:</b> <a href="https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/">https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</a></p> <p><b>Telephone:</b> 0800 1111</p>
<p><b>Mentally healthy schools:</b></p> <p>Mentally Healthy Schools brings together quality-assured mental health resources, information &amp; advice for schools and further education settings in England, Northern Ireland, Scotland and Wales.</p>	 <p>National</p>	<p><b>Website:</b> <a href="https://mentallyhealthyschools.org.uk/">https://mentallyhealthyschools.org.uk/</a></p>
<p><b>IDAS: independent domestic abuse services</b></p> <p>IDAS services are open and inclusive and available to anyone who has experienced or is experiencing domestic abuse. IDAS is a specialist domestic abuse charity, committed to supporting anyone who is a victim or survivor of abuse or violence. Whatever your sexuality or gender identity we can provide support and access to safe accommodation.</p> <p><b>Respect programme</b></p> <p>IDAS are able to offer one to one support and some groups for children and young people. We</p>	 <p>National and regional</p>	<p><b>Website:</b> <a href="https://www.idas.org.uk/">https://www.idas.org.uk/</a></p> <p><b>Email:</b> <a href="mailto:info@idas.org.uk">info@idas.org.uk</a></p> <p><b>National 24 hours helpline:</b> 0808 2000 247</p> <p><b>North Yorkshire:</b> 03000 110 110</p>



<p>also provide support for young people who are starting to be abusive. For more information about any of our services or to make a referral please email <a href="mailto:info@idas.org.uk">info@idas.org.uk</a>.</p> <p>We offer a Respect Programme for ages 10-16 who are showing early signs of aggression. You can make a referral online. The programme runs for approximately 12 weeks and works with both child(ren) and parent(s).</p> <p>We have a worker in Scarborough. You can make the referral on our website;  <a href="https://idas.org.uk/make-a-referral/">https://idas.org.uk/make-a-referral/</a>  or through to <a href="mailto:CYPreferrals@idas.org.uk">CYPreferrals@idas.org.uk</a> and we can send you a referral form.</p>		
<p><b>North Yorkshire Youth</b></p> <p>North Yorkshire Youth provide a broad range of opportunities and activities for children and young people to explore and discover their own potential.</p> <p>That was the vision of our founders, way back in 1941, and it's still our aim today.</p> <p>We provide positive opportunities across North Yorkshire for children and young people to learn and grow by:</p> <ul style="list-style-type: none"> <li>• supporting voluntary youth work projects and clubs throughout North Yorkshire</li> <li>• providing training opportunities and workshops for young people and those who work with them</li> <li>• providing and support in volunteering opportunities for young people</li> <li>• mentoring support for young people</li> </ul> <p><b>Change Direction Youth Mentors</b></p> <p>Change Direction is a prevention and early intervention support scheme for young people aged 10-17 in North Yorkshire, who maybe committing antisocial behaviour and low level offences, with the intention of diverting them away from the criminal justice system. It provides either one to one or group support as part of a tailored support plan for the young person. Referrals can be made from schools. Email <a href="mailto:clare@nyy.org.uk">clare@nyy.org.uk</a> to request a referral form.</p>	 <p>Yorkshire</p>	<p><b>Website:</b>  <a href="https://www.nyy.org.uk/">https://www.nyy.org.uk/</a>  <b>Email :</b> <a href="mailto:info@nyy.org.uk">info@nyy.org.uk</a>  <b>Telephone:</b> 01845 522 145</p>
<p><b>North Yorkshire Sport</b></p> <p>North Yorkshire Sport is a charity that uses sport and physical activity as a driver for positive change to help tackle barriers to being regularly active, such as health, deprivation, training and</p>	 <p>Yorkshire</p>	<p><b>Website:</b>  <a href="https://northyorkshiresport.co.uk/">https://northyorkshiresport.co.uk/</a>  <b>Email:</b>  <a href="mailto:info@northyorkshiresport.co.uk">info@northyorkshiresport.co.uk</a>  <b>Telephone:</b> 01423 226303</p>





<p>employment and disability in order to build stronger communities.</p> <p><b>Stepping Up Project</b></p> <p>Stepping Up is an early intervention and prevention project to divert children and young people who have not yet entered the criminal justice system but are beginning to show signs or risky or challenging behaviour within school, home or within their local community. They provide two strands of intervention, one being 121 mentoring with an athlete mentor and the other being support to access activities in the community to support them when they are outside of school. For referral information contact: <a href="mailto:jody@northyorkshiresport.co.uk">jody@northyorkshiresport.co.uk</a></p>		
<p><b>The Wave Project</b></p> <p>We support children and young people who experience a range of physical and mental health issues, social deprivation or social isolation. Young people attending our courses are supported through surfing to build confidence and self-esteem, develop resilience, and make friends.</p> <p><b>Surf Therapy</b></p> <p>Our surf therapy programmes offer young people aged 8 to 21 the opportunity to participate in a specialised surf therapy session once a week for six weeks. Each young person is paired with a volunteer surf mentor and receives one-to-one support appropriate to their needs for the duration of the course.</p> <p>Referral's are made by referral partners. For more information on this please visit their website.</p>	 <p>Nationwide / Scarborough</p>	<p><b>Website:</b> <a href="https://www.waveproject.co.uk/">https://www.waveproject.co.uk/</a></p> <p><b>Email:</b> <a href="mailto:info@waveproject.co.uk">info@waveproject.co.uk</a></p> <p><b>Telephone:</b> 01637 820830</p> <p>North Yorkshire Email: <a href="mailto:mattj@waveproject.co.uk">mattj@waveproject.co.uk</a> Telephone: 07376 319367</p>
<p><b>Anna Freud – Self- Care</b></p> <p>Self-care is about things that we can do to look after our own mental health. This link is aimed at a resource for young people to access. Anna Freud have worked with professionals and young people aged 11-25 to create a virtual menu of different activities and strategies that can improve our mental wellbeing. Each activity listed is explored in more detail for you to try out and provide feedback on whether you found it useful or not.</p>	 	<p><b>Website:</b> <a href="https://www.annafreud.org/on-my-mind/self-care/">https://www.annafreud.org/on-my-mind/self-care/</a></p>
<p><b>Community Counselling</b></p> <p>Community Counselling is an independent charity based in Ryedale. We provide a range of counselling services to people living in Ryedale</p>		<p><b>Website:</b> <a href="https://www.community-counselling.org.uk/">https://www.community-counselling.org.uk/</a></p> <p><b>Telephone:</b> 01653 690124</p>



<p>and Scarborough Borough Districts, North Yorkshire.</p> <p><b>Individuals aged 16 and over living in Scarborough Borough Districts:</b></p> <p><b>Childrens Service (Aged 9-16):</b>  This service is for children aged 9 to16 living in the Scarborough Borough area who are experiencing mild to moderate levels of emotional and psychological distress such as:</p> <ul style="list-style-type: none"> <li>• Anger</li> <li>• Anxiety</li> <li>• Panic attacks</li> <li>• Bereavement</li> <li>• Family worries</li> </ul> <p>Parents, professionals, or the child themselves can refer to the service.</p> <p><b>Individuals aged 16 and over living in Ryedale: Adult Service (Aged 16+)</b>  Individuals aged 16 and over living in Ryedale, with presenting issues such as anxiety, bereavement, depression, and interpersonal/relationship issues which can be improved with brief counselling. Referral can be made through GP or self-referral through their website.  To access this service you must be registered at one of the following GP practices:  Ampleforth &amp; Hovingham  Derwent Medical Practice  Helmsley  Kirkbymoorside  Pickering  Sherburn &amp; Rillington  West Ayton &amp; Snainton</p> <p>Other adult services offered in conjunction with other agencies include:</p> <ul style="list-style-type: none"> <li>• Victims counselling</li> <li>• Domestic and sexual abuse counselling</li> <li>• Paid counselling service</li> </ul>		<p><b>Email:</b> info@community-counselling.org.uk</p>
<p><b>National Careers Service</b>  The National Careers Service provides high quality, free and impartial careers advice, information and guidance. Our service is available to anyone aged 13+ no matter what stage of the careers journey you're at.</p>		<p><b>Website:</b>  <a href="https://nationalcareers.service.gov.uk/">https://nationalcareers.service.gov.uk/</a>  <b>Helpline:</b> 0800 100 900  Webchat also available on website.</p>



<p>The National Careers Service website is here to give you the tools to make decisions about your career at your own pace and in your own time.</p>		
<p><b>North Yorkshire Talking Therapies (18+)</b>  North Yorkshire Improving access to psychological therapies (Talking Therapies) service is a national NHS programme designed to increase the availability of talking therapy treatments recommended by the National Institute for Health and Clinical Excellence (NICE). Significant events like bereavement, unemployment, relationship breakdown, traumatic events or even stress at work can lead to difficulties requiring help and support. Problems with low mood and anxiety can develop and make it difficult for us to cope with life's daily demands.</p> <p>To make sure that the Talking Therapies service is right for you, you will need to complete a self-referral form. You can self-refer here or via your GP.</p> <p>Where Talking Therapies is not the most suitable service we can signpost you to alternatives where available.</p>		<p><b>Website:</b>  <a href="https://northyorkshiretalkingtherapies.co.uk/">https://northyorkshiretalkingtherapies.co.uk/</a>  <b>Scarborough, Whitby and Ryedale</b>  <b>Telephone:</b> 01947 899270</p>
<p><b>Turning Tides Ending Local Homelessness</b>  A pilot wellbeing programme offering non-judgemental support for young people that puts them at the centre.</p> <p>Turning Tides works in partnership with young people to improve their wellbeing, helping young people feel more confident and able to enjoy life.</p> <p>Are you supporting a young people who is...</p> <ul style="list-style-type: none"> <li>- 15-21 and lives in Scarborough, Whitby or surrounding areas.</li> <li>- Would benefit from tailored wellbeing support.</li> <li>- Feels personally ready to engage with support.</li> </ul>		<p><b>Website:</b> <a href="https://www.turning-tides.org.uk/">https://www.turning-tides.org.uk/</a>  <b>Phone:</b> 01903 680740  <b>Email:</b> <a href="mailto:info@turning-tides.org.uk">info@turning-tides.org.uk</a></p>
<p><b>See appendix for additional blank pages.</b></p>		
<p><b>LGBT+ services &amp; support: pages 20-22</b></p>		
<p><b>Yorkshire Mesmac</b>  Yorkshire MESMAC is one of the oldest and largest sexual health organisations in the country.</p>		<p><b>Website:</b>  <a href="https://www.mesmac.co.uk/">https://www.mesmac.co.uk/</a>  <b>Hull Email:</b> <a href="mailto:hull@mesmac.co.uk">hull@mesmac.co.uk</a></p>

<p>We offer services to various communities across Yorkshire, including men who have sex with men, people of colour and other marginalised races, people misusing drugs, sex workers and LGBT+ young people and adults.</p> <p>We have bases in Leeds, York, North Yorkshire, Bradford, Wakefield, Rotherham and Hull. Yorkshire MESMAC is part of a group of services.</p> <p><b>1-2-1 SUPPORT</b></p> <p>Are you over 14 and LGBT+ or questioning your sexual orientation? Have you got some questions about your sexual health and are not sure where to go for answers? Yorkshire MESMAC offers 1-2-1 support either in school or in our offices for non-judgmental and confidential support around your sexual health.</p> <p><b>ASSEMBLIES / WORKSHOPS</b></p> <p>We can also deliver assemblies and classes to over 14s on LGBTQ+ issues, bullying and support. Your school just needs to get in touch with us to book it!</p> <p><b>STAFF TRAINING</b></p> <p>Our staff can offer training on LGBT+ awareness and homo / bi / trans phobic bullying and how to tackle and prevent it in schools.</p>	<p>Yorkshire regions</p>	<p><b>Hull Telephone:</b> 01482 291190</p>
<p><b>YorSexual Health</b></p> <p>For information about sexual health and contraception services in York and North Yorkshire, you've come to the right place. They offer confidential, free and friendly services including LGBTQ+ Youth Groups enable young people to connect to the local LGBTQ+ community in York and North Yorkshire. They can join a supportive, welcoming, inclusive, safe space to make friends, share experiences and have fun. Meetings run every 2 weeks online and face to face.</p> <p>Contact Lilly via mobile 07855171280 or e-mail Lilly.Allenby@York.NHS.UK.</p>		<p><a href="http://www.yorsexualhealth.org.uk">www.yorsexualhealth.org.uk</a></p> <p><a href="https://www.yorsexualhealth.org.uk/our-services/lgbt/">https://www.yorsexualhealth.org.uk/our-services/lgbt/</a></p> <p><b>Telephone for 17 and under:</b> 07973775692</p> <p><b>Booking and information telephone:</b> 01904721111</p>
<p><b>Being gay is ok UK based website</b></p> <p>Information and advice for gay, lesbian, bisexual and unsure under twenty-fives.</p> <p>bgiok is about practical advice and information about homosexuality, and cutting through the stereotypes and negativity around it. bgiok aims to help young people feel better about their</p>	 <p>National</p>	<p><b>Website:</b> <a href="https://bgiok.org.uk/">https://bgiok.org.uk/</a></p> <p>Contact via web link: <a href="http://www.bgiok.org.uk/contact/contact_main.html">http://www.bgiok.org.uk/contact/contact_main.html</a></p> <p><b>Call:</b> 0800 06 12345</p> <p><b>Text:</b> 07451 289261</p> <p><b>Email:</b> outline-listening@catalystsupport.org.uk</p>




<p>sexuality and about the person they are beyond that.</p> <p>Offering accessible and informative content that tackles the issues that visitors tend to be most concerned about, like coming out, religion and homophobic bullying. Everything here is unique to the site, so you won't find it anywhere else.</p> <p>Being gay doesn't mean that you are a freak or a bad person or that you've done something wrong. Being gay doesn't mean being alone.</p> <p>bgiok is a non-profit project run entirely by volunteers from the LGBT support charity Outline.</p>		
<p><b>York LGBT Forum</b></p> <p>York LGBT Forum is a charity which aims to improve LGBT rights in York, North Yorkshire, United Kingdom and across the world. York LGBT Forum works to ensure that there is no discrimination on the basis of, but not limited to, ethnicity, language, race, age, ability, sex, gender identity, sexual orientation, family status, income, immigrant or refugee status and nationality.</p> <p><b>SCHOOLS &amp; YOUNG PEOPLE</b></p> <p>The schools subgroup aims to source &amp; provide access to a multitude of LGBT related resources. Whilst our resource bank is open and available to all, our hope is that the following groups in particular will benefit from the resources available:-</p> <ul style="list-style-type: none"> <li>• LGBT people</li> <li>• Schools</li> <li>• Parents of LGBT people</li> <li>• Groups</li> <li>• Agencies</li> <li>• The wider community</li> </ul> <p>The group are keen to provide a consultation mechanism and support network to schools and other agencies to help tackle common issues. Through making our resources available to all, we aim to enhance the health, well being, confidence and self esteem of LGBT people. For non LGBT people, our aim is to raise awareness and make for a more informed society when it comes to the current issues affecting the LGBT community.</p>		<p><b>Website:</b>  <a href="https://www.yorklgbtforum.org.uk/">https://www.yorklgbtforum.org.uk/</a>  Schools and young people webpage:  <a href="https://www.yorklgbtforum.org.uk/schools/">https://www.yorklgbtforum.org.uk/schools/</a>  <b>Email:</b> <a href="mailto:enquiry@yorklgbtforum.org">enquiry@yorklgbtforum.org</a></p>

<p>The Forum is working in partnership with a number of local organisations all of whom are passionate and committed to helping deliver positive change for schools.</p>		
<p><b>Mermaids:</b>  Mermaids has been supporting transgender, nonbinary and gender-diverse children, young people, and their families since 1995. Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. We also currently offer web chat support to students up to the age of 25.  Transgender, nonbinary and gender-diverse children and teens need support and understanding, as well as the freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face.  Our support...  Reduces isolation and loneliness for transgender, nonbinary and gender-diverse children, young people and their families.  Provides families and young people with the tools they need to negotiate education and health services.  Helps young people to cope better with mental and emotional distress, and equips their parents with what they need to offer individual support.  Improves the self-esteem and social skills of children and young people.  Improves awareness, understanding and practices of teachers, GP's, CAMHS, Social Services and other professionals.</p>	 National	<p><b>Website:</b>  <a href="https://mermaidsuk.org.uk/">https://mermaidsuk.org.uk/</a>  <b>Email:</b> <a href="mailto:info@mermaidsuk.org.uk">info@mermaidsuk.org.uk</a>  <b>Telephone:</b> 0808 801 0400  Webchat available on the website</p>
<p><b>LGBT Foundation</b>  LGBT Foundation is a national charity delivering advice, support and information services to lesbian, gay, bisexual and trans (LGBT) communities.  WE BELIEVE IN A FAIR AND EQUAL SOCIETY WHERE ALL LGBT PEOPLE CAN ACHIEVE THEIR FULL POTENTIAL.</p>	 National support	<p><b>Website:</b>  <a href="http://www.lgbt.foundation/">http://www.lgbt.foundation/</a>  <b>Telephone:</b> 0345 3 30 30 30  Self-referral form online  Contact form online</p>
<p><b>See appendix for additional blank pages.</b></p>		
<p><b>Financial support advice &amp; misc. charity services: pages 23-30</b></p>		

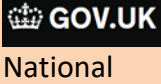


<p><b>Citizens' Advice</b></p> <p>Advice:</p> <ul style="list-style-type: none"> <li>• Benefits</li> <li>• Work</li> <li>• Debt and money</li> <li>• Consumer</li> <li>• Family</li> <li>• Housing</li> <li>• Law and courts</li> <li>• Immigration</li> <li>• Health</li> </ul>	 <p>National and local support</p>	<p>Website: <a href="https://www.citizensadvice.org.uk/">https://www.citizensadvice.org.uk/</a></p> <p><b>National:</b> Online chat: <a href="https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/">https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/</a> National telephone line: 0800 144 8848</p> <p><b>Local:</b> <b>Scarborough and Whitby:</b> <a href="https://www.cany.org.uk/contact/visit-us/visit-us-in-scarborough/">https://www.cany.org.uk/contact/visit-us/visit-us-in-scarborough/</a> Telephone: 0808 278 7900 <b>Admin line:</b> 01723 368710</p> <p><b>Ryedale:</b> Website: <a href="https://www.cany.org.uk/contact/visit-us/visit-us-in-malton/">https://www.cany.org.uk/contact/visit-us/visit-us-in-malton/</a> Telephone: 0808 278 7900 Admin line: 01653 695542</p> <p><b>Hull, Beverley, Bridlington:</b> Website: <a href="http://www.hullandeastridingcab.org.uk/">http://www.hullandeastridingcab.org.uk/</a> Request advice online: <a href="https://www.hullandeastridingcab.org.uk/request-advice-for-yourself/">https://www.hullandeastridingcab.org.uk/request-advice-for-yourself/</a> Telephone: 0808 278 7981</p> <p><b>York:</b> Website: <a href="http://www.citizensadviceyork.org.uk/">http://www.citizensadviceyork.org.uk/</a> <b>Telephone:</b> Advice line 0808 278 7895 01904 623648 (admin only)</p>
<p><b>Children's Disability Living Allowance (DLA)</b></p> <p>Overview</p> <p>Disability Living Allowance (DLA) for children may help with the extra costs of looking after a child who:</p> <ul style="list-style-type: none"> <li>• is under 16</li> </ul>	 <p>National</p>	<p><b>Website:</b> <a href="https://www.gov.uk/disability-living-allowance-children">https://www.gov.uk/disability-living-allowance-children</a></p> <p>Application form available from website link.</p>



<ul style="list-style-type: none"> <li>• has difficulties walking or needs much more looking after than a child of the same age who does not have a disability</li> </ul> <p>They will need to meet all the eligibility requirements.</p> <p>The DLA rate is between £23.70 and £152.15 a week and depends on the level of help the child needs.</p>		
<p><b>Family Fund</b></p> <p>Family Fund is the UK’s largest charity providing grants for families raising disabled or seriously ill children and young people. Last year, we provided over 150,000 grants or services worth over £48 million to families across the UK.</p> <p>Our purpose is to improve the lives of low-income families raising disabled or seriously ill children and young people.</p> <p>Our mission is to provide items and services to all low-income families in the UK raising disabled or seriously ill children, that they could not otherwise afford or access, and that help improve their quality of life, realise their rights, and remove some of the barriers they face.</p> <p>Our vision is that all families raising disabled or seriously ill children have the same choices, quality of life, opportunities and aspirations as other families.</p>	 <p>National</p>	<p><b>Website:</b>  <a href="https://www.familyfund.org.uk/">https://www.familyfund.org.uk/</a></p> <p><b>Contact us:</b>  <a href="https://contact.familyfund.org.uk/ContactUs/">https://contact.familyfund.org.uk/ContactUs/</a></p> <p><b>Telephone:</b> 01904 550055</p>
<p><b>NYCC Blue Badge / Bus pass</b></p> <p>You’re eligible for a blue badge without further assessment if you:</p> <ul style="list-style-type: none"> <li>• are registered as blind;</li> <li>• get the higher rate of the mobility component of Disability Living Allowance (DLA);</li> <li>• get Personal Independence Payment (PIP) and scored eight points or more in the ‘moving around’ area of your assessment - check your decision letter if you’re not sure;</li> <li>• get War Pensioners’ Mobility Supplement;</li> <li>• received a lump sum payment as part of the Armed Forces Compensation scheme (tariffs 1 to 8), and have been certified as having a permanent and substantial disability; or</li> </ul>		<p>Apply online: Website:  <a href="https://www.northyorks.gov.uk/blue-badge-parking-permits-disabled-people">https://www.northyorks.gov.uk/blue-badge-parking-permits-disabled-people</a></p>




<ul style="list-style-type: none"> <li>• have a hidden disability and experience very considerable difficulty whilst walking, which may include very psychological distress; or be at risk of serious harm when walking; or pose, when walking, a risk of serious harm to any other person. Find out more about this category here in the section below.</li> </ul>		
<p><b>Free school meals</b></p> <p>Free school meals are available to all key stage one pupils through Universal free school meals and also to pupils in receipt of, or whose parents are in receipt of certain benefits. More information and application forms available by following the website links.</p>	 <p>North Yorkshire</p>  <p>East riding of Yorkshire</p>	<p><b>North Yorkshire</b>  <b>Website:</b>  <a href="https://www.northyorks.gov.uk/education-and-learning/free-school-meals">https://www.northyorks.gov.uk/education-and-learning/free-school-meals</a></p> <p><b>East riding of Yorkshire</b>  <b>Website:</b>  <a href="http://www.eastriding.gov.uk/learning/schools-colleges-and-academies/school-meals/free-school-meals/">www.eastriding.gov.uk/learning/schools-colleges-and-academies/school-meals/free-school-meals/</a></p>
<p><b>The Rainbow Centre</b></p> <p>At the Rainbow Centre our first and foremost role is to listen. We listen to anyone of any faith or none without judgement. The people we support have a range of issues including finance and benefits, housing and homelessness, mental health and addiction. We don't offer advice, but we do have people who can listen in a safe, supportive environment and advocate on your behalf. Phones and computers are available to use and we can refer to various partner agencies if you need further help.</p> <p><b>PRACTICAL HELP AND HOMELESS DAY SERVICES</b></p> <p>We are a food and clothing bank, giving out these items to people in need. We also have a limited range of household items from pots, pans, cutlery and crockery to curtains and baby equipment.</p> <p>For people who are most vulnerable we have a television lounge, shower, laundry and a garden for you to enjoy in a safe, comfortable environment.</p> <p>We can help you if you need: Debt advice, clothes, food, support, homeless services, household items.</p> <p><b>Rainbow money:</b> Our friendly team at Rainbow Money are here to help you with any issues related to debt from basic advice to insolvency and court representation. We have a great</p>	 <p>Scarborough</p>	<p><b>Website:</b>  <a href="http://www.therainbowcentre.org/">http://www.therainbowcentre.org/</a></p> <p><b>Telephone:</b> 01723 500663</p>

<p>reputation in Scarborough and are passionate about seeing people set free from the stress of debt. We look forward to hearing from you!</p>		
<p><b>Yorkshire energy doctor</b>          Yorkshire Energy Doctor was established in 2014 and is a Community Interest Company (C.I.C.) based in Riccall in North Yorkshire. Being a C.I.C. means that we carry out our activities for the benefit of the local community and are a not-for-profit organisation.          We offer EPCs and independent advice on reducing household energy costs.          Home energy visits to advise on a range of ways to help make heating a home more affordable.          Information on managing energy costs.          Fuel poverty training to your organisation          Take a look through the site for more information on the services we have to offer and if you have any more questions please get in touch.          Remember to follow us on social media and keep up to date with our latest news and stories.</p>	 Yorkshire	<p><b>Website:</b>  <a href="https://yorkshireenergydoctor.org.uk/">https://yorkshireenergydoctor.org.uk/</a>  <b>Email:</b>  <a href="mailto:kate@yorkshireenergydoctor.org.uk">kate@yorkshireenergydoctor.org.uk</a>  <b>Telephone:</b> 01757 249100 or 07738 818391</p>
<p><b>CEA card cinema carers card</b>          The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.           The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.          Apply online.</p>		<p><b>Website:</b>  <a href="https://www.ceacard.co.uk/">https://www.ceacard.co.uk/</a>  <b>Email:</b> <a href="mailto:info@ceacard.co.uk">info@ceacard.co.uk</a>  <b>Telephone:</b> 01244 526 016</p>
<p><b>Discretionary housing payment</b>          The Discretionary Housing Fund is designed to provide short-term support for exceptional and unforeseen pressures that means that someone on Housing Benefit can't pay their rent. The person affected might be suffering poor health or facing financial issues, and this limited fund can help those in this position.           If you are receiving Housing Benefit or the housing element of Universal Credit and you are struggling to pay your rent then you may qualify for a Discretionary Housing Payment (DHP).           DHPs are paid in addition to your benefit and are based on your circumstances.</p>	    	<p><b>North Yorkshire County Council</b>  <b>Website:</b>  <a href="https://www.northyorks.gov.uk/benefits/money-benefit-advice-and-support">https://www.northyorks.gov.uk/benefits/money-benefit-advice-and-support</a>   <b>Telephone:</b> 0300 131 2131</p> <p><b>East Riding of Yorkshire</b>  <b>Website:</b>  <a href="https://www.eastriding.gov.uk/using/housing-benefit-and-council-tax-support/helping-you-pay-rent-or-council-tax/discretionary-housing-payment/">https://www.eastriding.gov.uk/using/housing-benefit-and-council-tax-support/helping-you-pay-rent-or-council-tax/discretionary-housing-payment/</a></p>




<p>DHPs cannot pay for things like water rates or fuel charges that may be included in your rent.</p>		
<p><b>Warm home discount scheme</b>          You could get £150 off your electricity bill for winter 2023 to 2024 under the Warm Home Discount Scheme. The scheme reopens again October 2023.          The money is not paid to you - it's a one-off discount on your electricity bill, between October and March.          You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out.          There are 2 ways to qualify for the Warm Home Discount Scheme:</p> <ul style="list-style-type: none"> <li>• you get the Guarantee Credit element of Pension Credit - known as the 'core group'</li> <li>• you're on a low income and meet your energy supplier's criteria for the scheme - known as the 'broader group'</li> </ul>		<p>Website: <a href="https://www.gov.uk/the-warm-home-discount-scheme">https://www.gov.uk/the-warm-home-discount-scheme</a></p>
<p><b>NHS refund travel claim form HC5</b>          You can claim help with the cost of travel if you are on a low income and have made an additional journey to receive NHS care following a referral by a doctor (GP or hospital doctor), optician or dentist.          Treatment can be provided by a private hospital, you can still claim if the treatment was arranged by an NHS organisation or a local authority.          If you need help with travel costs and you are:</p> <ul style="list-style-type: none"> <li>• under 16 – your parent(s) should fill in this form – it is their income that counts</li> <li>• aged 16 or over – fill in the form yourself</li> </ul> <p>See web link to download the claim form.</p>		<p>Website: <a href="https://www.nhs.uk/nhsengland/healthcosts/documents/hc5(t).pdf">https://www.nhs.uk/nhsengland/healthcosts/documents/hc5(t).pdf</a>          Telephone helpline: 0300 330 1343</p>
<p><b>Charis grants</b>          Put simply, Charis is the trusted administrator for many essential funds and grants on behalf of major companies, authorities and charities. Our proven processes and highly specialist skills work across all sectors for any client who has complex and regulatory criteria to meet. We were instrumental in designing and supporting the launch of Ofgem's Warm Home Discount scheme for all the major energy suppliers.</p>		<p>Website: <a href="https://www.charisgrants.com/">https://www.charisgrants.com/</a>          Email: <a href="mailto:info@charisgrants.com">info@charisgrants.com</a>          Telephones: 01733 421 021</p>


<p>Over the years Charis has diversified from their utilities roots, launching a debt support service alongside providing innovative solutions to charities, housing associations and local authorities through delivery of services and also the unique Charis Shop.</p>		
<p><b>Chances for Children: Buttle trust</b> Buttle UK is a charity dedicated to helping children and young people in crisis in the UK: those living in financial hardship and dealing with multiple challenging social issues. Giving children in crisis a chance for change with the Chances for Children grant. Together we can create more chances for children What we do is very simple: pay for things that we would want all children and young people to have but their parent or carers cannot otherwise afford.</p>		<p>Website: <a href="https://buttleuk.org/">https://buttleuk.org/</a> Email: <a href="mailto:info@buttleuk.org">info@buttleuk.org</a> Telephone: 020 7828 7311</p>
<p><b>SALT: Scarborough and Locals Together</b> SALT Charity Shop is a local organisation which aims to help people in our community at a time when they need a helping hand. Link to download the application form for funding and support is available on the website.</p>	 Scarborough	<p>Website: <a href="http://www.scarboroughtogether.co.uk">www.scarboroughtogether.co.uk</a> Email: Telephone: 01723 447229</p>
<p><b>Caudwell Children's charity</b> Changing the future of disabled children by providing access to the services, equipment, therapies and treatments they need to lead an active life. Caudwell Children is a national charity based in Staffordshire dedicated to improving the lives of disabled children in the UK</p>	 National	<p>Website: <a href="https://www.caudwellchildren.com/">https://www.caudwellchildren.com/</a> Email: <a href="mailto:charity@caudwellchildren.com">charity@caudwellchildren.com</a> Telephone: 0345 300 1348</p>
<p><b>Trussell Trust Food Bank</b> We support a nationwide network of food banks and together we provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK.</p>	 National charity: local bases include Ryedale, York, and East Yorkshire	<p>Website: <a href="https://www.trusselltrust.org/">https://www.trusselltrust.org/</a> Email: <a href="mailto:enquiries@trusselltrust.org">enquiries@trusselltrust.org</a> Telephone: 01722 580 180</p>
<p><b>Future works</b> Support for Life, Entering Education or Starting Work Futureworks NY provides support and guidance for people of all ages as well as volunteer opportunities within the local community.</p>	 Scarborough region	<p>Website: <a href="https://futureworksny.co.uk/">https://futureworksny.co.uk/</a> Email: <a href="mailto:info@futureworksny.co.uk">info@futureworksny.co.uk</a> Telephone: 01723 449616</p>

<p><b>National Youth Advocacy Service</b></p> <p>The National Youth Advocacy Service (NYAS) is a children's charity that supports and empowers care-experienced children, young people and adults in vulnerable situations when important decisions are being made about them.</p> <p>NYAS work with:</p> <ul style="list-style-type: none"> <li>• Children and young people</li> <li>• Care leavers</li> <li>• Sector professionals</li> <li>• Local authorities</li> <li>• Families, carers and guardians</li> <li>• Residential homes</li> </ul>		<p><b>Website:</b> <a href="https://www.nyas.net/">https://www.nyas.net/</a></p> <p>Online chat available</p> <p>Telephone: 0808 808 1001</p>
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**See appendix for additional blank pages.**

**Training: page 30-32**

<p><b>Recovery College Online</b></p> <p>Providing a range of online educational courses and resources to people with experience of mental illness, from service users to their family, friends and staff.</p>	 National	<p><b>Website:</b>  <a href="https://www.recoverycollegeonline.co.uk/">https://www.recoverycollegeonline.co.uk/</a></p> <p>Contact us weblink:  <a href="https://www.recoverycollegeonline.co.uk/contact-us/">https://www.recoverycollegeonline.co.uk/contact-us/</a></p>
<p><b>Contact: for families with disabled children</b></p> <p>Contact training:</p> <p>Professional development training including:</p> <p>Working with parents of disabled children – general considerations.</p> <p>Working with parents of disabled children – early years and diagnosis.</p> <p>Working with parents of disabled children – supporting through crisis or transitions.</p> <p>Supporting parents experiencing challenging behaviour.</p> <p>Family workshops and events:</p> <p>We run a range of fun workshops, information sessions and online events, where you can meet families like yours.</p>	 National and regional	<p><b>Website:</b></p> <p>Professional development:  <a href="https://contact.org.uk/professionals/professional-development-courses/">https://contact.org.uk/professionals/professional-development-courses/</a></p> <p>Parent workshops:  <a href="https://contact.org.uk/help-for-families/family-workshops-and-events/">https://contact.org.uk/help-for-families/family-workshops-and-events/</a></p> <p>Email: <a href="mailto:info@contact.org.uk">info@contact.org.uk</a></p> <p>Telephone: 0808 808 3555</p>
<p><b>The Anna Freud Centre</b></p> <p>The Anna Freud Centre works with thousands of schools and FE colleges both within the UK and internationally. Through our training, research and resources, we encourage schools and FE colleges to think about their whole school approach to supporting mental health and wellbeing.</p> <p>We deliver national programmes funded by the Department for Education, such as the Link</p>	 National	<p><b>Website:</b>  <a href="https://www.annafreud.org/training/education/training-in-schools-and-colleges/">https://www.annafreud.org/training/education/training-in-schools-and-colleges/</a></p> <p>Email: <a href="mailto:info@annafreud.org">info@annafreud.org</a></p> <p>Telephone: 020 7794 2313</p>

<p>Programme, reaching education colleagues all across the country. In addition, we have developed our own network, Schools in Mind, which shares practical, academic and clinical expertise about mental health and wellbeing in schools and FE colleges.</p> <p>For those education colleagues looking to develop a school or FE college-wide approach to mental health and wellbeing, we have designed the 5 Steps Framework.</p> <p>Mentally Healthy Schools brings together quality-assured mental health resources, information &amp; advice for schools and further education settings in England, Northern Ireland, Scotland and Wales.</p>		
<p><b>Charlie Waller Trust</b></p> <p>We're talking mental health.</p> <p>We provide mental health training, resources and consultancy with a focus on children and young people. We want to improve young people's understanding of their mental health and wellbeing and to equip them with the knowledge, skills and confidence to look out for themselves, their friends and those around them.</p> <p>Most of our work is delivered to those responsible for young people - schools, families, colleges, universities, the workplace and primary care - through consultancy, training and the provision of educational and practical resources.</p>	 <p>National</p>	<p>Website: <a href="https://www.charliewaller.org/">https://www.charliewaller.org/</a></p> <p>Email: <a href="mailto:training@charliewaller.org">training@charliewaller.org</a></p> <p>Telephone: 01653 869754</p>
<p><b>Anti Bullying Alliance</b></p> <p>The ABA has three main areas of work:</p> <p>Supporting learning and sharing best practice through membership;</p> <p>Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns;</p> <p>Delivering programme work at a national and local level to help stop bullying and bring lasting change to children's lives;</p> <p>We provide expertise in relation to all forms of bullying between children and young people. The Anti-Bullying Alliance was established by the NSPCC and the National Children's Bureau in 2002 and is hosted by the National Children's Bureau.</p> <p><b>Free online training:</b></p> <ul style="list-style-type: none"> <li>• What is bullying?</li> <li>• Bullying and the law</li> </ul>	 <p>National</p>	<p>Website: <a href="https://anti-bullyingalliance.org.uk/tools-information/free-cpd-online-training">https://anti-bullyingalliance.org.uk/tools-information/free-cpd-online-training</a></p> <p>Email: <a href="mailto:aba@ncb.org.uk">aba@ncb.org.uk</a></p>

<ul style="list-style-type: none"> <li>• 10 principles to reduce bullying</li> <li>• Preventing bullying</li> <li>• Cyberbullying (online bullying)</li> <li>• Bullying and difference</li> <li>• Bullying and SEN/disability</li> <li>• Young carers and bullying</li> <li>• Looked after children and bullying</li> <li>• Bullying and Gypsy, Roma, and Traveller young people</li> <li>• Reducing disablist bullying: Disabilityies, the Equality Act, and School Duties</li> <li>• Sexual and sexist bullying</li> <li>• Mental health and bullying</li> <li>• All different, al equal: preventing and responding to appearance targeted bullying</li> </ul>		
<p><b>See appendix for additional blank pages.</b></p>		

## Appendix: Extra blank pages

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Children and families services:	Area	Web/email/telephone contact details



<b>SEND services &amp; support:</b>	<b>Area</b>	<b>Web/email/telephone contact details</b>

<b>Bereavement and loss services:</b>	<b>Area</b>	<b>Web/email/telephone contact details</b>

<b>CYP and families mental health and wellbeing services:</b>	<b>Area</b>	<b>Web/email/telephone contact details</b>

<b>LGBT+ services &amp; support:</b>	<b>Area</b>	<b>Web/email/telephone contact details</b>

<b>Financial support advice &amp; misc. charity services:</b>	<b>Area</b>	<b>Web/email/telephone contact details</b>

Training:	Area	Web/email/telephone contact details