



SPARKEN HILL
ACADEMY

Support Directory

Sparken Hill Academy, Worksop, Notts, S80 1AW.

Abuse

Bereavement

Bullying

Children with additional
needs

Domestic Abuse

Grants

Housing

Mental Health

Parent Support and Advice

Substance Misuse

Internet Safety

Karen Gardiner

Childline

<https://childline.org.uk/>

Available 24 hours a day, a confidential telephone helpline for those under 19 years old offering support and advice on any issue you are going through.

Phone: 0800 1111

Chat with a counsellor online or post on the message boards.

Information for adults concerned about a child also available online.

NSPCC

Support and advice for Children, Parents and Professionals.

<https://www.nspcc.org.uk/>

Phone: 0808 800 5000

Survivors Helping Each other (SHE)

S.H.E. UK

1 Byron Street

Mansfield

Nottinghamshire

NG18 5NX

Phone: 01623 622916

<http://www.sheuk.org>

Survivors Helping Each other (SHE) provides the above services to women who suffered any of the following types of abuse in childhood:

- Emotional abuse
- Physical abuse
- Sexual abuse
- Rape

To provide a variety of self-help based support for young people & women over the age of 16yrs who are survivors of sexual abuse. To promote public education and awareness of long term effects of sexual abuse. We offer mutual support, drop in and crisis support, befriending, mentoring, creative therapy, personal development skills, volunteering, skills and literacy.



Multi-Agency Safeguarding Hub

If you are worried about a child please call 0300 500 80 80 (URGENT CASES ONLY)

Out of hours Emergency Duty Team : 0300 456 4546

If a child is in immediate danger please ring 999

Please complete the online form if a social worker does not need to visit today.

<https://www.nottinghamshire.gov.uk/care/safeguarding/childrens-mash/report-a-new-concern-about-a-child>

<https://www.nottinghamshire.gov.uk/care/childrens-social-care/nottinghamshire-children-and-families-alliance/pathway-to-provision/multi-agency-safeguarding-hub-mash>

Gov.UK – Stop Abuse Together

Resources and advice/information for Children, Adults who have suffered abuse as a child, Parents/Carers and Professionals.

<https://stopabusetogether.campaign.gov.uk/>

Stop it now – Confidential support and advice to help stop child abuse

Phone: 0808 1000 900

<https://www.stopitnow.org.uk/>



Bereavement

Bassetlaw Bereavement Centre

Contact Bassetlaw District General Hospital Kilton Hill Worksop. Notts

Phone: 01909 502779

Offers support and practical assistance to the bereaved. Based at Bassetlaw Hospital
Self-Referrals or GP referrals accepted.

Cruse Bereavement Care

Phone: 0114 249 3328

Free Helpline: 0808 808 1677

<https://www.cruse.org.uk/get-help/local-services/yorkshire-and-humber/sheffield>

Grief is a natural process, and most people will cope with help and support from family and friends. For those who need additional specialist help, Cruse offers:

- Telephone support
- Email support
- Face-to-face support
- Support for children and young people
- Early intervention project
- Publications
- Bereavement Care Journal

The Children's Bereavement Centre- Worksop drop-in

Contact The Crossing, Newcastle Street, Worksop, Notts.

Phone: 01636 551739

<http://www.childrensbereavementcentre.co.uk>

Self-Referrals accepted. Now based at The Crossing, Worksop, as well as Newark.

Maggies

Phone: 0300 123 1801

<https://www.maggiescentres.org/how-maggies-can-help/help-available/practical-support/bereavement-support/>

Maggie's provides free practical, emotional and social support to people with cancer and their friends.



Winston's Wishes

Phone: 08088 028 021

<https://www.winstonswish.org/>

Support with grief for Parents, Children and Professionals.

Aurora Wellbeing Centre

The Old Library Memorial Avenue Worksop.

Phone: 01909 470985

<http://www.theauroracentre.co.uk>

Bereavement support in the community 09.30 - 12.30pm Every Friday Morning.

Centre open weekdays 9.30am-4.30pm.

To support and help people who have been diagnosed with cancer.

Cancer patients are offered free pampering, beauty, fashion, hairdressing and therapy services. There is also a cafe and shop.

Child Bereavement UK – support for Professionals, Children and Parents facing a pre-bereavement or bereavement.

Phone: 0800 02 888 40

<https://www.childbereavementuk.org/Pages/Category/child-bereavement-uk-support-services>

Bullying

Kidscape

Phone: 020 7823 5430

<http://www.kidscape.org.uk/>

Kidscape is committed to keeping children safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse.

Kidscape works UK-wide to provide individuals and organisations with practical skills and resources necessary to keep children safe from harm.

Kidscape works with children and young people under the age of 16, their parents/carers, and those who work with them.

Youngminds

Phone: 0808 802 5544

<https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/>

General support for Parents, Professionals and Children on everyday issues.

NSPCC

Phone: 0808 800 5000

<https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/>

General support for Parents, Professionals and Children on everyday issues.

Childline

Phone: 0800 1111

<https://www.childline.org.uk/>

General support for Parents, Professionals and Children on everyday issues.



Children with Additional Needs

Ask Us Nottinghamshire

Phone: 0800 1217772

Fulfills functions previously undertaken by Parent Partnership. Provides impartial advice and information for parents/carers of children with SEND aged 0-25.

Friends 4 Support

<https://www.friends4support.co.uk/>

Friends 4 support is for parent carers of disabled children in Bassetlaw. You do not need a diagnosis to attend our meetings. Many of the parent carers have children on the autism spectrum or with ADHD, but other disabilities are represented as well.

Healthy Families Team

Phone: 01777 274422

<https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>

Healthy Families Team is part of the Healthy Families Programme, an integrated service for CYP and families which brings together care provided by Health Visitors, school nurses, the Family Nurse Partnership Programme and the National Childhood Measurement Programme. Incorporates School Health for referrals from Professionals and Parents.

The Best that We Can Be (Autism East Midlands)

Phone: 01909 509400

Contact Work and Learn Centre, Dukeries Centre, Park Street, Worksop, Notts

<http://www.autismeastmidlands.org.uk/family-child-services/family-support-hubs/worksop-the-best-that-we-can-be-group/>

Support group for parents and activities for children and young people with autistic spectrum disorders and their friends and siblings on third Tuesday of the month from 4.15-8.15pm. Families do not need to stay the full time. Separate groups for young children and for young people 13 years and above.



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Short Breaks Service for children and young people with disabilities

Phone: 0115 804 1262

email: earlysupportservices-duty@nottscc.gov.uk

<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/landing.page?newdirectorychannel=9-7&loboolean=1>

Providers of short breaks service for families/carers of children or young people with a disability.

Nottinghamshire Short Breaks aims to; enable children and young people with a disability to participate in positive activities which promote independence, and, to provide parents/carers a break from caring. Eligibility Criteria apply.

A Place to Call Our Own (APTCOO)

Unit 15 Botany Park Botany Avenue Mansfield

Phone: 01623 629902

<http://www.aptcOO.co.uk/>

A one stop resource facility for disabled children and young people with a special need, their carers and their families. This charity works in North Nottinghamshire. It provides quality support, information and services to families of children whose additional needs cause learning, behavioral or emotional difficulties. Information sessions and parental support groups available.

Spectrum WASP (We are special People)

Support group for parents with children on the Autistic spectrum

01623 795610 email suzey.edwards@hotmail.co.uk

<https://spectrumwasp.org/>

Domestic Abuse

Nottinghamshire Women's Aid

The Farr Centre, Worksop, Notts.

Phone: 24 hour helpline 0808 800 0340

<http://www.nottswa.org/farcentre/index.html>

<http://nottswa.org/>

The Farr Centre is a safe space open to all women, young people and children, especially those who are experiencing domestic abuse, poverty, unemployment and other changes to their lives.

Offers information, guidance, support, training, both educational and vocational in a wide variety of subjects, and enable women to develop skills through involvement in social activities, to become confident, self-aware and assertive in order that they may take control of their lives and 'thrive'.

Equation: Domestic abuse support for men

Equation provide a free helpline for men which is available Monday to Friday between 9.30am and 4.30pm.

A 24/7 confidential answerphone service is also available. Equation also runs the Respect not fear website for younger people which offers help, advice and links to support.

<https://equation.org.uk/>

Call: 0115 960 5556

Email: helpline@equation.org.uk

Victim Support

<https://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse/>

Financial support

Family Fund

Phone: 01904 550055

Grants for disabled children to help them in their own home for varying things including washers, trampolines, computers etc.

www.familyfund.org.uk

The Family Fund Emergency Essentials

Provides items for families in crisis eg household appliances and furniture. Applications must be made by referrer. As above.

The Buttle Trust

<https://www.buttleuk.org/other-charities>

From the Heart Charity (Workshop)

Our help provides support with: food, clothing, furniture & sensory toys/clothing.

01909 494858 **or by texting GRANT to** 07732 078547/ 07903 740782.

<https://www.fth.org.uk>

Bassetlaw Food Bank

Working alongside the Bassetlaw Community Emergency Food Distribution Hub Team

01909 533533

2Shires Credit Union Workshop

Save with the Community Non Profit Bank for new TV, Fridge etc.

01909 500575

<http://www.2shires.org.uk/>

info@2shires.org.uk



Notts Help Yourself – Advice and support for all issues inc COVID, Disability, Children

<https://www.nottshelpyourself.org.uk>

Notts County Council Free School Meal applications

<https://www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk>

Citizens Advice Bureau Bassetlaw

<http://www.bassetlawcab.org.uk/>

advice@bassetlawca.org.uk

General Advice - 01909 498894

Debt Advice - 01909 498890

Food Club – Manton Children's Centre in conjunction with
Fareshare/NottsCC/Family Action

01159 773758 £1 joining fee - £3.50 per week for £10 worth of food.

Money Helper - Advice on Budgeting and all other financial issues.

<https://www.moneyhelper.org.uk/en>

Money Sorted – Notts support for people with financial difficulties and money management.

<https://moneysortedind2n2.org/>



Housing

Framework Housing Association

55-57 Potter Street, Worksop, Nottinghamshire, S80 2HQ

Tel: 01909 475799 Fax: 01909 475781

http://www.frameworkha.org/framework_near_me/243_potter_street

Framework is a charity delivering housing, health, employment, support and care services to people with a diverse range of needs.

New Roots Housing Project

2 Overend Road Worksop Nottinghamshire

Email: info@newrootshousing.org.uk

Phone: 01909 501732

<http://newrootshousing.org.uk/>

Offers support to both single young people aged 16-21, (up to 25 in exceptional circumstances) and also to young parents aged 16-19. Priority will always be given to those aged between 16 and 17. We also offer a regular programme of activities to encourage our young people to build confidence, learn new skills, and get involved in the community.

Hope for the Homeless

17 Queen Street, Worksop

01909 531294

<http://www.hopeservices.org.uk/>

Bassetlaw Housing Needs Team

Queens Buildings, Worksop.

01909 533533



Internet Safety

NSPCC – Keeping your children safe online

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Safewise – Up to date Parent Control Apps

<https://www.safewise.com/resources/parental-control-filters-buyers-guide/>

Think u Know – Internet advice for all

<https://www.thinkuknow.co.uk/parents/>

Internet Matters – Internet safety advice for all

<https://www.internetmatters.org/>

Parents Protect – Advice for parents/carers to prevent online sexual abuse

Phone: 0808 1000 900

<https://www.parentsprotect.co.uk/internet-safety.htm>

Child Net – Advice to keep children safe online

<https://www.childnet.com/>

Parent Zone – Advice to keep children safe online

<https://parentzone.org.uk/home>

Google Safety Centre – Advising you on what's right when it comes to online safety

<https://safety.google/families/>



Mental Health

Kooth

[Koothplc.com](https://koothplc.com)

Children, Young People and Adults Mental Health online Support

Place2be – for Children, Parents and Professionals

<https://www.place2be.org.uk/>

Anna Freud – National Centre for Children and Families. Resources for Professionals and support for parents.

<https://freud.org/what-we-do/schools-in-mind/resources-for-schools/supporting-mental-health-and-wellbeing-in-schools/>

The Charlie Waller Memorial Trust – Depression – Let's Get Talking. Free Resources for professionals.

<https://www.cwmt.org.uk/resources>

Young Minds – For parents, children and professionals.

Parental Helpline – 0808 802 5544

<https://youngminds.org.uk/>

Centre Place – For children and young people aged between 11-25. Inc Young Parents. Support for LGBT etc. Online and 1-1 guidance and counselling.

<http://www.centreplace.org.uk/>

MIND – Bassetlaw

<https://www.nottinghamshiremind.org.uk/>

Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/>

Nottinghamshire Carer's Hub - Worksop Group (Aurora Centre) 0115 824 8824

Mental Health Foundation – Advice for Adults and Children

<https://www.mentalhealth.org.uk/>



NHS Moodzone- Signposting for Mental Health advice

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

CAMHS Single Point of Access (SPA)

Children and Young People 0-11. Referrals from Parents/Carers/GPs and Professionals.

<https://www.nottinghamshirehealthcare.nhs.uk/camhs-parents-and-carers>

NHS Choices

Info hub for CYP advice on depression, anxiety and stress

www.nhs.uk/livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx

Anxiety UK - Support for anyone struggling with anxiety.

<http://www.anxietyuk.org.uk/> Phone: 08444 775774

Get Self Help - Resources for tackling mental health issues including anxiety.

<http://www.getselfhelp.co.uk/anxiety.htm>

We R Here - Free counselling and support for anyone who has had a traumatic life experience.

0115 920 6241 or 07891 306 972 <https://werhere.org.uk/>

Samaritans

24 hour helpline 116 123

Nottinghamshire Mental Health Line

0300 555 0730 9am-11pm 7 days a week

Eating Disorder Support

Phone: 01494 793223

<http://www.eatingdisorderssupport.co.uk>

Helpline staff are trained counsellors and can discuss anorexia nervosa, bulimia nervosa, binge eating and other eating disorders.

Bassetlaw Health Support – links to numerous help sites for bereavement, mental health etc in Notts. <https://bassetlaw-health.co.uk/>



Notts Help Yourself - Directory of support for various issues including Mental Health. www.notthelpyourself.org.uk

Freed-Beeches, Eating Disorders Service.

Freed Beeches, 39 Park Street, Worksop, Nottinghamshire.

Phone: 01909 479922

<http://www.freedbeeches.org.uk>

For adults and adolescents over 14+.

Provides counselling, psychotherapy, cognitive behavioural therapy (CBT), dietetics and complementary therapy services free of charge. Also offers a number of groups, services and information for people with eating disorders in Nottinghamshire & Derbyshire as well as for carers. Works in partnership with the Nottinghamshire Eating Disorder Service, part of Nottinghamshire Healthcare Trust.

Meetings on alternate Tuesdays 7.30pm-9.30pm

Bassetlaw Action Centre

A community resource agency linking individuals and agencies supporting with many issues including mental health. Bassetlaw Action Centre, Canal Street Retford, Nottinghamshire, DN22 6EZ Phone: 01777 709650 (9am-1pm)

Harmless

Support for people who at risk of self-harm and/or suicide

<http://www.harmless.org.uk/>

Papyrus

Support for Young Adults around thoughts of suicide

<https://www.papyrus-uk.org/>

SHOUT

Free confidential text support 24 hours a day for everyone who is struggling.

TEXT 85258

<https://giveusashout.org/>



Nottalone

Local Mental Health Advice for children/Young People and Adults in Notts.

www.nottalone.org.uk,

Sane – Mental Health support for anyone affected.

Phone: 0300 3047 000

http://www.sane.org.uk/what_we_do

Support Line – Confidential Mental Health Support for a variety of issues.

Phone: 01708 765200

Email: info@supportline.org.uk

<https://www.supportline.org.uk/>



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Parent Support and Advice

Family Lives

Phone: 0808 800 2222

<https://www.familylives.org.uk/>

We offer support, guidance and information on all aspects of being a parent and the reassurance that, whatever the problem, you're not the first parent to face it. Sometimes, all you could need is a listening ear.

Gingerbread

Charity supporting single parents.

<https://www.gingerbread.org.uk/>

Care for the Family

Website offering support and advice for parents.

<https://www.careforthefamily.org.uk/family-life/parent-support/>

Family Action

<https://www.family-action.org.uk/what-we-do/children-families/parent-support/>

Virtual support and advice for parents.

NSPCC

Keeping children safe advice for Parents and Professionals including online advice.

<https://www.nspcc.org.uk/>

<https://www.net-aware.org.uk/networks/>

Action for Children

<https://www.actionforchildren.org.uk/support-for-parents/advice-for-parents/>

Support and advice for parents.

Netmums

<https://www.netmums.com/>

Support and advice for parents.

Bassetlaw Children's Centre's

Telephone: 0115 9773758 /0300 500 80 80

E-mail: cc.bassetlaw@nottsc.gov.uk

The Sleep Charity

Support and advice for parents/carers struggling with their children not sleeping.

<https://www.thechildrenssleepcharity.org.uk/>

01302 751 416 | info@thesleepcharity.org.uk

Notts County Council Early Help Unit

The Early Help Unit provides a direct contact point for professionals and families requiring early help services in Nottinghamshire.

0115 804 1248

early.help@nottsc.gov.uk

Childline

Support and advice for Parents/Carers and Children on growing up and staying safe.

<https://www.childline.org.uk/>

Kids Health

Advice for Parents/Carers on their child's health and growing up

<https://kidshealth.org/>

Care for the family – Support/advice and resources for every family.

<https://www.careforthefamily.org.uk/family-life/parent-support>



SPARKEN HILL
ACADEMY

Family Action – Support for all families.

<https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/parenting-support/>

Substance Misuse

Hetty's

Self-help network for parents, carers, friends and family of drug and alcohol users

Marlborough House 23 Woodhouse Road Mansfield

Email: info@hettys.org.uk

Phone: 08000 850 941 Support Line – Charlotte (Bassetlaw) 01623 643476

<http://www.hettys.co.uk>

To support, empower and inform families of drug and alcohol users.

Offers: Emotional Support for families affected by drug & alcohol misuse, coping strategies for mental wellbeing. Support in crisis and in particular around Universal Credit Advice, Kinship Support. Confidential support and advice for families and carers of drug/alcohol misusers via one-to-ones, groups, signposting, telephone, email etc.

WAM (What about Me?)

Email: wam.team@nottshc-chp.nhs.uk

Phone: 0115 9691300 ext 16499

<http://www.wamnotts.co.uk>

WAM provide 1-1 support to children and young people affected by somebody else's mental health and/or substance use. They provide a service in the community which means they can see you at a place that is convenient and nearby for you.

1-1 support provided Monday - Friday 9.00am - 5.00pm

Children and young people can get in touch themselves, or a family member can contact.

Double Impact

Phone: 0115 824 0366

<http://www.doubleimpact.org.uk>

Double Impact provides confidential one to one support on a range of issues including access to personal development groups, accredited learning, support for adults who have experienced problematic drugs and/or alcohol use and wish to make lifestyle changes.



Change, Grow, Live - Bassetlaw

A free and confidential drug and alcohol service. Can self refer or refer a family member or friend.

notts@cgl.org.uk

0115 896 0798

FRANK – Support and advice for Drug Users and their families. Up to date information on drugs.

Phone: 0300 123 6600

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

Support Line – Confidential emotional support for a variety of issues inc substance misuse

Phone: 01708 765200

<https://www.supportline.org.uk/problems/drugs/>