

Useful Contacts for HRC Members

This links and contact details in this document have been assembled to help members access services that they may find helpful at particular times of need. It is not an exhaustive list – other services may be more appropriate at certain times, so we would recommend that members do not rely on this list and explore other sources of information when it is relevant to do so.

Abuse (Child, Sexual and Domestic Violence)

NSPCC

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

Phone: 0800 1111 for Childline (24hrs) or 0808 800 5000 for adults concerned about a child (24 hrs)

Website: www.nspcc.org.uk

Refuge

Advice on dealing with domestic violence

Phone: 0808 2000 247 for Helpline (24hrs)

Website: www.refuge.org.uk

Alcohol Misuse

Alcoholic Anonymous

A free self-help group. Its "12-step" programme involves getting sober with the help of regular face-to-face and online support groups.

Phone: 0800 0086 811 - Daily (10am - 10pm)

Website: www.alcoholics-anonymous.org.uk

Al-Anon

Al-Anon is a free self-help "12 step" group for anyone whose life is or has been affected by someone else's drinking.

Phone: 0800 0086 811 - Daily (10am - 10pm)

Website: <https://www.al-anonuk.org.uk/>

Drinkline

A free confidential helpline for people worried about their own or someone else's drinking.

Phone: 0300 123 1110 - Weekdays (9am - 8pm) and Weekends (11am - 4pm)

National Association for Children of Alcoholics

Offers free confidential advice and information to everyone affected by a parent's drinking including children, adults, and professionals.

Phone: 0800 358 3456 - Friday, Saturday, and Monday (12pm - 7pm) or Tuesday, Wednesday, and Thursday (12pm - 9pm).

Website <https://www.nacoa.org.uk/>

SMART Recovery UK

Face-to-face and online groups help people decide whether they have a problem with alcohol and drugs, build their motivation to change, and offer techniques to support recovery.

Phone: 0300 053 6022 - General enquiries Monday to Friday (9am - 5pm)

Website <https://smartrecovery.org.uk/>

Alzheimer's

Alzheimer's Society

Provides information on dementia, including factsheets and helplines

Phone: 0300 222 1122 - Weekdays (9am - 5pm) or Weekends (10am - 4pm)

Website www.alzheimers.org.uk

Bereavement

Cruise Bereavement Care

Phone: 0808 808 1677 - Weekdays (9am - 5pm)

Website www.cruse.org.uk

Carers

Carers UK

The voice of carers

Phone: 020 7378 4999

E-mail: advice@carersuk.org

Website: www.carersuk.org

Crime Victims

Rape Crisis

To find your local services phone 0808 802 9999 - Daily (12pm - 2.30pm / 7pm - 9.30pm)

Website www.rapecrisis.org.uk

Victim Support

Phone: 0808 168 9111 - 24hr helpline

Website: www.victimsupport.org

Drug Misuse

Cocaine Anonymous

A free self-help group. Its "12 step" programme involves stopping using cocaine and all other mind-altering substances with the help of regular face-to-face and online support groups.

Phone: 0800 612 0225 - Daily (10am - 10pm)

Website: <https://cocaineanonymous.org.uk/>

FRANK

Free, confidential information and advice about drugs, their effects, and the law. FRANK's live chat service runs daily from 2pm to 6pm.

Phone: 0300 123 6600 - 24 hr helpline

Text 82111 - Text a question

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

Marijuana Anonymous

A free self-help group. Its "12 step" programme involves stopping using marijuana with the help of regular face-to-face and online support groups.

Phone: 0300 124 0373 - Call back service

Website: <http://www.marijuana-anonymous.org.uk/>

Narcotics Anonymous

A free self-help group. Its "12 step" programme involves stopping using drugs with the help of regular face-to-face and online support groups.

Phone: 0300 999 1212 - Daily (10am - 12am)

Website: www.ukna.org

SMART Recovery UK

SMART Recovery UK face-to-face and online groups help people decide whether they have a problem with alcohol and drugs, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.

Phone: 0300 053 6022 - General enquiries Monday to Friday (9am - 5pm)

Website: <https://smartrecovery.org.uk/>

Eating Disorders

Beat

Phone: 0800 801 0677 (for adults) or 0808 801 0711 (for Under 18s)

Website: www.ukna.org

Food and Clothing (local)

REACH

Free food and debt counselling.

Phone: 0800 009 6710

Email: info@reachhaverhill.org.uk

Website: <https://www.reachhaverhill.org.uk>

Free food hub, food saved from landfill

A group for preventing good food going to landfill and sharing it with the local community.

Contact through the Facebook page or email us on freefoodinhaverhill@gmail.com if you have any questions/queries.

Facebook page posts when the hub is open.

Address: Charter House Trading Estate, Sturmer Rd, Haverhill CB9 7UU.

Active Kindness rail

HRC/Abbeycroft joint project to recycle good quality used active wear.

Simply visit Haverhill Leisure Centre and ask to see the Kindness Rail to see if there is anything you could use,

E-mail: kindnessrail@haverhillrunningclub.com

Gambling

Gamblers Anonymous

A free self-help group. Its "12 step" programme involves stopping gambling with the help of regular face-to-face and online support groups.

Phone: 0330 094 0322 - 24hr helpline

Website: <https://www.gamblersanonymous.org.uk/>

Gam-Anon

A free self-help group. Its "12 step" programme is for those affected by someone else's gambling with the help of regular face-to-face and online support groups.

Phone: 08700 50 88 80

Website: www.gamanon.org.uk

National Gambling Helpline

Phone: 0808 8020 133 - Daily (8am - 12am)

Website: www.begambleaware.org

National Problem Gambling Clinic

A specialist NHS clinic for problem gamblers aged 13 and over.

Phone 020 7381 7722 - Call back service

Website: <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-gambling-clinic>

General Health

NHS 111

National Health Service advice and guidance on health matters

Website: <http://www.nhs.uk/111>

Learning Disabilities

MENCAP

Charity working with people with a learning disability, their families, and carers.

Phone: 0808 8020 133 - Weekdays (9am - 9pm) or Weekends (10am - 3pm)

Website: www.mencap.org.uk

Mental Health

NHS Mental Health Apps

Website: <https://www.nhs.uk/apps-library/category/mental-health/>

Children's Mental Health Resources

Website: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

NHS – Every Mind Matters

Information on dealing with stress.

Website: <https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/>

Suffolk Mind

Suffolk Mind supports people from the age of 4 upwards, by providing:

- skills-based sessions for children and young people, and the adults who support them
- support services for over 18s
- practical mental health training for organisations; and
- support and information for everyone across the entire Mental Health Continuum.

Website: <https://www.suffolkmind.org.uk/>

NEU

Information on a whole range of issues related to stress and wellbeing.

Website: <https://neu.org.uk/advice/health-and-safety/mental-health-and-wellbeing>

Young Minds

The UK's leading charity fighting for children and young people's mental health.

Website: <https://www.youngminds.org.uk/parent/>

NHS '5' Steps to Mental Wellbeing

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Samaritans

Offers confidential, non-judgemental support to individuals

Phone: 116123

E-mail: jo@samaritans.org

Website: <https://www.samaritans.org/samaritans-cymru/>

Tips and Coping Strategies for Good Mental Health

Trying new or different coping strategies can help support your mental health and lower stress in a positive and interactive way. If you have coping strategies that work well for you, keep doing them – whether that's mindfulness, walking or as simple as taking 5 minutes for yourself.

- If you're able to be physically active, this might help your mental health, it also helps to boost your immune system and can help encourage your children to exercise too. You could try walking, going for a jog or run or find an online class or use YouTube.

<https://www.nhs.uk/better-health/get-active/>

YouTube: Lucy Wyndham-Read
Walk at Home by Leslie Sansone
Cosmic Kids Yoga
The Body Coach TV (Joe Wicks)

- NHS Healthy Living Apps:
<https://www.nhs.uk/apps-library/filter/?categories=Healthy%20living>
- Try to maintain a regular sleeping pattern if possible. The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep and wake up refreshed.
- Keep in touch with family and friends on the phone or try a video call.
- It's important to be healthy and eat well. <https://www.nhs.uk/change4life> has lots of tips, recipes, and ideas.
- We know it's not easy for everyone, especially at the moment and if you need help with getting essentials you can contact your local food bank.
www.trusselltrust.org/gethelp/find-a-foodbank/
- Keep a journal. Writing down your feelings can help you reflect, understand and let go of emotions
- Try to have some time to yourself, whether that's within your home or going for a walk. Top 5 free mindfulness apps: <https://www.puregym.com/blog/top-free-mindfulness-apps/>

Parenting

Family Lives

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

Phone: 0808 800 2222 - Weekdays (9am - 9pm) or Weekends (10am - 3pm)

Website: www.familylives.org.uk

Gingerbread

Aim to fight for single parents and their children by campaigning against the injustices, providing advice and information to support single parents with the tools to support their children and themselves, and providing a support network so that no single parent is ever alone.

Phone: 0808 802 0925 – for Helpline

Text (for emergencies): text the word GINGER to 85258 (24 hours) to talk to a trained volunteer

Website: www.gingerbread.org.uk

Relationships

Relate

The UK's largest provider of relationship support.

Website: www.relate.org.uk

Resilience

Boing Boing

Model and promote resilience research and practice that challenges social inequalities, in pursuit of a loving, fun and fair world where individuals from all walks of life are valued and respected.

Website: <https://www.boingboing.org.uk/>