Directory of Services for families and children in the High Peak

Produced by Signpost, the Children's Information and Signposting Project, based at Derbyshire Dales Council for Voluntary Service, Agricultural Business Centre, Agricultural Way, Bakewell Derbyshire DE45 1AH

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DERBYSHIRE County Council
Improving life for local people

Derbyshire Dales CVS

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Please note that some organisations may be featured several times. Signpost, at Derbyshire Dales CVS also has a telephone help lines directory and a guide to grants for individuals in need which offer further details. Please phone 01629 810 900 for further information.

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MANY THANKS TO HIGH PEAK CVS AS THEIR DIRECTORY HAS BEEN INVALUABLE IN PUTTING THIS DIRECTORY TOGETHER.
SEE THEIR WEBSITE DATABASE FOR MORE INFORMATION
www.highpeakcvs.org.uk/directory

Please note that this is not a definitive directory of services in the High Peak. If you are aware of any services that should be included please let us know.

IT IS NOT AN ENDORSEMENT OF SERVICES IF THEY ARE IN HERE- THEY HAVE NOT NECESSARILY BEEN USED OR RECOMMENDED.

Adoption

Local Support

Central Adoption Team
Derbyshire County Council
Help families and individuals who are involved at any stage in the adoption process. Offer counselling and help. Run post adoption surgeries once a month at various locations in Chesterfield, Buxton, Derby and Ripley.
Telephone-**01629 772 205 Mon–Fri 9am–1pm**

National Support

Adoption UK
46 The Green, South Bar St, Banbury, OX16 9AB
Information and support for adoptive families before, during and after adoption.
Telephone helpline- **0844 848 7900** (weekdays from 10am-4pm).Calls cost 5p a minute.
Office telephone- **01295 752 240**
Website- **www.adoptionuk.org.uk** Online community.

After Adoption
12-14 Chapel St, Manchester, M3 7NH
Information and support for anyone affected by adoption. Includes helpline for under 26's Talk Adoption (see later entry)
Telephone helpline for adults – ACTION line- **0800 0568 578** Mon, Weds, & Thurs 9am-6pm, Tues 9am-8pm and Fri 9am-4pm.
Office telephone-**0161 839 4932**
Website-**www.afteradoption.org.uk**
E-mail – actionline@afteradoption.org.uk

Natural Parents Network
18 Bishops Way, Stradbroke, Suffolk, IP21 5JR
Self-help organisation for natural parents and relatives who have lost children to adoption. Non-judgemental;confidential,and independent support to people who share similar experiences.
Helpline-**0845 456 5031** Mon-Fri 9.30am-11.30am
Website-**www.n-p-n.co.uk**

Norcap
112 Church Rd, Wheatley, Oxfordshire, OX33 1LU
Information and support for adults who are affected by adoption. Includes a register which may link people separated by adoption, for a fee.
Telephone-**01865 875 000** Mon 10am-1pm, 1.30pm-4.30pm, 5pm-7.30pm, Tues and Wed from 10am-1pm and from 1.30pm-3.30pm, Thurs from 12pm-4.30pm, Fri from 10am-1pm and from 1.30pm- 4.30pm.
Website-**www.norcap.org.uk**

Talk Adoption
12-14 Chapel St, Manchester, M3 7NH.
Helpline for young people up to 26 who are adoptees, and for their birth parents, siblings and friends. Information and listening support on issues relating to adoption, including tracing relatives, rights, birth identity and other services.
Helpline-**0808 808 1234** Free-phone Mon 9am-6pm Tues 9am-8pm, Weds/Thurs 9am-6pm and Fri 9am-4pm, or send an e-mail to actionline@afteradoption.org.uk
Office telephone- **0161 819 2345** Website-**www.talkadoption.org.uk**

Adoption Search Reunion
British Association for Adoption and Fostering, Saffron House, 6-10 Kirby Street, London EC1N 8TS
This website is for anyone thinking about searching for or making contact with birth and adopted relatives. Lists local agencies that can help with searches. Information about the right to make or refuse contact. Read about searching for and making contact with birth relatives.
Telephone-**0207 421 2600**
Website-**www.adoptionsearchreunion.org**

Alcohol

Local Support

Base 3
86 Saltergate, Chesterfield, S40 1LG
Young person's drug service- works with the under 18's who either are taking drugs or drinking. Open Mon, Tues, Weds, Fri 9am-5pm, Thurs 9am-7pm.
Telephone- **01246 206 143**
Freephone number- **0800 389 3925**

Branching Out- Tameside and Glossop
7-10 Clarence Arcade, Stamford St, Ashton under Lyne 0L6 7PT.
Support for young people under 19 who are at risk from drug and alcohol use. Also support and advice for families, carers and friends of drug users of any age.
Telephone-**0161 343 6481**.
Parents service-**0161 830 0204**

North Derbyshire Alcohol Advice Service
Bay Heath House Rose Hill West, Chesterfield S40 1JF.
Alcohol advice line. Offers confidential advice, group support and counselling for drinkers and their relatives and friends. They work outreach throughout the county.
Telephone **01246 206 514** Mon, Weds, Fri 9am-4.30pm, Tues and Thurs later appointments
Website – **www.alcoholadvice.webeden.co.uk**

Addiction Dependency Solutions
98 Bentinck St, Ashton under Lyne, Lancashire OL6 7SS
Works with people aged 18 and over. Also offers and group support for family/carers of those with alcohol or drug misuse.
Telephone- **0161 343 1133**

National Support

Adfam
Waterbridge House, 25 Corsham St, London, N1 6DR
Supports families who are dealing with alcohol and drug problems (founded by the mother of a drug user.) Website contains information and parents' experiences. Links to services available in local area.
Telephone-**0207 553 7640**
Website-**www.adfam.org.uk**

Al-Anon Family Groups UK & Eire
61 Great Dover St, London, SE1 4YF
Support for families and friends of problem drinkers (whether or not they are still drinking.) Also links to Alateen– support for young people aged 12-20 who have been affected by someone else's drinking. Contact them for details of meetings throughout the UK.
Telephone helpline - **0207 403 0888** 10am-10pm every day
Website-**www.al-anonuk.org.uk**

Alcoholics Anonymous
National Headquarters, PO Box 1, 10 Toft Gee, York, YO1 7NJ.
Local meetings listed on website. Helpline calls are redirected automatically to an A.A. member in your region.
Helpline-**0845 769 7555** (lines are open 24 hours a day, calls are charged at a local rate)
Office telephone-**01904 644 026**
Website-**www.alcoholics-anonymous.org.uk**

Drinkline
The National Alcohol Helpline
Advice and information for people with alcohol problems or anyone concerned about alcohol misuse.
Telephone-**0800 917 8282** (lines are open 24 hours a day, calls to this number are free)
Office telephone – **0207 210 5707**

National Association for Children of Alcoholics
PO Box 64, Fishponds, Bristol, BS16 2UH
Information, advice and support for children of alcoholics and people concerned with their welfare.
Helpline-**0800 358 3456** free phone Mon, Tues & Fri. 10am-7pm,
Weds & Thurs 10am-9pm, Sat. 10am- 3pm
Office telephone-**0117 924 8005**
Website- **www.nacoa.org.uk**

Bereavement

Local Support

Age Concern Tameside- Bereavement Care
Age Concern, 131 Catherine St, Ashton under Lyne OL6 7AW
Trained bereavement counsellors work with the over 55s in Tameside and Glossop who have suffered a bereavement. Counsellors make home visits and work one to one with clients. Anybody can refer at present.
Telephone- Alan Gatland- **0161 308 5000**

Blythe House Bereavement Support
Blythe House, High Peak Hospice Care, Eccles Fold Rd, Chapel-en-le-frith, SK23 9TJ
Have a counsellor who works with children and young people (4-18) facing or coping with bereavement or life-limiting conditions. This service is for the north of Derbyshire and the counsellor will travel to meet young people and children.
Telephone-**01298 815 388**
Website – **www.blythehousehospice.co.uk**

National Support

Child Death Helpline

York House, 37 Queen Square, London, WC1N 3BH
Listening service for anyone affected by the loss of a child, including parents, grandparents, siblings and professionals. Staffed by trained bereaved parent volunteers.
Telephone helpline-**0800 282 986** freephone, every evening 7pm-10pm, and Mon-Fri 10am-1pm, Weds 1pm-4pm
Office telephone-**020 7813 8416**
Website **www.childdeathhelpline.org.uk**

Childhood Bereavement Network (part of National Children's Bureau)
8 Wakley St, London, EC1V 7QE
Has a directory of what children bereavement support is available locally. Publications also available.
Office telephone- **0207 843 6309**
Website- **www.childbereavementnetwork.org.uk**

Compassionate Friends
53 North St, Bristol, BS3 1EN.
Support services run by bereaved parents for parents and their immediate families after the death of a child of any age and from any cause. Local groups and specific contacts for those who have lost a child through suicide, through homicide, for those who have no surviving children, grandparents and siblings.
Helpline-**08451 23 23 04** 10am-4pm and 6.30pm-10.30pm every day
Office telephone-**08451 20 37 85**
Website-**www.tcf.org.uk**

Cruse Bereavement Care-Head Office
Cruse House, PO Box 800, Richmond, Surrey, TW9 1RG
Listening support, and practical advice such as dealing with estates, debt and funerals. Puts people in touch with local branches.
Helpline-**0844 477 9400** national rate, Mon-Fri 9.30am-5pm
Office number-**0208 939 9530**
Website-**www.crusebereavementcare.org.uk**

Cruse Bereavement Care-Youth Involvement Project
Cruse House, PO Box 800, Richmond, Surrey, TW9 1RG
Telephone support for young people aged 12-18 following bereavement. Also has useful website for young people providing email and online support.
Helpline – **0844 477 9400** Free phone Mon-Fri 9.30am-5pm
Office number **– 0208 939 9530**
Website-**www.rd4u.org.uk**

Foundation for the Study of Infant Deaths (FSID)
Artillery House, 11-19 Artillery Row, London, SW1P 1RT
Helpline for bereaved families and those with concerns about cot death, including professionals. Befrienders network.
Helpline-**0207 233 2090** national rate, Mon-Fri 9am-11pm, weekends 6pm-11pm
Office number-**0207 222 8001**
Website **www.sids.org.uk/fsid/**

Roadpeace
PO Box 2579, London, NW10 3PW
Helpline providing practical and emotional support for people who have suffered bereavement or injury in a road crash.
Helpline-**0845 450 0355** local rate, every day from 9am-9pm
Office number-**0208 838 5102**
Website **www.roadpeace.org**

SAMM (Support After Murder and Manslaughter)
Cramner House, 39 Brixton Rd, London, SW9 6DZ
Telephone support line for families and friends of homicide victims, staffed by those who have experienced it.
Helpline-**0207 735 3838** Mon-Fri 9am-5pm
Website **www.samm.org.uk**

Survivors of Bereavement by Suicide
The Flamstead Centre, Albert St, Ilkeston, DE7 5GU
Helpline run by a self-help group for people bereaved by suicide. Offers listening support and will put people in touch with their nearest group. Bereavement pack and literature for survivors available
Helpline-**0870 241 3337** national rate, 9am-9pm every day
Office number-**0115 944 1117**
Minicom-01925 826 204
Website-**www.uk-sobs.org.uk**

Way Foundation
PO Box 6767, Brackley, NN13 6YW
Social and support network (sometimes through local groups) to those who have been widowed under the age of 50. Annual membership fee £15
Telephone-**0870 011 3450**
Website-**www.wayfoundation.org.uk**

Winston's Wish
Clara Burgess Centre, Westmoreland House, 80–86 Bath Rd, Cheltenham, GL53 7ST
Website for young people and children who have been bereaved. Also, family line can offer guidance, information and support to anyone who is concerned about a young person or child.
Family line-**0845 20 30 40 5** local rate, Mon-Fri 9am-5pm
General enquiries-**01242 515 157**
Website-**www.winstonswish.org.uk**

Bills- (help with paying)

Local Support

Nottinghamshire and Derbyshire Energy Efficiency Advice Centre
9/10 St Anne's Square, Buxton, SK17 6EA
Advice on grants and practical solutions to home heating problems
Telephone-**01298 766 880**
Telephone (about discounted prices on magic boilers)-**01298 766 883**

National Support

Energy Saving Trust
Phone for free, independent and local energy-saving advice. Lots of information on website to save money and energy
Telephone - **0800 512 012** (calls to this number are free)
Website – www.energysavingtrust.org.uk

Home Heat Helpline
Helpline for anybody who has difficulty heating their home or paying the bill. Help with; identifying grants that might be available to make homes more energy efficient, arranging alternative payment methods, carrying out benefit checks to ensure maximum income and links with other support agencies. You can ask somebody to phone the helpline on your behalf.
Telephone-**0800 33 66 99** Mon-Fri 9am-8pm, Sat. 9am-3pm
Minicom-**0800 027 2122**
Website-**www.homeheathelpline.org**

Severn Trust Fund
FREEPOST RLZE-EABT-SHSA, Sutton Coldfield, West Midlands, B72 1TJ
Help for people who are unable to meet the cost of their water or sewage services provided by Severn Trent. Online application form. In certain cases the Trust can also consider giving some help to meet other essential bills and priority debts.
Telephone-**0121 355 7766**
Website-**www.sttf.org.uk**

United Utilities Trust Fund
FREEPOST RLYY-JHEJ-XCXS, Sutton Coldfield, B72 1TJ
Help for people who are unable to meet the cost of their water or sewage services provided by United Utilities. Online application form.
Telephone – 0845 1791791
Website – **www.uutf.org.uk**

Cancer

Local Support

Beechwood Cancer Care Centre
Chelford Grove, Stockport, SK3 8LS
Offers a holistic approach to those who are suffering from cancer and their carers, including counselling, family support, complementary therapies, and relaxation sessions. Patients can self-refer or be referred by health professionals.
Telephone-**0161 476 0384**
Website-**www.beechwoodcancercare.co.uk**

Blythe House Bereavement Support
Blythe House, High Peak Hospicecare, Eccles Fold Rd, Chapel-en-le-frith, SK23 9TJ
Offers a range of counselling as well as day care, alternative therapies and support groups for those with palliative needs. Referrals can be made by self, GP or agency. The service is free to anyone in the High Peak area.
Telephone- **01298 815 388**
Website- **www.blythehousehospice.co.uk**

Cancer Aid and Listening Line
Nearest office – Beechwood (see above)
Offers emotional support by a trained volunteer to those who are affected by cancer and other life threatening diseases. Also has a group of trained volunteers who give home-based support and practical help.
Telephone helpline – **0845 123 23 29** 7.30pm- 10.30pm, 7 days a week, 365 days a year
Office line – **0161 480 5464**
Website – **www.canceraid.co.uk**

Cancer and Palliative Care Information Centre
Clinical Oncology, J/11, Derbyshire Royal Infirmary, London Rd, Derby, DE1 2QY
Confidential service providing health information, advice and support to cancer patients, carers, health professionals and members of the public.
Telephone-**01332 254 904** Mon-Fri 9am-5pm 24 hour answerphone

Darnton Centre Drop-In
Darnton Centre, Tameside General Hospital, Ashton-under-Lyne, OL6 9RW
Information, support and advice for adults living with cancer. On the 1st and 3rd Tuesday of the month from 10am- 1pm. Drop-in for coffee and meet other patients. Advice and support for carers from 11- 1. Group relaxation at 10.30am on the 1st Tuesday, guest speakers on the 3rd Tuesday, Welfare Rights help 11am- 1pm, Macmillan Nurse 11- 1pm, hospital chaplain and 'headstart'- scarf tying for ladies with hair loss due to treatment.
Telephone- **0161 331 6685**

National Support

Breast Cancer Care
5–13 Great Suffolk St, London, SE1 0NS
Information, practical assistance and emotional support for anyone affected by breast cancer. Direct support through a helpline, peer support and other direct services, including local events and meetings
All services are free.
Office telephone – 0845 092 0800
Helpline – **0808 800 6000** Mon-Fri 9am-5pm, Sat 9am-2pm
Website – **www.breastcancercare.org.uk**

Cancer Backup
3 Rivington Street, London EC2A 3JR
Website has lots of information on cancer, treatment, and support etc. Helpline staffed by specialist nurses who offer advice and support.
Helpline- freephone- **0808 800 1234** Mon-Fri 9am-8pm
Office-**0207 696 9003**
Website-**www.cancerbacup.org.uk**

Also has a website for 12-19 year olds with cancer providing advice, information and other teenagers' stories- **www.click4tic.org.uk**

Christian Lewis Trust
Child Care Centre, 62 Walter Rd, Swansea, SA1 4PT
Telephone and a range of other support services for children with cancer and their families including crisis breaks via 4 mobile home sites in Wales, Disneyland Paris and Disney World Florida. Can also offer advice around travel insurance.
Telephone-**01792 480 500**
Website-**www.childrens-cancer-care.org.uk**

CLIC Sargent
Griffin House, 161 Hammersmith Rd, London, W6 8SG
Individual support for children and young people with cancer and leukaemia and their families through clinical, psychosocial, emotional and financial services (including holiday service) in hospitals, at home and in the community across the UK.
Office telephone-**020 8752 2800**
Free helpline – **0800 197 0068** (open from 9am to 5pm, Monday to Friday)
Website-**www.clicsargent.org.uk**

Macmillan Cancerline
89 Albert Embankment, London SE1 7UQ
Information and support for people affected by cancer via helpline which offers a free, confidential service. There are also some self-help groups, including ones in Chesterfield and Derby. See website for further information. Some grants available for practical needs and maintaining quality of life. Application forms are for health care and social work professionals only.
Helpline-**0808 808 2020** Mon-Fri 9am-9pm
Textphone-**0808 808 0121**
Chesterfield office**- 01246 810301**
Youthline-**0808 808 0800** (for ages 12-21) Mon-fri 9am-9pm for young people with cancer, who know somebody with cancer or have any other concerns around cancer.
Website-**www.macmillan.org.uk**

PIES - Personalised Information, Education and Support
Provides cancer patients and carers with personalised, user friendly and fast access to high quality information relevant to their individual needs while living with cancer through all stages of illness. The website has been developed by a team based at the University of Sheffield, UK and is funded by Macmillan cancer relief
Website-**www.piesforcancer.info**

RipRap
Information, advice and support for young people who have a parent with cancer. Interactive website aimed at 12-16 year olds enables users to ask for advice, which will be answered by experts. They can also read or write individual case stories, post messages
Website- **www.riprap.org.uk**

Tenovus Cancer Information Centre
43,The Parade, Cardiff CF24 3AB
Information, support and counselling for cancer patients, their relatives, carers and health professionals.They are also involved in research funding.
Helpline-**0808 808 10 10** free phone Mon-Fri 9am-4.30pm
Office telephone-**0292 0482000**Website-**www.tenovus.com**

Carers

Local Support

Derbyshire Carers Association-High Peak
Jubilee Day Centre, 81 Jubilee St, New Mills, SK22 4PA
Support and information to carers, support groups and a biquarterly forum. They also offer advocacy.
Telephone- **01663 745 500**
Website- **www.derbyshirecarers.co.uk**

Derbyshire and Derby City Young Carers
1a Bingswood Trading Estate, Whaley Bridge, SK23 7LY
Supporting young carers under the age of 18
Telephone-**01663 719 924**

Glossop Carers
Part of Derbyshire Carers Association, meets regularly for mutual support
Telephone- Lynda Hammond-**01457 858 383**
Website- **www.derbyshirecarers.co.uk**

Medico
Provides carers support which includes an overnight service. Cost is based upon assessment of individual needs. Telephone for further information.
Telephone-**0161 480 6078**

National Support

Alzheimer's Society
Devon House, 58 St Katherines Way , London , E1W IJX
Information and a helpline for all forms of dementia. May also be able to offer funding to assist carers with the cost of respite care.
Helpline-**0845 300 0336** local rate Mon-Fri 8.30am-6.30pm
Office telephone- **020 7423 3500**
Website- **www.alzheimers.org.uk**

Contactline
Although this is a Croydon based service it has a very useful information service on the web which includes a useful section on grants that may be available for carers.
Website- **www.carerscontactline.co.uk**

Carersuk
20-25 Glasshouse Yard, London, EC1A 4JT
Information and advice on all aspects of caring for both carers and professionals working with them. Network of offices, branches and contacts offering support.
Helpline-**0808 808 7777** free phone Weds,Thurs 10am-12 noon and 2pm-4pm
Office number-0207 490 8818
Website-**www.carersuk.org**

Children's Society

Link for young carers- **www.youngcarer.com**

Crossroads
10 Regent Place, Rugby, Warwickshire, CV21 2PN.
Supports carers and can offer trained carer support (see local group.)
Telephone-**0845 4500 350** to find out where nearest help would be
Website-**www.crossroads.org.uk**

Margaret Champney Rest and Holiday Fund
Ogilvie Charities, The Gate House, 9 Burkitt Rd, Woodbridge, Suffolk IP12 4JJ.
Gives priority to assisting with funding for people who need a complete break away from the person to whom care is normally provided. Applications must be by referral from a social worker or community nurse etc
Telephone (and fax) **01394 388 746**
Email-ogilviecharities@btconnect.com
Website – **www.theogilvietrust.org.uk**

The Princess Royal Trust for Carers
Information and support for young carers via website with message boards and chat room
Website-**www.youngcarers.net**

Childcare

Local Support

Derbyshire Children's Information Service
Old printing Block, County Hall, DEG 3AG
Help with finding childcare places (and jobs in the childcare sector) in Derbyshire. Will be able to tell parents about location of child minders, playgroups and out of school groups in their area.
Telephone- **08456 058 058** (Call Derbyshire)
Website- **www.childcarelink.gov.uk** (follow links to Derbyshire)

Derbyshire Community Childminding Service
Portland House, Clifton Rd, Matlock Bath, Matlock, DE4 3PL
Offers a flexible, preventative service through specially trained Community Childminders to families experiencing difficulties. Support available for teenage mums, children with additional needs (0-16 year olds), children at risk, mothers suffering from postnatal depression, carers admitted to hospitals, families experiencing emotional difficulties and children with behavioural/social difficulties. People can self-refer and community and statutory organisations can buy into service. Referrer needs to gain approval and funding for placement before requesting place. Costs £5.35 an hour.
Telephone- Kerry Wagstaffe on **01629 532 318**
Email- kerry.wagstaffe@derbyshire.gov.uk

Gamesley Early Excellence Centre
Winster Mews, Gamesley, Glossop, SK13 OLU
Open from 7.30 am- 6pm with some evening courses for adults. There is a children's centre with early education, care and family support for children aged 0-11 There is a nursery for the under 5's and for those with S.E.N. It is open from 8am-4pm. There is an out of school club from 7.30am- 6.30pm. They also have toy and book libraries, parent and toddler groups, a luncheon club for senior citizens and education for school age mums. Also available adult education and a crèche service.
Telephone- **01457 728 950/951**
Website- **www.gamesleyeec.org.uk**

Kids Club- Buxton Church in the Peak

Fun and activities for 5-11 year olds, once a month on Saturday morning, 10.00am-11.30am at Harpur Hill School, Ferneydale Avenue, Buxton. Run by CRB volunteers from Buxton Church in the Peak.
Contact: Tim Davies @
The Source 7 Terrace Road Buxton Derbyshire SK17 6DR.
Email: tim@churchinthepeak.org.uk or
Telephone: **01298 71975** for further information.

National Support

Care to Learn
Gives money to 16-19 year olds with children to pay for their childcare whilst parents can study.
Telephone-**0845 600 2809**
Website- **www.dfes.gov.uk/caretolearn**

Childcare Link
Website giving information about childcare (also contact children's information service.)
Website-**www.childcarelink.gov**

4 Children (formerly Kids Club Network)
City Reach, 5 Greenwich View Place, London, E14 9NN
Offers strategic support on a wide range of children's issues and advice and support to out of school clubs and parents. Can also offer information to parents.
Telephone-**0207 512 2112**
Website- **www.4children.org.uk**

Inland Revenue tax credit helpline
Information and advice about working family tax credit and child tax credit.
Telephone-**0845 300 3900** local rate 8am-8pm 7 days a week (tax credits helpline)
Textphone-0845 300 3909
Website-**www.hmrc.gov.uk**

National Childminding Association
Royal Court, 81 Tweedy Road, Bromley, Kent, BR1 1TG
Helpline on all aspects of childminding- **0800 169 4486** Free-phone Mon-Fri 10am-4pm.
This is for parents, registered childminders and local authority workers.
Office telephone – **0845 8880 0044**
Website- **www.ncma.org.uk**

Working Families
1-3 Berry St, London, EC1V 0AA
Offers practical help, informs parents about choices in childcare, has leaflets that can be downloaded and a helpline for low income or disadvantaged families which provides free legal advice, help with negotiating employer and with in-work benefits. They also have a network supporting parents who are trying to combine paid work with caring for a disabled child (ring the telephone helpline on Weds-Fri 9.30am-1pm, 2pm-4.30pm
Telephone – **0207 253 7243**
Helpline – **0800 013 0313**
Website – **www.workingfamilies.org.uk**

Children

Local Support

Child Adolescent and Family Therapy Service
New Spring House, Buxton Health Centre, Bath Rd, SK17 6HL
Supports and counsels children in North Dales and the High Peak with severe problems and mental health issues.
Telephone- **01298 72445**

Child Adolescent and Family Therapy Service
Springleigh, Child Health Clinic, Waterloo Rd, Stalybridge, SK15 2AU
Mental health services for children and young people in the Tameside and Glossop area.
Telephone- **0161 303 4902**

Children's Rights Officer
Steve Lowe -Can help with reviews, accommodation issues, contact with family etc.
Telephone-**01629 580 000** (ext 2029)
Email- steve.lowe@derbyshire.gov.uk

Homestart
26 Spring Gardens, Buxton, SK17 6DE
Offers friendship and informal support to parents with young children, in local communities throughout the UK, Home-Start High Peak supports families throughout the High Peak region, including Glossop. Recruit and train volunteers, who are usually parents themselves, to visit families at home who have at least one child under five and offer them informal, friendly and confidential support.
Telephone – **01298 72777**
Email - home-starthighpeak@hotmail.co.uk

National Support

Anti-bullying alliance
National Children's Bureau,8 Wakley Street, London EC1V 7QE
Has a useful website with links to a number of other sites
Website-**www.anti-bullyingalliance.org**

Bullying UK
Support and information for children and parents
Website- **www.bullying.co.uk**

British Association for Early Childhood Education
136 Cavell St, London, E1 2JA
The website has a range of useful leaflets on topics such as learning and behaviour, which you can download and use.
Telephone - **0207 539 5400**
Website - **www.early-education.org.uk**

Kidscape
2 Grosvenor Gardens, London, SW1W 0DH
Information about bullying and how to stop it, for parents, guardians or concerned relatives.
Office telephone-**020 7730 3300** Mon-Fri 10am-4pm
Helpline on bullying-**0845 1205 204** Mon-Fri 10am-4pm
Website-**www.kidscape.org.uk**

Stop Text Bully
NCH and Tesco website for young people who are being bullied/threatened by mobile phone or email.
Website-**www.stoptextbully.com**

TAMBA (Twinline)
2 The Willows, Gardner Rd, Guildford, Surrey, GU1 4PG
Advice, information and support for parents and families of twins, triplets or more. Support to and through local twin clubs.
Helpline (staffed by trained volunteers who are parents of multiples) -**0800 138 0509**
10am-1pm, 7pm-10pm every day
Enquiries-**0870 770 3305**
Website-**www.tamba.org.uk**

There4me
NSPCC website for 12-16 year olds, offering advice on a range of subjects and the opportunity for a 'real time' chat with an NSPCC advisor.
Website-**www.there4me.com**

Children in or leaving care

National Support

Careleavers Association
St Thomas Centre, Ardwick Green North, Manchester, M12 6FZ
Actively advocates and supports radical change within the care system and services for care leavers, aims to empower members through support, education and training.
Telephone-**0161 275 9500**
Website-**www.careleavers.org**
Also host a website for people to contact the people they were in care with or the people that cared for them
www.careleaversreunited.com

National Youth Advocacy Service for Children in Care
Egerton House, Tower Road, Birkenhead, Wirral, CH41 1FN.
Helpline for young people in foster care or local authority care.
Telephone helpline-**0800 616 101** free phone 9.30am-7.30pm Mon-Fri 9.30am-1pm Saturday
Office telephone-**0151 649 8700**
Website – **www.nyas.net**

Voice
Unit 4, Pride Court, 80-82 White Lion St, London, N1 9PF
Advice, information and advocacy services for children in care and for those who are care leavers.
Helpline-**0808 800 5792** Phone to speak to an advocate. Calls to this number are free and lines are open Mon-Fri 9.30am-5.30pm
Office telephone-0207 833 5792
Website- **www.voiceyp.org**

Who cares? Linkline
Kemp House, 152-160 City Rd, London, EC1V 2NP
Working to improve public care for children and young people.
Office telephone-**0207 251 3117**
Website-**www.thewhocarestrust.org.uk**

Children with Disabilities and/or Special Needs

Local Support

Buxton Opportunity Club
Voluntary group which provides funding for preschool children, especially under the age of 3, with special needs, to go to nurseries or playgroups and have one to one attention Referrals taken for children throughout the High Peak and north Dales.
Telephone-Hilary Lomax (home number) **01663 733191**

Buxton Volunteer Centre
16 Eagle Parade, Market Place, Buxton, SK17 9SB
Sitting service- for children with disabilities. Provides care for children at home, trips, support on activities in the community, a weekly after-school club, youth club and activities during the summer holidays.
Telephone- **01298 239 70**
Website-**www.buxtonvc.org.uk**

Derbyshire Parent Partnership
Community Centre, School Board Lane, Chesterfield, S40 1DD
Free service for parents and carers of children with special needs. Offers confidential advice and support, can signpost, attend meetings with parents and carers and help with understanding or translation of special needs paperwork. Also provides support to those whose children have been excluded, and people making choices about school placements for their children.
Telephone- **01246 273 154**
Website – **www.derbyshireparenetpartnership.co.uk**
You can download leaflets from the website.

Fairplay
Suite 2, 1st Floor, 66–67 Chatsworth Road, Brampton, Chesterfield, S40 2AL
Voluntary holiday play schemes and youth clubs for young people with special needs. At present in the High Peak offer a service for 3- to 19-year-olds in Buxton, Glossop, Chapel, Darley Dale and New Mills. 12- to 19-year-olds can access youth clubs in Chesterfield but need to be able to get there. 12- to 19-year-olds can also go to day clubs on alternate Thursdays from 6.30pm to 8.30pm at St John's Hall in Bakewell or at Chapel Primary School. Chesterfield is the main base but there are holiday play schemes in Chapel and Glossop. There is also a siblings club in Chapel for children aged 5-12 who have a brother or sister with additional needs. There is also a sitting service in Creswell, Whaley Thorns, Langwith and Shirebrook.
Telephone- Michelle Markham (High Peak worker) - **01246 203 963**
Website- **www.fair-play.co.uk**

Happy Days- Parent & Child Support Group
Parent and child support group for parents/carers of children with special needs. Meets once a month on a Fridays after school between 4-6pm at St Anne' s RC Church Hall in Buxton and again once a month on Saturday mornings between 10 -12am. There is a programme of activities for the holiday periods.
Telephone: Lorraine Maddocks (Home): (**01298) 25801**

The Playgroup
Child Development Unit, Rowan House, Grange Rd South, Hyde, SK14 5NY
Group for parents and carers of preschool children with additional needs. Runs on Thursdays from 1.30pm- 3pm, and on Mondays in the holidays as well. This may not be suitable for very active children- telephone to ask for more details. A toy library is also run (by parents of children with special needs) from 1pm to 3pm on Mondays. Staff can advise parents on which toys are suitable. There is a stay and play session on Monday afternoons from 1pm-3pm.
Telephone- **0161 366 5705**- ask for Ann Johnson.
E-mail – ann.johnson@nhs.net

National Support

Afasic
2nd Floor, 50-52 Great Sutton St, London, EC1V 0DJ
Helps children and young people with speech and language impairments. Provides information and training for parents and professionals and produces a range of publications. They also have an online forum for 14-25 year olds.
Helpline for parents-**0845 355 55 77** local rate 10.30am- 2.30pm, Mon- Fri. Those who have difficulty using the phone or can not call during these hours can make enquiries through email info@afasic.org.uk
Office telephone-**0207 490 9410**
Website- **www.afasic.org.uk**

www.askability.org.uk
The Children's Society has launched Askability, a new Web site designed purely for children with disabilities, featuring news, media, book and club reviews, jokes, riddles, general knowledge questions places to go and some fun facts. The site uses a language called Symbol, delivering information in the form of pictures instead of words in order to increase the readability for children who struggle with printed text.

Arthritis Care
18 Stephenson Way, London, NW1 2HD
For those affected by arthritis with a special service for those aged under 25 affected by arthritis. Helpline offers information, advice and listening support.
Helpline-**0808 800 4050** free phone 10am to 4pm Mon-Fri
Helpline for young people-**0808 808 2000** free phone 10am-4pm Mon-Fri
Office telephone-**020 7380 6500**
Website – **www.arthritiscare.org.uk**

BDF Newlife
BDF Centre, Hemlock Business Park, Hemlock Way, Cannock, Staffs, WS11 7GF
Funds research into inborn conditions. Provides nurse services and makes grants for a range of needs for children with inborn conditions under the age of 18. Can download form off the website.
Telephone-**08700 707 020** nurse helpline 9.30am-5pm Mon-Fri
Office telephone-**01543 468 888**
Website-**www.bdfcharity.co.uk**

British Institute for Brain Injured Children
Knowle Hall, Bridgwater, Somerset, TA7 8PJ
Charity which works with families with children with sensory, motor or learning difficulties at centres in Somerset and Wales. Have a fundraising team.
Telephone-**01278 684060** for more information
Website-**www.bibic.org.uk**

Brainwave
Huntworth Gate, Bridgwater, Somerset, TA6 6LQ
Therapy for children with developmental delay, whether caused by cerebral palsy, genetic disorder or brain injury. Provides a comprehensive package of support which includes professional individual assessment of a child's needs and teaches parents/carers to deliver. Brainwave can fundraise on a family's behalf.
Telephone-**01278 429 089**
Website-**www.brainwave.org.uk**

Calibre Audio Library
Aylesbury, Buckinghamshire, HP22 5XQ
Charity which provides books on cassette and MP3 disk to those who are physically unable to read. Also have an extensive children's library. There is a free postal service.
Telephone-01296 432 339
Website-**www.calibre.org.uk**

Cerebra-Helping Brain Injured Children
2nd Floor Offices, The Lyric Building, King St, Carmathen , SA31 1BD, Wales
Information and support to those with children with neurological problems
Has a telephone counselling service for parents and carers of children with brain injury and other neurological conditions. May be able to provide grants for parents.Can also offer support on a range of issues such as sleep problems.
Helpline-**0800 32 81 159** Telephone-**01267 244 200**
Website- **www.cerebra.org.uk**

Charge Family Support Group
Support group for families with children with CHARGE (multi-sensory impairment) or anyone who is affected by CHARGE. Offers people the chance to tell their story and give support.
New families should contact Simon Howard or Flo Njeru **0208 265 3604**
Website-**www.widerworld.co.uk/charge**

Contact a Family
209-211 City Rd, London, EC1V 1JN
Helpline and support for families caring for children with disabilities or special needs. Encourages mutual support between parents. Website contains a very detailed directory of specific conditions and rare disorders that is also useful for adult medical conditions. Also runs a web service called 'making contact' to link families together
www.makingcontact.org
There are also various useful downloadable fact sheets
Telephone helpline-**0808 808 3555** free phone Mon-Fri 10am-4pm and Monday 5.30-7.30
Office telephone-**0207 608 8700**
Minicom-0808 808 3556
Website-**www.cafamily.org.uk**

Down's Heart Group
PO Box 4260, Dunstable, LU6 2ZT
Telephone and other advice, support and information services for families who have a member with Down's syndrome and associated heart defects. Telephone-**0845 166 8061**
Website-**www.dhg.org.uk**

Early Support
Government website aimed at improving the quality, consistency and co-ordination of services for young disabled children and their families. Family packs and literature about certain conditions are available free as a download form the website or can be ordered by parents of children with disabilities, or those who work with them.
Website-**www.earlysupport.org.uk**

ERIC- Education & Resources for Improving Childhood Continence
34 Old School House, Britannia Rd, Kingswood, Bristol, BS15 8DB
Charity which supports and provides information to children, parents and professionals on bedwetting, daytime wetting, constipation and soiling and to children with special needs with incontinence. Website has specific sections for children, including teenagers.
Telephone helpline-**0845 370 8008** 10am-4pm Mon-Fri
Websites:**www.enuresis.org.uk** and **www.eric.co.uk**

Face to Face
Scope , PO Box 554, Worcester WR4 0WL
Joint project run by Scope and Mencap, which supports parents who have recently discovered their child has a disability. A parent or parents who have a child with a disability will visit them.
Telephone-**0844 800 9189**
Website-**www.face2facenetwork.org.uk**

Get Kids Going
10 King Charles Terrace, Sovereign Close, London, E1W 3HL
Gives children and young people up to the age of 26 the chance to participate in sport. Provides specially built sports wheelchairs and also offers support with training and physiotherapy etc.
Telephone-**0207 481 8110**
Website-**www.getkidsgoing.com**

Henry Spink Foundation
c/o Montgomery Swann, Scotts Sufferance Wharf, 1 Mill St, London, SE1 2DE
Provides information on conventional and alternative treatments through an online database for families of children with severe disabilities. They are unable to respond to individual inquiries
Website- **www.henryspink.org**

Hyperactive Children's Support Group
Dept W, 71 Whyke Lane, Chichester,West Sussex, PO19 7PD.
Parents/carers can become members and receive literature. For information only send a large s.a.e to above address. They stress the importance of a dietary approach to hyperactivity.
Telephone-**0124 355 1313 (not a helpline)**
Website-**www.hacsg.org.uk**

I CAN
8 Wakley Street, London, EC1V 7QE
Invalid Children's Aid Nationwide
Educational charity for children with speech and language impairments which has various facilities.Includes talking point- the first stop for information about communication development and disability.
Telephone-**0845 225 4071**
Website-**www.ican.org.uk**

Look (National Federation of Families with Visually Impaired Children)
c/o Queen Alexandra College, 49 Court Oak Rd, Harbone, Birmingham, B17 9TG
Practical advice and emotional support, information about conditions, help with statementing, a newsletter, puts families in touch with others with similar problems etc.
Telephone- **0121 428 5038**
Website-**www.look-uk.org**

National Attention Deficit Disorder Information and Support Service
ADDISS, PO Box 340, Edgware, Middlesex, HA8 9HL
Provides people friendly information and resources about ADHD to anyone who needs assistance.
Telephone-**0208 8952 2800**
Website-**www.addiss.co.uk**

National Blind Children's Society
Bradbury House, Market St, Highbridge, Somerset, TA9 3BW
Advice and information for blind and partially sighted children and young people aged under 19, their families and professionals. Advocacy, educational equipment, recreational activities. Also have a grants programme.
Family support and information service-**0127 876 4770**
Office telephone-**0127 876 4764**
Website-**www.nbcs.org.uk**

National Deaf Children's Society
15 Dufferin St, London, EC1Y 8UR
Helpline for parents, carers and professionals who work with deaf children. Provides support and information and can offer help with finding financial support
Telephone and text helpline- **0808 800 8880** Mon-Fri 10am-5pm
Office telephone- **020 7490 8656**
Website- **www.ndcs.org.uk**

One Parent Families (previously National Council for One Parent Families)
255 Kentish Town Rd, London, NW5 2LX
Information, support and advice for one parent families
Office telephone-**0207 428 5400 (**Mon-Fri 9-5)
Helpline for parents with disability/long term health problem-**0800 018 5026** 9am- 5pm Mon-Friday, Weds 9am-8pm (adviser will call back) You can also call this number for a free copy of a booklet on being a lone parent caring for a child with a disability or long term health problems. The helpline is also available for parents whose children behave in a difficult way or have additional needs.
Website- **www.oneparentfamilies.org.uk**

Shared Care Network
63-66 Easton Business Centre, Felix Rd, Easton, Bristol, BS5 0HE
Links families with children with disabilities to host families willing to offer occasional care. Have 300 local schemes across the country.
Telephone-**0117 941 5361**
Website-**www.sharedcarenetwork.org.uk**

SWAN (Syndromes Without A Name)
National charity which aims to preserve and protect the health and promote the welfare of children who suffer from undiagnosed conditions. Provides support and information on a variety of subjects, offers a listening ear through the helpline, links families together for mutual support and campaigns on behalf of families who have a child with an undiagnosed condition.
Telephone– **0192 270 1234**
Website-**www.undiagnosed.org.uk**

www.transitioninfonetwork.org.uk
C/o Council for Disabled Children, 8 Wakley St, London, EC1V 7QE
For parents and professionals (although also developing a site for young people. Contains information on housing and education etc)
Telephone-**0207 843 6006** (not a helpline) Email-tin@ncb.orguk

Vision Aid
106 Junction Rd, Deane, Bolton, BL3 4NE
Charity for families and carers of visually impaired children and those who have additional special needs. Advice and information on grants, benefits, education and other sources of help.
Telephone-**01204 642 65**
Website-**www.visionaid.org.uk** (currently under development)

Whizz Kids
Elliot House, 10-12 Allington St, London, SW1E 5EH
Helps fund customised mobility equipment such as wheelchairs for young people under 18 with any sort of disability. If statutory providers cannot offer support and parents have the support of their child's therapist they can ask for an application form. It has an advice and advocacy service
Telephone-**0207 233 6611**
Website-**www.whizz-kidz.org.uk**

Working Families
1-3 Berry St, London, EC1V 0AA
Have a network to support parents who are trying to combine paid work with caring for a disabled child . It has useful fact sheets and information on rights at work.
Telephone-**0207 253 7243**
Helpline-**020 7253 7243**
Website-**www.workingfamilies.org.uk**

Child Protection

Local Support

Derbyshire Safeguarding Children Board
PO Box 5505 , Matlock, DE4 3WW
Offers courses for agencies working with children. Multiagency body which ensures children and young people in the department are kept safe and have there needs met.
Telephone for training- **01629 531 933**
Website- **www.derbyshirescb.org.uk**

National Support

Childline
Helpline for children and young people in danger or distress. Telephone counselling 24 hours a day. Refers children to appropriate agency.
Helpline- **0800 11 11** freephone 24hours a day
Website- **www.childline.org.uk**

www.donthideit.com
NSPCC website for young people who have suffered abuse. Contains information and advice – only suitable for children over 11yrs.

Kidscape
2 Grosvenor Gardens, London, SW1 0DH
Aims to prevent bullying and child abuse. You can order posters and stickers about bullying
Office telephone-**020 7730 3300** Mon-Fri
Helpline on bullying-**0845 1205 204** Mon-Friday
These numbers are for parents, guardians and friends of bullied children
Website- **www.kidscape.org.uk**

NSPCC child protection line
Weston House, 42 Curtain Rd, London, EC2A 3NH
Helpline for anyone concerned about a child at risk of abuse, including children themselves.Can refer on.
Helpline-**0808 800 5000** 24 hours a day
Office telephone-**0207 825 2500**
Website- **www.nspcc.org.uk** .Also has a special website for young people which gives them information about services and people that are there to help-
www.worriedneed2talk.org.uk

Stop It Now
Public education campaign aimed at preventing child abuse. Offers a helpline which is aimed at the following groups of people-
-adults who have abused/are thinking about abusing a child to encourage them to see their behaviour as abusive and seek help,
-families and friends of abusers to help them recognise signs and seek advice about what action to take
-parents of children and young people with worrying sexual behaviour to give information on warning signs and when to seek help.
Helpline-**0808 1000 900** Mon-Thurs 9am-9pm, and Fri 9am-7pm
Please note this is confidential to those who do not identify themselves or others but if information is disclosed that identifies a child as at risk or an adult as having committed an offence against a child then it will be reported in accordance with child protection
Office telephone-**01527 598 184**
Website- **www.stopitnow.org.uk**

Citizens Advice Bureaux

Buxton

High Peak Citizens Advice Bureau,
26 Spring Gardens, Buxton, SK17 6DE
Base of High Peak C.A.B. Open Tuesdays and Thursdays from 10am- 2pm for drop-in session
Office telephone-**01298 214 550**

Buxton Medical Practice
2 Temple Rd, Buxton
Wednesdays 9.30am-11.45am for appointments & 11.45am- 12.30pm for a drop-in session.
Telephone- **01298 23298**

SureStart Community Centre
Victoria Park Rd, Fairfield, Buxton, SK17 6JP Wednesdays 1pm-3pm for appointments, and 3.15pm- 4.30pm for a drop-in session
Telephone-**01298 24081**

Elmwood Medical Centre
7 Burlington Rd, Buxton
Mondays 10- 11.30am for appointments & 11.30am-12.30pm for a drop-in session. This is on the 2nd, 3rd and 4th Mondays of the month.
Telephone-**01298 23019**

Stewart Medical Centre
15 Hartington Rd, Buxton SK12 6JP
Fridays 2pm-5pm for appointments. This is on the 2nd, 3rd and 4th Fridays of the month.
Telephone-**01298 223 338**

University of Derby College
Clarendon House, Manchester Rd, Buxton
Open Mondays in term time from 1pm- 2.30pm for appointments, and 2.30pm- 4pm for drop-in sessions.

Chapel-en-le-frith

Health Centre
Thornbrook Rd, Chapel-en-le-frith, SK23 0RG
Tuesdays 2.30pm- 3.30pm for appointments and 3.30pm- 5pm for a drop-in session
Telephone-**01298 812 552**

Gamesley

Early Learning and Excellence Centre
Gamesley, Glossop
Tuesdays 11.30am- 1.45pm for appointments & 1.45pm- 3pm for drop-in session.
Telephone **01457 728 950/951** or **01457 858 035** (for appointments)

Glossop

1st Floor, Bradbury Community House, Market St, Glossop, SK13 8AR
Mondays 10am- 2pm for a drop-in session, Tuesdays 5pm- 7pm for a drop-in session, & Fridays 10am- 2pm for a drop-in session.
Telephone- **01457 860007**

Victoria St Family Centre, Victoria St, Glossop
Open Wednesdays 9am- noon for appointments only.
Telephone- **01457 728 920**

Hadfield

Hadfield Medical Centre, 82 Brosscroft, Hadfield, Glossop
Mondays from 9am- appointments only
Telephone- **01457 860 860**

Lambgates Surgery, 1-5 Lambgates, Hadfield, Glossop
Thursdays from 2pm- appointments only.
Telephone-**01457 869 090**

Hayfield

Arden House Surgery
15-17 New Mills Rd, Hayfield
Thursdays from 1pm-2pm for appointments (surgery patients only) 2pm-3.30pm for a drop-in session. This is on the 1st and 3rd Thursdays of the month.
Telephone-**01663 745 030/ 742543**

Hope

Evelyn Medical Centre
Marsh Avenue, Hope, S55 6RJ
On the 4th Friday of the month appointments from 2.30pm- 4pm, and a drop-in from 4pm-5pm.
Telephone-**01433 621 557**

New Mills

Sett Valley Medical Centre
Hyde Bank Rd, New Mills, SK22 4BP
Mondays from 9.30am- 12.30pm for appointments only
Telephone- **01663 743 483**

Town Hall
Spring Bank, New Mills, SK22 4AT
Open Tuesdays from 10am- 2pm for a drop-in session
Telephone- 01663 743434

Whaley Bridge

Mechanics Institute
Market St, Whaley Bridge, SK23 7AA

Thursdays from 10am- 12pm for a drop-in session
Telephone- **01663 733068**

National Support

Citizens Advice Bureaux
This website gives advice, information and fact sheets
Website-**www.citizensadvice.org.uk**
Also have a website with up-to-date information on a wide range of topics, including benefits, housing, employment and debt, consumer and legal issues on
Website-**www.adviceguide.org.uk**

Clubs, leisure and sport

Clubs and leisure for adults

Gamesley Community Centre
Melandra Castle Rd, Gamesley
Provides a range of activities including aerobics, over 50s bingo, parent and toddler bouncy castle, junior sports, healthy walking, football for young people up to age 14, boxing and yoga.
Gamesley Community Garden Project is a health group that exercises its participants in the countryside, taking part in activities such as planting hedges, creating sensory gardens and maintaining community gardens. Usually meets on Wednesdays at 1pm at Gamesley community centre - phone **01457 869 038** or email lisaj@highpeak.gov.uk for details
Website **– www.gamesley@highpeak.gov.uk**
Community centre- **01457 869 145** or **01457 869 038**

Gamesley Healthy Walking Group
Short walks on Thursday mornings from 9.30am meeting at the Gamesley Youth and Community Centre, Melandra Castle Road.
Telephone-**01457 857 770** (Gamesley Residents' Association)

www.glossop.com
Useful website with links to clubs and activities that are available in Glossop.

Grapevine Project
15 Scarsdale Place, Buxton
A community cafe for everyone, but especially those who have been or are currently experiencing distress. Offers free courses in various topics such as meditation, anger management, assertiveness and art therapy. Specialist groups such as writer's group, arts and crafts and a women's group. Under 16s must be supervised.
Mon-Thurs 12noon-3pm, & Fri 12pm- 2pm
Telephone- **01298 72283**
Website – **www.grapevinecafe.org.uk**

High Peak Community Arts
High Lee Hall, St Mary's Rd, New Mills, SK22 3BW
Aims to get people involved in creative arts including offering people with physical or sensory impairments aged 18- 65 the chance to create art. People can have up to 10 sessions with an artist, either individually or with a small group. Transport is provided. Sometimes there are programmes for children- see website to find out more.
Telephone-**01663 744516**
Website- **www.highpeakarts.org**

High Peak Walks for Health
Easy and moderate led walks from various locations in the High Peak.
Telephone High Peak Borough Council on **0845 129 77 77** and ask for a leaflet or to speak to Paul Evans.

Millennium Volunteers
Cromford Mill, Mill Lane, Cromford, Matlock DE4 3RQ
Young people aged 16-24 can get involved in volunteering projects including arts, sports, media, care, conservation, youth groups and community projects.
Telephone-**01629 825 537**

Website-**www.mvinthemiddle.org.uk**

Slimming World
There are branches of slimming world meeting morning and evenings throughout Derbyshire Dales. Visit the website to find nearest group.
Website- **www.slimming-world.com**

St John Ambulance
County HQ and Training Centre, Derby Rd, Chesterfield, S40 2ED
45 units throughout the county which take on volunteers aged 5-65 who have time to help people in need, have fun, make new friends and learn vital new skills.
Telephone-**01246 200 272**
Website- **www.sja.org.uk/derbyshire**

Womens Institute
Derbyshire House, 175 Sherwin St, Derby, DE22 1GP
There are 185 branches in Derbyshire. Contact Derbyshire House for more details.
Telephone-**01332 342 596**
Website- **www.womensinstitute.org.uk/**

Counselling

Local Support

Derwent Rural Counselling Service
Newholme Hospital, Bakewell, DE45 1AD
Fully qualified counsellors can help all ages with personal problems, bereavement and loss, relationships, depression, stress and anxiety. Also go into some schools.
Telephone-**01629 812 710** Mon-Fri 9am-5pm
Website-**www.drcs.org.uk**

Choices Pregnancy Advice and Support Service
The Source 7 Terrace Road, Buxton, Derbyshire SK17 6DR

Local Charity affiliated to Careconfidential, offering free pregnancy testing with immediate results, free confidential advice and sensitive counselling fro anyone facing unplanned or difficult pregnancy. Caring ongoing support if required, whatever decision is made. Practical help with baby equipment, befriending, etc. Counselling for women and their partners if troubled by miscarriage, stillbirth or abortion. Adoption advice and support.
Telephone: **01298 213 866** for an appointment or drop in at The Source from 10am-12.30pm Thursdays. Appointments are available at other times and venues across Derbyshire

Email :info@choices-derbyshire.org.uk
Website:**www.careconfidential.com/buxton**

National Support

Careconfidential :For pregnancy and post abortion support.
Ring a free phone helpline to speak to a fully trained advisor immediately.
Telephone: 0800 028 028 2228
Website: **www.careconfidential.com**

Careline
Cardinal Heenan Centre, 326 High Rd, Ilford, Essex, IG1 1QP
Confidential telephone counselling
Counselling line-0845 122 8622 Mon-Fri 10am-1pm and 7pm-10pm
Office-**0208 514 5444**
Website-**www.carelineuk.org**

No Panic
93 Brands Farm Way, Randlay, Telford, TF3 2JQ
Helpline for people experiencing anxiety disorders such as phobias, obsessive/compulsive disorders and panic attacks. Offers advice, counselling and listening
Helpline-**0808 808 0545** freephone, 10am-10pm 7 days a week, every day of the year
Office telephone-**01952 590 005**
Website-**www.nopanic.org.uk**

Samaritans
24 hour helpline offering emotional support to those in distress and despair, including those who are suicidal. Can also email problems.
Telephone-**0845 790 9090** (local rate)
Website-**www.samaritans.org.uk**
Email helpline- jo@samaritans.org

Supportline
Offers emotional support to anybody over any issue. Their website also contains an extensive section on 'problems' which has useful links and information.
Helpline-**0208 554 9004** (times may vary)
Office telephone-**020854 9006**
Website-**www.supportline.org.uk**

Crime

Local Support

Derbyshire Police
For all non-emergency calls.
Telephone- **0845 123 3333**

Victim Support High Peak/North Dales
1 Mersey Bank Rd, Hadfield, Glossop, SK13 1PL
Offers emotional support, practical help and advice to victims of crime living in SK13, SK17, SK22 and SK23 areas.
Telephone- **01457 862 150**

Youth Involvement Officer
PC Caroline Simcock, B Divisional Headquarters, Silverlands, Buxton, SK17 6ZY
Caroline is the youth involvement officer for the High Peak
Telephone- **01298 762 118**

National Support

Crimestoppers
Telephone- **0800 555 1111** to report crimes anonymously
Website-**www.crimestoppers-uk.org**

Criminal Injuries Compensation Authority
CICA, Tay House, 300 Bath St, Glasgow, G2 4LN.
For those who have been physically or mentally injured as a result of a violent crime. You can download a form from the website.
Telephone-**0800 358 3601** Mon-Fri 9am-8pm, Sat 10am-6pm
Office telephone-**0141 331 2726**
Website-**www.cica.gov.uk**

SAMM (Support After Murder and Manslaughter)
Cramner House, 39 Brixton Rd, London, SW9 6DZ
Telephone support line for families and friends of homicide victims.
Helpline- **0207 735 3838** Mon-Friday 9am-5pm
Website **www.samm.org.uk**

Victim Supportline
Helpline for anyone affected by crime.
Helpline- **0845 30 30 900** local rate Mon-Fri 9am-9pm,Weekends 9am-5pm Bank holidays 9am-5pm
Website-**www.victimsupport.org.uk**

Disabilities

Local Support

Access- High Peak
The High Peak has four Access Groups: Hope Valley Access; New Mills & District Access Group; Access Buxton and Glossop Access. Each of the four Access Groups is autonomous, but each Group share a common mission: to campaign for accessibility to the built environment; to embark on a series of campaigns to raise awareness surrounding the obstacles disabled people encounter when attempting to access services.
By campaigning for accessibility to our environment, it will improve facilities and opportunities for all members of the community. It will enable disabled people to become actively involved in their society; and thus improve their quality of life and well-being.
Website- **www.accesshighpeak.org.uk**

Deaf and Hearing Support (CAMTAD ND)
Offices 4/5, The Market Hall, Chesterfield, S40 1AR
Hearing impaired and deaf people can try the various types of equipment which may assist with hearing some of the everyday sounds such as hearing the television, telephone ringing, doorbell, etc. Also have information on services that are available within North Derbyshire and a loan scheme to allow people to borrow the equipment, books, or videos to view in greater detail or to test its suitability for use at home or at meetings.
Resource Centre Tues-Fri 10am-12noon& 2pm-4pm
Telephone and fax-**01246 555 934** Mon-Fri 9am-5pm
Minicom/textphone-01246 555 933
Email- info-deafandhearing@copperstream.co.uk

Derbyshire Association for the Blind
65-69 Nottingham Rd, Derby, DE1 3QS.
Can offer support on benefits, telephone befriending, and a toy library.
Telephone - **01332 292 262**.
Website- **www.dab.org.uk**
Sightline – 24-hour helpline providing support and information on any aspect of visual impairment and advice on legal issues – **07071 881 399**

Derbyshire Coalition for Inclusive Living
Head Office, Park Rd, Ripley, DE5 3EF.
Offers a variety of support and information, peer counselling, direct payments support service. They also have a large database of other contacts, including support and activity groups. Meets around the county
Telephone-**01773 740 246**
Minicom-01773 748 452
Website-**www.dcil.org.uk**

Glossop Medical Loan Centre
British Red Cross, 57 Oakfield Rd, Hadfield, Glossop, SK13 2BN
Provides the short-term loan of wheelchairs, commodes, bathing aids according to availability.
Telephone- **01457 853 823**

Glossop and District Volunteer Bureau
73 High St West, Glossop, SK13 8AZ
Talking newstape for the blind- weekly tape of local news is produced for the visually impaired Time Out service- weekday service for elderly and disabled people, enabling them to get out of the house, shop, meet friends, socialise and learn useful info about other local services. Car scheme, hands-on youth project for 12- to 21-year-olds, practical help and Glossops VIPs – group for visually impaired persons.
Telephone- **01457 865 722**
Website – **www.vcglossop.org.uk**

High Peak Sensory Impairment Team
Social Services, Cromwell House, High St, Chapel-en-le-Frith, SK23 0HD
Telephone- **0845 129 77 77**

MedEquip
Unit 6a, Wimsey Way, Alfreton Trading Estate, Alfreton, DE55 4LS
Provides equipment such as bed hoists and walking aids to Derbyshire clients
Telephone-**01773 604 426**

Midland Association for Amputees and Friends
52 Peveril Rd, Tibshelf, Alfreton, DE55 5LR.
Advice and information service for all amputees, carers and families. Home visiting service, form filling, benefits, holidays. Meet at Chesterfield resource centre on the last Tuesday of the month at 7pm. Membership fees of £3 for postal members or £6 for those who attend meetings. Don't need to be a member to receive information. Quarterly newsletter and information pack.
Telephone-**01773 591 481**
Office open 11am-4pm Mon-Fri, Wed 10am-4pm
Website-**www.midlandamputess.org.uk**

New Mills and District Volunteer Centre
33/35 Union Rd, New Mills, High Peak, SK22 3EL Offering a range of befriending and shopping services. Shopping service on Thursdays for housebound clients- Shoparound provides a trip out on a weekly basis for elderly, isolated and physically disabled people. Befriending and escorting people shopping, light gardening and D.I.Y.
Telephone-**01663 744 196** 10am-4pm
Website- **www.nmvc.org**

Spirita Home Improvement Agency (previously Walbrook Care and Repair)
1 Prospect Place, Millennium Way, Pride Park, Derby, DE4 8HG
Provides help for over 60s who own their own home. This is a free service to select reliable tradesmen and help obtain funding, writing letters, give impartial advice. This service is also available in the High Peak for people on mean-tested or disability benefits.
Telephone- **0845 850 8013**

National Support

General Organisations

AbilityNet
PO Box 94, Warwick, CV34 5WS
Makes IT accessible for those with disabilities or special needs. Useful fact sheets available eg about IT for people with epilepsy or dyslexia.
Telephone-**0800 269 545** freephone
Website-**www.abilitynet.org.uk**

Benefit Enquiry Line (for people with disabilities and their carers)
For general advice on Social Security Benefits
Telephone-**0800 88 22 00** Website- **www.dwp.gov.uk**

Disability Alliance
Universal House, 88-94 Wentworth St, London, E1 7SA
'Breaking the link between poverty and disability.' If a person belongs to an organisation (such as D.C.I.L) that belongs to D.A, then can access helpline, although others can call at other times. They can offer advice about rights. There are useful links through their webpage.
Office line - **0207 247 8776**
Website- **www.disabilityalliance.org**

Disability Law Service
39-45 Cavell St, London, E1 2BP
Legal advice helpline for disabled people, their families and carers.
Telephone-**0207 791 9800** Mon-Friday 10am-1pm, 2pm-5pm
Minicom-020 7791 9801
Website-**www.dls.org.uk**

Disabled Living Foundation
380- 384 Harrow Rd, London, W9 2HU
Charity providing information and advice on assistive equipment to maintain/improve independence for older people or disabled people of all ages. Has helpline, a letter and email enquiry service, giving free advice from experienced equipment advisors. There are also factsheets available
Office telephone-**0207 289 6111**
Helpline-**0845 130 9177** Mon-Fri 10am-4pm
Website-**www.dlf.org.uk**

Disability, Pregnancy and Parenthood International
National Centre for Disabled Parents, Unit F9, 89/93 Fonthill Rd, London, N4 3JH.
Promotes better awareness and support for disabled people as parents and before and during pregnancy. Controlled by disabled people. Offers information services.
Helpline-**0800 018 4730**
Office telephone-**0207 263 3088**
Website**- www.dppi.org.uk**

Disabled Parents Network
National Centre for Disabled Parents, 81 Melton Road, West Bridgford,Nottingham NG2 8EN
For disabled parents and those who want to become parents. Offers peer support.
Telephone-**0870 241 0450**
Website-**www.disabledparentsnetwork.org.uk**

Good Access Guide
Useful website which has a huge directory of accessible leisure pursuits, holidays, transport and daily living services for disabled people, their families and friends

Independent Age (formerly known as Rukba)
6 Avonmore Rd, London, W14 8RL
Provides older people on low incomes with dignity and peace of mind by providing regular extra income, grants for emergencies, equipment to aid independence, support and friendship of volunteers. The service is generally for the over 65s with a limited income.
Telephone-**0207 605 4200**
Website-**www.independentage.org.uk**

Mencap
123 Golden Lane, London, EC7 0RT
Offers support to those with learning disabilities and their families. Can give information on housing, jobs, benefits, local services and so on.
Learning Disability
Helpline-**0808 808 1111** 24 hours
Office telephone-**0207 454 0454**
Minicom-**0808 808 8181**
Website-**www.mencap.org.uk**

National Talking Newspapers & Magazines
National Recording Centre, Heathfield, East Sussex, TN21 8DB
Provides national and local newspapers and magazines on tape, computer disc, email, internet download and CD-rom and mp3 download for visually impaired and disabled people who find reading a strain. Choice of over 230 publications. Various subscription rates- eg for £30 a year can receive up to one weekly and two monthly titles or £9 for monthly publication.
Telephone-**01435 866 102**
Website-**www.tnauk.org.uk**

Phab
Phab England, Summit House, 50 Wandle Rd, Croydon, CR0 1DF
National charity dedicated to promoting and encouraging the coming together, on equal terms, of disabled and non-disabled people to achieve an integrated and inclusive society. Have various clubs nationwide (Chesterfield the nearest) Also organises holidays for young people and produces a holiday guide.
Telephone-**0208 667 9443** Mon-Fri 9am to 4pm
Website-**www.phabengland.org.uk**

Radar
12 City Forum, 250 City Rd, London, EC1V 8AF.
UK's campaigning and advisory disability body, run by and for disabled people.
Telephone-**0207 250 3222**.
Minicom- 0207 250 4119
Website-**www.radar.org.uk**

Remap
D9 Charter Business Park, Kemsing, Sevenoaks, Kent, TN15 6YU
Charity that adapts mainstream equipment free of charge for people with disabilities.
Branches in Derby and Manchester. Follow the website links to find out more.
Telephone-**0845 1300 456**
Website-**www.remap.org.uk**

Organisations supporting specific conditions

Association for Spina Bifida and Hydrocephalus
42 Park Rd, Peterborough, PE1 2UQ.
Information and help to people with spina bifida or hydrocephalus and their families. Holiday grants or assistance with holiday travel costs for people may be considered, after necessary enquiries by an appropriate qualified person, and only if a holiday grant has not been given within the past 3 years.Individuals can apply themselves.
Helpline-**0845 450 7755** local rate Mon-Fri 10am-4pm
Telephone-**01733 555 988**
Website-**www.asbah.org**

British Polio Fellowship
Eagle Office Centre, The Runway, South Ruislip, Middlesex, HA4 6SE.
Information and advice on rights, housing issues and equipment.May help towards holidays for people who have a disability resulting from Poliomyelitis. The Fellowship has a self catering unit in Burnham-on-Sea. Applicants must submit a medical certificate showing they have had Poliomyelitis. Individuals can apply themselves.
Telephone-**0800 018 0586** freephone
Website- **www.britishpolio.org**

Cerebral Palsy Helpline
PO Box 833, Milton Keynes, MK12 5NY
Information, advice, support and initial counselling on all aspects of cerebral palsy and disability issues.
Helpline-**0808 800 3333** freephone Mon-Fri 9am-7pm, Sat 10am-2pm
Website-**www.scope.org.uk**

Deafblind UK
National Centre for Deafblindness, John and Lucille van Geest Place, Cygnet Rd, Hampton, Peterborough, PE4 8FD
Helpline for people who are deaf and blind, their carers and professionals. Advice & information on equipment, communication methods, local services, leisure activities & holidays, respite care, training & residential homes. Also offers counselling & listening. Rehabilitation services. May be grants available to help with holidays or respite care.
Helpline (voice and text)-**0800 132 320** freephone 24 hours a day
Office telephone (voice and text)-**01733 358 100**
Website-**www.deafblind.org.uk**

Down's Syndrome Association
Langdon Down Centre, 2a Langdon Park, Teddington, TW11 9PS
Provides information, and support for people with Down's Syndrome, their families and carers.
Telephone-**0845 230 0372** 10am-4pm Mon-Fri
Website-**www.downs-syndrome.org.uk**

Sense
11-13 Clifton Terrace, Finsbury Park, London, N4 3SR
National deafblind and rubella organisation offering advice, help and support. Also organises holidays for deafblind children and young adults. Ask for application form. Individuals can apply.
Telephone-**0207 272 7774**
Textphone-**0207 272 9648**
Website-**www.sense.org.uk**

Hearing Problems

British Deaf Association Midlands
10th Floor, Coventry Point Market Way Coventry, CV1 1EA
Email: midlands@signcommunity.org.uk
Textphone: **02476 550393**
Telephone: **02476 550936**
Website- **www.bda.org.uk**

Sight problems

Action for Blind People
14-16 Verney Rd, London, SE16 3DZ
Telephone information and advice for visually impaired people, their families and professionals. Information on relevant topics such as service provision, welfare rights, applying for benefits and finding a job.
Helpline-**0800 915 4666** freephone Mon-Fri 9am-5pm
Office telephone-**0207 635 4800**
Website-**www.afbp.org**

Living Paintings Trust
Queen Isabelle House, Unit 8, Kingsclere Park, Kingsclere, Newbury, RG20 4SW
Registered charity which offers a free service for visually impaired people of all ages, their families, carers and schools. Produces specialist touch and sound packs that explain a wide variety of fun, interesting and educational pictures for those who can not see.
Telephone and fax-**01635 299 771**
Website-**www.livingpaintings.org**

National Library for the Blind
Far Cromwell Rd, Bredbury, Stockport, SK6 2SG
Provides a gateway to a library and information services for the visually impaired.
Telephone- **0161 355 2000** Mon-Fri 8.30am-4.30pm
Minicom-0161 355 2043
Website- **www.nlb-online.org**

R.N.I.B
105 Judd St, London, WC1H 9NE
Provides a range of services and help for visually impaired people, including talking books.
Helpline-**0845 766 9999 Mon-Fri** 9am-5pm
Office telephone **0207 388 2525**
RNIB customer services including talking Books-**0845 762 6843**
Email for talking books- cservices@rnib.org.uk
Website-**www.rnib.org.uk**

Domestic Abuse

Local Support

Derbyshire Police
Telephone- **0845 123 3333** (24 hours general police call centre) and ask for domestic violence unit.

Domestic Abuse Reduction Partnership
The Small Office, Queens Court, Queens Rd, Fairfield, Buxton, SK17 7ES
Telephone helpline- **0800 328 1242** (young people call on Monday, Wednesday and Friday from 3.30pm- 6.30pm and Saturday 1pm- 4pm, adults call from 9am- 12 noon on Monday- Friday, there is a 24 hour answer phone and people can be rung back on their mobiles.)
Office number and fax- **01298 711 32**
Email: jackie.carvill@virgin.net

Glossop Women's Aid
PO Box 22, Glossop, SK13 8AE.
Support for women and children experiencing domestic abuse. Will take referrals from outside the High Peak.
Telephone- **01457 856 675**
Freephone – **0800 389 8307**

Hadhari Nari Advice Centre
36 St James Rd, Peartree, Derby, DE23 8QX
For women affected by domestic abuse. Covers Derbyshire, has a self-help group. Can provide counselling and accommodation.
Telephone- **01332 270 101**

North Derbyshire Womens Aid
West Bank House, Albion Rd, Chesterfield, S40 1LL
Advice, support and temporary accommodation for women and children who are or have been experiencing domestic violence or abuse. The centre is open Mon-Thursday for drop in from 10am- 4pm. On Fridays can only be contacted by phone.
Telephone helpline- **01246 540 444**
Office telephone**- 01246 540 464**
Email- ndwa@btconnect.com

Paws for Kids
P0 Box 329, Bolton, BL6 5FT
A charity which works in and around Greater Manchester fostering the pets of domestic violence survivors. In the High Peak they can only work with women from the Glossop refuge.
Telephone- **01204 698 999**
Website- **www.pawsforkids.org.uk**

National Support

Broken Rainbow
Support those who are suffering domestic abuse in same sex relationships, and professionals who work with them.
Helpline- **08452 60 44 60** Mon and Thurs 2pm-8pm, Wed 10am-1pm
Staffed by LGBT people
Website-**www.broken-rainbow.org.uk**

www.thehideout.org.uk
Website for young people on domestic violence. What you can do if it happens to you or anyone in your family or in a friend's family. Chillout section, sections on exploring feelings.

Mankind Initiative
57 East Reach, Taunton, Somerset, TA1 3EZ
Advice and support for men experiencing domestic abuse. Also offer a refuge referral facility
Helpline-**0870 794 4124** Mon-Fri 10.30am-4pm and 7pm-9pm
Office telephone – **01823 334244** Mon-Fri 10am-4pm
Website-**www.mankind.org.uk**
Email-Stephen@mankind.org.uk

Refuge
Confidential 24 hour helpline for women and children experiencing physical, emotional or psychological abuse. Can put women in touch with other agencies and help find safe places to stay.
Helpline-**0808 2000 247** freephone 24 hours a day
Website-**www.refuge.org.uk**

Respect
1st Floor, Down Stream Building, 1 London Bridge, London, SE1 9BG
UK association for domestic violence perpetrator programmes and associated support services. Provides a phoneline for perpetrators who are looking for information and advice to stop their abusive or violent behaviour towards their partners.
Respect phoneline (also for professionals wanting information)
0845 122 8609 Mon, Tues, Wed and Fri 10am-1pm, 2pm-5pm
Website-**www.respect.uk.net**

Women's Aid 24 hour national domestic violence helpline
PO Box 391, Bristol, BS99 7WS
Can refer callers to temporary accommodation and give advice, information and support.
Helpline-**0808 2000 247** (24 hours a day)
Office telephone-**0117 944 4411**
Website-**www.womensaid.org.uk**

Drugs

Local Support

Addiction Dependency Solutions
98 Bentinck St, Ashton under Lyne, Lancashire OL6 7SS
Works with people aged 18 and over. Also offers and group support for family/carers of those with alcohol or drug misuse.
Telephone- **0161 343 1133**

Base 3
86 Saltergate, Chesterfield, S40 1LG
Young person's drug service- works with the under 18's who either are taking drugs or drinking. Open 9-7pm Thurs, and 9-5pm on other weekdays.
Telephone- **01246 206 143**
Freephone number- **0800 389 3925**

Branching Out- Tameside and Glossop
7-10 Clarence Arcade, Stamford St, Ashton under Lyne 0L6 7PT.
Support for young people under 19 who are at risk from drug and alcohol use. Also support and advice for families, carers and friends of drug users of any age.
Telephone-**0161 343 6481**.
Parents service-**0161 830 0204**

North Derbyshire Alcohol Advice Service
Bay Heath House Rose Hill West, Chesterfield S40 1JF.
Alcohol advice line. Offers confidential advice, group support and counselling for drinkers and their relatives and friends. They work outreach throughout the county.
Telephone **01246 206 514** Mon, Weds, Fri 9am-4.30pm, Tues and Thurs later appointments
Website – **www.alcoholadvice.webeden.co.uk**

SPODA
104 Saltergate, Chesterfield, S40 1NE
Confidential advice, information and support for anyone whose life is affected by someone else's drug use, particularly parents and carers. Works through out Derbyshire, except Derby city, and may be able to advise of a local support group or help set one up. Have a specific worker for grandparents who are caring for their grandchildren or are concerned about them because of their parent's drug use.
Helpline-**0800 068 5718** freephone Mon-Weds 9.30am-5pm, Thurs 9.30am- pm
Office telephone- 01246 210 170
Website- **www.spoda.org.uk**

National Support

Addaction
67-69 Cowcross St, London, EC1M 6PU
Produces booklets about drugs and provides support in areas of the country
Telephone-0207 251 5860
Website**- www.addaction.org.uk**

Adfam
25 Corsham St, London, N1 6DR
Supports families who are dealing with alcohol and drug problems (founded by the mother of a drug user) Website contains information and parents' experiences. Links to services available in local area.
Telephone-**0207 553 7640**
Website-**www.adfam.org.uk**

Families Anonymous
DRCA, Charlotte Despard Avenue, London, SW11 5HD
Telephone and other support services for families and friends of drug users. Outside hours gives recorded message of name and phone number of volunteer who can be called.
Helpline-**0845 120 0660** local rate, Mon-Fri 1pm-4pm and 6pm-10pm, weekends 2pm-10pm
Website- **www.famanon.org.uk**

Frank (Formerly known as National Drugs Helpline**)**
Service for anyone concerned about drug or solvent misuse. For drug misusers, their families, friends, carers and professionals. Detailed information on website.
Helpline-**0800 77 66 00** freephone 24 hours a day
Textphone-**0800 917 8765**
Website-**www.talktofrank.com**

Parents Against Drug Abuse (PADA)
Ellergreen Community Centre, Ellergreen Rd, Liverpool, L11 2KY
Advice and counselling for parents and families of drug users. Can put people in touch with their local parents and families of drug users groups. Also offers support to grandparents who are carers.
Helpline-**0845 702 3867** local rate, 24 hours a day
Office telephone-**0151 270 2108**
Mobile – **08457 023 867**
Website-**www.pada.merseyside.org**
Email- pada@ellergreen0.fsnet.co.uk

Parents Using Drugs
Children's Society website for children who live with drug and alcohol abusers. Sections for 4-10 year olds, and 11-21 year olds
Website-**www.parentsusingdrugs.org.uk**

Release
Drugs and legal advice for drug users and their families.
Helpline offering legal advice and specific advice for heroin users
0845 4500 215
Website**- www.release.org.uk**

Eating Disorders

Local Support

North West Centre for Eating Disorders
251 Wellington Rd South, Stockport, SK2 6NG
For those aged 16 upwards with eating disorders. Although work is funded through Stockport PCT people can pay for appointments or try to get health referrals. Family counselling is offered. There is also a family drop-in on Monday from 5pm to 7pm which is open to everybody. There is a self-help group every Monday from 7pm to 8pm. A support group is open to people from outside the area. Offers training to mental health professionals who want to know more about working with people with eating disorders.
Telephone- Ms Barbara Douglas-**0161 480 0882**
Website – **www.oakwoodhouse.co.uk**
E-mail – info@oakwoodhouse.co.uk

National Support

Eating Disorders Association
103 Prince of Wales Rd, Norwich, NR1 1DW
Information and help on all aspects of eating disorders including Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and related eating disorders
Office Telephone-**0870 770 3256**
Helpline-**0845 634 1414** local rate Mon-Fri 10.30am-8.30pm, Sat1pm-4.30pm
Helpline for under 18's-**0845 634 7650** local rate Mon-Fri 4.30pm-8.30pm, Sat 1pm-4.30pm
Youth text-07986 201820
Website **www.edauk.com**

Education Issues

Local Support

Derbyshire Adult Community Education

Gamesley Early Excellence Centre, Winster Mews, Gamesley, SK13 0LU
Offers a variety of courses eg textiles, family learning courses to any age group and formal education classes. Funding is available for some.
Telephone- **01457 858035 Pat Javanaud Programme manager**

Derbyshire Adult Community Education- Glossop-
Glossop Adult Centre, Talbot St, Glossop, SK13 7DG
Offers basic skills classes and support. Classes are also held in Gamesley
Telephone- **01457 852 245**

Derbyshire Adult Community Education- New Mills
New Mills Adult Education Centre, Spring Bank, New Mills, SK22 4AZ
Offers basic skills classes and support
Telephone- **01663 746 897**

Derbyshire Parent Partnership
School Board Lane Community Centre, School Board Lane, Chesterfield, S40 1DD
Free service for parents and carers of children with special needs. Offers confidential advice and support, can signpost, attend meetings with parents and carers and help with understanding or translation of special needs paperwork. They also have a specific worker for children who have been excluded (regardless of whether they have special needs or not.)
Telephone- **01246 273 154**
Fax- 01246 273 155
Website-**www.derbyshireparentpartnership.co.uk**

National Support

Advisory Centre for Education
1C Aberdeen Studios, 22 Highbury Grove, London, N5 2DQ
Helpline offering advice on special educational needs, exclusion, bullying etc.
Helpline-**0808 800 5793** freephone Mon-Fri 10am -5pm
Exclusion helpline-Mon-Fri 2-5pm-**0207 704 9822**
Office telephone-**0207 704 3370**
Website- **www.ace-ed.org.uk**

Education Maintenance Allowance
For young people attending college or sixth form. Can claim up to £30 a week if family income less than £30,000. For further details contact your local Connexions office (see advice and counselling service) or telephone **0808 10 16 219** freephone
Website:**dfes.gov.uk/financialhelp/ema**

www.parentcentre.gov.uk
Department of Education website with information and advice about learning and education. Also has a very useful links section.

Parents for Inclusion
Unit 1,Winchester House,Kennington Park Business Centre Cranmer Raod London SW9 6EJ
Advice, listening and referrals for families trying to achieve mainstream education for their disabled children. Run during term time only by parents for parents
Helpline-**0800 652 3145** freephone, Mon, Tues, Thurs 10am-12 noon, 1pm-3pm
Office telephone-**0207 735 7735**
Website-**www.parentsforinclusion.org**

Employment Issues

Local Support

Buxton Jobcentre
84-86 Spring Gardens, Buxton, SK17 6BU
Telephone- **01298 306 900**
Website-**www.jobcentreplus.gov.uk**

Derbyshire Careers Service
Derbyshire Careers for Adults, 9 The Quadrant, Connexions, Buxton, SK17 6AW. Also Glossop Connexions, 84 High St West, Glossop, SK13 8BB
Offers advice to adults throughout Derbyshire including help writing CV's.
Telephone (freephone- should be able to put people in touch with their nearest branch.) **0800 269 468** or get in touch by online form.
Telephone- Buxton branch- **01298 22322**
Telephone- Glossop branch- **01457 864 641**
Website- **www.nextstep-derbyshire.org**

Derbyshire Chamber and Business Link
Offers information and advice on education and training for unemployed people aged 16-63. Can assist young learners with modern apprentices. Works throughout Derbyshire.
Telephone- **0845 601 1038**
Website- **www.derbyshirechamber.com**

Glossop JobCentre
Howard St, Glossop, SK13 7DF
Telephone- **01457 726 700**
Website- **www.jobcentreplus.gov.uk**

Information and Advice Worker
New Mills Adult Community Education Centre, Spring Bank, New Mills, SK22 4AZ
Sarah Kelly is a High Peak advice worker who can offer advice on courses, learning costs, childcare help and access to job information.
Telephone- **01663 746 897**

Next Step
Return to learn programme run at New Mills, Chapel and Glossop.
Offers courses to people who have been out of learning or want to change career.Introduction to various careers including counselling, nursing, playwork, teaching assistant, social work, computer skills etc. No entry requirements and courses are free. Courses run for approximately 10 weeks and are 2 hours a week. There are also access courses. Also has a learndirect centre offering IT, basic skills and management.
Telephone- Gill/Sharon- **01663 746 897**

Phoenix Enterprises
1 Theatre Yard, Off Low Pavement, Chesterfield, S40 1PF
and 51 Albion Rd, New Mills, High Peak, SK22 3EX
A non-profit making organisation committed to increasing the employability of individuals with barriers to work eg those on benefits, including certain disability benefits.
Telephone- **01246 211 800** (Chesterfield) **01663 749 591** (New Mills)
Website- **www.phoenixent.org.uk**

Prince's Trust
Head Office, 18 Park Square East, London, NW1 4LH
Offers a variety of courses and support to young people aged 14-30. Includes Team for 16-25 year olds to develop confidence, motivation and skills through teamwork in the community (courses run in Chesterfield, and Derby.) There is also a 6 month programme which helps unemployed young people develop musical talents. Also gives cash awards, low interest loans and grants for business start ups
Telephone- FREEPHONE number to connect to local area- **0800 842 842**
Telephone- Derbyshire office-**01332 851 763**
Minicom- Head Office- 020 7543 1374
Website- **www.princes-trust.org.uk**

Whaley Bridge Community Trust (Footsteps)
14 Market St, Whaley Bridge, SK23 7LP
Drop-in centre/one-stop shop which has access to compute. Computer courses are held there too. Information on local services.
Telephone- **01663 732 395**

Yes2work
Unit 12, Coney Green Business Centre, Wingfield View, Clay Cross, Chesterfield, S45 9JW
Free service to people who have been out of work because of a disability or long-term illness. Offers guidance on what jobs might suit, and provides back up once people have started a job. Also do job searches.
Telephone-freephone- **0808 145 2504**
Minicom-0808 144 7082
Website- **www.yes2work.org.uk**

National Support

ACAS (Advisory, Conciliation and Arbitration Service)
Brandon House, 180 Borough High Street, London, SE1 1LW.
Aims to improve organisations and working life through better employment relations. Provides up-to-date information, independent advice and training Also work with employers and employees to solve problem.
Office- **0207 210 3613** Helpline- 08457 47 47 47 Mon-Fri 8am-6pm.
Website- **www.acas.org.uk**

Apex Charitable Trust,
St Alphage House, Wingate Annexe, 2 Fore St, London, EC2Y 5DA
Helpline for ex-offenders, prisoners, probation staff, employers, families and friends covering a range of issues that affect ex-offenders seeking employment.
Helpline-**0870 608 4567** national rate, Mon-Fri 10am-5pm
Office telephone-**0207 638 5931**
Website **www.apextrust.com**

Inland Revenue tax credit helpline
Information and advice about working and childcare tax credit.
Telephone-**0845 300 3900** local rate 8am-8pm, 7 days a week
Textphone-0845 300 3909
Website-**www.hmrc.gov.uk**

New Deal
Helps people to retrain and get back in the work force. Details also available at job centres.
Telephone-**0845 606 2626** for an information pack
Textphone-0845 606 0680 7am- 11pm, 7 days a week
Website**-www.newdeal.gov.uk**

Worktrain
Department of Work and Pensions website which gives access to huge amount of information from Jobcentre Plus, learndirect and other websites, making it easier to find the information you need
Website**-www.worktrain.gov.uk**

Ethnic Minorities

Local Support

Derby Millenium Network
Office 24, Rosehill Business Centre, Normanton Rd, Derby, DE23 6RH
A voluntary sector organisation representing the black and minority ethnic and culturally diverse voluntary sector within Derbyshire.
Telephone- **01332 206 520**

Derby Racial Equality Council
31 Normanton Rd, Derby, DE21 2GJ.
Aims to provide a strategic focus in Derby and Derbyshire on race equality by working in partnership and developing, implementing and promoting strategies, policies and good practice in the area of race
Telephone- **01332 372 428** Mon-Thurs 9am-5pm., Fri 9am-4.30pm, (closed for lunch from 12.30- 1.30pm.
Email-diversity@derbyrec.org.uk

National Support

Equality and Human Rights Commission
3 More London , Riverside Tooley Street SE1 2RG
Office telephone-**020 3117 0235 (Non- helpline calls)**
Fax:0207 407 7 557
Helpline-**08457 622 633**
Website-**www.cre.gov.uk**
Email: info@equalityhumanrights.com

Families- parents, grandparents, mediation etc

Local Support

Charis House
Good News Family Care Homes Ltd, Hardwick Square East, Buxton, SK17 6PT.
A residential house which offers courses for families, including parenting skills, help for addicts. There is a nursery and counselling is offered. Families are helped with basics such as cooking and hygiene. Families from outside the area are taken but no children over the age of 10.
Telephone-**01298 24761** Mon-Fri 10am-4.45pm
Website- **www.gnfc.org.uk** (this website also includes useful articles on a range of parenting issues)

Child Safety Equipment
Child safety equipment for preschool age children for families on benefits.
Telephone- Lesley Stevens- **0845 129 7777 ext 2057**

Family Support Centre
Victoria St, Glossop, SK13 8HZ
Work with families social services have referred who have children under the age of 8. Also the base of the family resource team who work with young people age 8-19.
Telephone- **01629 531 286** (for under 8's)
Telephone- **01629 531 282** (for over 8's)

Gamesley Early Excellence Centre
Winster Mews, Gamesley, Glossop, SK13 OLU
-Open from 7.30 am- 6pm with some evening courses for adults. There is a nursery for the under 5's and for those with S.EN. There is an out of school club from 7.30am- 6pm. They also have toy and book libraries, parent and toddler groups, a luncheon club for senior citizens and education for school age mums. Offer family support including supervised contact, basic skills help for parents. Several organised community groups operate from here including Gamesley Residents Association and Healthy Living Centre.
Telephone- **01457 728 950/951**
Website- **www.gamesleyeec.org.uk**
Email- enquiries@gamesleyeec.derbyshire.sch.uk

Homestart
26 Spring Gardens, Buxton
Home-Start offers friendship and informal support to parents with young children, in local communities throughout the UK, so that every child can have a good start in life. Home-Start High Peak supports families throughout the High Peak region, including Glossop.
Home-Start offers a unique service. We recruit and train volunteers, who are usually parents themselves, to visit families at home who have at least one child under five and offer them informal, friendly and confidential support.
Telephone- **01298 72777**
Email : home-starthighpeak@hotmail.co.uk

Living with Babies/Children/Teenagers Courses
Free courses run at various venues in Derbyshire including Matlock. For parents who want to learn how to deal with their children.
Telephone-**01246 514 977 or 01246 514 978**
Email-cath.bedford@nhs.net or jill.gingell@nhs.net

NCH- Derbyshire Family Mediation and Children's Support Service
32a Newbold Rd, Chesterfield, S41 7PH
NCH family mediation for children aged 4-14 who are affected by parents splitting up. Also offers support for parents, and mediation between teenagers and parents.
Telephone-**01246 277 422**

Parent Lifeline
Voluntary Action, Vol Serve House, 14-18 West Bar Green, Sheffield, S1 2DA.
Volunteers answering calls are parents who have undergone training. Callers may remain anonymous if preferred. Parents can be put in touch with further sources of help if appropriate. Additional services are available locally, including: face-to-face appointments, parenting courses, talks to local groups.
Helpline- **0114 272 6575** Mon - Fri 9am- 1pm, 7.30pm- 11.30pm, weekends from 7.30pm- 11.30pm
Website-**www.parentlifeline.org.uk**

Surestart- Fairfield
SureStart Centre, Victoria Park Rd, Fairfield, Buxton, SK17 7PE
Offers a range of services to families in Fairfield.
Health- A nurse practitioner is available daily for assessing and seeing patients in the morning and helping patients manage long-term health conditions in the afternoon. Speech therapy, midwives antenatal clinics, dentistry and GP appointments also take place. **Community Roots** a support group for those with mental health concerns takes place on the last Friday of the month at 1pm. Health visitors have a baby clinic for parents on tuesdays 2- 2.30pm. Also on Tuesday there is a health and advice drop-in session led by the school community nurses (2pm-5pm.) **Breastmates** (breast feeding support group) hold a cafe on thursdays between 1pm and 3pm. They are also available on their helpline on 07768 540 951, and can lend free breastpumps in special circumstances.
Other services- adult community education including free maths and english sessions, youth club activities, toy library, toddler group (on a wednesday morning 9.15- 9.45,) healthy tots group at Busy Bees (free session for Fairfield pre-school children where health professionals are present. Mondays in term time between 9.30am- midday. In holidays older siblings are welcome between 10am and midday.) Fairplay offers support for parents of children with special needs on alternate thursdays from 10am- 12 noon. You can also borrow a book on parenting/childcare and children's books- ask on a Weds morning.
Telephone- **01298 74895**
Email- pauline.gunson@derbyshire.gov.uk

National Support

Association for Shared Parenting
Promotes rights of children to the nurture of both parents after separation
Telephone-**01789 751 157** evenings only
Website-**www.sharedparenting.org.uk**
Email-spring.cott@btopenworld.com

BBC Parenting website
Useful website with message boards, advice and links
Website-**www.bbc.co.uk/parenting**
Email-parenting@bbc.co.uk

Contact a Family
209-211 City Rd, London, EC1V 1JN
Helpline and support for families caring for children with disabilities or special needs. Encourages mutual support between parents. Website contains a very detailed directory of specific conditions and rare disorders that is also useful for adult medical conditions. Also runs a new web service called 'making contact' to link families together
www.makingcontact.org
There is also a useful downloadable fact sheet on debt for families who have a child with disabilities.
Telephone helpline-**0808 808 3555** freephone Mon-Fri 10am-4pm and Monday 5.30pm-7.30pm
Office telephone-**0207 608 8700**
Minicom-0808 808 3556
Website-**www.cafamily.org.uk**

Families Need Fathers
134 Curtain Rd, London, EC2A 3AR
Information and support to parents to maintain a child's relationship with both parents.
Office telephone-**0870 607 111**
Helpline-**0870 760 7496** 6pm-10pm, Mon-Fri
Website-**www.fnf.org.uk**

Family Welfare Association
501-505 Kingsland Rd, London, E8 4AU
Gives help to poorer families including grants and counselling.
Telephone-**0207 254 6251**
Website-**www.fwa.org.uk**

Fathers Direct
9 Nevill Street, Abergavenny NP7 5AA
National information centre for fathers. Promotes close relationships between fathers and children
Telephone-0845 634 1328
Website-**www.fathersdirect.com**

Fosterline
Confidential advice line for foster carers- provides independent, impartial advice about fostering issues including concerns, allegations and complaints, changes in legislation and financial matters.
Telephone and textphone-**0800 040 7675** 9am-5pm Mon-Fri, except Bank holidays
Office telephone-**0207 620 6400**
Website-**www.fostering.net**

Fostertalk
Field View, Brickhouse Lane, Bromsgrove, Worcestershire, B60 4LX
Independent voluntary benefit service focused on needs of foster carers. Offers news, practical advice, information, a 24 hour legal helpline and counselling and support line. Costs £52 a year.
Telephone-**0870 609 1800** Mon-Fri 9-5pm
Website-**www.fostertalk.org**

Grandparents Association
Moot House, The Stow, Harlow, CM20 3AG
Supports grandparents, particularly those who are bringing up their grandchildren, those who have lost contact with their grandchildren and those who have childcare responsibilities.
Advice line-**0845 434 9585** Monday-Friday 10am-4pm
Benefits advice line-**01279 412 963** Monday and Wednesday 10.30am-12 noon
Office telephone-**01279 428 040**
Website- **www.grandparents-association.co.uk**

National Family and Parenting Institute
430 Highgate Studios, 53-79 Highgate Rd, London, NW5 1TL
Independent charity working to support parents in bringing up their children, promoting wellbeing of families and making society more family friendly. Has a parents' services directory and also has a website for parents which offers information and advice on behaviour worries etc. Lots of useful links.
Telephone-**0207 424 3460**
Website for parents-**www.e-parents.org**
Email- info@nfpi.org

Netmums
124 Mildred Avenue,Watford WD18 7DX
National website with access to local information and advice on being a mum with young children in your home town. Membership is free and people can find out about, parent and toddler groups, family friendly restaurants, school admission procedures and meeting other mums.
Website-**www.netmums.com**

Parentline Plus
520 Highgate Studios, 53-79 Highgate Rd, London, NW5 1TL
Confidential helpline for parents and those caring for children
Telephone-**0808 800 2222** freephone 24 hours a day
Office telephone-020 7 284 5500
Textphone-0800 783 6783
Website-**www.parentlineplus.org.uk**
Email-parentsupport@parentlineplus.org.uk This is a new email helpline for parents. Parentline Plus will respond within 3 days.

Pink Parents
The D'Arcy Lainey Foundation, PO Box 417, Oldham, OL2 7WT
Offer a range of support services and social activities for all LGBT families. 'Whatever stage you are at; whether you are considering parenting, have grandchildren, are fostering or adopting or are an uncle or aunty, Pink Parents can offer you support and a place to meet new friends'

Office telephone-**0161 633 2037** Mon-Fri 9.30am-2pm)

Helpline- **08701 273 274** (Mon-Fri 9am-12pm)

Website-**www.pinkparents.org.uk**

www.raisingkids.co.uk
Useful website with information about raising children of all different ages and stages.
Telephone-**0208 883 8621**

Salvation Army Family Tracing Service
101 Newington Causeway, London, SE1 6BN
For a small fee aims to restore family relationships, by tracing relatives with whom contact has been lost, either recently or in the distant past. However this does not include cases of adoption or looking for a father if he was not married to the mother.
Telephone-**0845 634 4747** or **0207 367 4747** 8.15am-3.45pm, Mon-Fri
Website-**www.salvationarmy.org.uk**

Working Families
1-3 Berry St, London, EC1V 0AA
Offers practical help, informs parents about choices in childcare, has leaflets that can be downloaded and a helpline for low income or disadvantaged families which provides free legal advice, help with negotiating employer and with in-work benefits. They also have a network supporting parents who are trying to combine paid work with caring for a disabled child (ring the telephone helpline on Weds-Fri 9.30am- 1pm, 2pm-4.30pm
Office telephone-**0207 253 7243**
Telephone helpline-**0800 013 0313**
Website- **www.workingfamilies.org.uk**
Email- office@workingfamilies.co.uk

YoungMinds Parents Information Service
Young Minds 48-50 St John Street,London, EC1M 4DG
Provides information and advice for any adult with concerns about the mental health of a child or young person.
Telephone: 0800 018 2138 Mon –Fri 10am-4pm Wed 6-8pm
Helpline : 0800 018 2138
General: 0207 3368445
Office Number: 01279 428040
Fax 020 733 68 446
Ordering Publications: 0807-870 1721
Website **www.youngminds.org.uk**

Farming Issues

Local Support

Derbyshire Rural Helpline (part of Farm Crisis Network- see national entry)
Offers confidential advice for farmers
Telephone- **0845 367 9990**
Website-**www.farmcrisisnetwork.org.uk**
General enquiries telephone- **01788 510866** (Mon-Fri 8.30am-4.30pm)
Also see **www.ruralwellbeing.co.uk**

Rural Health Information Centre-
Held at the Agricultural Business Centre, Bakewell on Monday 10am-2pm. Offers a health drop-in for farmers including a nurse, podiatrist and a physiotherapist. The Agricultural Chaplain is also available. Citizens Advice Bureaux can offer a wide range of confidential Information and advice services on issues like welfare rights, legal issues and will also offer representation at tribunals. No appointment needed just drop in.9.30-2pm on a Monday only. Telephone-**01629 815 015**

Young Farmers
YFC Office, c/o Cross Farm, Crich, Matlock, DE4 5DG
Gives details of activities and events at the 11 young farmers' clubs in Derbyshire. Exists to advance the education of young members of the public in agriculture, home crafts and country life. For 10-26 year olds
Telephone- Jane Smith- **01773 853 821**.
Website- **www.derbyshireyfc.org.uk**

National Support

Computers for Rural People
The Arthur Rank Centre, National Agricultural Centre, Stoneleigh Park, Warwickshire, CV8 2LZ.
Rural people can buy computers at prices from £220
Telephone-**0247 685 3060**.
Website-**www.arthurrankcentre.org.uk**
Email-davidl@rase.org.uk

Farm Crisis Network
Practical support from farmers for farming families who are experiencing difficulties, including stress, isolation and problems with farming regulations. Same day call back service for messages left outside opening hours (next day for messages left before midnight.)
Helpline-**0845 367 9900**
General enquiries telephone- **01788 510866** (Mon-Fri 8.30am-4.30pm)
Website-**www.farmcrisisnetwork.org.uk**
Email mail@fcn.org.uk

Royal Agricultural Benevolent Institution
Shaw House, 27 West Way, Oxford, OX2 0QH.
Provides welfare advice, care and financial provision to those in the farming community in need, hardship or distress. This includes retired farmers and those with disabilities.
Emergency helpline-**01865 727 888**
Office telephone-**01865 724 931**
Website-**www.rabi.org.uk**

Rural Stress Information Network
National Rural Enterprise Centre, Stoneleigh Park, Warwickshire,, CV8 2RR
Information on initiatives set up to help rural stress, produces newsletter, membership fee.
Telephone- (024) 76696986
Website-**www.ruralnet.org.uk**
info@ruralnet.uk.org

The Rural Social Justice Coalition
c/o John Dower House
Crescent Place Cheltenham
Gloucestershire GL50 3RA
Tel: 01242 521381
Email:info@ruralcommunities.gov.uk
www.ruralcommunities.gov.uk/rsjc
Focus during 2008 will be on social justice for children and young people living in poverty and disadvantage.

Furniture Projects

Local Support

Glossop Furniture Project
Pikes Lane, Glossop, SK13 8EH.
Affordable furniture for people who are on benefits. Phone to view Mon-Thurs 9.30am-3.30pm. Open to the public on Fri 9.30am-3.30pm. Also operates on Tues in Buxton 10am-3.30pm on Victoria Park Rd, Fairfield.
Telephone-**01457 857 505**
Website-**www.glossopdalefurnitureproject.co.uk**

Gender Identity

National Support

Beaumont Society
27 Old Gloucester St, London, WC1N 3XX
Helpline and other support for transvestites, transsexuals, their partners and families.
Does not offer counselling but is a self help organisation offering advice and information on cross-dressing and gender dysphoria.
Helpline-**0700 028 7878** Tues and Thurs 7-11pm
Website-**www.beaumontsociety.org.uk**

Mermaids
BM Mermaids, London, WC1N 3XX.
Telephone information and listening service for children and teenagers with gender identity issues, and for their families. They try to put people in similar circumstances in touch and will also send out information packs. There is a mailing list for 12-19 year olds and a mailing list for parents.
Helpline-**07020 935 066** Mon-Sat 3-7pm
Website-**www.mermaids.freeuk.com**
Email-mermaids@freeuk.com

WOBS-Women of the Beaumont Society
Support to the wives, girlfriends and partners of men who cross-dress.
Telephone-**01223 441246**
Website-**www.gender.org.uk/wobmatters**
Email- wobsuk@aol.com

Health and Safety

Local Support

Environment and Health department
Deals with complaints about statutory nuisances from private housing and business premises such as unacceptable levels of noise, fumes, premises in unacceptable conditions etc.
Telephone- **0845 129 7777**

High Peak Dales and South Derbyshire Patient Advice and Liaison Service
(PALS).The Bungalow, Buxton Hospital, London Road Rd, Buxton, SK17 9JN
A confidential service for people who have used the PCT. Listens to what you say, investigates and helps sort out problems. Provides clear, up to date information and can give you details of voluntary organisations and self help groups who offer relevant support. Can also liaise with local agencies such as social services
Telephone: 0845 602476 or Telephone : 01298 212272 Monday- Friday 9am-4pm
Email- pals.staff2@derbyshirecountypct.nhs.uk.

Pest Control
Will remove wasps, rats, mice etc. Costs £48 an hour
Telephone- **0845 129 7777**

School Nurses
Ruth Bowering- School Community Nurse based at Buxton Health Centre, Bath Rd, SK17 6HH. Telephone- **01298 79251**
The school nurses carry out drop-ins for young people at all the secondary schools in the High Peak and Dales PCT. These happen once a week at lunch times, and are confidential listening and support sessions.
Anna Watson is the school nurse for Buxton Community School. Emma Turner is the school nurse for Chapel. Many schools offer an enhanced service of emergency contraception, condoms and pregnancy tests.
Julie Blundell is the school nurse based at New Mills Clinic Telephone- **01663 746236**

Slimming World
There are branches of slimming world meeting during the day and in the evenings throughout the High Peak. Details of groups on the website
Website- **www.slimmingworld.co.uk**

Tameside and Glossop PCT Patient Advice and Liaison Service
Tameside General Hospital, Charlesworth Building, Fountain St, Ashton under Lyne, OL6 9RW
On the spot help and advice for patients, families and friends when they need it. Can tell you about health services available, help clarify your problems and look at the options available to resolve them, negotiate with health professionals on your behalf and give you information by letting you know about support groups, and give you information about making a formal complaint if necessary.
Telephone- **0161 922 4466**
Minicom- 0161 922 4010
Email- pals@tgh.nhs.uk

National Support

Action for Sick Children
36 Jacksons Edge Road, Disley, Stockport, SK12 2JL
Amongst other services publishes a pack to help parents prepare their child for hospital (costs £5) Phoneline will also answer queries about children's health from registering with GP to advising about children's time in hospital.
Helpline-**0800 0744 519** Mon-Fri 10am-3pm
Website-**www.actionforsickchildren.org**

Aid-Call Alarms
Linay House, Ashburton, Devon, TQ13 7UP
Provide personal alarm systems for independence and peace of mind. Alarm links to emergency response centre and operators will call key holders (such as family or neighbours) to help. Costs vary- it is worth checking with adult social services if somebody has a disability because there may be reduced rates.
Telephone-**0800 77 22 66** freephone
Website-**www.aidcall-alarms.co.uk**

Child Accident Prevention Trust
4th Floor, Cloister Court, 22-26 Farringdon Lane, London, EC1R 3AJ
Provides information to practitioners and parents. Useful factsheets are available to download from the website.
Telephone-**0207 608 3828**
Website-**www.capt.org.uk**

Dipex website
Website which shows a wide variety of personal experiences of health and illness. You can watch, listen to or read interviews, find reliable information on treatment choices and where to find support. Contains information on cancers, heart disease, mental health and immunisation for parents of small children.
Website-**www.dipex.org**

Environment Agency
Runs a 'floodline' which gives flood warnings and advice about what to do in case of a flood. Their website also provides information on this.
Floodline-**0845 988 1188**
General line**- 08708 506 506** (Mon-Fri 8am-6pm)
Website-**www.environment-agency.gov.uk**

Gas Emergency Line
If you smell gas
Telephone- **0800 111 999** freephone 24 hours a day

Healthy Start
Healthy Start replaces the food Welfare scheme.With Healthy Start, you can get free vouchers every week which you swap for milk, fresh fruit, fresh vegetables and infant formula milk. You can also get free vitamins. All pregnant women under the age of eighteen qualify regardless of whether they are on benefits. Has useful information on healthy eating.
Telephone- **0845 604 6823**
Website :**www.healthystart.nhs.uk**

NHS Direct
For medical advice and other information such as local emergency pharmacy. On website there is an online health encyclopaedia.
Telephone-**0845 46 47**
Website-**www.nhsdirect.nhs.uk**

Well Child
16 Royal Crescent, Cheltenham, Gloucestershire, GL50 3DA
Helpline for information and advice about children's health
Helpline-**0845 122 8636** Mon-Fri 10am-4pm
Office telephone-**0845 458 8171**
Website-**www.wellchild.org.uk**

Holiday Grants and Information

Local Support

Mother's Union- Away from it all holidays
A.F.I.A Representative, Mrs M. Johns, 27 Moss Lane, Hulland Ward, Ashbourne, DE6 3FB
Some funding available to support family holidays. Application forms available from the above address. Applicants can complete the form themselves but it needs to be supported by a professional.

National Support

Break
Davison House, 1 Montague Rd, Sheringham, Norfolk, NR26 8WN
Provides breaks for children and adults with learning difficulties in Norfolk. Also provides cheap family holidays in Devon for families affected by disabilities or special needs or on low incomes.
Telephone-**01263 822 161**
Website-**www.break-charity.org**

Family Holiday Association
16 Mortimer St, London, W1T 3JL
Provides holidays for families on low income who haven't had a holiday for at least 4 years
Telephone-**0207 436 3304**
Website-**www.fhaonline.org.uk**

Scouts Holiday Homes Trust
Gilwell Park, Chingford, London, E4 7QW.
Subsidised holidays are available for families who have a member with a physical or mental disability or some infirmity, also low income and one parent families. Facilities are standard wheelchair accessible but are not suitable for people who are totally dependent on a wheelchair for mobility. They have caravans and chalets at various locations on the British seaside.
Telephone-**0845 300 1818**
Website-**www.scoutbase.org.uk/hq/holhomes/**

Holiday Grants for Children

Local Support

Delta Activity Breaks
Education Department, County Hall, Matlock, DE4 3AG
Breaks at Lea Green and White Hall for children (aged 8-15) who would not usually get a break. Applications can be made through head teachers, social workers or education welfare officers
Telephone- Linda Taylor **01629 580 000** ext 6520

National Support

Children with Leukaemia
51 Great Ormond St, London, WC1N 3JQ
Has a holiday home that families whose children have leukaemia might be able to access.
Telephone- **0207 404 0808**
Website- **www.leukaemia.org**

Dreams Come True Charity
Knockhundred House, Knockhundred Row, Midhurst, West Sussex, GU29 9DQ
Endeavours to fulfil dreams for seriously ill or terminally ill young people aged 2-21. For holidays will include the cost for one child and one adult.
Individuals and professionals can apply.
Telephone-**01730 815 000**
Website-**www.dctc.org.uk**

Haemophilia Society
Petersham House, 57a Hatton Gardens, London, EC1N 8JG
Partially funds adventure weekends for children (aged 8-14) with haemophilia and related bleeding disorders and their siblings.
Helpline-**0800 018 6068** freephone Mon-Fri 10am-4pm
Office telephone-**0207 831 1020**
Website-**www.haemophilia.org.uk**

Harvest Trust Holidays for Children
Harvest Trust, Penboyr, Llandysul, Carmarthenshire, SA44 5JE
Provides free seaside holidays for groups of disadvantaged children (aged 8-11) in Wales. Holidays organised in partnership with schools, community groups and child care organisations. Trust provides accommodation and transport but not food. The children going on holiday need to have 3 adult workers from their organisation to accompany them.
Telephone-**01559 371 190**
Website-**www.hartrust.vispa.com/**

Katie Foxons Holidays for Sick Children
Shaun Millington, Vice Chairman, 123 Brookside, Burbage, Hinckley, Leicestershire, LE10 2TQ
Offers up to 80% discount on four caravans, all of which are based on Haven parks. These are based in Devon, Mablethorpe, Great Yarmouth and Weymouth to families with children with serious illnesses, disabilities or learning difficulties.

The form can be filled in by the applicant but needs verifying by a GP or health visitor.
Telephone-Shaun on 01455 440 112 if in doubt over eligibility

National Holiday Fund
PO Box 44, Belvedere, DA17 6WT
Organises trips to Disney World Florida for groups of chronically and terminally ill children aged 8-18, including temporarily or permanently physically disabled children. Medical staff go with them. Individuals or professionals may apply.
Telephone–**01341 280 486**
Website-**www.nhfcharity.co.uk**

ORCHYD
18 St Catherine's Road, Ruislip, Middlesex, HA4 7RU
Children need to be nominated by schools, doctors or local authorities and are selected on the basis of need which may be either their individual medical condition or the social need of their family, or carer. Priority is given to those children whose medical condition may exclude them from either taking a family holiday or taking advantage of similar holiday schemes.
Telephone- Mrs Bodley (home number) - **01895 635 213**

PEAK (part of Asthma UK)
Summit House, 70 Wilson St, London, EC2A 2DB
Offers sponsorship for young people with asthma and other related conditions for whom a holiday would not normally be possible. They will cover the cost of a medically supported activity holiday run by the National Asthma Campaign
Telephone-**0207 86 4900** or **08456 03 8143**
Website-**www.asthma.org.uk**

Pearson's Holiday Fund
PO Box 3017, South Croydon, Surrey, CR2 9PN.
Offers financial grants to assist disadvantaged children and young people aged 4-16 to have holidays, outings or take part in group respite activities. Applications must be made by appropriate third party referring agencies. Guidance notes on applications can be viewed and downloaded on the website.
Telephone-Mr B. Rogers-**0208 657 3053**
Website-**www.pearsonsholidayfund.org**

Sargent Cancer Care for Children
Griffin House, 161 Hammersmith Road, London W6 8SG
For those under 21 who have cancer, leukaemia or Hodgkin's Disease. Offers social care in hospitals, family support, youth programmes, cash grants and respite holidays in Ayrshire. Help for family to accompany if necessary. Applications need to be made by referral.
Telephone-switchboard- **0208 752 2800**
Website-**www.clicsargent.org.uk**

Holiday Grants and information for people with disabilities or medical conditions

National Support

Access Travel
6 The Hillock, Astley, Lancashire, M29 7GW
Website gives information about wheelchair accessible properties abroad.
Telephone-**01942 888 844**
Website-**www.access-travel.co.uk**

Action for Blind People
14-16 Verney Rd, London, SE16 3DZ.
Has hotels and self-catering units.It also helps people to find work. Contact for more details.
Office telephone- **020 7635 4800**
Helpline-**0800 915 4666** freephone Mon-Fri 9am-5pm
Website-**www.afbp.org**

Association for Spina Bifida and Hydrocephalus
42 Park Rd, Peterborough, PE1 2UQ.
Holiday grants or assistance with holiday travel costs for people with spina bifida or hydrocephalus considered, after necessary enquiries by an appropriate qualified person, and only if a holiday grant has not been given within the past 3 years. Individuals can apply themselves.
Telephone-**01733 555 988**
Website-**www.asbah.org**

Break
Davison House, 1 Montague Rd, Sheringham, Norfolk, NR26 8WN
Provides breaks for children and adults with learning difficulties in Norfolk. Also provides cheap family holidays in Devon for families affected by disabilities or special needs or low incomes.
Telephone- **01263 822 161**
Website- **www.break-charity.org**

British Kidney Patient Association
Bordon, Hampshire, GU35 9JZ.
Information, advice, financial assistance and help with getting a holiday to renal patients and their families. Applications for funding should be made through a renal social worker
Telephone-**01420 472 021** or **01420 472 022**
Website-**www.britishkidney-pa.co.uk**

British Polio Fellowship
Eagle Office Centre, The Runway, South Ruislip, Middlesex, HA4 6SE.
Considers help towards holidays for people who have a disability resulting from Poliomyelitis. Self catering units in Burnham-on-Sea. Applicants must submit a medical certificate showing they have had Poliomyelitis. Individuals can apply themselves.
Telephone-**0800 018 0586** freephone
Website-**www.britishpolio.org.uk**

Brittle Bone Society
30 Guthrie St, Dundee, DD1 5BS.
Advice, support, practical help and a helpline for those with Osteogenesis Imperfecta and their families. Funds may be available for holidays for sufferers and their family/carers.
Telephone-**01382 204 446**
Helpline-**0800 028 2459** freephone Mon-Fri 9am-4.30pm
Website-**www.brittlebone.org**

Cystic Fibrosis Trust
11 London Rd, Bromley, Kent, BR1 1BY
Contact for help and information on cystic fibrosis.
Telephone helpline-**0845 859 1000** local rate, Mon-Fri 9am-5pm
Benefits advice helpline-**0845 859 1010**
Welfare grants helpline-**0845 859 1020** (gives information on how to access small grants.)
There are also holiday grants for families and adults with cystic fibrosis who are in need of respite break following a stressful period or crisis related to cystic fibrosis. Telephone for a form on 0207 874 7208 or email- info@cf-holidayfund.org.uk
Office telephone-**0208 464 7211**
Website- **www.cftrust.org.uk**

Disabled Holiday Directory
Useful website which lists accessible properties in the UK and abroad.
Website- **www.disabledholidaydirectory.co.uk**

Good Access Guide
Useful website which has a huge directory of accessible leisure pursuits, holidays, transport and daily living services for disabled people, their families and friends.
www.goodaccessguide.co.uk

Grooms Holidays
John Grooms, 50 Scrutton Street,London EC2A 4XQ
Has a range of holiday accommodation for people with disabilities including hotels, and a variety of self-catering units around England and Wales.
Telephone-**0207 452 2000**
Website-**www.groomsholidays.org.uk**

Handicapped Aid Trust
15 Church Rd, Lytham, Lancashire, FY8 5LH.
Helps toward costs for severely physically handicapped people to go on holiday where they can not afford it and they need help with every day needs. The minimum age of applicant is 17. Apply to the Hon. Secretary with supporting letter from a Doctor or social worker with details of holiday costs
Telephone-01253 796 441 Mrs H Preston

Leukaemia CARE Society
1 Birch Court, Blackpole East, WR3 8SG
Support for people whose lives are affected by leukaemia and other allied blood disorders. Network of regional care teams, local contacts and support groups. Discretionary financial assistance and holiday programme for families in need (4 holiday caravans).
Helpline-**0800 169 6680** freephone, 24 hours a day
Office telephone (ring for grants and holidays) **01905 755 977**
Website- **www.leukaemiacare.org.uk**

Macmillan
89 Albert Embankment, London, 7UQ
Telephone services offers free, national, confidential service for people affected by cancer. Gives information and support. They give out some grants for convalescent holidays as well. Application forms are for health care and social work professionals only.
Helpline-**0808 808 2020** Mon-Fri 9am-6pm
Website-**www.macmillan.org.uk**

Parkinson's Disease Society
215 Vauxhall Bridge Rd, London, SW1V 1EJ.
Information, advice and emotional support on all aspects of Parkinson's Disease. Helpline operated by registered nurses. Over 250 local branches across the country. Society organises holidays and also has a brochure of suitable places to go. Help with funding in certain areas.
Helpline-**080 8800 0303** freephone,9.30am-5.30pm Mon-Fri
Office telephone-**0207 931 8080**.
Minicom-020 7963 9380.
Website-**www.parkinsons.org.uk**

Sense
11-13 Clifton Terrace, Finsbury Park, London, N4 3SR
National deafblind and rubella organisation, advice, help and support. Also organises holidays for deafblind children and young adults. Ask for an application form. Individuals can apply.
Telephone-**0845 127 0060**
Textphone-**0845 127 0062**
Website-**www.sense.org.uk**

Tourism for All (formerly Holiday Care)
Shap Road Industrial Estate,Shap Road, Kendal, Cumbria LA9 6WZ
Can help find accessible accommodation and give information on holidaying with disabled children.Advice on respite care establishments and sources of holiday funding. Local rate calls
Telephone (for holiday and travel information) - **0845 124 9971**
Telephone (for accessible accommodation reservation) - **0845 124 9973**
Telephone (administration and access advice) - **0845 124 9974**
Minicom-0845 124 9976
Website-**www.tourismforall.org.uk**
Email- info@tourismforall.org.uk

Vitalise (formerly Winged Fellowship Trust)
Head Office, 12 City Forum, 250 City Rd, London, EC1V 8AF
Provider of holidays for people with physical disabilities to give carers a break. Has 5 UK centres (only the one in Cornwall takes children)
Office telephone-**0845 345 1972**
Website-**www.vitalise.org.uk**

Housing and homelessness

Local Support

Enable Care and Home Support Ltd (Formerly Derbyshire Community Housing Society)
95 Sheffield Rd, Stonegravels, Chesterfield, S41 7JH.
Provides accommodation and amenities (such as providing help in the home) to those with learning difficulties. Operates in North East Derbyshire, High Peak, Derbyshire Dales, S.Yorks and Notts.
Telephone-**01246 550 515**

Fairfield Residents Association
133 Victoria Rd, Fairfield
Telephone- **01298 73904**

Gamesley Residents Association
30 Winster Mews, Gamesley
Welfare rights advice on Weds 9.30am-12.30pm. Open mon- fri 9-4
Telephone- **01457 857 770**

High Peak Community Housing
Manages and maintains over 4000 houses in the High Peak for the council. Contact them for housing queries. They also provide sheltered housing, Care Link alarm service (see entry under older people), and an independent housing and homeless advice service.
Telephone- **0845 129 8075** Mon-Fri 8am- 8pm
Repairs hotline- **0845 129 8071**
Out of hours- **01663 752 099**
Website- **www.hpch.co.uk**

High Peak Housing Project
Adullam Homes,Salisbury House, 1 Hardwick Sq North, Buxton, SK17 6PU
Matt Whittaker works with 16-19 year olds in the High Peak and north Dales who are homeless or vulnerable. He gives one to one support to help young people stay in accommodation and is also involved with reconciliation and mediation between young people and their parents.
Telephone-**01298 73798**
Email**-** mwhitter@adullam.org.uk

High Peak Nightstop
United Reform Church, Hardwick Sq East, Buxton, SK17 6PT
Provides emergency overnight accommodation for 16-25 year olds in the homes of trained volunteer hosts. Also provide support to young people to prevent homelessness.
Telephone- **01298 747 88**
Mobile :**07973 670 595 –Coordinator Sarah Gabriel**
07528-076659 Deputy Coordinator Debra Baker
Email- **hp.nightstop@btconnect.com**

Shelter
119 Princess St, Manchester, M1 7AG
Free, independent, professional advice to homeless and badly housed people in person or by phone. They provide the local housing advice centre for people living in the High Peak. However they can not offer information to professionals calling on behalf of families. In April 2008 they may be expanding into other areas of law. Call for details.
Telephone- **0844 515 1640** Monday, Tuesday, Thursday and Friday 1.30pm- 4.30pm

Housing Associations

Equity Housing Group
Houses to rent in Youlgreave and in Buxton.
Telephone- **0800 733 233**

Guinness Trust
Has 9 properties in the High Peak
Telephone-**0161 244 6879**

Harvest Housing Group
PO Box 593, Preston, PR2 2WU
Group of housing associations, companies and service providers. May be able to offer shared ownership homes. Has 179 homes in the High Peak in Glossop, Buxton and New Mills.
Telephone-**0845 345 0272**
Minicom- 0845 345 7484
Website- **www.harvesthousing.org.uk**

'Johnnie' Johnson Housing Trust
Properties in the High Peak- sheltered accommodation in Buxton and flats in New Mills.
Telephone-**08456 041 095**

Northern Counties Housing Association
3-5 Holmewood Business Park, Chesterfield Rd, Holmewood, S42 5US
Properties in the High Peak
Telephone-**0845 605 9000** (Mon-Sat 8am-8pm)

Short Term Housing Accommodation

Christian Alliance Housing
76 Daisy Bank Rd, Victoria Park, Manchester, M14 5GL
26 bed hostel offering accommodation to men aged 16-30 for a maximum of 2 years.
Telephone-**0161 224 5883**

Macclesfield Accommodation and Care
1 Glegg St, Macclesfield, SK11 7AJ
Provides accommodation for single 16-24 year olds for up to 12 months. Takes referrals from outside the area- young people can then go back to their original area.
Telephone- **01625 502 540**

Salvation Army Hostel
1 James St, Off Oldfield Rd, Salford, M3 5HP
Accommodation and resettlement service for men over the age of 18, subject to an interview
Telephone-**0161 831 7020**

Stamford Villa
97 Manchester Rd, Audenshaw, Tameside, M34 5PZ
Short stay accommodation for single men aged 16-25. (Would have to be prepared to be rehoused in Tameside if accepting a place.) They also have 7 move on flats.
Telephone-**0161 371 0548**

Westbrook
20 Astley Rd, Stalybridge, SK15 1NJ
Short-term housing for single women aged 16-60 who have a Tameside connection. Babies up to the age of 1 are also taken.
Telephone-**0161 338 2338**

WISH (Women in Supported Housing)
Hyde
For single women aged over 16 for up to 2 years. Will take ex-offenders, those recovering from mental health problems, domestic abuse, and leaving care of the authority
Telephone-**0161 366 1355**

National Support

Homes
May be able to offer a home swap, also has an empty house database, shared ownership schemes and homes mobility scheme- if you need to move because work is too far away, need to be nearer relations or friends, are escaping domestic violence/ harassment/ health reasons.
Telephone-**0845 606 6161**
Website-**www.homes.org.uk**

Shelterline
Help with housing problems or for those who are homeless. Offers advice on issues such as housing rights, illegal eviction, harassment, rent or mortgage arrears, domestic violence and finding accommodation.
Telephone and minicom-**0808 800 4444** 8am-midnight
Website- **www.shelter.org.uk**

Immigration

National Support

Asylum Aid
Club Union House, 253-254 Upper St, London, N1 1RY
Independent national charity which assists refugees in the UK. Offers free legal advice and representation. Also run a Refugee Women's Resource Project – ask for Deborah Singer.
Telephone- **0207 354 9264**
Mon 2pm-4.30pm & Thurs 10am-12 noon
Website-**www.aslyumaid.org.uk**

Immigration Advisory Service
3rd Floor, County House, 190 Great Dover St, London, SE1 4YB
Community legal advice and representation for immigrants and asylum seekers. Has a local office in Derby Telephone-**01332 371 385**
Telephone-**0207 967 1200**
Website-**www.iasuk.org**

Learning and literacy

Local Support

Buddy Plus+ Project
Read on Write Away, Area Education Office, St Helena Centre, Sheffield Rd, Chesterfield, S41 7LU
Matches up children aged 10-17 who have offended or are at risk of offending with a mentor to improve their literacy/ numeracy skills.
Telephone- Tony Faulkner- Buddy Plus+ Co-ordinator- **01246 204 851** (ext 305)
Website- **www.rowa.org.uk**
Email- tony.faulkner@derbyshire.gov.uk

Read on Write Away
County Hall, Matlock, DE4 3AG
Literacy project for all ages. There is also US, a special project for young people in care.
Telephone- Carol Taylor- **01629 585 603**
Website- **www.rowa.org.uk**
Email info@rowa.co.uk

National Support

British Dyslexia Association
98 London Rd, Reading, RG1 5AU
Helpline and other support for everybody concerned with dyslexia. Advice on learning difficulties, exams and coursework. Network of local associations and trained befrienders.
Helpline-**0118 966 8271** Mon-Thurs 10am-12.30pm, and 2pm-4.30pm
(This also depends on availability of volunteers.)
Office telephone-**0118 966 2677**
Website**- www.bdadyslexia.org.uk**

Learning Disability Helpline (Mencap)
123 Golden Lane, London, EC1Y 0RT
Help or advice on anything to do with learning disability - everything from benefits and housing options to local services
Telephone- 0808 808 1111 freephone
Minicom- 0808 808 8181

Legal matters

Local Support

Chesterfield Law Centre
44 Park Rd, Chesterfield, S40 1XZ.
Although based in Chesterfield may be able to offer phone advice to people living outside the area (but not people in Bolsover.)
Telephone- **01246 550 674**.
Minicom- **01246 204 570**

National Support

Community Legal Service Direct
For people who are eligible for Legal Aid. Helpline for free advice about benefits, tax credits, debt, education, employment or housing
Telephone-**0845 345 4345** 9am-5.pm, 7 days a week
Website-**www.clsdirect.org.uk**

Children's Legal Centre on Children's Rights
The Children's Legal Centre, Wivenhoe Park, University of Essex, Colchester, Essex, CO4 3SQ.
Offers free information via email on legal enquiries for children, young people and those concerned about them
Telephone-**01206 872 466**
Website-**www.childrenslegalcentre.com**
Email: clc@essex.ac.uk

Disability Law Service
Legal advice helpline for disabled adults, their families and carers
Telephone-**0207 91 9800** Mon-Fri 10am-1pm, 2pm-5pm
Minicom-0207 791 9801
Website-**www.dls.org.uk**

Family Rights Group
The Print House, 18 Ashwin St, London, E8 3DL.
Advice and support to families who are involved with social services, child protection procedures and court proceedings.
Helpline-**0800 731 1696** Mon-Fri 10am-12 noon and 1.30pm-3.30pm
Office telephone-**0207 923 2628**
Website- **www.frg.org.uk**

National Mediation Helpline
Helps callers find effective means to resolve a wide range of civil disputes without going to court e.g personal injury, small claims and business disputes. It does not help with family and child issues. The helpline takes basic information from callers and passes details on to a mediation provider. This has to be paid for. Details of this on website.People can also complete an online form.
Telephone-**0845 60 30 809** local rate
Website-**www.nationalmediationhelpline.com**

Rights of Women
52-54 Featherstone St, London, EC1Y 8RT
Can offer women legal advice. Useful website which offers links to various other websites.
Legal adviceline-**0207 251 6577** Tues-Thurs 2pm-4pm and 7pm-9pm Fri 12 noon- 2pm
Sexual violence legal adviceline-**0207 251 8887**
Office telephone-**0207 251 6575/6**
Textphone-020 7490 2562
Website-**www.row.org.uk**
Email- info@row.org.uk

Lesbians, gays and bisexuals

Local Support

The Cash Project
4 Rose Hill, Chesterfield
Information and advice on sexual issues, including supporting lesbians, gays and bisexuals. Gives out condoms and lubricants. Offers counselling and peer support. Also offers support for male survivors of sexual abuse.
Office telephone- **01246 559 431**

Derbyshire Friend
Pavilion LGB Centre, 2-3 Friary St, Derby, DE1 1JF.
Helpline offering advice, information, listening, befriending and referrals for gay men, lesbians and bisexuals. Advice and information on sexual health.Drop-in, men's group, women's group, free condoms, video and book library.
Helpline-**01332 349 333** 10am-1pm,& 7.30- 9.30pm Tues, Weds &Thurs
Office line- **01332 207 704**.
Website- **www.gayderbyshire.co.uk**

National Support

Each Helpline
Freephone helpline to support young people who are being bullied due to their sexuality or perceived sexuality. The helpline can also offer support and advice to parents, teachers and others who work with young people.
Telephone helpline-**0808 1000 143** Mon-Fri 10am-5pm & Sat 10am- noon
Office telephone-**0117 946 7606**
Website- **www.eachaction.org.uk**

FFLAG- Families and Friends of Lesbians and Gays
7 York Court, Wilder St, Bristol, BS2 8HQ
Offers support to parents and their gay, lesbian and bisexual sons and daughters. Has a central helpline, newsletter, information booklets (some material available in Urdu and Hindi) and may be able to put people in touch with local contact.
Helpline-**01454 852 418**
Office telephone-**0117 942 9311**
Website-**www.fflag.org.uk**

Gay Youth UK
Website offering information, support, help and advice to young gay people and those who are questioning their sexuality. It also includes a community forum, features and advice section.
Website-**www.gayyouthuk.org.uk**

Pink Parents
The D'Arcy Lainey Foundation, PO Box 417, Oldham, OL2 7WT
For lesbian, gay and bisexual parents and their children.
Office telephone- **0161 633 2037** (weekdays from 9.30am- 2pm)
Telephone helpline- **08701 273 274** (weekdays from 9am- 12 noon)
Website- **www.pinkparents.org.uk**

Queer Youth Alliance
Website run by LGBT young people for LGBT young people. Has an agony uncle section and message boards.
Website-**www.queeryouth.org.uk**

Library activities including toy libraries

Toy Libraries

Derbyshire Toy Library Network
PO Box 7233, Belper, DE56 9BD
Part of a national network of toy libraries. Parents can borrow good quality toys for a small fee. Information, advice and support for parents. Contact for nearest toy library.
Telephone- **0845 310 2738**
Website**- http://www.derbyshire.toylibrarynetwork.org/**

Gamesley Early Excellence Centre
Winster Mews, Gamesley, Glossop, SK13 OLU
Open 7.30 am- 6pm. Services include: some evening classes for adults, a nursery for the under 5's and for those with S.E.N an out of school club from 7.30am- 6pm, toy and book libraries, parent and toddler groups, Senior citizens luncheon club and education for school age mums. Family support includes providing supervised contact, and basic skills help for parents. Several organised community groups operate from here including Gamesley Residents Association and Healthy Living Centre.
Telephone-**01457 728 950/951**
Website- **www.gamesleyeec.org.uk**
Email- enquiries@gamesleyeec.org.uk

Library activities

Many libraries have story times for small children and toddlers. Please contact your local library to find out more.

Website- www.derbyshire.gov.uk/leisure/libraries/

Housebound Library Services- Glossop and Buxton
Glossop Library, Talbot St, Glossop, SK13 7DG
A service for those who cannot get out, and may not have someone who can pick books up for them.
Telephone- **01457 852 616**
Buxton Library Kents Bank Road Buxton SK17 9HW **01298 25331.** Offers the same service.

National Support

National Association of Toy and Leisure Libraries
68 Churchway, London, NW1 1LT
Offers support to those involved in setting up toy libraries. Can also tell people where their nearest toy library is.
Telephone-**0207 255 4600**
Website-**www.natll.org.uk**

Medical conditions

Local Support

Please refer to DCIL data base for separate local groups like Buxton Heart Group, High Peak Diabetic Self Help Group, MND and MS -Buxton Group
Tel:01773 740 246
info@dcil.org.uk

Alzheimer's Society, North West Derbyshire Branch
Alzheimer's Society, 33-35 Union Road, New Mills, High Peak, SK22 3EL
Information and advice on dementia matters.
Dementia cafes monthly in New Mills, Buxton and Darley Dale.
Social lunch group in Hope Valley. Support groups in Buxton and Bakewell.
Telephone- Judith Morris **01663 749736** (office)

Francis House
390 Parrs Wood Rd, Didsbury, Manchester, M20 5NA
A hospice which also offers respite care to families of very sick children (aged from birth to 16) as well as emotional and bereavement support to families.
Telephone- **0161 434 4118**
Website- www.francishouse.org.uk

Motor Neurone Disease Association
Now have a local website.
Website- **www.mndderbyshire.org.uk**

Multiple Sclerosis Society (Derby Branch)
MS Information and Support Centre, Lilian Prime House, 7 Enterprise Way Jubilee Industrial Park, Derby DE21 4BB
Opening hours-Mon 10am-3pm, Tues 10-12noon, Thurs 2-4pm
Local support group for those with multiple sclerosis and their families
Telephone- FREEPHONE- **0800 328 1554**
Website- **www.msderby.tk**

New Mills and District Volunteer Centre
33/35 Union Rd, New Mills, High Peak, SK22 3EL
Also runs groups: 60 not out on Monday pms , a stroke support groupTuesday pms
Shop-around on Thursdays to take elderly and disabled housebound persons for shopping trips.
Telephone- **01663 744 196**
Email- mail@nmvc.demon.co.uk or dorothy@nmvc.demon.co.uk

Stockport and district Multiple Sclerosis Group
Covers postcodes SK1-8, 12 and 22 (New Mills, and Hayfield)
Telephone- Val Maguire- support officer- 0161 285 3133

Tameside, Glossop and district Multiple Sclerosis Group
Meets twice a month in Stalybridge.
Telephone- Mrs Lesley Scott- support officer-**0161 303 9449**

National Support

Action for M.E
3rd floor, Canningford House, 38 Victoria St, Bristol, BS1 6BY
Website for under 20's who have M.E. Sections for the under 12's, 13-17's and 18-20's.
Provides information and support
Telephone-**0845 123 2380** or **0117 927 9551**
Website-**www.a4me.org.uk**

Allergy UK
3 White Oak Square, London Rd, Swanley, Kent, BR8 7AG
Provides regularly updated fact sheets written by specialists which cover all common allergies. Helpline provides details of nearest NHS allergy clinic.
Allergy helpline-**01322 619 898** Mon-Fri 9am-5pm
Website-**www.allergyuk.org**

Arthritis Care
18 Stephenson Way, London, NW1 2HD
For those affected by arthritis with a special service for those aged under 25 affected by arthritis. Helpline offers information, advice and listening support. For information on local groups contact 0115 952 5522
Helpline-**0808 800 4050** freephone 12 - 4pm Mon-Fri
Helpline for young people-**0808 808 2000** freephone 10am-4pm Mon-Fri
Office telephone-**020 7380 6500**
Website- **www.arthritiscare.org.uk**

Asthma UK
Summit House, 70 Wilson St, London, EC2A 2DB
Provides advice and information on living with asthma.
Asthma advice line- **08457 01 02 03** (calls are taken by a nurse specialist on weekdays from 9am- 5pm)
Office telephone- **020 7786 4900**
Website- **www.asthma.org.uk**

Ayme (Association of Young People with M.E)
4 Bouverie Square, Central Milton Keynes, MK9 1EB
For under 25's affected by M.E. Can join and get free information pack.
Helpline-**0845 123 2389** local rate- Mon-Fri 10am-2pm and Wed 6pm-9pm
Email-info@ayme.org.uk
Website-**www.ayme.org.uk**

British Heart Foundation
Medical Division, 14 Fitzhardinge St, London, W1H 6DH
Can provide leaflets on heart disease.
Information line-**0845 070 8070** Mon, Tues and Fri 9am- 5pm, Weds and Thurs 8am-6pm
Office telephone-**0207 935 0185**
Website-**www.bhf.org.uk**

British Kidney Patient Association
Bordon, Hampshire, GU35 9JZ.
Offers information, advice, financial assistance and help with getting a holiday to renal patients and their families. Applications for funding should be made through a renal social worker
Telephone- **01420 472 021** or **01420 472 022**.
Website- **www.britishkidney-pa.co.uk**

British Tinnitus Association
Ground Floor, Unit 5, Acorn Business Park, Woodseats Close, Sheffield, S8 0TB
Offers information and support to those affected by tinnitus. Have details of local support groups and volunteers who offer help and support. Information booklets and a penpal/email register.
Telephone-**0800 018 0527** freephone or **0114 250 9922**
Minicom-0114 258 5694
Website-**www.tinnitus.org.uk**

Brittle Bone Society
30 Guthrie St, Dundee, DD1 5BS.
Advice, support, practical help and a helpline for those with Osteogenesis Imperfecta and their families. Funds may be available for holidays for sufferers and their family/carers.
Telephone- 01382 204 446
Telephone helpline- **0800 028 2459** freephone Mon-Fri 9am- 4.30pm
Website- **www.brittlebone.org**

Contact a Family
209-211 City Rd, London, EC1V 1JN
Although Contact a Family is for families caring for children with disabilities or special needs **their website contains a very detailed directory of specific conditions and rare disorders that is also useful for adult medical conditions**.
Website- **www.cafamily.org.uk**

Cystic Fibrosis Trust
11 London Rd, Bromley, Kent, BR1 1BY
Contact for help and information on cystic fibrosis.
Telephone helpline- **0845 859 1000** (local rate, weekdays 9am- 5pm)
Welfare grants helpline- **0845 859 1020** (gives information on how to access small grants. There are also holiday grants for families and adults with cystic fibrosis who are in need of respite break following a stressful period or crisis related to cystic fibrosis.)
Benefits advice helpline- **0845 859 1010**
Office telephone- **020 8464 7211**
Website- **www.cftrust.org.uk** Email- enquiries@cftrust.org.uk

Diabetes UK
10 Parkway, London, NW1 7AA
Contact for help and information on diabetes.
Helpline-**0845 120 2960** local rate Mon-Fri 9am-5pm
Office telephone-**0207 424 1000**
Website-**www.diabetes.org.uk**

Epilepsy Action
New Anstey House, Gate Way Drive, Yeadon, Leeds, LS19 7XY
Contact for help and information on epilepsy.
Telephone helpline-**0808 800 5050** freephone Mon and Thurs 9am-4.30pm Fridays 9am-4pm
Office telephone-**0113 210 8800**
Website-**www.epilepsy.org.uk**

Fibromyalgia Association UK
PO Box 206, Stourbridge, DY9 8YL
Support for sufferers of fibromayalagia.
Telephone-**0870 220 1232** Mon-Fri 10am-4pm
Benefits helpline-**0870 751 7389** national rate Mon and Fri 10am-noon
Office telephone-**01384 895 002**
Website-**www.fibromyalgia-associationuk.org**
E mail- fmauk@hotmail.com (Please put fibromyalgia as the subject as they get a lot of unsolicited emails.)

Haemophilia Society
Petersham House, 57a Hatton Gardens, London, EC1N 8JG
Support for those with haemophilia. Also partially funds adventure weekends for children (aged 8-14) with haemophilia and related bleeding disorders and their siblings.
Telephone helpline- **0800 018 6068** freephone, weekdays 10am- 4pm)
-Office telephone- **020 7831 1020**
-Website- **www.haemophilia.org.uk**
-Email- info@haemophilia.org.uk

Huntingdon's Disease Association
Down Stream Building, 1 London Bridge, London, SE1 9BG
Telephone and other advice and support services for people whose lives are affected by Huntingdon's Disease. Team of regional care advisors. Network of local branches and support groups. Extensive publications list.
Regional Care Advisory Service contact Helen James **01332 518988**
Office Telephone-**0207 022 1950** Mon-Fri 9am-4.30pm

Leukaemia CARE Society
1 Birch Court, Blackpole East, WR3 8SG
24 hour helpline and support for people whose lives are affected by leukaemia and other allied blood disorders. Network of regional care teams, local contacts and support groups. Discretionary financial assistance and holiday programme for families in need (4 holiday caravans).
Telephone helpline- **0800 169 6680** (freephone, 24 hours a day)
Telephone (grants and holidays)- **01905 755 977**
Office telephone- **01905 755 977**
Website- **www.leukaemiacare.org.uk**

ME Association
4 Top Angel, Buckingham Industrial Park, Buckingham, MK18 1TH.
Information and support for ME patients and carers. Signposting links and local independent ME support groups.
Helpline-**0870 444 1836** national rate 10am-12 noon, 2pm-4pm & 7pm- 9pm 7 days a week
Website-**www.meassociation.org.uk**

Meningitis Research Foundation
Funds research to prevent meningitis and septicaemia, and to improve survival rates and outcomes. Promotes education and awareness to reduce death and disability, and give support to people affected.
Helpline- **080 8800 3344** freephone 24 hours a day, 365 days a year for anyone with concerns about meningitis and septicaemia.
Website- **www.meningitis.org**

Motor Neurone Disease Association
PO Box 246, Northampton, Northamptonshire, NN1 2PR.
Help and support for those affected by motor neurone disease and their families. Regional care advisors, local branches, loan of specialist equipment and limited financial support.
Helpline-**08457 62 62 62** local rate Mon-Fri 9am-5pm, 7pm-10.30pm
Office telephone-**01604 250 505**
Website-**www.mndassociation.org**

Multiple Sclerosis Society
MS National Centre, 372 Edgware Rd, London, NW2 6ND.
For those affected by multiple sclerosis and their friends and families. May consider applications towards holidays if people are in dire need, and housing adaptations.
Helpline- **0808 800 8000** freephone Mon-Fri 9am-9pm
Office telephone-can also find local group-**0208 438 0700**
Website-**www.mssociety.org.uk**

Myotonic Dystrophy Support Group
35a Carlton Hill, Carlton, Nottingham, NG4 1BG
Offers support through the telephone and correspondence. May be able to put families in touch with other families who have the condition.
Helpline-0115 987 00 80.
Office telephone-0115 987 58 69.
Website-**www.mdsguk.org** Email- mdsg@tesco.net

National Eczema Society
Hillhouse, Highgate Hill, London, N19 5NA
Telephone helpline can provide up to date information.
Helpline-**0870 241 3604** Mon-Fri 8am-8pm
Office telephone-0207 281 3553
Website-**www.eczema.org**

National Society for Epilepsy
Chesham Lane, Chalfont St Peter, Bucks, SL9 0RJ
Provides information and support for suffers, family, friends and professionals.
Helpline-**01494 601 400** Mon-Fri 10am-4pm
Office telephone-**01494 601 300**
Website- **www.epilepsynse.org.uk**

Neurosupport (Glaxo Neurological Centre)
The Neurosupport Centre, Norton Street, Liverpool L3 8LR
A unique non-medical centre offering information and support to people with neurological conditions and their families.
Telephone-0151 298 2999
Minicom/textphone-0151 298 3289
Website- **www.neurosupport.org.uk**

Parkinson's Disease Society
215 Vauxhall Bridge Rd, London, SW1V 1EJ.
Information, advice and emotional support on all aspects of Parkinson's Disease. Helpline operated by registered nurses. Over 250 local branches across the country.
Telephone helpline-**080 8800 0303** freephone Mon-Fri 9.30am-5.30pm
Telephone- welfare and benefits advisor- **0207 932 1340**
Office telephone- **020 7931 8080**.
Minicom- 020 7963 9380.
Website- **www.parkinsons.org.uk**

Progressive Supranuclear Palsy Association
The PSP Association, PSP House, 167 Watling Street West, , Towcester, Northants, NN12 6BX
Information and support to those with PSP. There are some local support groups country-wide. There is also a nurse counsellor who can be contacted by telephone.
Nurse counsellor-Maggie Rose-**01939 270 889**
Office telephone-**01327 322410**
Website-**www.pspeur.org**

Psoriasis Association
Dick Coles House, 2 Queensbridge, Northampton, NN4 7BF
Supports those who have psoriasis, raises awareness and funds research into causes and treatments.
Telephone-**0845 676 0076** local rate Mon-Thurs 9.15am-4.45pm, Fri 9.15am-4.15pm
Website-**www.psoriasis-association.org.uk**
Email- mail@psoriasis.demon.co.uk

Scope (Cerebral Palsy Helpline)
6 Market Road, London N79PW
Offers information, advice, support and initial counselling on all aspects of cerebral palsy and disability issues.
Telephone helpline- **0808 800 3333** freephone Mon-Fri 9am- 9pm, weekends 2pm- 6pm
Website- **www.scope.org.uk**

Stroke Association
Stroke House, 240 City Rd, London, EC1V 2PR
Helpline and information services for people affected by strokes and their families. Gives one-off welfare grants.
Helpline-**0845 303 3100** local rate Mon-Fri 9am-5pm
Website-**www.stroke.org.uk**

St Thomas' Lupus Trust
Louise Coote Lupus Unit, Gassiot House, St Thomas' Hospital, London, SE1 7EH
Information and advice- will also send a free quarterly newsletter.
Telephone-**0207 188 3562**
Website-**www.lupus.org.uk**
Email medical questions about lupus to nurseangielupus@virgin.net

Tourette's Syndrome (UK) Association
Southbank House, Black Prince Road, London SW1 7SJ
Support for those with Tourette's syndrome and their families.
Helpline-**0845 458 1252** Mon-Thurs 9am-1pm
Office telephone-0207 793 2357
Website-**www.tsa.org.uk**

Mental Health

Local Support

Alzheimer's Society- North West Derbyshire Branch
Contact : Tel 01663-749736

Address. 33-35 Union Road, New Mills, High Peak, SK22 3EL
Email. nwderbyshire@alzheimers.org.uk

Services: Information and support for people with dementia, carers and care workers. Local support groups and dementia cafes are run monthly in New Mills, Buxton, Bakewell, the Hope Valley and Darley Dale.

Child Adolescent and Mental Health Service (CAMHS)
(formerly Child Adolescent and Family Therapy Service)
New Spring House, Buxton Health Centre, Bath Rd, SK17 6HL
Mental health services for children and young people in the North Dales.
Telephone- **01298 72445**

Child Adolescent and Family Therapy Service
Springleigh, Child Health Clinic, Waterloo Rd, Stalybridge, SK15 2AU
Mental health services for children and young people up 16 years in the Tameside and Glossop area.
Telephone- **0161 303 4902**
Young Peoples Mental Health Team offer a service for 16-19 year olds at
31 Clarence Arcade Stamford Street Ashton- under –Lyne OL6 7PT
Tel: **0161-342-7614**

Community Roots Group
The group organises speakers, days out, assertiveness training, yoga sessions, meals out and more for people who have suffered mental illness. It meets at the Surestart building in Buxton on the last Friday of the month from 1.30pm- 3.30pm.
Telephone- Louise Glasscoe (home number) **01298 77623**

Derbyshire Voice
Park House, Park Rd, Ripley, DE5 3EF
A group who help promote and support the views, needs and concerns of mental health service users throughout the county.
Telephone- **01773 744537**
Email- derbyshirevoice@aol.com
Website- **www.derbyshirevoice.co.uk**

Federation of West Derbyshire Mental Health Support Groups
Ernest Bailey Centre, New St, Matlock, DE4 3FE
Supports people with mental health problems. There are self help groups in Bakewell, Matlock, and Darley Dale. They may be able to help with housing and may be able to provide a support worker. The boundaries are Edale to the north and Chelmorton to the west.
Telephone- **01629 580 935**
Website- **www.federationmentalhealth.co.uk**

Glossop Mental Health Project
Work with Glossop residents aged 16- 65 years old who have to be referred from their GP for assessment. Provides individual and group work.
Telephone- **01457 728 980**

Grapevine Project
4 St James Terrace, Buxton.
A community café held is at Scarsdale Place, in Buxton for everyone, but especially those who have been or are currently experiencing distress. Offers free courses in various topics such as meditation, anger management, assertiveness and art therapy and groups run through them (women's group, tai-chi and writer's group to name a few.) Open Mon- Fri 12noon-5pm. Sat /Sun 12-4pm .It operates 365 days of the year!
Telephone- **01298 72283** (Mark- Project Director or Julie)
Email- julie@grapevine15.wanadoo.co.uk

High Peak Community Mental Health Team
Corbar View, 1-3 Fountain St, Buxton, SK17 6HU
Tend to take referrals through GPs.
Telephone- **01298 22321**

High Peak Writers
The group organises creative writing activities on Tuesday evenings from 7pm onwards at the Grapevine Café in Buxton.
Telephone- Louise Glasscoe (home number) **01298 77623**

Peak and Dales Advocacy Forum
16 Eagle Parade, Buxton, SK17 6EQ
Advocates to support the over 55's, and adults with mental health problems or learning disabilities in the High Peak and North Dales.
Telephone- **01298 79539**
Website- **www.peakanddalesadvocacy.org.uk**

Rethink Focusline (Derbyshire helpline for mental health issues)
14 Heathcote St, Nottingham, NG1 3AA
Free helpline for anyone in Derbyshire who is affected by mental illness, including schizophrenia.
Telephone helpline- **0800 027 2127** (freephone, 24 hours a day)

Tameside and Glossop Association of MIND
216-218 Katherine St, Ashton-under-Lyne, Lancs, OL6 7AS
Has a new Wellbeing centre called Topaz which offers a variety of services. There is an internet café, art, and dance studios. There are a wide variety of courses on offer open to everyone.
MIND offers counselling services and help to those with mental health issues, and people in distress.
Telephone-**0161 330 9223** (Valerie Hall)
www.topaz-ashton.org

Tameside Community Mental Health Team: has a dedicated team of Community Psychiatric Nurses and Social Workers.
Haughton House, Stamford St, Ashton-under-Lyne, OL6 6QQ
Telephone- **0161 339 2627**

National Support

Addiction Recovery Foundation (formerly Addiction Today)
193 Victoria St, London, SW1E 5NE
Provides advice, support and guidance to anyone suffering from addictions or dependencies and to those involved in their care. People may telephone and speak in confidence to an advisor, also have a list of treatment centres and publish the magazine Addiction Today.
Telephone- **0207 233 5333**
Website- **www.arfanswers.org**

Alzheimer's Society
Devon House, 58 St Katherines Way, London , E1W 13X
Offers information and a helpline for all forms of dementia. May also be able to offer funding to assist carers with the cost of respite care.
Telephone helpline- **0845 300 0336** (local rate- weekdays 8.30am- 6.30pm)
Office telephone- **020 7423 3501**
Website- **www.alzheimers.org.uk** Email- enquiries@alzheimers.org.uk

Bristol Crisis Service for Women
PO Box 654, Bristol, BS99 1XH.
Offers telephone counselling for any woman in distress, with a particular focus on self harm and self injury.
Telephone-**0117 925 1119** Fri and Sat 9pm-12.30am, Sun 6pm-9pm
Office telephone-**0117 927 9600**
Website-**www.users.zetnet.co.uk/bcsw**
Email-bcsw@btconnect.com

Depression Alliance
212 Spitfire Studios, 63-71 Collier St, London, N1 9BE
Can send an information pack and find where nearest group is.
Helpline-**0845 123 23 20**
Office telephone-**0207 278 6746**
Website-**www.depressionalliance.org**

MINDinfoline
Information service for users of mental health services, carers, professionals and the public.
Helpline- **0845 766 0163** (open 9.15am-5.15pm every day)
Website- **www.mind.org.uk** Email- info@mind.org.uk

National Phobics Society
Zion Community Resource Centre, 339 Stretford Rd, Hulme, Manchester, M15 4ZY
Has more than 6000 members who form an extensive self-help network. Offers various therapies and fact sheets. Advice and support by telephone and email
Telephone- **08444 775 774**
Website-**www.phobics-society.org.uk**
Email- info@phobics-society.org.uk

National Self-Harm Network
PO Box 7264, Nottingham, NG1 6WJ
A survivor led voluntary organisation campaigning for the rights and understanding of people who self harm. Website contains information and support for survivors, their friends and family, and professionals. Also has an online forum.
Website- **www.nshn.co.uk**

No Panic
93 Brands Farm Way, Randlay, Telford, TF3 2JQ
Helpline for people experiencing anxiety disorders such as phobias, obsessive/compulsive disorders and panic attacks. Offers advice, counselling, listening, befriending and onward referrals.
Telephone helpline- **0808 808 0545** freephone, 10am- 10pm every day
Office telephone- 01952 590 005
Website- **www.nopanic.org.uk**

Rethink Severe Mental Illness (formerly National Schizophrenic Fellowship)
Royal London House, 222-25 Finsbury Square, London EC2A 1DX
Advice line-**0208 974 6814**-Mon-Fri 10am-3pm
Office telephone-**0845 456 0455**
Website-**www.rethink.org**
Also has a mental health resource for young people under stress or worried about their thoughts and feelings.

Sane
1st Floor, Cityside House, 40 Adler St, London, E1 1EE
Information and support for those suffering from mental illness, their friends and family.
Telephone-**0845 767 8000** 1pm-11pm 7 days a week
Office telephone-**020 7375 1002**
Website-**www.sane.org.uk**

Schizophrenia Association of Great Britain
Bryn Hyfryd, The Crescent, Bangor, Gwynedd, LL57 2AG
Information and advice for people affected by schizophrenia, their families and friends. Can be a signposting service.
Telephone-**01248 354 048**
Website- **www.sagb.co.uk**

Young People and Self Harm
Website providing information and resources for young people who self harm, their friends, family and professionals who work with them. Does not offer direct help although does suggest agencies that may be able to.
Website-**www.selfharm.org.uk**

Young Minds
48-50 St John St, London, EC1M 4DG
Helpline and other support for parents worried about the mental health of their baby, child or young person.
Telephone-**0800 018 2138** freephone Mon, Fri 10am-1pm, Tues, Weds, Thurs 1pm-4pm, and Weds 6pm-8pm
Office telephone-**020 7336 8445**
Website-**www.youngminds.org.uk**

Missing people

National Support

Message Home Helpline
24 hour line for those who have gone missing to leave messages on
Telephone-**0800 700 740** freephone
Website-**www.missingpersons.org/runawayhelpline**

National Missing Persons Helpline
PO Box 28908, London, SW14 7ZU
24 hour helpline providing advice to those who have been left behind
Telephone-**0500 700 700** freephone
Telephone-**0808 800 7070** young person's runaway helpline- 24 hours
Website-**www.missingpersons.org**

Money & debt

Local Support

Derbyshire Welfare Rights Telephone Line
Can offer advice on benefits and entitlements.
Telephone- **0845 120 2985** Mon-Fri 9-5pm

High Peak Borough Council
Main number- **0845 129 7777,** then ask for benefits department

Jubilee Debt Advice:
The Source 7 Terrace Road Buxton Derbyshire SK17 6DR

Jubilee Debt Advice provides free, confidential and independent help on money and debt problems. Will help if you have difficulties with budgeting or making ends meet or dealing with your creditors.
Member of Community Money Advice and AdviceUK.
Office open 10.00am- 5pm Mondays and Wednesdays, Mondays 7.15pm-9pm.
Telephone: 01298 213868
E mail:jublieedebtadvice@citp.co.uk

National Support

Community Legal Service Direct
Help with debt problems, and advise over education and welfare benefits. Can find nearest advisor to go and see.
Telephone-**0845 345 4345** 9am-6.30pm (Mon-Fri)
Website- **www.clsdirect.org.uk**

Computers for Rural People
The Arthur Rank Centre, National Agricultural Centre, Stoneleigh Park, Warwickshire, CV8 2LZ.
Rural people can buy computers at prices from £170- £450.
Telephone- **024 7685 3060**.
Website**- www.arthurrankcentre.org.uk**

Consumer Credit Counselling Service
Wade House, Merrion Centre, Leeds, LS2 8NG.
A charity which provides a helpline and counselling for people with debt problems.
Provides debt management plans which include debt repayment schedules, and advice on all aspects of money management.
Helpline-**0800 138 1111** freephone Mon-Fri 8am- 8pm
Website**-www.cccs.co.uk** Email- contactus@cccs.co.uk

East Bristol Advice Service
Website contains very useful downloadable guides to applying for disability living allowance, incapacity benefit and attendance allowance.
Website-**www.bhas.org.uk**

Education Maintenance Allowance (EMA)
For young people attending college or sixth form. Can claim up to £30 a week if family income less than £30,000. For further details contact your local Connexions office (see advice and counselling service) or telephone **0808 10 16 219** freephone
Website-**www.dfes.gov.uk/financialhelp/ema**

www.entitledto.com
Useful website with calculators to work out if you are entitled to any benefits

Gamcare
7-11 St Johns Hill ,London, SW11 1TR
Advice, information and counselling for those affected by a gambling dependency. Also chat room/support online
Helpline-**0845 6000 133** local rate-(8am-midnight), 7 days a week
Office telephone-**020 7801 7000**
Website-**www.gamcare.org.uk**

Independent Living Funds
PO Box 7525, Nottingham, NG2 4ZT.
People on the highest disability living allowance with capital of less than £18,500 and who get direct payments from social services, can apply for extra personal or domestic care if they are aged over 16 and under 66.
Telephone-**0845 601 8815**
Textphone-0845 601 8816
Website-**www.ilf.org.uk**

National Debtline
Tricorn House, 51-53 Hagley Rd, Edgbaston, Birmingham, B16 8TP
Helpline for those in debt. Will send information pack on working out personal budgets, dealing with priority debts and dealing with court proceedings. This can also be downloaded from the internet.
Telephone-**0808 808 4000** freephone Mon-Fri 9am-9pm, Sat 9.30am-1pm 24 hour voicemail-leave a message to request information pack.
Website**-www.nationaldebtline.co.uk**

Payplan
Kempton House, Dysart Rd, Grantham, Lincolnshire, NG31 7LE
Debt management company (one of the ones used by National Debtline) to help people set up debt management plans and individual voluntary arrangements to pay off their debts. This is free and people may be able to able to arrange to pay one monthly charge and Payplan will distribute it between creditors.
Telephone-**0800 917 7823** freephone, (8am-9pm), 7 days a week
Website-**www.payplan.com**

Tax credits
Helpline (8am- 8pm every day) - **0845 300 3900**
Also see website **www.directgov.uk**

Older people

Local Support

Age Concern Befriending Line
PO Box 26, Chinley, High Peak, SK23 6ZD
Befriending services by way of home visits to isolated older people who live in the High Peak and Hope Valley (except Glossop).There are two types of befriending services on offer. A befriending service for those aged 65 and over. There is also a specialist befriending service for those aged 60 and over who have been diagnosed with dementia .Referred by a health professional.

Telephone Cathy Ayrton- (High Peak)Tel**:(01663):750 826**
Angela Andrews covers Bakewell and the surrounding area:Tel:**01629-650-156**

Age Concern Tameside- Bereavement Care.
See bereavement, p.

Alzheimer's Society- North West Derbyshire Branch
Information and advice on dementia matters. A drop-in café runs in New Mills
33-35 Union Road New Mills, High Peak SK22 3EL
Dementia cafes monthly in New Mills, Buxton and Darley Dale.
Social lunch group in Hope Valley. Support groups in Buxton and Bakewell.
Telephone- Judith Morris- **01663 749 736** (office)
Email- jmorris.alzheimers@tiscali.co.uk

Buxton Volunteer Centre
16 Eagle Parade, Market Place, Buxton, SK17 6EQ
Services include: Volunteers take older people to their doctors, to hospital appointments, out shopping or on social trips. They can chose which journeys they want to do and may use their own car or our specially adapted vehicle suitable for wheelchair users. Shopping Escorts assist people who need help shopping, in conjunction with Community Transport. Befriending - visiting people who are isolated or live on their own with little contact. ReadyCall offers minor repair work, such as putting up shelves, fitting smoke detectors, or emulsioning walls. Volunteers will also tidy gardens, including mowing and general weeding. Home Support Service for people who need personal assistance in their own homes by trained care professionals.
Fairfield Luncheon Club meets on Tuesdays for a chat and a meal at Fairfield Methodist church, with volunteers helping to serve the food.

Counselling- anyone can refer themselves to see the counsellor based at the Volunteer Centre.
Telephone- **01298 239 70**
Website **www.buxtonvc.org.uk**

Care Link
Community Alarm Service, 39 Eccles Fold, Chapel-en-le-Frith, SK23 9TJ.
Provides pendants for older and vulnerable people so they can call for help at any time of the day should they need it.24 Hours a day.
Telephone- **01298 815 280**

Glossop and District Volunteer Bureau
73 High St West, Glossop, SK13 8AZ
Time Out service- weekday service for elderly and disabled people, enabling them to get out of the house, shop, meet friends, socialise and learn useful info about other local services. Based at Bradbury House.
Out & About club- provides an opportunity for elderly & disabled people to socialise and go on day trips (approx 14 a year.)
Telephone-**01457 865 722**
Email- info@gvb.org.uk

Luncheon Club
Twice a month on a Wednesday at the Dinting Centre off Simmondley Lane there is a luncheon club for the elderly and housebound of the local area.
Telephone- Mr Fish (home number) on **01457 762 557**

New Mills and District Volunteer Centre
33/35 Union Rd, New Mills, High Peak, SK22 3EL
Services include: Shopping for housebound clients each Thursday, Shoparound, a weekly trip out for elderly, isolated and physically disabled people and befriending.
Also runs groups including '60 not out for the over 60's.
Telephone- **01663 744 196**
Email- mail@nmvc.demon.co.uk

Peak and Dales Advocacy Forum
See mental health, p.

Spirita Home Improvement Agency
See disabilities, p.

National Support

Action on Elder Abuse
Astral House, 1268 London Rd, London, SW16 4ER
Confidential helpline to offer advice and support to victims and those who are concerned about the abuse of older people. Also produces leaflets which can be downloaded from their website.
Office telephone-**0208 765 7000**
Helpline-**0808 808 8141** Mon-Fri 9am-5pm
Website-**www.elderabuse.org.uk**

Age Concern Information Line
Information for older people, their families and those working with them on a variety of topics such as money and health
Telephone-**0800 009 966** freephone 8am-7pm, 365 days a year
Website-**www.ageconcern.org.uk**

Counsel and Care
Twyman House 16 Bonny Street London NW1 9PG
National charity working to get the best care and support for older people, their families and carers. They provide advice, information and financial support and also influence future policies, services and funding.
Advice line: **0845 300 7585** Local Call Rate Mon - Fri, 10am-12 noon and 2-4pm (except Wednesday afternoons)
General telephone 020 7241 8555 (Mon-Fri, 9am-5pm)
Factsheet orderline (24hrs) 020 7241 8522
Website-**www.counselandcare.org.uk**

Friends of the Elderly
40-42 Ebury St, London, SW1W 0LZ
National programme of welfare and grant giving. Can give one off grants and regular allowances, including sending birthday cards and signposting to other sources of income. This is for the over 60's who are on a low income and have savings of less than £3000
Telephone-**0207 730 8263**
Website-**www.fote.org.uk**

Independent Age (formerly known as Rukba)
6 Avonmore Rd, London, W14 8RL
Provides older people on low incomes with dignity and peace of mind by providing regular extra income, grants for emergencies, equipment to aid independence, support and friendship of volunteers. This service is generally for the over 65s with a limited income and capital but may be available to those over 40 who are permanently unable to work due to physical disability.
Telephone- **020 7605 4200**
Website- **www.independentage.org.uk**

National Benevolent Institution
Peter Herve House, Eccles Court, Tetbury, Gloucestershire, GL8 8EH
Helps older people from all backgrounds that have a limited income. Regular payment of £13 a week. This is for those of retirement age or over 50 and in receipt of DLA. Application forms can be downloaded from the website.
Telephone-**01666 505 500**
Website-**www.nbicharity.com**

Universal Beneficent Society
6 Avonmore Rd, London, W14 8RL
Can offer financial support to those over 65 who are on limited income
Telephone-**0207 605 4200**
Website**- www.u-b-s.org.uk**

Pets

Local Support

PDSA
Contact to find out where the nearest pet aid scheme vets is (will help those who are on housing or council tax benefit with vet fees.) There is one in Buxton and another in Derby.
Telephone to find nearest scheme- **0800 731 2502**
General telephone- **0800 917 2509**
Website- **www.pdsa.org.uk**

Victoria Veterinary Centre
Victoria St, Glossop
If owners take proof that they are on a means tested benefit they may only have to pay half of the normal fee of neutering. (This is in conjunction with Tameside and Glossop RSPCA for people who live in the Glossop area.)
Telephone- **01457 852 367**

National Support

Cinnamon Trust
10 Market Square, Hayle, Cornwall, TR27 4HE
Volunteers will take on the pets of old people who have to go into homes and the terminally ill. There are volunteers in Derbyshire (and they're looking for more!)
Telephone- 01736 757 900
Website- **www.cinnamon.org.uk**

Missing Pets Bureau
Freepost SEA999, Primrose Lane, Croydon, Surrey, CR9 8WZ
Owners can register their lost pets (for £49.95) Details will then be posted on the website and sent to the 50 closest vets/animal rescue centres etc. People can also have their pet registered with an id tag in case they go missing in the future.
Office telephone-**0870 1999 000**
Telephone-**0870 1999 999** for lost or found animals
Website-**www.missingpetsbureau.com**

Cats Protection
National Cat Centre, Chelwood Gate, Haywards Heath, RH17 7TT
Able to help with the cost of neutering cats if you are a full time student, on a pension, a means tested benefit or a low wage. Complete a form and you could get £20 off the cost of a female neutering or £15 off the cost for a male.
Telephone helpline-08702 099 099
Website-**www.cats.org.uk**

Dogs Trust
Dogs Trust, 17 Wakley St, London, EC1V 7RQ
Will help people in certain areas on income support, income based JSA, housing benefit, council tax benefit or working tax credit neuter their dogs for £25. This service runs for all postcodes starting with SK, (but not DE.)
Telephone-020 7837 0006
Telephone hotline (will help find nearest suitable vet) 0845 606 3036
Website- **www.dogstrust.org.uk**

Pregnancy and babies

Local Support

Choices Pregnancy Advice and Support Service
The Source 7 Terrace Road, Buxton, Derbyshire SK17 6DR

Local Charity affiliated to Careconfidential, offering free pregnancy testing with immediate results, free confidential advice and sensitive counselling fro anyone facing unplanned or difficult pregnancy. Caring ongoing support if required, whatever decision is made. Practical help with baby equipment, befriending, etc. Counselling for women and their partners if troubled by miscarriage, stillbirth or abortion. Adoption advice and support.
Telephone: **01298 213 866** for an appointment or drop in at The Source from 10am-12.30pm Thursdays. Appointments are available at other times and venues across Derbyshire

Email :info@choices-derbyshire.org.uk
Website :**www.careconfidential.com/buxton**

High Peak Twins and Multiple Club
Held at Busy Bees, Unit 1, Tongue Lane, Industrial Estate, Fairfield, Buxton on the 1st Tuesday of the month from 1pm- 3pm.
Meet others expecting twins and parents of twins. Children can play whilst parents chat. Free coffee/tea and juice and biscuits for the children. Babies are free. £2.25 per child using equipment. One twin is free whilst funds allow.
Telephone Annie– **01663 733679**
Group also meets every 3rd Wednesday of month at Monkey Magic New Mills 1-3pm . This is Free .

Living with Babies/Children/Teenagers Courses
Durrant House , 47 Holywell St Chesterfield S41 7SJ
Free courses run at various venues in Derbyshire including Matlock. For parents who want to learn how to deal with their children.
Telephone-**01246 514 977/78**
Email-cath.bedford@nhs.net or jill.gingell@nhs.net

Nappy Lending Kits
Real Nappy Promotions Officer, Waste Management, Derbyshire Dales Council, County Hall, Matlock, DE4 3NN
DCC has 8 nappy lending kits that people can borrow to try out for £5 plus a refundable deposit of £100.
Telephone- Philippa Roine- **01629 580 000 ext 7051**
Email- realnappies@derbyshire.gov.uk

National Childbirth Trust- High Peak Branch
Offers postnatal classes, antenatal classes, support for new parents, breastfeeding support, coffee groups, nearly new sales, newsletter and a babysitting circle. For up to date contacts see the website or phone.
Telephone- **0870 444 8707**
Website- **www.nct.org.uk/in-your-area/highpeak**

PNI – UK (Postnatal illness support and help)
c/o Ashbourne Adult Education Centre, Cockayne Avenue, Ashbourne, DE6 1JQ
Offers information, guidance and emotional support to mothers, fathers and families who are affected by antenatal and postnatal illness of any type, or those who have been through a traumatic birth experience. Website has a message board and this operates a 'real time' message service 7.30-11.30pm for immediate response to queries
Helpline- **01335 347 599**. 24 hr answermachine
General enquiries **01530 560645**
Website- **www.pnisha.org.uk**

Teenage Pregnancy Partnership Co-ordinator
Centre for School Improvement, John Hadfield House, Dale Rd, Matlock, DE4 3RD
Sam Munting is the co-ordinator for the teenage pregnancy partnership at the LEA. Can give advice and information to professionals.
Telephone- **01629 580 000** ext 2779
Email- sam.munting@derbyshire.gov.uk

National Support

Association for Postnatal Illness
145 Dawes Rd, Fulham, London, SW6 7EB
Offers advice and information for women with postnatal illness, their families and friends. Can put people in touch with volunteers who have now fully recovered.
Telephone-**0207 386 0868** Mon-Fri 10am-2pm
Website-**www.apni.org**

B**irth Trauma Association**
PO Box 671, Ipswich, IP1 9AT
Supports all women who have had a traumatic birth experience. Have volunteers who women can contact who have experienced traumatic births-see website for more details. Also have leaflets
Website-**www.birthtraumaassociation.org.uk**

Bliss
9 Holyrood Street, London, SE1 2EL
Offers support to parents and families of premature babies. Also have a helpline for parents
Helpline-**0500 618 140** Mon-Fri 10am-5pm
Office telephone-**0207 378 1122**
Website-**www.bliss.org.uk**

British Pregnancy Advisory Service
Offers pregnancy testing, emergency contraception, counselling, abortion care, sterilisation and vasectomies. To arrange appointments ring the actionline.
Actionline-**08457 30 40 30** local rate Mon-Fri 8am-9pm, Sat 8.30am-6pm and Sun 9.30am-2.30pm
Website-**www.bpas.org**

Careconfidential For pregnancy and post abortion support.
Ring a free phone helpline to speak to a fully trained advisor immediately.
Telephone: 0800 028 028 2228
Website: **www.careconfidential.com**

Cry-sis Helpline
BM Cry-sis, London, WC1N 3XX
Helpline for parents and carers of excessively crying, sleepless and demanding babies. Offers a listening service and suggestions on how to calm a baby and cope. Not a medical service. Information on website.
Helpline-**08451 228 669** 9am-10pm 7 days a week
Website-**www.cry-sis.org.uk**

Disability, Pregnancy and Parenthood International
National Centre for Disabled Parents, Unit F9, 89/93 Fonthill Rd, London, N4 3JH.
Promotes better awareness and support for disabled people as parents and in pregnancy.
Helpline-**0800 018 4730**
Office telephone-**0207 263 3088**
Textphone-**0800 018 9949**
Website-**www.dppi.org.uk**

Foundation for the Study of Infant Deaths (FSID)
Artillery House, 11-19 Artillery Row, London, SW1P 1RT
Helpline for bereaved families and those with concerns about cot death. Befrienders network. Phone cards to access the helpline for free can be obtained from health visitors, GP's and hospitals
Helpline-**0207 233 2090** national rate, Mon-Fri 9am-11pm and weekends 6pm-11pm
Office telephone**-08707 870 885**
Website **www.sids.org.uk/fsid/**

Justparents is a website for mums and dads and for mums and dads to be. Online community of mums offers parenting and pregnancy advice, help and support in looking after your baby or toddler. Articles on anger management, house buying, book reviews.
Website:**www.justparents.co.uk**

Mama
54 Lillington Rd, Radstock, BA3 3NR
Support for women with postnatal depression through local groups and one-to-one support.
Helpline through Depression Alliance for anyone concerned over postnatal depression-**0845 120 3746** Mon-Fri 7pm-10pm
Website-**www.mama.co.uk**

Miscarriage Association
c/o Clayton Hospital, Northgate, Wakefield, West Yorkshire, WF1 3JS
Offers support and information to those affected by miscarriage. Leaflets available which can also be downloaded from the website.
Helpline-**01924 200 799** Mon-Fri 9am-4pm
Office telephone-**01924 200 795** Mon-Fri 9am-4pm
Website-**www.miscarriageassociation.org.uk**

National Childbirth Trust
Alexandra House, Oldham Terrace, Acton, London, W3 6NH
Can put in parents in touch with local groups and antenatal classes etc
Telephone enquiry line-**0870 444 8707**
Membership line-**0870 9908 040**
Breastfeeding helpline-**0870 444 8708** 8am-10pm 7 days a week
Textphone-0870 770 3236
Office telephone-**0870 770 3236** Website-**www.nct.org.uk**

Sands- stillbirth and neonatal death society
28 Portland Place, London, W1B 1LY.
Support for those who have lost a baby. Newsletter three times a year and also leaflets.
Helpline-**0207 436 5881** Mon-Fri 9.30am-5.30pm
Office telephone-**0207 436 7940** Mon-Fri 10am-5pm
Website-**www.uk-sands.org**

TAMBA (Twinline)
2 The Willows, Gardner Rd, Guildford, Surrey, GU1 4PG
Advice, information and support for parents and families of twins, triplets or more. Support to and through local twin clubs.
Helpline-**0800 138 0509** 10am-1pm, 7pm-10pm every day
Enquiries-**0870 770 3305** Mon-Fri 9.30am-5pm
Website-**www.tamba.org.uk**

Tommy's-the baby charity
Nicholas House, 3 Laurence Pountney Hill, London, EC4R 0BB
Funds medical research and provides information to help parents through a healthy pregnancy and birth including a telephone information line for pregnant women and their partners, couples considering pregnancy, parents and health professionals. Also have leaflets.
Pregnancy information line-**0870 777 30 60** Mon-Fri 9am-5pm
Office telephone-**0870 7777676**
Website-**www.tommys.org**

Prisoners, prison leavers and families of prisoners

Local Support

Probation Office
Chesterfield House , 24 Hardwick St, Buxton, SK17 6DH.
Telephone- **01298 25558**.
Fax- 01298 79132

Probation Office
14 Ellison St, Glossop, SK13 8BX
This is a satellite branch of the Buxton office.
Telephone- **01457 852 546**

National Support

Apex Trust
Apex Charitable Trust, St Alphage House, Wingate Annexe, 2 Fore St, London, EC2Y 5DA
Helpline for ex-offenders, prisoners, probation staff, employers, families and friends covering a range of issues that affect ex-offenders seeking employment.
Helpline-**0870 608 4567** national rate, Mon-Fri 10am-5pm
Office telephone-**0207 638 5931**
Website-**www.apextrust.com**

The Michael and Shirley Charitable Trust
Mrs D.S. Jenkins, Trustee, Ansty House, Henfield Rd, Small Dole, West Sussex, BN5 9XH.
Grants for relatives and dependants of prisoners who have immediate welfare needs. Applications must be made in writing.
Telephone-**01903 817 116**

Partners of Prisoners and Families Support Group
1079 Rochdale Rd, Blackley, Manchester, M9 8AJ
Listening and support service for families and friends of prisoners.
Telephone and fax-**0161 702 1000**
Website-**www.partnersofprisoners.co.uk**

Prisoners' Families and Friends Service
20 Trinity St, London, SE1 1DB
Telephone advice and information for prisoners' friends and relatives. Also offers support at court.
Telephone helpline- **0808 808 3444** freephone Mon-Fri 10am- 5pm
Office telephone-**020 7403 4091/ 9359**
Website-**www.prisonersfamiliesandfriends.org.uk**

Action for Prisoners Families
Unit 21 Carlson Court, 116 Putney Bridge Road, London Sw15 2NQ
Campaigns and raises awareness as well as providing support for family members with a relative prison
Helpline- **0808 808 2003** Mon-Fri 9.30am-5.00pm ,Mon 6-8pm, and Sat 10am-3pm
Office telephone-**0208 812 3600**
Website-**www.prisonersfamilies.org.uk**

Rape and sexual abuse

Local Support

The Cash Project
See Lesbians, gays and bisexuals, p

Manchester Rape Crisis- Rape and Sexual Abuse Counselling Service
PO Box 336, Manchester, M60 2BS
Confidential service for women and girls who have been raped or sexually abused. Do not work with male survivors but can provide details of other agencies that can help. Provides face to face counselling, advice about who to contact for pregnancy prevention, abortion and sexual health, can explain about and accompany women to police, court or medical procedures and offer details on support groups and safe housing
Helpline- **0161 273 4500** Weds & Thurs 6pm-9pm, Fri 2pm-5pm
Office telephone- **0161 273 4591** Mon-Fri 10am-4pm
Website- **www.manchesterrapecrisis.co.uk**

Rape Crisis Centre
PO Box 34, Sheffield, S1 1UD
Offers counselling on the phone or face to face. Also offers assistance in reporting crime to police and attending genital urinary clinic.
Telephone- **0114 244 7936** (from Wednesday to Friday from 6pm-8pm, and also Friday from 1pm- 3pm)
Website- **www.rapecrisis.org.uk**
Email- info@srasacs.org.uk

SAIL (Sexual Abuse and Incest Line)
PO Box 8, Chesterfield, S40 1NY
Face to face counselling for women survivors (18+) of child sexual abuse, based in Chesterfield but open to women who live in North Derbyshire.
Telephone- **01246 559 889** (for more information or to book an initial appointment)

National Support

MOSAC (Mothers Of Sexually Abused Children)
141 Greenwich High Rd, London, SE10 8JA
Supports all non abusing parents and carers whose children have been sexually abused. Has a helpline and a befriending scheme.
Helpline (answered by trained female volunteers) **0800 980 1958**
Website-**www.mosac.org.uk**

National Association for People Abused in Childhood
42 Curtain Rd, London, EC2A 3NH
For adult survivors of any form of childhood abuse. Support, advice and guidance including information about local services and a postal service. Can send a support pack by post including details of local contacts.
Supportline-**0800 085 3330** freephone Mon 10am-3pm, 6.30pm-8.30pm, Tues 11am-3pm, 7pm-9pm, Wed 7pm-9pm, Thus 10am-3pm, 5.30pm-8.30pm, Friday 11am-6.30pm
Office telephone-**0208 313 9460**
Website :**www.napac.org.uk.** Email peter@napac.org.uk

Rape and Sexual Abuse Counselling
Helpline for anyone who has been raped or sexually abused, offering support and information 365 days of the year
Helpline for women **01962 848 024** Mon 11.30am-1.30pm, Tues and Thurs 7pm-9.30pm (Calls taken by women only)
Helpline for men **01962 848 027** Mon 11.30am-1.30pm, Thurs 7pm- 9.30pm (Calls taken by men and women)
Office telephone-**01962 848 018**
Website- **www.rasac.org.uk**

Survivors UK
12A Evelyn Court, Grinstead Road, London, SE8 5AD
Helpline for men who have been raped or sexually abused
Helpline-**0845 122 1201** Mon, Tues and Thurs 7pm-10pm
Website- **www.survivorsuk.org**

Relationship problems

Local Support

NCH- Derbyshire Family Mediation and Children's Support Service
32a Newbold Rd, Chesterfield, S41 7PH.
NCH family mediation for children aged 4-14 who are affected by parents splitting up. Also offers support for parents, and mediation between teenagers and parents.
Telephone- **01246 277 422**.
Email- familymediation.derbyshire@nch.org.uk
NCH also have a very useful website for children, young people and their parents who are experiencing a relationship ending- **www.itsnotyourfault.org**

Relate- Chesterfield
7 Sheffield Rd, Chesterfield, S41 7LL
Provides relationship counselling and psychosexual therapy to adults, and family therapy.
Telephone- **01246 231 010**
Website- **www.chesterfieldrelate.org.uk**
Email- relatechesterfld@btconnect.com

Relate- Manchester
346 Chester Rd, Cornbrook, Manchester, M16 9EZ
Relationship counselling, sex therapy, counselling for young people and family counselling. Has outreach posts in Stockport and Glossop.
Telephone- **0161 872 0303**
Telephone (to make appointments in Glossop or Stockport) - **0161 442 2443**
Website**- www.relategms.co.uk**

National Support

National Council for the Divorced and Separated
For people who have experienced divorce, separation or bereavement. Branches and social clubs throughout the UK including Derby and Sheffield.
Telephone (national secretary) -**07041 478 120**
Website-**www.ncds.org.uk**

www.ondivorce.co.uk
Information on all aspects of divorce and separation. Has online discussion boards and a legal adviceline
Legal advice **0906 633 0247** 9am-9pm (calls cost £1.50 per minute from a BT line)

Sexual health & contraception

Local Support

Central Youth
15 Grand Central Square, Stockport
Drop in service Mon-Fri 1pm-4pm provides free condoms, emergency contraception, pregnancy testing and advice.
Sexual health clinics on Monday 3-5pm, Wednesday 6pm- 8pm, Thursday 5-7pm and Saturday 10am-12 noon,
Telephone-0161 480 9600
Website-**www.centralyouth.org.uk**

Cottage Hospital
London Rd, Buxton
8am-10pm
Drop in service for emergency contraception in the minor injuries unit
Telephone-**01298 214 000**

George St Clinic
Clinic, George St, Glossop, SK13 8AY
Family planning every Weds 6.45pm-8.30pm by appointment
Telephone (01457: 850-550) for an appointment

Information Shop
14 Market Avenue, Ashton, OL6 6AL
For 13-25 year olds Open Mon 1pm- 5pm & Weds & Thurs 3pm-5pm for sexual health
Teelephone-**0161 308 3388**
Website- **www.clued-up.org.uk**

New Mills Health Clinic
Hyde Bank Rd, New Mills
Family planning clinic by appointment on Wednesdays from 6.30pm-8pm

Telephone-**01663 747087**

National Support

AVERT
4 Brighton Road,Horsham,W.Sussex RH13 5BA
For information on HIV and Aids. Useful links on website
www.avert.org
Email-info@avert.org.uk

Brook Young People's Information Service
Unit 421, Highgate Studios, 53-79 Highgate Rd, London, NW5 1TL
Sexual health information line for those under 25
Telephone-**0800 0185 023** freephone Mon-Fri 9am-5pm
Office telephone-020 7284 6040
Website-**www.brook.org.uk**

FPA (formerly Family Planning Association)
50 Featherstone Street LondonEC1Y 8QU
Confidential information and advice on contraception and sexual and reproductive health
Helpline has details of family planning clinics, sexual health clinics and other sexual health services anywhere in the UK
Helpline-**0845 122 8690** local rate 9am-6pm Mon-Fri
Office telephone 0207 608 5240
Website-**www.fpa.org.uk**

Marie Stopes International
Sexual advice helplines-24 hours a day, 365 days a year
Abortion helpline-**0845 300 8090**
Vasectomy/sterilisation helpline-**0845 300 0212**
Health screening helpline-**0845 300 0460**
Office telephone-**0207 636 6200**
Website- **www.mariestopes.org.uk**

Positively Women
347-349 City Rd, London, EC1V 1VR
Offers support and information to women who are HIV positive. Also has service for children and families who are affected.
Helpline-**020 7713 0222** 10am-1pm and 2pm-4pm ,Mon-Fri. Staffed by HIV positive women.
Office telephone-**020 7713 0444** 9.30am- 5pm Mon-Fri
Website-**www.positivelywomen.org.uk**

Sexual Health Line (formerly the National Aids Helpline)
Provides confidential accurate and consistent information and advice on all aspects of Sexually transmitted infection and HIV preventions. They also supply leaflets, and literature to callers free of charge. They refer people on to specialist treatment services. They do not provide medical advice, formal counselling or treatment. Open 7 days a week 24hours.
Telephone Helpline **0800 567-123**

www.ruthinking.co.uk
Website with useful information for young people including an A-Z of words, common questions about sex and relationships and separate sections for boys and girls. Also has a helpline called 'Sexwise' for 12-18 year olds on sexuality and sexual health
Helpline-**0800 28 29 30** freephone 7 days a week 7am-midnight
Textphone-**0800 328 1651**

Signposting

Local Support

Signpost
Derbyshire Dales Council for Voluntary Service, Agricultural Business Centre, Agricultural Way, Bakewell, DE45 1AH
Works with children and families with a child under the age of 18 in the Derbyshire Dales and High Peak to signpost to appropriate services. Also helps families taking first steps towards taking control of their problems e.g. by going with them to a meeting or other service. There are other signposting projects across the county-Contact for their details.
Telephone number- **01629 810 900**
Fax- 01629 812 491
Email- **signpost@ddcvs.org.uk**

Single Parents

Local Support

Charis House
Good News Family Care Homes Ltd, Hardwick Square East, Buxton, SK17 6PT.
A residential house which offers courses for families, including parenting skills, help for addicts. There is a nursery and counselling is offered. Families are helped with basics such as cooking and hygiene. Families from outside the area are taken.
Telephone- **01298 24761**
Fax- 08701 319152
Website- **www.gnfc.org.uk** (this website also includes information about topics such as bedwetting) or email mail@gnfc.org.uk

National Support

Gingerbread
Has merged with One Parent Families- see entry below.

One Parent Families (previously National Council for One Parent Families)
255 Kentish Town Rd, London, NW5 2LX
Information, support and advice for one parent families
Office telephone-**0207 428 5400**
Helpline for parents with disability/long term health problem-**0800 018 5026** 9am- 5pm Mon-Friday, Weds 9am-8pm (adviser will call back) You can also call this number for a free copy of a booklet on being a lone parent caring for a child with a disability or long term health problems.
Website- **www.oneparentfamilies.org.uk**

Span UK
Single Parent Action Network, Millpond, Baptist St, Easton, Bristol, BS5 0YW.
A multi-racial organisation of single parents working to improve the lives of one parent families in the UK and Europe.
Telephone-**0117 951 4231**
Website- **www.spanuk.org.uk**
Also see their website **www.singleparents.org.uk** for information and advice

Smoking cessation

Local Support

North Derbyshire Stop Smoking Service
Scarsdale, Newbold Rd, Chesterfield, S41 7PF
NHS run quitline, offers advice and access to local support clinics and treatment on prescription.
Telephone helpline- **0800 085 2299** (freephone Monday-Friday 9am-5pm)
Website- **www.smokefreederbyshire.co.uk**
Email- enquiries@smokefreederbyshire.co.uk

National Support

Quitline
Quit, Ground floor, 211 Old St, London, EC1V 9NR
Smoking quitline for everybody. There is also the breakfree service for young people.
Telephone helpline-**0800 00 22 00** freephone 9am-9pm every day
NHS Pregnancy quitline-**0800 169 9 169** freephone 9am-9pm every day
Office telephone-**0207 251 1551**
Minicom-0800 00 22 22 freephone 9am-9pm every day
Website- **www.quit.org.uk**

Social Services

Buxton Social Services
Kents Bank Rd, Buxton, SK17 9HN
Telephone- **01629 531 025**
Fax- 01298 308 050

Chapel-en-le-Frith Social Services
Sub Office, Cromwell House, High St, Chapel-en-le-Frith, SK23 0HD
Telephone- **01629 531-151**
Fax- 01298 308 150

Emergency number out of hours-
Contact this number for any social services issue out of hours Telephone- **01773 728 222**

Glossop Social Services
Area Office, Talbot St, Glossop, SK13 8AY
Telephone- **01457 729-600**
Minicom- 01457 861 898

Special Needs

Local Support

Alderbrook Day Centre
Chinley
Day care activities for adults with learning difficulties. Referrals are through social services.
Telephone- **01629 531-000**

Derbyshire Autism Services Group
Office 28d, High St, Ripley.
Offers monthly meetings for parents of autistic children, a sitting and befriending service and social skills programme
Telephone- **01773 741 221**
Website- **www.autismsupport.co.uk**
Email- dasg@autismsupport.co.uk

Dyslexia Action
Broomhall, 8-10 Broomhall Rd, Sheffield, S10 QDR
Offers advice, assessment, tuition.
Telephone- **0114 281 5905**
Fax- 0114 249 1125
Email- sheffield@dyslexia-inst.org.uk
Website- **www.dyslexia-inst.org.uk**

Enable Care and Home Support
See housing, p.

High Peak Learning Disabilities Team
Chapel Clinic, Thornbrook, Chapel-en-le-Frith, High Peak, SK23 0RG
Services for people with learning disabilities such as day centres and clinics.
Telephone- **01298 813 255**

Hope Valley Sociability Group (Integrated Learning Project)
c/o Hope Valley College, Hope, Hope Valley, S33 6SD
Weekly meetings and events for adults with learning difficulties. Meet in term time on Thursdays 7.15- 9.15pm
Telephone- **01433 620 555**

New Mills and District Volunteer Centre
33/35 Union Rd, New Mills, High Peak, SK22 3EL
Runs groups including cookery for clients with learning difficulties, craft and social inclusion for those with learning difficulties,
Telephone- **01663 744 196**

Park Rd Community Project
28-30 Park Rd, Chapel, High Peak, SK23 0LL
Support for adults with learning disabilities in the High Peak, including outreach work in their own homes and leisure choices in Buxton, Chapel and New Mills monthly.
Telephone- **01298 308 177**

Peak and Dales Advocacy Forum
See mental health, p.

Strides Youth Club
Fairfield Centre, Victoria Park Rd, Fairfield, Buxton.
For young people with special needs in the High Peak or those with low self-esteem from year 11 up to 21. Held on Tues 7.30pm- 9.30pm
Telephone Chris Wright (after 2pm) **01298 24081**

Thursday Club
Queens Court Day Centre, Fairfield, Buxton
Social club for adults (aged 18+) with a learning disability which meets every Thursday (except during August) from 7-9pm at the Queens Court Day Centre.
Telephone- Mrs Kath Rogers (home) **01298 78356**

Thursday Club
New Mills leisure centre
Social club for adults (aged 18+) with a learning disability, which meets every Thursday from 7.15pm -9pm at New Mills leisure centre.
Telephone- Angela Taylor (home number) - **01298 26671**

Thursday Club
Whitfield Centre, Glossop
Club for all ages from 12 years + for young people with physical and learning disabilities. Trips and activities
Telephone-Sylvia Parker- **01457 852 114**

Tiny Tim Trust
27 Stephenson Place, Chesterfield, S40 1XL
Supports children from birth to age 19 with special needs in Derbyshire. Can give grants for safety and specialist equipment, educational toys, early learning aids and ICT. Need to have professional written support and estimate of cost. Contact for an application form.
Telephone- **01246 559 191**
Email- chairman.tiny-tim@talk21.com

National Support

British Dyslexia Association
98 London Rd, Reading, RG1 5AU
Helpline and other support for everybody concerned with dyslexia. Advice on learning difficulties, exams and coursework. Network of local associations and trained befrienders
Helpline-**0118 966 8271.**Mon-Thurs 10.00 am until 12.30 pm & 2.00 pm until 4.30 pm
Staffed by volunteers
Office telephone- **0118 966 2677**
Website**- www.bdadyslexia.org.uk**

British Stammering Association
15 Old Ford Rd, London, E2 9PJ
Provides information and support to those who are affected by stammering. Can send out free information packs and has a special helpline staffed by volunteers who have had experience of stammering themselves.
Office Telephone-**020 8983 1003**
Helpline-**0845 603 2001** Mon Weds, Thurs 10.30am- 12.30pm, 1.30pm- 3.30pm. Tues 10.30am-12.30pm , 2.30pm-4.30pm and Mon 7pm-9pm
Website-**www.stammering.org**

Contact a family
209-211 City Rd, London, EC1V 1JN
Support, advice and information for families with disabled children. Encourages mutual support between parents. Also run a service 'Making Contact' which puts families in touch with each other
www.makingcontact.org
Helpline-**0808 808 3555** freephone Mon-Fri 10am-4pm
Office telephone-**0207 608 8700**
Minicom-0808 808 3556
Website-**www.cafamily.org.uk**

Dyspraxia Foundation
8 West Alley, Hitchin, Herts, SG5 1EG
Offers support to individuals and families affected by dyspraxia. Publishes information for parents, those who have it and professionals. Supports a network of Parent Volunteer Local Groups.
Telephone helpline- **01462 454 986** (Monday- Friday 10am- 1pm)
Office telephone and fax- **01462 455 052**
Website- **www.dyspraxiafoundation.org.uk**

Foundation for People with Learning Disabilities
Sea Containers House, 20 Upper Ground, London, SE1 9QB
Supports people with learning disabilities to ensure they can use effective services, play a fuller part in communities and society and enjoy equal rights. Provides information and useful website links.
Telephone-**020 7803 1100**
Website-**www.learningdisabilities.org.uk**

The Fragile X Society
Rood End House, 6 Stortford Road, Great Dunmow, Essex, CM6 1DA
Fragile X syndrome is a genetic condition causing learning disabilities and social, communication, behavioural and emotional difficulties. The Society provides support and information to families and professionals, publishes booklets/detailed information/newsletter, and holds four family conferences a year. Membership is free to families.
Telephone-**01371 875100**
Website- **www.fragilex.org.uk**

www.Hi2u.org.uk
A site centred around ADHD, Asperger's Syndrome, Dyslexia and similar neurological differences along with any other type of hidden impairment

Hyperactive Children's Support Group
Department W, 71 Whyke Lane, Chichester, West Sussex, PO19 7PD.
Help and support for families with hyperactive children. Will send a free initial information pack if you send an s.a.e.
Telephone-**01243 539 966** (not a helpline)
Website- **www.hacsg.org.uk**

National Autistic Society
393 City Rd, London, EC1V 1NG.
Helplines providing information, advice and support for people with autistic spectrum disorders, families and professionals.
Telephone-**0845 070 4004** local rate Mon-Fri 10am-4pm
Education advocacy line-**0845 070 4002**. Run by volunteers and gives information and advice to parents and carers
Telephone Parent to Parent-**0800 9520 520** freephone Offers support to parents of autistic children/adults from other parents.
Office telephone-**0207 833 2299**
Minicom-0845 070 4003
Website-**www.nas.org.uk**

Network 81
1-7 Woodfield Terrace, Stansted, CM24 8AJ
Network of parents of children with special educational needs, offering a helpline and other advice and information services
Helpline-**0870 770 3306** national rate Mon-Fri 10am-2pm
Office telephone-**0870 770 3262**
Website-**www.network81.org**

Parents for Inclusion
Unit 1, Winchester house, Kennington Park Business Centre, Cranmer Road, London SW9 6EJ
Helpline offering advice, listening and referrals for families trying to achieve mainstream education for their disabled children. Run in term time only. Run by parents for parents.
Helpline-**0800 652 3145** Mon, Tues, Thurs 10am-12 noon, 1pm-3pm
Office telephone-**020 7735 7735**
Website-**www.parentsforinclusion.org**

Rathbone
Churchgate House, 56 Oxford St, Manchester, M1 6EU
Provides learning and training support for people who are experiencing significant disadvantage. Also has a helpline providing advice on the law and procedures around education for children with special needs.
Helpline-**0800 731 5321** freephone Mon-Fri 10am-4pm
Office telephone-**0161 236 5358**
Minicom-0161 238 6345
Website-**www.rathbonetraining.co.uk**

Voice UK
Wyvern House, Railway Terrace, Derby, DE1 2RU
National charity supporting people with learning disabilities and other vulnerable people who have experienced crime or abuse. Also support their families, carers and professional workers. Provide training for professionals
Telephone-**01332 345 346**
Helpline- **0845 122 8695** 10am-4pm Mon-Fri
Website-**www.voiceuk.org.uk**

Statutory Organisations

Local Support

Call Derbyshire
Information on Derbyshire County Council
Telephone-**08456 058 058** Mon-Fri 8am- 8pm & Sat 9.30am- 4pm
Website- **www.derbyshire.gov.uk**
A new online directory of everything there is TooDoo for young people in Derbyshire.
Website -**www.derbyshire.gov.uk/toodoo**

Derbyshire Trading Standards
County Council Cultural and Community Services Department, Chatsworth Hall, Chesterfield Rd, Matlock, DE4 3FW.
Can receive complaints and give advice about doorstep callers
Telephone- 08454 040506
Fax- **01629 585 917**
Website- **www.tradingstandards.gov.uk/derbyshire**
Email- trading.standards@derbyshire.gov.uk

High Peak Borough Council
Hayfield Rd, Chapel-en-le-Frith, High Peak, SK23 0QL
Telephone- **0845 129 7777** 8am-8pm
Textphone- 0845 129 4876
Website- **www.highpeak.gov.uk**
Email- borough-council@highpeak.gov.uk

Transport

Local Support

Buxton Volunteer Centre
16 Eagle Parade, Market Place, Buxton, SK17 6EQ
Services include: Volunteers take older people to their doctors, to hospital appointments, out shopping or on social trips. They can chose which journeys they want to do and may use their own car or our specially adapted vehicle suitable for wheelchair users. Shopping Escorts assist people who need help shopping, in conjunction with Community Transport.
Telephone- **01298 239 70**
Website: **www.buxtonvc.org.uk**

Dial a Bus into Buxton
Offered through Glossop Community Transport. Every Tuesday from Higher Buxton, Harpur Hill, Burbage etc the bus can pick up people who need it and who have arranged for it.
Telephone-**01298 72196** or **01298 78882**

Glossop Community Transport
2 Chapel St, Glossop, SK13 8AT
Provides fully accessible transport for elderly, disabled people and others who can not use ordinary means of transport. Offers dial a bus which is a door to shops service for those who can not manage and volunteer assistants may be provided if necessary. Runs summer trips to places of natural beauty and interest in the Peak Park.
Telephone- **01457 861 635**
Email- Glossopct@btopenworld.com

Glossop Volunteer Centre
Howard Town House High St East , Glossop, SK13 8AD
Car Scheme available to anyone who, due to illness, age or disability, is unable to use public transport and would struggle to use taxis, It is also for people who have a mental health condition that means they would be greatly distressed at travelling by public transport. Also, the scheme is open to anyone going to a hospital appointment for a procedure that will leave them unable to travel home alone. Passengers pay small charge to the volunteer for petrol
Telephone- **01457 865 722**
Website-**www.gvb.org.uk**

Hope Valley Community Car Scheme & Hope Valley Patient Transport Scheme
Hope Clinic, Eccles Close, Hope, Hope Valley, S33 6RG
Costs £2 p.a for local people to access, if they meet the criteria. Local volunteers use their own car to take people to hospital, hospital visiting etc. Users make a contribution towards petrol
Telephone- **01433 621 946**

New Mills and District Volunteer Centre
33/35 Union Rd, New Mills, High Peak, SK22 3EL
-transport service for people unable to use public transport. There is a small charge for volunteer's petrol
Telephone- **01663 744 196**
Website-**www.nmvc.org.uk**

National Support

Mobilise (formerly Disabled Drivers Association)
Ashwellthorpe, Norwich, NR16 1EX
Self help organisation run for disabled people by disabled people and concerns itself with the needs of disabled people primarily by encouraging greater independence through enhanced mobility.
Telephone-01508 489449
Website- **www.justwebs.co.uk/mobilise/**

Motability
Motability Operations, City Gate House, 22 Southwark Bridge Rd, London, SE1 9HB
Can help arrange for those on higher rate DLA to purchase cars
Telephone-**0845 456 4566** Mon-Fri 8.30am-5.30pm
Minicom-0845 675 0009
Website-**www.motability.co.uk**

Travel line
Provides details of transport, not just in Derbyshire but nationally
Telephone-**0870 608 2608** 8am-8pm every day except Christmas
Minicom-0870 241 2216
Website- **www.traveline.org.uk**

Travellers

Local Support

Derbyshire Gypsy Liaison Group
Ernest Bailey Community Centre, Office 3, New St, Matlock, DE4 3FE.
Telephone- Siobhan Spencer- **01629 583 300**
Website- **http://www.dglg.org/**

Derby and Derbyshire Traveller Education Advisory and Support Team
Main Office- Middleton House, 27 St Mary's Gate, Derby, DE1 3NN
Telephone- **01332 716 806**
Local Office- St Helena Centre, Sheffield Rd, Chesterfield, S41 7LU
Telephone- **01246 204 851** (ext 231)

National Support

Traveller Advice Team
Community Base, 113 Queens Road , Brighton, E Sussex, BN1 3XG Travellers can speak directly to experienced advisers on questions of evictions, planning matters, issues involving official caravan sites and other matters.
Office telephone-**01273 234 777** (Office closed on Wed)
Website-**www.gypsy-traveller.org**

Trusts and grants

(Signpost at Derbyshire Dales CVS has a copy of 'A Guide to Grants for Individuals in Need.' Please contact us for further information.)

Local Support

Bingham Trust
c/o Blinder House Flagg , Buxton, SK17 9QG
General charitable trust for those who live within the SK17 postcode.
Apply by letter (not more than 2 sides) to Mr Horne at the above address. Applications are considered 4 times a year- in January, April, July and October.
Telephone- **01298 83328**
Email- binghamtrust@aol.com

Salvation Army
Central North Division, 80 Eccles New Rd, Salford, M5 4DU
Can apply for grants at a regional level. They may consider applications for holidays.It is better for a family to apply through a worker than directly.
Website- www2.salvationarmy.org.uk
Email- centralnorth@salvationarmy.org.uk
Telephone- **0161 743 3900**

National Support

Archbishop of Canterbury's Charitable Trust
c/o The Faculty Office, 1 The Sanctuary, Westminster, London, SW1P 3JT
'Relieves poverty and sickness.' Looks at each case on its own merits.
Telephone-**020 7222 5381**

Charity Commission
Their website contains details of all registered charities, and putting 'grants' in their search engine for a particular area may prove useful.
Telephone-0845 3000 218
Website- **www.charity-commission.gov.uk**

Commercial Travellers Benevolent Institution
PO Box 210, Chertsey, KT16 0WY
Provides grants to people who have worked in sales. An application form can be downloaded from the website.
Website-**www.ctbi.org**
Email-sec.ctbi@ntlworld.com

Elizabeth Finn Care
PO Box 9423, Nottingham, NG2 9GA
A national trust with a local contact. Helps people in financial need whose working life, or that of their partner has been interrupted or ended. Also helps those who are struggling on a low income in retirement. Can help the person who applies and members of their immediate family
Telephone/fax- Kate Lewis, regional co-ordinator, 0845 602 6163
Email- kate.lewis@elizabethfinn.org.uk
Free phone- 0800 413 220 (24 Hrs)
Website**- www.elizabethfinncare.org.uk**

Family Welfare Association
501-505 Kingsland Rd, London, E8 4AU
Gives help to poorer families including grants and counselling. Do not contribute to cost of holidays (except for families in London.)
Telephone-**0207 254 6251**
Website-**www.fwa.org.uk**

Lighthouse Club
11 Northgate St, Ipswich, IP1 3BX
The construction industry charity. A benevolent fund may be able to offer assistance to those who have worked in the building industry and their dependents.
Telephone- **01473 231 831**
Website- **http://www.lighthouseclub.org/**

Royal Agricultural Benevolent Institution
Shaw House, 27 West Way, Oxford, OX2 0QH.
Provides welfare advice, care and financial provision to those in the farming community in need, hardship or distress.
Telephone for emergency help-**01865 727 888**
Welfare dept- general enquiries-**01865 724 931**
Office-**01865 724 931**
Website-**www.rabi.org.uk**

St Martin-in-the-Fields Vicar's Relief Fund
6 St Martin's Place, London, WC2N 4JJ
Offers one-off grants to 'people in need' averaging £150 for household appliances, furniture or living expenses. Applications have to be made through a professional.
Telephone-020 7766 1127
Website-**www2.stmartin-in-the-fields.org**

Townrow (Arthur) Pensions Fund
Contact Peter King at Banner, Jones and Middleton Solicitors PO Box 48, Chesterfield, S40 1XT
Provides an additional source of income for needy retired spinsters over40. The definition of spinster is strict. Telephone-**01246 560 560**

Uniaid Foundation
Can help with accommodation costs for students who are at risk of having to leave university because of extreme hardship.
Telephone **0207 922 7790**
www.uniaid.org.uk

Warm Front Team
Government funded initiative to improve the warmth and comfort of peoples' homes with a range of insulation and heating. Open to those who receive benefits and who own their own homes or privately rent.
Telephone-**0800 316 2805** Mon-Fri 9am-5pm
Website-**www.warmfront.co.uk**
Email- energyefficency@powergen.co.uk

Trusts and grants for children

Local Support

Tiny Tim Trust
27 Stephenson Place, Chesterfield, S40 1XL
Supports children from birth to age 19 with special needs in Derbyshire. Can give grants for safety and specialist equipment, educational toys, early learning aids and ICT. Need to have professional written support and estimate of cost. Contact for an application form.
Telephone- **01246 559 191**
Email- chairman.tiny-tim@talk21.com

National Support

BDF Newlife
BDF Centre, Hemlock Way, Cannock, Staffs, WS11 7GF
Funds research on inborn conditions, provides nurse services and makes grants a range of needs for children with inborn conditions under the age of 18. Can download form off internet.
Telephone-**08700 70 70 20** nurse helpline- Mon-Fri 9.30am-5pm
Office telephone-**01543 468 888**
Website-**www.bdfnewlife.co.uk**

Children Today Charitable Trust
The Moorings, Rowton Bridge, Christleton, Chester, CH3 7AE
Provide grants for vital, life-changing equipment for children and young people (up to the age of 25) with sickness and disability across the UK.
Applications must be made by individual, parent or guardian.
Telephone-**01244 335 622**
Website-**www.children-today.org.uk**

Dreams Come True Charity
Knockhundred House, Knockhundred Row, Midhurst, West Sussex, GU29 9DQ
Endeavours to fulfil dreams for seriously ill or terminally ill young people aged 2-21. For holidays will include the cost for one child and one adult.
Individuals and professionals can apply.
Telephone-**01730 815 000**
Website-**www.dctc.org.uk**

Family Fund Trust
Unit 4, Alpha Court, Monks Cross Drive, Huntington, York, YO32 9WN
Helps families of disabled and seriously ill children under the age of 16. Provides grants and information. Also have the useful website with contacts for families 'sharing value'.
Telephone-**0845 130 4542**
Minicom-01904 658 085
Website-**www.familyfundtrust.org.uk**
Website**- www.sharingvalue.co.uk**

Frank Buttle Trust
Audley House, 13 Palace St, London, SW1E 5HX.
Offers help with day to day necessities for children and also some student grants. They also have a grant from Children in Need to make small grants to individual children and young people in need. Application form online.
Telephone-**0207 828 7311**
Website-**www.buttletrust.org**

Roald Dahl Foundation
81a High St, Great Missenden, Buckinghamshire, HP16 0AL
Grants of up to £500 available to children and young adults up to 25 years who suffer from neurological or haematological conditions such as epilepsy and sickle cell anaemia.
Application form and full list of conditions available on the website
Grants given for specified needs.
Telephone: **01494 890465**
Website: **www.roalddahlfoundation.org**

Starlight
Starlight Children's Foundation, Room PRW1,PO Box 4267, Goring, Reading, RG8 OAP
Grants wishes for seriously or terminally ill children aged 4-18. Can download the application form off the internet.
Telephone-**0207 262 2881**
Website-**www.starlight.org.uk**

Trusts and grants for people with disabilities and medical conditions

National Support

Alzheimer's Society
Devon House, 58 St Katherines Way, London, E1W 13X
Offers information and a helpline for all forms of dementia. May also be able to offer funding to assist carers with the cost of respite care.
Telephone helpline-**0845 300 0336** local rate- Mon-Fri 8.30am-6.30pm
Office telephone-**0207 423 3500**
Website- **www.alzheimers.org.uk**

British Kidney Patient Association
Bordon, Hampshire, GU35 9JZ.
Offers information, advice, financial assistance and help with getting a holiday to renal patients and their families. Applications for funding should be made through a renal social worker
Telephone- **01420 472 021** or **01420 472 022**.
Website- **www.britishkidney-pa.co.uk**

Cystic Fibrosis Trust
11 London Rd, Bromley, Kent, BR1 1BY
Contact for help and information on cystic fibrosis.
Telephone helpline- **0845 859 1000** local rate, Mon-Fri 9am-5pm
Welfare grants helpline- **0845 859 1020** (information on how to access small grants. There are also holiday grants for families and adults with cystic fibrosis who are in need of respite break following a stressful period or crisis related to cystic fibrosis.)
Benefits advice helpline-**0845 859 1010**
Office telephone- **020 8464 7211**
Website- **www.cftrust.org.uk**

Florence Nightingale Aid in Sickness Trust
6 Avonmore Rd, London, W14 8RL.
Can offer financial assistance to sick, convalescent or disabled people of any age. Preference to those with professional, secretarial or administrative qualifications/experience. Applications must be made by referral (eg social worker.)
Telephone-**0207 605 4244**
Website-www.fnaist.org.uk
Email-fnaist@independentage.org.uk

Independence at Home (Formerly Invalids At Home)
Fouth floor Congress House 14 Lyon Road Harrow HA1 2EN
Help for people with severe disability or long term illness to enable them live at home as long as possible by making grants to help with the costs of goods and services not already covered by statutory provision. These include help with some of the heavy additional costs of living at home with a disability, providing equipment to improve safety and independence, and meeting inevitable emergencies. However their remit does not cover debt arrears, telephone bills, leisure equipment or activities or care costs.
It is the policy to ask that any Trust specific to a persons disability or background be approached first - SCOPE or a Trade Union for example.
Telephone: 0208 427 7929 Mrs Mary Rose Mon-Thurs 9am-1pm

Leukaemia CARE Society
1 Birch Court, Blackpole East, WR3 8SG
24 hour helpline and support for people whose lives are affected by leukaemia and other allied blood disorders. Network of regional care teams, local contacts and support groups. Discretionary financial assistance and holiday programme for families in need (4 holiday caravans).
Helpline-**0800 169 6680** freephone, 24 hours a day
Telephone (grants and holidays)-**01905 755 977**
Office telephone-**01905 755 977**
Website- **www.leukaemiacare.org.uk**

Motor Neurone Disease Association
PO Box 246, Northampton, Northamptonshire, NN1 2PR.
Help and support for those affected by motor neurone disease and their families. Regional care advisors, local branches, loan of specialist equipment and limited financial support.
Helpline-**08457 62 62 62** local rate, Mon-Fri 9am-10.30pm
Office telephone-**01604 250 505**
Website**- www.mndassociation.org**

Multiple Sclerosis Society
MS National Centre, 372 Edgware Rd, London, NW2 6ND.
For those affected by multiple sclerosis and their friends and families. May consider applications towards holidays if people are in dire need, and housing adaptations.
Helpline-**0808 800 8000** freephone Mon-Fri 9am-9pm
Office telephone-can also find local group-**0208 438 0700**
Website-**www.mssociety.org.uk**

Stroke Association
Stroke House, 240 City Rd, London, EC1V 2PR
Helpline and information services for people affected by strokes and their families. Gives one-off welfare grants
Helpline-**0845 303 3100** local rate-Mon-Fri 9am-5pm
Website-**www.stroke.org.uk**

Zoe's Wish
2 Landsdowne Crescent , Bournemouth, BH1 1SA
Support fund for are facing financial hardship because they have to attend hospital for life saving treatment.
Website-**www.zoeswish.co.uk**

Volunteer Centres

Buxton Volunteer Centre
16 Eagle Parade, Market Place, Buxton, SK17 6EQ
Services include: Volunteers take older people to their doctors, to hospital appointments, out shopping or on social trips. They can chose which journeys they want to do and may use their own car or our specially adapted vehicle suitable for wheelchair users. Shopping Escorts assist people who need help shopping, in conjunction with Community Transport. Befriending - visiting people who are isolated or live on their own with little contact. ReadyCall offers minor repair work, such as putting up shelves, fitting smoke detectors, or emulsioning walls. Volunteers will also tidy gardens, including mowing and general weeding. Home Support Service for people who need personal assistance in their own homes by trained care professionals.
Fairfield Luncheon Club meets on Tuesdays for a chat and a meal at Fairfield Methodist church, with volunteers helping to serve the food.
Counselling- anyone can refer themselves to see the counsellor based at the Volunteer Centre.
Telephone- **01298 239 70**
Websites: the Volunteering website **www.do-it.org.uk** and **www.buxtonvc.org.uk**

Glossop and District Volunteer Bureau
Howard Town House, High Street East, Glossop, SK13 8AD
Supports and trains volunteers who provide a range of services.
Volunteer car scheme- for people who due to illness, age or disability are not able to get about. Passengers pay small charge to volunteer for petrol.
Talking newstape for the blind- weekly tape of local news is produced for the visually impaired.
VIPs- a group for the visually impaired.
Time Out service- weekday service for elderly and disabled people, enabling them to get out of the house, shop, meet friends, socialise and learn useful info about other local services. Based at Bradbury House.
Out & About club-provides an opportunity for elderly & disabled people to socialise and go on day trips.
Hands on! Project- youth worker assists 12-21 year olds find suitable placements or establish their own community focused projects. Have organised under 18's night at local club and football tournament.
Telephone- **01457 865 722**
Website- **http://vcglossop.org.uk/**

New Mills and District Volunteer Centre
33/35 Union Rd, New Mills, High Peak, SK22 3EL
Welcomes all volunteers and runs a range of services
transport service for people unable to use public transport (small charge for volunteers petrol)
-shopping service on Thursdays for housebound clients- shoparound provides a trip out on a weekly basis for elderly, isolated and physically disabled people.
-befriending and escorting people shopping,
-light gardening and D.I.Y,
Also runs groups including '60 not out for the over 60's,handicrafts, and Access group. More groups may be running. Contact for details.
Telephone- **01663 744 196**
Website- **http://www.nmvc.org/**

Women

Local Support

Womens Institute
Derbyshire House, Sherwin St, Derby, DE22 1GP.
There are 185 in Derbyshire. Contact Derbyshire House for more details.
Telephone-**01332 342 596**.
Website- **www.womensinstitute.org.uk/derbyshire**
Email- derbywi@btconnect.com

National Support

Rights of Women
52-54 Featherstone St, London, EC1Y 8RT
Adviceline-**0207 251 6577** Tues-Thurs 2pm-4pm & 7pm-9pm, Fri 12 noon- 2pm
Sexual violence legal advice line-**0207 251 8887** Mon 11am-1pm, Tues 10am-12 noon
Can offer women legal advice. Useful website which offers links to various other websites.
Only phone the adviceline for legal advice, not the office line.
Office telephone-**020 7251 6576** or **020 7251 6575**
Textphone-020 7490 2562
Website-**www.rightsofwomen.org.uk**

Young Offenders

Local Support

Probation Office
Chesterfield House, 24 Hardwick St, Buxton, SK17 6DH
Telephone- **01298 25558**
Fax- 01298 79132

Probation Office
14 Ellison St, Glossop, SK17 8BX
This is a satellite branch of the Buxton office.
Telephone- **01457 852 546**

Youth Offending Team
Area Education Office, Kents Bank Rd, Buxton, SK17 9HJ.
Telephone- **01629 531098**

National Support

Howard League for Penal Reform
1 Ardleigh Road London N1 4HS
Has an advice line for juvenile offenders,
Advice line-**0808 801 0308** Tues 11am- 5pm Thurs 11am- 7pm
Office telephone-**0207 249 7373**
Website-**www.howardleague.org**

Young People – counselling and support

Local Support

Buxton for Youth
11a Market St, Buxton, SK17 7PE
Advice and signpost service for young people aged 11-19yrs. Advice on housing, sexual health etc. Also offers activities and clubs. Supported by experienced Youth Workers
Drop in Tues 5-7pm
Wed : Youth group for young people aged 11-14 6pm-8pm Pay on entry-50p
Fri : Youth Group for 13 years and over 7-9pm
Information shop opens Weds 1-5pm, Thurs 1pm-5pm, Fri 1pm-5.30pm.
Drop in Sat 11.30-2.30 for aged 11yrs and upwards
There are computer facilities providing internet access.

Telephone- **01298 79643**

Choices Pregnancy Advice and Support Service
The Source 7 Terrace Road, Buxton, Derbyshire SK17 6DR

Local Charity affiliated to Careconfidential, offering free pregnancy testing with immediate results, free confidential advice and sensitive counselling fro anyone facing unplanned or difficult pregnancy. Caring ongoing support if required, whatever decision is made. Practical help with baby equipment, befriending, etc. Counselling for women and their partners if troubled by miscarriage, stillbirth or abortion. Adoption advice and support.
Telephone: **01298 213 866** for an appointment or drop in at The Source from 10am-12.30pm Thursdays. Appointments are available at other times and venues across Derbyshire

Email :info@choices-derbyshire.org.uk
Website:**www.careconfidential.com/buxton**

Central Youth
15 Grand Central Square, Stockport
Drop-in advice centre for young people. General drop-in and sexual health advice Monday to Friday 1pm-4pm. Counselling is by appointment.
Telephone- **0161 480 9600**
Website- **http://www.centralyouth.org.uk/**

Off the Record
45 Clarendon Place, Hyde, Cheshire, SK14 2ND
Offers free counselling for young people aged 13-28 in Glossop and surrounding area
Telephone-0161 355 3553
Website- **http://www.offtherecord.demon.co.uk/**

Safe Speak
62 Friar Gate, Derby, DE1 1DJ.
Offers counselling for young people aged 11-19 throughout Derbyshire (in schools and also out of school centres.) Call to make a local appointment
Telephone-**0800 093 5264** freephone to make an appointment
Office telephone-**01332 349 301**
Website- **www.safespeak.org.uk**

National – counselling & support

Careconfidential :For pregnancy and post abortion support.
Ring a free phone helpline to speak to a fully trained advisor immediately.
Telephone: 0800 028 028 2228
Website **:www.careconfidential.com**

Connexions Direct
080 800 13 219 from 8am-2am 7 days a week for young people age 13-19 to discuss any issue.
Text-07766 413 219
Website-**www.connexions-direct.com** Online adviser service

Each (Education Action Challenging Homophobia)
Helpline to support young people who are being bullied due to their sexuality or perceived sexuality. The helpline can also offer support and advice to parents, teachers and others who work with young people.
Helpline-**0808 1000 143** freephone Mon-Fri 10am-5pm and Sat 10am-noon
Office telephone-**0117 946 7606**
Website-**www.eachaction.org.uk**

Get Connected
Freephone helpline to support young people (under 25) in their physical and emotional wellbeing. Can refer on free to another helpline or local agency and young people can phone over any issue.
Helpline-**0808 808 4994** freephone 1pm- 11pm
Website-**www.getconnected.org.uk**

HOPEline UK
Papyrus, Rossendale GH, Union Rd, Rawtenstall, Lancashire, BB4 6NE
Support, information and advice for families, friends and professionals who know a young person who may be feeling suicidal. Helpline offers a call back facility
Helpline-**0870 170 4000**
Office telephone/fax-**01706 214 449**
Website-**www.papyrus-uk.org**

National Youth Advocacy Service
National YAS , Egerton House, Tower Road,Birkenhead Wirral CH41 1FN
Helpline for young people in foster care or local authority care
Helpline-0800 616101 freephone Mon-Fri 8am-8pm, Sat 10am-4pm Answerphone at all other times
Office telephone-0151 649 8700
Website-**www.nyas.net**

The Site
Website which offers specialist email support to 16-25 year olds via partnerships with various advisors including Brook, Citizens Advice Bureau, Samaritans, Sane and Shelter. Provides free confidential answers to questions in 3 working days. Can also look at their archive of answers already given to questions and problems around sex and relationships, health and wellbeing, drink and drugs, housing, the law, money, work and study, and travel and free time.
Website- **www.askthesite.org**

Talk Adoption
12-14 Chapel St, Manchester, M3 7NH.
Helpline for young people up to 26 who are adoptees and for their birth parents, siblings and friends. Information and listening support on issues relating to adoption, including tracing relatives, rights, birth identity and other services.
Helpline-**0800 0568 578** freephone
Office telephone- **0161 839 4932**
Website-**www.talkadoption.org.uk**

There4me
NSPCC website for 12-16 year olds, offering advice on a range of subjects and the opportunity for a 'real time' chat with an NSPCC advisor.
Website-**www.there4me.com**

Youth2Youth
Telephone, email and online chat helpline run by young people for others up to 19 years old. Helpline staff are aged between 16 and 21 years old. On website can read problems sent by others and the advice given in each case.
Helpline-**0208 896 3675** Mon and Thurs 6.30pm-9.30pm
Website-**www.youth2youth.co.uk**

Young People – Information and Advice

Local Support

Buxton for Youth
11a Market St, Buxton, SK17 7PE
Advice and signpost service for young people aged 11-19yrs. Advice on housing, sexual health etc. Also offers activities and clubs. Supported by experienced Youth Workers
Drop in Tues 5-7pm
Wed : Youth group for young people aged 11-14 6pm-8pm Pay on entry-50p
Fri : Youth Group for young people 13 and over 7-9pm
Information shop opens Weds 1-5pm, Thurs 1pm-5pm, Fri 1pm-5.30pm.
Drop in Sat 11.30-2.30 for aged 11yrs and upwards
There are computer facilities providing internet access.

Telephone- **01298 79643**

Central Youth
15 Grand Central Square, Stockport
Drop in service Mon-Fri 1pm-4pm provides free condoms, emergency contraception, pregnancy testing and advice.
Sexual health clinics on Monday 3-5pm, Wednesday 6pm- 8pm, Thursday 5-7pm and Saturday 10am-12 noon
Telephone-**0161 480 9600**
Website-**www.centralyouth.org.uk**

Connexions
9 The Quadrant, Buxton, SK17 6AW
Advice on all issues including career choices for 13-19 year olds or up to 25 for those with special needs.
Telephone-**01298 22322**
Freephone (Derbyshire wide)-**0800 269 468**
Website-**www.connexions-derbyshire.org**

Connexions
84 High St West, Glossop, SK13 8BB
Advice on all issues including career choices for 13-19 year olds, or up to 25 for those with special needs.
Telephone- **01457 864 641**
Freephone (Derbyshire wide) - **0800 269 468**
Website- **www.connexions-derbyshire.org**

George St Clinic
Clinic, George St, Glossop, SK13 8AY
Family planning every Weds 6.45- 8.30pm. Monday evening young people can drop in to see the school nurse and there is counselling through Off the Record.
Telephone-**01457 728 860**

Information Shop
14 Market Avenue, Ashton, OL6 6AL
Aimed at 13-25 year olds.
Sexual Health clinic Monday 1pm- 5pm and Wednesday from 1pm- 5pm .
On Mondays (1pm- 5pm) a trained counsellor is available to counselling young people on any issue.
Telephone- **0161 308 3388**
Off the record counselling can be pre booked. Tel: **0161 355 3553**

Sett Valley Drop-In
Sett Valley Medical Centre, Hyde Bank Rd, New Mills, SK22 4BP
For young people on Mondays from 2.30- 4.30pm for health information, contraceptive advice, skin problems advice, diet advice and counselling.
Telephone- **01663 743 483**

Thornbrook Surgery
Thornbrook Rd, Chapel-en-le-Frith, SK23 0RG
There is a teenage drop-in for patients at the surgery only on Mondays from 3.30- 4.45pm.
Telephone- **01298 812 725**

National Support

Brook Young People's Information Service
Unit 421, Highgate Studios, 53-79 Highgate Rd, London, NW5 1TL
Sexual health information line for those under 25
Telephone-**0800 0185 023** freephone Mon-Fri 9am-5pm
Office telephone-020 7284 6040
Website-**www.brook.org.uk**

www.doctorann.org
Site for young people with answers to questions about health and wellbeing. Deals with subjects such as bullying, depression, anxiety, relationships

Education Maintenance Allowance
For young people attending college or sixth form. Can claim up to £30 a week if family income less than £30,000. For further details contact your local Connexions office (see advice and counselling service) or telephone **0808 10 16 219** freephone
Website-**dfes.gov.uk/financialhelp/ema**

www.need2know.co.uk
Department of Education Website giving advice and lifestyle information for young people aged 13-19.

www.ruthinking.co.uk
Website with useful information for young people including an A-Z of words, common questions about sex and relationships and separate sections for boys and girls. Also has a helpline called 'Sexwise' for 12-18 year olds on sexuality and sexual health
Helpline-**0800 28 29 30** freephone 7 days a week 7am-midnight
Textphone-**0800 328 1651**

Uniaid Foundation
Can help with accommodation costs for students who are at risk of having to leave university because of extreme hardship.
Telephone **0207 922 7790**
www.uniaid.org.uk

Young People – drama, music and dance

Burbage Brass Band-
Held at the Band Room, Nursery Lane, Burbage,SK17 6UL
Training and loan of instruments is free of charge. Welcome from the age of 7. See website for most up to date details.
Website- **www.burbageband.co.uk**

Chinley Amateur Dramatics
Drama group for adults and young people. Children take part in some productions like Pantomimes.
Telephone- President:Mrs Branwell (home number) - **01298 813 142**
Chairman**:**Barrie Goodwin**- 01663 750702**

Fairfield (Buxton) Band
Brass band for age 8 upwards. Training given. Meet on Weds 7.30pm & Sun at 6pm at 17a Waterswallows Rd, Fairfield.
Telephone- Mrs M. Kitchen- (home number)-**01298 25590**

Head Over Heels: Gymnastic classes for children aged 5+.
Fairfield Endowed Junior School: Classes on Mondays and Wednesdays at 3.40pm-4.40pm . Costs £18.50 for a 10 week course.
Harpur Hill School: (Infants) Classes on Fridays 3.30pm -4.05pm costs £7.50 for 5 weeks
(Junior) 4.05pm-5.05pm £15 for 5 weeks
Fairfield Infants: on Tuesdays 3.30-4pm 7 weeks costs £7
Taxal and Ferniless School Thursdays: 6.40pm-7.40pm Costs £3-4 per hour depending on numbers attending.
Telephone- Pauline Carver (home number) - **01298 71215**

Kinder Children's Choir of the High Peak
Children's choral singing, tuition and performing for children aged 7-18. Costs £20 per term for trainees and £35 a term once performing. Meets at Chinley Independent Chapel Sunday School on Mon evenings (girls) and Tues evenings (boys)
Telephone- Joyce Ellis (home number) - **01663 746 025**
Email- joyceellis.woodside@ukgateway.net
Website- **www.kinderchildrenschoirs.org.uk**

United Co-op New Mills Band
Brass band for age 8 upwards. Training given. Learners meet on Weds 6pm-7pm, main band on Weds 7.45pm-9.45pm, at the Liberal Hall, Hurst Lea Rd, New Mills. Can loan instruments and no prior knowledge is needed.
Telephone: Mrs Helen Whalley - (home number) - **01663 747249**

Other Activities for young people

Army Cadets
Offers military and adventure training and sports to both sexes aged between 12 and 18 at various locations (including Buxton and New Mills) throughout the county. See the website links or email for more details.
Website- **www.armycadets.com**
Email- adminofficer.derbyshireacf@btopenworld.com

Buxton Black Belt Academy
79 Dale Rd, Buxton SK17 6NE
Martial arts for the whole family
Telephone- **01298 74038**
Website- **http://www.buxtonbba.com/**

Buxton Opera House
Water St, Buxton, SK17 6XN
During holidays a variety of activities may be available for young people and children such as drama, dance, art and writing sessions. For further information or if you would like to be added to the theatre's database of children and young people please contact the education and community officer.
Telephone- **01298 74038**
Email education@buxtonopera.co.uk

Glossop and District Volunteer Centre- Hands on project
See volunteer centres, p.

Police Cadets
Young people can join police cadets in the year they turn 16 in High Peak and the Derbyshire Dales and this can be part of their Duke of Edinburgh award. They learn a lot about the police and partake in outward bound type activities.
Telephone- **0845 123 33.33**
Website: **www.derbyshire.police.uk/careers/**

Rangers
Aldern House, Baslow Rd, Bakewell, DE45 1AE.
Offer guided walks in the holidays (see Peakland Post for details or **www.visitpeakdistrict.com**.Also have playdays for 2½-11 year olds in the summer.
Telephone- **01629 816 200**

Sea Cadets
Groups in Buxton, Ashton-under-Lyne and Stockport. Offers sports, activities and the art of seamanship. Open to young people between the ages of 10 (or 12 in some branches) and 18. See the website for more details.
Website- **www.sea-cadets.org**

Young Farmers
YFC Office, c/o Cross Farm, Crich, Matlock, DE4 5DG
Gives details of activities and events at the 11 young farmers' clubs in Derbyshire. Exists to advance the education of young members of the public in agriculture, home crafts and country life. For 10-26 year olds.
Telephone-Jane Smith-**01773 853 821**.
Website-**www.derbyshireyfc.org.uk**

Scouting and Guiding

Cyberscouts
Scouting group for boys and girls who live in remote parts of rural west Derbyshire- from Edale to Sudbury. The cub group is for 8-10 year olds and the scouts from 10 up to and including 14 year olds. They do not have a fixed base and hold meetings throughout the area, including weekend events and a full summer camp.There is a weekly programme which is emailed or posted to members.
Telephone- **0845 300 1818**
Website-**www.cyberscouts.org.uk**

Girl Guiding Derbyshire
Suite 4p, North Mill, Bridge Foot, Belper.
Will give details of guide groups in Derbyshire so can locate the nearest one for a client.
Telephone-**01773 880 875** Mon, Weds, Thurs, 10am-2pm
Website-**www.girlguiding.org.uk**

Scouting Association
Can give the number of your nearest scout group.
Telephone-**0845 300 1818** local rate
Website-**www.derbyshirescouts.org.uk**

Youth Clubs

Buxton Church In The Peak Youth Group

Open to all for social activities and outings @ The New Life Christian Centre, London Road, Buxton.-Every Friday evening during term time. CRB checked youth workers.
Age 11-14 (Year 7-9) meet 7.00pm-8.30pm.
Age 15 - 18 (Year 10 +) 8.00pm -9.30pm.
Contact Tim Davies @ The Source 7 Terrace Road Buxton Derbyshire SK17 6DR.
Telephone: **01298 71975**
E mail:tim@churchinthtepeak.org.uk

Chapel Youth Club
25 High St, Chapel-en-le-Frith, SK23 0HD
Fri 6.30-8.30pm for 14+ & Tues 7-9pm for music jam.
Telephone-**01298 812 705**

Chinley Youth Club
21 Lower Lane, Chinley, SK23 6BE
Open Wednesdays from 7-9pm.
Telephone- **01663 750 614**

Fairfield Youth Clubs

Fairfield Centre, Victoria Park Rd, Fairfield, Buxton.
All ages 11-19 years on Tuesday evenings there is an integrated youth group for young people with special needs or those with low self-esteem from year 11 to 21 year olds from 7.15pm- 9.15pm
Thursdsay (Inters) 6.30pm -8.30pm Sports, Art 11-13yrs
Fridays (Friday night live) 7-9pm Senoirs13-19 years Sports, Arts,Health and beauty and music.
Telephone- **01298 24081**

Gamesley Youth Clubs
Gamesley Community Centre, Melandra Castle Rd, Gamesley
Youth service clubs on Monday from 6.30- 8.30pm for year 8 upwards and Wednesday from 6.30- 8.30pm for up to 13 year olds.
Telephone- **01457 869 145** or **01457 869 038**

Hadfield Youth Clubs
Hadfield Centre, Newshaw Lane, Hadfield
Youth service clubs on Wednesday from 7-9pm for 11-16 year olds.'Friday Live'from 7-9pm.Strides on a Tuesday from 7-9pm for those with special needs or low self esteem from ages 7 to age 25.
Telephone- **01457 854 465**

High Peak Saturday Club
Chapel Primary School
Saturday morning club from 10am- 12 noon for young people aged 8-16
Telephone- Lynne O'Brien (home number) - **01298 812 896**

Millennium Cellar
Provides a drop-in for 11-17 year olds of Glossopdale. There are pool tables, playstation, table football, computers and snack bar.Meets every Wednesday 6.30pm- 9pm, and is run by volunteers.
Contact: the Chairperson of the Committee Tracey Collins for more details
E mail:themillenniumcellar@yahoo.com

New Mills Youth Clubs
New Mills Youth and Community Centre, Longlands Rd, New Mills, SK22 3BZ
Sport and Art (Spart) project for Youth group ages on a Monday from 6.30- 9.30pm, inters for year 7 and year 8 on Tuesdays from 6.30pm -8.30pm, seniors for year 8 upwards on Wednesdays from 7-9pm. Call for further details
Telephone- **01663 743 394**

The Hangout
Behind Providence Church, Mellor Rd, New Mills
After school drop in for 11-16 year olds. Mon 4pm-6pm & Thurs 4pm-7pm
Telephone- Jane Forshaw (home number) - **01663 745 922**

TNT
Club for 4-14 year olds on Thursday nights at the Revival Church in New Mills
Telephone- Amanda/Gareth Latham- **01663 745794**

Simmondley Youth Club
Meets at Zion Church Hall on Simmondley Lane on the 1st Friday of the month from 7.30-9.30pm. This is for 11-17 year olds.
Telephone- Carolyn (home number) - **01457 864 873**

Whaley Bridge Youth Club
Generic Youth Club held at Footsteps in Whaley Bridge : Tuesday 6.30pm-8.30pm
Mobile unit on Thursday evenings from 6.30-8.30pm in Tescos Car Park in Whaley Bridge.
Telephone-**01298 812 705** Chapel Youth Club for further details

Whitfield Youth Clubs
Whitfield Centre,Ebenezer St, Glossop SK13 8JY
Monday Seniors 7-9pm Tuesday Inters 6.30 -8.30pm
Wednesday Project Night for Seniors 6.30- 9.30pm
Telephone **01457 852 114**

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Age Concern Befriending Line	Older people
Alderbrook Day Centre	Special needs
Alzheimer's Society- North West Derbyshire Branch	Mental health
Army Cadets	Young people
Bakewell Youth Theatre	Young People
Base 3	Drugs/alcohol
Beechwood Cancer Care Centre	Cancer
Better Government for Older People	Older people
Bingham Trust	Trusts and grants
Blythe House Bereavement Support	Bereavement
Branching Out	Drugs/alcohol
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Buxton Black Belt Academy	Clubs, leisure & sport
Buxton Church In the Peak Youth Group	Young People
Buxton for Youth	Young People
Buxton Library (toddler time)	Library activities
Buxton Job Centre	Employment issues
Buxton Medical Loan Centre	Disabilities
Buxton Opera House	Clubs, leisure and sport
Buxton Opportunity Club	Children with disabilities
Buxton Talking Newspaper	Disabilities
Buxton Volunteer Bureau	Volunteer bureaux
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Cancer and Palliative Care Information Centre	Cancer
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Child Adolescent and Mental Health Service(CAMHS) -Buxton -Stalybridge	Counselling
Child Development Centre, Saltergate	Children with disabilities
Children's Information Service	Childcare
Children's Rights Officer	Children
Chinley Amateur Dramatics	Clubs, leisure & sport
Chinley Youth Club	Clubs, leisure & sport
Choices Pregnancy Advice and Support Service	Counselling
Christian Alliance Housing	Housing
Citizens Advice Bureau	Citizens advice bureau

Community Mediation	Counselling
Community Mental Health Teams	Mental health
Community Roots Group	Mental health
Community Safe Houses	Children
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Cottage Hospital	Sexual health
Counsel and Care	Older People
Craft Group for the Visually Impaired	Disabilities
Cyberscouts	Young People
Darnton Centre Drop-In	Cancer
Ddeaf Equality Forward	Disabilities
Deaf and Hearing Support	Disabilities
Delta Activity Breaks	Holiday grants
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Derby Millennium Network	Ethnic minorities
Derby Racial Equality Council	Ethnic minorities
Derbyshire Adult Community Education	Education Issues
-Gamesley	
-Glossop	
-New Mills	
Derbyshire and Derby City Young Carers	Carers
Derbyshire Association for the Blind	Disabilities
Derbyshire Autistic Support Group	Special needs
Derbyshire Branch of the Motor Neurone Association	Medical conditions
Derbyshire Careers Service	Employment issues
Derbyshire Carers Association- High Peak	Carers
Derbyshire Coalition for Inclusive Living	Disabilities
Derbyshire Community Childminding Service	Childcare
Derbyshire Community Housing Society	Housing
Derbyshire Community Legal Service Partnership	Legal matters
Derbyshire County Council- Early Years and Childcare	Childcare
- Education Department	Education issues
- Call Derbyshire	Statutory organisations
Derbyshire Deaf Children's Society	Children with disabilities
Derbyshire Friend	Lesbians, gays
Derbyshire Gypsy Liaison Group	Travellers
Derbyshire Parent Partnership	Education issues
Derbyshire Positive Support	Sexual Health
Derbyshire Rural Helpline	Farming issues
Derbyshire Toy Library Network	Library Activities
Derbyshire Trading Standards	Statutory organisations
Derbyshire Unemployed Workers' Centres	Employment issues
Derbyshire Voice	Mental health
Derbyshire Welfare Rights Telephone Line	Money & debt
Derbyshire WISH	Domestic abuse
Derwent Rural Counselling Service	Counselling
Dial a Bus	Transport
Disability Direct	Disabilities
Domestic Abuse Reduction Partnership	Domestic Abuse
Dyslexia Action - Wilmslow	Special needs
- Sheffield	
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Environment and Health Department	Health and safety
Equity Housing Group	Housing Association
Fairfield Band	Clubs, leisure & sport

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Fairplay	Children with disabilities
Family Support Centre, Glossop	Families
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Francis House	Medical conditions
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Gamesley Healthy Heart Group	Medical conditions
Gamesley Healthy Walking Group	Clubs, leisure & sport
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Gamesley Resource Team	Social services
Gamesley Youth Clubs	Clubs, leisure and sport
Girl Guiding Derbyshire	Young People
Glossop.com (website)	Clubs, leisure and sport
Glossop Carers Forum	Carers
Glossop Community Transport	Transport
Glossop and District Club for the Physically Handicapped	Disabilities
Glossop Furniture Project	Furniture projects
Glossop Job Centre	Employment issues
Glossop Library Toddler Time	Library activities
Glossop Medical Loan Centre	Disabilities
Glossop Mental Health Project	Mental health
Glossop VIP Group	Disabilities
Glossop Volunteer Bureau	Volunteer bureaux
Glossop Women's Aid	Domestic abuse
Grapevine Project	Clubs, leisure and sport
Guinness Trust	Housing
Hadfield Library (toddler time)	Library activities
Hadfield Road Project	Special needs
Hadfield Youth Clubs	Clubs, leisure and sport
Hadhari Nari Advice Centre	Domestic abuse
Hangout	Clubs, leisure and sport
Happy Days- (parent and child support group)	Children with disabilities
Harvest Housing Group	Housing
Hayfield Youth Club	Clubs, leisure and sport
Head Over Heels	Clubs, leisure and sport
Helen Atkin Riding for the Disabled Group	Disabilities
High Peak and Dales PCT Patient Advice & Liaison Service	Health and safety
Healthy start (website)	Health and safety
High Peak Borough Council	
- General Number	Statutory organisations
- Benefits Department	Money
- Council Tax Department	Money
-Environmental Health Department	Health and safety
High Peak Community Arts	Clubs, leisure and sport
High Peak Community Housing	Housing
-Support officer	Housing
High Peak Community Mental Health Team	Mental health
High Peak Learning Disabilities Team	Special needs
High Peak Diabetic Self Help Group	Medical conditions
High Peak Housing Project	Housing

High Peak Nightstop	Housing
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High Peak Writers	Mental health
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Homestart	Children
Hope Valley Access Group	Disabilities
Hope Valley Community Car & Patient Transport Scheme	Transport
Hope Valley Integrated Learning Project	Special needs
Housebound Library Service (Glossop)	Library activities
Information and Advice Worker	Employment issues
Information Shop	Health projects
'Johnnie' Johnson Housing Trust	Housing
Jubilee Debt Advice	Money and debt
Karten Ctec Centre	Employment issues
Kids Club (Buxton Church in the Peak)	Childcare
Kids Dance	Clubs, leisure and sport
Kinder Children's Choir of the High Peak	Clubs, leisure and sport
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Lifestyle Courses	Health and safety
Link Care Scheme	Children with disabilities
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Luncheon Club	Older people
Macclesfield Accommodation and Care	Housing
Manchester Rape Crisis	Rape and sexual abuse
Marriage Care	Relationship problems
MedEquip	Disabilities
Medico	Carers
Mental Health Worker (Ingrid King)	Mental health
Midland Association for Amputees and Friends	Disabilities
Millennium Cellar	Clubs, leisure and sport
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Moss Chemists	Pharmacies
Mother's Union- Away from it all Holidays	Holiday grants
Motor Neurone Disease Association	Medical conditions
Nappy Lending Kits	Pregnancy and babies
National Childbirth Trust- Glossop and district Branch	Pregnancy and babies
-High Peak Branch	
NCH – Derbyshire Family Mediation & Children's Support	Families
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New Mills Access Group	Disabilities
New Mills and District Volunteer Centre	Volunteer bureaux
New Mills Health Clinic	Sexual health & contraception
New Mills Library (toddler time)	Library activities
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New To You	Community projects
Next Step	Employment issues
North Derbyshire Alcohol Advice Service	Alcohol
North Derbyshire Childcare Clubs Network	Childcare

North Derbyshire Drugs Service	Drugs
North Derbyshire Multiple Sclerosis Group	Medical conditions
North Derbyshire Stop Smoking Service	Smoking cessation
North Derbyshire Womens Aid	Domestic abuse
North West Centre for Eating Disorders	Eating disorders
Northern Counties Housing Association	Housing
NSPCC	Child protection
Off the Record	Young People
Parenting Courses	Families
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Park Road Community Project	Special needs
Paws for Kids	Domestic abuse
PDSA	Pets
Peak and Dales Advocacy Forum	Mental health
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Phoenix Enterprises	Employment issues
Police- Cadets	Clubs, leisure and sport
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Probation Office- Buxton	Prisoners, prison leavers
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Rangers	Clubs, leisure and sport
Rape Crisis Centre	Rape and sexual abuse
Read On Write Away	Learning and literacy
Relate- Chesterfield	Relationship problems
- Manchester	
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Roleplay Theatre Workshop	Clubs, leisure and sport
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Rural Health Information Centre	Farming issues
Safeguarding Children Board	Child Protection
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SAIL (Sexual Abuse and Incest Line)	Rape & sexual abuse
Salvation Army	Trusts and grants
Salvation Army Hostel	Housing
School Nurses	Health and safety
Scouting Association	Clubs, leisure & sport
Sea Cadets	Young People
Sett Valley Drop-In	Health projects
Sett Valley Watch Group	Clubs, leisure and sport
Shelter- Greater Manchester Housing Aid Centre	Housing
Sightline	Disabilities
Signpost	Signposting
Simmondley Youth Club	Clubs, leisure and sport
Slimming World	Clubs, leisure and sport
Social Services- Buxton	Social services
-Chapel-en-le-Frith	
-Glossop	
-Emergency out of hours number	

-Supporting families (Brenda Towse)

SOVA	Prisoners, prison leavers
Spectrum	Disabilities
SPODA	Drugs
Stamford Villa	Housing
St John Ambulance	Clubs, leisure and sport
Stockport and District Multiple Sclerosis Group	Medical conditions
Stockport, East Cheshire & High Peak Cerebal Palsy Society	Disabilities
Strides Youth Club	Special needs
SureStart (Fairfield)	Families
Tameside Alcohol and Drugs Service	Alcohol/drugs
Tameside and Glossop Association of MIND	Mental health
Tameside and Glossop Community Drugs Team	Drugs
Tameside and Glossop PCT Patient Advice & Liaison Service	Health and safety
Tameside Community Mental Health Team	Mental health
Tameside, Glossop and district Multiple Sclerosis Group	Medical conditions
Teenage Pregnancy Partnership Co-ordinator	Education issues
The Base	Lesbians, gays
Thornbrook Surgery Drop-In	Health projects
Thursday Club	Special needs
Tiny Tim Trust	Special needs
TooDoo Website for young people	Statutory Organisations
United Co-op New Mills Band	Clubs, leisure and sport
Valuing Experience	Employment issues
Victim Support	Crime
Victoria Veterinary Centre	Pets
Walbrook Care and Repair	Disabilities/Older People
Westbrook	Housing
Whaley Bridge Community Trust (Footsteps)	Employment issues
Whaley Bridge Youth Club	Clubs, leisure and sport
Whitfield Youth Club	Clubs, leisure and sport
WISH (Women in Supported Housing)	Housing
Women's Institute	Women
Yes2Work	Employment issues
Young Farmers	Clubs, leisure and sport

National Support

Please note that holidays- disabilities/med con is short for the section 'holiday grants and information for people with disabilities or medical conditions.'

AbilityNet	Disabilities
Acas	Employment Issues
Access Travel (website)	Holidays
Action for Blind People	Disabilities
Action for M.E	Medical conditions
Action for Sick Children	Health and safety
Action on Elder Abuse	Older people
Addaction	Drugs
Addiction Recovery Foundation	Mental health
Addiss	Special needs
Addvance (website)	Special needs
Adfam	Alcohol, Drugs
Adoption UK	Adoption
Advisory Centre for Education	Education issues
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After Adoption	Adoption
Age Concern Information Line	Older people
Aid-Call Alarms	Health and safety
Al-Anon Family Groups	Alcohol
Alcoholics Anonymous	Alcohol
Allergy UK	Medical conditions
Alzheimer's Society	Carers
Anti-bullying Alliance	Children
Anti-bullying Campaign	Children
Archbishop of Canterbury's Charitable Trust	Trusts & grants
Arthritis Care	Children with disabilities
Askability (website)	Children with disabilities
Association for Postnatal Illness	Pregnancy and babies
Association for Shared Parenting	Families
Association for Spina Bifida and Hydrocephalus	Disabilities
Asthma UK	Holiday grants/children
Asylum Aid	Immigrants
Avert (website)	Sexual Health
Ayme (Association of Young People with M.E)	Medical conditions
BBC (parenting website)	Families
BDF Newlife	Children with disabilities
Beaumont Society	Gender identity
Benefit Enquiry Line for People with Disabilities	Disabilities
Birth Trauma Association	Pregnancy and babies
Bliss	Pregnancy and babies
Brainwave	Children with disabilities
Break	Holidays
Bristol Crisis Service for Women	Mental health
British Association for Early Childhood Education	Children
British Deaf Association	Disabilities
British Dyslexia Association	Learning and literacy
British Heart Foundation	Medical conditions
British Institute for Brain Injured Children	Children with disabilities
British Kidney Patient Association	Medical conditions
British Polio Fellowship	Disabilities
British Pregnancy Advisory Service	Pregnancy and babies
British Stammering Association	Special needs
British Tinnitus Association	Medical conditions
Brittle Bone Society	Medical conditions
Broken Rainbow	Domestic abuse
Brooks Young People's Information Service	Sexual health
Buttle Trust	Trusts & grants
Calibre Audio Library	Disabilities
Cancer Bacup	Cancer
Careconfidential (website)	Pregnancy and babies
Carelaw (website)	Children in/ leaving care
Careleavers Association	Children in/ leaving care
Careline	Counselling
Carers contact line (website)	Carers
Carers UK	Carers
Care to Learn	Childcare
Cats Protection	Pets
Cerebra	Children with disabilities
Cerebral Palsy Helpline	Disabilities
Charge Family Support Group	Children with disabilities
Charity Commission (website)	Trusts & grants

Child Accident Prevention Trust	Health and safety
Childcare Link	Childcare
Child Death Helpline	Bereavement
Childhood Bereavement Network	Bereavement
Childline	Child Protection
Children with Leukaemia	Holiday grants
Children's Legal Centre on Children's Rights	Legal matters
Children's Society	Carers
Children Today Charitable Trust	Trusts & grants children
Child Safety Equipment	Families
Christian Lewis- cancer care for children	Cancer
Cinammon Trust	Pets
CLIC Sargent	Cancer
Commercial Travellers' Benevolent Institution	Trusts & grants
Commission for Racial Equality	Ethnic minorities
Community Legal Service Direct	Legal matters
Compassionate Friends	Bereavement
Computers for Rural People	Farming issues
Connexions	Advice and counselling
Consumer Credit Counselling Service	Money and debt
Contact a Family	Children with disabilities
Crimestoppers	Crime
Criminal Injuries Compensation Authority	Crime
Crossroads	Carers
Cruse Bereavement Care, inc Youth Involvement Project	Bereavement
Cry-sis Helpline	Pregnancy and babies
Cystic Fibrosis Trust	Medical Conditions
Deafblind UK	Disabilities
Depression Alliance	Mental health
Diabetes UK	Medical conditions
Dipex (website)	Health
Disabled Drivers Association	Transport
Disabled Holiday Directory (website)	Holidays- Disabled
Living Foundation	Disabilities
Disabled Parents Network	Disabilities
Disability Alliance	Disabilities
Disability Law Service	Disabilities
Disability, Pregnancy and Parenthood International	Disabilities
Dogs Trust	Pets
Don't Hide It (website)	Child protection
Down's Heart Group	Children with disabilities
Down's Syndrome Association	Disabilities
Dreams Come True Charity	Holiday grants /children
Drinkline	Alcohol
Dyspraxia Foundation	Special needs
Early Support Pack	Children with disabilities
East Bristol Advice Service	Money & debt
East Nottingham Women's Aid	Domestic abuse
Eating Disorders Association	Eating disorders
Education Maintenance Allowance	Education issues
Elizabeth Finn Care	Trusts & grants
Energy Check	Bills
Entitled To	Money & debt
Environment Agency	Health & safety
Epilepsy Action	Medical conditions
Eric	Children with disabilities

Exploring Parenthood	Families
Face to Face	Children with disabilities
Families Anonymous	Drugs
Families Need Fathers	Families
Family Fund Trust	Trusts & grants/children
Family Holiday Association	Holiday grants
Family Nurturing Network	Families
Family Rights Group	Legal matters
Family Welfare Association	Families
Farm Crisis Network	Farming issues
Farrell Charitable Trust	Holidays-
Fathers Direct	Families
FFLAG- Families & Friends of Lesbians & Gays	Lesbian and gays
Florence Nightingale Aid in Sickness Trust	Trusts for med con
Fibromyalagia Association UK	Medical conditions
Foundation for People with Learning Disabilities	Special needs
Foundation for the Study of Infant Deaths	Bereavement
4 Children (formerly Kids Club Network)	Childcare
Forest School Camps	Holiday grants
Fosterline	Families
Fostertalk	Families
FPA (formerly Family Planning Association)	Sexual health & Fragile
X Society	Special needs
Frank	Drugs
Friends of the Elderly	Older people
Gamcare	Money and debt
Gas Emergency Line	Health and safety
Gay Youth UK	Lesbians, gays and Get
Connected	Counselling
Get Kids Going	Children with disabilities
Gingerbread	Single parents
Glaxo Neurological Centre	Medical conditions
Good Access Guide	Disabilities
Go Summer	Websites
Grandparents Association	Families
Grooms Holidays	Holidays-
Gyl Project	Lesbians, gays
Haemophilia Society	Holiday grants/children
Handicapped Aid Trust	Holidays- Harvest Trust
Holidays for Children	Holiday grants/children
H.E.L.P	Holiday grants
Help Adolescents with Cancer	Cancer
Henry Spink Foundation	Children with disabilities
Hideout (website)	Domestic violence
Holiday Care (now Tourism for All)	Holidays-
Home Heat Helpline	Bills
Homes	Housing
HOPEline UK	Helplines
Howard League for Penal Reform	Young offenders
Huntingdon’s Disease Association	Medical conditions
Hyperactive Children’s Support Group	Children with disabilities
I CAN	Children with disabilities
Immigration Advisory Service	Immigrants
Independent Age	Disabilities

Independent Living Funds	Money and debt
Inland Revenue Tax Credit Helpline	Childcare
Independence at Home (formerly Invalids at Home)	Trusts for med con
Jobcheck	Employment issues
Katie Foxons Holidays for Sick Children	Holiday grants/children
Kid Clubs Network (now 4 Children)	Childcare
Kidscape	Children
Lady Hoare Trust for Physically Disabled Children	Children with disabilities
Learning Disability Helpline	Learning and literacy
Leukaemia CARE Society	Medical conditions
L.G.B Peer Support Project	Lesbians, gays
Lighthouse Club	Trusts & grants
Look (Nat Fed of Families with Visually Impaired Children)	Children with disabilities
Macmillan Cancerline	Cancer
Mama	Pregnancy and babies
Mankind Initative	Domestic abuse
Margaret Champney Rest and Holiday Fund	Carers
Marie Stopes International	Sexual health
ME Association	Medical conditions
Mencap	Disabilities
Meningitis Research Foundation	Medical conditions
Mermaids	Gender identity
Message Home Helpline	Missing people
Michael and Shirley Charitable Trust	Prisoners, prison leavers
MIND	Mental health
Miscarriage Association	Pregnancy and babies
Missing Pets Bureau	Pets
MOSAC- mothers of sexually abused children	Rape and sexual abuse
Motability	Transport
Motor Neurone Disease Association	Medical conditions
Multiple Sclerosis Society	Medical conditions
Myotonic Dystrophy Support Group	Medical conditions
National Aids Helpline	Sexual Health
National Association for Children of Alcoholics	Alcohol
National Association for People Abused in Childhood	Rape and sexual abuse
National Association of Toy & Leisure Libraries	Library activities
National Attention Deficit Disorder Info & Support Service	Children with disabilities
National Autistic Society	Special needs
National Benevolent Institution	Older people
National Blind Children's Society	Children with disabilities
National Childbirth Trust	Pregnancy and babies
National Childminding Association	Childcare
National Council for the Divorced and Separated	Relationship problems
National Deaf Children's Society	Children with disabilities
National Debtline	Money and debt
National Eczema Society	Medical conditions
National Family and Parenting Institute	Families
National Holiday Fund	Holiday grants/children
National Library for the Blind	Disabilities
National Mediation Helpline	Legal issues
National Missing Persons Helpline	Missing people
National Phobics Society	Mental health
National Self Harm Network	Mental health

National Society for Epilepsy	Medical conditions
National Talking Newspapers & Magazines	Disabilities
National Youth Advocacy for Children in Care	Children in/leaving care
Natural Parents Network	Adoption
Need2know (website)	Young People
Netmums (website)	Families
Network 81	Special needs
New Deal- general	Employment issues
- for lone parents	
NHS Direct	Health and safety
Norcap	Adoption
NSPCC Child Protection Line	Child protection
On Divorce (website)	Relationship problems
One Parent Families (formerly National Council for)	Single parents
ORCHYD	Holiday grants/children
Parentcentre (website)	Education issues
Parentline Plus	Families
Parents Against Drug Abuse	Drugs
Parents for Inclusion	Education issues
Parents using Drugs	Drugs
Parkinson's Disease Society	Medical conditions
Partners of Prisoners and Families Support Group	Prisoners, prison leavers
Payplan	Money and debt
PEAK (Asthma UK)	Holiday grants for children
Pearson's Holiday Fund	Holiday grants for children
Phab	Disabilities
Pies for Cancer (website)	Cancer
Pink Parents	Families
Positively Women	Aids & H.I.V
Prisoners' Families and Friends Service	Prisoners, prison leavers
Progressive Supranuclear Palsy Association	Medical conditions
Psoriasis Association	Medial conditions
Queer Youth Alliance	Lesbians, gays
Quitline	Smoking cessation
Radar	Disabilities
Raising Kids (website)	Families
Rape and Sexual Abuse Support Centre	Rape and sexual abuse
Rathbone's	Education issues
Read the Signs (website)	Mental health
Refuge	Domestic abuse
Release	Drugs
Remap	Disabilities
Respect	Domestic abuse
Rethink	Mental health
Rights of Women	Legal matters
Riprap (website)	Cancer
R.N.I.B	Disabilities
Roadpeace	Bereavement
Roald Dahl Foundation	Trusts/grants for children
Royal Agricultural Benevolent Institution	Farming issues
Rural Stress Information Network	Farming issues

Salvation Army Family Tracing Service	Families
SAMM (Support after murder and manslaughter)	Bereavement
Sands (Stillbirth and neonatal death society)	Pregnancy and babies
Sane	Mental health
Schizophrenia Association of Great Britain	Mental health
Scouting Association	Clubs, leisure and sports
Scouts Holiday Homes Trust	Holiday grants
Sense	Disabilities
Severn Trust Fund	Bills
Sexual Health Line	Aids & H.I.V
Sexwise	Sexual health
Shared Care Network	Children with disabilities
Shelterline	Housing
Span UK	Single parents
Summertime Trust	Holiday grants/children
Survivors of Bereavement by Suicide	Bereavement
Survivors UK	Rape and sexual abuse
Starlight	Trusts & grants
Stroke Association	Medical conditions
St Martin-in-the-fields vicar's relief fund	Trusts & grants
Stop It Now	Child protection
St Thomas' Lupus Trust	Medical conditions
SWAN (Syndromes without a name)	Children with disabilities
TAMBA (Twinline)	Children
Talk Adoption	Adoption/Young People
Tax Credits	Money & debt
Tenovus Cancer Information Centre	Cancer
There4me	Young People
The Rural Social Justice Coalition	Farming Issues
The Site	Young People
Tommys- the baby charity	Pregnancy and babies
Tourette Syndrome Association	Medical conditions
Tourism for All (formerly Holiday Care)	Holidays-
Townrow (Arthur) Pensions Fund	Trusts and grants
Transition Information Network	Children with disabilities
Traveller Advice Team	Travellers
Travel-line	Transport
Uni Aid (website)	Young People
Universal Beneficent Society	Older people
Victim Supportline	Crime
Vision Aid	Children with disabilities
Vitalise (formerly Winged Fellowship Trust)	Holidays
Voice	Children in/leaving care
Voice UK	Special needs
Warm Front Team	Trusts & grants
Way Foundation	Bereavement
Wellchild	Health
Whizz Kidz	Children with disabilities
Winston's Wish	Bereavement
Who Cares? Linkline	Children in/leaving care
WOBS- Women of the Beaumont Society	Gender identity
Women's Aid	Domestic abuse
Working Families	Childcare
Worktrain	Employment
Worried need 2 talk (website)	Child protection

Write Away	Special needs
Young Carers (website)	Carers
Young Minds	Mental health
Young People and Self Harm (website)	Mental health
Youth2Youth	Young People
Zoe's Wish	Trusts & grants