

Primary Support for Families and Children

Sometimes bringing up children can be a challenge! Children can struggle with things others may find come naturally. Please see a range of support services and contact information (both nationally and in our locality) that may help and support our children and families in the table below.

Type of help	Name of organisation	What do they support?	Contact details/links
Special Educational Needs and Mental health for children and young people	0-19 service	The 0-19 service will be able to help you with a range of difficulties or sign post you to other organisations that may specialise in the areas you require support. They can help with trouble sleeping, bedwetting, eating/feeding problems, incontinence and a range of difficulties young children and people may present with.	Call the Single Point of Access (SPA) number on 01226 774411, lines open Monday to Thursday 8.45am to 4.45pm and Friday 8.45am to 4.15pm. You can also contact the service via Facebook messenger: https://www.facebook.com/BarnsleyPHNS/
	Websites	Trouble with sleep	There are several websites such as www.youngminds.org.uk ; www.thesleepcharity.org.uk ; www.thesleepcouncil.org.uk ; the NHS website offers sleep tips and there are many Facebook groups.
	Various websites	Difficulties with bed wetting/toilet training	Try these fantastic websites: www.eric.org.uk or www.bbuk.org.uk
	TADS	Support children and young people who may be suffering with anxiety, stress and depression, some therapy services available	01226 872120 https://www.tadsbarnsley.co.uk/
	CAMHs	CAMHs provides services to children and young people up to their 18yrs who are experiencing a wide range of behavioural, psychological and emotional problems, difficult relationships, trauma or abuse.	https://www.southwestyorkshire.nhs.uk/services/camhs-barnsley/ Telephone: 01226 644829 Monday to Friday, 9am to 5pm.
	Child line	Offers support, advice and someone to talk to when needed most.	https://www.childline.org.uk/ Call 0800 1111

Young Minds	Advocate the voice of the child/young person, support mental health in children and young people, offer guides and support to those that contact them	https://youngminds.org.uk/find-help/ Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)
Every Mind Matters - NHS	Website ran by the NHS offering advice, support and guidance on mental health in children and young people during the COVID- 19 pandemic	https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health www.nhs.uk.one/you
SENDIAS	The Barnsley SENDIASS Service offers free confidential and impartial Information, Guidance, Advice and Support. It is for all children, young people, parents, and carers of children who; have a Special Educational Need (SEN); Are between the age 0-25 years and and Live in the borough of Barnsley.	You can call 01226 787234 or email SENDIASS@barnsley.gov.uk . They also have pages on Facebook and a Twitter account
Barnsley Local offer	Barnsley Information Service – offers a wide range of services and support for children and families in Barnsley including special educational needs, COVID guidance, BMBC updates, education support and signposting, short breaks, early years education, health and social care, EHCPs, and preparing for adulthood.	https://fsd.barnsley.gov.uk/kb5/barnsley/fisd/localoffer.page?localofferchannel=1783
Anxiety UK	Charity providing support if you have been diagnosed with an anxiety condition.	Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm) Website: www.anxietyuk.org.uk
Bipolar UK	A charity helping people living with manic depression or bipolar disorder.	Website: www.bipolaruk.org.uk
CALM	CALM is the Campaign Against Living Miserably, for men aged 15 to 35.	Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: www.thecalmzone.net

Mental Health Foundation	Provides information and support for anyone with mental health problems or learning disabilities.	Website: www.mentalhealth.org.uk
No Panic	Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.	Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge Website: www.nopanic.org.uk
OCD Action	Support for people with OCD. Includes information on treatment and online resources.	Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge Website: www.ocdaction.org.uk
OCD UK	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.	Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm) Website: www.ocduk.org
PAPYRUS	Young suicide prevention society.	Phone: HOPElineUK 0800 068 4141 (Monday to Friday, 10am to 5pm and 7pm to 10pm, and 2pm to 5pm on weekends) Website: www.papyrus-uk.org
Samaritans	Confidential support for people experiencing feelings of distress or despair.	Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk
NSPCC	Children's charity dedicated to ending child abuse and child cruelty.	Phone: 0800 1111 for Childline for children (24-hour helpline) 0808 800 5000 for adults concerned about a child (24-hour helpline) Website: www.nspcc.org.uk
Beat	Support service for those suffering with eating disorders	Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

			Website: www.b-eat.co.uk
	Cruse Bereavement Care	Bereavement support	Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm) Website: www.cruse.org.uk
Family support and wider community services	Kendray and Worsbrough Family Centre	Parents can self-refer for targeted support, parenting programs, referrals for food banks/food parcels, Early Help support,	01226 294604
	Family Lynx Service – Barnardos	Family support, parenting programs and advice	https://www.barnardos.org.uk/what-we-do/services/family-linx-service
	Barnardos	Range of support services and expertise including, children seeking asylum, abuse, helping and supporting families, young carers, supporting children of parents in prison, mental health and wellbeing	https://www.barnardos.org.uk/
	Hunningley Primary School	Food bank set up with donations from local families, just call to arrange access	01226 284867 https://www.barnsley.gov.uk/services/advice-benefits-and-council-tax/benefits-help-and-support/local-welfare-assistance-scheme/
	Local welfare scheme	BMBC – online self-referral, you can self-refer for food banks, help with items needed for the home	 https://barnsley.foodbank.org.uk/ 01226 235280 Email: manager@barnsley.foodbank.org.uk
	Barnsley Foodbank	Local charities working together to provide food for local families in need	
	Refugee advice project Barnsley	Asylum seekers support	https://www.refugeecouncil.org.uk/get-support/services/refugee-advice-service-barnsley/ General enquiries: 01226320111

BMBC	Refugee council drop-in sessions Drop in to talk to us at the Refugee Council, 23 Queens Road, S71 1AN Mondays 10am to 1pm Tuesdays 1pm to 4pm Thursdays 10am to 1pm	https://www.barnsley.gov.uk/services/advice-benefits-and-council-tax/benefits-help-and-support/refugee-and-asylum-support/ https://www.refugeecouncil.org.uk/
Asylum help	Free asylum support and help	https://www.migranthelpuk.org/pages/category/asylum Free asylum helpline: 0808 8010 503
Migration Yorkshire	Local services for asylum seekers and refugees	0113 378 8188 www.migrationyorkshire.org.uk
IDAS	IDAS – Domestic abuse and sexual violence support	Independent Domestic Abuse Service (IDAS) on 03000 110 110 or 24hr national helpline: 0808 2000 247 https://www.idas.org.uk/
Refuge	Refuge - Advice on dealing with domestic violence.	Phone: 0808 2000 247 (24-hour helpline) Website: www.refuge.org.uk
Inspire to change	Inspire to Change is a programme for men and women who have been abusive, controlling or violent towards their partner. The course combines learning and support tailored to an individual's need. It is free for those who are motivated to make a change in their behaviour and work to improve their relationships.	01142 567 270 inspiretochange@probation.sodexogov.co.uk
South Yorkshire Police	Website which covers a range of crimes including: Child sexual exploitation, online safety, drug and drink driving, forced marriage, hate crime, FGM, modern slavery, violent crimes and sexual offences	https://www.southyorks.police.uk/find-out/crime-prevention-advice/

	<p>Humankind Alcohol and drug support</p> <p>Alcoholics Anonymous</p> <p>Drinkline</p> <p>National Association for Children of Alcoholics</p>	<p>Integrated alcohol and drug recovery whose aim is to help as many people as possible to recover from and be free from drug and alcohol dependency, and to reduce the harm that is caused to individuals, families and communities.</p> <p>A free self-help groups. Its "12 step" programme involves getting sober with the help of regular face-to-face and online support groups.</p> <p>A free confidential helpline for people worried about their own or someone else's drinking.</p> <p>Offers free confidential advice and information to everyone affected by a parent's drinking including children, adults and professionals.</p>	<p>https://humankindcharity.org.uk/service/barnsley-recovery-steps</p> <p>info@humankindcharity.org.uk</p> <p>01325 731 160 Local - 01226 779066</p> <p>Phone: 0800 917 7650 (24-hour helpline) Website: www.alcoholics-anonymous.org.uk</p> <p>Phone: 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm)</p> <p>Phone: 0800 358 3456 (Friday, Saturday and Monday 12pm to 7pm and Tuesday, Wednesday and Thursday 12pm to 9pm) Website: https://www.nacoa.org.uk/</p>
	<p>Talk about debt</p>	<p>Information, advice, debt support and solutions, types of debt, free advisors.</p> <p>Citizen's Advice Barnsley</p>	<p>https://www.talkaboutdebt.co.uk/</p> <p>https://barnsleycab.org.uk/ You can contact us via our Advice Line on: (Freephone) 0800 144 88 48 (Textphone) 0800 144 8884</p>

	BMBC website	Fuel poverty, warmer homes – fuel support to ensure all stay warm over winter.	https://www.barnsley.gov.uk/services/advice-benefits-and-council-tax/money-advice-and-support-during-covid-19/ (01226) 773366.
	Citizen's advice	Citizen's Advice provide the advice people need for the problems they face. They provide advice and information on a wide range of issues from town centre premises and also at a range of other locations throughout the borough. The service is free, confidential, independent and impartial. They listen to your problem, explain all the options available to you and, where appropriate, support you with the course of action you decide to take.	https://barnsleycab.org.uk/ You can contact us via our Advice Line on: (Freephone) 0800 144 88 48 (Textphone) 0800 144 8884 between 10:00 to 16:00 Monday to Friday