

MyWellbeing College has a number of tools and resources to help you through life's ups and downs. They offer guidance on things such as low mood, anxiety, sleep problems or stress. This is done through a wide range of learning opportunities including online courses from the comfort of your own home, group courses, phone advice and one-to-one 'talking therapies'.

For further information, phone: 0300 555 5551 or visit www.bmywellbeingcollege.nhs.uk

NHS Bradford, Airedale, Wharfedale, Craven MyWellbeing College

"This was my first experience of mental health support and it has made such a difference to my day to day life in how I approach stressful situations."



MyWellbeing College
Talking through life's ups and downs

Supporting Our Wibsey Primary Community

No Child Cold

<https://www.cabad.org.uk/nochildcold>

Bradford partners have set up this initiative to help families who are struggling to pay heating bills during the pandemic. If you are struggling to pay your fuel bills as a result of keeping the children at home then please get in touch with Miss Wright in school, who can refer you and apply for the grant payment.

TALK TO US
If things are getting to you

116 123 FREE
This number is FREE to call round the clock

jo@samaritans.org
samaritans.org

SAMARITANS
A registered charity

Bradford Citizens advice
Argus Chambers
BRADFORD
BD1 1HZ



Email: debtadvice@bradfordcab.com
03442 451282



Bradford First Response Crisis Service offers support 24 hours a day, 7 days a week to people of all ages living in Bradford experiencing a mental health crisis

<https://www.bdct.nhs.uk/services/first-response/>



If you need urgent mental health support, call First Response:

01274 221 181

The Mix offer judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, web chat, peer to peer counselling service.

Text 'THEMIX' to 85258.

Phone: 0808 808 4994 (11am-11pm, free to call)

Website: www.themix.org.uk/get-support



Resources, guidance and support for people living with **domestic abuse** through the coronavirus pandemic. <https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>



An independent charity, which offers online chat and phone advice for people affected by **crime or traumatic events**. <https://www.victimsupport.org.uk>

If you are not in crisis but would like to talk to a friendly, mental health professional, call Mind free on 08001 884 884.

Lines are open midday-midnight every day.

Mind also runs a text information line on 86463.



<http://directory.mindinbradford.org.uk/> - Mind Bradford have links for a wide range of local and national organisations catering for a variety of mental health needs.

In their 'Factsheets' section; they display a range of information sheets covering subjects such as Housing, Debt, Anger and Anti-Depressants.

The Mind Wellbeing Service offers a range of recovery-focused groups, social spaces and wellbeing activities for people who are struggling with their mental health. Our open wellbeing timetable is varied, from walking to peer support, arts & crafts to qi gong. They also run closed groups to help you manage things like self-esteem.

To book a 1:1 Welcome Session call 01274 730815 (Mon-Fri 9am-5pm) or email admin@mindinbradford.org.uk



Local Food Banks

Wyke foodbank
68 Blackstone Ave, Wyke
BD12 8SJ
07941326723 or 07941380420
Email: info@wyke.foodbank.org.uk

Bradford Central Foodbank
<https://bradfordcentral.foodbank.org.uk>
Jubilee Centre, Jermyn St,
Bradford
BD1 4EJ
01274 734 314
07838 830438
info@bradfordcentral.foodbank.org.uk

Sandale Trust
<https://sandaletrust.org>
42-46 Reevy Road West,
Buttershaw,
BD6 3LX
01274 270170

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

TEXT shout to 85258 or visit www.giveusashout.org/



Family Action - Bradford Advice Service provide advice across the Bradford East Constituency on welfare benefits, housing, debt, immigration, employment and consumer issues.

Contact :
Canterbury Advice Centre,
1-3 Ringwood Road,
Bradford, BD5 9LB
01274 577571 (Mon - Fri 9am to 1pm)
canterburyadministrator@family-action.org.uk
www.family-action.org.uk/what-we-do/children-families/bradford/advice-service/

Bright Sky is a free to download mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.



Kooth provides free, safe and anonymous online support for young people.

<https://www.kooth.com>



Every family is different. And no matter who's in your family, things can be tough sometimes. You might worry about:

- arguments, being shouted at, or having different opinions or beliefs
- divorce and separation
- money problems or having to move
- alcohol problems
- being hurt or abused

Whatever's happening at home, Childline can help you through it.

<https://www.childline.org.uk/info-advice/home-families/seasonal-events/christmas/>



HALE is an established healthy living charity based in Bradford since 2003.

They work with people of all ages; providing a wide range of innovative services to tackle the causes of health issues experienced by the local community. HALE focus on the most vulnerable members of society that feel isolated and lonely; those that struggle with mental health or self-confidence issues or are exposed to dangerous or exploitative situations. They offer advice in a language and format that people understand using home visits, door knocking and letting people know about services that they can access.



Jobseekers Allowance Information on eligibility and how to claim plus an online claim form:

www.gov.uk/jobseekers-allowance/how-to-claim

Income support Information on eligibility and how to claim:

www.gov.uk/income-support/how-to-claim

Benefits Calculator - Work out your entitlement to benefits:

<https://benefits-calculator.turn2us.org.uk/AboutYou>

Bradford Survive & Thrive



Tel: 08082 800999

National 24hr: 08082 000247
Provide support for families who have experiences domestic abuse & sexual violence.

Buttershaw and Woodside No Child Goes Hungry

Half-term Mon 15th Feb — Fri 19th Feb 2021

Our community came together in October and over Christmas to make sure our children and young people were fed over half terms. Over February Half term, we are again working together with local business and Bradford Council to help those in our community most in need. If you're a parent, get in touch and we'll arrange free lunch packs over the holidays for your children that you can collect from one of many community collection points

How does it work?

1. Text your name to:

07732309852

Or drop us a line on Facebook
(@sandaletrust) by 10.30am that day

2. Choose your delivery /
collection point

A member of the team will call you

back and take details:

We have venues across the area

3. Receive your packs

Every weekday

from 11.30am—1.00pm

If you family needs further support with a food parcel, we can arrange a discrete and confidential in person, virtual or telephone chat.



