

## Hyndburn and Ribble valley

### Bereavement

Name	Phone number	Website/ email
Cruse Bereavement Care	Tel: 01772 433645	<a href="mailto:lancashire@cruse.org.uk">Email: lancashire@cruse.org.uk</a>
Hope Again	Tel: 0808 8081677	
Young minds	0808 802 5544	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
STRIDE – Bereavement Support for Young People and Families	Tel: 01772 798746	
Child Bereavement UK - Bereavement Support for Young People and Families	0800 0288840	
Survivors Of Bereavement of suicide	01482 210287 0300 111 5065	<a href="https://uksobs.org/">https://uksobs.org/</a>

### Carers

Name	Phone number	Website/ email
Carers Link – Support for carers of all ages	Tel: 0345 688 7113	<a href="http://www.carerslinklancashire.co.uk">www.carerslinklancashire.co.uk</a> <a href="mailto:info@carerslinklancashire.co.uk">info@carerslinklancashire.co.uk</a>
Barnardo's Lancashire Young Carers	Tel: 01772 641002	<a href="https://www.barnardos.org.uk/what-we-do/services/lancashire-young-carers">https://www.barnardos.org.uk/what-we-do/services/lancashire-young-carers</a>
Kinship	01282 690536	<a href="https://kinship.org.uk/support-group/kinship-group-pendle-and-ribble-valley/">https://kinship.org.uk/support-group/kinship-group-pendle-and-ribble-valley/</a>

### Disabilities/ SEND

Name	Phone number	Website/ email
ADHD NORTH WEST	Tel: 01254 352586	<a href="http://www.adhdnorthwest.org.uk">www.adhdnorthwest.org.uk</a> <a href="mailto:yvonne.tudor@adhdnorthwest.org.uk">yvonne.tudor@adhdnorthwest.org.uk</a>
S.E.N.D Service Children and Young People with Special Educational Needs and Disabilities with Links to Local Health Services.	Tel: 01254 220553	<a href="http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/health/health-services/">www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/health/health-services/</a>
S.E.N.D Service - Information Advice and Support Team	Tel: 0300 123 6706	<a href="http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/help-for-parents-and-carers/information-advice-and-support/">www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/help-for-parents-and-carers/information-advice-and-support/</a> SEND Information advice and support

		service referral form  Email: <a href="mailto:information.lineteam@lancashire.gov.uk">information.lineteam@lancashire.gov.uk</a>
Understanding Autism North West	Tel: 01254 471500	<a href="http://www.understandingautismnw.co.uk">www.understandingautismnw.co.uk</a> <a href="mailto:info@understandingautismnw.co.uk">info@understandingautismnw.co.uk</a>
Limitless Accrington	08006891802	<a href="https://www.limitless-send.co.uk/">https://www.limitless-send.co.uk/</a>
Autism Plus	Tel: 0114 3840284	<a href="mailto:emailinfo@autismplus.co.uk">emailinfo@autismplus.co.uk</a> <a href="http://www.autismplus.co.uk">www.autismplus.co.uk</a>
National Autistic Society	02078332299	<a href="http://www.autism.org.uk">www.autism.org.uk</a>
Action for ASD	01282 415455	<a href="http://www.actionasd.org.uk">www.actionasd.org.uk</a>
Lancashire breaktime	01254 357988	<a href="http://www.adventure-hyndburn.co.uk/">www.adventure-hyndburn.co.uk/</a>

### Victim support/ DA

Name	Phone number	Website/email
HARV Support for Victims of Domestic Abuse	Tel: 01254 879855	<a href="http://www.harvoutreach.org.uk">www.harvoutreach.org.uk</a> Email: <a href="mailto:info@harvoutreach.org.uk">info@harvoutreach.org.uk</a>
Lancashire Domestic Abuse Perpetrator Programme  Intervention for Perpetrators of Domestic Abuse	Tel: 01772 717597	<a href="http://www.relatelancs.org.uk/home/ldapp/LDAPP@relate.org.uk">www.relatelancs.org.uk/home/ldapp/LDAPP@relate.org.uk</a>
Refuge  Provides specialist services include refuges, independent advocacy, community outreach projects, and culturally specific services. Lots of useful links.	Tel: 0808 2000 247	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a>
Men's Advice Line  Advice and support for men experiencing domestic violence and abuse.	Tel: 0808 8010327	<a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a>
Broken Rainbow – LGBT Domestic Violence Charity	Tel: 08452 604460	<a href="http://www.brokenrainbow.org.uk">www.brokenrainbow.org.uk</a> Email: <a href="mailto:Help@brokenrainbow.org.uk">Help@brokenrainbow.org.uk</a>
The Wish Centre	Tel: 01254 260465	<a href="mailto:info@bddwa.org.uk">info@bddwa.org.uk</a>
The Halo Project - Forced Marriage Unit The FMU offers information and support to those who fear they	Tel: 0207 0080151	<a href="http://www.haloproject.org.uk/forced-marriage-unit-W21page-31">www.haloproject.org.uk/forced-marriage-unit-W21page-31</a> <a href="mailto:fm@fco.gov.uk">fm@fco.gov.uk</a>

will be forced into marriage and can talk with them about their options. Help is also available to those who have already been forced into marriage to explore their options, including assisting those who are being forced to sponsor a spouse's visa for settlement in the UK.		
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### Drugs/alcohol

Name	Phone number	Website/ email
Inspire East Lancashire Substance Misuse Help & Advice	Tel: 01254 495382	<a href="mailto:eastlancs.info@cgl.org.uk">eastlancs.info@cgl.org.uk</a>
Inward House Project - Accrington	Tel: 01254 872761	<a href="http://www.inwardhouse.co.uk">www.inwardhouse.co.uk</a> <a href="mailto:stjames@inwardhouse.co.uk">stjames@inwardhouse.co.uk</a>
The Bridge at Maundy Free Counselling Service in Accrington - 11 - 18 Year Olds	Tel: 01254 233467	<a href="http://maundyrelief.co.uk/the-bridge-at-maundy-young-peoples-counselling-service/">http://maundyrelief.co.uk/the-bridge-at-maundy-young-peoples-counselling-service/</a> <a href="mailto:counselling@maundyrelief.org.uk">counselling@maundyrelief.org.uk</a>
WAWY – We Are With You in Lancashire We work with YP regarding all drugs, alcohol, and solvent use, including legal highs / NPS and steroids.	Tel: 01282 505037	<a href="mailto:lancashireinfo@wearewithyou.org.uk">lancashireinfo@wearewithyou.org.uk</a>

### Family mediation

Name	Phone number	Website/ email
Red Rose Mediation – Family Mediation Service	01254 295555	<a href="http://www.redrosemediation.co.uk">www.redrosemediation.co.uk</a> <a href="mailto:enquiries@redrosemediation.co.uk">enquiries@redrosemediation.co.uk</a>
Smile Mediation – Family Mediation Service	01282 436989	<a href="mailto:info@smile-ltd.co.uk">info@smile-ltd.co.uk</a> <a href="#">Family - Smile Mediation Services</a>

### Food banks

Name	Phone number	Website/ email
Maundy Relief	01254 232328	<a href="http://www.dropin@maundyrelief.org.uk">www.dropin@maundyrelief.org.uk</a>

Churches Together Food Banks – Oswaldtwistle West End Methodist Church	01254 233387 01254 382147	
Immanuel Church of England	01254 233387	
Stanhill Methodist Church	01254 232433	
St. Mary's RC Church	01254 231038	
New Lane Baptist Church	01254 231038	
All Saints C of E	01254 382147	
Saint Paul's C of E		
Hyndburn Baby Bank	01254 388111	
Accrington Community Learning Centre, Nelson St, Accrington, BB5 2HQ		
Clayton Baptist Church Foodbank	07834724530	
Our Food Bank	07495054024	<a href="mailto:ourfoodbank@gmail.com">ourfoodbank@gmail.com</a>
Ribble Valley Foodbank	07849534431	<a href="http://www.info@ribblevalley.foodbank.org.uk">www.info@ribblevalley.foodbank.org.uk</a>
Pantry food bank Broadway Accrington		Just turn up

### Health and wellbeing

Name	Phone number	Website/ email
CSNW – Community Solutions North West	01254 460080	<a href="mailto:info@csnw.co.uk">info@csnw.co.uk</a>
Healthy Minds – East Lancashire	01282 644700	<a href="http://www.eastlancshealthyminds.co.uk">www.eastlancshealthyminds.co.uk</a>
Women's Centre – Lancashire Women - Accrington	0300 3301354	<a href="http://www.lancashirewomen.org">www.lancashirewomen.org</a> <a href="mailto:TalkToUs@lancashirewomen.org">TalkToUs@lancashirewomen.org</a>
C.A.N.W – Child Action North West	01254 244700	<a href="http://www.canw.org.uk">www.canw.org.uk</a> <a href="mailto:info@canw.org.uk">info@canw.org.uk</a>


### Mental health

Name	Phone number	Website/ email
ELCAS – East Lancs Child and Adolescent Services	01282 803390	<a href="http://www.elcas.elht.nhs.uk">www.elcas.elht.nhs.uk</a>
Advocacy focus	03003230965	<a href="http://www.advocacyfocus.org.uk">www.advocacyfocus.org.uk</a>
Healthy Minds – East Lancashire	01282 644700	<a href="http://www.eastlancshealthyminds.co.uk">www.eastlancshealthyminds.co.uk</a>
Papyrus	0800 0684141 0778 6209697	<a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>
Samaritans	116 123	<a href="http://www.samaritans.org">www.samaritans.org</a> <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
The Bridge at Maundy 11 – 18 Year Olds	01254 233467	<a href="http://maundyrelief.co.uk/the-bridge-at-maundy-young-peoples-counselling-service/">http://maundyrelief.co.uk/the-bridge-at-maundy-young-peoples-counselling-service/</a> <a href="mailto:counselling@maundyrelief.org.uk">counselling@maundyrelief.org.uk</a>
Maundy Relief Counselling Service	01254 233467	<a href="http://www.maundyrelief.co.uk/maundy-relief-counselling-service/">www.maundyrelief.co.uk/maundy-relief-counselling-service/</a> <a href="mailto:counselling@maundyrelief.org.uk">counselling@maundyrelief.org.uk</a>
Minds Matter – Hyndburn	01254 226007	<a href="https://www.lancashirecare.nhs.uk/Mindsmatter">https://www.lancashirecare.nhs.uk/Mindsmatter</a>
Crisis team	01254 226006	
Childline	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
Kooth		<a href="http://www.kooth.com">www.kooth.com</a>

### Talk Zone

Name	Phone number	Website/ email
Talkzone	0800 511111, text on 07786 511111,	<a href="mailto:talkzone@lancashire.gov.uk">talkzone@lancashire.gov.uk</a>

### Victim Support

Name	Phone number	Website/ email
Lancashire Victim Services	0300 323 0965	<a href="http://www.lancashirevictimservices.org">www.lancashirevictimservices.org</a> <a href="mailto:info@lancashirevictimservices.org">info@lancashirevictimservices.org</a>
Nest Lancashire	0300 1110323	<a href="http://www.nestlancashire.org">www.nestlancashire.org</a> <a href="mailto:info@nestlancashire.org">info@nestlancashire.org</a>
Trust house Sexual violence and abuse	01772 835288	<a href="http://www.Trusthouselancs.org">www.Trusthouselancs.org</a> <a href="mailto:Support@trusthouselancs.org">Support@trusthouselancs.org</a>
Paladin- national stalking advocacy service	02038664107	<a href="http://www.Paladinservice.co.uk">www.Paladinservice.co.uk</a>

#### Volunteer Services

Name	Phone number	Website/ email
Hyndburn and Ribble Valley Voluntary Support	01254 888614	<a href="http://www.do-it.org/organisations/hyndburn-ribble-valley-cvs">www.do-it.org/organisations/hyndburn-ribble-valley-cvs</a>
Lancashire Volunteer Partnership – Hyndburn Borough Council	01254 388111	<a href="http://www.hyndburnbc.gov.uk/lancashire-volunteer-partnership">www.hyndburnbc.gov.uk/lancashire-volunteer-partnership</a>

#### Youth Support

Name	Phone number	Website/ email
Brook Blackburn	01254 267700	<a href="http://www.brook.org.uk/find-a-service/regions/blackburn">www.brook.org.uk/find-a-service/regions/blackburn</a>
WAWY – We Are With You in Lancashire	01282 505037	<a href="mailto:lancashireinfo@wearewithyou.org.uk">lancashireinfo@wearewithyou.org.uk</a>
NEST	0300 1110323	<a href="http://www.nestlancashire.org">www.nestlancashire.org</a> <a href="mailto:info@nestlancashire.org">info@nestlancashire.org</a>
Parachute project – managing conflict	01254 260465	<a href="mailto:info@thewishcentre.org">info@thewishcentre.org</a>
Targeted youth Support Children and Family Wellbeing Service		<a href="http://www.lancashire.gov.uk/youthzone/get-in-touch/">www.lancashire.gov.uk/youthzone/get-in-touch/</a>