It is important over the duration of the summer not to feel isolated and still be able to receive support through services when your usual regular contacts are unavailable.

I have formulated a list of support services from the NYCC website for your reference:

If you require a food bank voucher please email: manager@knottingley.foodbank.org.uk

Family Support and Childcare

Home-Start is a voluntary organisation committed to supporting families with at least one child under the age of eight. Volunteers visit families in their own homes each week, offering support, friendship and practical help.

Goole District Home -Start (covers the selby area) **01405 769966** **Link: HS Goole**

Richmondshire Home-start 01748 850079 **Link: HS Richmondshire**

Selby, Tadcaster and Goole Mumbler

Your local parenting community. Find out about activities. **Link: Mumbler**

Families Information Service

If you need help with finding local childcare we will be happy to help you.

Tel: 01609 533483 **Link: Choosing Childcare**

Find out how to access support including tax credit, childcare vouchers, tax-free childcare, help from your employer, and funded places. **Link: Early Education and Childcare**

Children and Family Hubs

Our children and family hubs are located across the county and provide groups, sessions for children and young people aged 0-19 and their families. Groups include Speech and Language groups, Youth Sessions, Breastfeeding groups and Support with Parenting and more.

Selby North children and family hub 01609 535111

Selby South children and family hub 01609 797598

Brotherton children and family hub 01609 534720

Northallerton children and family hub 01609 534634

Thirsk children and family hub 01609 533068

Colburn children and family hub 01609 532595

Other Venues are available but are only open when sessions are running

Just select your area to download the full programme with details of what's on near you

Link: Children and Family Hubs

Family Lives

Call our free and confidential helpline for support

Please call us for emotional support, information, advice and guidance on any aspect of parenting and family life. Our helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday

Tel: **0808 800 2222** **Link: Family Lives**

North Yorkshire Youth

We provide opportunities for Children and young people to learn and grow by supporting youth work in North Yorkshire communities **Tel: 01845 522 145**

North Yorkshire Youth provides a directory of youth activities – click the link below for your area.

Link: NYY Selby District **Link: NYY Richmond** **Link: NYY Hambleton**

Funding

Local Assistance Fund

The fund supports families under great pressure to stay together. Awards are made in-kind, for example, by supplying household goods and basic necessities. An authorised agent is an organisation that can make direct referrals to the local assistance fund on behalf of applicants.

Contact: Central Early Help team on 01609 534829 **Link: NYLAF**

Emergency Essentials Programme

Supports families living in severe financial, health and social difficulties, and provides items that meet children's most basic needs. Items covered by the grants will include beds, kitchen appliances, clothing and any other items and services that are critical to children's wellbeing.

Applications to the programme must be made by a registered referrer. Link: Referrers can register now.

Contact: 01904 550055 **Link: BBC-Children-in-Need**

The Energy Doctor

Yorkshire Energy Doctor is a Community Interest Company (CIC) based in Selby. We are a not-for-profit organisation working to tackle fuel poverty and to ensure that everyone is able to heat their home at an affordable cost. Every household is different whether it be how you pay for your energy, how you heat your home, your personal circumstances, whether you are in debt with your energy supplier, or the issues or challenges you are facing. Home energy visits are the best way to provide one-to-one advice that is specific to your own circumstances.

Contact: 01757 249100 or 07738 818391 **Link: Energy Doctor**

Community First Credit Union

Community First Credit Union Ltd is the leading community owned organisation for financial services offering loans, Savings and low costs loans for your next household purchase. Drop in sessions available via:
Link: Credit Union Selby

Online services available for all:

Contact: 03 03 03 000 10 **Link: Community First Credit Union**

Emotional Wellbeing for Children and Young people/ Mental health Support

One in ten children between the ages of five and 16 has a mental health problem. Do talk to your child's GP if you have a concern. There are various other sources of help you can access either through school referral, or directly.

Information on the support available in Selby can be found on: **Link: Compass Buzz**

Information on support in Hambleton and Richmond area: **Link: Compass Buzz Ham/Rich**

BUZZ US - If you're aged between 11 and 18 and live in North Yorkshire, and you are experiencing issues with eating, stress, low mood, emotions, self-harm, bullying, self-esteem or anxiety, you can text a wellbeing worker on **07520 631168.**

For more information on Compass Buzz and BUZZ US follow: **Link: Compass**

Compass School Mental Health and Wellbeing Project

Compass runs a free school referral based emotional wellbeing project for children and young people aged five to 18 (up to 25 with SEND). Compass wellbeing workers can facilitate one-to-one or group work sessions with pupils alongside a member of school staff. Referrals must include a young person's informed consent. We offer three levels of training for professionals, to help promote positive mental health amongst school students. For parents, we offer online support and signposting to help you feel more confident to support your child's emotional health and wellbeing.

You can contact us in complete confidence: **Tel: 01609 777662 or Freephone: 0800 008 7452. Opening hours are 9am to 5pm, Monday to Thursday and 9am to 4.30pm Friday**. Out of hours appointments can be accommodated on request.

Compass Reach for young people aged from nine to 19 (and up to 25 for those with special educational needs or disabilities) across North Yorkshire affected by substance misuse, poor sexual health and issues relating to emotional wellbeing and mental health, can access free help, advice and practical support at **Link: Compass REACH** Support usually takes place in school or in a place that suits you.

Tel: 01609 777662 Freephone **: 0800 008 7452** or Email: **NYRBS@compass-uk.org**

Childline is yours – a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.

Helpline: 0800 1111 **Link: Childline**

Working collaboratively with services throughout North Yorkshire, access to services can be found using the below links

Information on the support available in Selby **Link: Selby**

Information on the support available in the Hambleton and Richmondshire
Link: Hambleton, Richmond

LGBT+ Group
Youth group for those who are or think they might be Lesbian, Gay, Bisexual, Trans or questioning. Have some fun, meet people, get information & support. **Age 13 to 19 years**

For details:
Contact: SelbySouthCC@northyorks.gov.uk or Tel/message Helen on 07973 918386

Contact: lgbthamandrich@northyorks.gov.uk or Tel. Colburn Children's Centre on 01609 532595

Yorkshire MESMAC is one of the oldest and largest sexual health organisations in the country. We offer services to various communities including men who have sex with men, BME people, people misusing drugs, sex workers and LGB&T young people and adults.

- Free, rapid and confidential HIV testing
- Condoms and lubricant
- Counselling
- Information and resources
- Support for individuals and community groups
- Training

York office: Tel: 01904 620400 or Email: york@mesmac.co.uk

North Yorkshire office: Tel: 01609 258745 or Email: northyorkshire@mesmac.co.uk

Free, safe and anonymous online support for young people

Need to talk? Chat to our friendly counsellors, Read articles written by young people, Get support from the Kooth community **Link: Kooth**

CAMHS (Child Adolescent Mental health Services)

For referrals to the Child and Adolescent Mental Health Service (**Harrogate & Rural District, Scarborough, Whitby, Ryedale, Hambleton & Richmondshire**) please contact the **CAMHS single point of access on 0300 0134778** (Monday to Friday 9am to 5pm) for advice and a referral form.

For the **Selby** Area phone the **CAMHS single point of access on 01904 615345**

You can also download the referral form here

If the situation is urgent then you can call our locality teams (Monday to Friday 9am to 5pm) and request to speak with a duty worker:

Northallerton - 01609 718810

Selby - Tel: 01757 241070

CAMHS Crisis

If the situation is a mental health crisis then you can access the CAMHS crisis teams:

Hambleton and Richmondshire (covered by Teesside 24 hours) **- 0300 013 2000 (option 6)**

Selby - 01904 615348 (10am to 10pm)

YOUNGMiNDS

We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

The crisis in children and young people's mental health is real and it is urgent. More children and young people than ever before are reaching out for help with their mental health. But for those who take that brave step, help is much too hard to find.

Together, we are changing this. We're fighting for young people's mental health

Helpline: 0808 802 5544 **Link: Young Minds**