



BARNLSLEY
Metropolitan Borough Council



WELLSPRING

We Make A Difference



Useful Support Services & Children's Activities in Barnsley



Support Services

24/7 & Late Night Helplines

For young people

YoungMinds

Are you a young person in crisis?

Text the YoungMinds Crisis Messenger for free 24/7 support if you are experiencing a mental health crisis.

text YM to 85258

YOUNGMINDS

The Mix

Do you need help now?

Crisis messenger text service provides free, 24/7 crisis support

text THEMIX to 85258

THE MIX

Papyrus

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and advice.

Call 0800 068 4141

9am – midnight every day of the year

Samaritans

Whatever you're going through, you can call anytime from any phone for FREE.

Call 116 123



YOUTH INSPIRED



CALM

A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

Call 0800 58 58 58

5pm – midnight every day of the year

HOME START

For support got to:

www.home-start.org.uk/Pages/Category/things-we-can-help-with

Things we can help with:

- Activities for families during self-isolation
- Disability & illness
- Forces Families
- Isolation
- Mental Ill Health & Post Natal Illness
- Money Issues
- When a relationship ends
- Twins, Triplets & Multiple children

Support Services

Barnsley Bereavement Support Groups



To find out what's in the Barnsley are go to:

www.barnsley.gov.uk/services/births-deaths-and-marriages/deaths-and-funerals/bereavement-support-groups



Who to contact: Call 999 if you or someone you know is in immediate danger from domestic abuse or sexual violence.

Call 101 if you want to report something that's happened or if you want to seek advice.

Call the Independent Domestic Abuse Services (IDAS) on 03000 110110 or 24 hour National Domestic Abuse Helpline on 0808 2000 247



- Health & Mental Health
 - Young People
 - Family
- 0-19 Barnsley Public Health Nursing Service

Call:

01226 774411



Support Services



ManHealth is building a network of male peer support groups across the UK.

Helping men to manage and prevent Depression or other Mental health conditions.

To find out more go to:
www.manhealth.org.uk



For brothers and sisters of disabled children and adults

You're not alone!

Do you have a brother or sister who is disabled, has special educational needs or a serious long-term condition?

To find out more go to:
www.sibs.org.uk/youngsibs

Respect
Men's advice line

The Helpline for male victims of domestic abuse.

Talk it over!

Freephone:

**0808
8010327**



#ANDYSMANCLUB




#ITSOKAYTALK

To find your nearest group go to:
[www.andysmanclub.co.uk/
find-your-nearest-group](http://www.andysmanclub.co.uk/find-your-nearest-group)


Support Services

FINANCIAL SUPPORT

Household support grants and other support



MORE MONEY IN YOUR POCKET



OAKWELL RISE
Primary Academy

Oakwell Rise Primary Academy Support

£40 food vouchers or **£40 credit** applied to their energy account. Or **£40 voucher** for personal items (sanitary products, underwear etc.)

Who can apply:

- ✓ Be in receipt of housing benefit only
- ✓ Live in shared accommodation with no access to the £400 energy rebate
- ✓ Household with oil heating (not gas or electric)

- ✓ Can show can't pay debts or struggling to pay essential bills. Income less than £26,300 with one or more child in the house.
- ✓ Live with exceptional circumstances and can show the need for support
- ✓ Having a child at the school

How to apply

Call school office on 01226 281943 for a form to apply.

www.barnsley.gov.uk/services/advice-benefits-and-council-tax/help-with-the-rising-cost-of-living/household-support-grants/

New self-referral for young mental health service for young people and parents to refer their child into:

www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team



COMPASS BE



Barnsley Mental Health Support Team

Tel: 01904 666371
Compass Be

Tel: 01226 107377
Branching Minds

Email:
info.barnsleymhst@compass-uk.org

Email:
barnsleycypmhrequestsupport@swyt.nhs.uk

Support Services



BARNSELY
Metropolitan Borough Council

Adult Social Care

Carer's Assessment

A carer's assessment is the way of working out whether in your role as an unpaid carer you're eligible for support from adult social care in accordance with the Care Act. The assessment is a chance for you to discuss how your caring duties affect you. Having a carer's assessment means that you'll be contacted by a social care practitioner to look at what help you may need to support in your caring role.

You'll be entitled to an assessment whether or not the person you're looking after has had a Care Act assessment or is in receipt of support themselves from adult social care. If you and the person you're looking after agrees, a joint assessment of both your needs can be done at the same time. However, if you prefer, your carer's assessment can be completed separately.

If you are a carer you are entitled to a free carer's assessment as an unpaid carer to see if you are eligible for support: www.barnsley.gov.uk/services/adult-social-care/information-for-carers/carers-assessment



For more information

Call us on (01226) 773300 or

Contact us
online

How to get a carer's assessment

Call us on **(01226) 773300** to start your carer's assessment, or if you want some more advice.

Refugee Advice Project Barnsley

Advice for refugees and asylum seekers in Barnsley

Refugee Council - offer asylum support, welfare benefits, housing, access to healthcare, access to ESOL, access to education, community activities and volunteering:

www.refugeecouncil.org.uk/get-support/services/refugee-advice-service-barnsley

Contact Details



General enquiries:
01226320111



The Refugee Council
Barnsley CVS Building
23 Queens Road
Barnsley S71 1AN



OAKWELL RISE
Primary Academy

Nursery Spaces available

We offer a **free breakfast club** from 8am.

30 hours or 15 hours **funded**.

We accept childcare vouchers.

Call: 01226 281943

Useful Services

Who you can call this
Mental Health Awareness Week



SAMARITANS



If you're in Wales:



If you're under 25:



0300 123 3393

Open 9am-6pm weekdays

116 123

Always open

0800 58 58 58

Open 5pm - midnight

0800 132 737

Always open

0808 808 4994

Open 4pm - 11pm



BARNSELY
Metropolitan Borough Council

Free School Meals

are available to all reception, Year 1 and Year 2 pupils and to children whose parents receive certain benefits.

To apply go to:

www.barnsley.gov.uk/services/children-families-and-education/schools-and-learning/free-school-meals

Call: 01226 787787

SENDIASS INFORMATION,
ADVICE AND SUPPORT

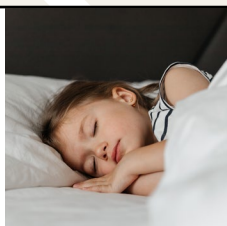
Free,
confidential
and impartial
information,
advice and
support



www.barnsley.gov.uk/services/children-families-and-education/children-with-special-educational-needs-and-disabilities-send/sendias-advice-and-support



If you'd like to talk about your child's sleep problems, you can call between 7pm and 9pm, Sunday to Thursday
Tel: 03303 530 541



Useful Services



BARNSELY FOODBANK HELPING LOCAL PEOPLE IN CRISIS

Barnsley Foodbank Partnership
Unit 14 Aldham Industrial Estate,
Wombwell, Barnsley, South Yorkshire, S73 8HA.
Call: **01226 235280**

Money & Debt Advice

Independent sources of advice about managing your money, debt and other finance matters.



To find out more go to:
<https://bit.ly/3PFBwcv>



Need help? Contact us...

Call: **0800 0345340** Email: infoFIS@Barnsley.gov.uk

Useful Services

Believe in
children



Barnardo's

Young Carers & Family Support

01226 770619

Supporting:

- Young carers
- Domestic abuse
- Help for anyone fleeing the Ukrainian conflict
- Alcohol and substance abuse
- Children with parents in prison
- Children seeking asylum



SINGLE PARENTS SUPPORT AND ADVICE SERVICES



Visit us at:

www.singleparentssupportandadviceervices.co.uk

Email us at: hello@spsas.co.uk

Barnsley Change4Life

Eat 4
you
not
for 2

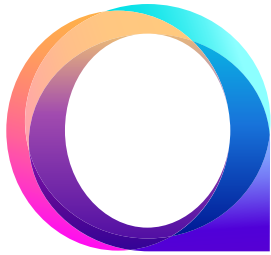


For more information
ring **01226 737060**

website:
www.change4lifebarnsley.co.uk



Useful Services



National Autistic Society

Advice and guidance

In-depth advice and guidance pages on the major challenges autistic people and their families face, including behaviour, education and health issues.

Autism Services Directory

The UK's most comprehensive directory of services and support for autistic people, their families, and people who work with them.

Branches

We have 116 volunteer-led branches across the UK offering support, information and social activities for autistic children, adults and their families.

Online community

Our online community is a place for autistic people and their families to meet like-minded people and share their experiences.

To find out more go to:

**[www.autism.org.uk/what-we-do/
help-and-support](http://www.autism.org.uk/what-we-do/help-and-support)**

Useful Services

FINANCIAL SUPPORT

Freebies and money saving ideas



BARNSELY
Metropolitan Borough Council



MORE MONEY IN YOUR POCKET

Freebies and Money Saving Ideas:

www.barnsley.gov.uk/services/advice-benefits-and-council-tax/help-with-the-rising-cost-of-living/freebies-and-money-saving-ideas/

Barnsley
Recovery and Wellbeing College



South West
Yorkshire Partnership
NHS Foundation Trust



Recovery College

Open to everyone over 18 and who want to improve their own wellbeing or the wellbeing of someone they support. **Free course, workshops, gym sessions...**
www.barnsleyrecoverycollege.nhs.uk

Activities for the Holidays



The MAX Card

The Max Card is the UK's leading discount card for foster families and families of children with additional needs.

Families can use their Max Card at venues across the UK to get **free** or **discounted admission**.

To register for a card go to: www.mymaxcard.co.uk



The Card enables a disabled cinema guest to **receive a complimentary ticket** for someone to go with them when they visit a participating cinema.

To find out more go to: www.ceacard.co.uk



BARNSELY
Metropolitan Borough Council

Healthy meals and
free activities

**healthy
holidays**

What's on in the
School Holidays

**School
Holidays**

Free & affordable
days out

**Visit
Barnsley**
Free or affordable days out

To find out more go to: <https://www.barnsley.gov.uk/services/health-and-wellbeing/children-young-people-and-families/healthy-holidays/healthy-holidays-clubs>

Activities for the Holidays



allevents.in BARNSELEY

CHRISTMAS IN BARNSELEY 2022
Christmas Craft Shows, Parties & Christmas Parties in Barnsley

Christmas 2022 is here and it's happening! A host of fantastic events are being organised across Barnsley and the surrounding area. From Christmas Dinner to festive parties, there's something for everyone. Don't miss out on these fantastic events. Book your tickets now. Don't miss out on these fantastic events. Book your tickets now. Don't miss out on these fantastic events. Book your tickets now.

Discover happening Christmas Events in Barnsley

Filter by: Category: Format: When:

- POPULAR
- DEC Caged Steel 30 MMA Show
- NOV Barnsley Bright Nights 2022
- JOIN US FOR OUR

Festive events in Barnsley:
<https://allevents.in/barnsley/christmas>



Aroundtown

BARNSELEY | ROTHERHAM

Free Festive events in South Yorkshire

www.aroundtownmagazine.co.uk/free-festive-events-in-south-yorkshire-2022



Activities for the Holidays

Kids eat for FREE or less during December 2022

Angus Steakhouse

Kids under 10 can eat free from the children's menu when grown-ups order mains from the main menu. Available every day 12pm - 5pm including school holidays.

ASDA Cafés

Kids eat for £1 All Day, Every Day with no adult spend required, until the end of the year.

Bella Italia

Children can eat for £1 with any adult main. The offer is valid between 4-6pm Monday to Thursday.

Future Inns

At Future Inns, under 5's always eat for free with any adult meal. During the school holidays, it's extended to under 12's.

IKEA

From October 11th kids can enjoy Kids Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50 every day from 11am. *Offers valid for IKEA Family members in participating stores. While stocks last.

Morrisons

Kids eat free all day, every day in Morrisons cafes nationwide, daily from 3pm with every adult meal over £4.99. This offer is extended to all day during half terms.

Pausa Cafés at Dunelm

Kids eat free everyday! With each paying adult spending £4 or more, get a kids meal deal free. Choose 1 main, 2 snacks and 1 drink. Offer runs from 23rd Dec 2022 to 23rd Jan 2023.

SA Brains Pubs

Children can eat for £1 with any adult main. The offer is valid Wednesdays only but all day.

Table Table

Two children under 16 years old can get a free breakfast every day with one paying adult!

The REAL Greek

Kids eat FREE every Sunday for every £10 spent by an adult.

Whitbread Inns

Purchase one great value £9.50 breakfast at any Whitbread Inns pub or restaurant and two kids under 16 eat for FREE.





GREENACRE
SCHOOL



Springwell
Learning Community

Springwell Special Academy
Springwell Alternative Academy

► Visit wellspringacademytrust.co.uk ► Tel 01226 720 742 ► Twitter @wellspringat