

WHAT SUPPORT IS OUT THERE?



ADULT SUPPORT

NDAS Freedom Programme

Northamptonshire Domestic Abuse Service are running the following Freedom Programmes in January 2021.

Tuesday 12th January 2021 (Daytime Course – times will be confirmed)

Wednesday 13th January 2021 (7 pm – 9 pm)

Friday 15th January 2021 (10 am – 12)

Please note that in order to protect the safety of the group women can still be in a relationship with perpetrator but not living together.

If you would like to attend any of the above, please contact Sarah Moore at Northgate

Northamptonshire Carers

Providing support via phone 01933 677907 9am-5pm Mon-Fri or email youngcarersteam@northamptonshire-carers.org to go straight to their bulletin <https://www.northamptonshire-carers.org/news/young-carers-bulletin>

Citizens Advice

Tel: 03444 111 444

Universal Credit Help Line: 0800 144 8444 Self Help, WWW.citizensadvice.org.uk

Alcoholics Anonymous

Alcoholics Anonymous Advice & Support

For anyone who has a problem with alcohol and it is affecting their daily lives please call

National Helpline on 08009177650 or email: help@aamail.org

EVE – Domestic Support Support

Eve helpline 01604 230311 national helpline 0808 2000 247 in an emergency call 999. Or private message on facebook for advice or emotional support.

We are working hard to continue to deliver services to women and children who are experiencing domestic abuse. Our Support Workers are still supporting families living in our refuge, while practising social distancing and good hygiene. Women and children living in their own homes or community accommodation are being supported by telephone and video calls by their Support Workers. If you are experiencing abuse and need our support, please contact our Silent Solutions Helpline on eve2eve@eve.org.uk or text 07827 239 496

Relate Northants

Relate are delighted to be able to offer a free helpline to anyone who is facing issues around their mental well-being triggered by the coronavirus pandemic. This is those aged 18 or over. A free 30-minute telephone appointment with a qualified counsellor who will provide 3 things.

Active listening – not just hearing but full concentration on all the things you are communicating, with all of the experience and insight from our expert counsellors to fully understand where you are.

Psycho-education - explaining some of the relevant psychology of your experience and how that knowledge might help you overcome your individual challenges.

Signposting- our counsellors have an excellent knowledge of all the services available to support you in this time, and will be able to point you in the right direction should you require further support

We all going through a time off heightened emotional intensity at the moment. This can cause psychological, emotional or social issues in us. Such as

Depression
Anxiety
Fear
Stress
Isolation
Loss and Grief
Feeling Overwhelmed

If any of these describes you then please reach out to us- this service is for you

Ring 01604 634400 to speak to one of our support team and find an appointment time that suits you.

SUPPORT FOR YOUNG PEOPLE

Resilience Development Pack

Nasen (National Association for Special Needs) <https://nasen.org.uk/> have put together a very good **Resilience Development Pack** for parents to use as well as practitioners. This resource has been specifically developed for young children who may have additional needs or SEND. It offers a collection of ideas to help these children build resilience, as they make their next steps into or back into early years settings, following the period of lockdown.

info@time2talk.org.uk

YOUTH COUNSELLING (Daventry & South Northants ONLY)

Youth counselling service 13- 24 yrs Alongside the support and therapeutic work done over the phone (where appropriate) we have returned to some limited face to face work in Daventry and Towcester.

We are still accepting referrals into the service from parents, young people and professionals but please note Time2Talk is not a crisis or emergency service.

To access our usual drop in services you will also need to make an appointment beforehand which you can do so by phoning 01327 706706.

GET ACTIVE OVER CHRISTMAS ! - PHYSICAL HEALTH & WELLBEING

Please see website for updates on Government guidance on Covid-19. There are lots of links to activities to stay fit and healthy at home https://www.sportengland.org/stayinworkout#get_active_at_home

SUPPORT FOR FAMILIES

Blackthorn Good Neighbours (Growing Together)

Community Support Work – will support families in need with shopping, prescriptions, food bank etplease call 01604 411166

MIND Northampton & District

Northampton Mind are offering courses and groups online, and are giving telephone support 01604 634310, Northampton Mind Crisis cafes Monday's and Tuesday's 12pm - 10pm and Saturday's 2pm - 10pm if someone finds themselves not coping. The new mental health resource hub is now running, the number 0300 330 1011 or free phone 08004 480828 there will be someone to talk to. Up to date information: Northampton & District Mind website and Facebook. Twitter feed @MindNorthampton As part of Northampton Mind services the BBO project is also still running, with many clients being supported either via telephone/text/email appointments. The BBO team are working hard behind the scenes and are continuing to support clients with housing, financial, health, relationship and legal challenges etc etc. The main aim of the project is to support individuals from a variety of backgrounds to break down the barriers, that are impacting their ability to move forward in life towards employment, training and education. NB* (This predominantly include individuals experiencing mental health difficulties, however other backgrounds include ex-offenders, BAME community, learning /physical difficulties and those individuals considered NEETS). We are also still able to recruit clients onto the project albeit via telephone/ digital means

ADHD support

Jacky Moore is a freelance practitioner who specialises in ADHD and ASD management. She is delivering direct to parents on Skype 123 Magic will be charged at £110 for the sessions. This will help you manage those challenging behaviours at home and put in strategies to support you and your children. My usual hourly session, supporting and talking are £30 per hour and this is where you can talk about any issues you would like in regards to ADHD, ASD and other associated conditions. I also deliver online ADHD training evenings and weekends to fit around families, price discussed with client. Please get in touch by email or telephone, or simply message me here. You do not need to be in Northampton and you do not need a diagnosis. <https://www.facebook.com/adhdsmartnorthamptonshire/> www.adhdsmart.co.uk

ADHD Smart Tel: 07717363919 or email: adhdsmart@outlook.com

GET the HELP	BE the HELP
<p>These are extraordinary times and it's okay not to be okay. Please seek out support; there are people waiting to help.</p> <p>Northants Support Line 0300 1261000 (option 5) Mental Health Navigators 0800 4480828 (24hrs/day) Samaritans 116 123 (24hrs/day) MIND mental health Infoline 0300 1233393 Domestic Abuse Service 0300 0120154</p>	<p>There are many ways you can be part of Thrapston's giving community and support those in need of a helping hand.</p> <p>Visit www.northamptonshire.gov.uk and type 'Coronavirus volunteers' into the search bar at the top to find opportunities near you. Check in on your neighbours and friends/family in lockdown. Look for changes in behaviour/mood and encourage them to seek help if they are struggling.</p>
<p>Raunds & Thrapston Area Volunteers</p> <p>Raunds & Thrapston Area Volunteers help with groceries, pharmacy trips and befriending phonecalls. Those wishing to volunteer or seek support can call or email: raunds.thrapstonareavolunteers@gmail.com</p>	<p>07751 285387</p>
<p>East Northants Sharing Some Kindness</p> <p>A local sharing kindness forum where people can donate unwanted items and the recipient makes a food donation. Those in need can request food parcels, clothing and household items from members.</p>	<p>Search Facebook for group</p>
<p>Volunteer Action</p> <p>Volunteer Action offers prescription pick ups, grocery deliveries and a befriending service. They are currently recruiting volunteer drivers. www.facebook.com/volunteer-action-oundle</p>	<p>admin@volunteeractionoundle.org.uk 01832 275433</p>
<p>Thrapston Foodbank</p> <p>At Thrapston Baptist Church on Sackville Street. Open Tuesdays 1pm - 3:30pm for those making donations and for anyone needing to collect a food parcel. www.facebook.com/ThrapstonFoodBank</p>	<p>thrapstonfoodbank@gmail.com 07907 343373</p>
<p>Thrapston Town Council</p>	<p>European Union European Regional Development Fund UK Government</p>

