



OPEN UP BARNLSLEY

An interactive map and guide to emotional wellbeing, youth and mental health services for children and young people in Barnsley



SCAN ME



OPEN UP BARNLSLEY

Open Up Barnsley is your guide to emotional wellbeing and mental health services for all children and young people in Barnsley.

If you're a young person, parent or carer or someone who works with young people, this guide will help you find the right advice & support and see what services are in Barnsley.

Where can you open up?

There are lots of different types of services for all kinds of issues and needs.

Take a look at the different categories on the contents pages opposite to find out which services best match the help and support you need.



Urgent Help



Mental Health & Wellbeing Support



Drugs & Alcohol



Bullying & Abuse



Health & Disability



Relationships & Family



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URGENT HELP

Useful contacts

Children + young people (CAMHS)- 01226 644829

People with a learning disability- 01226 645237

Adults (aged 18+) Mental Health - 01226 645000

Childline

What?

Childline is the UK's free helpline for children and young people.

Who?

For children and young people aged 18 and under.

How?

Over the phone. We provide a confidential telephone counselling service for any child with a problem. Childline comforts, advises and protects.

Where?

Childline's helpline is available 24 hours a day and is free to call for all

children and young people across the country.

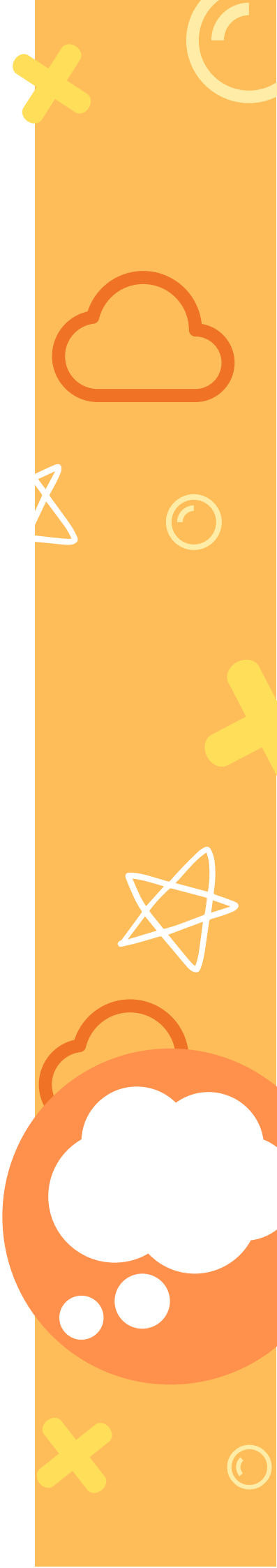
Phone or go online via the website to online chat and use message boards.

Website: www.childline.org.uk Freephone: 0800 1111

When?

Childline's helpline is available 24 hours a day.

Freephone 0800 1111



URGENT HELP

Young Minds Crisis Messenger

What?

If you are a young person experiencing a mental health crisis, you can text the Young Minds Crisis Messenger for free, 24/7 support.

Who?

For all young people.

How?

A trained volunteer will introduce themselves, reflect on what you've said, and invite you to share how you're feeling. You'll text each other, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you think through your feelings until you both feel you are now in a calm, safe place. Our crisis messenger service could help with urgent issues such as: suicidal thoughts, abuse, bullying, self harm or breakdown.

Where?

The Young Minds crisis messenger service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text us free and anonymously.

Text YM to 85258.

For more information visit Young Minds website. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

When?

We aim to connect every texter to a trained volunteer in less than 5 minutes to provide support in a crisis 24/7.

URGENT HELP Helplines

Mental Health Helpline

For Residents of Barnsley, Calderdale, Kirklees & Wakefield. Support, advice, information & guidance for anyone worried about their mental health or that of someone they care for.
0800 183 0558

Barnsley Useful Contacts

Mental Health Children + Young People (CAMHS)- 01226 644829

People with a learning disability- 01226 645237

Adults (aged 18+) Mental Health - 01226 645000

Papyrus

Preventing suicide helpline. Are you or is a young person you know not coping with life? For confidential suicide prevention advice contact HOPELINEUK

Phone: 0800 0684141

Email: pat@papyrus-uk.org

Website: <https://papyrus-uk.org/>

open weekdays 9am-10pm, weekends and bank holidays 2pm-10pm

BEAT

Beat provides helplines for adults and young people, online support and a UK-wide network of self-help groups to help people beat their eating disorder.

Telephone: 0808 801 0677 (adult-line), 0808 801 0811 (student-line)

and 0808 801 07011 (youth-line)

Email: help@beateatingdisorders.org.uk (adults),

studentline@beateatingdisorders.org.uk (students) and

fyp@beateatingdisorders.org.uk (youth)

Website: <https://www.beateatingdisorders.org.uk/>

The helplines are open 365 days a year from 12pm – 8pm on weekdays and 4pm – 8pm on weekends and bank holidays.

MENTAL HEALTH + WELLBEING SUPPORT

MIND

What?

Rotherham & Barnsley Mind is an independent local provider of high quality mental health services in Rotherham, Barnsley and its surrounding areas. MIND aim to empower individuals to start on the pathway to recovery,

We believe that no one should have to face a mental health problem alone.

Who?

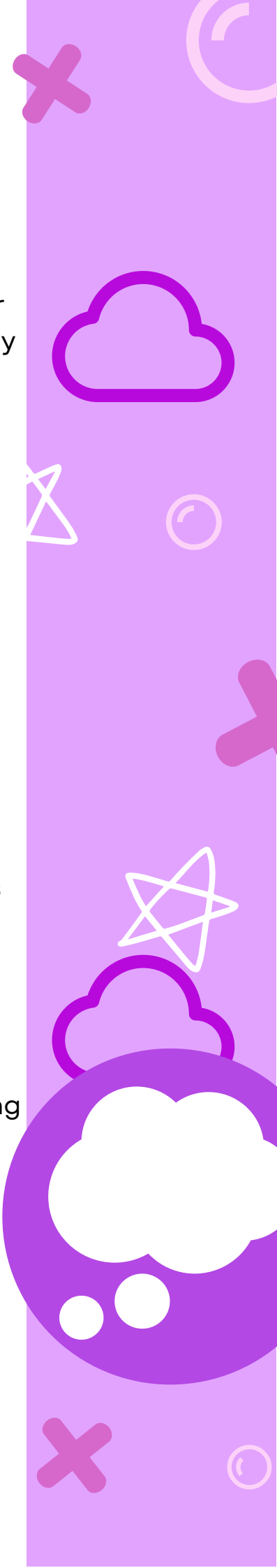
Young people, adults, people with a mental health problem and older people.

How?

Rotherham & Barnsley Mind aims to be inclusive and accessible.

MIND offer a variety of services including one-to-one counselling, support for young people, training and services for employers. MIND provide group work for people with a mental health problem and counselling for people with a mental health problem and employment.

MIND is also working with schools and colleges across the Rotherham and Barnsley areas to support children and young people when dealing with issues that can have a negative impact on their mental wellbeing. This includes everything from exam stress to issues regarding low self-esteem and self-harm.



MENTAL HEALTH + WELLBEING SUPPORT

MIND

Where?

Rotherham: 01709919929

Barnsley: 01226211188

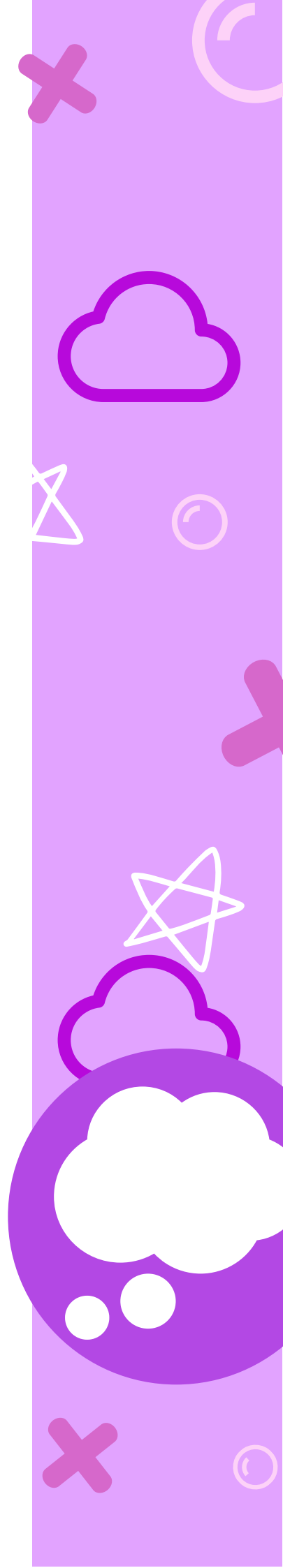
Email: contactus@rbmind.co.uk

Website: rbmind.co.uk

If you are dealing with urgent mental health issues visit :
<https://www.mind.org.uk/information-support/>

When?

9am to 4pm, Monday to Friday



MENTAL HEALTH + WELLBEING SUPPORT

Chilypep - Young Commissioner's

What?

Chilypep is a nationally registered youth empowerment charity based in Sheffield and Barnsley, where we work to empower and improve the lives of children and young people. Chilypep group based in Barnsley that aims to empower young people to shape mental health services. We believe young people should have a say in how the services they use for their mental health are run.

Who?

For anyone, aged 14-25 living in Barnsley who has experience of accessing Mental Health Services or a passion to make a difference.

How?

Contact us through our social media-
Facebook: facebook.com/chilypep
Twitter and Instagram: [@chilypep](https://twitter.com/chilypep)
or email us- chantelle.parke@chilypep.org.uk.

Where?

H.O.M.E hub, YMCA building, 1st Floor, 1 Blucher Street,
Barnsley, S70 1AP

When?

Generally Thursday's 5-7pm



MENTAL HEALTH + WELLBEING SUPPORT

Chilypep – BRV

What?

The Belonging, Resilience and Vocabulary (BRV) project supports boys and young men with their emotional literacy. Targeted group work and 1-1 support for those who are struggling with their wellbeing and have low to moderate Mental Health difficulties.

BRV works best in a school or community setting where groups of boys can work together.

Who?

For boys and young men aged 8-18 living in Barnsley.

How?

Referral only from the Single Point of Contact and through schools and other professionals working with young people. Places are limited.

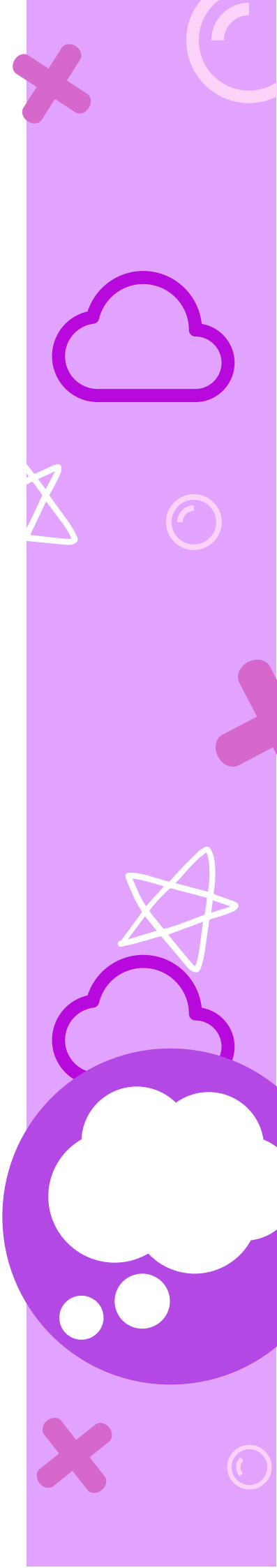
Please email us: marcus.hurcome@chilypep.org.uk & corey.sills@chilypep.org.uk

Where?

H.O.M.E hub, YMCA building, 1st Floor, 1 Blucher Street, Barnsley, S70 1AP

When?

BRV sessions are run from the H.O.M.E Young People's Wellbeing Hub and in schools around Barnsley.



MENTAL HEALTH + WELLBEING SUPPORT

Chilypep - Peer Mentoring

What?

Chilypep are working alongside schools and colleges to set up Peer Mentoring Projects. Peer Mentoring trains young people to be able to support their peers with their emotional wellbeing and issues they may be facing. Peer Mentors have access to training through Chilypep and have the opportunity to develop their own communication and social skills. Chilypep are also looking for Peer Mentors to support within their wellbeing Hub in Barnsley Town Centre.

Who?

For anyone, aged 11-25 living in Barnsley.

How?

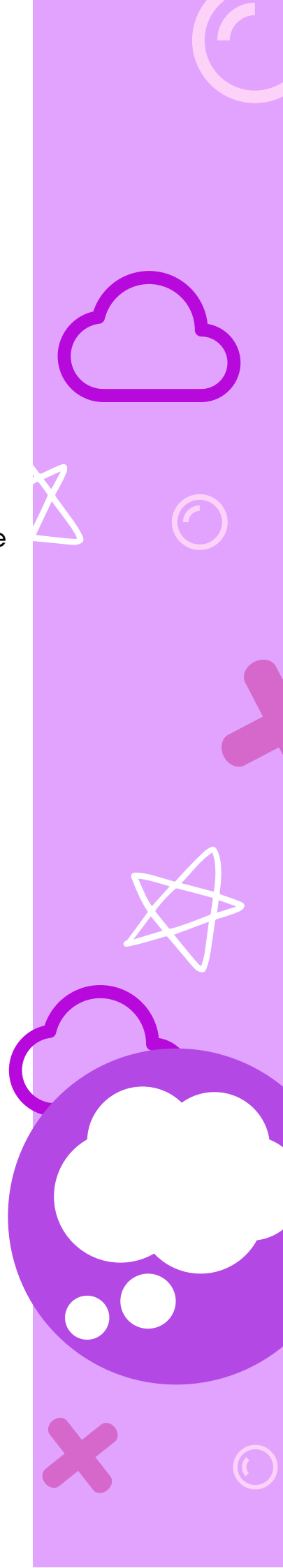
Contact us through our social media-
Facebook: facebook.com/chilypep
Twitter and Instagram: @chilypep
or email us- emma.manser@chilypep.org.uk.

Where?

Chilypep, YMCA building, 1st Floor, 1 Blucher Street,
Barnsley, S70 1AP

When?

Regular sessions take place on Fridays 2-4pm with extra sessions, training and opportunities available.



MENTAL HEALTH + WELLBEING SUPPORT

Ad Astra

What?

Ad Astra is a Community Interest Company formed in 2013. Our aim is to provide quality provision locally. Our mission is to raise aspirations and broaden the outlook of young people in the Barnsley area.

How?

Providing a wide and varied programme and support to young people and their families through our projects run in the North and North East of Barnsley including:

- A range of activities for children and young people - after school sessions and evening sessions for children and young people
- Holiday activities - Fun and Fitness / Walk and Talk sessions
- Our Healthy Mind and Body projects
- Support groups in our local community.

Where?

Michelle Cooper Telephone 07462805640

E-mail: adastrabarnsleycic@gmail.com Website:

www.adastrabarnsley.org/ Facebook:

<https://www.facebook.com/adastrabarnsley/>

New Lodge Community Centre in St Helens & St Pauls Church Hall Greenfoot Lane Old Town Barnsley South Yorkshire.

MENTAL HEALTH + WELLBEING SUPPORT

The Exchange Recovery College

What?

The Exchange is a recovery and wellbeing college based in Barnsley. We offer a range of courses and one-off workshops which all aim to improve wellbeing through learning.

Who?

The Exchange Recovery College are open to all adults (Over 18) who would like to improve their mental wellbeing.

How?

Popular courses include:

Exploring resilience

Managing depression

Assertiveness confidence and communication

Feel the fear: Exploring anxiety

Where?

The Exchange Recovery College Barnsley Telephone: 01226
730433

E-mail: Barnsley.Recoverycollege@swyt.nhs.uk Website:
www.barnsleyrecoverycollege.nhs.uk

33, Gawber Road Gawber Barnsley S75 2AH

Young People's Social Prescribing Service

What?

A social prescribing service, identifies issues young people and their families are facing, and provides a focussed and a tailor-made approach in order to help them resolve those issues. We will ensure young people and their families who struggle to cope with the society pressures, emotional and mental well-being, whether linked with education, physical in-activity, jobs, financial difficulties, social isolation, bullying/harassment, religion, relationship issues, family problems and like mental health issues, are shown the path to a healthier more fulfilling lifestyle and fully supported with all the help available.

How?

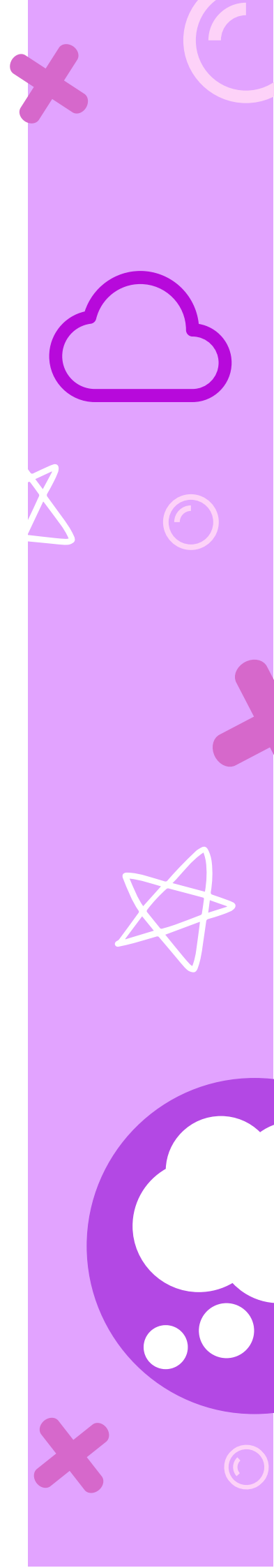
We will only be receiving referrals from GPs. Referrals will be processed in 3-5 days. Once accepted, we will book an initial assessment lasting between 45-90 minutes, We will create a customised care plan built to cater for the patient's needs over 12 weeks with regular support and patient referred to the most relevant support service for assistance. For the benefit of the service, we will be accepting referrals for circumstances relating to low level stress/anxiety, education, financial, like mental health, housing, bullying and relationships related issues.

Where?

NHS Primary Care Network

Janie Wike- Lead Social Prescribing Link Worker

E-mail: janie.wike@nhs.net



MENTAL HEALTH + WELLBEING SUPPORT

TYS LGBT+ Group

Who?

Our sessions run for young people (13yrs-19yrs) who live in Barnsley and who identify as part of the LGBT+ community. Also, young people who are questioning their sexuality or gender identity.

Young people can attend by contacting our service on the below information and arranging through our LGBT+ worker.

What?

Our LGBT+ sessions are a great way for young people to meet like minded peers, in a safe, welcoming environment. During our sessions, we do a mix of issue-based work, fun projects, and activities. We love for young people to meet up and feel safe and supported, by each other and our staff.

If you want any more information or would like to discuss attending one of our centres, please contact 01226 753406 or 07766 698025. For email enquiries, please contact TYSenquiries@barnsley.gov.uk

Where?

We have sessions that run out of Cudworth IKIC Centre and sessions that run out of Wombwell IKIC centre.

When?

Our sessions operate during term time, with some additional sessions over the summer holidays.

MENTAL HEALTH + WELLBEING SUPPORT

Compass (MHST) Mental Health Support Teams

Who?

Children & YP - 5-18 years Across Barnsley

All secondary schools / first wave of primary schools

All localities - South, North, Central

Referred service - Self-referral

- School
- Parent / Carers
- G.P
- Other Professionals

Service for children & YP - regardless of school attending who are: At risk of exclusion / excluded, Young Carers, Home Educated, LGBTQI+

Bereavement support borough wide for children & YP - loss of a family or friend.

Parent - Loss of a child.

What?

Sessions CBT Based - Small group sessions / 1-1 sessions in Primary and Secondary Schools to support with:

Low mood, sadness, low motivation

Mild to moderate anxiety (worries, irrational fears, and concerns) angry outbursts, pushing boundaries, frustration, and distress, family & Peer Relationship difficulties

Difficulty adjusting to change & transition

Difficulty managing emotions

MENTAL HEALTH + WELLBEING SUPPORT

Compass (MHST)

Where?

All secondary schools (11) - Barnsley

Primary Schools (27) – Barnsley Wave 1 – further Primary Schools will be added in Wave 2 and so on until all Primary Schools in the Barnsley Borough are supported.

The team offices are based at H.O.M.E Barnsley where some sessions do run from if appropriate.

The team predominately deliver sessions in school.

When?

Monday – Thurs 9:00 – 5:00pm

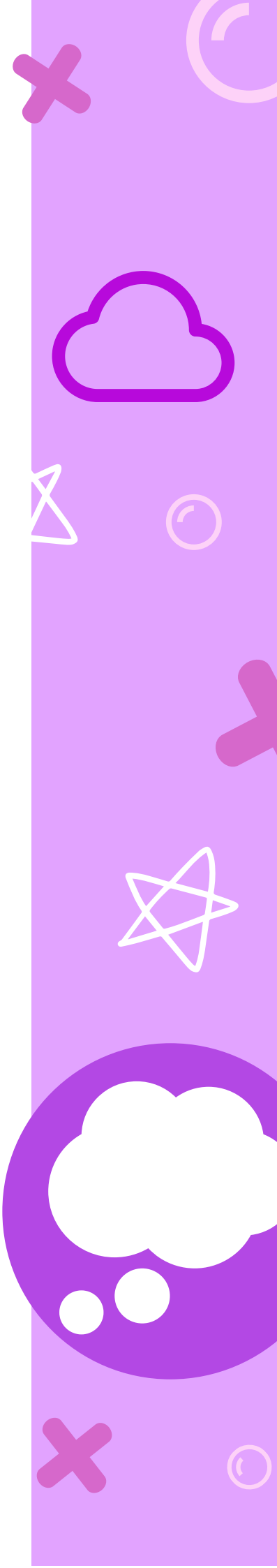
Friday 9:00 – 4:30pm



Duty Office

Group and 1-1 sessions are run during school with some sessions running from the Hub if required / appropriate: Bereavement Support / Parenting Courses / Some Group & 1-1 sessions.

Support for awareness days / open evenings / Parents evenings / Coffee mornings / training for staff or parents etc can be community or school based.



MENTAL HEALTH + WELLBEING SUPPORT

Creative Recovery

What?

Creative Recovery is a small grassroots charity, driven by a community of people with lived experience of using creativity to support their own health and wellbeing and to make positive change. We use a person-centred approach to create safe spaces, where people can flourish.

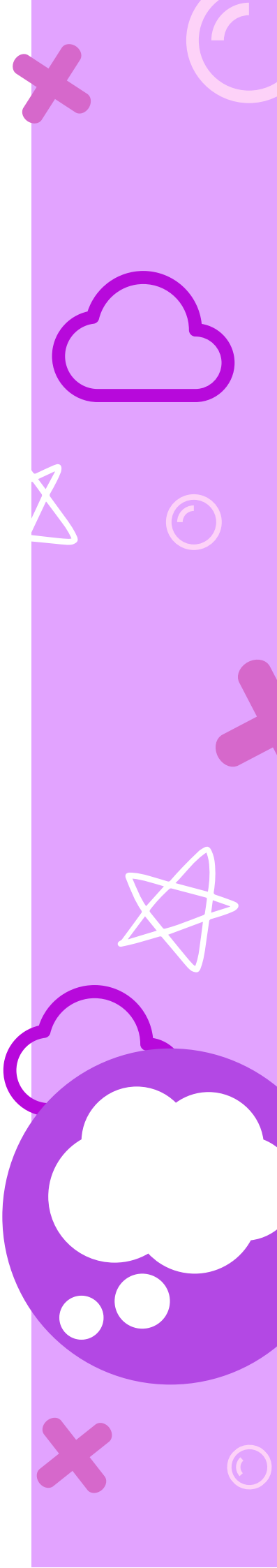
We draw on a collective of artists and practitioners with broad and extensive experience of working across arts/culture/health and wellbeing. We are also keen collaborators, and enjoy working with partners that share our values, passion and who aren't afraid to try something new.

Where?

For more information please contact us on 01226 805885 or email wearecreativerecovery@gmail.com Address: Creative Recovery, First Floor, Temperance House, Pitt Street, Barnsley. South Yorkshire, S70 1AL

How?

Live arts cafe- Each Arts Café Night offers a soul warming blend of art, music, poetry, and food. Wednesday evening 5.30-8pm, The Digital Media Centre, County Way, Barnsley. £2 admission (goes back into the project)



MENTAL HEALTH + WELLBEING SUPPORT

Creative Recovery

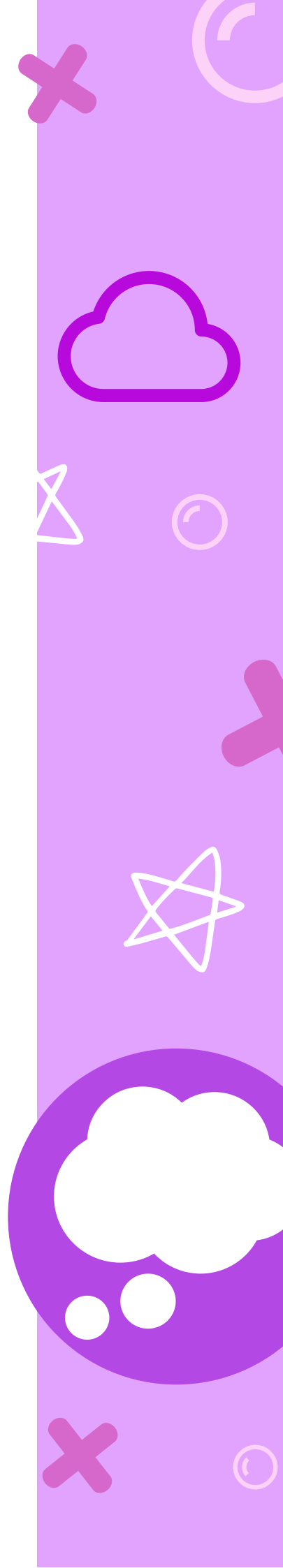
OPEN ART STUDIO- Bring your ideas, create your own artwork and exhibit with our group.

CREATIVE TASTERS- We now offer a weekly programme of skills-based workshops run by art specialist. Please contact Helen on 078 3393 6019 to get involved.

GROUP COLLABORATIONS- As ideas emerge we work together on large-scale projects that raise aspirations and sometimes eyebrows!

UPLIFT-UPLIFT is an unique, free programme of special days out, designed by artists to help you connect with other people, create memories and discover treasures right on the doorstep.

UPLIFT CHOIR-This weekly feel-good session is designed to bring people together to sing, All ages and abilities welcome. Thursdays, 2- 4.15pm, St Paul's Church, Old Town, Barnsley



MENTAL HEALTH + WELLBEING SUPPORT

Humankind Umbrella Service

What?

The Umbrella service is delivered by Humankind on behalf of Barnsley Metropolitan Borough Council.

Who?

For anyone aged 18 +

Umbrella Early Intervention & Prevention Support Service offers wellbeing & mental health support to people in Barnsley, suffering with low level mental health issues. Referrals can be made by professionals or self-referral.

Where?

McLintocks Building, Crookes Street Entrance, Barnsley, S70 6BX,

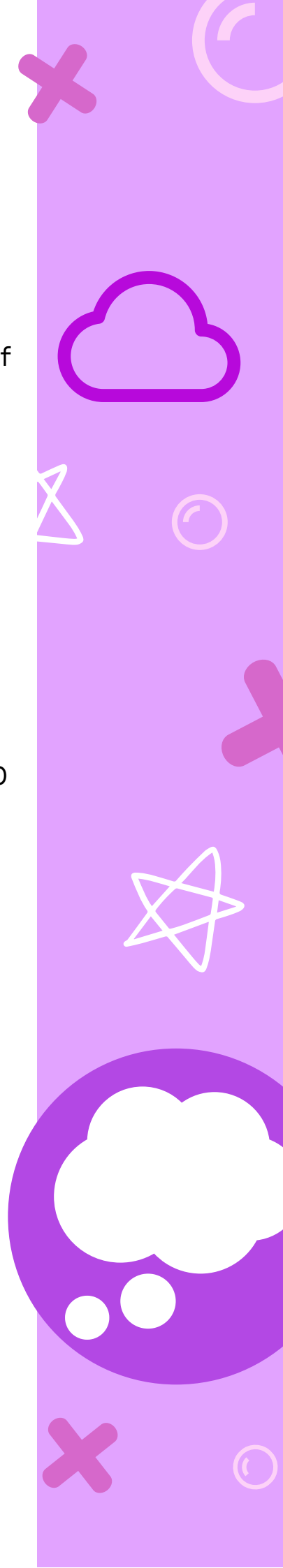
Tel: 01226 704090,

Email: referrals.eipssbarnsley@nhs.net

Web: <https://humankindcharity.org.uk/>

When?

Our sessions operate during term time, with some additional sessions over the summer holidays.



MENTAL HEALTH + WELLBEING SUPPORT

IAPT

Improving Access to Psychological Therapies

What?

IAPT can teach you skills and techniques to help you understand and manage mild to moderate stress, anxiety, depression and low mood. There are a wide range of options including one to one, face to face, telephone, internet-based therapy and courses.

Who?

Open to anyone over 16 registered with a GP in Barnsley.

How?

You can ask your GP to refer you or do it yourself using the online referral form.

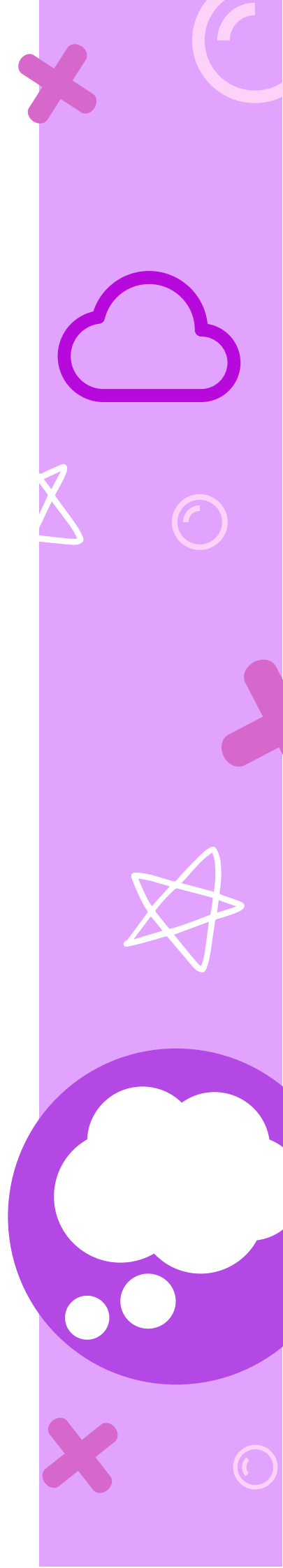
Where?

Website: <https://www.barnsleyiapt.co.uk/>
01226 644900

When?

Hours: Monday – Friday 8.00am – 8.00pm

<https://www.southwestyorkshire.nhs.uk/services/iapt-barnsley/>



MENTAL HEALTH + WELLBEING SUPPORT

YMCA

What?

YMCA Barnsley exists to support children, young people and their families in Barnsley. We aim to empower young people by involving them in activities that stimulate, challenge and enable them to realise their potential and participate fully in their communities.

We provide young people with the individual support they need to become a contributing member of the community. We do this by providing them with a safe place to be, access to children's and youth work services, helping them find and access training and learning opportunities and supporting them so they can belong, contribute and thrive in their communities.

How?

We deliver a wide range of children's and youth work programmes in Barnsley including youth clubs, afterschool activities, detached and outreach programmes, peer support and volunteering opportunities.

Where?

At youth centre in Barnsley Town Centre.

Street based in the localities of Dodworth, Gilroyd, Kexborough and Darton.

At various schools, community buildings in the Central and North Areas of Barnsley

Contact us:

YMCA Barnsley - Blucher Street, Barnsley, South Yorkshire, S70 1AP

Email: info@ymcabarnsley.org.uk

Phone: (01226) 214165

Website: www.ymcabarnsley.org.uk

Social Media: www.facebook.com/YMCABarnsley or

www.twitter.com/YMCABarnsley

MENTAL HEALTH + WELLBEING SUPPORT

Barnsley Support Hub

What?

The Barnsley Support Hub offers free mental health support to anyone aged over 18, in a safe, comfortable, and supportive environment. There's no need to be referred and no need for an appointment. Our experienced staff team is available to provide emotional, social, and practical support if you are in crisis or feel you are heading toward a crisis situation. We offer support in person, over the phone or via video call. You can come just for a chat, or to access one-to-one support from trained professionals. We also offer help in creating staying well and crisis plans, and support visitors to access other organisations that may be useful to them.

When?

Saturday-Monday 6pm-11pm.

When?

Anyone over 18yrs old.

How?

There's no need to be referred and no need for an appointment. We offer support in person, over the phone or via video call. You can come just for a chat, or to access one-to-one support from trained professionals. Contact us or drop in: (Thursday-Monday, 6pm-11pm) 07855 971634, barnsleysupporthub.mhm@nhs.net

Where?

10A Eldon Street, Barnsley, S71 1LQ
www.mhm.org.uk/barnsley-support-hub



DRUGS + ALCOHOL

YPSMS

Young people's Substance Misuse Service

What?

The service offers advice and information on drugs and alcohol to any young person under 18. The service is free and confidential.

Who?

Young people aged 10 to 18 years old.

How?

We offer one to one support in convenient venues of a young person's choice (ie: in school, home, GP's surgery). This can either be a one off or a longer piece of work. We will support you to reduce, stop or prevent any harm associated with drug and alcohol use, dependant on what your goals are with you at the driving seat . Advice and support is offered to professionals supporting young people who may not yet be ready to access services or professional consultation around substances and young people.

We also offer C-card registration/distribution/chlamydia screening/ Blood Borne Virus screening / access to vaccination. We also offer advice and support to parents /carers of young people who may be using substances.

Where?

Young People's Substance Misuse Service, (formerly Young Addaction/ Lifeline). Tel: 01226 705980. Email: YPSMS@barnsley.gov.uk

DRUGS + ALCOHOL

Recovery Steps Barnsley

What?

Recovery Steps Barnsley is an integrated drug and alcohol recovery service for Barnsley. Our aim is to help as many people as possible to recover from and be free from drug and alcohol dependency, and to reduce the harm that is caused to individuals, families and communities.

The Recovery Steps service is delivered by Humankind on behalf of Barnsley Metropolitan Borough Council.

Who?

For anyone aged 18 + Living with drug or alcohol problems isn't easy - it's really tough. Referrals can be made by professionals or self-referral.

How?

As part of our support, we will offer the following: One-to-one support, structured group therapy work support to family members, involving them as part of your recovery plan wherever possible and with your consent, a health and wellbeing check, health screenings, blood testing and vaccinations, help you achieve a balanced approach to life through therapeutic intervention, Support to reduce harm and prevent overdose. Substitute medication is available for some drugs that you may use. Detox from alcohol and/or drugs.

Where?

5-6 Burleigh Court, Burleigh Ct, Burleigh St, Barnsley S70 1XY, UK
Contact us for support or referral on 01226 779066

When?

9am to 5pm, Monday to Friday.

DRUGS + ALCOHOL

HELPLINES

Drinkline

Drinkline is a national alcohol helpline providing confidential counselling, support, advice and information.

Telephone: 0300 123 1110

The free helpline is available on weekdays from 9am – 8pm and on weekends from 11am – 4pm.

FRANK

Confidential drugs advice

What?

The FRANK campaign helpline provides information and advice about drugs and information on local services. The service can take calls in over 120 languages via a three-way call with a translator.

Who?

For anyone, we offer friendly and confidential drugs advice, you can talk to Frank.

How?

Contact us through our confidential helpline, website or email us.

Where?

Helpline

Call: 0800 77 66 00 Text: 82111

You can also text for quick questions that need an urgent answer and go

online for a live web chat.

Website: www.talktofrank.com

Email: frank@talktofrank.com

When?

Live web chat 2pm - 6pm

Helpline - is available 24 hours a day and is completely confidential.

BULLYING + ABUSE

BSARCS

Barnsley Sexual Abuse + Rape Crisis Service

What?

The aim of our service is to help children, young people and their families to heal from the trauma caused by sexual harm.

Who?

Our Children's Service provides specialist support to children and young people from birth to the end of their 17th year who is resident in Barnsley, who has experienced sexual abuse, where the abuse has been reported and / or investigated by the police / social care and where any criminal proceedings have concluded*. We also accept referrals for children / young people who have been impacted by sexual abuse. (*BSARCS provides a separate support service for children and young people who are currently involved in court proceedings.)

How?

We accept referrals directly from young people, parents/carers/family members and professionals. Please call us on 01226 320140 if you would like to self-refer or discuss making a referral.

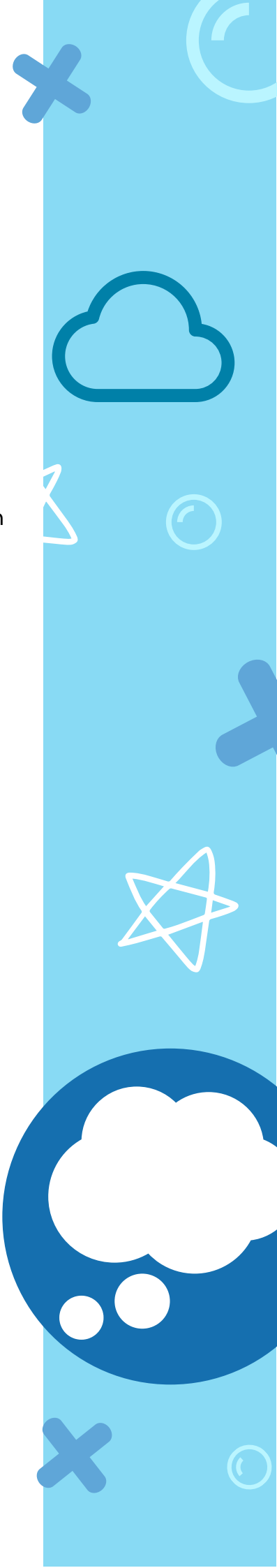
Where?

Our building is based in the very centre of Barnsley and is accessible to all. We will make sure clients know exactly where to come when they have an appointment to meet us.

Live Chat on www.bsarcs.org.uk. Monday 2pm-4pm & Wednesday & Friday 10am-12pm (closed over bank holidays)

When?

We offer appointments/sessions Monday to Friday at varying times throughout the day.



BULLYING + ABUSE

Victim Support

What?

Victim Support is the leading charity supporting people affected by crime. We are an independent charity and we not part of the police.

Who?

We will support victims, or anyone else who is worried about how their friend or someone in their family has been affected by crime. We can support people even if they don't want to report the crime to the police or if the incident happened in the past.

How?

Our Victim Care Advocates help people through advocacy, wellbeing support and practical help. We also have a number of online resources that people can use on topics ranging from things like sleep and anxiety through to hate crime and wellbeing. We also have a Children and Young People advocate who can work with children directly or with families where children have been victims of crime.

Where?

Anyone can self-refer to our service and you can contact us in a number of ways. Call us on 0300 303 1976, email us at humbersouthyorks.vs@victimsupport.org.uk or use live chat which you can access through our website <https://humbersouthyorks.victimsupport.org.uk/>

When?

We're based in Sheffield (available to anyone in South Yorkshire) and open 9am until 8pm Monday to Friday and 9am until 1pm Saturdays. If someone needs help outside of these hours, Victim Support has a national Supportline that is open 24/7 and the number for this is 0808 16 89 111.

HEALTH + DISABILITY SENDIASS

What?

The Barnsley SENDIASS Service offers free confidential and impartial; information, guidance, advice and support, to help you play a valued and active role in your own, or your child's, education; To enable you to make informed choices; To encourage and support joint working between you, the school or setting, the council and other agencies.

Who?

It is for all children, young people, parents and carers of children who; have a Special Educational Need (SEN); are between the age 0-25 years and; and live in the borough of Barnsley.

How?

The opportunity for you to talk things through and say what your concerns are. Support when writing letters to school, early years and post-16 settings, and the local authority; Help with statutory assessments and the education, health and care plan process, advice or issues around school or setting placement, support at meetings, advice on who you should contact if there are behavioural, emotional or social difficulties, information on appeals to SEND (Special Educational Needs and Disability) tribunal, advice on exclusions, advice on transport arrangements, information about other organisations that might be helpful to you.

Workshops for young people and parents and carer; Drop-in advice sessions for young people, parents and carers at schools, colleges and children's or family centres; Advice and support on starting support groups; Training to become an independent supporter.

Where?

We can arrange to meet you at a venue you prefer or also offer meeting sessions in our offices around the borough.

Telephone: 01226 787234 E-mail: SENDIASS@barnsley.gov.uk.

Website: <https://www.barnsley.gov.uk/services/children-families-and-education/children-with-special-educational-needs-and-disabilities-send/sendiaass-advice-and-support-service/>

Facebook: Barnsley SENDIASS Twitter: BnySENDIASS

SEND Youth Forum

What?

- Developing on preparing for adulthood.
- Representing SEND.
- Helped form the Yorkshire SEND Alliance.
- Working with BMBC partners.
- Campaigns on SEND issues bullying, education, empowerment, employment etc.
- Speak with council leaders and decision makers.
- Help to create strategies.

Who?

Young People aged 11-25 yrs old with a special educational need & or disability. (referred service). Young People can access the group via contacting the TYSSend@barnsley.gov.uk

They will then have to complete an registration form & will be offered a phone call / home visit before attending the session.

Where?

The sessions are based at the Ozone. We also attend schools across the borough to engage with YP in schools /college. YP attending are given the opportunity to shape their own service and improve services for SEND young people.

When?

We hold our forum meetings every Tuesday. We hold drop in's in school /college 5 days a week.

HEALTH + DISABILITY

DIAL Barnsley

What?

DIAL is a local charity supporting disabled people, their families and carers in Barnsley. We provide free, confidential information, advice and support to enable local people to achieve their aspirations and live independent lives. Our team are down to earth and non-judgemental and we strive to achieve our vision for a world that is truly inclusive.

All our services have been developed in response to what local people told us they need. Together we've designed solutions and we are always checking to make sure we've got it right.

Advice Line - Our team of peer advisors all have personal experience of disability or caring for someone with a disability. We understand the issues or problems you may be facing – in other words we 'get it'. By talking to a peer advisor you can be sure the advice you are given is both reliable and appropriate to you and your circumstances. Our advice line is open from 9 am to 4 pm Monday to Thursday. Chat to us on 01226 240273 or send us an email to first.contact@dialbarnsley.org.uk

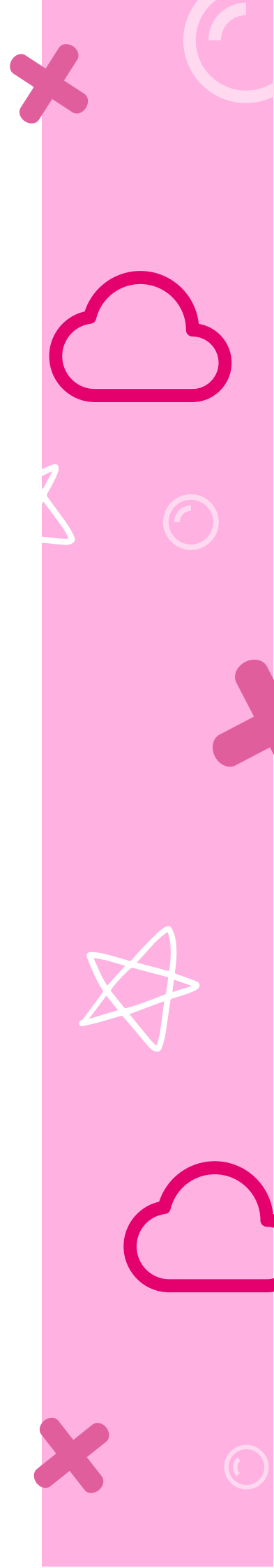
ICAS - Our Independent Complaints Advocacy Service (ICAS) may be able to help you. We can provide you with impartial advice and guidance on how to make a complaint and what steps to take if you want to make a formal complaint. All complaints are confidential and we can support you through the whole process if necessary. If you need to speak to our ICAS specialist call 01226 240273 and ask for Jo Stanley or send an email to jo.stanley@dialbarnsley.org.uk

Warm Connections - Our Warm Connections team is here to help with all your energy needs such as understanding your energy bills, reducing home heating loss and advise on energy efficient products, all to save energy to keep your costs down. Our energy advisors can offer 1:1 advice and support to tackle fuel debt, talk with your suppliers, apply for warm home discounts and other energy grants. To find out more about making your home more energy efficient and reducing your bills get in touch with our team to book your home energy assessment. Chat to our friendly team on 01226 240273 or send us an email: warm.connections@dialbarnsley.org.uk

HEALTH + DISABILITY

DIAL Barnsley

Green Connections - We'll be boosting our wellbeing by getting together for activities like gentle walking, green arts and crafts. At the same time we will be connecting with each other through learning and sharing skills. Get in touch with Jeff for more info Email jeff.platts@dialbarnsley.org.uk or send a text to 07934 453151 Telephone: 01226 240273 E-mail: info@dialbarnsley.org.uk Website Facebook



Public Health Nurses 0-19

What?

Barnsley's Health Visiting & School Nurses Team 0-19 Public Health Nursing Service supporting children, young people and families with their health & wellbeing.

How?

The Public Health Nursing Service also visits schools regularly, offering health information, advice and support to pupils, parents and staff, as well as offering health promotion activities in the classroom. They can also see children for individual health assessments if necessary. If you're worried about your child's development, you or your child's teacher can ask for them to be assessed

- Assessment of health needs
- Supporting children and young people in schools with complex and additional health and wellbeing needs
- Training of school staff to manage allergies and medical conditions
- Health promotion/education activities
- Drop-in health advice sessions for children and young people
- Sexual health and contraception advice and helping young people to access local services
- Parenting support, keeping safe and maximising school attendance
- Referral to specialist services including associate specialist is community paediatrics
- Weighing and measuring children as part of the National Child Measurement Programme (NCMP)
- Support with healthy nutrition and eating, healthy activity and lifestyles
- Support children and young people's emotional well being
- Safeguarding children and young people

Where?

Call the Single Point of Access (SPA) number on 01226 774411, lines open Monday to Thursday 8.45am to 4.45pm and Friday 8.45am to 4.15pm. In writing to 0-19 Public Health Nursing Service, PO Box 634, Barnsley S70 9GG Email at 0-19HealthTeam@barnsley.gov.uk - You can also contact the service via facebook messenger

RELATIONSHIPS + FAMILY

Family Lives

What?

We match our parents and families with trained volunteers, who will help them to recognise and use their strengths to work towards agreed goals. The support aims to develop emotional resilience, reducing isolation and supporting parents and their families in establishing supportive peer networks.

Who?

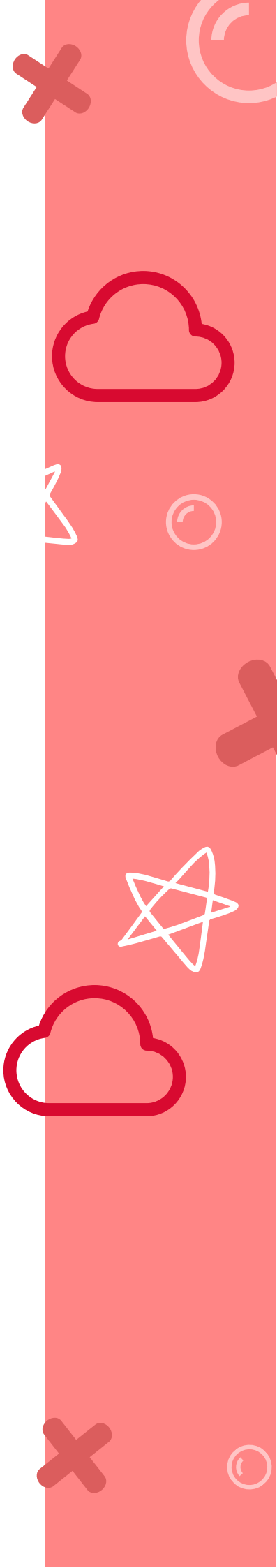
Family Lives, Support Service for New Parents & Kinship Carer's are offering support services to new parents, kinship carer's and their families during the perinatal period and beyond, whether it is their first child or a new addition to a growing family, we work alongside mums during pregnancy, following birth and until the child's third birthday. Mums living within the Barnsley Central Areas (Central, Stairfoot, Worsborough, Kingstone and Dodworth) are eligible for support.

How?

Contact our team for more information and referrals.

Where?

Contact Lesley Brewin at lesleyb@familylives.org.uk - Telephone Number: 07971253308 Our helpline number for families that may need support: 0808 800 2222.



Families Information Service

What?

Barnsley Family Information Service provides free and confidential information and advice for the whole family.

You can access information via our Barnsley Family Services Directory website, or contact us.

The website provides a huge range of information on childcare, including:

- funded places
- help with childcare costs
- recreational activities and things to do
- how to access early help and family centres
- Barnsley's local offer and much more

The Barnsley Families Information Service Facebook page has regular posts about things to do, handy tips, events and much more.

Who?

We have a dedicated Family Involvement and Information Officer for Disabled Children and Young People. They provide information to families of children and young people aged 0-25 years with a special educational need, disability or complex health need.

They can offer information to families on:

- early help, family support and family centres
- a range of local and national service, including support groups, organisations and charities
- short breaks for children with disabilities, including help to apply for a short break and identify a suitable provider
- local activities and things to do
- useful addresses and contact details
- childcare, including how to access funded childcare places for two year olds in receipt of DLA
- accessing health, social care, and education services for your child
- the Children's Disability Register
- the local offer – how to access this and get involved
- brokering service for parents/carers of children with disabilities looking for childcare
- events for parents/carers and young people

Where?

Call 0800 0345 340 -

Email infofis@barnsley.gov.uk

RELATIONSHIPS + FAMILY

Spectrum

What?

We provide sexual health services across the Barnsley area. We offer testing for STI's, treatment and management of conditions, contraception, emergency contraception, pregnancy testing and c-card. We have a designated young people's clinic for under 19's which runs every Wednesday from 3pm until 6pm.

Our Outreach service delivers testing, C-card and health promotion in a variety of settings in the local community.

We also have a team who deliver RSE in mainstream education across the Barnsley area. We have created a portal with resources that can be accessed by services working with young people.

Who?

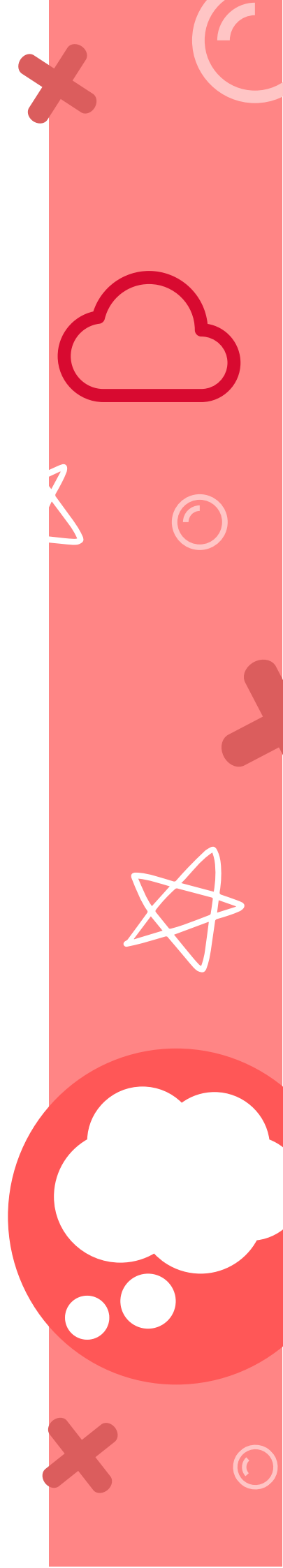
Based in Gateway Plaza the service is accessible to all ages.

Where? We are next to the One Stop shop in Gateway plaza.

Sackville Street, Barnsley, S70 2RD.

When?

Monday 8am - 7.30pm, Tuesday 8am - 7.30pm, Wednesday 3pm - 8pm, Thursday 8am - 7.30pm, Friday 9am - 4pm Saturday 9am - 1pm
Telephone: 0800055 6442



NSPCC Pregnancy in Mind

What?

We offer a virtual programme for pregnant people and their partners who are experiencing mild to moderate symptoms of anxiety and depression. It is an antenatal group intervention delivered by professionals after the first trimester of pregnancy. The programme is underpinned by six core evidence-based themes:

- mindfulness meditation
- active relaxation
- psychoeducation and coping skills
- social support
- awareness-raising of foetal development
- couple and co-parenting relationship (communication and conflict management).

Who?

Parents-to-be living in Barnsley are able to attend the programme between 12 and 34 weeks of pregnancy. Parents can be referred at any point in their early pregnancy, but ideally by 26 weeks.

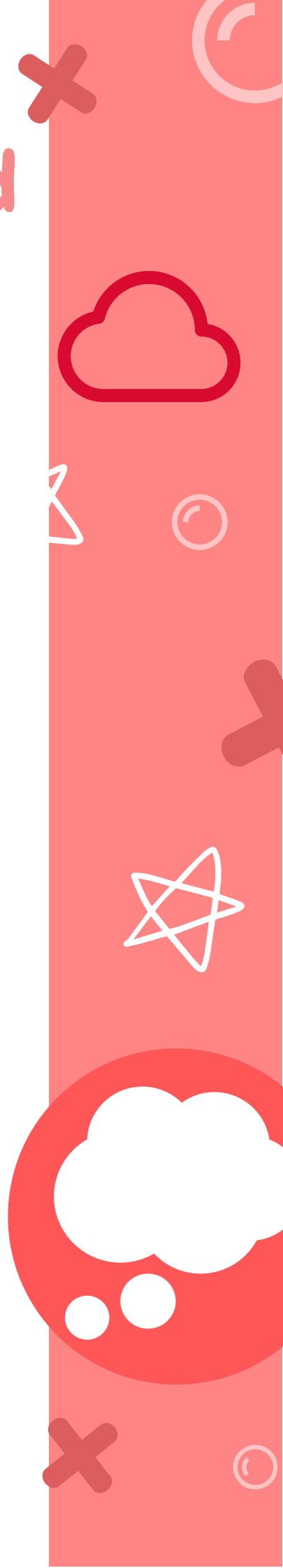
When?

This is a rolling programme, contact us to find out more.

How?

If this service sounds like it would be useful to you, you can ask your midwife to refer you or self-refer using the email address or telephone number below.

help@nspcc.org.uk or call: 01274 381 440



Mental Health Friendly Apps + Websites

This list has been compiled by Chilypep as a guide to the apps available to support young people's wellbeing.

Please check the suitability of each App, and if there are any cost implications or compatibility issues. Please also be aware that some apps may not be free and always check the in-app purchases.

Suicide Safety Plan

This app is designed to support those dealing with suicidal thoughts and help prevent suicide and help them build a plan to keep safe. This app also contains an easy-to-access list of emergency resources so that help is just a tap away.

Search Suicide Safety App in your app store.

WYSA

This app is co-designed by therapists and coaches to help people cope when they are feeling overwhelmed with anxiety or stress. Wysa lets you set the pace, helps when it can, and never judges. It is free and anonymous.

Visit <https://www.wysa.io> to find out more.

Mood Bug

This is an app young people can use to share their mood with their friends and see how others are feeling.

For more information download the app or visit www.moodbug.me.

Head Meds

This website, powered by Young Minds gives young people more information about medication. Visit www.headmeds.org.uk

Alive App

This app is a pocket suicide prevention resource full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Search Stay Alive in your app store.

Mental Health Friendly Apps + Websites

Clear Fear

Fear - Threat - Anxiety

Breathing exercises / mindfulness activities / tracks progress and change

Fear Tools

Anxiety

Aims to lower anxiety, includes an anxiety test, breathing tools and a thought diary

SAM

Self-help Anxiety

Offers a range of self-help methods to manage anxiety

Mood Tools

Low Mood

Aims to lift your mood, includes a test and thought diary

What's Up?

Anxiety - Low Mood - Anger

Includes negative thinking patterns, habit tracker, positive quotes and much more

Smiling Mind

Mindfulness

Daily meditation and mindfulness exercises

Calm Harm

Worried about self-harm?

Provides tasks to help you resist or manage the urge to self-harm

Stay Alive

Help stay safe in crisis

Useful information and tools to help stay safe in crisis



OPEN UP BARNLSLEY

An interactive map and guide to emotional wellbeing, youth and mental health services for children and young people in Barnsley

If you would like your service adding to the directory, or to update the current information we have please email us at: info@chilypep.org.uk



SCAN ME