

Action for children

www.actionforchildren.org.uk

Advise and help on parenting – Parent Talk

Down-to-earth parenting advice you can trust.

We're here for you when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

Adversity united

www.facebook.com/Adveristyunited/

Under 12's disability football club in Harrogate

Boys and Girls

Training – Tuesday at Harrogate Grammar School 4.30pm – 5.30pm

Contact – Tel: 07468 855433 email: adversityunited@gamil.com

Allsorts at Winkies

Play session for children with special needs aged 0 – 11 years. Siblings welcome. Refreshments, books, information and support for parents and carers. (except Bank Holidays) Meeting time: 3.45pm – 5.15pm.

Cost: Free for children with special needs aged 0 -11 years. Siblings £2.

Address:

Unit 9 Provincial Works, The Avenue

Starbeck

Harrogate

HG1 4QE

01423886886

Autism Angels

www.autismangels.co.uk

Autism Angels works with parents and professionals to improve the lives of all children and offers a range of programmes and events to support any individual or family's needs. Your whole family is welcome, siblings, grandparents and any professionals working with you. We are here to support all of you so you can live big full lives together. We are a highly trained team using Equine Facilitated Coaching Techniques.

Located at:

Throstle Nest Farm, Summerbridge, North Yorkshire, HG3 4JS

Telephone Number: 0113 3873064

Email address: info@autismangels.co.uk

Beat Eating disorder

www.beateatingdisorders.org.uk

Beat is the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders. Eating

disorders are serious mental illnesses that ruin and, too often, take lives.

Our national Helpline exists to encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery.

People can contact us online or by phone 365 days a year. We listen to them, help them to understand the illness, and support them to take positive steps towards recovery.

We also support family and friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health.

And we campaign to increase knowledge among healthcare and other relevant professionals, and for better funding for high-quality treatment, so that when people are brave enough to take vital steps towards recovery, the right help is available to them.

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

Helplines are open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Candlelighters

www.candlelighters.org.uk

Candlelighters provides emotional, practical & financial support to families affected by childhood cancer in Yorkshire. We support around 150 new families each year and our work ensures the whole family unit is supported in these extraordinary circumstances.

We support children and their families from diagnosis and throughout their journey, including financial support, practical help in hospital, much needed breaks, nearby accommodation during treatment at the Candlelighters Cottage as well as emotional and well-being support at our Family Support Centre (The Square) and in the Community.

Located at:

No 8 Woodhouse Square, LEEDS, West Yorkshire, LS3 1AD

Telephone Number: 0113 887 8333

Email address: info@candlelighters.org.uk

How to get in touch: Give us a call or an email or simply pop in to see us at The Square or Bus for a brew and a chat.

CAP life skills

www.capuk.org/i-want-help/our-services/cap-life-skills/introduction

A friendly group where you'll discover the life skills you need to survive on a low income. CAP Life Skills will give you the skills you need to improve important parts of your life and meet new friends in a relaxed and welcoming environment.

CAP Life Skills is an 8 session course teaching practical money saving techniques such as cooking on a budget and living healthily for less.

Located at:

Mowbray Community Church, Westmoreland Street, Harrogate, North Yorkshire, HG1 5AT

Telephone Number: 07960 834674

Email address: celiafowler@capuk.org

Citizens Advice

www.citizensadvice.org.uk

We can all face problems that seem complicated or intimidating. At Citizens Advice we believe no one should have to face these problems without good quality, independent advice.

We give people the knowledge and confidence they need to find their way forward – whoever they are, and whatever their problem

Our national charity and network of local charities offer confidential advice online, over the phone, and in person, for free.

Located at:

Audrey Burton House, Queensway, HARROGATE, North Yorkshire, HG1 5LX

Telephone Number: Advice: 03444 111 444 (M-F 10-4)

How to get in touch: You can contact via <http://cachd.org.uk/email>

Code Club

www.codeclub.org/en/

Code Club is a nationwide network of free volunteer-led after school coding clubs for children aged 9-11.

We create projects for our volunteers to teach at after school coding clubs or at non-school venues such as libraries. The projects we make teach children how to program by showing them how to make computer games, animations, and websites. Our volunteers go to their local club for an hour a week and teach one project a week.

Email address: yhne@codeclub.org.uk

Compass Phoenix

www.compass-uk.org

The aim of the Compass Phoenix service is to improve outcomes for children and young people in relation to their emotional wellbeing and mental health by strengthening the range of mental health support available to children and young people.

We offer: One-to-one or group work support and interventions for children and young people aged 9-19 (and up to 25 for those with special educational needs or disabilities) who are experiencing mild to moderate mental health difficulties.

Tel: 01904 661916

Tel: 0800 008 7452

Email: phoenix@compass-uk.org

2nd Floor, Kensington House, Westminster Place, York Business Park YO26 6RW

Connect to Wellbeing

This free service can help you access a variety of tailored health and wellbeing services across the Harrogate district. We are professional and approachable, and our aim is to improve the health and wellbeing of everyone we work with.

Options can be accessed with our personalised support to complement whatever help you are getting through your GP or other organisations. Our service is free to anyone aged over 18 in the district.

You may need support with your housing needs or financial or budgeting advice.

We can link you to other support, volunteering in the community or can help develop new services if nothing exists to suit your needs.

Telephone Number: 01423 500600 ext.56719

Email address: active.health@harrogate.gov.uk

Corn Close Farm

www.cornclosecarefarm.com

At Corn Close Care Farm we offer therapeutic activities for all ages and abilities on our working smallholding set in the beautiful Nidderdale countryside.

We work with groups and individuals to provide opportunities to enjoy working with different kinds of animals and to learn about farming and nature whilst benefiting from the powerful and positive effects of spending quality time in the outdoors. Building confidence and developing a connection with the natural environment. Improving mental and physical well-being and developing skills and knowledge.

Bespoke group or individual sessions are available, and we also run some courses and clubs.

We also offer Private Tuition in all primary subjects – come and learn with the animals!

Main Contact: Catherine Wilson

Located at:

Corn Close Care Farm, Grange Lane, off Low Wath Road, Pateley Bridge, Pateley Bridge, Harrogate, HG3 5HL

Telephone Number: 07443512440

Email address: cornclosefarm@btinternet.com

Dementia Forward

www.dementiaforward.org.uk

Dementia Forward is a local charity which supports people living with dementia across North Yorkshire. Dementia support advisors and a dementia specialist nurse provide a personalised service, from information and advice to practical and emotional support. In addition, under normal circumstances we run social events and weekly groups, focusing on wellbeing and peer support. Anyone can use this free service. Please call our local helpline on 03300 578592 between 9am and 4pm, Monday to Friday.

Located at:

Registered Office, Community House, Allhallowgate, Ripon, North Yorkshire, HG4 1LE

Telephone Number: 03300 578592

Email address: info@dementiaforward.org.uk

How to get in touch: Call the Dementia Forward helpline on 03300 578592

Dyslexia Network

www.dyslexianet.co

Dyslexia Network assesses and supports learners of all ages with any English or Mathematics difficulties; we have a wide range of assessments for [Dyslexia](#), [Dyspraxia](#), [Dyscalculia](#) and other [specific learning difficulties](#) (SpLDs). We also have specialists in supporting all learners that need support in 11 Plus and entrance examinations.

Location: Hookstone Avenue, Hammerain House, Harrogate

Tel: 01423 876343

Dyspraxia Foundation

[Home \(dyspraxiafoundation.org.uk\)](http://dyspraxiafoundation.org.uk)

The Dyspraxia Foundation defines dyspraxia as:

'Dyspraxia, a form of developmental coordination disorder (DCD) is a common disorder affecting fine and/or gross motor coordination, in children and adults. While DCD is often regarded as an umbrella term to cover motor coordination difficulties, dyspraxia refers to those people who have additional problems planning, organising and carrying out movements in the right order in everyday situations. Dyspraxia can also affect articulation and speech, perception and thought.'

Although dyspraxia may be diagnosed at any stage of life, increasing numbers of children are identified as having the condition.

Early recognition of dyspraxia will enable early intervention and practical steps to help your child to achieve their potential. Children whose dyspraxia is identified at an early stage are less likely to have problems with acceptance by their peers and with lowered self-esteem.

When children become teenagers their problems may change as social and organisational difficulties become more pressing.

The Dyspraxia Foundation can help and support you and your child through its services and publications

Epilepsy Action

www.epilepsy.org.uk

A national charity providing advice, information, and support to people with epilepsy and their families. Freephone helpline, publications and videos and local/online support groups.

Located at:

New Anstey House, Gate Way Drive, Yeadon, LEEDS, West Yorkshire, LS19 7XY

Telephone Number: 0808 800 5050 (Helpline)

Email address: helpline@epilepsy.org.uk

Follifoot Park Disabled Riders Group

www.horseridingcentre.co.uk

Our aim is to provide opportunities for people with a wide range of disabilities to enjoy the unique benefits of horse riding and carriage driving. Follifoot Park Disabled Riders Group see disability as a starting point from which everyone can achieve something.

Located at:

Follifoot Park Riding Centre, Pannal Road, Follifoot, HARROGATE, North Yorkshire, HG3 1DLW

Telephone Number: 01423 546161

Email address: admin@follifootparkdrg.org.uk

GamCare

During these unusual times of the coronavirus outbreak and for some people coping with the stress of this and self-isolation may increase urges to gamble. Advisers are available over the phone or via live chat every day of the year, 24 hours a day. They will be able to listen to what's going on and can talk through the options available for support.

GamCare operates the National Gambling Helpline, providing information, advice and support for anyone affected by problem gambling. Advisers are available seven days a week from 8am – Midnight. We also offer a range of free treatment across England, Scotland and Wales, as well as a moderated Forum and daily chatrooms so that people can speak to others experiencing similar issues and seek support.

Freephone 0808 8020 133

web chat at www.gamcare.org.uk

Email address: info@gamcare.org.uk

Harrogate Clothes Bank

www.harrogateclothesbank.co.uk

Opening hours: Every Wednesday from 10-12pm

One Saturday per month from 10-12pm. Please check the Facebook page for latest updates on when the Clothes Bank is open and what donations are being accepted.

The Clothes Bank is open to anyone in need of good quality, previously owned clothes for adults or children. Everything is supplied for FREE. No proof on income is required.

Customers do not need to be referred by another organisation, but many are signposted.

Located at:

Rear Entrance, Disability Action Yorkshire, Hornbeam Park Oval, Harrogate, North Yorkshire, HG2 8RB

Telephone Number: 01423 589148

Email address: harrogateclothes@gmail.com

Harrogate District Foodbank - Foodbank Distribution Point (Harrogate)

The Harrogate foodbank distribution point remains open twice weekly during the coronavirus pandemic on Tuesday and Friday 10.30 - 12.30. Clients need a voucher which is received through a frontline service.

People needing help can call the foodbank to be directed to the most appropriate agency to give a foodbank voucher.

Closed Christmas Day and New Year's Day.

Located at:

Mowbray Community Church, Westmoreland Street, HARROGATE, North Yorkshire, HG1 5AT

Telephone Number: 07885529864

Email address: info@harrogatedistrict.foodbank.org.uk

Harrogate Housing Association

www.hhal.org.uk

We are a small, but expanding, housing association who only operate in the Harrogate District. We offer homes for rent and on a shared ownership basis. With a personal, local service we want to help our customers create homes near family and work.

Located at:

10 High Street, HARROGATE, North Yorkshire, HG2 7HY

Telephone Number: 01423 884018

Email address: info@hhal.org.uk

How to get in touch: Best by phone between 9am and 5pm Monday to Friday

Hyperactive Children's Support Group

[The Hyperactive Children's Support Group – A registered charity which has been successfully helping Attention Deficit Hyperactivity Disorder \(ADHD\) and hyperactive children and their families for over 40 years. \(hacsg.org.uk\)](http://hacsg.org.uk)

Hyperactivity has recently been known as ADD or ADHD. We help parents whose children have behaviour/sleep/learning and allergy problems. We use dietary and environmental methods. We offer telephone support 365 days a year.

Located at:

19 Carlton Road, HARROGATE, North Yorkshire, HG2 8DD

Telephone Number: 07802 155481

Email address: lacritchlow@gmail.com

How to get in touch: Lesley Critchlow

IDAS (Independent Domestic Abuse Services)

www.idas.org.uk

IDAS support anyone affected by domestic abuse and they are determined to keep their refuges and helplines running in these difficult times and will also provide support through:

- Online video support sessions
- WhatsApp messaging
- Telephone calls
- Online live chat on their website

- Email

For many people who are afraid of their partner and may be faced with being isolated with them for long periods of time, this is an additional risk factor.

IDAS is a charity that provides comprehensive support services to all those experiencing or affected by domestic abuse and sexual violence. Services include refuge accommodation, outreach support and access to a free, confidential helpline. We employ a team of accredited specialist workers to support people who need support through the criminal justice system. We provide support to male victims of abuse as well as women and in some areas, we are able to provide support to children and young people who are living in the community. IDAS runs a refuge in Harrogate which accommodates up to 8 families and includes two self-contained flats one of which is fully wheelchair accessible. The refuge is open to women and children and referrals are taken from agencies as well as individuals. IDAS is also able to find emergency accommodation for men if they need to escape violence. Helpline: 03000 110 110

The RESPECT Young People's programme can help where young people display aggressive or controlling behaviours towards their parents, carers or family members

Located at:

Community House, 46-50 East Parade, HARROGATE, North Yorkshire, HG1 5RR

Telephone Number: 03000 110110

Email address: info@idas.org.uk

How to get in touch: Contact us on our helpline 03000110110 or info@idas.org.uk

Just 'B' Hear to Help helpline

[Just B](#)

Just 'B' gives adults a safe and confidential space to understand, express and cope with their grief.

Just 'B' aims to help people live with the changes that a person's death has brought to their life.

This service is available to anyone, whether they are connected to one of our Hospice patients or not. It is suitable for people experiencing any type of bereavement, including suicide, murder, a motoring accident or terminal illness.

.We are responsive to people's faith, individuality, culture and community.

We offer evening appointments several days a week.

Just 'B' is one of a range of services offered by Saint Michael's, the registered charity helping people in the Harrogate district to live with terminal illness and bereavement.

Located at:

Burton House, Hookstone Oval, Harrogate, North Yorkshire, HG2 8QE

Telephone Number: 01423814480

Email address: info@justb.org.uk

Mind in Harrogate District - Counselling Service

www.mindinharrogate.org.uk/counselling-service/

Mind in Harrogate District provides a confidential, professional counselling service accredited by British Association for Counselling and Psychotherapy.

The service is for anyone who may feel:

- anxious
- depressed
- stressed
- low in mood
- a sense of loss
- difficulties in their relationships

Located at:

Community House, 46-50 East Parade, HARROGATE, North Yorkshire, HG1 5RR

Telephone Number: 01423 547246

Email address: counselling@mindinharrogate.org.uk

National Autistic Society (Harrogate & District Branch)

www.autism.org.uk/what-we-do/branches/nas-harrogate-and-district-branch

The branch campaigns to improve support for children from pre-school through school education, and develop more support for individuals and families affected by Autistic Spectrum Conditions in adulthood. There are local Parent Support Group, Adult Social Group, Youth Club and Games Zone meetings. The Branch is run entirely by volunteers.

Telephone Number: 07824 473871

Email address: nasharrogatebranch@nas.org.uk

New Beginnings Peer Support

[New Beginnings Peer Support](#)

New Beginnings peer support is an after-crisis support service for women and their children who have previously been subjected to domestic abuse. We support individuals to RELEASE the TRAUMA from their LIFE and to move FORWARD to achieve their TRUE PURPOSE.

Located at:

Harrogate, North Yorkshire, HG1

Telephone Number: 07852 786278

Email address: enquiries@newbeginningspeersupport.com

How to get in touch: Please call Mon-Fri 9am-5pm or email at any time.

North Yorkshire Music Therapy Centre

www.music-therapy.org.uk

The Centre's State Registered Therapists provide weekly music therapy sessions to children and adults with special needs or mental health problems. Music therapy uses improvised music to encourage social interaction, self-expression and communication skills. No musical skills are necessary. The charity can also provide improvisation workshops for team building, self exploration or stress reduction.

Located at:

The Byre, Wath Court, Hovingham, Malton, North Yorkshire, YO62 4NN

Telephone Number: 01653 628725

Email address: admin@music-therapy.org.uk

How to get in touch: admin@music-therapy.org.uk

NSPCC Therapy Service - York & North Yorkshire

www.nspcc.org.uk

Therapeutic help for children who have been abused and their families. Mothers' support group. The NSPCC Domestic Abuse Service also offers group work with children and women.

Located at:

65 Osbaldwick Lane, YORK, North Yorkshire, YO10 3AY

Telephone Number: (01904) 430455

Email address: nyorks@nspcc.org.uk

Our Frontline

www.mentalhealthatwork.org.uk/ourfrontline/

Frontline health, care, emergency and key workers put themselves at physical risk to form our frontline against the coronavirus, also putting their mental health under pressure. Our Frontline offers round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health. For keyworkers, text KEYWORKER to 85258 for a text conversation or call 116 123 for a phone conversation – all in confidence, with a trained volunteer, at any time.

Our Frontline is a partnership between Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge.

Email address: mentalhealthatwork@mind.org.uk

PACE

www.paceuk.info

Pace works alongside parents and carers of children who are, or are at risk of being, sexually or criminally exploited by perpetrators external to the family. Pace's Parent Liaison Officers provide the following support:

- Give independent advice and information on Child Sexual Exploitation (CSE) and Child Criminal Exploitation (CCE) to parents
- Support to formulate individual safeguarding plans to reduce the risk of CSE/CCE
- Listen and 'be present' for parents who need to share their thoughts, feelings and experiences of living with CSE/CCE without judgment
- Act as a conduit between parents and statutory services
- Provide witness support package for victims and their families going through the judicial court process
- Sign post to other relevant services to meet the needs of parents affected by CSE/CCE
- Deliver awareness raising to both parents and professionals within the North Yorkshire area
- Offer guidance and training to professionals on how CSE/CCE affects the whole family.

Main Contact: Laura Kelly

Located at:

Waverley House, Unit 10, Killingbeck Drive, Leeds, LS14 6UF

Telephone Number: 0113 240 3040

Email address: laura.kelly@paceuk.info

How to get in touch: Email Laura Kelly, Parent Liaison Officer for North Yorkshire Tues-Thurs. General enquiries via website/main office number..

Parents Together

www.timetogether.info/activities

A parent support group for families affected by Autism, Aspergers and additional needs who meet monthly at Time Together's Starbeck premises. It is a group to help people meet other families, make new friends, and share experiences and advice.

Children welcome - we have plenty of toys! If the child(ren) with additional needs attend(s) school and the family has younger children they are welcome too - it's about bringing parents together as well as the children playing together.

We usually meet on Thursdays - please keep an eye on our Facebook page for dates & times of meetings.

Telephone Number: 01423 883992

Email address: office@time-together.org

Resurrection Bikes

www.resurrectionbikes.org.uk

Due to coronavirus an appointment system is in operation rather than general opening. Choose a bike from the website and then email / message to book an appointment. Help and advice is available.

If you have bikes you want to donate you can still leave them at the gate at any time and if you message us, someone will take them in. Unfortunately collections cannot be made at the moment.

We are a volunteer run organisation, started in autumn 2014 with the help of some Lottery funding. We now have a growing team and have been busy fixing up donated bikes. The bikes we sell go through a detailed safety check and are fixed up where repairs are needed to bring them to full working order. You can see details of the charities we support with the proceeds we make here.

The bikes aren't fully refurbished beyond essential repairs so we can sell them at reasonable prices. We have bikes ranging from toddler to adult size and we take donated bikes and spare parts in any condition – we don't let anything go to waste!

Located at:

Westcliffe Hall, Harlow Terrace, HARROGATE, North Yorkshire, HG2 0PN

Telephone Number: 01423 593103

Email address: info@resurrectionbikes.org.uk

Riding for the Disabled Association

www.rda.org.uk

The Association's objects are to provide disabled people of all ages with the opportunity to ride and/or carriage drive for the general benefit of their health and well-being. There are two groups in the Harrogate area at Stockeld Park and Burn Bridge.

Located at:

Norfolk House, 1a Tournament Court, Edgehill Drive, Warwick, Warwickshire, CV34 6LG

Telephone Number: 01609 770077

Email address: info@rda.org.uk

Samaritans of Harrogate and District

www.samaritans.org/branches/harrogate/

Samaritans is available round the clock, every single day of the year. Talk to us any time you like in your own way, about whatever's getting to you. We do not offer advice but encourage people to articulate their feelings, with the aim that they come to their own solutions.

The new Self-Help app provides an alternative source of support for people who find it difficult to reach out for help or discuss emotions with another person and/or observing social distancing, facing prolonged isolation or lacking the privacy to make a call to Samaritans' helpline.

The app has a mood tracker and a range of evidence-based resources and techniques, designed to help people find practical ways to cope and plan ways to stay safe if they're going through a difficult time. www.selfhelp.samaritans.org/

Located at:

5 Mount Parade, HARROGATE, North Yorkshire, HG1 1BX

Telephone Number: 116 123 - Free to call

Email address: harrogatesamaritans@hotmail.co.uk

SENDIASS North Yorkshire

www.sendiassnorthyorkshire.co.uk

SENDIASS North Yorkshire is a free, statutory service for parents and carers of young people aged 0-25 with special educational needs and /or disabilities (SEND) as well as young people themselves. It is impartial, which means it is not bias and gives confidential information, advice and support that is arms length to the Local Authority.

Opening Times Monday – Friday 9.30am – 1pm during term time and Tuesday and Thursday 9.30am – 1pm. during school holidays.

Located at:

County Hall, Northallerton, North Yorkshire, DL7 8AE

Telephone Number: 01609 536923

Email address: info@sendiassnorthyorks.org

Springboard Youth Club

www.brimhamsactive.co.uk/us/locations-1 and click on Fairfax Wellbeing hub.

For young people with or seeking a diagnosis of Autistic Spectrum Condition aged 10—19 years old. This session is aimed at young people in mainstream education; runs every Wednesday at Fairfax Community Centre 6:30—8:30pm term time switching to Tuesdays 4:30—7:30pm in school holidays when we meet at Knaresborough Community Centre.

Located at:

Fairfax Community Centre, Fairfax Avenue, Harrogate, North Yorkshire, HG2 7RU

Telephone Number: 01423 556719

Email address: danielle.mulholland@brimhamsactive.co.uk

Supporting Victims in North Yorkshire

www.supportingvictims.org

Free independent advice and information, practical and emotional support for anyone who has been affected by crime in North Yorkshire. This includes victims, bereaved relatives, parents or guardians of victims under 18 and members of staff where a business has been a victim of crime.

Referrals to the service can be made by the police and other public sector agencies.

Members of the public can make a direct call to Supporting Victims North Yorkshire if they have been a victim of a criminal offence and need help even if they have chosen not to report the crime to the police. Supporting Victims can also refer victims to additional specialist services, aimed specifically at victims of sexual or domestic abuse, those who have suffered as a result of serious crime, people who have been persistently targeted and those feel vulnerable or intimidated as a result of criminal activity. Open Monday to Friday, 9am to 5pm Calls charged at standard rate for landline and mobiles

Victims of Hate Crime can report a Hate Crime Directly to Supporting Victims via the website or over the telephone and receive support if needed.

Located at:

Athena House, Kettlestring Lane, Clifton Moor, York, North Yorkshire, YO30 4XF

Telephone Number: 01904 643100

Email address: help@supportingvictims.org

Victim Support

www.victimsupport.org.uk

Victim Support is an independent charity offering free, confidential support to people affected by crime and traumatic incidents. We are a commissioned service offered to those who have reported a crime to the police, but you don't have to report a crime to receive support from us. We offer emotional support with a specially trained person, practical information to help you feel safer and be safer, and information about reporting to the police, the criminal justice system and court procedures.

Out of hours free Support line 08 08 16 89 111

Located at:

15 Priory Street, York, YO1 6ET

Telephone Number: 01904 550514

How to get in touch: www.victimsupport.org.uk/help-and-support/get-help/request-support

Wellspring Therapy & Training

www.wellspringtherapy.co.uk

Wellspring is a counselling and training centre working to restore hope, develop resilience and facilitate positive change.

Wellspring was established in 2003 and is based in Starbeck, Harrogate, North Yorkshire. We provide affordable, psychological support to people in distress and promote good mental health through education and training.

We are a Christian charity but offer our services to all regardless of gender, sexual orientation, ethnic or cultural background and to people of any faith or none.

Located at:

78 High Street, Starbeck, Harrogate, North Yorkshire, HG2 7LW

Telephone Number: 01423 881881

Email address: office@wellspringtherapy.co.uk

Winston's Wish - the charity for bereaved children

www.winstonswish.org

We provide specialist bereavement support services, including following a bereavement by accident or illness, suicide, murder or manslaughter and deaths in the military. Our experienced bereavement support team provide bereaved children and families with the tools to come to terms with their grief.

Located at:

17 Royal Crescent, Cheltenham, Gloucestershire, GL50 3DA

Telephone Number: 01242 515157

Email address: info@winstonswish.org

How to get in touch: Call our Freephone Helpline on 08088 020 021

Yorkshire Children's Charity

www.yorkshirechildrenscharity.org

At Yorkshire Children's Charity, we transform childhoods to make things better for the thousands of disadvantaged children in our region. We want to make sure no child or young person in Yorkshire is left behind due to ill health, disability, or financial circumstance.

Main Contact: Charlotte Farrington

Located at:

1 Hornbeam Square South, Harrogate, HG2 8NB

Telephone Number: 07827444142

Email address: hello@yorkshirechildrenscharity.org

How to get in touch: Charlotte Farrington, CEO, Monday - Thursday, 9 - 5, email