

## Useful Contact Details for Carers



In your role as a Carer you may find the following useful:

- Information regarding Northallerton Community Care and other useful contacts are listed below.
- You can apply for An emergency Carer's Card notifying individuals looking after you in an emergency that you are a Carer and have a dependant person. Please go to <https://myaccount.northyorks.gov.uk/ecfc/request-a-card> to order one.
- An agreement which allows you as a Carer to access necessary medical information and personal details.
- Opportunity to have influenza vaccinations and a health check if desired.
- Herbert Protocol is a scheme run by the local police to find missing people with mental illness to find out more visit [www.northyorkshire.pnn.police.uk/herbertprotocol](http://www.northyorkshire.pnn.police.uk/herbertprotocol).

### USEFUL CONTACTS

Age UK – Older people advice and support. Volunteer driver service  
Tel: **01609 771624**. Address: 1 Zetland Street, Northallerton, DL6 1BL

Alzheimer's Society UK-Organisation. Dementia advice and support  
Tel: **01609 778251**. Address: 22, Omega Business Village, Thurston Rd, Northallerton DL6 2NJ.

British Red Cross – Organisation. Mobility Aids, support at home  
Tel: **01609 772186** or **0845 564 8835**. Address: Carrick House, Thurston Road, Northallerton, DL7 2NA

Broadacres – Housing Association  
Tel: **01609 767900**. Address: Broadacres House, Mount View, Standard Way, Northallerton, DL6 2YD

Citizens Advice – Organisation. Financial advice including benefits / debt / work / housing / health costs  
Tel: **01609 776551** or **0344 411 1444** 10am-4pm. Address: 277 High Street, Northallerton, DL7 8DW

District Nurses  
Tel: **01609 781120**. Address: Based at Mowbray House Surgery, Malpas Road, Northallerton, DL7 8FW

Disability Action Yorkshire – Opportunities for those with disabilities-training, volunteering, respite for carers - Tel: **01423 855410**

Foundation Housing – Housing Association, Youth  
Tel: **01609 767008**

## Useful Contact Details for Carers



### Hambleton & Richmond Carers Centre

Tel: **01609 780872**. Address: 2 Omega Business Village, Thurston Road Northallerton, DL6 2NJ

### Hambleton Food Share – Organisations

Part of Churches Together – email: [ctnorthallerton@gmail.com](mailto:ctnorthallerton@gmail.com)

Tel: **07514 244158**. Address: 10 South Parade, Community House, Northallerton, DL7 8SE

### Hambleton and Richmondshire Furniture Store – Organisations

Tel: **07801 591581**. Address: Brompton Road, Northallerton DL6 1DY

### Hambleton District Council – Councils

Tel: **01609 767228**. Address: Civic Centre, Northallerton, DL6 2UU

### Health Visitors

Tel: **01845 521685**

### Holy Rood House – Centre for Health and Pastoral Care

Tel: **01845 522580**. Address: 10 Sowerby Road, Thirsk, YO7 1HX

### Hospitals

Tel: **01609 779911**. Address: Friarage Hospital, Bullamore Road, Northallerton, DL6 1JG

### MacMillan Support and Information Centre – Information

Tel: **01609 764033**

### Mencap – Disability

Tel: **01609 778894**. Address: Goosecroft Lane, Northallerton, DL6 1EG and Mitchell House, Gillings Court, Thirsk, YO7 1SZ

### Mental Health Support

Tel: **01609 780758**. Opening Times: Mon, Tues, Friday 4pm-9pm. Address: The Link, Crosby Road, Northallerton. DL6 1DG

### North Yorkshire County Council – Advice, support for all, blue badges etc

Tel: **0845 034 9410**. Address: County Hall, Racecourse Lane, Northallerton, DL7 8AE

Social Services – Adult Social Care

Disabled Children's Services

Social Care Co-ordinator

## Useful Contact Details for Carers



Northallerton Community Action- Charity offering support/advice to voluntary and community groups. Carers respite, community car

Tel: **01609 780458**. Address: 10 South Parade, Northallerton, DL7 8SE

North Yorkshire Centre for Independent Living – Disability

Tel: **01723 588002** or email [admin@nycil.org.uk](mailto:admin@nycil.org.uk). Address: Central Arcade, Northallerton, DL7 8PY

North Yorkshire Probation Services – Offenders

Tel: **01609 772271**. Address: Essex Lodge, 16 South Paraded, Northallerton, DL7 8SG

WRVS – Organisations

Tel: **0907 0180012**. Address: 75a High Street, Northallerton, DL7 8EG

Patient Transport Service. – Yorkshire Ambulance Service NHS Trust provides NHS-funded transport for eligible people who are unable to travel by other means due to their medical condition, and who need to attend hospital outpatients clinics and community-based care, are being discharged from hospital or need regular treatment such as chemotherapy or renal dialysis.

**It is vital that the Patient Transport Service is only used by patients who are eligible for transport due to their clinical and /or mobility needs.**

To request transport phone the reservations team on **0300 330 2000**

Use the online portal: <https://ptonline.yas.nhs.uk/ptslive/>

Hambleton, Richmondshire and Whitby Clinical Commissioning Group

Join our Health Engagement Network (HEN) – do you have views on how your local NHS services could be improved? Do you live in the Hambleton, Richmondshire or Whitby areas or are you registered with a Hambleton, Richmondshire or Whitby GP? If so we would like to hear from you.

Tel: **01609 767600**. Email: [HRWCCG.HRWCCGenquiries@nhs.net](mailto:HRWCCG.HRWCCGenquiries@nhs.net)

Website: [hambletonrichmondshireandwhitbyccg.nhs.uk](http://hambletonrichmondshireandwhitbyccg.nhs.uk)

Healthwatch North Yorkshire – your voice on Health and Social Care

Tel: **01904 552687**. Website: [www.healthwatchnorthyorkshire.co.uk](http://www.healthwatchnorthyorkshire.co.uk)

Covid-19 Northallerton Support – Tel: **0781 64020, 07821 863833**

Kooth counselling (online) - children/young people ([www.kath.com](http://www.kath.com))

Hope debt advice – Tel: **07719852330** ([jubilee@mlbc.org.uk](mailto:jubilee@mlbc.org.uk))

Jubilee debt advice – Tel: **01609 760950 / 07719852330**

Reflect pregnancy choice and loss counselling – Tel: **01845 607710 / 01904 676710**. Text: **07517 64750** ([www.reflectyork.co.uk](http://www.reflectyork.co.uk))

Healthy choices (age4-19) lifestyle advice – Tel: **01609 798073** ([www.northyorks.gov.uk](http://www.northyorks.gov.uk))

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Northallerton secret garden – Tel: **01423 360 786 / 07902348850**

Northallerton Mens shed - [www.northallertonshed.org.uk](http://www.northallertonshed.org.uk)

Bliss counselling (premature babies) – Tel: **020 7378 1122** ([www.bliss.org.uk](http://www.bliss.org.uk))

Twins and multiple birth association – Tel: **202 9023 9050** ([www.nicva.org.uk](http://www.nicva.org.uk))

NCT (New parents) - [www.nct.org.uk](http://www.nct.org.uk)

Mental health for Veterans - [vwals@nhs.net](mailto:vwals@nhs.net)

Crisis Team – Tel: **01609 763702 / 01609 763784**

Compass Buzz (age5-18) – Tel: **0800 008 7452**

Warm and well (heating advice) - [www.warmandwell.co.uk](http://www.warmandwell.co.uk)

Broken rainbow (support for LGBT people) – Tel: **08452 605560**

Bridge house sexual assault referral centre – Tel: **01904 66 9339**

Womens refuge – Tel: **01609 778941**

IDAS domestic violence – Tel: **0300 110 110** ([www.idas.org.uk](http://www.idas.org.uk))

National domestic violence 24-hour helpline – Tel: **0808 2000 247**

Respect (advice for perpetrators) – Tel: **0202 802 4040**

Crime stoppers – Tel: **0800 555 111**

Housing advice for refuge/ domestic violence – Tel: **01609 779977** (Hambleton District Council)

Kama Nirvana (honor based violence) – Tel: **0200 599 9247**

Homelessness housing options – Tel: 01609 779977 (Hambleton District Council) – emergency only (24 hours) **01609 767267**

National stalking helpline – Tel: **0808 802 0300**

Hambleton Richmond foundation for homeless or at risk of Northallerton – Northallerton Tel: **01609 767008**. Thirsk Tel: **01845 522222**

Hambleton Supported housing for young people (aged 16-25) with housing problems – Tel: **01845 522222 / 07581297014**. Aged 16-17 – **07989 385446**

Broadacres young person's scheme (16-25) – Tel: **01609 775049**

Insite youth support (aged 13-19) – advice on careers, employment. Tel: **01609 532323**. [insile@northyorks.gov.uk](mailto:insile@northyorks.gov.uk)

The clock (young people support) – Tel: **01845 524494**

### Other Mental Health

North Yorkshire mental health helpline Out of Hours **0333 0000 309**

Hopeline UK (up to the age of 35) with suicidal thoughts **0800 068 4141**

Combat stress helpline (veterans and their family) **0800 138 1619** or text **07537404719**

Mindfulness courses – Tel: **01325 552017**. E-mail: [teww.mindfulness@nhs.net](mailto:teww.mindfulness@nhs.net)

Childline (up to 19) – Tel: **0800 111**

NHS 111 – urgent advice including mental health – Tel: **111**

Calm helpline (5pm until midnight for men with depression) – Tel: **0800 58 58 58**

Rape crisis helpline – Tel: **0808 802 999**

Cruse Bereavement helpline – Tel: **0808 808 1677**

Heriot Hospice Bereavement support. Adult Tel: **01423 814 480**. Young people Tel: **01423 856790**

## Useful Contact Details for Carers



Martin House bereavement (when a child dies up to age 25) – Tel: **01937 845 045**. Website: [www.martinhouse.org.uk](http://www.martinhouse.org.uk)

Rethink mental health helpline – Tel: **0300 500 927**

Young minds parents' helpline – Tel: **0800 802 5544**

Mind Info line – Tel: **0300 123 3393**

Anxiety UK – Tel: **08444 775 774**

Online resources for mental health

Mood juice – [www.moodjuice.scot.nhs.net](http://www.moodjuice.scot.nhs.net)

Living life to the full – [www.lltff.com](http://www.lltff.com)

Mood gym – <https://moodgym.anu.ed.au>

Mental health foundation - [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Get self-help – [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

Calm zone (men) - [www.thecalmzone.net](http://www.thecalmzone.net)

### Mental Health Children

Royal College Psychiatrists – <https://www.rcpsych.ac.uk/mental-health>

Minded for families (support for families) - <https://www.minded.org.uk/>

Papyrus (up to age 35) Advice about suicidal thoughts (includes family). Tel: **0800 684 141 / 07786209697**

Beat (eating disorders) - [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Bereavement services for those who have lost a child – Tel: **01937 845045**