Springwell Leeds
Nurture Inspire Achieve

WELLSPRING
We Make A Difference

Useful Support Services & Children's Activities in Leeds

Be Healthy.Be Active.Be Happy

To check out our Newsletter go to:
www.springwellacademyleeds.org/parents-carers/parents-news



Positive Regard
Relationships Make The Difference

Leeds CITY COUNCIL

OneWellspring

Support Services

Finding support in a mental health crisis

Leeds has a range of services that can support you, if you're in crisis or feeling emotional distress.

Keep this sheet handy in your bag or purse, or, for online information go to MindWell: www.mindwell-leeds.org.uk/help

Under 18? Go to www.mindmate.org.uk and search 'Urgent help'.

MindWell

healthwatch Leeds

What is a mental health crisis?

Each person's experience of crisis is personal to them. It can feel like reaching a breaking point. Or, the world crashing down on you and feeling like you can no longer cope.



It's important to know that you're not alone. There's always someone to talk to.

Places to call

Connect helpline is a survivor-led service offering emotional support to people in Leeds. Open every night 6pm to 2am. Call 0808 800 1212 (free phone).

Connect BSL helpline is on Mondays at 7pm to 11pm, facetime/skype/glide with BSL trained staff. Call 07500 870 987.

BSL

West Yorkshire 24 hour mental health helpline offers support, advice and information for anyone in Leeds. Open 24/7. Call 0800 183 0558 (free phone).

Samaritans is always open to talk about whatever you're going through. Open 24/7. Call 116 123 (free phone).

Leeds and York Partnership NHS Foundation Trust's Single Point of Access (SPA) accepts referrals for anyone needing urgent care or treatment for a mental health crisis. Open 24/7. Call 0800 183 1485 (if you're deaf or have hearing loss, text 07983 323867).

NHS 111 (freephone) is open 24/7 if you have a problem with your physical or mental health and you're not sure what to do.

MIC MONEY INFORMATION CENTRE

MIC
Money Information Centre

MIC MONEY INFORMATION CENTRE

www.leeds.gov.uk/leedsmic

LDVS
LEEDS DOMESTIC VIOLENCE SERVICE

The 24 hour Leeds Domestic Violence Service helpline:
0113 246 0401

Things to do Breeze™

BreezeLeeds.org is the website for all children and young people aged **0-19** from Leeds (and their families) who are looking for positive things to do.

We gather all the places together so that they are at your finger tips.

www.breezeleeds.org/about-breeze

Support Services

Face-to-face help

GP emergency appointment - ask to talk to the 1st available GP. GPs see many people every week who are worried about their mental health.

Well-Bean 'Hope in a Crisis' Cafe offers a safe and confidential space for people (16+) experiencing crisis in Leeds. Open 7 nights a week, 6pm to 12am. Face-to-face support and by phone. Call or text 1st on 07760 173 476 if you want to access the Cafe.

Dial House is a place of sanctuary offering emotional and practical support to people (16+) in crisis. Open Monday, Wednesday, Friday, Saturday and Sunday, 6pm to 2am. Face-to-face support, phone and video chat. Call 0113 260 9328 or text 07922 249 452.

Dial House@Touchstone offers support to people from Black and Minority Ethnic groups (16+). Support by phone. Open Tuesdays and Thursdays, 6pm to 12am. Call 0113 249 4675 or text 07763 581 853.



Support by text or online chat

Connect online is a local survivor-led online chat service for people in distress. Open every night 6pm to 2am via website homepage: www.lslcs.org.uk

Shout text service struggling to cope? Text SHOUT to 85258 (free) any time 24/7 for support. Messages are anonymous and won't appear on your phone bill.

Email the Samaritans - sometimes writing down your thoughts can help. Email Jo@samaritans.org. Response time is 24 hours.

Signhealth Crisis Text Service for Deaf people Text DEAF to 85258 (free). Messages are anonymous and won't appear on your phone bill.

NHS111 talk online if you have a medical problem and you're not sure what to do: www.111.nhs.uk.

Have you injured yourself or taken an overdose? Are you at immediate risk of hurting yourself or taking your own life? Call 999 and ask for an ambulance or go to A&E

WHM Women's Health Matters **0113 276 2851**

LEEDS WOMEN'S AID

Every woman deserves respect and support

1972 Celebrating 50 years 2022

24 Hour Helpline: 0113 246 0401

Support Services

FAN Leeds Food Aid Network

If you are in need of assistance with food or gas / electric payments, we encourage you to call the **Leeds Welfare Support Scheme** on **0113 376 0330.**

You can also call the national Citizen's Advice line, which run in partnership with the Trussell Trust, on **0808 208 2138.**

NHS
Leeds Community Healthcare
NHS Trust

Our Services – 0-19 Public Health Integrated Nursing

- Parents from Leeds
- Public Health Nursing
- Group Support
- ChatHealth
- School Immunisation
- Infant Mental Health
- Oral Health

Headquarters
First Floor
Stockdale House
Headingley Office Park
Victoria Road
Leeds LS6 1PF

Tel: **0113 220 8500**

www.leedscommunityhealthcare.nhs.uk

family action Building stronger families

Family Action, Families Together Leeds
Cottingley Childrens Centre,
Cottingley Drive, Leeds LS11 0JP
Tel: **0113 532 6587** Email: **leeds.admin@family-action.org.uk**

Support Services

Supporting Parents & Families in and around Leeds

Hope House, 65 Mabgate, Leeds LS9 7DR

Tel: **0113 244 2419**
Email: **office@home-startleeds.co.uk**
www.home-startleeds.co.uk

Forward Leeds provide support for adults, young people and families needing help with alcohol and drug use in Leeds.
Tel: **0113 887 2477** **www.forwardleeds.co.uk**

Safe and reliable advice about young people's mental health, created by experts and parents together!
www.mindedforfamilies.org.uk

Support Services

Men'd
A Leeds Mind Service

Safe space for men to talk

We accept self-referrals via phone or email

mend@leedsmind.org.uk

0113 305 5800
(Clarence House reception)

Men'd on Facebook

Sibs 20 YEARS

For brothers and sisters
of disabled children and adults

You're not alone!

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

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

Respect
Men's advice line

The Helpline for male victims of domestic abuse.

Talk it over!

Freephone:
0808 8010327



#ANDYSMANCLUB



#ITSOKAYTOTALK

To find your nearest group go to:
www.andysmanclub.co.uk/find-your-nearest-group

Support Services

together women

Domestic Violence & Abuse

Employment & Training

Health & Wellbeing

Housing & Homelessness

Leeds – **0113 380 8900**

13 Park Square East
Leeds, West Yorkshire LS1 2LF

central@togetherwomen.org

LEEDS.GOV.UK



Help with food and household bills

To find out more go to:
www.leeds.gov.uk/benefits/help-with-food-and-bills

GOV.UK



Carers Allowance Advice & How to Apply

To find out more go to:
www.gov.uk/carers-allowance/how-to-claim

LASSN
Leeds Asylum Seekers' Support Network



At its heart, LASSN is about the relationships and the connections we nurture between the people of Leeds: between people who are settled, and people who have just arrived.

To find out more go to:
https://lassn.org.uk/our-work

Support Services



Leeds Directory

The Leeds Directory is an online source of information for services that can support you to live well in Leeds.

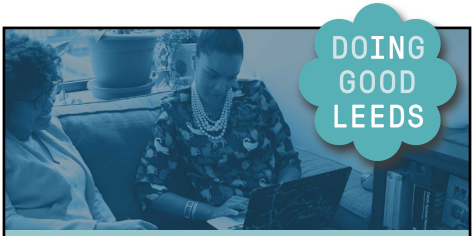
To find out more go to:
www.leedsdirectory.org/about-leeds-directory/about

MindWell

Leeds Mental Health Support

To find out more go to:
www.mindwell-leeds.org.uk

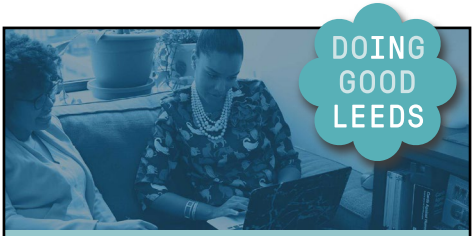




Cost of living support for organisations

- Energy Bill Relief Scheme
- Relief from Business Rates

To find out more go to:
https://doinggoodleeds.org.uk/cost-of-living-and-the-third-sector-in-leeds/cost-of-living-support-for-organisations



Cost of living support for individuals

Support and Resources to help you save money, and save the planet.

To find out more go to:
https://doinggoodleeds.org.uk/cost-of-living-and-the-third-sector-in-leeds/cost-of-living-support-for-individuals

Useful Services

Who you can call this Mental Health Awareness Week

mind	**0300 123 3393** Open 9am-6pm weekdays
SAMARITANS	**116 123** Always open
CAMPAIGN AGAINST LIVING MISERABLY	**0800 58 58 58** Open 5pm - midnight
If you're in Wales: C.A.L.L.	**0800 132 737** Always open
If you're under 25: THE MIX	**0808 808 4994** Open 4pm - 11pm

Leeds CITY COUNCIL

Free School Meals

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

To apply go to:
www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals

Leeds SENDIASS

Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS) in Leeds.

We offer information, advice, and support to:

- Children and young people (up to 25 years) with SEND
- Parents and carers of children with SEND
- Practitioners (who might support children, young people, or parents to access our service)

Tel: **0113 378 5020** Email: **https://sendiass.leeds.gov.uk**

the sleep charity

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



Useful Services

Leeds North and West foodbank

Tel: 0113 269 2985
Email: ereferral@leedsnorthandwest.foodbank.org.uk

Leeds South and East foodbank

Tel: 0113 277 2229
Email: info@leedssouthandeast.foodbank.org.uk

To find out more information on Leeds Food Aid Centres go to:
www.leeds.gov.uk/leedsmic/emergency-food

Leeds City Council

FAN Leeds Food Aid Network

NHS

Leeds Community Healthcare
NHS Trust

0-19 Public Health Integrated Nursing
Tel: 0113 8435 683
To access services go to:
www.leedscommunityhealthcare.nhs.uk/our-services-a-z

LEEDS.GOV.UK

Bereavement Services

To contact us go to:
www.leeds.gov.uk/births-deaths-and-marriages/death/bereavement-services

Leeds City Council

Family Information Services

Opening hours:
Monday to Friday: 10:00 - 15:30
PO Box 837
Family Information Service
Learning Systems
Leeds LS1 9PZ
Tel: 0113 378 9700

Fun Activities and Short Breaks Annual Catalogue 2022

For Children and Young People with disabilities and special educational needs (SEND)

This directory lists in detail fun activities and short breaks currently available to children and young people aged 0-18 in Leeds. The directory is accompanied by a guide, which explains more about the different LCC Commissioned Fun Activities and Short Breaks available and how to access them.
(updated V2 – May 2022)



Leeds City Council

To find out more go to:
https://leedslocaloffer.org.uk/#!/directory

Useful Services

Believe in children

Barnardo's

To find out what services are in your area go to:
www.barnardos.org.uk



National Autistic Society

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

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

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

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

To find out more go to:
www.autism.org.uk/what-we-do/help-and-support

Making Healthier Food Choices



Activities for the Holidays



The MAX Card

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

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

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

CEA CARD

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

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



Leeds CITY COUNCIL

FREE Healthy Activities



Healthy Holidays is for primary and secondary aged children who are eligible for free school meals. The council and our partners provide a fantastic range of clubs, activities and events. **Including free meal in a variety of locations across Leeds.**



To find out more go to:
www.leeds.gov.uk/children-and-families/healthy-holidays

Activities for the Holidays



What's on in Leeds www.millsqleeds.com

VISITLEEDS

Ultimate Leeds Guide this Chrsitmas









www.visitleeds.co.uk/the-ultimate-guide-to-leeds-christmas-2022

Activities for the Holidays

Kids eat for FREE or less during December 2022

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

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

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

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

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

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

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

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

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

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

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



Notes

Springwell Leeds

Nurture Inspire Achieve

Springwell Leeds North
Woodnook Drive
Tinshill
LS16 6DY

Springwell Leeds South
Middleton Road
Leeds
LS10 3JA

Springwell Leeds East
Brooklands View
Seacroft
LS14 6XR

Visit **springwellacademyleeds.org** Tel **0113 4870 555** Twitter **@Springwell_Lds**