

Organisation name	Service type	Restrictions	Contact
Bereavement Support			
Cruse Bereavement Support	Bereavement Support		Website: Home - Cruse Bereavement Support Tel: 0808 808 1677
Marie Curie	End of life charity 6 sessions over the phone with a bereavement support volunteer	Adults	Website: Marie Curie The UK's leading end of life charity Marie Curie Tel: 0800 090 2309 https://www.mariecurie.org.uk/help/support/book-a-call
Good Grief Trust	Information and links to support. Website to help you find the support you need as quickly as possible. You will find stories from others who have had a similar loss, practical and emotional support and signposting to a choice of immediate tailored local and national support	Adults	Website: https://www.thegoodgrieftrust.org/
Sue Ryder	Online Counselling and peer support	Adults	Website: https://www.sueryder.org Tel: 0808 164 4572 Email: supportercare@sueryder.org
Grief Chat	Offers a range of free and chargeable services. Monday – Friday, 09:00 – 21:00 (GMT). In those hours, they provide a free, live instant chat service with a qualified bereavement counsellors.	Adults	Website: https://griefchat.co.uk/ Tel: 01524 889823 Email: info@griefchat.co.uk

Support for Bereaved Children and Young People			
Child Bereavement UK	Online resources Offer free, UK-wide, accessible online grief support to children and young people (up to 25) who are bereaved or facing the death of someone important, and the parents and carers of babies and children who are dying or have died.	Up to 25 years old	Website: https://www.childbereavementuk.org/Pages/Category/child-bereavement-uk-support-services Tel: 0800 02 888 40 Email: ask@childbereavementuk.org
Grief Encounter	Support children, young people and families who are experiencing mild to moderate difficulties caused by the death of someone close.		Website: https://www.griefencounter.org.uk Tel: 0808 802 0111
Hope Again	A Cruse Bereavement Support website for young people providing information and peer support.		Website: https://www.hopeagain.org.uk
Childrens Bereavement Centre	Helping children and young people to cope with the grieving process brought on by the death or terminal illness diagnosis that has a prognosis of a year or less for survival of someone close.	3 to 18	Tel: 01636 551739 Email: info@childrensbereavementcentre.co.uk. Website: What we do Children's Bereavement Centre
Child Loss Support			
Sands	Sands supports anyone who has been affected by pregnancy loss or the death of a baby before, during or shortly after birth		Website: https://www.sands.org.uk Tel: 0808 164 3332 Email: helpline@sands.org.uk
The Lullaby Trust	Emotional support for bereaved people via multiple chat services.		Website: https://www.lullabytrust.org.uk/bereavement-support/ Tel: 0300 232 1350

			Email: support@lullabytrust.org.uk
Saying Goodbye	Provides information, advice, support to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or in infancy.		Website: https://www.sayinggoodbye.org/ Tel: 0300 323 1350 Email: support@sayinggoodbye.org
Child Death Helpline	Phone support run by bereaved parents for those affected by the death of a child of any age, from pre-birth to adult, under any circumstances, however recent or long ago.		Website: https://www.childdeathhelpline.org.uk Tel: 0800 282 986
Child Funeral Charity	Provides financial support for bereaved parents following referral from professionals who know the family.		Website: www.childfuneralcharity.org.uk Tel: 01480 276088 Email: enquiries@childfuneralcharity.org.uk
The Compassionate Friends	Supports bereaved parents, siblings and grandparents following the death of a child (post-natal). They offer online support and peer support.		Website: www.tcf.org.uk Tel: 0345 123 2304 Email: info@tcf.org.uk
The Miscarriage Association	Provide support and information to anyone affected by miscarriage, ectopic pregnancy or molar pregnancy. Helpline, online support groups/ forums and live chat.		Website: https://www.miscarriageassociation.org.uk/ Tel: 0303 003 6464 Email: info@miscarriageassociation.org.uk .
Support for Specific Bereavements			
SOBS – Survivors of bereavement by suicide	Supports people impacted by suicide through helpline, email support and peer support groups.		Website: www.uk-sobs.org.uk Tel: 03001115065

			Email: email.support@uksobs.org
Suicide & Co	Early bereavement support Counselling App		Website: https://www.suicideandco.org Tel: 0800 054 8400
SAMM – Support after Murder & Manslaughter	Support after Murder & Manslaughter		Website: www.samm.org.uk Tel: 0121 472 2912
Brake	Provides emotional and practical support for people whose loved ones have died or being seriously injured in a road crash.		Website: https://www.brake.org.uk Tel: 0808 8000 401 Email: help@brake.org.uk
WAY Widowed & Young	offers a peer-to-peer support network for anyone who's lost a partner before their 51st birthday. It connects young bereaved people to create a large social network	To get support from WAY and use the helpline individuals must sign up as a member which has an annual fee of £30.	Website: https://widowedandyoung.org.uk
Muslim Bereavement Support		Female	Website: Muslim Bereavement Support Service Tel: 020 3468 733 Email: info@mbss.org.uk
Blue Cross Pet Bereavement Support Service	For anyone who has lost a pet and needs someone to talk to		Website: https://www.bluecross.org.uk/pet-loss-support Tel: 0800 096 6606 (8.30 am -8.30pm) Email: pbssmail@bluecross.org.uk

Organisation name	Service type	Restrictions/ areas	Contact
Mental Health			
CRISIS Team - Single Point of Access (Adults 24-hour North East Lincolnshire Mental Health Support line)	Mental health emergencies or immediate response required	Adults	Website: https://navigocare.co.uk/what-we-do/services-z Single Point of Access Tel: 01472 256256 and select option 3
NAVIGO SafeSpace NAVIGO Coffee House on Brighowgate, Grimsby	Safespace is an out-of-hours, open door crisis cafe where you can get instant and practical mental health support. If you're feeling vulnerable in the evenings, you can drop into Safespace and speak to fully trained mental health professionals who will help you manage your wellbeing. Available Monday – Sunday 5.30pm-11.30pm (walk in/ telephone/ zoom)	Adults	Website: https://navigocare.co.uk/what-we-do/services-z/safespace Single Point of Access Tel: 01472 256256 and select option 3.
Give us a shout	Text service. Once you text, you will receive 4 automated messages before you are connected to a Shout Volunteer. This will usually be within 5 minutes but can take longer. The volunteer will introduce themselves and ask you to share a bit more about what's bothering you i.e., anxiety, depression, addiction.	Young People and Adults	Text support 24/7 85258
NHS talking therapies	NHSTT offers a range of therapies aimed at helping you to deal with stress, anxiety or depression.	Young People 16+ / Adults	Website: https://navigocare.co.uk/NHSTalkingTherapies/self-refer Tel: (01472) 625100.
Young Minds Matter Freshney Green Primary Care Centre	YMM provides emotional wellbeing and mental health service with a focus on	Children & Young People	Website: Child and Adolescent Mental Health Services (Young Minds Matter) :: Navigo

Sorrel Road, Grimsby DN34 4GB	prevention, early intervention and building a resilient community for children and young people		Tel: 01472 252570 Email: lpft.nelymm@nhs.net
Fortis Therapy Gordon House 18 Dudley Street Grimsby North East Lincolnshire DN31 2AB	Support young people, parents and staff through one-to-one confidential counselling, art and play therapy, and creative interventions.		Website: https://fortistherapy.co.uk/ Tel: 01472 241794 Email: enquiries@fortistherapy.co.uk claire@fortistherapy.co.uk
Compass Go Centre 4 17a Wooton Road Grimsby DN33 1HE	Work with children and young people on a 1:1 basis offering Cognitive Behavioural therapy intervention.	Children & Young People	Website: https://www.compass-uk.org/services/north-east-lincolnshire-mhst/ Tel: 01472 494250 Email: nelincsmhst@compass-uk.org
Open Door Albion Street Grimsby DN32 7DL	Support available for those with additional needs including people: • with Asperger's Syndrome and High Functioning Autism • who are homeless • from all ethnic groups • living with addiction • looking for employment and volunteering opportunities • Student Counselling Services	Adults	Website: https://www.opendoorcare.co.uk/ Tel: 01472 722000
NHS 111	Mental Health professional who can listen, provide advice and help arrange community care. • Feeling unable to cope or out of control		Tel: 111

	• Experiencing severe anxiety or distress • Having thoughts of self-harm or suicide • Hearing voices or seeing things others do not • Getting urgent support for a family member or friend		
Lincs Line	LincsLine is an out-of-hours service if you need mental health emotional support due to mental ill health. Operates 5pm-9am Mon – Fri, then 24 hours over a weekend.	Young Adults, Adults	Website: North East Lincs Helpline (Lincsline) Tel: 0808 800 1010 (freephone)
Samaritans	Whatever you're going through, you can call or email Samaritans any time for free.	Adults	Website: https://www.samaritans.org/branches/grimsby/?gclid=EAlaIqobChMI-53T6NDF9gIVD5ftCh1YwwpEEAAYASAAEgl4evD_BwE Tel: 116 123 free from any phone Tel: 0330 094 5717 local call charges apply Email jo@samaritans.org
Kooth	Kooth is an online mental wellbeing community with free, safe and anonymous support for young people through live chat.	Young People from age 10	https://www.kooth.com/

School Nurse Text Service	Offer support around mental health, bullying, self harm, bereavement, alcohol, smoking, healthy eating, contraception, sex & relationships	11yrs-19 yrs	Text: 07507331620
Alzheimer's Society	Offers support to those undergoing or have a diagnosis of a mild cognitive impairment or dementia.	Adults	Website: Alzheimer's Society Tel: 01472 359247 Tel: Dementia Connect Helpline 0333 150 3456 Email: Referrals_nelincs@alzheimers.org.uk
ADHD support	Adult Neurodiversity Service, including autistic adults and adults with ADHD.	Adults	Website: Adult ADHD Service - Care Plus Group Tel: 01472 245245 (24 hours) Tel: 01472 266999 (Mon-Fri 9am-5pm)
Community Learning Disability Team	Support adults with learning disabilities and their carers improve their health and wellbeing.	Adults	Website: Community Learning Disability Team - Care Plus Group Tel: 01472 571100 opt 1 Email: cpg.CLDT@nhs.net
Neuropsychiatry	Anyone over the age of 18 and living with a neurological condition with accompanied cognitive, behavioural or psychiatric disorders can access the neuropsychiatry service. Please refer to referral for inclusion and exclusion criteria.	Adults	Website: https://navigocare.co.uk/what-we-do/services-z/neuropsychiatry-service Visit the above website for referral form and inclusion criteria.

Navigo- One Front Door	Supporting individuals with Social stressors, the team also has a debt advisor and employment support.	Adults	Tel: 01472 256256 Option 3 Email: navigo.onefrontdoor@nhs.net
Navigo- Green and Blue Social Prescribing	Activities connecting people with Nature.	Adults	Website: https://navigocare.co.uk/what-we-do/services-z/green-and-blue-social-prescribing
Manup	Men, talking to men. Promotes discussions and awareness of mental health in men.	Men	Website: MANUP? MEN'S MENTAL HEALTH CHARITY
Qwell	Online mental wellbeing community. For adults struggling with stress, uncertainty, feeling low, anxious or depressed.	Adults	Website: Home - Qwell
Campaign Against Living Miserably	Suicide Prevention charity that provides life-saving service and practical mental health support to anyone that needs it.		Website: Campaign Against Living Miserably Suicide prevention charity Tel: 0800 58 58 58 (5pm – Midnight every day)
Anxiety UK	Support for anxiety from people who understand.		Website: Home - Anxiety UK Tel: 03444 775 774 (24/7)

Organisation name	Service type	Restrictions	Contact
LGBT+ support and info			
Gendered Intelligence Youth & Community services	Offering online trans youth groups for ages 7-30. They also offer groups specifically for young people of colour and transfeminine. Also offering great resources for families and young people	Children & young people and adults	Website: Youth Groups Gendered Intelligence Website: Home Gendered Intelligence
Switchboard LGBT+ Helpline	Switchboard provides a one-stop listening services for LGBT+ people on the phone, by email and through instant messaging services.		Website: Switchboard LGBT+ Helpline Tel: 0300 3300630
Mermaids	Mermaids is a LGBTQ+ charity empowering people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends.	Children & young people to age 20 Web chat support for young people up to age 25	Website: Homepage - Mermaids (mermaidsuk.org.uk) Tel: Helpline 0808 801 0400
Gender Identity research & Education Society	GIRES is a UK wide organisation whose purpose is to improve the lives of trans and gender diverse people of all ages, including those who are non-binary and non-gender. Offering training, resources for organisations, friends and family to support their understanding.		Website: Groups in Yorkshire and Humberside – – Gender Identity Research & Education Society – Tranzwiki directory (gires.org.uk)

Organisation name	Service type	Restrictions	Contact
Health			
Community Midwife Diana Princess of Wales Hospital, Grimsby,	Provides information, advice and guidance	Pregnancy	Tel: Tel: 0303 330 5232
Sarah Wise, Teenage Pregnancy Diana Princess of Wales Hospital, Grimsby,	Offers support, information, advice and guidance	Teenage Pregnancy	Email: Sarah.wise1@nhs.net
Health Visiting and School Nurse Service	Offer confidential advice from professionals; toileting, breastfeeding, sleep, behaviour and more	0-11yrs	Website: Enter the location on www.chathealth.nhs.uk Email: HV.SN@nelincs.gov.uk

Organisation name	Service type	Restrictions	Contact
Social Isolation/ Wellbeing Check			
NHS – Better Health	Advice and practical steps that you can take to support your wellbeing and manage your mental health	Anyone	Website: https://www.nhs.uk/every-mind-matters/
Hub of Hope	Hub of Hope can be used to find local sources of mental health support and services, both from the NHS and from other organisations	Anyone	Website: https://hubofhope.co.uk/
Alzheimer's Society NELC	Dementia Advise and support Service Carers Information Support Programme (CrISP)	People with Dementia and Carers	Website: Dementia Support North East Lincolnshire Alzheimer's Society Tel: Grimsby Office 01472 359247 Tel: Dementia Connect Helpline 0333 150 3456 Email: Referrals_nelincs@alzheimers.org.uk
Carers Support Service	Telephone Helpline – emotional support, signposting, referrals, information and advice.	Carers caring for a family member, friend or neighbour who lives in North East Lincolnshire	Website: Info.nel@carerssupportcentre.com www.carerssupportcentre.com Tel: 01472 242277
Events, Groups and Activities	Carer groups, stress management courses, meetings and national awareness days.		Website: One Front Door Information & Advice drop in :: Navigo

Organisation name	Service type	Restrictions	Contact
Domestic Abuse			
Women's Aid (Refuge)	Supported housing accommodation	Those experienced domestic abuse	Website: https://www.womensaidnel.org/contact-us/ Tel: 01472 575757 Email: training@womensaidnel.org
Women's Aid Outreach Support	Support such as housing, solicitors, benefits, networking, safety planning and a range of practical support such as bolts, locks, alarms etc.		Website: https://www.womensaidnel.org/freedom-programme/ Email: freedom@womensaidnel.org
Women's Aid Freedom Programme	Programme for those experienced domestic abuse.		
Women's Aid Drop in Sessions	Drop In Sessions Available every day/ evening		Website: https://www.womensaidnel.org/drop-in-sessions/ Mondays 9.30 – 11.30am at Roxton GP Practice, Immingham Tuesdays 1pm – 3pm at our Women's Centre, Grimsby (women only) Wednesdays 1pm – 3pm at Clee Medical Centre, Grimsby Road, Cleethorpes Thursdays 9.30am – 11.30am at our Women's Centre, Grimsby (women only) Fridays 10am – 12noon at our Hainton Square Shop, Grimsby
The Blue Door (Rape CRISIS/ IDVA/ ISVA Service)	A specialist service who provide support to anyone that has experienced domestic abuse and sexual violence in North East Lincolnshire and those who have experienced rape and serious sexual offences in Hull and the East Riding of Yorkshire through a variety of advocacy, outreach workers, groups and programmes.		Website: https://www.thebluedoor.org Helpline: 0800 197 47 87 Office Tel: (01724) 841 947 Email: info@thebluedoor.org Emergency Tel: 999. If you cant speak, press 55 when the operator is on the line to get help

Who's in Charge Programme	A 9 week child to parent violence (CPV) programme aimed at parents whose children are being abusive or violent toward them or who appear out of parental control.	8yrs – 18yrs	Website: Whos In Charge - Working with : Child to Parent Violence & Abuse Tel: 07769 681025 Email: info@reformda.org
Respect Young Persons Programme (RYPP)	Supporting professionals working with young people and their families where a young person is engaging in abusive behaviour towards parents or carers and/or towards an intimate partner.		Website: https://www.respectyps.org.uk/
DART (Domestic Abuse Recovery Together) Programme	Through DART children and mothers can talk to each other about domestic abuse, learn to communicate and rebuild their relationship.	Mothers & children aged 7yrs – 14yrs	Website: Domestic Abuse, Recovering Together (DART) NSPCC Learning Early Help: Programme is delivered by Early Help Families First Practitioners at an EH level and Family Support Workers at CIN/ CP level. Early Help Assessment to be completed by an external agency when requesting for DART. Social workers can only request DART for Early Help Service if it is part of the plan at closure. Option to email kate.shore@nelings.gov.uk to see if DART would be an option prior to closure.
Citizens Advice Domestic Abuse Worker	See website for further information	Those experienced domestic abuse	Website: https://www.womensaidnel.org/contact-us/ Tel: 0800 144 8848
Affordable Justice (Based in Hull however are accessible for any area)	If you cannot get legal aid – this organisation can help with offering substantially reduced legal cost	Women who have experienced	Tel: 01482 711003 Email: www.affordablejustice.co.uk

		domestic abuse	
Safer Homes (Target Hardening Team) 84 Wellington Street, Grimsby, DN32 7DZ	Strengthening the security of a building in the event of attack/ reduce the risk of crime. by replacing locks, installing windows and alarms and putting in measures to reduce the risk of crime.	Refer to website for criteria	Website: https://empowersocialenterprise.co.uk/ Tel: 01472 268708 Email: admin@empowersocialenterprise.co.uk (Ask for a referral form and they will provide this)

Organisation name	Service type	Restrictions	Contact
Alcohol/ Substance Misuse			
With You / North East Lincolnshire Recovery Partnership 76B Cleethorpe Road Grimsby DN31 3EF	One to one or group support	Adults (18 years+)	Website: https://www.wearewithyou.org.uk/services/north-east-lincolnshire/ Tel: 01472 806890 Email: www.wearewithyou.org.uk North East Lincolnshire Recovery Partnership for Drug & Alcohol Use Turning Point
Alcohol Anonymous	Find an AA meeting near you	Adults	Website: https://www.alcoholics-anonymous.org.uk/
Carers Support - The Angel Club	The Angel Club is a specialist group for Carers of people with substance misuse problems. Offer virtual and face to face peer support groups.		Website: https://carerssupportcentre.com/support/substance-misuse/ To book onto a support group visit; https://carerssupportcentre.com/whats-on

Organisation name	Service type	Restrictions	Contact
Housing/ Tenancy Support Services			
Women's Aid NEL	Support and housing for victims and survivors of domestic abuse	Those experienced domestic abuse	Website: www.womensaidnel.org/ Tel: 01472 575757 Email: support@womensaidnel.org
NELC Home Options Team	Homelessness and housing advice.		Tel: 01427 326296 (Homelessness – option 1)
Harbour Place	Daily drop in to access services to support those who are sleeping rough: • Housing • Health • Benefits • Harm Reduction Services	Vulnerable/ isolated people	Website: www.harbourplacegrimsby.org.uk Tel: 01472 355234
Salvation Army Grimsby Corps Worship & Community Centre Duncombe Street Grimsby DN32 7EG United Kingdom	Homelessness/ budget and debt advice	Adults	Website: https://www.salvationarmy.org.uk/grimsby Tel: 01472 346620/ 01472 403348 Email: grimsby.corps@salvationarmy.org.uk
YMCA Humber 21 Freeman Street, Grimsby, DN32 7AB	Supported accommodation for young people/ provides education and training, mental health support and youth activities to young people throughout the Humber area.	Young People	Website: https://www.ymca-humber.com/ Tel: 01472 403020 Email: info@ymca-humber.com
Doorstep Pasture Street, Grimsby,	Provide housing and support to young people under 25 years old who have	Young People under 25 years	Website: http://www.mydoorstep.org.uk/

DN32 9EE	a local connection to North East Lincolnshire and are homeless or at risk of homelessness.		Tel: 01472 321444/ 07718 494 660 Email: info@mydoorstep.org.uk
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Organisation name	Service type	Restrictions	Contact
Disabilities/ Learning Needs/ Speech & Language			
SENDIAS Civic Offices Knoll Street Cleethorpes	Advice and support to children, young people and parents/carers of a child in relation to Special Educational Needs and Disability (SEND) living within North East Lincolnshire.	Children & Young People up to 25 years with SEND Parents/ Carers with SEND	Website: www.nelsendiass.org.uk Call: 01472 326363 Email: ask@nelsendiass.org.uk Facebook Page: Sendiass North East Lincolnshire Facebook
Children's Disability Service (CDS) Civic Offices, Cleethorpes, DN35 8LN	Offer; NELC Short Break Services, including care in the home, sitters, overnight care Assistants to support in accessing leisure activities, holiday play schemes, Care at home, including sitter services, offer some aids and adaptations	Children & Young People	Website: Children's disability service - NELC NELC (nelincs.gov.uk) Tel: 01472 326292 (option 5)
Linkage	Linkage Children and Families Service provides free information, advice, guidance and support to parents, carers and families of young people with additional needs and learning disabilities, aged 5-18 years old.	Children & Young People ages 5 - 18 years	Website: Linkage Supporting Specialist Post-16 Education, Care and Employment Tel: 01472 372311 Email: heather.learwood-griffiths@linkage.org.uk
NEL Portage Service Knoll Street, Cleethorpes, DN41 8BW	Portage is a home visiting educational service for pre-school children with special educational needs. These may be pre-school children who have	Pre-school children	Website: Specialist Advisory Service - Portage (N E Lincs Portage Service) National Portage Association Tel: 01472 323314

	learning difficulties, delays in their development and/or physical difficulties. The Portage Team aims to help families by working with them in their home, helping them to meet the needs of their child.		Email: andrea.clark@nelincs.gov.uk
Young Carers Support Service	Offer peer support groups for young people who have been identified as a young carer	Young Carers (any age)	Website: Young Carers - Carers Support Service (carerssupportcentre.com) Tel: 01472 326294 (option 3 then option 2) / 01472 242277 Email: admin.yps@nelincs.gov.uk
Foresight 60 New market Street, Grimsby, DN32 7SF	Offer learning, training, leisure, sporting, and social activities all specifically adapted to meet the needs and requirements of the disability. Also offer information, advice and guidance on benefits, independent living, job search, careers, all aspects of health.	16 years +	Website: https://www.foresight-nelincs.org.uk/ Tel: 01472 269666 Email: info@foresight-nelincs.org.uk
Carers Support Service The Old Waterworks Offices 1 Town Hall Square Grimsby DN31 1HY	Offer various activities/ drop in's/ support in applying for PIP	Parent or child carers	Website: Home - Carers Support Service (carerssupportcentre.com) Visit website to make a referral Tel: 01472 242277

Access Pathway Team	The Access Pathway is the route for children and young people (up to their 18th year), where support has already been accessed and tried, but further multi-disciplinary discussions may be required. This informs any extra intervention or specialist assessments needed, for example Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD).	Children/ young people up to 18 yrs	Website: Access Pathway Tel: 01472 323998 Email: access-pathway@nelincs.gov.uk
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Organisation name	Service type	Restrictions	Contact
Food Banks			
We are ONE Foundation Church Hall, St Andrews, Albion Street, Grimsby, DN32 7DY	Food Larder St Andrews Church Hall, 2B Albion Street, GRIMSBY Tuesday & Thursday 11:00am - 2:00pm Closed Thursday 2 nd June <u>Walk-Through Hot Food Kitchen</u> St Andrews Church Hall, 2B Albion Street, GRIMSBY Tuesday & Saturday 4:00pm - 6:00pm Open as usual Sat 4 th June The above services are collection / takeaway ONLY		Website: We Are ONE (Outreach North East) Foundation - UK Charity (weareonefoundation.co.uk) Tel: 01472 460246 Mobile: 07542 962210 Email: weareonefoundationuk@outlook.com Refer to website below for opening times/ venues
West Marsh Community Centre Food Larder (in partnership with We Are One Foundation) West Marsh Community Centre Beeson Street Grimsby DN31 2QS	Predominantly supporting residents of the West Marsh. Although in specific circumstance can support the wider community of North East Lincolnshire	West Marsh area	Tel: 01472 269230 Open: Wednesday 11am - 2pm
Rock Foundation Heneage Road, Grimsby, DN32 9ES	Free food parcels - only for those in receipt of means-tested benefits and households with children who are in poverty. Checks are carried out by Rock Foundation.		Website: https://rockfoundation.org.uk/ Tel: 01472 488026 Email: office@rockfoundation.org.uk Holme Hill , Wellington Street DN32 7JX: Monday, Wednesday & Friday 1:00pm - 3:30pm

			Willow Community Church, Wingate Road DN37 9EL: Tuesdays & Thursdays 1:00pm - 3:30pm
CARE Grimsby Access Point 18 Hainton Avenue, Grimsby, DN32 9BB	Provide food hampers		Website: CARE Tel: 01472 232310 Email: enquiries@carenelincs.co.uk
Oasis Hub, Grimsby Sutcliffe Avenue, Grimsby DN33 1AW	Provide food hampers for families living in South Ward or Oasis school families. Food parcels are free but are aimed at families on low incomes. Parcels need to be collected from the Hub.	South Ward/ Oasis School	Tel: 07983298965 Referral Form - https://forms.office.com/r/xNgsNnykK7 Open: Tuesday & Friday 10am – 12pm
CARE Immingham Food Larder	This is for people in food poverty , not to deal with people that are isolating or cannot find adequate food in shops.	Immingham/ surrounding villages	Mon, Wed and Fri 12.00pm till 3.30pm Closed Friday 3 rd June Referrals only via this form, can be completed over the phone by calling Elaine, 07419374197  CARE Food Larder Referral Form.docx
Echo	Free Food parcels can be ordered and delivered on the same dates. No referrals needed Free Takeaway food/hot drink		Website: ECHO Street Kitchen – Greater Lincolnshire Food Partnership Tel: 07931520416 to order food parcel. Under flyover Cleethorpes Road – Wednesday 12pm - 2pm & Saturday 6:30 - 8pm (time may vary slightly) Open as usual

St Peters Food Pantry	Focus on supporting the community of the St Peters Church area Monday – food parcel deliveries (must be pre ordered) Monday – 10am – 12pm Homeless Drop in for a hot drink and food parcel		Food parcel delivery must be booked in advance by: Using the form available on their Facebook page - https://www.facebook.com/St-Peters-Church-Hall-Cleethorpes Or email – stpetersfoodbank6@gmail.com Open as usual Address for drop in: St. Peter's Church Hall St. Peter's Avenue, Cleethorpes DN35 8HP
Grimsby Neighbourhood Centre 289a Weelsby Street Grimsby DN32 7JW	We have free food to give away on Monday mornings from 9:00am for an hour (or maybe more) to any who are in need on the East Marsh.	East Marsh area	Website: Grimsby Neighbourhood Church – KNOW... GROW... GO Tel: 01472 348129

Organisation name	Service type	Restrictions	Contact
Grants/ Household Items			
Buttle UK	Offer grants of up to £2000 for children/ young people who have experienced a recent crisis/ significant change in their life. They can fund activities and items (furniture). Applications must be made by a support worker.		Website: https://buttleuk.org/
Glasspool Charity Trust	UK-wide charity that provides grants support for people experiencing financial hardship. They provide grants for all types of furniture including flooring. A support worker has to be registered with Glasspool Trust to make the application on behalf of the recipient.		Website: https://www.glasspool.org.uk/ Accept new applications from 11am each Monday. Once we have received as many applications as we can potentially fund for the week, you will not be able to submit any new applications until 11am the following Monday. This will be a Tuesday if Monday is a bank holiday.
BBC Children in Need Emergency Essentials	Our Emergency Essentials programme supports individual children and young people living with severe poverty, a lack of the basic facilities which most of us take for granted and additional pressures such as domestic violence, disability or poor health in the family.		Website: Emergency Essentials - BBC Children in Need Email: emergencyessentials@familyfundsolutions.co.uk
Family Fund	Supporting families raising disabled or seriously ill children	Children with a disability	Website: https://www.familyfund.org.uk/faqs/how-do-we-apply
Family Action Grants Service	Aims to help prevent an immediate crisis from spiralling and threatening the stability of families with children	Families with children	Website: Family Action's Grants Service: Financial support since 1869 (family-action.org.uk)

Smallwood Trust	Provides support for women living in persistent poverty, classed as being in relative income poverty in the current year and at least two of the three preceding years. They provide funding for “life situations” such as living on a low income and these grants can be used for essential furniture items.	Women	Website: Grants Smallwood Trust

Organisation name	Service type	Restrictions	Contact
Family Support			
NELC Children's Integrated Front Door (IFD)	NELC's Children's Front Door will undertake an initial consideration of the referral that will proceed to one of the following outcomes: Progress to Assessment If the information they gather from the MARF shows clearly that a child is in need or in Need of Protection, they will allocate the matter for an Assessment to a qualified statutory Social Worker. Support The Front Door will look at what support can be offered to the lead and the Team Around the Child to de-escalate the concerns through additional support Progress to Locality Early Help Offer If the matter does not meet threshold 4 however a service will be beneficial to meet the needs of the child or family and complex early help is advised, we will pass the referral to the Early Help team to progress and contact the referrer to advise of the next steps. Provision or Information or Advice On some cases that are not allocated, information will be sent to the family		Tel: 01472 326292 Option 2 (8.30am - 5pm Monday to Thursday 08.30am – 4.30pm Friday) Email: nelcchildrensfrontdoor@nelincs.gov.uk Early help NELC   MARF%20NELC%20 2021%20(With%20pr Threshold-of-Need-2 020-Inc-Extra-Fam-Se

	with advice for early help services via a single agency.		
LADO Process	It is important that all staff know how to report an allegation of harm by a professional against a child. This is a reminder of the process for all NE Lincs CSC staff. If you have a concern about a professional or volunteer who may have harmed a child or if you need to seek advice about whether the matter meets LADO threshold, the following applies 1. Contact LADO at lado@nelincs.gov.uk. This email is always covered by Business Support and the Service Manager for CSRS when the LADO is not available. The LADO should be informed of the allegation within 24 hours. 2. If you are unsure whether the matter is a LADO referral, LADO will offer advice and consultation, if you provide contact details. 3. The LADO procedures and referral form are available on the internet, under LADO, as follows: Allegations management NELC		
NELC Early Help Service	Undertake assessments such as Early help assessments, DASH assessment, Graded care profile and PAMS. Co-ordinate packages of support to families living with a number of issues such as complex neglect, domestic abuse, substance misuse, parental mental ill health and parental conflict. Vulnerabilities team support young people in the local community who are subject too or at risk of child criminal exploitation, child sexual exploitation and children that go missing from home and care.	Early Help threshold	Website: Early help NELC Tel: 01472 326292 Option 2 (8.30am - 5pm Monday to Thursday 08.30am – 4.30pm Friday) Email: nelcchildrensfrontdoor@nelincs.gov.uk    MARF%20NELC%202021%20(With%20pr Early-Help-Assessme nt-with-guidance.doc Threshold-of-Need-2 020-Inc-Extra-Fam-Se

NELC GRAFT Team (child criminal exploitation)	The GRAFT project is a Home Office funded specialist project that tackles the regional drivers of Child Criminal Exploitation (CCE), namely low aspiration substance misuse and involvement in the illegal drugs market.	High risk	Tel: 01472 326292 Option 2 (8.30am - 5pm Monday to Thursday 08.30am – 4.30pm Friday) Email: NELSCPEnquiries@nelincs.gov.uk Complete MARF and Exploitation Screening Tool below and send both to the Integrated Front Door.
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Organisation name	Service type	Restrictions	Contact
Other			
Michele Hargreaves/ Tracey Rudd Job Centre Plus Grimsby Bridge House, Grimsby	Able to do benefit calculations to show the financial benefits of working. Diagnostic interviews to find what their aspirations are and discuss the barriers that are preventing them from looking for work. Raise aspirations of the families and help them move in to work or closer to work – this may be training, volunteering, education etc.		Referrals can be made to us by contacting us - with details of the family/person including name and contact details and some back ground information and reason for referral. Michele Hargreaves Tel: 07584 150605 Email: michele.hargreaves@dp.gov.uk or Tracey Rudd Tel: 07584 145920 Email: tracey.rudd1@dp.gov.uk
Centre 4 Community Hub 17a Wootton Road, Grimsby DN33 1HE	The Centre4 team is on hand to provide free and friendly support about Benefits, Debt and Money Management, Housing, Employment, Relationships & Family, Employment.		Website: https://centre4.org.uk/ Tel: (01472) 236688 E-mail: enquiries@centre4.org.uk
Thrive-Nel Centre 4 Community Hub 17a Wootton Road, Grimsby DN33 1HE	Thrive-NEL hold a male only support group on Wednesday's, 10am – 11:30am at Centre 4.		Tel: 01472 236673 to self refer Or a practitioner with consent can ring on their behalf and complete the referral form over the phone
Butterfly Mums Nunthorpe & Bradley Park Family Hub, Sutcliffe Avenue, Grimsby, DN33 1AN	Butterflies Mums volunteers make home visits or have contact with families each week supporting mums and their families in differing situations. They provide a listening ear and offer non-judgemental, practical and emotional support, and help to build confidence and coping skills.	Expectant mother or at least one child living in the family home	Tel: 01472 326612 Email: sara.wagstaff@centre4.org.uk Referral Form:  Butterflies Mums Professionals Informa  02. A Parent's Guide.pdf  Professionals%20referral%20form%20Butt

Baby's Basket Baby Bank 2 Brigg Grove, Lincoln LN6 3NW	Any parent who lives in Lincolnshire and is struggling through financial hardship or other difficulties to provide for the practical needs of their new baby can be referred by a health or welfare professional to receive baby items.	Expectant mothers	Website: https://babysbasket.org.uk/ Tel: 07486 534 641 Email: grownups@babysbasket.org.uk
Grimsby Dad's Collective YMCA Humber 21 Freeman Street, Grimsby, DN32 1AB	The Grimsby Dads Collective brings together fathers and carers who had a child under the age of 25, or soon-to be fathers under the age of 25.	Young fathers 25 years and below	Website: https://www.ymca-humber.com/what-we-do/family-support/grimsby-dads-collective/ Tel: 07593586262 / 01472 359621 Email: debbie.taylor@ymca-humber.com
Libraries in NELC	Grimsby Central Library, Town Hall Square, Grimsby, DN31 1HG Waltham Library, High Street, Grimsby, DN37 0LL Cleethorpes Library, Alexandra Road, Cleethorpes, DN35 8LG The Gingerbread House Library, Church Lane, Humberston, DN36 4HZ		
Lincs Inspire E-Library	Borrow eBooks, eAudiobooks, eMagazines and eNewspapers to read on your phone or tablet using the Libby app, by OverDrive.	All	Website: eLibrary (lincsinspire.com)
Business Hive Inspire Project	Vulnerable young people who are at a cross roads in their life and be able to divert them from being exploited in to	16 years – 24 years	Referral form: https://forms.office.com/r/CXMkp2N0ff

	criminality, by providing them with hope and aspirations.		
NSPCC Grimsby Service Centre Freshney Green Primary Care Centre, Sorrel Road, Grimsby, DN34 4GB	Together For Childhood/ Young SMILES Programme	East/ West Marsh area	Tel: 01472 803500
Oasis Hub South Grimsby Sutcliffe Avenue, Grimsby DN33 1AW	Advocate for better housing provision. encouraging education opportunities, supporting with applications, finding volunteering opportunities, or accessing counselling or well-being services.		Website: CONTACT US - (oasisouthgrimsby.org) Tel: 07983298965 Email: Michelle.Donner@oasiswintringham.org Referral: Family & Youth Support Sign Up - Oasis Hub South Grimsby (office.com)
VANEL (Voluntary Action North East Lincolnshire)	VANEL develops, promotes, informs and supports the local voluntary, not-for-profit and charitable sector.		Website: http://vanel.org.uk/va/ Tel: 01472 231123 Email: office@vanel.org.uk

Organisation name	Service type	Restrictions	Contact
Baby/ Toddler/ Children's Groups			
Lincs Inspire Children's Groups	Shake, Rattle & Read Group Little Readers Group	Babies/ Children	Please refer to website for dates/ times Website: Children's Groups (lincsinspire.com)
Fusion Community Hub Every Thursday 6-8pm	Pool table/ playstation/ films/ tuck shop/ arts & crafts/ music/ free wifi and sports	10 years – 19 years	Website: www.fusioncentre.co.uk
Open Door Baby weigh in clinic Albion Street, Grimsby, DN32 7DL	Baby weigh in clinic	Babies	Every second Friday between 09:30am-12.30pm April 1 st , 15 th , and 29 th May 13 th and 27 th Tel: 01472 722000 Email: nel.opendoor@nhs.net
One Voice Community Project Old Library, Pelham Road, Immingham	Parent & Child Play Session FREE to attend	Babies/ Children	Website: www.onevoicecommunity.com Mondays 1.00pm – 2.30pm
Climb4 Limited Centre 4, Wootton Road, Grimsby, DN33 1HE	Interactive baby sessions	Babies	Website: www.climb4.co.uk Tel: 01472 236668
Youth Group Old Library, Pelham Road, Immingham	Every Monday 6pm-8pm	11yrs – 16yrs	Tel: 01472 236688 (ext 270) or 07548825026 Email: info@climb4.co.uk
Trinity Boxing Academy	Boxing Club	6+ yrs	Website: Cleethorpes Trinity Boxing Academy

Trinity Road, Cleethorpes,
DN35 8UN

Email: hello@cleethorpestrinityboxingacademy.co.uk