**Hyndburn and Ribble valley**

Bereavement

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| Name | Phone number | Website/ email |
| Cruse Bereavement Care | Tel: 01772 433645 | [Email: lancashire@cruse.org.uk](Email:%20lancashire@cruse.org.uk) |
| Hope Again | Tel: 0808 8081677 |  |
| Young minds | 0808 802 5544 | [www.youngminds.org.uk](file:///C:/Users/gfoster001/Downloads/www.youngminds.org.uk) |
| STRIDE – Bereavement Support for Young People and Families | Tel: 01772 798746 |  |
| Child Bereavement UK - Bereavement Support for Young People and Families | 0800 0288840 |  |
| Survivors Of Bereavement of suicide | 01482 210287  0300 111 5065 | <https://uksobs.org/> |

Carers

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| Name | Phone number | Website/ email |
| Carers Link – Support for carers of all ages | Tel: 0345 688 7113 | [www.carerslinklancashire.co.uk](file:///C:/Users/gfoster001/Downloads/www.carerslinklancashire.co.uk)  [info@carerslinklancashire.co.uk](file:///C:/Users/gfoster001/Downloads/info@carerslinklancashire.co.uk) |
| Barnardo’s Lancashire Young Carers | Tel: 01772 641002 | <https://www.barnardos.org.uk/what-we-do/services/lancashire-young-carers> |
| Kinship | 01282 690536 | <https://kinship.org.uk/support-group/kinship-group-pendle-and-ribble-valley/> |

Disabilities/ SEND

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| Name | Phone number | Website/ email |
| ADHD NORTH WEST | Tel: 01254 352586 | [www.adhdnorthwest.org.uk](http://www.adhdnorthwest.org.uk/)  [yvonne.tudor@adhdnorthwest.org.uk](mailto:yvonne.tudor@adhdnorthwest.org.uk) |
| S.E.N.D Service  Children and Young People with Special Educational Needs and Disabilities with Links to Local Health Services. | Tel: 01254 220553 | [www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/health/health-services/](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/health/health-services/) |
| S.E.N.D Service - Information Advice and Support Team | Tel: 0300 123 6706 | [www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/help-for-parents-and-carers/information-advice-and-support/](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/help-for-parents-and-carers/information-advice-and-support/)  [SEND Information advice and support service referral form](https://lancashire.firmstep.com/default.aspx/RenderForm/?HideToolbar=1&F.Name=pVgUNcLQwg2)  Email: [information.lineteam@lancashire.gov.uk](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/information.lineteam@lancashire.gov.uk) |
| Understanding Autism North West | Tel: 01254 471500 | [www.understandingautismnw.co.uk](http://www.understandingautismnw.co.uk/)  [info@understandingautismnw.co.uk](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/info@understandingautismnw.co.uk) |
| Limitless Accrington | 08006891802 | <https://www.limitless-send.co.uk/> |
| Autism Plus | Tel: 0114 3840284 | [emailinfo@autismplus.co.uk](mailto:emailinfo@autismplus.co.uk)  [www.autismplus.co.uk](http://www.autismplus.co.uk/) |
| National Autistic Society | 02078332299 | [www.autism.org.uk](http://www.autism.org.uk/) |
| Action for ASD | 01282 415455 | [www.actionasd.org.uk](http://www.actionforasd.org.uk/) |
| Lancashire breaktime | 01254 357988 | [www.adventure-hyndburn.co.uk/](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/www.adventure-hyndburn.co.uk/) |

Victim support/ DA

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| Name | Phone number | Website/ email |
| HARV Support for Victims of Domestic Abuse | Tel: 01254 879855 | [www.harvoutreach.org.uk](http://www.harvoutreach.org.uk/)  Email: [info@harvoutreach.org.uk](mailto:info@harvoutreach.org.uk) |
| Lancashire Domestic Abuse Perpetrator Programme  Intervention for Perpetrators of Domestic Abuse | Tel: 01772 717597 | [www.relatelancs.org.uk/home/ldapp/](http://www.relatelancs.org.uk/home/ldapp/)  [LDAPP@relate.org.uk](mailto:LDAPP@relate.org.uk) |
| Refuge  Provides specialist services include refuges, independent advocacy, community outreach projects, and culturally specific services. Lots of useful links. | Tel: 0808 2000 247 | [www.refuge.org.uk](http://www.refuge.org.uk/) |
| Men's Advice Line  Advice and support for men experiencing domestic violence and abuse. | Tel: 0808 8010327 | [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk/) |
| Broken Rainbow – LGBT Domestic Violence Charity | Tel: 08452 604460 | [www.brokenrainbow.org.uk](http://www.brokenrainbow.org.uk)  Email: [Help@brokenrainbow.org.uk](mailto:Help@brokenrainbow.org.uk) |
| The Wish Centre | Tel: 01254 260465 | [info@bddwa.org.uk](mailto:info@bddwa.org.uk) |
| The Halo Project - Forced Marriage Unit  The FMU offers information and support to those who fear they will be forced into marriage and can talk with them about their options. Help is also available to those who have already been forced into marriage to explore their options, including assisting those who are being forced to sponsor a spouse’s visa for settlement in the UK. | Tel: 0207 0080151 | [www.haloproject.org.uk/forced-marriage-unit-W21page-31](http://www.haloproject.org.uk/forced-marriage-unit-W21page-31)  [fmu@fco.gov.uk](mailto:fmu@fco.gov.uk) |

Drugs/ alcohol

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| Name | Phone number | Website/ email |
| Inspire East Lancashire  Substance Misuse Help & Advice | Tel: 01254 495382 | [eastlancs.info@cgl.org.uk](mailto:eastlancs.info@cgl.org.uk) |
| Inward House Project - Accrington | Tel: 01254 872761 | [www.inwardhouse.co.uk](http://www.inwardhouse.co.uk/)  [stjames@inwardhouse.co.uk](mailto:stjames@inwardhouse.co.uk) |
| The Bridge at Maundy  Free Counselling Service in Accrington - 11 – 18 Year Olds | Tel: 01254 233467 | <http://maundyrelief.co.uk/the-bridge-at-maundy-young-peoples-counselling-service/>  [counselling@maundyrelief.org.uk](mailto:counselling@maundyrelief.org.uk) |
| WAWY – We Are With You in Lancashire  We work with YP regarding all drugs, alcohol, and solvent use, including legal highs / NPS and steroids. | Tel: 01282 505037 | [lancashireinfo@wearewithyou.org.uk](mailto:lancashireinfo@wearewithyou.org.uk) |

Family mediation

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| Name | Phone number | Website/ email |
| Red Rose Mediation – Family Mediation Service | 01254 295555 | [www.redrosemediation.co.uk](http://www.redrosemediation.co.uk)  [enquiries@redrosemediation.co.uk](mailto:enquiries@redrosemediation.co.uk) |
| Smile Mediation – Family Mediation Service | 01282 436989 | [info@smile-ltd.co.uk](mailto:info@smile-ltd.co.uk)  [Family - Smile Mediation Services](http://www.smilemediation.co.uk/family/) |
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Food banks

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| Name | Phone number | Website/ email |
| Maundy Relief | 01254 232328 | [www.dropin@maundyrelief.org.uk](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/www.dropin@maundyrelief.org.uk) |
| Churches Together Food Banks – Oswaldtwistle  West End Methodist Church  Immanuel Church of England  Stanhill Methodist Church  St. Mary's RC Church  New Lane Baptist Church  All Saints C of E  Saint Paul's C of E | 01254 233387  01254 382147  01254 233387  01254 232433  01254 231038  01254 231038  01254 382147 |  |
| Hyndburn Baby Bank  Accrington Community Learning Centre, Nelson St, Accrington, BB5 2HQ | 01254 388111 |  |
| Clayton Baptist Church Foodbank | 07834724530 |  |
| Our Food Bank | 07495054024 | [ourfoodbank@gmail.com](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/ourfoodbank@gmail.com) |
| Ribble Valley Foodbank | 07849534431 | [www.info@ribblevalley.foodbank.org.uk](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/www.info@ribblevalley.foodbank.org.uk) |
| Pantry food bank Broadway Accrington |  | Just turn up |

Health and  wellbeing

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| Name | Phone number | Website/ email |
| CSNW – Community Solutions North West | 01254 460080 | [info@csnw.co.uk](mailto:info@csnw.co.uk) |
| Healthy Minds – East Lancashire | 01282 644700 | [www.eastlancshealthyminds.co.uk](http://www.eastlancshealthyminds.co.uk/) |
| Women's Centre – Lancashire Women - Accrington | 0300 3301354 | [www.lancashirewomen.org](http://www.lancashirewomen.org/)  [TalkToUs@lancashirewomen.org](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/TalkToUs@lancashirewomen.org) |
| C.A.N.W – Child Action North West | 01254 244700 | [www.canw.org.uk](http://www.canw.org.uk/)  [info@canw.org.uk](mailto:info@canw.org.uk) |
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Mental health

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| Name | Phone number | Website/ email |
| ELCAS – East Lancs Child and Adolescent Services | 01282 803390 | [www.elcas.elht.nhs.uk](http://www.elcas.elht.nhs.uk/) |
| Advocacy focus | 03003230965 | [www.advocacyfocus.org.uk](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/www.advocacyfocus.org.uk) |
| Healthy Minds – East Lancashire | 01282 644700 | [www.eastlancshealthyminds.co.uk](http://www.eastlancshealthyminds.co.uk/) |
| Papyrus | 0800 0684141  0778 6209697 | [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) |
| Samaritans | 116 123 | [www.samaritans.org](http://www.samaritans.org/)  [jo@samaritans.org](mailto:jo@samaritans.org) |
| The Bridge at Maundy 11 – 18 Year Olds | 01254 233467 | <http://maundyrelief.co.uk/the-bridge-at-maundy-young-peoples-counselling-service/>  [counselling@maundyrelief.org.uk](mailto:counselling@maundyrelief.org.uk) |
| Maundy Relief Counselling Service | 01254 233467 | [www.maundyrelief.co.uk/maundy-relief-counselling-service/](http://www.maundyrelief.co.uk/maundy-relief-counselling-service/)  [counselling@maundyrelief.org.uk](mailto:counselling@maundyrelief.org.uk) |
| Minds Matter – Hyndburn | 01254 226007 | <https://www.lancashirecare.nhs.uk/Mindsmatter> |
| Crisis team | 01254 226006 |  |
| Childline | 0800 1111 | [**www.childline.org.uk**](http://www.childline.org.uk/) |
| Kooth |  | [www.kooth.com](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/www.kooth.com) |

Talk Zone

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| Name | Phone number | Website/ email |
| Talkzone | 0800 511111, text on 07786 511111, | [talkzone@lancashire.gov.uk](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/talkzone@lancashire.gov.uk) |

Victim Support

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| Name | Phone number | Website/ email |
| Lancashire Victim Services | 0300 323 0965 | [www.lancashirevictimservices.org](http://www.lancashirevictimservices.org/)  [info@lancashirevictimservices.org](mailto:info@lancashirevictimservices.org) |
| Nest Lancashire | 0300 1110323 | [www.nestlancashire.org](http://www.nestlancashire.org/)  [info@nestlancashire.org](mailto:info@nestlancashire.org) |
| Trust house  Sexual violence and abuse | 01772 835288 | [www.Trusthouselancs.org](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/www.Trusthouselancs.org)  [Support@trusthouselancs.org](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/Support@trusthouselancs.org) |
| Paladin- national stalking advocacy service | 02038664107 | [www.Paladinservice.co.uk](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/www.Paladinservice.co.uk) |

Volunteer Services

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| Name | Phone number | Website/ email |
| Hyndburn and Ribble Valley Voluntary Support | 01254 888614 | [www.do-it.org/organisations/hyndburn-ribble-valley-cvs](http://www.do-it.org/organisations/hyndburn-ribble-valley-cvs) |
| Lancashire Volunteer Partnership – Hyndburn Borough Council | 01254 388111 | [www.hyndburnbc.gov.uk/lancashire-volunteer-partnership](http://www.hyndburnbc.gov.uk/lancashire-volunteer-partnership) |

Youth Support

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| Name | Phone number | Website/ email |
| Brook Blackburn | 01254 267700 | [www.brook.org.uk/find-a-service/regions/blackburn](http://www.brook.org.uk/find-a-service/regions/blackburn) |
| WAWY – We Are With You in Lancashire | 01282 505037 | [lancashireinfo@wearewithyou.org.uk](mailto:lancashireinfo@wearewithyou.org.uk) |
| NEST | 0300 1110323 | [www.nestlancashire.org](http://www.nestlancashire.org/)  [info@nestlancashire.org](mailto:info@nestlancashire.org) |
| Parachute project – managing conflict | 01254 260465 | [info@thewishcentre.org](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/info@thewishcentre.org) |
| Targeted youth Support  Children and Family Wellbeing Service |  | [www.lancashire.gov.uk/youthzone/get-in-touch/](file:///C:/Users/neil.DOMAIN2101/AppData/Local/Temp/Temp1_FW__Directories_of_support_.zip/www.lancashire.gov.uk/youthzone/get-in-touch/) |
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