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## Carer Support

**CROSSROADS FOR CARERS**

**Counselling sessions for unpaid carers**: up to 6 sessions in collaboration with Rotherham and Barnsley Mind.

**The Carers Resilience Service**

A short-term intervention service for carers of people living with dementia - providing information, advice and practical support with the aim to build carers’ resilience. We work together with partners to enable the person with dementia to live at home for as long as possible.

**What the service offers:**

A named Dementia Advisor

Assessment for current and future needs

Access to information, support and advice

Intensive support for carers for up to one month

Access to short term respite care at home delivered by Crossroads Care Rotherham

Signposting on to other services/agencies for longer term care support.

**The service can be accessed via** your GP, with your consent or through the Carers Clinic.

**services available:**

One to one support

Information about dementia

Access to training

Crossroads Carer Support and Activity Group

Alzheimer’s Society Memory Cafe or Singing for the Brain

Assistance with claiming or reviewing benefit entitlements

Referrals to other services

Short term domiciliary care and more

Tel.: 01709 464574 – Carers Resilience Service Team

Email: info@crossroadsrotherham.co.uk

https://crossroadsrotherham.co.uk/carers-resilience-service/

**Complimentary Therapies**

Crossroads offer a range of complimentary therapies to unpaid carers. This is often a very rare chance for carers to have a little rest and relaxation they truly deserve. We offer:

Massages Neck and shoulder massage

Reiki Hypnotherapy

Reflexology Walking Group

Yoga Sessions Telephone and home befriending

Indian head massage Carers’ Group

**To book, contact Emily on: 01709 389516**

**Activities/FREE Services Timetable**

Mondays Walking Group 1.30 p.m. – 3.30 p.m.

Tuesdays Therapies 10.30 a.m. to 1.30 p.m.

 & telephone befriending

Wednesdays Therapies 10.30 a.m. to 2.00 p.m.

 & telephone befriending

 Carers’ Group\* 2.00 p.m. to 4.00 p.m.

Thursdays Telephone befriending 12.00 noon to 1.00 p.m.

 & Carers’ fitness session 12.00 noon to 1.00 p.m.

Venue: Crossroads Care, Unit H, The Point, Rotherham S60 1BP

\*This group is a get-together for all Carers to talk, if they wish, get support or simply do some crafts and games, such as bingo. Activities include afternoon tea/crafts/game days/culture days/fitness/ therapy tasters e.g. hypnotherapy/guest speakers. ***Please note a referral form must be completed to attend as there may be a waiting list.***

Telephone: 01709 360272

Email: Christine.barnes@crossroadsrotherham.co.uk

**Carer Services/Financial Support**

Our Carers Information and Support Officer can support you through the process of applying for a Carers Trust Grant**\*** to support with purchasing of white goods, home equipment, technology and respite, amongst other things. If you don’t qualify for a Carers Trust Grant, we also have a partnership with Curry's Rotherham where you can receive a discount on many items in store, however, this will vary based on the product and please note, already discounted items may not be eligible for further reductions**.**

***\*Grants of up to £300 for items or activities that will benefit carers in their caring role for carers who live in Rotherham and Doncaster.***

Telephone: 01709 360272

**Crossroads Carefree Short Breaks for unpaid carers**

Carers can take one break a year at a hotel or holiday cottage of their choice at a time convenient to them:

Hotel breaks are usually 3 nights with one adult companion, twin/double room and breakfast included.

Holiday cottage breaks are usually 4-7 nights, 1 adult companion and/or two children and self-catering.

To qualify for a break, carers must be:

Aged 21 or over

A full-time unpaid carer (30+ hours a week)

Able to arrange interim care

Able to pay for extras (£25 admin fee, transport, food and drink, travel insurance, etc.)

Telephone: 01709 360272

**The Corner**

A charity shop**\*** and coffee shop located in the heart of Rotherham, in direct view of the Minster – 40 Bridgegate, Rotherham, where there is a large amount of stock daily, such as children's clothing, handbags, shoes and homeware. We serve up freshly ground coffee supplied by ''The Heavenly Coffee Company'' and delicious cakes.

***The shop is open Monday to Saturday, 9.00 a.m. to 4.30 p.m.***

***\*Donations for the charity shop can be dropped off at The Corner or the office.***

In addition, there is a training facility on site, available to hire.

**Information and Support Officer Drop-In Sessions**

Drop-in service at The Corner for carers to access support and advice:

Tuesday 9.00 a.m. to 2.00 p.m.

***N.B. – carers can call in at the shop outside of the above times and staff can make referrals to Crossroads services.***

**Beacon Carer Support South Yorkshire**

Beacon South Yorkshire are dedicated to supporting carers across South Yorkshire through physical and emotional support sessions that allow them to carry on caring. Their mission is to provide a service that gives help and support to families and carers of drug and alcohol users, (as our specialism) but also to carers of people living with dementia, disabilities, mental ill health and the elderly.

**Activities on offer:**

Coffee and chat, drop-In , Yoga, Relaxation, Mindfulness, Therapies, Counselling and Support Sessions.

**ROTHERHAM Branch**: **Suite 1,**

 **Riverside Business Exchange, Sheffield Road,**

 **ROTHERHAM.**

 **S60 1FL**

Telephone: 01709 285388

 07955 122893

Email: kerry@beaconsy.org.uk

Opening times: Monday to Thursday

9.00 a.m. to 3.00 p.m.

**Carers UK**

Carers UK provide information and guidance to unpaid carers. This covers a range of subjects including:

• Benefits and financial support.

• Your rights as a carer in the workplace.

• Carers' assessments and how to get support in your caring role.

• Services available to carers and the people you care for.

• How to complain effectively and challenge decisions.

Telephone: 0808 808 7777 (Helpline)

 Open Monday to Friday, 9.00 a.m. to 6.00 p.m.

 (except Bank Holidays)

Email: advice@carersuk.org

Website: <https://www.carersuk.org>

If you feel you need help in these areas or want to ask a question that might be helpful to you with your caring, please get in touch. We’re not always able to provide the same level of specialist information and support by telephone as we can by email, so if we’re unable to help you in this way over the phone, we will tell you about other ways to get this support including guiding you towards other services and organisations that can offer support.

**Share and Learn online sessions -** Carers UK are running a series of fun and relaxed online sessions where visiting speakers share tips and skills on a range of topics. From yoga to singing and first aid to photography, there's something for everyone - we add new sessions every week. If you want to meet other carers, then join their weekly online chats where you can grab a cuppa, take a little break and chat with fellow carers who understand what you’re going through: <https://www.carers.uk.org/help-and-advice/-your-health-and-wellbeing/online-meetups>

**TIDE (Together in Dementia Everyday)**

Supporting carers that care/have cared for people with a dementia diagnosis. Tide is a UK wide involvement network of carers/former carers and health and care professionals who are working together to build a better future for carers of people living with dementia. We are determined to change the way that carers are recognised, valued and treated and so we aim to empower, motivate, inform and help carers and give them the skills they need to do that.

Website: <https://www.tide.uk.net/join_tide/>

Tide is a registered charity and the network is free to join

Website: <https://www.tide.uk.net/about-us/>

**Making Space**

When a relative, friend or someone you directly care for is experiencing symptoms of dementia, it is good to know that neither you, nor they, have to be alone to meet the challenges ahead.

We are here to help you live well with dementia.

Any queries or questions, please don't hesitate to contact a Dementia Advisor on:

Telephone: 01709 910889

Email: RotherhamCarers@makingspace.co.uk

<https://makingspace.co.uk/rotherham-dementia-carer>

**Dementia Information**

**Admiral Nurse Dementia Helpline (Dementia UK)**

The Admiral Nurse Dementia Helpline is for anyone with a question or concern about dementia. From looking out for the first symptoms of Alzheimer’s, to understanding the challenges of living with someone with vascular dementia, our specialist Admiral Nurses have the knowledge and experience to understand the situation and suggest answers that might be hard to find elsewhere. The nurses on our Helpline are here when people need help, they have the time to listen and the knowledge to solve problems. As dementia specialists, Admiral Nurses help families manage complex needs – considering the person living with dementia and the people around them. They also work in local community services, some GP practices, NHS hospitals and Admiral Nurse Clinics.

The nurses on our Helpline will be able to advise whether there is a service that you can access in your area:

<https://www.dementiauk.org/get-support/dementia-helpline-alzheimers-helpline/>

Telephone: 0800 888 6678

Email: helpline@dementiauk.org

Online form:

<https://www.dementiauk.org/get-support/helpline-form/>

 Open Monday to Friday, 9.00 a.m. to 9.00 p.m.

 Saturday and Sunday, 9.00 a.m. to 5.00 p.m.

 Open Bank Holidays except Christmas Day

**Admiral Nurses – Online and Telephone Appointments**

Talk to an Admiral Nurse at a time that works for you by video or telephone call.

If you’re caring for someone living with dementia, you can book an appointment with an Admiral Nurse, in confidence. Appointments are free and confidential and available between:

Monday and Friday 9.00 a.m. to 4.00 p.m.

Admiral Nurses have the time to listen and the knowledge to solve problems. They can help with any questions and concerns about dementia, including:

\* understanding the diagnosis, plus practical tips and advice for caring for a loved one with dementia

\* transition into nursing or residential home, or stays in hospital

\* understanding symptoms and changes in behaviour, and managing your own feelings

<https://www.dementiauk.org/get-support/book-a-clinic-appointment/book-an-appointment/>

**Dementia Connect**

Alzheimer's Society's new personalised support service directory:

Telephone: 0333 150 3456

Website: <https://dementiaconnect.alzheimers.org.uk>

Alzheimer's free dementia information and how to access services is available in different languages:

English, BSL, Arabic, Bengali, Traditional Chinese, Gujarati, Hindi, Polish, Punjabi, Sylheti

Urdu, Welsh

Alternatively, you can call their information and support line on the above number and they can arrange an interpreter.

<https://www.alzheimers.org.uk/get-support/publications-factsheets/accessible-resources/information-in-your-language>

**Dementia 101**

Explaining Dementia to Kids. Numerous videos to help children understand what dementia is and how it affects people, including family/carers.

<https://www.youtube.com/playlist?list=PLQD67ESAKlsuJAxOmiZ8XJ45hx31XAuUl>

**Rare Dementia Support**

Combines social/emotional/practical support with research/training regarding rare, genetic and young onset dementias, increasing awareness so those affected feel better supported. They run dedicated support groups that bring people together to share their experiences and a specialist Direct Support Team, who are available by email and telephone.

**Dementia and Learning Disabilities**

People with learning disabilities are at increased risk of developing dementia, to find information on how best to support someone who has both LD and a diagnosis of dementia, follow the link.

[Learning disabilities and dementia | Alzheimer's Society (alzheimers.org.uk)](https://www.alzheimers.org.uk/about-dementia/types-dementia/learning-disabilities-dementia?utm_medium=email&utm_source=dotdigital&utm_content=Dementia%20and%20learning%20difficulties%20-%20button%20CTA&utm_campaign=1185724_0076%3A%2026%20January%202023&dm_i=57EL,PEWS,2MXPDH,32WXK,1#content-start)

**Young Onset Dementia Network**

A community of people living with young onset dementia, their family and friends, as well as professionals who work in the field of health and social care and voluntary sector.

<https://www.youngdementianetwork.org>

**Young Onset Dementia Service - RDaSH**

Provides support to younger people who develop dementia before the age of 65. It provides assessment or psychological, social, physical and functional issues, alongside providing practical support for individuals and their carers.

<https://www.rdash.nhs.uk/services/our-services/older-peoples-mental-health-services/older-peoples-community-mental-health-services/rotherham-community-mental-health-services-for-older-people/rotherham-young-onset-dementia-service/>

**Age UK**

Dementia Advice and Information - a dementia diagnosis can be overwhelming and it may feel like things have changed. From keeping well, adapting your home and getting support we can guide you through it.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions/illnesses/dementia/>

**Memory Box**

A memory box is a time capsule that connects an individual or group of people with the past through the items the box contains.

<https://www.dementia.co.uk/dementia-care/what-is-a-memory-box>

**Jelly Drops (hydrating sweets)**

Jelly drops, the sugar free bite-sized sweet (95% water and added electrolytes), designed to increase water intake. Whilst originally created to help people with dementia, anyone can use them.

Still available in a large tray, however, they can now be purchased in a snack pot, which is cheaper, easier to hold, uses 50% less packaging and has an enhanced flavour.

<https://jellydrops.com/>

**Playlist for Life**

Playlist for Life is a music and dementia charity offering free advice and support to help families harness the special benefits of personal music for people living with dementia. They want everyone with dementia to have a unique, personalised playlist and everyone who loves or cares for them to know how to use it.

<https://www.playlistforlife.org.uk/about-us/>

**Dementia Friendly Clothing and Footwear**

Available from Alzheimer's - some items also quality for VAT exemption. For more information/look at the range, use the link:

<https://www.shop.alzheimers.org.uk/collections/clothing-and-footwear>

**The Black Dementia Company**

This is a UK based service that was set-up with the aim of supporting work that meets the needs of persons living with dementia across the world. Their hope is that through their own products and services, they can contribute towards improving the lives and well-being of persons living with dementia - including and especially, persons living with dementia from the global African and Caribbean community.

<https://www.theblackdementiacompany.com>

**Alzheimer's Activity Products for African and Caribbean People with Dementia**

Puzzles and books designed to prompt conversation and reminiscence for people with dementia who have Caribbean or African heritage.

<https://www.alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together/aug-sept-2021/activity-products-african-caribbean-dementia>

**Making Space Memory Cafes**

**Maltby**

The Wesley Centre, Blyth Road, Maltby, Rotherham S66 8JD

4th Monday of the month 1.30 p.m. to 3.30 p.m.

**Thurcroft**

Gordon Bennett Memorial Hall, 1 Green Arbour Road, Thurcroft, Rotherham S66 9AA

1st Tuesday of the month 1.30 p.m. to 3.30 p.m.

**Wath upon Dearne**

Montgomery Hall, Church Street, Wath upon Dearne, Rotherham S63 7RD

2nd Wednesday of the month 1:30 p.m. to 3:30 p.m.

**Dalton**

Dalton Parish Hall, Doncaster Road, Dalton, Rotherham S65 3EW

3rd Thursday of the month 1.30 p.m. to 3.30 p.m.

All cafes include arts and crafts and live entertainment from Lost Chord.

Telephone: 01709 910889

**Sunehri Yaadein Golden Memories Café (Part of Making Space)**

Employability and Community Learning Hub, New York Stadium, Rotherham S60 1FJ

Wednesdays (fortnightly) 10.30 a.m. to 12.30 p.m.

(only 1 in December)

next date is 14.06.23

**FREE** to attend – donations welcome. Refreshments, food, music, peer support and 1:1 support. To book your place:

Telephone: 01709 910889

Email: RotherhamCarers@MakingSpace.co.uk

**Memory Lane Café**

Herringthorpe United Reformed Church, Wickersley Road, Rotherham S60 4JN. **FREE** parking and **FREE** entry. Refreshments, crafts, games and light entertainment. For more information:

Last Wednesday of the month 1.30 p.m. to 3.30 p.m.

(except December)

Telephone: 01709 818705 – Caroline Chettleburgh

 01709 373355 – Matt Stone

**Rawmarsh Dementia Group**

Salvation Army, Quarry Lane, Rawmarsh

Fridays 12.00 noon to 3.00 p.m.

FREE admission with tea/coffee and food available to purchase. Activities such as gentle physical and cognitive games, baking, crafts, music therapy, etc., finished off with Bingo.

Telephone: 07721 072168 (Angela Algoo)

**Millers Dementia Café**

Youth Hub, Goalzone, New York Stadium, Rotherham S60 1FJ

Tuesdays 1.30 p.m. to 3.30 p.m.

Giving you and the person you care for, the chance to meet others in a similar situation in a positive, relaxed atmosphere.

FREE of charge but donations are welcome.

To register your interest:

Telephone: 01709 827767

Email: health@rotherhamunited.net

**Wickersley Forget Me Not Memory Café at Wickersley Methodist Church, Bawtry Road**

2nd Friday of the month 1.30 p.m. to 3.30 p.m.

For people with a dementia diagnosis and their carers living in Wickersley and surrounding area.

With music, indoor games, crafts, raffle, live entertainment, trips out and much more.

FREE and no need to book, can just turn up. Plenty of parking on site with ramps/level access and disabled toilets.

Telephone: 07449 120051

Email: forgetmenotmemorycafe@gmail.com

**Friends of Homestead Social Group (Dementia Friendly)**

 The Homestead, Wickersley Road, Rotherham S60 3PJ

Alternate Mondays 11.00 a.m. to 2.00 p.m.

Next date is 12.06.23

Meet new friends, find support and enjoy the company of other in friendly surroundings.

Complimentary refreshments and can have a 2 course luncheon for £6.00 per person.

Booking is essential.

Telephone: 07399 528746

**The Acorn Memory Café**

St. John’s Methodist Church, Church Street, Swinton S64 8QA

(use side door)

1st Wednesday of the month 10.30 a.m. to 12.00 noon

A warm welcome in a relaxed and positive environment for dementia support.

**Memory Café**

Chislett Centre, Kimberworth Park Road, Rotherham S61 3JT

Last Wednesday of the month 12.00 noon to 2.00 p.m.

Telephone: 07592 927044

Email: tamsin@kimberworthpark.org.uk

**Support/Bank/Discount Cards**

**Discounts for Carers**

**A carer’s card** is simply a card that identifies us as being an unpaid carer. It is a form of ID to let supermarkets, GPs, pharmacies or attractions know that we are a carer, if proof is required. Discounts for Carers is advice and info for carers, e.g. what's a carers card, where can carers go free, can carers get money off electricity and gas, can carers get a discount on council tax etc.

Website: <https://www.mobiliseonline.co.uk/carers-cards>

**National Carers Card**

Recognised visible proof of a carer role. Aimed at carers of any age who look after someone who needs help because of their illness, frailty, disability, mental health problems, addiction and cannot cope without support. Cost £18 for 2 years and a lanyard is also available to purchase. Apply via the online form or email.

Website: <https://www.disabilityid.co.uk>

Email: info@disabilityid.co.uk

**Santander Carers Card**

Account holder has usual access to their account but a carer is named for a carers card. Account holder can then transfer money on to the carers card (up to £1,500) for them to complete tasks like shopping or paying bills. No account details are on the carers card.

For more information, ring 0800 9123 123 or visit the website:

<https://www.santander.co.uk/personal/support/supported-banking/carers-card>

**Rothercard Discount Card**

**Rothercard** is a scheme which entitles you to discounts on Council services and leisure activities.

To qualify for a **FREE Rothercard** you must live at a property which is registered for Council Tax in our area and meet one of the criteria below:

* Be a young person aged 16 to 20 (cards are valid up to the day before your 21st birthday).
* Be in receipt of Council Tax Support.
* Be aged under 16 and a dependent of a Rothercard holder living at the same address.
* Be known to the Council as a looked after child/young person.
* Be living in Rotherham under a government approved refugee, resettlement or asylum seeker programme.

Current discounts include:

* a range of leisure activities at Aston-cum-Aughton Leisure Centre, Maltby Leisure Centre, Rotherham Leisure Complex and Wath-upon-Dearne Leisure Centre.
* 50% discount on the removal of furniture, electrical and gas appliances from your home.
* 10% discount on the cost of a hot drink at Clifton Park Museum, Thrybergh Country Park and Rotherham Valley Country Park

For more information and how to apply, visit:

<https://www.rotherham.gov.uk/benefits/apply-rothercard>

**Rothercard Discount Card (for Carers or Personal Assistants)**

If you have a carer or paid personal assistant, you can apply for the carers discount. This will give them:

* Discounted entry to leisure facilities when accompanying you.
* Discount rates at Rotherham Theatres when accompanying you.

**N.B. – you must let RMBC know if you require this upon application.**

To apply for a carers discount, you must qualify for a Rothercard under the existing rules and provide proof of the following:

Attendance Allowance (at the middle or highest rate)

Disability Living Allowance (at the middle or highest rate)

Personal Independence Payment (daily living component at the middle or highest rate)

Disabled Person's Tax Credit

Incapacity Benefit

Severe Disablement Allowance

Invalid Care Allowance

Blue Badge

War Pensioner's Mobility Supplement

Registered Disabled

Industrial Injuries (Constant Attendance Allowance or Exceptionally Severe Disablement Allowance)

Assistance of interpreter as form of care for deaf people

Vaccine damage payment

Registered blind or partially sighted

Note of disability from GP or hospital doctor

Motability

A disability premium included in your Income Support, Housing Benefit or Council Tax Reduction

<https://www.rotherham.gov.uk/benefits/apply-rothercard/4>

**Halifax My Trusted Person Card**

A debit card linked to your own personal current account. Your trusted person can use it to buy the things you need. You can give the card and PIN to different trusted people at different times to use for spending or taking money out from a cash machine. The card has a weekly spending limit of £100 and a weekly cash withdrawal limit of £100. Account details are not printed on the card. For more information, ring 03457 203040 or visit the website:

<https://www.halifax.co.uk/helpcentre/someone-to-manage-your-affairs/types-of-access.html>

**Looking after Family or Friends after they Leave Hospital**

HM Gov and the NHS Looking after Family or Friends after they Leave Hospital Leaflet gives information and advice on what help may be needed, making sure you take care of yourself and whether as a carer you may need support in the caring roll. Also available in easy read format:

[Looking after friends or family when they leave hospital: leaflet - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/looking-after-friends-or-family-when-they-leave-hospital-leaflet)

**Mental Health & Wellbeing Support**

**RotherHive**

The online platform, RotherHive (<https://rotherhive.co.uk/>), has been developed by the NHS Rotherham CCG to provide a range of verified practical tips and advice as well as local, national and online services, organisations and groups that adults in Rotherham can access for expert advice to help look after their mental health and well-being.

The wide range of information available to local people on RotherHive includes these areas:

Alcohol Drugs Domestic abuse

Bereavement Carers Homeless

Deafness Mental health Gambling

Perinatal Dementia Suicide prevention

**RotherHive Self-Help Leaflets**

This section can be found as part of the Wellness Hive and is a bookshelf of detailed self-help guides covering a range of mental health areas.

Website: <http://www.selfhelpguides.ntw.nhs.uk/rotherhamccg/>

**Other Rotherhive Links**

Wellness Hive: <https://rotherhive.co.uk/wellness-hive/>

Working Well: <https://rotherhive.co.uk/workingwell/>

Support Apps: <https://rotherhive.co.uk/support-apps/>

Wellbeing Activities: <https://rotherhive.co.uk/mindfulness-activities/>

**Rotherham Online CBT Help**

Cognitive behavioural therapy (CBT) is an effective type of therapy used to treat a range of common mental health problems, such as depression and anxiety. This type of therapy works to help you manage different situations or problems by changing the way you think and behave.

[https://www.iesohealth.com/en-gb/what-we-treat](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.iesohealth.com%2Fen-gb%2Fwhat-we-treat&data=04%7C01%7CTracey.White%40rotherham.gov.uk%7C24d53a0bd2774e2cddfc08d88c93cf09%7C46fbe6fd78ae47699c1dbcea97378af6%7C0%7C0%7C637413913740653746%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=f%2B4AQu6iMGtpb8rPZ%2FIplmV6U5LHELtZo2bbYsVQzZU%3D&reserved=0)

[https://www.iesohealth.com/en-gb/what-to-expect](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.iesohealth.com%2Fen-gb%2Fwhat-to-expect&data=04%7C01%7CTracey.White%40rotherham.gov.uk%7C24d53a0bd2774e2cddfc08d88c93cf09%7C46fbe6fd78ae47699c1dbcea97378af6%7C0%7C0%7C637413913740663699%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=J%2FNfGHfxcl3YaLe%2FQqSue8wtUQJ7Hnv1BRD7hpg9R00%3D&reserved=0)

**Shout 85258**

A free confidential 24/7 text messaging service for anyone in the UK. It's a place to go if you're struggling to cope. To start a conversation, text the word 'Shout' to 85258. You will receive 4 automated messages before you're connected to someone who will listen without judgement. This will usually be within 5 minutes but if we're busy it might take longer. Your Shout Volunteer will introduce themselves and ask you to share a bit more information about what's on your mind. This might include feeling anxious, relationship problems, bullying, addiction, self-harm, depression or suicide and can be about anything that's troubling you. Our conversations tend to last around 45 to 60 minutes and work best when you text back and forth. The goal of the conversation is to help you reach a calm and safe place with a plan of how to support yourself going forwards.

Website: <https://giveusashout.org>

**Samaritans**

Telephone: 116 123

Website: [Contact Us | Samaritans](https://www.samaritans.org/how-we-can-help/contact-samaritan/?gclid=EAIaIQobChMIoLq98MiX_QIVw7TtCh2keg8eEAAYASAAEgJr-PD_BwE)

**Kooth**

Kooth.com is an award winning and innovative online counselling and support service which is now available to all young people and young adults across Rotherham aged 11-25.

It is a safe, confidential and anonymous way for young people and young adults to access emotional wellbeing and early intervention mental health support. Offering personalised support with short waiting lists and no thresholds, users can access:

* Live one to one text based counselling sessions
* 24hr messaging service
* Clinically approved articles
* Peer to peer support through pre moderated discussion forums
* A Daily Journal

Fully trained BACP Accredited counsellors and emotional wellbeing practitioners are available until 10pm each night, 365 days per year, providing a much needed out-of-hours service for emotional support in an accessible way.

Website: <https://www.kooth.com>

**Qwell (18+)**

FREE online, safe and anonymous mental wellbeing support for adults across the UK with a variety of anonymous support options to meet various needs.

Website: https://www.qwell.io/

**Side by Side (Mind)**

Free community platform by Mind. Open to anyone who has experienced mental health problems or is close to someone who has. Platform is anonymous and moderated (8-midnight).

Website: <https://sidebyside.mind.org.uk>

**Andy’s Man Club**

Each group is a is a peer to peer support group open to any man over the age of 18  across the borough, regardless of where they live. They meet on Monday evenings, 7.00 p.m. to 9.00 p.m. at

The Centre, Brinsworth Lane, Brinsworth

Dearne Community Fire Station, Manvers Way, Wath Upon Dearne

The Brooklands Club, Rotherham Road, Maltby

Jason Darbyshire, one of the group facilitators said: “We gather for a brew and a chat. It’s raw and real, with laughter and sometimes tears. The hardest thing will be taking the first step into the club; we’ve all experienced that and felt that was the hardest part of the night.

“Our ethos is simple – ‘it’s good to talk’. It’s like a brotherhood when you walk through the doors. I have never experienced anything like this in my 25 year career of social care. To date we have supported over 40 men, and I know the number will grow!”

Website: [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

**NHS Talking Therapies**

Short term Talking Therapies available to anyone registered with a GP service in Rotherham 18 years +.

**Source of referral:**

You can self-refer to the NHS Talking Therapies service by telephone or online referral form. You can also be referred by your GP or by another healthcare professional.

**The service accepts the following conditions:**

depression

general anxiety

stress

panic

phobias

social anxiety

low self-esteem

health anxiety

obsessive compulsive disorder / body dysmorphic disorder

post-traumatic stress disorder

mild eating disorder (not anorexia)

**To speak to someone in the Rotherham team please call the service on 03000 215 108. Our phone lines are open 9am to 5pm, Monday to Friday,** **but outside of these times you can leave us a voicemail and we will get back to you.**

<https://iapt.rdash.nhs.uk/about-rotherham-iapt>

**NHS Talking Therapies - SUPPORT FOR PARENTS**

A brand-new web page has been created as a one stop shop for parents needing information, advice or tips – whether you’re a new mum or dad, pregnant or have a little more experience in the role. online support tools, including self-referral form.

At NHS Talking Therapies, we understand that being a parent can be incredibly rewarding, but it can also be tough at times. Whether you have a new-born or you have been a parent or carer for a while, looking after a little one will always have its challenges and, for some of us, it may even impact on our mental health.

**Getting the help and support you need:**

We are here to help support you with your mental health and wellbeing. Depending on whether you are pregnant, have recently given birth or if your child is older will depend on the best service for you to access for support and treatment.

Ultimately, we want to make sure every parent or carer in Rotherham has the tools, techniques and support they require to have good mental wellbeing.

**To access please complete our self-referral form on this website or call 03000 215 108.**

<https://iapt.rdash.nhs.uk/about-rotherham-iapt/specialist-groups/parents/>

**Community Together Rotherham S62 Group**

The Drop-In Centre, Harding Avenue, Rawmarsh, Rotherham S62 7ED

**Men's Mental Health Peer Support Group**

Mondays 7.30 p.m. to 9.00pm

**Women's Mental Health Peer Support Group**

Thursdays 7.00 p.m. to 8.30pm.

Contact Sarah Lacey

Mobile: 07502754011

Email: sarah@s62.co.uk

**Community Together Rotherham S62 Group - MEN'S SOCIAL**

Rawmarsh Library and Neighbourhood Hub, Barbers Avenue, Rotherham, S62 6AE

All men 18 years + welcome. A place of acceptance, building friendships, exploring interests and tackling isolation and improving wellbeing.

Fridays: 10.00 noon to 2.00 p.m.

Telephone: 01709 255682

**Women A.S.K. (Acceptance/Support/Kindness)**

Phoenix Pavilion, Pavilion Way, Brinsworth, Rotherham S60 5PA

Wednesdays: 7.00 p.m. to 9.00 p.m.

Rotherham based FREE women's mental health support group 18yrs+. Confidential non-judgemental group. NO Medical Referral needed - just go along and have a cuppa, talk, listen and support in an all-female safe environment, peer group. – no obligation to talk.

NB: the facilitators have no medical training and are not counsellors - they are just women on their own journeys with their own stories to share, who want to help others.

Website: <http://www.womenask.co.uk/>

Email: womenaskrotherham@outlook.com

**Hub Of Hope (search database)**

To date, the Hub of Hope has directed hundreds of thousands of people to life-changing and even life-saving support and it is now the UK’s go-to mental health support signposting tool, with thousands of local, regional and national support groups and services listed. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time. The Hub of Hope also lists support and services for family members and friends to enable them to find help for themselves, as well as for the person they are supporting.

<https://hubofhope.co.uk/>

**ieso (one-to-one) CBT text-based therapy (18+)**

Access via computer, smartphone or tablet. Appointments are available seven days a week, 6.00 a.m. to 11.00 p.m. The time between sign-up and your first session is a matter of days rather than months and can be scheduled to suit you and work around your commitments. Using text-based cognitive behavioural therapy (CBT), we’ll work with you to spot how some of your thoughts affect your behaviours and feelings and teach you ways in which you can improve your quality of life day-to-day, in as few as 4-12 sessions.

ieso treats a range of common mental health problems including anxiety and worry, low mood, depression, stress, post-traumatic stress disorder, obsessive compulsive disorder, phobias and sleep disorders. Like face-to-face CBT therapy, our sessions are one-one and strictly confidential. The only difference is that you type your responses. With ieso, you’ll have the same chance of recovery as with face-to-face therapy, without the long waiting times.

For general enquiries, technical or administrative support, speak to a member of our team confidentially:

**Telephone: 0800 074 5560**

 **9.00 a.m. to 5.30 p.m. weekdays**

***N.B. – the* *phone line is managed by an administrative team who are not clinically trained.***

[www.iesohealth.com](http://www.iesohealth.com/)

**Muslim Community Helpline**

The Muslim Community Helpline is a confidential, non‑judgemental listening and emotional support service.  It’s a national organisation for women, men, youth and children, which was launched in 2007. We are here to help and support, whatever your needs and have trained volunteers with many years of experience on hand, five days a week. We aim to provide a listening and emotional support service for members of the community in the United Kingdom.

**Service Hours:**

Monday to Friday: 10 am to 1 pm (core hours).

**Extended Service:**

Mondays 1 pm to 3 pm

Tuesdays 5.00 p.m. to 6.00 p.m.

Wednesdays 5.00 p.m. to 6.00+ p.m.

 (dedicated 1:1 with male counsellor

 call a mobile; pre-booking required

 which is done by emailing)

Fridays 1.00 p.m. to 4.00 p.m.

***Languages Spoken - Asian languages (Urdu, Punjabi, Gujrati) and English on Monday-Thursday with English on Fridays. Arabic possible by appointment.***

Telephone: 0208 908 6715 or 0208 904 8193

Email: ess4m@btinternet.com

Website: [www.muslimcommunityhelpline.org.uk](http://www.muslimcommunityhelpline.org.uk)

**Bereavement**

**Amparo**

Offering support for anyone affect by suicide in South Yorkshire. Support can be provided one-to-one, to family groups, groups of colleagues or peers – whatever is preferred by you and is most appropriate to your situation. The service can be delivered in your home or wherever you are most comfortable. Our service is completely confidential and can provide short-term or longer-term support, depending on what you feel it is you need.

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters such as: dealing with police and coroners; helping with media enquiries; preparing for and attending inquest and helping you to access other, appropriate, local support services.

Telephone: 0330 088 9255

Website: <https://amparo.org.uk/our-locations/south-yorkshire>

**Listening Ear**

A FREE support service for people that live in or are registered with a GP in, South Yorkshire (Barnsley, Doncaster, Rotherham and Sheffield) and Bassetlaw who have been bereaved during the COVID-19 period. The service is for people aged 11+.

Telephone:  0800 048 5224

Website: <https://listening-ear.co.uk/refer/>

**Strong Men**

They support men following bereavement by offering various services e.g. Man2Man telephone based peer support service. Grief can cause severe emotional & physical health conditions, often overlooked, even ignored, especially in men. Staff have personal experience in these issues. See website for more information.

Website: <https://www.strongmen.org.uk/>

**Cruse Bereavement Care**

Offer support, advice and information to children, young people and adults when someone dies.

Helpline: 0808 808 1677

Email: helpline@cruse.org.uk

Mondays and Fridays 9.30 a.m. to 5.00 p.m.

Tuesdays, Wednesdays 9.30 a.m. to 8.00 p.m.

and Thursdays

Website: <https://www.cruse.org.uk/>

**At A Loss**

An online directory of bereavement support.

Website: <https://www.ataloss.org>

**Community Transport**

**Door 2 Door**

Transport for your community, enabling people to live independently, participate in their community and to access education, employment, health, social care and other services.

Shopper Bus – Dial-a-Ride – Travel for Health or Social Care – Group Travel for schools and community groups.

There to help you get out and about.

Telephone: 01709 516092

Website: <https://www.door2door.org.uk>

**Suicide Prevention & Support**

**PAPYRUS**

The national charity dedicated to preventing young suicide in the UK.

Telephone: 0800 068 4141

Text: 07860 039967

Website: <https://www.papyrus-uk.org>

**Be The One**

<https://www.be-the-one.co.uk/>

**Stay Alive App**

An app for those at risk of suicide and those worried about someone.

<https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>

**CALM Helpline**

Campaign against living miserably targeting male suicide prevention.

Telephone: 0800 58 58 58

Website: <https://www.thecalmzone.net>