#### Local Food Banks:

#### **Horton Bank Top Community Foodbank**

926 Great Horton Road . BD7 4AE **Open During School Holidays** Tel: 077 381 781 89

## St. James Church

300 Thornton Road, Thornton, BD13 3AB Telephone 01274 830 133 or email admin@james4u.org

#### Drug and Alcohol problems:

## **Bridge ONE80**

work with 12-21 year olds who are strugaling with drug or

alcohol issues. They will see the

young person at

school or a local



venue. Call 01274 745636. The young person, parent or a professional can call to make a referral.

## **New Directions**

free and confidential drug and alcohol recovery service for adults 18 years and over (including offenders), families and concerned others in Bradford.

Website: https://www.changegrowlive.org/content/ new-directions-bradford Telephone: 01274 296023 Email: Bradford.Info@cgl.org.uk

## **Bradford Community Drug and Al**cohol Service (BCDAS)

they treat adults over 18 years living in Bradford with dual diagnosis and complex alcohol issues.

Contact Fresh Start Airedale, who are based at Salem Street, Bradford - 01274 758093.

Web: www.project6.org.uk project 6

# **Bradford West Guide**

# to support families during Summer Holiday

https://www.facebook.com/BradfordWestFamilyHub/



# West Local Community Centres:

Lower Grange Community Centre & Lower Grange Community Association

• Education and skills programmes, Youth

10 Chaffinch Rd. Bradford, BD8 0RF

Web: https://ourcommunitycan.co.uk/

**Cafe West Healthy Living Centre** 

situated in the heart of Allerton and Lower

is a vibrant Healthy Living Centre

telephone: 01274 880328

grammes.

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#### Manningham Project Your local Advice Centre

Kirk House 203 Lumb Lane, Bradford **BD8 7SG** Tel: 01274 544687 Advice areas: Benefits, employment, housing, immigration, utilities



# Money matters & Benefits Advice:

## **Bradford Citizens Advice**

Argus Chambers Bradford **BD1 1H7** 03442 451282

citizens advice

Email: debtadvice@bradfordcab.com http://www.bradfordcab.com/

## **Girlington Advice Centre**

**Girlington Community Centre** Girlington Road, Bradford, BD8 9NN Telephone: 01274 547118 Email: gatcinfo@gmail.com Web: https:// www.girlingtonadvicecentre.co.uk/

Areas of advice: Welfare benefits, debts, housing, employment, immigration, consumer issues, education, complaints

Benefits Calculator - Work out your entitlement to benefits:

https://benefitscalculator.turn2us.org.uk/AboutYou

Jobseekers Allowance Information on eligibility and how to claim plus an online claim form: www.gov.uk/jobseekers-allowance/ how-to-claim

Income support Information on eligibility and how to claim: www.gov.uk/income-support/how-to -claim



group, Lower Grange Play Group, Launch & Community Fun Day, Holiday Play & Activity Schemes, Family Day

Grange. It focuses on promoting health and wellbeing in a warm and friendly environment. Its key aim is to reduce health inequalities through the provision of a range of activities, projects and 'one to

Cafe

provision Programmes, Community engagement pro-

Pop up Play Days, Children & Young people's sub

Trips, Activities & Keep Fit Sessions, ESOL

http://www.cafewest.org.uk/ whatson.html

one' support for all their residents:

**Cafe West Healthy Living** Centre Allerton, Bradford, BD15 7PA 01274 488 499 info@cafewest.org.uk

## Mental Health & Wellbeing:

My Wellbeing College has a number of tools and resources to help you through life's ups and downs. They offer guidance on things such as low mood, anxiety, sleep problems or stress.

This is done through a wide range of learning opportunities including online courses from the comfort of your own home, group courses, phone advice and one-to-one 'talking therapies'

For further information, phone: 0300 555 5551 or visit



## **Bradford First Response Crisis Service**

offers support 24 hours a day, 7 days a week to people of all ages living in Bradford experiencing a mental health crisis https://www.bdct.nhs.uk/services/first-



01274 221 181

# **Domestic Abuse & Crisis support:**

**Bright Sky** is a free to download mobile app

providing support and information for anyone who may be in an abusive relationship or those concerned about someone they



**Shout** is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a

place to go if you're struggling to cope and you need immediate help.

TEXT shout to 85258 or visit www.giveusashout.org/



The Mix offer judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, web chat, peer to peer counselling service.

Text 'THEMIX' to 85258.



Phone: 0808 808 4994 (11am-11pm, free to call) Website: www.themix.org.uk/get-support



An independent charity, which offers online chat and phone advice for people affected by crime or traumatic events. https://www.victimsupport.org.uk

If you are not in crisis but would like to talk to a friendly, mental health professional, call Mind free on 08001 884 884.

Lines are open midday-midnight every day.

Resources, guidance and support for people living with **domestic abuse** through the coronavirus pandemic https://safelives.org.uk/news-views/domestic-abuse-and-

Every family is different. And no matter who's in your family, things can be tough sometimes.

You might worry about:

- arguments, being shouted at, or having different opinions or beliefs
- divorce and separation
- money problems or having to move
- · alcohol problems
- being hurt or abused



https://www.childline.org.uk/info-advice/

Qwell https://www.qwell.io/



Gwell

Tel: 08082 800999 National 24hr: 08082 000247 Provide support for families who have experiences domestic abuse & sexual violence.

Kooth provides free, safe and anonymous online support for young people. https://www.kooth.com

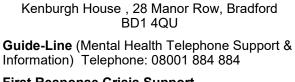




**Family Activities:** 

School's Out! In the Bradford District https://schoolsout.bradford.gov.uk/ \* Adventure \*Sport-Centers \* Swimming \* Libraries \* Museums & Galleries \* Play \* Theatres





**First Response Crisis Support** (For residents of Bradford, Airedale, Wharfedale & Craven) Telephone: 0800 952 1181 Opening Hours: 24 hours per day, every day

**General Enguiries** 

Email: admin@mindinbradford.org.uk Telephone: 01274 730 815

The Mind Wellbeing Service offers a range of recovery-focused groups, social spaces and wellbeing activities for people who are struggling with their mental health. Our open wellbeing timetable is varied, from walking to peer support, arts & crafts to gi gong. They also run closed groups

**Bradford Survive & Thrive** 

