



## EMERGENCY KEY RESOURCES

The following are helpful resources/services which can support individuals and families during this covid-19 outbreak. During this challenging time the following support services can assist, guide, support and educate families.

### Online Parenting Programmes

**Freedom:** This can be done online for £12.

<http://www.freedomprogramme.co.uk/online.php>

**Family Link:** Nurturing programme can be done free of charge online:

<https://www.netmums.com/support/netmums-parenting-course>

**Family Links Resources:**

<https://familylinks.org.uk/parents#free-downloads-for-parents>

<https://www.handinhandparenting.org/free-downloads/>

<https://www.thepark.org.uk/relationship-support-parents-families/free-parenting-resources/>

**PACE:** information for parents whose children are at risk of sexual exploitation

<https://paceuk.info/for-parents/>

**HENRY:** top tips, free recipes, videos for families on healthy eating right from the start and growing up with healthy teeth

<https://henry.org.uk/>

**Better Start Bradford Projects:** Better Start Bradford provides a range of projects for pregnant women and families with babies and children aged under four in Bowling and Barkerend, Bradford Moor and Little Horton

Tel: 01274 723146

[www.betterstartbradford.org.uk](http://www.betterstartbradford.org.uk)

**Bradford Advice Service – Family Action**

1-3 Ringwood Road, Canterbury Advice Centre, Bradford, BD5 9LB

Tel: 01274 577571 (Monday to Friday 9am-1pm)

[canterburyadministrator@family-action.org.uk](mailto:canterburyadministrator@family-action.org.uk)

**Karmand Community Centre: Advice service available**

Barkerend Road, Bradford, BD3 9EP

Tel: 01274 669 593 Out of Office: 07802217207

**CITIZENS ADVICE - Support with issues around Benefits, Work, Debt and Money, Housing, Law and Courts, Family, Immigration and Health**

Argus Chambers, Bradford, West Yorkshire, BD1 1HX

[www.citizensadvice.org.uk/local/bradford-airedale/contact-us](http://www.citizensadvice.org.uk/local/bradford-airedale/contact-us)

Email - [debtadvice@bradfordcab.com](mailto:debtadvice@bradfordcab.com)

Tel: 03442 451282

**ADVICE UK**

Tel: 0300 7770107

**THE TRUSSELL TRUST FOOD BANK – for families who are in need of emergency food parcels**

The light Centre, 86 Captain Street, Bradford, BD1 4EL

Tel: 01274 734314

Email: [info@bradfordcentral.foodbank.org.uk](mailto:info@bradfordcentral.foodbank.org.uk)

**BRADFORD COMMUNITY KITCHEN (MILLSIDE CENTRE)**

131 Grattan Road, Bradford, BD1 2HS

Tel: 07888 693196

<http://bck.org.uk/>

Email - [info@bck.org.uk](mailto:info@bck.org.uk)

**BABY BASICS BRADFORD – provides much needed essentials and equipment to mothers and families who are unable to provide these items for themselves; includes baby milk, nappies etc**

Tel: 07864086384 / 07514535079 / 07870274482

[babybasicsbradford@yahoo.com](mailto:babybasicsbradford@yahoo.com)

**SENDIASS: Specialist support for parents and carers of children and young people with special educational needs and disabilities (SEND) in the Bradford area and for their children too.**

Barnardos, Unit 40-42, Campus Road, Listerhills Science Park, BRADFORD, West Yorkshire, BD7 1HR

Tel: 01274 513300

[BradfordSENDIASS@barnardos.org.uk](mailto:BradfordSENDIASS@barnardos.org.uk)

**Bradford Survive and Thrive: Domestic Abuse support providing a gateway to the following services:**

- Community IDVA/ISVAs – providing practical and emotional support
- Temporary Safe Accommodation including refuge and dispersed homes
- Recovery & Resilience building – bespoke group work offer
- Early intervention & prevention capacity building
- Adult domestic abuse & sexual violence counselling
- Integrated children's services
- Bradford MAZE perpetrator programme
- Sanctuary Scheme – panic alarms and lock changes

Tel: 0808 2800 999

## Step2: Step 2 offers a range of services to young people

Tel: 01274 683118

**Growbaby – Bradford vineyard:** The aim is to provide good quality, new and second-hand baby clothes and equipment (for up to 5 year olds) completely free of charge, to anyone who needs it.

Tel: 07378 398019

[growbaby@bradfordvineyard.org.uk](mailto:growbaby@bradfordvineyard.org.uk)

**Chas @St Vincent:** Clients can get support or free legal advice on debt and housing matters, as well as shop in our well stocked Furniture and Household Goods Shop all under one roof.

Allenby House, Rees Way, Bradford, BD3 0DZ

Tel: 01274 726790

CHAS @ St Vincent's

**Connecting Roma C.I.C:** A service for the Roma community provided through Roma worker

Tel: 01274 495970

[connectingroma@gmail.com](mailto:connectingroma@gmail.com)

Please note: there is a price for this service depending on the level of support required.

**Bradford Rape Crisis & Sexual Abuse Survivors Service (BRC 7 SASS):**

Text support: 07435 75297

Helpline: 01274 308270

<https://brcg.org.uk>

**Oasis Recovery Communities: Alcohol and Drug Programme**

Oasis Bradford, 21 Bolling Road, Bradford, BD4 7BG

Tel: 020 3733 5467

**Andy's Man Club: Group support for men**

Millside Centre, 131 Grattan Road, Bradford, BD1 2HS

Drop in group every Mondays at 7pm except for bank holidays

For further details please visit the website [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

## Useful Information

Self-employment and Universal Credit	<a href="https://www.gov.uk/self-employment-and-universal-credit">https://www.gov.uk/self-employment-and-universal-credit</a>
Housing /Rent	<a href="https://www.gov.uk/housing-and-universal-credit">https://www.gov.uk/housing-and-universal-credit</a>
Citizens Advice	<a href="http://www.citizensadvice.org.uk/local/bradford-airedale/contact-us">www.citizensadvice.org.uk/local/bradford-airedale/contact-us</a> Email: <a href="mailto:debtadvice@bradfordcab.com">debtadvice@bradfordcab.com</a> Phone: 03442 451282
Coronavirus (COVID-19) advice and Information	<a href="https://www.bradford.gov.uk/health/health-advice-and-support/coronavirus-covid-19-advice/">https://www.bradford.gov.uk/health/health-advice-and-support/coronavirus-covid-19-advice/</a>
NHS Coronavirus (COVID-19) Overview	<a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a>
My Wellbeing College	<a href="http://bmywellbeingcollege.nhs.uk/">http://bmywellbeingcollege.nhs.uk/</a>

	MyWellbeing College is a free NHS service to help people manage everyday problems such as feeling low, having problems sleeping, feeling anxious and experiencing stress.
<b>Bradford Survive and Thrive</b>	08082 800999 National 24hr: 08082 000247 Provide support for families who have experiences domestic abuse & sexual violence.

## Website Mobile Phone APPS

<b>APP</b>	<b>Website Information</b>
<b>Bright Sky</b>	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 know.
<b>Big White Wall</b>	Big White Wall is an online community for people who are <u>stressed</u> , <u>anxious</u> or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.
<b>Blue Ice</b>	Blue Ice is an evidenced-based app to help young people manage their emotions and reduce urges to <u>self-harm</u> . It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.
<b>Calm Harm</b>	Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.
<b>Catch It</b>	Learn how to manage feelings like <u>anxiety</u> and <u>depression</u> with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.
<b>Chill Panda</b>	Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.
<b>Cove</b>	Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.
<b>CYPHER Formerly Silent Secret</b>	Cypher is an anonymous peer-to-peer social network. It's a space to share your feelings and secrets, give and receive support, and connect to other support organisations.
<b>distrACT</b>	The distrACT app gives you easy, quick and discreet access to information and advice about <u>self-harm</u> and <u>suicidal thoughts</u> . The content has been created by doctors and experts in self-harming and suicide prevention.
<b>Feeling Good – positive mindset</b>	Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.
<b>Health Unlocked</b>	Use HealthUnlocked to find and connect with people with mental health conditions, including low mood, panic and anxiety.
<b>IPREVAİL</b>	IPrevail connects you with people who face similar situations and know what you're going through, with communities on stress, anxiety, depression and more
<b>My Possible Self</b>	Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and

	tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.
<b>PZIZZ</b>	The Pzizz app aims to help you stop your mind racing, get to sleep, stay asleep and wake up refreshed.
<b>Silvercloud</b>	SilverCloud is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.
<b>Smiling Mind</b>	Mindfulness is proven to lead to better attention, memory, regulation of emotions and self awareness. In turn, improvements in these areas can lead to reduced stress, anxiety and depression, better academic skills, social skills and self esteem.
<b>Stress and Anxiety Companion</b>	Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.