

### 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](mailto:admin@james4u.org)

### Drug and Alcohol problems:

#### **Bridge ONE80**

work with 12-21 year olds who are struggling 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](mailto:Bradford.Info@cgl.org.uk)

#### **Bradford Community Drug and Alcohol 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](http://www.project6.org.uk)



### **Bradford West Guide**

to support families during *Summer Holidays*

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



### West Local Community Centres:

#### **Lower Grange Community Centre & Lower Grange Community Association**

10 Chaffinch Rd, Bradford, BD8 0RF  
telephone: 01274 880328

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

- Education and skills programmes, Youth provision Programmes, Community engagement programmes,
- Pop up Play Days, Children & Young people's sub group, Lower Grange Play Group, Launch & Community Fun Day, Holiday Play & Activity Schemes, Family Day Trips, Activities & Keep Fit Sessions, ESOL



#### **Cafe West Healthy Living Centre**

is a vibrant Healthy Living Centre situated in the heart of Allerton and Lower 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 one' support for all their residents:

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

#### **Cafe West Healthy Living Centre**

Allerton, Bradford, BD15 7PA  
01274 488 499  
[info@cafewest.org.uk](mailto:info@cafewest.org.uk)



#### **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 1HZ  
03442 451282



Email: [debtadvice@bradfordcab.com](mailto: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](mailto: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://benefits-calculator.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](http://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](http://www.gov.uk/income-support/how-to-claim)

## 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-response/>

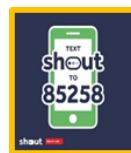


## Domestic Abuse & Crisis support:

**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/](http://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](http://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

Whatever's happening at home, Childline can help you through it.

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



**Qwell** <https://www.qwell.io/>



Kenburgh House, 28 Manor Row, Bradford  
BD1 4QU

**Guide-Line** (Mental Health Telephone Support & Information) Telephone: 08001 884 884

### **First Response Crisis Support**

(For residents of Bradford, Airedale, Wharfedale & Craven) Telephone: 0800 952 1181

Opening Hours: 24 hours per day, every day

### **General Enquiries**

Email: [admin@mindinbradford.org.uk](mailto: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 qi gong. They also run closed groups

### **Bradford Survive & Thrive**



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

