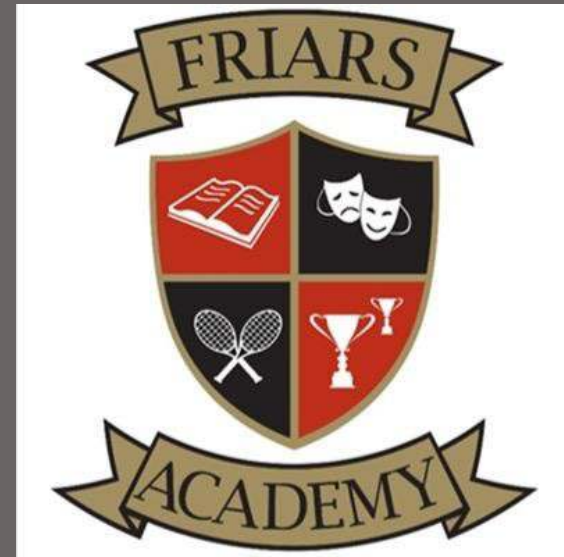




All information correct - January 2018



A-Z Guide of Free Local Services

Accommodation Concern

Type of service: Social Care Services

Address: 1 Meadow Road, Kettering, Northamptonshire NN16 8TL

Telephone number: 01536 416560

Email address: help@a-c.org.uk

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

Service description:

Accommodation Concern provide Advice, Support, Training, Advocacy and Educational [services to help with housing, homelessness and poverty related issues](#). You can call their helplines for advice (01536 416560) and support (01536 522233).

These services are used by:

Individuals and Families :-

Accommodation Concern provide housing advice, and assistance such as tenancy support to secure and keep your tenancy.

Cost: Free

Age range: 16 years - 99 years

Eligibility criteria:

- Age - School (5-18)
- Age - Adulthood (18-25)

How to get help: Contact service direct

- Cyber-bullying
- Being treated unfairly
- Theft and robbery
- Attacks, abuse, and violence
- Scaring and stalking

• **Voice Road Harm**

Grosvenor House, George Street, Corby, Northamptonshire NN17 1QG

Tel: 0300 303 1965 (option 3)

Voice Road Harm helps people who have been affected by any kind of road incident. They give specialist support and advice to those who have been bereaved, injured or witnessed a road collision. This includes supporting friends and family of those who have either been killed or injured on the roads.

Voice Restorative Justice

3rd Floor, Riverside House, Northampton, Northamptonshire NN1 5NX

Tel: 0300 303 1965 (option 4)

Voice works with a wide range organisations to provide restorative services to those harmed by crime, or experiencing conflict or antisocial behaviour. The aim is to help those affected to explain the impact the incident has had on their lives and discuss ways in which the situation can be improved or resolved.

Cost: Free

Age range: 0 - 99 years

Eligibility criteria: Open to everyone

How to get help: Contact service direct

Voice Northamptonshire

Type of service: Advice And Information

Address: East House, Force Headquarters, Wootton Hall, Northampton, Northamptonshire NN4 0JQ

Telephone number: 03003031965

Email address: info@voicenorthants.org

Website: <http://www.voicenorthants.org>

Service description:

Voice is a free, confidential support service for anyone affected by crime in Northamptonshire. If you've been affected by crime and want some help and advice, or if you'd just like someone to talk to, get in touch with one of their teams below:

- **Voice for Victims and Witnesses** (for ages 18+)

3rd Floor, Riverside House, Northampton, Northamptonshire NN1 5NX

Tel: 0300 303 1965 (option 2)

A free, confidential service for adults who have been affected by all types of crime.

- **The service:**

- Provides emotional and practical support to anyone affected by crime
- Links with partner agencies to ensure the right specialist support is available for everyone
- Offers help and guidance to anyone who has to attend court proceedings
- Promotes involvement in the criminal justice system by informing people about their rights

- **Voice for Children and Young People** (for ages 0-17)

Grosvenor House, George Street, Corby, Northamptonshire NN17 1QG

Tel: 0300 303 1965 (option 1)

A free, confidential service for young people who have been affected by all types of crime, including:

- Bullying

Action for Aspergers

Type of service: Groups, Clubs And Activities

Address: 9 Darwin House, Corbygate Business Park, Corby, Northamptonshire, NN17 5JG

Telephone number: 01536 266681

Mobile number: 07773801506

Email address: info@actionforaspergers.org

Website: <http://www.actionforaspergers.org>

Service description:

Action for Asperger's provide autism-specialist counselling and emotional support for those whose lives that have become adversely affected by the experience of Asperger syndrome and autism, as well as a clinical diagnostic service for autism.

They also hold groups/clubs for those with Asperger syndrome (including a Minecraft Club, Dr. Who Club, League of Legends Club, Mens' Social Group, Anime And Manga Club) and a group for spouses of those with Asperger syndrome.

Cost: Contact provider for details

Age range: 0 - 99 years

Eligibility criteria:

- Any Age
- SEND descriptors

How to get help: Contact service direct

Action For children- Northamptonshire sibling support (SIBS)

Type of service: Advice And Information

Address: The Doddridge Centre, Northampton,
Northamptonshire NN5 5HF

Telephone number: 07734 022418

Mobile number: 07825621503

Email address: sheryl.arnold@actionforchildren.org.uk

Service description:

This service provides support to the siblings of disabled children through provision of a closed eight-week group work programme (held on Saturdays) that demonstrates an understanding of siblings needs and how these can be addressed.

Cost: Free

Age range: 5 years - 17 years

Eligibility criteria:

- Age - Early Years (0-5)
- Age - School (5-18)
- SEND descriptors

Siblings

How to get help: Contact service direct

Smiles

Service Six offer 'Play Therapy' services for children aged 4 to 9 years of age, this service is called 'Smiles'

Smiles provides a safe place for children who may be feeling sad, scared, angry or confused. The therapist uses games, toys and art to help children to communicate and explore their feelings. Each therapy session normally lasts for up to 45 minutes.

Smiles will help children to be happier and healthier and will contribute towards lots of positive outcomes including improved:

- Self confidence
- Concentration and educational attainment
- Social and communication skills
- Resilience
- Anger management
- Personal safety

WRAP

The WRAP project is a "Work Readiness Action Programme" for people aged under 29 which aims to:

- Reduce "Worklessness Poverty" by removing barriers to education, training and employment such as having no ID and poor literacy and providing access to practical work with relevant skills and qualifications.
- WRAP will also work with employers to tackle prejudice and identify opportunities for participants

Support Plus

Support plus services are available to children and young people aged 10-18. Support Plus is a confidential service and the primary aim is to provide 1-2-1 support for people who are on the waiting list for the Counselling Service/ who are in need to talk to someone and/or who are in a crisis situation.

1-2-1 support sessions are initially offered on a 'one off' basis and will be a booked appointment of between 30-50 minutes. This gives a person the opportunity to meet someone from the Support Plus service and to have an initial session to talk to someone about what is troubling or worrying them. If the person requires further support, initially 4 Support Plus sessions can be booked with a review of their progress made.

Cost: Free

Age range: 10 years - 25 years

Eligibility criteria:

- Age - School (5-18)
- Age - Adulthood (18-25)

How to get help: Contact service direct

Service Six

Type of service: Social Care Services

Address: 26 Rock Street, Wellingborough,
Northamptonshire NN8 4LW

Telephone number: 01933 277520

Email address: referrals@servicesix.co.uk

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

Service description:

Counselling

- Service Six offers 1-2-1 therapeutic counselling for children, young people and families.
- There is also a free counselling service for adults who live in East Northamptonshire.

Opal Project

The aims and objectives of Opal is to help young people deal with self-harm, to help others handle difficult situations with self-harm and try to make young people's lives better so they do not feel the need to self-harm. The Opal Project is open by appointment.

help@theopalproject.com 03332 400716 or 07714 107220

County wide activities

- Are you bored?
- Want to make new friends
- Want to have lots of fun
- Want to learn new skills

Service Six activities are all FREE and open to all young people aged between 10 years and 18 years old: contact Service Six for more details

VYBZ

Service Six undertakes sessions and programmes of fun and educational activities for children at Queensway Resource Centre, Wellingborough. These include activities such as:

- Arts and Crafts
- Gardening
- Sports
- Trips

Autism Concern

Type of service: Advice And Information

Address: Suite 39-42, Burlington House, 369 Wellingborough Road, Northampton,
Northamptonshire NN1 4EU

Telephone number: 0808 808 9090

Email address: iag@autismconcern.org

Website: <http://www.autismconcern.org>

Service description:

Autism Concern provides specialist support and advice for Northamptonshire's autism community. They run a number of youth groups, community and activity days for children and young people with autism spectrum disorder (ASD). They also an information, advice and guidance team who are available on a free helpline (0808 808 9090) or via email ('iag@autismconcern.org') and social media, to support people with autism spectrum disorder (ASD) or their families.

Services include:

- Emotional support
- Behavioural advice
- Signposting to community services
- Training and awareness
- Understanding autism spectrum conditions
- Support with filling in benefits forms and applications
- Youth groups, holiday clubs and activity days

Cost: Free

Age range: 0 - 99 years

Eligibility criteria:

- Any Age
- Diagnosis / SEND descriptors

How to get help: Contact service direct, however if a child wishes to attend one of the groups, an admission form and One Page Profile must be completed and returned to Autism Concern. These can be [downloaded from their website](#) or requested by calling 01604 239404.

Care and Repair

Type of service: Social Care Services

Address: 25 Tenter Road, Moulton Park, Northampton, Northamptonshire NN3 6AX

Telephone number: 01604 782250

Mobile number: 07825621503

Email address: office@careandrepairnorthamptonshire.org.uk

Website: <http://www.careandrepairnorthamptonshire.org.uk>

Service description: Care & Repair Northamptonshire is an independent charitable home improvement agency which has provided support to vulnerable householders across Northamptonshire for 30 years.

It carries out a comprehensive range of home support measures and repairs aimed at keeping vulnerable people and those who care for them safe, warm and secure at home, regardless of tenure of property. Works are carried out using its own in-house team of technicians who are DBS checked, wear uniform, carry ID and drive company vans.

Services include:

- Traditional handy person service
- Minor adaptations and falls prevention
- Home security
- Electrical, plumbing and carpentry works
- Gardening, fencing, gating and minor landscaping
- House and garden clearance and disposal
- Child home safety works for families in need
- Bespoke works for specialist needs
- Home warmth measures
- Home Safety and Support Service
- Gas Safe Service
- Ramping and handrail systems

Learning Disability

Northamptonshire

Type of service: Advice And Information

Address: The Caring and Sharing Trust, Cottons Farmhouse, 28 Whiston Road, Cogenhoe, Northampton, Northamptonshire NN7 1NL

Telephone number: 01604891487

Email address: admin@cottonsfarmhouse.org

Website: <http://www.northamptonshirelearningdisability.org>

Service description:

A website outlining the services and opportunities available for people with learning disabilities throughout Northamptonshire. Features information about getting started, the care system, advocacy, housing, personal support, and social and leisure activities.

Cost: Free

Age range: 0 - 99 years

Eligibility criteria: Open to everyone

How can I get help: Contact service direct

Cruse - Bereavement Care

Type of service: National Organisation

Address: 9 Fishers Close, Northampton, Northamptonshire NN3 9SR

Telephone number: 08088081677 (National Helpline)

Mobile number: 07772428532 (Local Branch)

Email address: nfo@cruse.org.uk (National); northamptonshire@cruse.org.uk (Local)

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

Service description:

Cruse Bereavement Care is the leading national charity for bereaved people in the UK. They offer support, advice, and information to children, young people, and adults when someone dies, and they work to enhance society's care of bereaved people.

Cruse's services are provided by a network of 5,000 trained volunteers, and are both confidential and free to use. Young people can also send a private message to one of Cruse's trained volunteers (via hopeagain@cruse.org.uk), who will reply to you by email.

Cost: Free

Age range: 0 - 99 years

Eligibility criteria: Open to everyone

How to get help: Contact service direct

Cruse can offer a safe, youth-friendly space where young people can work through their grief in their own time and own way accompanied by a trained and experienced volunteer who will work individually with the young person over a period of 6-8 weekly sessions. There are also a number of leaflets and publications available to help children and young people.

Eligibility

- Northamptonshire
- Disability or long term illness
- Elderly
- Carers
- Vulnerable families
- Those on low incomes/living in Hardship
- Those living in fear of crime
- Other disadvantaged
- All ages

Care and Repair Northamptonshire can also help if you are considering major adaptations or equipment needs.

Subject to funding, Care and Repair are (at times) able to offer some services free-of-charge through hardship or project funding. All free works are subject to eligibility.

Care & Repair has longstanding excellent feedback with NCC Trading Standards Buy with Confidence Scheme and holds the government endorsed TrustMark accreditation for handyman services.

Care & Repair Northamptonshire is a registered society under the Co-operative & Community Benefit Societies Act 2014, 25783R

To find out more, please visit the [Care and Repair website](#).

Cost: Free

Age range: 0 - 99 years

Eligibility criteria:

- Any Age
- Location / SEND descriptors

How to get help: Contact service direct