

USEFUL CONTACTS

ANIMALS

RSPCA 137 Radford Road, Hyson Green, Nottingham, NG7 5DU	0115 784 1110 www.rspca.org.uk
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ADDICTION

ALCOHOLICS ANONYMOUS	08009177650/01159417100 www.alcoholics-anonymous.org.uk
GAMBLERS ANONYMOUS	www.info@gamblersanonymous.co.uk
NARCOTICS ANONYMOUS	0300 999 1212/ www.ukna.org
The Maltings, Substance Misuse Services Mansfield Recovery Centre, 3-5 Beech Avenue, Mansfield	01623 408432 / 0300 300 1234
HETTYS -Marlborough House, 23 Woodhouse Road, Notts NG18 2AF A confidential network, designed to support people helping parents, partners, friends and families with either drink or drugs problems.	Free Phone 08000 850941 Helpline Text 07896228547

CARERS

CROSSROADS CARE EAST MIDLANDS - 19 Pelham Road, Sherwood, Nottingham, Nottinghamshire, NG5 1AP Crossroads Care is a national network of local charities employing over 5,000 trained professionals nationwide and working with over 35,000 carers to help them make a life outside caring.	0115 9628920
CARERS SITTING SERVICE- c/o The Surgery 189 Birkinstyle Lane, Stonebroom, Alfreton, Derbyshire, DE55 6LD Here at the "Carers Sitting Service" we specialise in caring for adults in the comfort of their own homes. Accredited by Derbyshire County Council Social Services and by the Care Quality Commission	01773873581

CHILDREN

CHILDLINE	0800 1111/ www.childline.org.uk
NSPCC – National Society for the Prevention of Cruelty to Children	0808 800 5000/ www.nspcc.org.uk
REFUGE AGAINST DOMESTIC VIOLENCE FOR WOMEN & CHILDREN	0808 2000 247 24 hour helpline www.refuge.org.uk
SUPPORT LINE – Confidential Emotional Support for Children, Young Adults and Adults	01708 765200 info@supportline.org.uk
W.A.M (what about me) Confidential support service for children and young people aged 5-19 who are affected by someone else's substance misuse. Room F38, 1 st floor Ransom Hall, Ransom Hall Business Park, Mansfield, Notts NG21 0HJ	0115 9691 300 www.selfhelp.org.uk

COMMUNITY

ASHFIELD VOLUNTARY ACTION The Health & Wellbeing Centre, Ashfield Health Village, Portland Street, Kirkby in Ashfield, NG17 7AE	01623 555551 info@ashfieldvoluntaryaction.org.uk
BASSETLAW COMMUNITY VOLUNTARY SUPPORT Support services in finance, funding and volunteering	01909476118 admin@bcvs.org.uk
DISTRICT COUNCIL / COUNTY COUNCIL	
ASHFIELD DISTRICT COUNCIL - Kirkby in Ashfield, NG17 8DA	01623 450000 /info@ashfield.gov.uk
BOLSOVER COUNTY COUNCIL - Bolsover District Council, The Arc, High Street, Clowne, Derbyshire S43 4JY.	01246 242424
CITIZENS ADVICE BUREAU. Nationwide - Citizens Advice Ashfield , Portland Street NG17 7AE	0344 411 1444 01623 784385/ debt@ashfield.org.uk/ adviceteam@ashfieldca.org.uk
FRAMEWORK HOUSING ASSOCIATION Val Roberts House, 25 Gregory Boulevard, Nottingham NG7 6NX Framework Ashfield	0115 8417 711 www.ashfieldnass@frameworkha.org 01623 675418
LEE ANDERSON – MP for Ashfield 70-78 High pavement, NG17 4FY	01623 550604 Lee.anderson.mp@parliament.uk
NOTTINGHAM COUNTY COUNCIL	03005008080
OLLERTON AND BOUGHTON COUNTY COUNCIL Town hall, New Ollerton, Newark	01623 860811 office@ollerton-tc.gov.uk
BASSETLAW DISTRICT COUNCIL 17B The Square, Retford, DN22 6DB	01909 533 533 www.bassetlaw.gov.uk
DOMESTIC VIOLENCE AND ABUSE	
DOMESTIC VIOLENCE run in partnership between Women's Aid and Refuge	24 hour help line 0808 2000 247
KARMA NIRVANA on forced marriage and honour crimes	0800 5999 247 Monday- Friday 9am-5pm You can also call 020 7008 0151 GOV Forced Marriage Unit
MANKIND	01823334244 Monday - Friday 10am-4pm
NATIONAL BULLYING HELPLINE	08452255787 www.nationalbullyinghelpline.co.uk
NOTTINGHAM RAPE CRISIS CENTRE The Women's Centre, 30 Chaucer Street, Notts, NG1 5LP	Help Line 0115 9410440
REFUGE AGAINST DOMESTIC VIOLENCE FOR WOMEN & CHILDREN	0808 2000 247 24 hour helpline www.refuge.org.uk
RELATE – The Relationship People Nottingham Relate Centre, 96 Mansfield Road, Nottingham, NG1 3HD	0115.958 4278 www.relate-nottingham.org.uk
RESPECT - The Advice line for male domestic abuse survivors	08088010327
WOMANS AID	https://www.womensaid.org.uk/information-support/
JOBS/FINANCE	
JOBS AND ADVICE– Ollerton Town hall Every Wednesday, Sherwood drive, new Ollerton, NG22 9PP	01623 860811

JOB CENTRE PLUS – Ashfield Ashfield district council Offices, Urban Rd, NG17 8DA	08001690190 www.ashfield.gov.uk
JOB CENTRE PLUS – Retford 23A grove Street, DN22 6JR	08456043719
PERSONAL INDEPENDENCE PAYMENT Personal Independence Payment (PIP) can help with extra living costs if you have both: <ul style="list-style-type: none"> • a long-term physical or mental health condition or disability • difficulty doing certain everyday tasks or getting around because of your condition <p>You can get PIP even if you're working, have savings or are getting most other benefits.</p>	https://www.gov.uk/pip/eligibility
MAS – Money Advisory Service	0800 138 7777 www.moneyadvice.service.org.uk
LGBTQ+	
NOTTINGHAM AND NOTTINGHAMSHIRE LESBIAN AND GAY NETWORK Nottingham Voluntary Action Centre 7, Mansfield Road, Nottingham, NG1 3FB	0115 9348485 www.nottslgbt.com
MERMAIDSUK Mermaids provides a range of helpline services supporting transgender youth, up to and including the age of 25. We also support families and professionals.	08088010400 Monday-Friday 9am-9pm Webchat- https://mermaidsuk.org.uk/contact-us
SWITCHBOARD (if you identify as gay, lesbian, bisexual or transgender)	TEL: 0300 330 0630 available 10am-10pm everyday
MENTAL HEALTH	
<ul style="list-style-type: none"> • If you are / someone is in danger, call 999 or go to A&E • If you need help urgently for your mental health, but it's not an emergency, get help from NHS 111 online or call 111. <p>Your mental health is as important as your physical health. You will not be wasting anyone's time.</p> <p>Book an appointment with your GP for support if you are struggling with your mental health.</p>	
ALZHEIMERS SOCIETY 36 Wood Street, Mansfield, Notts NG18 1QA	01623 429419 / 03002221122 www.alzheimers.org.uk
ANXIETY UK	03444775774/www.anxiety.org.uk
AUTISM HELPLINE	0808 800 4104/www.autism.org.uk
BEN MENTAL HEALTH & WELLBEING	08081 311 333/www.Ben.org.uk
BIPOLAR UK	0333 323 3885/www.bipolaruk.org
BEAT The UK's Eating Disorder Charity	0808 801 0677 www.beateatingdisorder.org.uk
CRUSE BEREAVEMENT SUPPORT - Mansfield, NG18 1EL	01623 647645/www.cruse.org.uk
FAMILY LIVES, PARENTING AND FAMILY SUPPORT Playworks, North Alfred Street, Notts NG3 1AE	0115 896 770 / 0808 800 2222 WWW.familylives.org.uk

MIND Concord House, 12-14 St Johns Street Mansfield, Notts NG18 1QJ Monday – Friday 9am-4pm	01623 658044 www.mind.org.uk
MENS HEALTH FORUM	020 7922 7908 www.menshealthforum.org.uk
OCD Action	0845 390 6232/www.ocdaction.org.uk
RETHINK Mental Illness – East Midlands Regional Office 182 Kirkby Road, Sutton in Ashfield, Notts, NG17 1GP	01623 510992/www.rethink.org
SANEline	0300 304 7000 Available 4pm to 10pm
SAMARITANS 1A, Grove Street, Mansfield, Notts NG18 1EYL	01623 422224 / 08457 909090 Or any time 116 123 free phone
THE MIX (available for under 25s)	0808 808 4994 3pm to midnight
YOUNG MINDS – Fighting for young People’s Mental Health	0808 802 5544/www.youngminds.org.uk
PHYSICAL HEALTH <ul style="list-style-type: none"> • If you are / someone is in danger, call 999 or go to A&E • If you need help urgently for your physical health, but it’s not an emergency, get help from NHS 111 online or call 111. <p style="text-align: center; color: red;">You will not be wasting anyone’s time.</p>	
ARTHRITIS CARE HELPLINE	0800520520/ helpline@versusarthritis.org
BRITISH HEART FOUNDATION	0300 330 33322 / www.bhf.org.uk
KINGSMILL HOSPITAL -Mansfield Road, Sutton in Ashfield, NG17 4JL	01623 622515
NHS Non Emergency number	111
BRITISH PREGNANCY ADVISORY SERVICE Oak Tree Lane Surgery, Mansfield, Notts, NG18 3SF	0345 730 4030
SEXUAL HEALTH - ASHFIELD	01623 672260/www.sfh-tr.nhs.uk
SEXUAL HEALTH - OLLERTON	01623 672260/ www.sfh-tr.nhs.uk
POLICE/PROTECTION <p style="text-align: center; color: red;">CALL 999 IF YOU ARE / SOMEONE ELSE IS IN DANGER OR IF SOMEONE HAS HAD A MAJOR TRAUMA, SUCH AS A SERIOUS ROADS TRAFFIC ACCIDENT, A STABBING, A SHOOTING, A FALL FROM HEIGHT, OR A SERIOUS HEAD INJURY.</p>	
ASHFIELD COMMUNITY PROTECTION SERVICE The Ashfield Neighbourhood Wardens are in your neighbourhood, helping to improve the quality of life for residents, reduce crime and the fear of crime, and build confidence in the community	016230450000 asb@ashfield.gov.uk
COUNTER TERRORISM HOTLINE	0800 789 321
OLLERTON COMMUNITY PROTECTION SERVICE – community protection	101 (EXT:3101) for Sgt. 2949 Christian Hurley
NON EMERGENCY POLICE	101
NOTTS- REPORT A CRIME	https://www.nottinghamshire.police.uk/do-it-online/report-online
PREVENT ADVICE LINE Prevent referrals can come from anyone and the public are encouraged to contact police if they have any concerns about radicalisation.	0800 011 3764

Community and faith groups of all types can also contact police for further information about the risks and teams will, where possible, arrange engagement events with these groups.	
VICTIM SUPPORT - Mansfield and Ashfield The Court House, Rosemary Street, Mansfield, Notts, NG19 9EE	0300 303 1967/01623 424948 www.victimsupport.org.uk
SEND/DISABILITY	
APTCO A PLACE TO CALL OUR OWN – Supporting young people and families with SEN Unit 15 Botany Park, Botany Avenue, Mansfield, Notts NG18 5NF	01623 629902 www.aptco.co.uk
MENCAP	0808 808 1111/www.mencap.org.uk
SCOPE – DISABILITY SUPPORT	0808 800 3333/helpline@scope.org.uk
SUICIDE PREVENTION	
SAMARITANS 1A, Grove Street, Mansfield, Notts NG18 1EYL	01623 422224 / 08457 909090 Or any time 116 123 free phone
SOS SILENCE of SUICIDE	03001020505
SHOUT- Crisis Text Line	Text SHOUT 85258
PAPYRUS- available for under 35s	Call- 0800068 41 41 Text- 07860 039967