

LOCAL SERVICES DIRECTORY

Organisation	Nature of Organisation	Tel No.	Email	Website
Community Support				
Vineyard Community Church	Vineyard provide free internet access and free IT at the Vineyard Centre 23 High March Close High March Industrial Estate Daventry Northants NN11 4EZ	01327 577850	info@vineyardcommunity.org	www.vineyardcommunity.org.uk
Vineyard Community Church	Providing food aid to those in need Any individual in need of emergency food support	07576 663968 07536 590033	office@vineyardcommunity.org	www.vineyardcommunity.org.uk/foodbank.htm
Daventry Contact	Redistributing unneeded furniture to those who need it most, our priority is to help those on benefit, but we help folks on low income too especially those in part-time jobs on the national minimum wage.	01327 310711	charity@daventrycontact.org	www.daventrycontact.org
Charity Link	Individuals and families in Northamptonshire experiencing poverty, hardship or crisis. Examples of the people we can help include those who are not able to get support through Northamptonshire County Council's Sustaining Independent Living Scheme (or those who do receive this help but still require additional help), the homeless, the Elderly or vulnerable, and people of all ages facing demonstrable financial hardship.	0116 222 2200		www.charitylink.org/Northamptonshire
Community Law Service Northampton & County	Free legal advice Community Law Service (Northampton and County) provides comprehensive advice and representation in welfare benefits, debt, housing and immigration.	01604 621038	enquiries@communitylawservice.org.uk	www.communitylawservice.org.uk
Daventry Volunteer Centre	Daventry Volunteer Centre promotes all aspects of volunteering. The main office is located in the Daventry library and is the first port of call for anyone interested in becoming a volunteer. The office is an information point holding a wide range of information about services in the local voluntary sector	01327 300614	info@daventryvolunteers.org.uk	www.daventryvolunteers.org.uk

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Community Support (continued)				
Northants Warm Homes	Energy Saving Service. Residents of Northamptonshire who are looking to reduce their energy bills.	01327 871100	comments@daventrydc.gov.uk	www.northantswarmhomes.com
Daventry Area Community Transport (DACT)	A transport service to help people get to medical appointments and those, who have difficulty using public transport to get to any medical appointments.	01327 701665 01327 701666	info@dact.uk.com	
Telephone Preference Service (TPS)	Telephone Preference Service (TPS) is a free service. It is the official central opt out register on which you can record your preference not to receive unsolicited sales or marketing calls. Blocking unwanted calls.	0845 070 0707 0845 703 4599	www.tpsonline.org.uk	
Caring for Ex-offenders (CFEO) Coach Network	Prisoners due for release from prison and Ex-Offenders Caring for ex-offenders	01228 808 818 General enquiries 0845 166 8202 Jesus Centre Northampton	info@northamptonjesuscentre.org.uk	www.jesuscentre.org.uk
C2C Social Action	C2C support any individual at any stage of the Criminal Justice System by inspiring and motivating them to take personal responsibility for their behaviour, in order to reduce re-offending.	01604 824080	info@c2csocialaction.com	www.c2csocialaction.com
The Freecycle Network	Giving away items for free. It's a grassroots and entirely non-profit movement of people who are giving (and getting) stuff for free in their towns and keeping good stuff out of landfills. Membership is free, and everything posted must be free, legal and appropriate for all ages.			www.freecycle.org
Citizens Advice Bureau Central and East Northamptonshire	Citizens Advice Bureau - Open to Everyone for Free, Confidential and Independent Advice	03444 889 629		www.adviceguide.org.uk/england.htm
Neighbourhood Learning	Neighbourhood Learning Courses through NCC	07540 669753	hjohnston@northamptonshire.gov.uk	

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Supporting Families				
Home-Start Support for Families with Children Under 5	Home-Start helps families with young children deal with whatever life throws at them. We support parents as they learn to cope, improve their confidence and build better lives for their children. The benefits of our support include improved health and wellbeing and better family relationships.	01327 353 139 0800 068 6368	admin@homestart-davsn.org.uk	www.homestart-davsn.org.uk
Gingerbread Single Parenting Support	Provide advice and practical support for single parents via our helpline and local Gingerbread support groups	0808 802 0925		www.gingerbread.org.uk
Tamba Family Learning Courses	Help Expectant Parents of twins or higher multiples	0800 138 0509	asktwinline@tamba.org.uk	www.tamba.org.uk
SSAFA Lifelong Support for Armed Forces and their Families	Support to anyone who is currently serving or has ever served in the Royal Navy, British Army or Royal Air Force and their families.	0207 403 8783		https://www.ssafa.org.uk/
Forcesline Helpline for Armed Forces and their Families	Support to anyone who is currently serving or has ever served in the Royal Navy, British Army or Royal Air Force and their families	0800 731 4880 0198 063 0854	http://www.ssafa.org.uk/about-us/contact-us/forcesline-email-enquiry/	https://www.ssafa.org.uk/
Toddle About Loving life with little ones	What's on for little ones in Northamptonshire. Whether you are looking for Mums and Tots Groups in Northampton, Baby Swimming Classes in Towcester or Children's Shops in Daventry, you will find them in Toddle About.	01327 830171	info@toddleabout.co.uk	https://www.toddleabout.co.uk/contact/
PACE Keep them Safe Protecting Children from Child Sexual Exploitation	Pace works alongside parents and carers of children who are – or are at risk of being sexually exploited by perpetrators external to the family. We offer guidance and training to professionals on how child exploitation affects the whole family.	0113 240 5226 for help and advice 0113 240 3040 office switchboard		www.paceuk.info

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Supporting Families (continued)				
Help and Support for Separated Families	Sorting out Separation is a free online service for parents and couples dealing with divorce or separation.			www.sortingoutseparation.org.uk/en/home
Adult Learning Services Northamptonshire County Council	Courses are run at local schools, children's centres, community centres, libraries and other local venues. If mothers, fathers and carers want to learn with their children, or to further develop their own skills to support their children at school, we will have a course that suits their needs.	01604 367119	tsowerby@northamptonshire.gov.uk	
Family Lives Listening, Supportive and non-judgemental	Young People in need of advice and support	0808 800 222		
Dealing with Divorce or Separation	Online service for parents and couples dealing with divorce or separation			www.sortingoutseparation.org.uk/en/home
Family Learning Course	Family learning builds confidence, skills and interest to go on learning in adults and children and enable families to learn with and from each other	01604 367119	tsowerby@northamptonshire.gov.uk	
Young Parents in need of Advice and Support	Young Parent in Need of Advice and Support	0808 800 222		
National Family Mediation Family Mediation Services	We help families in conflict, especially those divorcing or separating Family mediation is quicker and more cost-effective than heading to court. It reduces conflict, and your family stays in control of arrangements over children, property and finance	0300 4000 636		
Young People Services				
Time2Talk Counselling	Provide counselling for young people which is strictly by appointment. The primary aim of this service is to help maintain positive mental outlooks for young people and to help prevent the need for more clinical interventions.	01327 706706		http://www.time2talk.org.uk/
Service Six Services for young people aged 4+, Adults and Families	Children aged 4 – 9 years who have witnessed or experienced domestic violence or are looked after children Children & Young People aged 10 – 18 years. Children, Young People, parents/carers and families affected by sexual abuse	01933 226602 07789 887546	catherinesharp@servicesix.co.uk	http://www.servicesix.co.uk/

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Young People Services (continued)				
Service Six The Opal Project	The aims and objectives of Opal is to Help young people deal with self-harm, to help other handle difficult situation with self-harm and try to make young people's lives better so they do not feel the need to self harm.	07740 038190	claudiaslabon@servicesix.co.uk	http://www.servicesix.co.uk/
Service Six NCC Supporting Services Contracts - Early Help & Prevention Supporting Services for Children & Families	Child over 5 years old within the family & Early Help Assessment in place	03332 400716	referrals@servicesix.co.uk	http://www.servicesix.co.uk/
Catch 22 Youth Justice Service / Youth Contract	Youth Justice Services: 10-17 years offenders/alleged offenders. Youth Contract: 16-17 years without GCSEs at grade C or above.	01604 602 400 / 07540 673 816	-	
Apprenticeships Traineeships Training, Apprenticeships	Apprenticeships offer the opportunity to work for a real employer, earn a real salary and gain real qualification whilst gaining valuable workplace skills and experience	0800 100 900		https://nationalcareersservice.direct.gov.uk
Nayc Youth Club Information / Prince's Trust Information	Offers help, training and advice to those working with young people in Northamptonshire	01604 499699 / 0800 842 842	yd@navc.org	www.navc.org
Prince's Trust	If you're aged 18-30, unemployed or working fewer than 16 hours a week, the Enterprise programme can help you decide whether self-employment is right for you	0800 842842		www.prince-trust.org.uk
The Lowdown Confidential Drop in Service for Young People	Provide information, advice and counselling to children and young adults in distress or experiencing crisis	01604 622223	info@thelowdown.info	http://thelowdown.info/
Brook Sex Advice for Teenagers	Providing sexual health services, support and advice to young people under the age of 25	07717 989 023 / 0300 123 2930	admin@brook.org.uk	http://www.brook.org.uk/Young / www.nhs.uk/worhtalkingabout
NHS Sex line for teenagers	Talking about sex doesn't have to be as difficult as you think. Whether it is knowing about your contraceptive choices, explaining STIs, coping with emotions or understanding your body, you'll find straightforward information and advice to make it easier to discuss everything to do with sexual health	0300 123 2930		www.nhs.uk/worhtalkingabout
Babble Online Community for Young Carers under 18	Provide access to desperately-needed breaks, information and advice, education, training and employment opportunities		youngcarers@carers.org	

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Young People Services (continued)				
Nyas Socio-legal Services for the Young and Vulnerable	Providing socio-legal services for young people and vulnerable adults	0800 61 61 61	help@nyas.net	www.nyas.net
Coram Children Legal Centre	Coram Children's Legal Centre, part of the Coram group of charities, specialises in law and policy affecting children and young people. Coram Children's Legal Centre offers specialist legal advice over the telephone to children, their families and carers	0808 802 0008		
NDCS Legal Centre for Children & Support for Deaf Children	Offers specialist legal advice over the telephone / Support all deaf children and young people	0808 802 0008 / 0808 800 8880	helpline@ndcs.org.uk	www.ndcs.org.uk
Services for Mature & Vulnerable People				
Tax Help	Tax Help for people over 60 or people caring for someone over 60.	0845 6013321 01308 488066	taxvol@taxvol.org.uk	
Age UK Local Age UK Information	Help for older people	01604 611 200	northamptonshire@acnorthants.org.uk	www.ageuk.org.uk
Care & Repair Help to repair or adapt homes	Service for disabled or elderly people who need help to repair or adapt their homes	01327 871100	careandrepair@daventrydc.gov.uk	www.daventrydc.gov.uk/careandrepair
The Cinnamon Trust Support for the terminally ill and their pets	Supporting the terminally ill and their pets	01736 757 900		
Age UK Telephone Befriending Service	A weekly phone call (lasting normally around 20 minutes) from a trained and supported corporate volunteer	01604 611200		www.ageuk.org.uk
The Silver Line Confidential Helplines for older people	Free confidential helpline providing information, friendship and advice to older people	0800 4 70 80 90		http://www.thesilverline.org.uk/
NBFA Advice on improving the quality of your life	Improving the quality of life for older people on low incomes	020 7828 0200		http://www.nbfa.org.uk
The Independent Age Free advice on home care, care homes, NHS services & Housing	Free and impartial advice for older people, their families and carer on home care, care homes, NHS services, housing and other issues	0800 319 6789		http://www.independentage.org

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Services for Mature & Vulnerable People (continued)				
Northants Fifty+ Network 50+ Network	Plan, develop and deliver services for older people in this county, creating a better Northamptonshire for older people	01604 812144 / 01604 718098	northants_fifty_plus@hotmail.co.uk Sandra.frampton240@btinternet.com	http://www.northantsfiftyplus.co.uk/index.php
Doorstep Crime	Stop burglary and rogue doorstep traders	08454 04 05 06 / 0345 23 07 702		
Happy at Home Partnership Support for older rurally Isolated Residents	Help older, rurally isolated residents to access available local services	01327 300614 / 01327 358264	info@daventryvolunteers.org.uk	http://www.snvb.org.uk/default.html
Support for Those With a Disability				
Village Networks	Unique lottery-funded project connecting residents to support and advice that matters to them	01327 358264	nick@snvb.org.uk	
Northampton Centre For Independent Living Support for Disabled People, Carers and Family Members	Help with all disability benefits, from benefit checks, to help form filling	01604 588501	information@northamptonshirecil.org.uk	www.northamptonshirecil.org.uk
Northampton Association for the Blind Support and Advice for anyone suffering with sight loss	Provider of specialist advice, support and information for anyone suffering with sight loss in Northamptonshire	01604 719193	admin@nab.org.uk	http://www.nab.org.uk/main.cfm?
DeafConnect Services for Deaf, Deafened, hard of hearing and Deafblind people	Information and Advice about interpreters, equipment, benefits, health, crime prevention, work, education, social and leisure activities for all ages	01604 589011	general@deafconnect.org.uk	
Hearing Dogs for Deaf People Training Hearing Dogs	Train hearing dogs to alert deaf children and adults to important household sounds and danger signals	01844 348100 01844 348101	info@hearingdogs.org.uk	www.hearingdogs.org.uk
SupportLine Confidential Support Line for emotional support	Provides a confidential telephone helpline offering emotional support to any individual on any issue	01708 765200	info@supportline.org.uk	http://www.supportline.org.uk/contact.php
Family Fund Families raising Disable children on a low income	Largest grant-giving charity for families raising disabled or seriously ill children	01904 621115	info@familyfund.org.uk	http://www.familyfund.org.uk/about-us/contact-us
Specsavers Free Eye Home Test	Specsavers offer a free home eye test to those who are not able to get to the opticians due to physical or mental disability	0800 198 1132		http://www.specsavers.co.uk/home-eye-tests
AbilityNet Tech Support for Disabled people	AbilityNet exists to change the lives of disabled people by helping them to use digital technology at work, at home or in education	0800 269 545	enquiries@abilitynet.org.uk	

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Support for Those With a Disability (continued)				
Keep Safe Here Keep Safe Card	The Scheme is designed to make the holder more aware of their personal safety, to encourage reporting of crime - especially hate crime - and to help them seek help if they need it. It will also help those providing assistance, such as librarians and the Police, to access support for the user of the card and understand how to make them feel safer.	0773 351 2107		
Disabled Go Accessing information to maximise independence	Maximise independence and choice for disabled people in accessing their local area and the places we all want to visit	0845 2704627	enquiries@disabledgo.com	http://www.disabledgo.com
Euan's Guide	A website dedicated to helping Disabled People access venues around the country with the help of reviews by other Disabled People.	0131 510 5106	hello@euansguide.com	www.euansguide.com
Scope About Disability	Scope exists to make this country a place where disabled people have the same opportunities as everyone else	0808 800 3333	helpline@scope.org.uk	www.scope.org.uk
Drug and Alcohol Support				
Cri Drug & Alcohol Treatment	Alcohol / Drug problem	0845 0344549		http://www.cri.org.uk/
Aquarius Family Support & Advice	help people overcome the harms caused by alcohol, drugs and gambling	0300 456 4292	northampton@aquarius.org.uk	
Bridge Overview Substance Misuse Programme	recruits, trains and supervises volunteers who have had drug or alcohol problems	01604 621259	enquiries@bridge-northants.org.uk	www.bridge-northants.org.uk
NDAS Drug, Alcohol and Homelessness Support	help with a range of treatment and support services for drug and alcohol problems	01536 493 059 01604 233 227		
Alcohol Concern Support with your drinking	Help and advice with your drinking	0300 123 1110	contact@alcoholconcern.org.uk	
AddAction National Support for Addictions	Help who is struggling with Drug and/or Alcohol abuse	020 7251 5860	info@addaction.org.uk	www.addaction.org.uk

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Drug and Alcohol Support (continued)				
Marijuana Anonymous UK Helpline for Information on Local Support meetings	Help the marijuana addict	07940 503 438	helpline@marijuana-anonymous.uk	www.marijuana-anonymous.co.uk
Bereavement Support & Funeral Cost				
NHS Bereavement Service	Provides sympathetic information, advice and support to bereaved relatives and carers	01604 545131		http://www.northamptongeneral.nhs.uk/OurServices/NonClinical/BereavementService.aspx
Cruse Bereavement Care Grief Support	Help who has been bereaved	0844 477 9400	helpline@cruse.org.uk	northamptonshire@cruse.org.uk
Gov.UK Help with Funeral Costs	Help with funeral costs	0845 606 0265		
Child Bereavement UK Child Bereavement Support	Parent, children and adolescents who have been affected by the death of a parent or child	08000288840	support@childbereavementuk.org	http://www.childbereavement.org.uk/
Winston's Wish Charity for Anyone who is concerned about a bereaved child	Anyone who is concerned about a bereaved child	08452 03 04 05		http://www.winstonswish.org.uk/
Facing the Future Support Groups for anyone who has lost someone to Suicide	Support Groups for anyone who has lost someone to Suicide			https://www.facingthefuturegroups.org/Home
Family, Health and Wellbeing				
Shelter Housing & Homelessness Advice	Housing and homeless charity	0808 800 4444		http://england.shelter.org.uk/get_advice
Alzheimer's Society Discussion Forum	Forum for anyone affected by dementia			http://forum.alzheimers.org.uk
Alzheimer's Society Information Programme for Carers of people with Dementia	Friendly and supportive relaxed social setting	07803 115351 01832 736674		http://alzheimers.org.uk/
Alzheimer's Society Peer Support Groups for Carers of people with Dementia	Sessions for carers, family and friends of people recently diagnosed with dementia	01604 879000	Northamptonshire@alzheimers.org.uk	http://alzheimers.org.uk/
Northamptonshire Carers All Carers Information	Support to those who are looking after or supporting a friend or relative with a disability or long-term illness	01933 677907	carers@northamptonshire-carers.org	www.northamptonshire-carers.org

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Family, Health and Wellbeing (continued)				
Contact a Family Supporting Families with Disabled Children	Support families, whatever the child's disability or health condition	0808 808 3555	helpline@cafamily.org.uk	http://www.cafamily.org.uk/
Carers UK Carers	Expert telephone advice and support service is here if you want to talk about caring	0808 808 7777	advice@carersuk.org	
Northampton Lesbian Line Support for Women Questioning their sexuality	Women who are questioning their sexuality and who seek a safe and confidential environment to access support	07849 188067		http://www.lesbianline.co.uk/index.php
FAN LGBT Community Idea's	Get people together, build common interests and develop accessible networks		-	http://www.fannorthants.com/ Family
Broken Rainbow UK Domestic Abuse Support for LGBT Community	Helpline provides confidential support to all members of the LGBT communities		-	http://www.brokenrainbow.org.uk/help/helpline
Employers Direct Employer Advice	Employment Law advice based on the ACAS Code of Practice, exclusively for employers	0808 271 9454		
ACAS Advice on Bullying/Harassment in the work place	Free advice on bullying / harassment in the workplace	08457 47 47		
National Bullying Helpline	Workplace bullying and anti-social behaviour is unfortunately a fact of life for too many workers in the UK. Unlike their playground equivalents work place bullies and their supporters tend not to use physical abuse. Instead they resort to long term psychological intimidation which can be just as devastating for the person on the receiving end. Fortunately for those being bullied help is at hand, for one of the most distressing parts of being bullied is the feeling that no one seems to care and there is nowhere to go for help.	0845 22 55 787	admin@nationalbullyinghelpline.co.uk	
Family Lives Helping your Child Cope with Bullying	Advice how to deal with bullying	0808 800 2222		http://familylives.org.uk/
The National Autistic Society	Autism Helpline providing impartial, confidential information and advice for people with autism spectrum disorders, their families and carers.	0808 800 4104		www.autism.org.uk/helpline

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Family, Health and Wellbeing (continued)				
Autism Concern Autism Helplines / Charities offering free advice	Providing impartial, confidential information and advice for people with autism spectrum disorders, their families and carers	0808 800 4104 0808 808 9090	iaq@autismconcern.org	http://www.autism.org.uk/helpline
Northampton Women's Aid Women's Aid	Help women and children suffering with domestic abuse	0845 123 2311	helpline@womensaid.org.uk	http://www.northamptonwomensaid.org.uk/
Men's Advice Line Male Victims of Domestic Abuse and Domestic Violence	Advice Men who suffer Domestic Abuse or Violence	0808 801 0327	info@mensadviceline.org.uk	http://www.mensadviceline.org.uk/mens_advice.php.html
ManKind Initiative	Our confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner)	01823 334 244		www.mankind.org.uk
Northampton Sanctuary Scheme Support for anyone who has been sexually abused	Help victims of domestic abuse who wish to stay in their homes by improving security	1604 230311 01604 250721		http://www.nordaf.co.uk/ http://www.eveda.org.uk/
EVE	Eve (formerly known as Nene Valley Christian Family Refuge) has worked with women and their families who have survived domestic abuse for over 30 years. In this time we have developed and delivered a range of services for women and children.	01604 230 311		www.eveda.org.uk
Northamptonshire Rape Crisis	At the Lighthouse Centre (NRICC) we offer counselling and support for anybody who has been sexually abused whether it was two weeks ago or 40 years ago.	01604 250 721 0300 222 5930		
Survivors UK Male rape and sexual abuse	Survivors UK define male sexual violation as any unwanted or non-consensual sexual act performed against a man or boy at any time in his life	0203 598 3898	info@survivorsuk.org	www.survivorsuk.org
Voice Support for Victims or Witnesses of Crime	A new service for victims and witnesses of crime	0300 303 1965		
Parkinson's U K	For those suffering from Parkinson's, their Carers and their families	0808 800 0303	hello@parkinsons.org.uk	
Northampton County Council Home Fire Safety Checks	encourage all residents to undertake a home fire safety check and ensure they have working smoke alarms	0300 126 1000		
Anglian Water Anglian Water Assistance Fund	Help Anyone suffering financial hardship and struggling to pay their water bill	01733 421060		

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Family, Health and Wellbeing (continued)				
Child Brain Injury Support for anyone affected by childhood acquired brain injury	Child and Family Support Co-ordinators provide children, young people and families with the support they need in order to live their lives to the full within their local community	0186 934 1075	info@cbituk.org	http://childbraininjurytrust.org.uk/
Sexual Health Advice	Advice about sexual Health	0800 567123 08452 234424		
Advice Link Family of Local Sites	This is a group of local organisations			http://www.advicelinkdaventrydistrict.com/
Netmums	Netmums is a family of local sites that cover the UK, each site is offering information to mothers on everything from where to find playgroups and how to eat healthily to where to meet other mothers			www.netmums.com
Epilepsy Action Support for Anyone affected by Epilepsy	Improve the lives of everyone affected by the condition	0808 800 5050	press@epilepsy.org.uk	http://www.epilepsy.org.uk/
Change4Life Change of Diet and Lifestyle Habits for Families	Equip families in the UK with ideas on how to change their diet, lifestyle habits and outlook on exercise	0300 123 4567	-	www.nhs.uk/change4life
Mend Support for Child Obesity	Empower children (and adults) to become fitter, healthier and happier	0800 2300 263	info@mytimemend.co.uk	
Hoop Support for people with Weight Management and Obesity	Support for those struggling with the issues surrounding weight management and obesity			www.hoopuk.org.uk
Arthritis Care Support for People Living with Arthritis	High quality information and support to empower, to take control of arthritis	0808 800 4050	Helplines@arthritiscare.org.uk	http://www.arthritiscare.org.uk/Home
Support for Mental Health				
Depression Alliance Support Network for anyone affected by Depression	Bring people together to end the loneliness and isolation that so often comes with depression	0845 123 2320	info@depressionalliance.org	
Changing Minds Centre Mental Health Clinics	People aged 16 and over who experience Common Mental Health Problems	01327 708109 01604 609960 01536 400600		http://www.changingmindscentre.co.uk/v/index
YoungMinds Support for Adults Worried about the Mental Health of a Child	Confidential support to any adult worried about the well being of a child or young person	0808 802 5544	parents@youngminds.org.uk	

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Support for Mental Health (continued)				
Papyrus Support for anyone concerned that a young person may be suicidal	Young people who try to commit suicide are often trying to get away from a life situation that seems impossible to deal with	0800 068 41 41	pat@papyrus-uk-org	
Suicide Helpline for Men	Suicide helpline for Men	0800 58 58 58		
Self Injury Support Self-Injury Support for Women and Girls	Self-Injury Support for Women and Girls	0808 800 8088	info@selfinjurysupport.org.uk	
Harmless Support and Information on Self Harming	Support and Information on Self Harming		info@harmless.org.uk	
SANE Support and Information on Self Harming Specialist Mental Illness Support for family, friends and carers	Specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.	0845 767 8000	http://www.sane.org.uk/	
OCD UK Support for Children and Adults affected by Obsessive-Compulsive Disorder	Safe environment for people affected by OCD to communicate with each other and provide mutual understanding and support	0845 120 3778	support@ocduk.org	http://www.ocduk.org
Rethink Mental Illness Support for People Living with Severe Mental Illness	Support for people living with conditions like schizophrenia, bipolar disorder, personality disorders and more to recover a better quality of life	0121 522 7007 0300 500 0927 07850 541825		
Mood Swings Support for People Struggling with Life's Up and Downs	Support for People Struggling with Life's Up and Downs	0161 832 37 36	info@moodswings.org.uk	-
Beat Support for Anyone who is Suffering with an Eating Disorder	Support and information relating to an eating disorder, including sufferers, carers and professionals.	0845 634 7650 0845 634 1414	fyp@b-eat.co.uk	http://www.b-eat.co.uk/
Samaritans	Provide the same support to people with mental health issues as we do for anyone else	08457 90 90 90		
Mind	Anyone suffering with Mental Health Illnesses	01604 634310	mindadmin@btconnect.com	http://www.mind.org.uk/
Well-being Navigation Team	We are a group of Northamptonshire-based not-for-profit (charitable) organisations who provide a diverse range of professional services across the county; services that are tailored to meet the needs to support each individual's emotional well-being, progression, development and recovery		well-being.primarycare@nhs.net	

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Support for Mental Health (continued)				
Anxiety UK	Suffers of Agoraphobia, Anxiety Disorders & Stress	08444 775 774	support@anxietyuk.org.uk	https://www.anxietyuk.org.uk/
National Stalking Helpline	National Stalking Helpline is a telephone service	0808 802 0300	advice@stalkinghelpline.org	
Bromford	Bromford Mental Health service delivers an intermediate service of a maximum of 6 months.			http://www.bromford.co.uk
Miscarriage Association Support for any individual or couple who has suffered from a pregnancy loss	Support for any individual or couple who has suffered from a pregnancy loss	01924 200 799	info@miscarriageassociation.org.uk	http://www.miscarriageassociation.org.uk/
Pandas Support for families suffering from Pre (Antenatal) and Postnatal Illnesses	Support for families suffering from Pre (Antenatal) and Postnatal illnesses	0843 28 98 401		http://www.pandasfoundation.org.uk/index.html
Sands Support for anyone affected by the death of a baby	Support for anyone affected by the death of a baby	020 7436 5881		helpline@uk-sands.org
Voice Ability Northampton Providing Advocacy to people who have Mental Health Issues	Providing Advocacy to people to help them speak for themselves	02033 558 846	totalvoicenorthamptonshire@speakingup.org	http://www.totalvoicenorthamptonshire.org
Sada Seasonal Affective Disorder Support	Offer support and help dealing with the affects of seasonal affective disorder		contact@sada.org.uk	www.sada.org.uk
Money and Debit Advice				
The Money Advice Service	Helps people manage their money	0300 500 5000		www.moneyadviceservice.org.uk
Northampton Credit Union Savings, budgets and Loans	Providing savings plans, budget accounts and, where appropriate, loans, for members who are already savers or are willing to become savers	01604 250016	mike@northamptoncu.co.uk	
Citizens Advice Bureau	Advice citizens	03444 88 96 29	info@daventrycab.org.uk	http://www.daventrycab.org.uk/
South Northamptonshire Council Money Advice	The Money Advice Service is provided by South Northamptonshire Council in partnership with South Northants Homes	01327 322393	moneyadvice@southnorthants.gov.uk	http://www.southnorthants.gov.uk/index.htm
Step Change Debt Counselling	Helps Anyone struggling with debt issues	0800 138 1111		www.stepchange.org
Turn2Us Support for Anyone experiencing Financial Hardship	Helps Anyone suffering Financial Hardship	0808 802 2000		https://www.turn2us.org.uk/
Northampton Borough Council Debt Advice	Help Anyone currently struggling with their finances and/or debt	01604 838578	Moneyadvice@northampton.gov.uk	http://www.northampton.gov.uk/info/200184/housing-options/1276/money-advice-and-the-financial-inclusion-service

Organisation	Nature of Organisation	Tel No.	Email	Website
Money and Debit Advice (continued)				
Cap Christians Against Poverty	Christians Against Poverty (CAP) Daventry is a charity that provides free debt counselling for everyone, regardless of faith or religion, through a series of home visits	0800 328 0006	daventry@capuk.org	http://capuk.org
Home Heat Helpline Advice on Heating your Home this winter	Help people who have difficulties heating their home or paying their bills	0800 33 6699		http://www.homeheathelpline.org.uk/contact/
The British Gas Energy Trust	Helping individuals and families living in fuel poverty	01733 421060		www.charisgrants.com
Child Maintenance Options	Help for Parents who have separated	0800 988 0988		
Learning and Mentoring				
DBC Training Apprenticeships, Courses, Advice and Support	Providing apprenticeships, courses, advice and support	01332 295588	derby@dbc-training.co.uk	http://www.dbc-training.co.uk/
Northampton College Literacy and Numeracy Programme	Help for Those who are claiming benefit, JSA or ESA.			http://www.northamptoncollege.ac.uk/
Northampton College Job Search Support	Help for those who are searching for a job	01604 736 393		http://www.northamptoncollege.ac.uk/
Daventry District Time Bank	For Everyone in the Daventry District who wants to share their skills with others in their community	01327 300614	info@daventryvolunteers.org.uk	http://www.daventryvolunteers.org.uk/index.html
Voluntary Volunteering	Anyone who is interested in volunteering, there is no specific eligibility criteria	01604 637522		
Library Plus Library Service	Library	0300 126 1000		
Learn2B Mental Wellbeing Courses	Help to build confidence, self-esteem and enable you to have some 'me-time' away from everyday life	01604 368 023		Learn2b@northamptonshire.gov.uk
Recruitment Agencies & Websites				
Recruitment & Employment Confederation Daventry Recruitment Agencies	Optimise Recruitment	01933 418722		
Recruitment Websites				
Universal Credit				
Information on Universal Credit				
Information on Universal Job match				