

# BASSETLAW SELF HELP GROUPS AND CONTACTS 2018/2019



For further information on any of the following please contact:  
(01777) 709650 Email: [selfhelp@bassetlawactioncentre.org.uk](mailto:selfhelp@bassetlawactioncentre.org.uk)

## BEREAVEMENT:

Bassetlaw Bereavement Care	Andrea Kirkwood	01909 572779
Bereavement Trust – Nottinghamshire	Maureen Page	07703 127174
Compassionate Friends (Bereaved Parents)	Helpline	0345 1232304

## CARERS:

Bassetlaw Hospice		01777 863270
Carers Federation Ltd	Local Contact	0115 9629310
Caring for Dementia Carers	Amanda Neilson	07543 852485
Crossroads Care		01623 658535

## DISABILITY:

APTCOO (A place to call our own)		01623 629902
Action on Hearing Loss		0808 8080123
Bassetlaw Learning Disability Association	Sally Hird	07900 620114
Disability Nottinghamshire		01623 625891
Dyslexia Association	Admin	0115 9246880
My Sight Nottinghamshire		0115 9706806
Nottinghamshire Coalition of Disabled People		0115 9474574

## HEALTH:

Alorafocus	Carmel Harkness	07979 977401
Anaphylaxis Campaign - National		01252 542029
Arthritis Research UK		0207 3806500
Aurora Centre		01909 470985
Bassetlaw Cardiac Support Group	Pat Broskom	01909 562361
Beat (Beat Eating Disorders)		0300 1233355
Breast Cancer Care - National		0808 8006000
Buzzom Buddies Breast Cancer Support	Barbara Mary Annette	01909 808674 01909 562099 01909 733794
Cleft Lip and Palate Association		020 78334883
Continence Services		01777 274422
Diabetes UK Support Group	Christine Walker	07816 357302
Doncaster and Bassetlaw NHS Trust		01302 366666
Eczema Society		0800 0891122
Freedom from Eating Disorders (F.R.E.E.D.)		01909 479922
Headway		0115 9679669
Motor Neurone Disease Association		01604 250505
Multiple Sclerosis Society – Retford		01777 704687
Multiple Sclerosis Society – Worksop	Mrs M Marsden	01909 474941
Nottinghamshire Leukaemia Appeal	Elaine Doherty	0115 9627650
NHS Bassetlaw Clinical Commissioning Group		01777 863308
Parkinson's UK Bassetlaw Branch	Freephone Christine Coldwell	0808 8000303 01909 730629
Patients Advice and Liaison Service (PALS)		01302 533140
Single Point of Referral (SPoR)		01777 274422
Stroke Club – Worksop		01909 487669
The British Polio Fellowship		0800 0431935
The IBS Network	Sam Yardy	0114 2723253
The Time Machine	Sally Brand	01777 869535

## MENTAL HEALTH:

Alzheimer's Society		01909 540354
CASY Counselling & Support for Young People		01636 704620
DASH - Depression Anxiety Self Help		07974 628512
Lost Chord		01709 811160
MIND	Nic Roberts	01909 476075
Moving Forward - Steps to Independence		0345 6501202

## PARENTS AND FAMILY:

Ask Us Nottinghamshire	Edwina Cosgrove	0800 1217772
Childrens Development Centre Information Service		0115 8831157 0115 8831158
Children, Families & Cultural Services	Diane Johnson	01777 711940
Gingerbread		0808 8020925
ISAS – Incest & Sexual Abuse Survivors		0115 8240314
National Childbirth Trust		0300 3300700
Sure Start – Bassetlaw Rural	Sharon Christiansen	01427 892500
Sure Start – Harworth/Bircotes	Sharon Christiansen	01302 759062
Sure Start – Prospect/Kilton	Una Daniels	01909 504810
Sure Start – Retford	Annette Tutalo	01777 712950
Sure Start – West Bassetlaw	Sharon Christiansen	01909 731269
Sure Start – Manton	Una Daniels	01909 511321
Targeted Support & Youth Justice Service		0115 8041235
West Street Pre-School	Angela Trotter	01777 711828

## SOCIAL SUPPORT:

Alcoholics Anonymous (AA) Helplines	Office Helpline	01904 644026 0800 9177650
Age Concern – Harworth & Bircotes	Maurice Jones	07527 013613
Age UK	Information Line	0800 6781174
Age UK Nottingham & Nottinghamshire		0115 8440011
AI - Anon Family Groups UK & Eire	National Helpline	020 74030888
Allsorts	Jane Hawthorn	07949 201478
Bassetlaw Community & Voluntary Service		01909 476118
Bassetlaw Community Car Scheme		01777 709650
Bassetlaw Homelessness Prevention Service	Help Line	0800 0665356
Brighter Futures		0115 8504076
Christians Against Poverty (CAP)	Joanne Gibson Bond	01777 702344
Citizens Advice Bureau	Karen Whitlam	0300 4568369
Crossroads Care		01636 658535
Encounter	Jonathan Ginever	01777 711377
Forget-Me-Nots	Beverley Pottinger	01777 870341
Hetty's	Debra Knowles	01623 643476
Hope Community Services	Alan Diggles	01909 489990
Incest and Sexual Abuse Survivors		0115 8240314
INVOLVE – BCVS	Diane Heaver	01909 476118
Live at Home Scheme – Worksop	Debra Barnes	01909 732488
Mansfield M.E & FMS Group	Vicky Wick	01623 754169
New Roots Housing Project		01909 501732
Nottinghamshire LGBT + Network		0115 9348485
Nottinghamshire Women's Aid Ltd		01909 533610
Pensioners Association - Worksop		01909 481620
Potter Street Service - Framework HA		01909 475799
Relate Nottingham		0115 9584278
Royal Voluntary Service (RVS)	Clara Taylor	01909 484437
Senior Citizens April Club		01777 705077
SSAFA Forces Help		0800 7314880
St John Ambulance – Worksop	Philip Moon	01909 474983
Stroke Club –Worksop & District	Lynn Hancock	01909 720985
Supporting, Healing and Educating – SHE		01623 622916
TRA - Mattersey Thorpe		01777 817528
The Centre Place		01909 479191
Victim Support Scheme Bassetlaw	General Enquiries Free Support Line	0300 3031967 0808 1689111
WAM – What About Me?		0115 9691300 ext 16499

This Wall Chart has been produced by Bassetlaw Self Help Link with the financial help of Bassetlaw Clinical Commissioning Group