

BASSETLAW SELF HELP GROUPS AND CONTACTS 2021/2022



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

BEREAVEMENT:

Bassetlaw Bereavement Care	Andrea Kirkwood	01909 572779
Bereavement Trust – Nottinghamshire	Maureen Page	07703 127174
Children's Bereavement Centre		01636 551739
Compassionate Friends (Bereaved Parents)	Helpline	0345 1232304
Harmless Bereavement Support		0115 9348445
Listening Ear (bereavement Support)		0800 0485224
The Tomorrow Project		0115 8800280

CARERS:

Bassetlaw Hospice		01777 200060
Carers Federation Ltd	Local Contact	0115 9629310
Caring for Dementia Carers	Amanda Neilson	07543 852485
TuVida		0115 9628920

DISABILITY:

APTCOO (A place to call our own)		07395 013295
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
RNID		0808 8080123

HEALTH:

Alorafocus	Carmel Harkness	07979 977401
Alzheimer's Society		0115 9343811
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
Diabetes UK Support Group	Christine Walker	07816 357302
Doncaster and Bassetlaw NHS Trust		01302 366666
Eczema Society		0800 448 0818
FREED Beeches Eating Disorders Service		01909 479922
Headway		0115 9679669
Motor Neurone Disease Association		01604 250505
Multiple Sclerosis Society – Retford		01777 860674
Multiple Sclerosis Society – Worksop	Jenny Chappell	01623 844684
Nottinghamshire Leukaemia Appeal	Elaine Doherty	0115 9627650
NHS - Bassetlaw CCG		01777 590035
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
Specialist Continence Advisory Service		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
UK Sepsis Trust		0808 800 0029
Your Health Your Way		0115 7722515

MENTAL HEALTH:

CALM (Campaign against living miserably)		0800 58 58 58
CASY Counselling & Support for Young People		01636 704620
DASH - Depression Anxiety Self Help		07974 628512
Lost Chord		01709 811160
MIIND	Nic Roberts	0800 4700203
Nottinghamshire Healthcare Trust MH	Crisis Line	0808 1963779
Papyrus (C&YP Suicide Help Line)		0800 0684141
Turning Point (Notts MH Helpline)		0300 5550730

PARENTS AND FAMILY:

Ask Us Nottinghamshire	Catherine Cosgrove	0800 1217772
Children's Centre – Hallcroft		0115 9773754
Children's Centre - Manton		0115 9773758
Children's Centre - West Bassetlaw		0115 9773759
Children's Development Centre		0115 9691300
Information Service		ext 13743/44
Children, Families & Cultural Services	Diane Johnson	01777 711940
Gingerbread		0808 8020925
Infant feeding support & information		07896 579234
ISAS – Incest & Sexual Abuse Survivors		0115 8240314
National Childbirth Trust		0300 3300700
Samaritans (24 hr)		08457 909090
Talkzone counselling		01909 479191
The Sleep Charity		01302 751416
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
Al - Anon Family Groups UK & Eire	National Helpline	0800 0086811
Allsorts	Jane Hawthorn	07949 201478
Alzheimer's Society	Regional Administrator	0115 9343800
Bassetlaw Community & Voluntary Service		01909 476118
Bassetlaw Community Car Scheme		01777 709650
Bassetlaw Homelessness Prevention Service	Help Line	0800 0665356
Brighter Futures	Cathryn Miller	01623 675402
Christians Against Poverty (CAP)	Joanne Bond	01777 702344
Citizens Advice Bureau	Karen Whitlam	0800 1448848
TuVida		0115 9628920
Encounter	Richard Caswell	01777 711377
Forget-Me-Nots	Beverley Pottinger	01777 870341
Hetty's	Debra Knowles	01623 643476
Hope Community Services	Lucy Binch	01909 531294
Incest and Sexual Abuse Survivors		0115 8240314
INVOLVE – BCVS	Annie Parry	01909 476118
Mansfield M.E & FMS Group	Vicky Wick	01623 754169
New Roots Housing Project		01909 501732
MHA Communities South Yorkshire and Bassetlaw	Chermyne Bennett	07568 612067
North Notts Moving Forward		0115 8504155
Nottinghamshire LGBT + Network		0115 9348485
Nottinghamshire Women's Aid Ltd		01909 533610
NSPCC	Helpline Childline	0808 800 5000 0800 1111
Pensioners Association - Worksop		01909 481620
Potter Street Service - Framework HA		01909 475799
Relate Nottinghamshire		0115 9584278
Royal Voluntary Service (RVS)	Joanne Myatt	07714 898531
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?	ext 16499	0115 9691300

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