



Summer Holidays

Families Information Leaflet

South Tyneside Mental Health Champions

Useful Information

Emergency contact numbers

Police, fire and rescue service and coast guard: 999

NHS Choices: 111 (call 111 when you need medical help fast but it's not a 999 emergency)

Covid Test Helpline: 119

Electrical problems: 0800 011 3332 or 105

Gas leaks: 0800 111 999

Floods: 0345 988 1188

Mental Health Initial Response Team: 0303 123 1145

Police: 0191 454 7555 or 101

South Tyneside Hospital: 0191 404 1000

South Tyneside Council emergencies:

Minor emergencies (for example repairs): Out of hours: 0191 455 6111

Social Care and Health 0191 456 2093

Samaritans: 116 123

South Tyneside Lifecycle Mental Health Service: 0191 283 2937

South Tyneside Homes: 0300 123 6633 (If you need to report an emergency repair that is an immediate risk to people or a property it can be reported using this 24 hour contact number)

Water leaks: 0800 393 084

Age Concern South Tyneside: 0191 456 6903 (10am-3pm normal weekdays)

Citizens Advice Bureau Advice Line: 0344 4994 715

National Domestic Violence Helpline: 0808 2000 247

South Tyneside Adult Recovery Service: 0191 917 1160

South Tyneside Sexual Health Service: 0191 402 8191

The Silver Line: 0800 470 80 90 (helpline for older people)

Veterans' Mental Health Transition, Intervention and Liaison Service: 0303 123 1145

Wellbeing Info: wellbeinginfo.org

Children's emergency services at South Tyneside District Hospital

Overnight emergency care for children up to the age of 16 is now provided from the Children's Emergency Department at Sunderland Royal Hospital. Children's emergency care will still be available every day from 8am until 10pm at South Tyneside District Hospital and there are no changes to adult emergency care services which will continue to operate 24/7.

Food banks/Support

Food banks provide for individuals and families in crisis for example sudden unemployment, delays in benefit payments, benefits sanctions and financial problems. They supply food parcels to people while they get help to resolve their crisis. To receive a food parcel you will need to be referred to a food bank by a professional such as a housing officer, social worker, CAB advisor, doctor or health advisor. For details about food banks contact Hospitality and Hope on 0191 420 3336, Key 2 Life Foodbank on 07833 613393 or Hebburn Helps on 0191 489 9707.

Low Cost Meals

Low cost meals in South Shields

Colliery Café, Action Station, Boldon Lane, South Shields, NE34 0LZ

Monday - Friday 8am - 2pm

0191 455 8122

Boldon Community Association

New Road, Boldon Colliery

NE35 9DZ

Mon & Fri lunch club, 2 courses £5, Thurs breakfast club £2.50-£5, Sunday carvery £5-£7.

0191 536 8085

Living Waters Church

St Jude's Terrace, Laygate,

South Shields, NE33 5PB

Wednesday 9:30am - 11:30am

Full Breakfast £3.70

0191 427 5284

Hospitality and Hope

Hampden Street, South Shields NE33 4JR

Sunday 2pm - 3pm

Wednesday 11am - 12pm

Free soup kitchen

0191 420 3363

Salvation Army

Wawn Street, South Shields

NE33 4EB

Tuesday 10:00am - 12:30pm

2 Course Hot Meal, 50p (donation optional)

0191 496 7511

Westoe Road Baptist Church

Romilly Street, South Shields, NE33 2SP

Tuesday 10:00am - 11:30am

Donations, Coffee and cake,

Over 50's only

0191 427 9359

Low cost meals in Jarrow and Hebburn

Grange Road Baptist Church

Grange Road, Jarrow, NE32 3JA

Foodbank available

Monday & Thursday 9:15am to 11am

0191 421 7987

Primrose Community Association

Lambton Terrace, Jarrow, Tyne &

Wear, NE32 5QY

Monday 9:00am - 12:30pm

Full English Breakfast Tea and Coffee
all for £4.00

Thursday 12-2pm, dinner £3.50

0191 424 9977

Hebburn Helps ,

Hebburn Town Centre, NE31 1QY

Monday - Friday 10am - 3pm

0191 489 9707

St John's Church

Canning Street, Hebburn, NE31 2UF

Tuesday 10:00am - 12:00pm

Small donation Refreshments and light
lunch

info@stjohnshebburn.co.uk

Christ Church

Ellison Street, Jarrow, NE32 3JU

Tuesday 10:30am - 12:30pm

Small Charge Soup and Sandwich

info@stjohnshebburn.co.uk

**Hedworthfield Community
Association**

Cornhill, Jarrow, NE32 4QD

Open daily

Small Charge Hot Snacks

0191 519 6700

Wellbeing Support for Parents

Do you feel low, isolated or worried ? You're not alone.

If you have feelings of loneliness, anxiety or feel down over this Summer period, talk to someone who can help. Contact your GP or telephone South Tyneside Lifecycle Primary Care Mental Health Service on: 0191 283 2937 or check out their website www.southtynesidelifecyclementalhealth.nhs.uk

If your enquiry is urgent call: 0303 123 1145

Parenting & Mental Health

<https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-with-a-mental-health-problem/parenting-and-mental-health/>

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-parental-mental-illness/>

Kind Mind Community (Recovery College)

<https://wellbeinginfo.org/services/south-tyneside-recovery-college/>

Wellbeing Support For Children and Young People

South Tyneside Lifecycle Primary Care Mental Health Service

<https://www.southtynesidelifecyclementalhealth.nhs.uk/other-sources-of-support-childrens-services/>

Kooth	Online support for young people Webchat and Message board	https://www.kooth.com/
Chat Health	Text a school nurse your issues or questions!	Texts will be answered by the South Tyneside School Nursing team within one working day. The service is available Monday to Friday 8.30am-4pm (excluding bank holidays). During out-of-hours, anyone who texts the service will receive an automated message with advice on where to get help if their question is urgent. Send a message to 07480 635607.
Reading Well	Library books for Young People to help them understand more about how they feel *South Tyneside Libraries*	https://readingagency.org.uk/resources/1483/ Leaflet+ Prescription https://readingagency.org.uk/resources/1547/
Doc Ready	A website that prepares young people for a Mental Health appointment. Can be used for a generic health appointment. Working through this with a young person can help them get the most out of their first appointment.	http://www.docready.org/#/home
Childline	Telephone , email or online chat counselling support	https://childline.org.uk/get-support/
Streetwise	Online counselling	https://www.streetwisenorth.org.uk/counselling/
The Mix	(OVER 13s) –Young person info/advice/ message boards	http://www.themix.org.uk/
	Local support information	http://wellbeinginfo.org/self-help/young-people/#.WASR43kVCUk

Wellbeing.info		
NTW Printable Leaflets	Self Help Leaflets for Young People or Their Families	http://www.ntw.nhs.uk/pic/selfhelp/
NHS Choices Young People's Hub	Information, advice and useful video clips about Mental Health	http://www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx
HeadMeds	A information guide about mental health medication	http://www.headmeds.org.uk/
Alumina	Support for young people who deliberately self harm	
The Matrix	Support for children and young people who use drugs or alcohol.	http://www.ypmatrix.org/ We offer young people families and carers a confidential service in South Tyneside. 0800 328 1898 Or drop in and see us. You do not need an appointment 7 Burrow Street South Shields

Pharmacies

<https://www.nhs.uk/service-search/find-a-pharmacy/> You are advised to telephone the pharmacy prior to attending.

If you require advice out of hours, please contact: 111.

Can the Pharmacist help with your symptoms?

The pharmacist is an excellent source of advice for many common ailments, such as: Low Back Pain, Eczema, Heartburn and Indigestion, Fever in Children, Constipation, Headache, Coughs in Adults, Acne (spots), Sprains and Strains, Sore Throat, Ear Ache, Common Cold and Sinusitis. Visit www.treatyourselfbetter.co.uk for more information, advice and warning signs to look out for which may suggest you do need a GP appointment or medical attention.

North East Family Activities 😊

PARKS/WOODS 🌳

Saltwell park-Gateshead
Jesmond Dene -Newcastle
Herrington park- Sunderland
Alnwick gardens/ castle-Alnwick
Seahouses-Seahouses
Whitby castle -Whitby
Tynemouth beach -Tynemouth
Kielder forest-Kielder
Holy island-Holy island
St Mary's lighthouse-Whitley bay
Seaham harbour/ beach-Seaham
Hartlepool marina -Hartlepool
Finchale abbey -Durham
Chester le street park -Durham
Stanhope -Stanhope
Blackhall rocks -Blackhall colliery
Tynemouth park -Tynemouth
Barnes park -Sunderland
Mowbray park-Sunderland
Ridley park-Blyth
Carlisle park -Morpeth
Bamburgh castle -Bamburgh
Barnard castle -Barnard castle
High force -Teesdale
Stockeld park-Wetherby
Wynyard woodland park-Stockton
Allensford park -Durham
Druidge bay park Morpeth
Fountains abbey -Ripon
Brimham rocks -Harrogate

How stean gorge-Harrogate
Raby castle -Darlington
Whitworth park-Spennymore
Belsay hall -Nr Morpeth
Crook hall -Durham
Embleton bay -Northumberland
Hill end -Weardale
Frosterly forest -Weardale
Hamsterley forest (gruffalo trail)-Redford
Wharton park -Durham
Attlee lark -Bedlington
Gallagher park -Bedlington
Plessey woods-Bedlington
Grange park -Bedlington
Dene park -Bedlington
Bolam lake -Newcastle
Newham grange park -Stockton
Saltholme-Stockton
Rising sun county park -Benton
Hylton castle-Sunderland
Haltwhistle outdoor pool -Haltwhistle
Exhibition park -Newcastle
Charlie's park -Jarrow
Jarrow park -Jarrow Carr
Ellison park- hebburn West park –
South Shields Marine park (north and south) South Shields

BOWLING/MINI GOLF/MISCELLANEOUS 🏏

Fair- ocean beach South Shields
Dunes bowling -South Shields
Strike bowling -Cramlington
Star bowling -North Shields
Lane 7-Newcastle
MFA bowl-Newcastle
AMF bowling -Washington
MFA bowling and soft play-North Shields
Riverside bowling -Sunderland
Dinosaur encounter mini golf -Morpeth
Mini golf -Tynemouth park
Mini golf -Whitley bay
Mr mulligans space golf-
Newcastle pirate mini golf –
South Shields Digger land –
Durham Planet leisure –Newton Aycliffe
Namco - Metrocentre Clip n climb - Metrocentre
Angry birds golf- Metrocentre Clip n climb –
Stockton Bowes museum/castle-Barnard castle
York maze-York
National glass centre -Sunderland Light water valley-Ripon, Yorkshire

Flamingo land -Malton,yorkshire
Waterworld-Prudhoe
Seven stories -Newcastle Baltic/ sage -Gateshead
Northumberlandia-Northumberland
Shildon railway -Durham
Arabian fort -South Shields
the great north museum-Newcastle
Centre 4 life-Newcastle
Vinovia Roman fort-Bishop Auckland
Tanfield railway-Durham
Brockbrush fruit picking -Hexham
Mother shipton cave -Knaresborough
Forbidden corner -Leyburn
West Boldon lodge -Boldon Adventure valley –
Durham Holmside adventure park-Chester Le street

ANIMALS

Jarrow hall- jarrow
White House farm-Morpeth
Tweedle farm-Blackhall colliery
Ouseburn farm-Newcastle
Broom house farm-Durham
Butterfly world -Stockton
Blue reef aquarium -Tynemouth
Hall hill farm -Durham
South lakes safari -Ulverston
Kirkley hall zoo-Ponteland
Washington wetland and wild fowl-Washington Down at the farm-Houghton le spring
Bill quay farm-Pelaw Northumberland county zoo-Northumberland Jedforest deer
and farm park -Jedburgh

SOFT PLAYS

Banana beach -Ashington
Tj jungle -Cramlington
Treasure island -Morpeth
Bounce-Blyth
Kiki Kabin -North Shields
Space to play -Bedlington
Concordia leisure centre -Cramlington
Gateshead leisure centre -Gateshead
Namco fun space -Metro centre
Giants den-Gateshead
Round the twist-Newcastle
New Adventureland -Newcastle
Dunes-South Shields
Jumbo Jim's -South Shields
Cinder path-South Shields
Wacky warehouse -Boldon

Mister twisters -Gateshead
Funshack-Sea ham
Funshack- Newcastle
Funshavk -seaham
Funshack- Gateshead (team valley)
Go bananas -Sunderland
Jungle jacks -Newcastle
Captain ted-Gosforth
Miss Tinas play cafe-Sunderland

NATIONAL TRUST

Cragside-Morpeth
Gibside-Gateshead
Lindisfarne castle-Berwick upon tweed
Farne islands-Northumberland
Embleton & newton links -Alnwick
Dunstanburgh castle-Alnwick
Wallington -Nr Morpeth
Hadrian's wall & housestead fort -Hexham
Allen banks & staward gorge -Hexham
Cherryburn-Northumberland
George Stephenson birth place-Wylam
Souter lighthouse & the leas-South Shields/ Sunderland
Washington old hall -Washington
Penshaw monument -Sunderland
Durham coast -Durham
Seaton Delaval hall-Seaton sluice
Rose berry topping-Yorkshire

Risk or Crisis Support

It is important to note, there is a difference between what families may call a 'crisis' and what Mental Health Services would define as a crisis.

If you or the person is open to a service currently- You can contact that service for urgent support.

A person in crisis can be triaged through the non- emergency ambulance number 111

If the child is under 16

Intensive Community Support Team

0191 5665500

Monday to Friday

8am – 9.30 pm

Weekends/ Bank holiday

10.00am – 6.00 pm

If the child is over 16 or it is a family member

Initial Response Team
South Tyneside District Hospital
Harton Lane
South Shields, Tyne and Wear
NE34 0PL

Phone: 0303 123 1145

If the young person or their family member is an immediate danger to themselves or others then call 999