

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 2937or check out their website [www.southtynesidelifecyclementalhealth.nhs.uk](http://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/ |
| **Wellbeing.info** | Local support information  | <http://wellbeinginfo.org/self-help/young-people/#.WASR43kVCUk> |
| **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 0r 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***