

# Services for families



At Oasis Academy Lister Park, we are committed in supporting all of our students and their families during these uncertain and challenging times. If you feel that anyone in your family needs to talk to someone, seek support from a service or find out more details on what is available, we hope the providers listed below will help address your needs.

- If you have a serious concern, please do get in touch with us during the Christmas holidays via the **Oasis National office 020 7921 4200**
- You can contact our Safeguarding team on [LIS-Talk@oasislisterpark.org](mailto:LIS-Talk@oasislisterpark.org) or visit our website at [www.oasisacademylisterpark.org](http://www.oasisacademylisterpark.org) for more information.

Name of the service	What does the service offer?	Contact details
<b>National Online Safety</b>	A breadth of interactive services, which parents can access to support with parenting, mental health, wellbeing and other useful tips during self-isolation and government guidance. This service also offers an instant messaging app to support you with your questions and queries.	Website <a href="https://nationalonlinesafety.com/guides">https://nationalonlinesafety.com/guides</a> General enquires <a href="mailto:hello@nationalonlinesafety.com">hello@nationalonlinesafety.com</a> Telephone 0800 368 8061
<b>Bradford Council</b>	Where to find help is set out on the council's website. - Homelessness - Community Support Fund - SEND information - Benefits and Money	<a href="https://www.bradford.gov.uk/">https://www.bradford.gov.uk/</a>
<b>Childline</b>	A service which is available for all children to use for support on managing anxiety, domestic abuse, helping a friend, reporting online abuse, depression, boosting your mood and eating habits. This service also has an instant messaging service which is designed to help you navigate you to the right areas and seek the support you need.	Website: <a href="https://www.childline.org.uk">https://www.childline.org.uk</a> Telephone: 0800 1111
<b>Family Lives</b>	Support for parents on mental health, relationships, bullying, development and more. This service offers a phone line service and additional a skype service too. This service is operational between the hours of 9am – 9pm Monday to Friday	Website: <a href="http://www.familylives.org.uk">www.familylives.org.uk</a> Telephone 0808 800 2222 Skype: <a href="http://www.skype.com">www.skype.com</a> (open Skype Dialler and call 0808 800 2222)

	and 10am – 3pm on Saturday and Sunday.	
<b>Scams</b>	Please be aware that there are a number of scams at the moment. Please take care.	Government Website: <a href="https://www.gov.uk/government/news/be-vigilant-against-coronavirus-scams">https://www.gov.uk/government/news/be-vigilant-against-coronavirus-scams</a>
<b>Bradford Food Bank</b>	Bradford Food Bank - run by The Trussell Trust is the largest within Bradford and is based centrally. They are open Mondays, Wednesdays, or Friday between 11:00am and 1:30pm and the parent simply attends with a voucher issued through school.	01274 734314
<b>Domestic Abuse</b>	SURVIVE & THRIVE – Support and counselling for adults and children who are or have been the victim of (or witnessed) domestic abuse or sexual abuse.	0808 2800999
	RESPECT PHONELINE – Support for perpetrators of domestic abuse/coercive control	0808 802 4040
<b>Safeguarding Adults</b>	Any adult at risk of abuse or neglect can get help. These are some organisations you can contact.	<a href="https://www.bradford.gov.uk/adult-social-care/adult-abuse/organisations-that-can-help/">https://www.bradford.gov.uk/adult-social-care/adult-abuse/organisations-that-can-help/</a>
<b>Citizens Advice Service</b>	Citizens Advice help thousands of people to resolve their legal, money and a huge variety of other issues by providing free, independent and confidential advice every year.	Monday - Friday 8:30am - 5:30pm 0300 330 9073
<b>Anti-Social Behaviour &amp; Crime Police</b>	Report any instance of behaviour which has caused you harassment, alarm or distress.  Ask for a log number and make a note of this for future reference if the problem persists.	101 is the new national phone number to contact your local police, any time - 101 is available 24 hours a day, 7 days a week.  In an emergency always dial 999 - when someone is in danger, a crime is in progress or a suspect is nearby.
<b>Drug and Alcohol Problems</b>	<b>YOUNG PEOPLE</b> Bridge One80 - works with 12-21 year olds, who are struggling with drug or alcohol issues. They will see the young person at school or a local venue.	Call 01274 745636- young person, parent or professional can call to make a referral.

**ADULTS**

New Directions - This is a free and confidential drug and alcohol recovery service for adults 18 years and over (including offenders), families and concerned others in Bradford. The service can support you with any questions or concerns you might have about prescription medications, alcohol, illegal drugs, 'dual diagnosis' and mental health, steroid use and more. The service provides information, advice, treatment and support and can meet you in a range of different venues including GP surgeries, pharmacies and other local community venues.

Website: <https://www.changegrowlive.org/content/new-directions-bradford>  
 Telephone: 01274 296023  
 Email: [bradford.info@cgl.org.uk](mailto:bradford.info@cgl.org.uk)

Bradford Community Drug and Alcohol Service (BCDAS) - They treat adults over 18 living in Bradford with dual diagnosis and complex alcohol issues.

01274 758093

Specialist Inclusion Project – Short breaks for 8 – 18 year olds with disabilities.

Parents and professionals can telephone 01274 438744 to discuss eligibility.

AWARE (Airedale and Wharfedale Autism Resource) – Support for families with children and young adults on the autistic spectrum. Formal diagnosis is NOT required. Also covers Bradford and Craven areas and beyond.

Address: 2 Royd House Way, Long Lee, Keighley BD21 4TY

Phone: 01535 661275

**Disability Support**

Some charities that can support SEN children are :

- Physcap - <https://www.physcap.org/>
- Boparan Childrens Charity - <https://www.theboparancharitabletrust.com/>
- Caudwell Children's Charity - <https://www.caudwellchildren.com/>
- Child brain injury - <http://childbraininjurytrust.org.uk/>
- Children today - <https://www.childrentoday.org.uk/>
- Happy Days - <https://www.happydayscharity.org/>

**Mental  
Health  
Support**

GP - As obvious as this sounds, a parent should always make an appointment to see their own GP if they are experiencing any form of MH or if you think they may be - this can be difficult for some, and so they may need a friend/family member or staff (where possible) to attend with them.

First Response - (24hr line) Use this service if a parent is suffering from an immediate mental health concerns/ threatening to harm themselves or need immediate support regarding their mental health. Can be contacted directly by the parent, family/friends, or professionals - 01274 221181

My Well Being College Bradford is a free service to help people manage everyday problems such as low mood, anxiety, sleep problems and stress 0300 555 5551  
Bradford counselling services Bradford Counselling Services is a professional voluntary sector organisation offering confidential counselling for people aged 16 and over. We provide a confidential, friendly and safe environment. 01274 733080

Relate offers counselling services for every type of relationship nationwide. We provide advice on marriage, LGBT issues, divorce and parenting. 01274 726096

SURVIVE & THRIVE – Support and counselling for adults and children who are or have been the victim of (or witnessed) domestic abuse or sexual abuse. 0808 2800999

**CHILD/UNDER 18s**

Kooth: is a provider of online mental health services for children, young people and adults. Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

CAMHS- The school nursing team are able to refer to CAMHS, when a young person is thought to have mental health concerns. However, prior to this a nursing tier 1 assessment, simple strategies/signposting and a range of support interventions (in collaboration) will need to have been tried before a referral is accepted. In more urgent cases, Parents/carers can also speak to their GP and request a CAMHS referral.

Step2 Counselling service is free to young people aged between 11 and 18 years. Sessions are held in the evenings between 3pm and 8pm and take place at a number of settings including Sunnybank Medical Centre in Wyke and our Step 2 premises in Tong Street.. We take referrals from young people directly, parents and any agencies that are involved in working with young people, for example GP surgeries, youth and community workers, social workers and school nurses. Telephone: 01274 683118

ESCAYP – Emotional Support for Children And Young People. Counselling and therapeutic play for 3-21 year olds throughout West Yorkshire. 01274 878117 or make online referral at [escayp.org.uk](http://escayp.org.uk)

WRAP- Wellness, recovery action plan- offers a 10 week support group to young people who are struggling with their emotional health- See attached referral form.

EARLY INTERVENTION IN PSYCHOSIS - Supports people aged from 14 years old who may be experiencing issues with their mental health relating to psychosis such as; Unusual or distressing beliefs, Hearing, seeing, sensing or feeling things that no one else can (e.g. hearing voices), Feeling suspicious or paranoid, Jumbled up or confused thinking You can get in touch with us for advice and to refer by calling 01274 221021 or drop in to Culture Fusion (ask to see us at the main desk). We are open Monday- Friday 9am-5pm

