

# Hull Support Directory



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# Riverside

## Food Support Services in Hull



### Food Banks

#### **Hull Foodbank (North)**

The Orchard Centre, Orchard Park Road, HU6 9BX  
07985 509863

**Open Tuesday 1 pm to 4 pm**

#### **Hull Vineyard**

<https://hullvineyard.co.uk/food-bank/>

**Contact for support**

#### **Stepping Stones**

935 Spring Bank West, Hull HU5 5BE  
01482 226692

**Contact for support**

#### **Hull Sisters**

Unit 12, Station Drive, Hull HU5 1AD  
Sonia Jalal: 07539 321502

**Monday to Thursday 9.30 am to 3 pm**

#### **St Michael's Youth Project**

Orchard Park Road, Hull HU6 9BX  
01482 806015

**Tuesday 10.30 am to 12 pm**

#### **Eternal Benefits**

104-106 The Quadrant, Hull HU6 8NS  
01482 805525 / 07809 335843

**Open Monday, Wednesday 10 am 12.30 pm**

**Friday 10 am to 11.30 am**

### **Community food pantries**

#### **Priory Children's Centre**

Priory Road, Hull HU5 5RU  
01482 305770

Fee: £1.50

**Open every other Tuesday**

#### **Fenchurch Children's Centre**

Fenchurch Street, Hull HU5 1JF  
01482 587550

Yearly membership fee

**Open Monday to Friday 8 am to 4 pm**

#### **Oasis Hub Hull**

310 Newland Ave, Hull HU5 2NB  
01482 470125

£2 per week for a basket of food

**Open Tuesday 2 pm to 4 pm,**

**Wednesday 10 am to 12 pm/2 pm to 4 pm**

**and Thursday 10 am 12 pm**

#### **Parks Primary Children's Centre**

Courtway Road, Hull HU6 9TA  
01482 803978

**Weekly Fee: £1.50**

#### **ST Alban's Church**

Hall Road, HU6 8SA  
01482 443566

10 items for £1, free fresh fruit & veg and a cup of tea

**Open Tuesday 9 am to 12 pm**

#### **Unity in Community**

501 Endike Lane, HU6 8AQ  
01482 852292

Fee: £2 to £4 per bag

**Open Thursday 9 am to 1 pm**

# Riverside

## Food Support Services in Hull



### **Hull 4 Hero's**

Unit 1, Malmo Road, Sutton Fields industrial estate, Hull HU7 0YS

01482 534483

Fee: £3 for 10 items & £5 frozen meat

**Open Saturday 10 am to 12 pm**

### **St John's Community Store**

St Johns Vicarage, Wawne Road, Hull HU7 4YR

Rev. Andrew Sully 07534 419072

Fee: £2/3 donation

**Open Tuesdays 9 am to 10.30 am**

### **Lemon Tree Children's Centre**

Lothian Way, Hull, HU7 5DD

01482 828901

Fee: £1.50 for a bag of shopping

**Open Thursday 1 pm to 3 pm**

### **Phoenix Project**

Lothian Way, Hull, HU7 5DD

Yvonne 0781 8005221 / 07810 717294

**Open Wednesday 11 am to 1 pm**

### **National Organisations**

**Too good to go** - The Too Good To Go app lets customers buy and collect Magic Bags of this food - at a great price - directly from businesses. <https://www.toogoodtogo.com/en-gb>

**OLIO** - Olio is a mobile app for food-sharing, aiming to reduce food waste. It does this by connecting those with surplus food to those in need. <https://olioapp.com/en/>

**Trussell Trust Helpline - 0800 915 4604**

Open Monday to Friday, 9am – 5pm

### **Salvation Army**

Run food banks year-round from many of their churches and community centres.

**OddBox** - Fighting food waste

<https://www.oddbox.co.uk/>

### **The Trussell Trust**

Search the Trussell trust website to find your local centre.

<https://www.trusselltrust.org/>

# Furniture Support in Hull



## Council Support

### **Hull Council - Community Crisis Payment**

Community Crisis Payment (CCP) are part of the council's local assistance scheme. CCPs are intended for applicants who are unable to meet their immediate short term needs either -

- in a crisis in relation to some expenses
- as a consequence of a disaster

For more information can be found at [www.hull.gov.uk/community-crisis-payments](http://www.hull.gov.uk/community-crisis-payments) or contact the team for support - 01482 300 303

### **Community Support Grant**

Community Support Grants (CSG) are part of the local assistance scheme. CSGs are intended to help vulnerable applicants live as independent a life as possible in the community.

They can provide financial assistance for items such as

- furniture or furnishings
- minor repairs and redecoration
- white goods
- certain travel expenses
- clothing

**Contact the team for support - 01482 300 303**

## Charities Shops

### **Emmaus Furniture Superstore**

32 Lockwood Street, Hull HU2 0HN  
01482 223722

**Monday to Saturday 9 am to 4 pm**

### **Age UK**

6 North Point Shopping Centre, Goodhart Road,  
Kingston Upon Hull, HU7 4EE  
01482 823290

**Monday-Saturday 9 am to 5 pm and  
Sunday 10 am to 4 pm**

### **Debra UK - Hull store**

5 Goodhart Rd, Hull HU7 4EE  
01482820943

**Open Monday to Saturday 9 am to 5 pm**

### **Dove House Hospice Northpoint Shop**

Unit B1, North Point Shopping Centre, Hull HU7 4EE  
01482833020

**Open Monday to Saturday 9 am to 5 pm  
Sunday 10 am to 4 pm**

### **Barnardo's**

320 Holderness Road, Hull, HU9 3DA  
01482 327485

**Open Monday to Saturday 9.30 am to 5 pm  
and Sunday 10 am to 4 pm**

### **British Red Cross**

26-30 Brook Street, Hull, HU2 8LA  
01482 218957

**Open Monday to Friday 9 am to 5 pm**

### **Oxfam**

34 Newland Avenue, Hull, HU5 2NN  
01482 440123

**Contact store for opening times**

# Furniture Support in Hull



## **Facebook Groups**

There are several groups on Facebook that offer free or low cost furniture.

These include:

### **Hull Free Items**

**Hull Free & For Sale**

**Hull Free Helping Each other**

## **Second Hand Furniture Websites**

**Facebook Market Place and Groups**

**Gumtree**

**FreeCycle**

**Pre-Loved**

**Freeads**

**VivaStreet**

**Freegal**

## **Resources**

### **Reuse Network**

Reuse Network supports reuse charities across the UK to help them alleviate poverty, reduce waste and tackle climate change.

<https://reuse-network.org.uk/>

## **Charities**

### **Glasspool Trust**

UK-wide charity that provides grants support for people experiencing financial hardship, with no restrictions on who they can help.

<https://www.glasspool.org.uk/>

### **Buttle UK**

Support children and their families, including the provision of beds, and offer more comprehensive packages of support.

<https://buttleuk.org/apply-for-a-grant/>

### **Family Fund**

Helping vulnerable children and young people up to the age of 18 who are experiencing a crisis or emergency. They provide essential furniture items and they accept direct applications.

<https://www.familyfund.org.uk/>

# Cost of Living Support in Hull



## **Hull Council - Community Crisis Payment**

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They can provide financial assistance for items such as

- furniture or furnishings
- minor repairs and redecoration
- white goods
- certain travel expenses
- clothing

**Contact the team for support - 01482 300 303**

## **Help with Council Tax debt and managing money**

### **Citizens Advice - Hull**

There are several ways you can contact for help and advice

**For Specialist Debt advice: 01482 226 859**

**For all other advice call: 0800 144 88 48**

## **Money Advice Service - 0300 500 5000**

## **National Debt Line - or call 0808 808 4000**

### **Christians Against Poverty**

National debt counselling charity with a network of 160 centres based in local churches, offering hope and a solution to anyone in debt (not just Christians).

**Money Advice service** free, impartial advice, to help improve your finances, set up by government to help keep track and plan ahead **0800138 7777**

## **Debt Support Charities**

### **Age UK**

The Healthy Living Centre, Bradbury House  
Porter Street, Hull, HU1 2RH  
**01482 324644**

### **Choices & Rights Disability Coalition,**

Jude Lodge (Tiverton House), Tiverton Road,  
Bransholme, Hull, HU7 4DQ  
**01482 878778 [office@choicesandrights.org.uk](mailto:office@choicesandrights.org.uk)**

### **Hull Citizens Advice**

The Wilson Centre, 2 Alfred Gelder Street, Kingston  
Upon Hull, HU1 2AG  
**Advice Line 0800 144 88 48**

### **Hull Advice**

1st Floor, The Wilson Centre, Alfred Gelder Street, Hull  
HU1 2AG  
**01482 300303 [hulladvice@hullcc.gov.uk](mailto:hulladvice@hullcc.gov.uk)**

### **The Vineyard Centre**

Vulcan Street, HU6 7PS  
01482 343333 [hello@hullvineyard.co.uk](mailto:hello@hullvineyard.co.uk)  
**Open Monday to Thursday 9 am to 5 pm**

## **Community Money Advice**

Revive Church, Kingswood House, Ashcombe Road, Hull, HU7 3DD  
01482 420622

**Open Monday 9 am to 5 pm**

## **Hull & East Yorkshire Community Money Advice**

The Pennine, North Bransholme, Hull, HU7 5EF  
**01482 427654** [office@heycmaconnect.co.uk](mailto:office@heycmaconnect.co.uk)

## **Credit Unions**

### **HEY Credit Union**

38 Brook Street, Kingston upon Hull, East Yorkshire, England, HU2 8LA  
**01482 778753**

## **Employment Support**

### **JC Ready 4 Work**

Head Office & Training Centre, 550 Hessle Road, Hull, HU3 5BL  
**01482 215600**

## **Financial and employment support**

Your financial situation may be affecting your health and there are a range of organisations which can provide advice and assistance. These include:

### **Advice UK**

**0300 777 0107** [www.adviceuk.org.uk](http://www.adviceuk.org.uk)

**Jobcentre Plus** - [www.gov.uk/contact-jobcentre-plus/existing-benefit-claims](http://www.gov.uk/contact-jobcentre-plus/existing-benefit-claims)

### **Advice Forward Partnership Hull**

**01482 300 303**

[www.adviceforward.org.uk/agency/hull-advice](http://www.adviceforward.org.uk/agency/hull-advice)

**The Wilson Centre Hull** – **01482 300 300**

[www.hull.gov.uk/resident/communities/wilson-centre](http://www.hull.gov.uk/resident/communities/wilson-centre)

## **Fuel and Energy Support**

### **Energy Projects Plus**

Free and impartial advice to help you save money on your energy bills.

**0800 043 0151**

<https://www.epplus.org.uk/>

### **British Gas Energy Trust**

<https://britishgasenergytrust.org.uk/>

### **Scottish Power Hardship Fund**

<https://www.scottishpower.co.uk/support-centre/help-paying-your-bill/hardship-fund>

### **E.On Energy Fund**

<https://www.eonenergyfund.com/>

## **Support from Banks**

Most banks offer help for those struggling during the current cost of living surge, with most stating that they plan to ramp up their guidance and support services.

## **National Debt services**

### **Turn2us**

Turn2us is a national charity providing practical help to people who are struggling financially.

**0808 802 2000** [www.turn2us.org.uk](http://www.turn2us.org.uk)

### **National Debtline**

National Debtline is a debt advice charity run by the Money Advice Trust. We are a free and confidential debt advice service for people in England, Wales and Scotland.

**0808 808 4000** [www.nationaldebtline.org](http://www.nationaldebtline.org)

# Welcoming Spaces in Hull



## Welcoming Spaces

Libraries are Welcoming Spaces where people can meet up, socialise, access support on issues such as money, welfare and mental wellbeing, access computers, free wi-fi and charging points, and heated spaces.

### **Bransholme Library**

North Point Shopping Centre, Goodhart Road, Hull HU7 4EF

**01482 331234**

### **Fred Moore Library**

Wold Road, Hull, HU5 5UN

**01482 331 239**

### **Central Library**

Albion Street, Hull, HU1 3TF

**01482 210 000**

### **Greenwood Library**

220, Greenwood Avenue, HU6 9RU

**01482 331257**

### **Welcome Spaces**

\*lists to be published soon

[www.warmwelcome.uk/spaces](http://www.warmwelcome.uk/spaces)

## Charities and Groups

### **Bodmin Road Church**

Padstow Close, HU7 4HE

**01482 834417** [www.bodminroadchurch.com](http://www.bodminroadchurch.com)

### **Back to Ours**

Store E3, 21, North Point Shopping Centre

Goodhart Road, HU7 4EE

**07442 205524** [www.backtours.co.uk](http://www.backtours.co.uk)

### **Unity in Community**

201 Orchard Park Road, HU6 9BX

**01482 852292**

### **Sutton Methodist Church**

Potterill Lane, Sutton on Hull, HU7 4TD

**01482 782172**

### **Oasis Hub Hull**

310 Newland Avenue Hull, England, HU5 2NB

01482 470125

**Open Tuesday and Wednesday 10 am to 5 pm,  
Thursday 9.15 am to 12 pm**



# Riverside

## Digital Inclusion Support in Hull



### National Organisations

#### **Job Centre Support**

Connectivity provider TalkTalk is rolling out a new voucher scheme that gives jobseekers across the UK free access to high-quality broadband. The programme, offered in partnership with the Department for Work and Pensions (DWP), aims to tackle digital exclusion and remove barriers to employment across the UK.

**Your work coach will be able to help support you to access further information**

#### **Social Tariffs**

Internet access at home can be expensive, some broadband providers offer social tariffs – broadband and phone packages at a reduced price for people claiming Universal Credit, Pension Credit as well as some other benefits. Some providers call them ‘essential’ or ‘basic’ broadband.

**Visit [www.ofcom.org.uk](http://www.ofcom.org.uk) and search social tariffs to find out more.**

#### **The Department for Education**

The Department For Education offers free qualifications and provides access to free, high-quality provision to equip them with the essential digital skills they need for life and work. To be eligible for full funding under the entitlement:

- Be a UK resident
- Aged 19 and over
- Do not have the essential digital skills required to operate effectively in work and day to day life

**[www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills](http://www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills)**

#### **Get Online @ Home**

Get Online @ Home sells heavily discounted, refurbished computers and tablets.

**<https://www.getonlineathome.org>**

#### **Family Fund**

Devices, such as computers and tablets, can have a huge impact on disabled children and their families. Family Fund can help support families.

**[www.familyfund.org.uk](http://www.familyfund.org.uk)**

#### **The Charity Excellence**

The Charity Excellence Framework provides a resource for a wide range of free laptops, computers, software, IT support and grants for UK charities and social enterprises.

**[www.charityexcellence.co.uk](http://www.charityexcellence.co.uk)**

#### **The National Data Bank**

The National Databank is a national foodbank for connectivity data. Run by Good Things Foundation, data to help almost 500,000 people will be donated by Virgin Media O2, Vodafone, and Three Mobile from September 2022.

**[www.goodthingsfoundation.org](http://www.goodthingsfoundation.org)**

#### **National Device Bank**

Good Things Foundation is building the UK's first ever National Device Bank. Devices will be provided to people in need by thousands of community organisations in Good Things Foundation's network.

**<https://www.onlinecentresnetwork.org>**

# Digital Inclusion Support in Hull



## Learning

### **Learn My Way**

Learn My Way is a website of free online courses for beginners to develop digital skills to make the most of the online world.

[www.learnmyway.com](http://www.learnmyway.com)

### **Barclays Digital Wings**

Barclays Digital Wings platform offers free online digital skills courses from how to stay safe online, use social media, make your business digital and much more. Available to everyone, no eligibility criteria.

<https://digital.wings.uk.barclays/>

### **FutureLearn**

FutureLearn provide a suite of free digital skills courses from digital skills for work and life to advanced skills like web analytics, social media, AI and much more.

[www.futurelearn.com](http://www.futurelearn.com)

## Libraries

Local libraries offer digital skills learning, you can book time on a PC and use their learning resources.

### **Bransholme Library**

North Point Centre, Goodhart Road, HU7 4EF  
**01482 331234**

### **Fred Moore Library**

Wold Road, Hull, HU5 5UN  
**01482 331 239**

### **Central Library**

Albion Street, Hull, HU1 3TF  
**01482 210 000**

### **Greenwood Library**

220, Greenwood Avenue, HU6 9RU  
**01482 331257**

## Groups and organisations

### **Hull Training and Adult Education**

Park Avenue, Hull HU5 4DA

Hull Training and Adult education run several courses to help improve your digital skills. To find out more follow the link below.

[www.hcctraining.ac.uk/adult-courses/digital-skills/](http://www.hcctraining.ac.uk/adult-courses/digital-skills/)  
**01482 615 349**

### **AgeUK Hull**

Deliver courses across Hull and also provide free online resources to support with IT skills.

[www.ageuk.org.uk/hull/activities-and-events](http://www.ageuk.org.uk/hull/activities-and-events)

# Riverside

## Youth Provision in Hull



### Children's Centres

Children's Centres are a place at the heart of the community, where you can find -

- a sense of happiness
- new friendships
- build your confidence

They offer:

- play sessions
- family support
- parenting courses
- employment support
- much more

### **Lemon Tree Family Hub**

Lothian Way Hull HU7 5DD

HU1 2AG

01482 828 901

LemonTree.ChildrensCentre@hullcc.gov.uk

**Open Monday to Thursday 8.30 am to 5 pm**

**Friday 8.30 am to 4.30 pm**

### **McMillan Family Hub**

21st Avenue, Hull, HU6 8HS

01482 850 200

**Open Monday to Thursday 9 am to 5 pm**

**Friday 8.30 am to 4.30 pm**

### **Healthy Start Programme**

The school nurse service helps children and young people with physical, emotional and social wellbeing. They deliver services to all children and young people in Hull aged 5-19 years in school, educated at home, missing from education, in alternative education provision or looked after (LAC) by the Local Authority

**01482 336634 [www.cypcommunityservices.net](http://www.cypcommunityservices.net)**

### **Early Help Support**

There will be times when families need support. There are a group of services in Hull collectively known as Early Help who can support families at these times and make problems easier to understand and quicker to solve.

Families can seek support from a professional who is currently known to the family, for example a Health Professional or a member of staff at your child's school or can make a self-referral.

Services/professionals include:

- Targeted Youth Support
- Targeted Pregnancy Support
- Early Help Social Workers
- Refresh
- Family Group Conferencing
- Early Help Support Workers

**North Locality Hub 01482 828 901**

### **Hull Youth Service**

The Service works with young people aged 10-19 and up to 24 yrs for those with disabilities and / or learning needs. The Youth Service offers support through one to one work / small group work / large group work / outreach work / The Hull Young Carers Project

**Astra Youth Centre HU7 4HQ**

**01482 310925**

### **Hull's Healthy Holidays Programme**

Universal offer across the city provided over Easter/Summer/Christmas holidays; open to all though targeted at children in receipt of free school meals. There is also a specific SEND offer.

**[www.healthyholidayshull.org](http://www.healthyholidayshull.org)**

# Riverside

## Youth Provision in Hull



### National Services

#### **National Citizenship Service**

Delivers a range of experiences for young people across the UK.

<https://wearencs.com/> 0800 197 8010

#### **Duke of Edinburgh**

Delivers a range of experiences for young people across the UK.

<https://www.dofe.org/>

#### **Kooth – Online Counselling and Support (11-25)**

Kooth is an, online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

Access through [www.Kooth.com](http://www.Kooth.com)  
0203 984 9337 [contact@kooth.com](mailto:contact@kooth.com)

#### **Virtual KEEN**

Inclusive online activities for young people  
[www.keenuk.org/virtualkeen](http://www.keenuk.org/virtualkeen)

### Mental Health support

#### **Hull & East Yorkshire Mind Helpline**

24/7 information and advice or support to children, young people or their parents/carers  
01482 240133/0800 1380990

Text: 07520633477 [info@heyhound.org.uk](mailto:info@heyhound.org.uk)

#### **Childline Support**

If you're under 19 you can confidentially call, chat online or email about any problem big or small.  
0800 11 11 [www.childline.org.uk](http://www.childline.org.uk)

#### **SMILE Community based group work**

SMILE community-based group work for young people aged 10 to 16 yrs.  
[smile@hullcc.gov.uk](mailto:smile@hullcc.gov.uk)

#### **Young Minds Website and 24/7 text line**

Young Minds provide young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Young Minds Textline: Text YM to 85258**

#### **Turn 2 Us Youth Workers / Youth Development Service - Ages 11 to 16**

Turn 2 Us for young people aged 11-16yrs offering young people the opportunity to have a chat with a youth worker who can provide information, advice, guidance and support with low level emotional well-being issues.

**Astra Youth Centre - 01482 310925**

#### **Connexions**

Connexions are an information, advice and guidance service for 14 to 18 year olds. They provide specialist information, advice and guidance on education, training and employment opportunities available in the local area.

[www.hull.gov.uk/education-and-schools/training/connexions](http://www.hull.gov.uk/education-and-schools/training/connexions)

**01482 615 223/07925 371 905/07925 371 906**

#### **Mental Health Support Teams (MHSTs)**

The MHST's will support local education settings with mild to moderate mental health issues for children and young people and their families through a team of Education Mental Health Practitioners (EMHP's).

Speak to Senior Mental Health Lead within the school/college that has a MHST.

[www.hullccg.nhs.uk/mhst/education-settings](http://www.hullccg.nhs.uk/mhst/education-settings)

# Youth Provision in Hull



## **Emotional Resilience Coaches (ERC) / Youth Development Service**

Emotional Resilience Coaches (ERCs) provide an 8-10 session intervention available for young people aged 10 to 16.

**emotionalresiliencecoaches@hullcc**

## **Springboard (formerly YEI – Youth Employment Initiative) Ages 16 to 29**

For young people who are experiencing mental and emotional health issues. CBT and Counselling.

**LetsTalkYEI@nhs.net, or via Hull City Council**

## **Start Well - Ages 16 to 24**

Work Well service is here to help individuals to improve their mental health, raise aspirations, and to achieve their personal goals. This includes START WELL helping young people aged 16-24 into to education, training or employment, helping people already in work to improve their mental health and retain their employment as well as engaging with local employers to help make mental health a priority in the workplace, by providing training and resources.

## **Crisis Support**

The Child Adolescent Mental Health Service (CAMHS) crisis team covers Hull and the East Riding and operates 24 hours a day, 7 days a week. This service is for young people (under 18) who are in crisis experiencing emotional distress and are struggling to cope.

**Monday to Friday 9 am to 5 pm contact 'Contact Point' on 01482 303688**

**Out of hours 01482 301701 option 2 for CYP**

## **Youth Activities**

### **Generation Hull - Ages 0 to 25**

Generation Hull is the city's Local Cultural Education Partnership and recognises the value of the arts in supporting young people's emotional health and wellbeing.

**01482 791226 [hello@generationhull.com](mailto:hello@generationhull.com)**

### **The Warren - Ages 14 to 25**

47-49 Queens Dock Avenue, Hull, HU1 3DR  
01482 218115

The Warren deliver a variety of activities including mental health support, LGBTQ support, young parents/young carers groups, physical activity, employability skills and much more.

**Monday, Tuesday and Friday 10 am to 4 pm and Thursday 11 am to 5.30 pm**

### **Child Dynamix Youth & Sport Sessions Free sessions for older kids & teenagers**

The Hut Youth Centre, Preston Road, HU9 5UY

- Monday, 4.30-6pm – Youth Club 9-12 years
- Tuesday, 5-7pm – Youth Club, 13-19 years
- Thursday, 4.30-6pm – Youth Club, 9-12 years
- Friday, 5-7pm – Youth Club, 13-19 years

Shelley Avenue Sports Centre, HU9 4RN

- Monday, 5-7pm – Youth Club, 10-19 years
- Monday, 5-6.30pm – Hull KR Multi Sports, 10-19 years
- Thursday, 5-6.30pm – Tigers Trust Football, 11-19 years
- Saturday, 1-2.30pm – Multi Sports, 10-19 years

**For more information call the Child Dynamix Youth Team on 01482 781121 / 07746286112**

# Riverside

## Youth Provision in Hull



### **CMMC Youth Club**

Community youth club at Clowes Methodist Church,  
Greenwood Avenue/1st Avenue corner, Hull, HU6  
9NA.

**07398770542**

**Every Friday 6.30 pm to 8 pm**

### **Girls Rugby at Hull KR Craven Park**

Training for under 12s up to under 16s, various days.  
Kingswood Academy, Wawne Road, Hull HU7 4WR.

**Ben.Parker@hullkr.co.uk**

### **Ings Library Youth Space**

Savoy Rd, Hull HU8 0TY

**01482 331250**

### **Rebound Trampoline Park**

Trampoline Park with open jump sessions, toddler  
sessions, fitness, dodgeball, SEN sessions.

Open Monday to Friday 10 am to 7 pm and

Weekends 9 am to 7 pm.

Unit 2 Malmo Park, Stockholm Road, Hull, HU7 0XW

**01482 826228**

### **Cornerhouse**

Work with young people around sexual health and  
emotional well-being.

**01482 327 044**

**care@wearecornerhouse.org**

**www.wearecornerhouse.org**

### **The Reach - Catch 22.**

The Reach is a choir group for disadvantaged young  
people and their children, partners and friends.

**01482 606 508 Ruth.burling@catch-22.org.uk**

**www.catch-22.org.uk**

# Riverside

## Family Support in Hull



### **WEA - Adult Learning Within Reach**

WEA deliver a variety of courses to enable people to learn new skills, gain qualifications and support people into employment. To find out more follow the link below.

[www.wea.org.uk/](http://www.wea.org.uk/)

### **Home Start Hull**

Home-Start is a voluntary organisation committed to promoting the welfare of families with at least one child under 5.

**01482 324063**

[admin@homestarthull.org.uk](mailto:admin@homestarthull.org.uk)

### **Hull Special Educational Needs and Disabilities Information Advice and Support Service (SENDIASS)**

SENDIAS is provided by KIDS in Hull and is a free, confidential, and impartial service for parents and carers, children and young people providing advice / information and support (up to 25 years).

[www.kids.org.uk/hull-sendiass](http://www.kids.org.uk/hull-sendiass)

**01482 467541** [sendiassduty@kids.org.uk](mailto:sendiassduty@kids.org.uk)

### **Hull City Council Parenting Team**

Group work sessions, digital offer and 1-2-1 support. Hull City Council Parenting team offer a range of needs led parenting support mainly to work with parents/carers in managing children's behaviour using positive strategies which can help to improve family relationships, and family routines.

**North Locality Hub Tel: 01482 828 901**

### **Lets Talk Hull**

Lets Talk is a service for Adults who are worried, stressed, Anxious, Low in Confidence, Emotional.

**01482 247111**

### **Grow Baby**

The aim of Growbaby is to provide good quality, new and second-hand, baby clothes and equipment, completely free of charge, to anyone who needs it, regardless of their income, background, or faith.

Reach out to chat to a member of the team.

The Vineyard Centre, Vulcan Street, HU6 7PS

**01482 300 173** [growbaby@hullvineyard.co.uk](mailto:growbaby@hullvineyard.co.uk)

### **Hull Parent Carer Forum**

01482 499 073 [hullparentsforum@hotmail.com](mailto:hullparentsforum@hotmail.com)

<http://hullparentcarerforum.co.uk/>

### **Period and Hygiene Product Support**

Many food banks, pantries and community centres will have access to free sanitary products.

**Bloody Good Period** - Give period products to those who can't afford them and provide reproductive health education to those less likely to access it. [hello@bloodygoodperiod.com](mailto:hello@bloodygoodperiod.com)

### **Morrisons - Package for Sandy**

Customers in need can now go to any Morrisons customer service desk nationwide and ask for a package for 'Sandy' or a 'period product pack'. The customers will then be given a free discreet envelope with sanitary products and no questions asked.

**Freedom4Girls** - provides period products to those in Leeds, Sheffield, West Yorkshire, and select other regions of the UK

<https://www.freedom4girls.co.uk/request-products/>

# Older People Support in Hull



## National Support

**Age UK Advice Line** - 0800 678 1602

### **Tax Help for Older People**

01308 488066 [taxvol@taxvol.org.uk](mailto:taxvol@taxvol.org.uk)

**Dementia UK** - 0800 888 6678

### **Re-engage**

Group and one-to-one social activities will help older people connect with others.

**0800 716543**

**The Silver Line** - 0800 4 70 80 90

### **Friends of the Elderly**

Grants to older people living on low incomes.

**0330 332 1110** [hello@fote.org.uk](mailto:hello@fote.org.uk)

### **Omega (befriending service for caregivers / carers)**

Chatterbox Action Against Loneliness telephone chat

**01743 245088** [chatterbox@omega.uk.net](mailto:chatterbox@omega.uk.net)

A Letter from Louise pen pal befriending

**01743 245 088** [aletterfromlouise@omega.uk.net](mailto:aletterfromlouise@omega.uk.net)

### **Citizens Advice Hull**

For advice on welfare, benefits, debts and cost of living support.

The Wilson Centre, Alfred Gelder St, HU1 2AG

**0800 144 88 48**

### **Hourglass**

Support and information for older people and those concerned about an older person facing abuse or exploitation.

**08088088141**

## Local Support

### **AgeUK Hull**

Age UK Hull, Silvester House, Silvester Street  
The Maltings, HU1 3HA

**01482 324644** [hello@ageukhull.org.uk](mailto:hello@ageukhull.org.uk)

### **Befriending Service**

The Befriending service aims to reduce loneliness for people aged 50 or over, by providing regular contact at a time which is convenient to the person.

### **Information and Advice**

Contact for help and support on a variety of issues including activities, crime prevention, utilities, housing, health and social issues, personal and care problems and many other issues.

**01482 324644** [hello@ageukhull.org.uk](mailto:hello@ageukhull.org.uk)

### **Social Groups - Bransholme Group**

The Meadows Pub, 100 Minehead Road, Wawne Road, Hull HU7 4HA

**Thursday 10 am to 12 pm**

**To book transport call: 01482 719600**

**To learn more about Age UK Hull social groups call: 01482 324644**

### **Older People's Community Mental Health Team**

Hull Integrated Care Team for Older People

Townend Court Block A, 298 Cottingham Road  
Hull, HU6 8QG

**01482 335795**





# Riverside Older People Support in Hull



## **Forever Young Club**

Provide regular events and activities in libraries and community venues to bring together library users and others who are housebound and socially isolated.

Bransholme Library, Northpoint Shopping Centre,  
Goodhart Road, Hull

**01482 331 254**

## **Over 50's Beginners Toe Tappers (Tap Dancing)**

Healthy Living Centre, Porter Street, Hull

**01482 591 544 mailbox@ageukhull.org.uk**

## **Smile Foundation**

CallER Collective offers telephone befriending, a weekly chat is organised for a beneficiary with a CallER Collective volunteer. The service is available for anyone living in Hull or East Riding who is feeling lonely or isolated and would benefit from having a friendly chat.

**01482 215 929**

**callercollective@heysmilefoundation.org**

## **Walking Rugby**

The perfect session for over 50's that previously enjoyed rugby and would like to play again, get a bit fitter and make friends.

Haltemprice Leisure Centre fields HU10 6QJ

**07949313876**

**michael.adlard@eastriding.gov.uk**

# Mental Health and Wellbeing Support in Hull



## National Support - Anxiety and Depression Support

### **Calm**

CALM's helpline and live chat are open from 5pm to midnight everyday. 365 days a year  
**0800 58 58 58**

### **Samaritans**

Contact us if you're having a difficult time or if you're worried about someone else.  
**jo@samaritans.org or call 116 123**

### **Shout free 24-hour text help**

Text SHOUT to 85258 Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.  
**It's a place to go if you're struggling to cope and you need immediate help.**

### **SANeline**

SANE is a charitable organisation that offers information and support for people struggling with their mental health. Their mental health helpline offers emotional support to anyone affected by mental illness, including families and carers. They can be contacted all year round between the hours of 4.30 pm and 10.30 pm on  
**0300 304 7000 [www.sane.org.uk/home](http://www.sane.org.uk/home)**

### **Mental Health Matters - National Support** **0191 516 3500 [info@mh.org.uk](mailto:info@mh.org.uk)**

### **Depression UK**

<https://www.depressionuk.org/>

### **Hub of Hope**

<https://hubofhope.co.uk/>

## Addiction

### **Gambling Support**

GamCare - **0808 8020 133**

### **Alcoholic's Anonymous**

Further information about the local meetings or A.A. group can be obtained by contacting  
**National Helpline 0800 9177 650**  
**[help@aamail.org](mailto:help@aamail.org)**

### **Narcotics Anonymous**

Further information about the St Helens support group can be found by calling Helpline and general enquiries: **0300 999 1212**

## Local Support

### **Hull and East Yorkshire Mind**

HEY Mind is a charitable organisation that ensures people with mental health problems have somewhere to turn to for advice and support. They can also signpost you to various organisations in the local area that may be able to support you and your mental health.  
**You can contact them on 01482 240200**  
**<http://heywind.org.uk>**

### **Mental Health Advice and Support Line 24/7 (Hull and East Yorkshire) -**

The Mental Health Advice and Support Line is available 24 hours a day for anyone in the Hull and East Riding of Yorkshire area who requires information, advice and support with their mental health. You can also contact this line if you are worried about family or friends who may be struggling with their mental health.  
**Freephone: 0800 138 0990**

# Mental Health and Wellbeing Support in St Hull



## **Dove House**

Friday Friends is a community group for adults in Hull and East Yorkshire who want to meet new friends, enjoy conversation, take part in activities and games, or relax in a different environment.

Amy Johnson Community Hub, Dove House Hospice, HU8 8DH

**01482 784343**

**Friday 10 am to 12 pm and 1 pm to 3 pm**

## **ReFresh.**

Help, advice or support on alcohol or drug misuse.

Kenworthy House 98-104 George Street Hull

**01482 331 059** [refresh@hullcc.gov.uk](mailto:refresh@hullcc.gov.uk)

## **Feel Good Counselling Services**

Help people manage stress, anxiety, low self-esteem and depression to help to give you the tools to take control and manage.

**0744 597 8014** [Annerussellon3@gmail.com](mailto:Annerussellon3@gmail.com)

## **Time to Listen Counselling and Therapeutic Service**

Specialise in providing counselling and therapeutic services for children, young people and families.

**07920 036 737** [info@timetolisten.co.uk](mailto:info@timetolisten.co.uk)

[www.timetolisten.co.uk](http://www.timetolisten.co.uk)

## **R and R Caring Hands**

Activity centre for adults with learning difficulties providing life skills and promoting independence.

The George Ashdon Centre, Ashdon Close, Ellerburn Avenue, Hull

**0793 258 8184**

[contact@randrcaringhands.co.uk](mailto:contact@randrcaringhands.co.uk)

[www.randrcaringhands.co.uk](http://www.randrcaringhands.co.uk)

# Domestic Abuse Services in Hull



## National Support - Domestic Abuse

**The Police** on 101 or in an emergency call 999

**The National Domestic Abuse Helpline** – 0808 2000 247

**Choices** – 0800 917 9948

### **The Mankind**

male victims of domestic violence

**01823 334244** or <https://mankind.org.uk/>

### **Broken Rainbow**

Lesbian, Gay Bisexual and Transgender people suffering domestic violence

**0300 999 5428**

**Refuge Helpline** - 0808 808 9999

### **Rise**

Freedom from Abuse and Violence

<https://www.riseuk.org.uk/>

### **Ask for ANI**

If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately.

### **Safe Spaces**

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

**Refuge The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247**

**Bright Sky** If you are concerned about domestic abuse, we know it can be hard to find support.

<https://uk.bright-sky.org/>

## Charities and Grants

### **Heinz, Anna and Carol Kroch Foundation**

Search by visiting

<https://grants-search.turn2us.org.uk/>

**Smallwood Trust** - [www.smallwoodtrust.org.uk](http://www.smallwoodtrust.org.uk)

### **Skinner's Benevolent Trust** -

[www.skinner.org.uk/sbt](http://www.skinner.org.uk/sbt)

## Family Support

**NSPCC Helpline** - 0808 800 5000

**Childline** - 0800 1111

### **Family Action**

Provides grants to families in crisis, including those who have recently experienced domestic abuse.

<https://www.family-action.org.uk/what-we-do/grants/welfare-grants/>

### **Dogs Trust Freedom Project**

Refuges for women leaving domestic abuse are often unable to take pets, including dogs. Dogs Trust offers free and confidential foster care while their owner is in a refuge.

[www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project](http://www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project)

### **Cats Protection Paws Protect**

Cats Protection has a network of fosterers that provides a retreat for cats of people going into a refuge until the owner has a safe place to live and they can be reunited.

[www.cats.org.uk/what-we-do/paws-protect](http://www.cats.org.uk/what-we-do/paws-protect)

# Domestic Abuse Services in Hull



## National Support - Domestic Abuse

### **Government Support -**

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

### **Support from a Job Centre**

Jobcentres are a safe space and the DWP supports victims of domestic abuse. This includes helping you access temporary accommodation and supporting you to make new applications for Universal Credit and putting you in touch with local experts and support networks.

### **Citizen's Advice**

Ask your local Citizens Advice if your local council operates a welfare assistance scheme or hardship fund and how you can apply.

### **Victim Support**

Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police:

free, independent and confidential 24/7

**Support line 08 08 16 89 111**

### **IKWRO Women's Rights Organisation**

Support for Middle Eastern, North African and Afghan survivors.

**0208906460**

**07846275246** Kurdish/Arabic and English Speakers

**07846310157** Farsi/Dari and English Speakers

**Jewish Women's Aid - 0808 801 0500**

### **Muslim Women's Network**

0800 999 5786 or 0303 999 5786

[info@mwnhelpline.co.uk](mailto:info@mwnhelpline.co.uk)

### **SignHealth**

Support for Deaf and hard of hearing  
020 39472601 or text 07970 350 366

[da@signhealth.org.uk](mailto:da@signhealth.org.uk)

**ManKind Initiative helpline for male victims of domestic abuse - 01823 334244**

## Local Support

### **Hull Women's Aid - Floating Support Service**

Our Floating Support Worker's role includes the provision of one-to-one emotional and practical support to women in their own home who have experienced domestic abuse

Hull Women's Aid, Tower Street, Hull

**01482 446 099** [enquiries@hullwomensaid.org](mailto:enquiries@hullwomensaid.org)

[www.hullwomensaid.org/floating-support](http://www.hullwomensaid.org/floating-support)

### **Strength to Change**

Help men find the strength to stop domestic violence.

Kingston House, 68 Bond Street, Hull

**01482 613 403**

[www.hullstrengthtochange.org](http://www.hullstrengthtochange.org)

### **Hull DAP (Domestic Abuse Partnership)**

Group of professionals who work together in the same office to provide a support service for victims/survivors of domestic abuse and, where possible, hold abusers accountable for their behaviour.

**01482 318 759** [www.hulldap.com](http://www.hulldap.com)

# Disability Support in Hull



## Government Support

### Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

## Local Support

### Downright Special

Charity supporting children with Down's Syndrome in Hull and the East Riding of Yorkshire.

Bodmin Road Church Office, Padstow Close, Bransholme, Hull

**01482 420 160** [enquiries@downrightspecial.co.uk](mailto:enquiries@downrightspecial.co.uk)

### Choices and Rights

Organisation run exclusively by disabled people in the Hull and East Riding area.

The Centre for Independent Living, Jude Lodge (Tiverton House), Tiverton Road, Bransholme, Hull

**01482 878 778** [office@choicesandrights.org.uk](mailto:office@choicesandrights.org.uk)  
[www.choicesandrights.org.uk](http://www.choicesandrights.org.uk)

### Scope

Scope provides free, independent and impartial information and support on the issues that matter to disabled people and their families.

**08088 003 333** [helpline@scope.org.uk](mailto:helpline@scope.org.uk)

[www.scope.org.uk](http://www.scope.org.uk)

### Pennine Day Centre

Offers a variety of inclusive and accessible activities

**Pennine Way, Bransholme, Hull, HU7**

**01482 300 300**

### The Disability Living Foundation

National charity providing impartial advice, information and training on independent living

[info@dlf.org.uk](mailto:info@dlf.org.uk)

### RNIB

RNIB is an expert national organisation, ensuring blind and partially sighted people get practical support in all aspects of their lives.

**0303 123 9999**

### Sight Support

Helping people across Hull and East Yorkshire with visual impairments to live full, active and happy lives.

466 Beverley Road, Hull, HU5 1NF

**01482 342297** [info@sightsupport.org](mailto:info@sightsupport.org)

### 5 Senses

We provide exceptional learning and development opportunities for vulnerable adults with physical and developmental disabilities, through the use of centre based educational sessions and community activities.

5 Senses Charity, Popple Street, Hull

**01482 470 805** [info@5senses.co.uk](mailto:info@5senses.co.uk)

### Youth Development Service - Buzzaballoo

Social session for young people with identified disabilities to come along, make friends and take part in varied activities from sports, arts, cooking and music, pool, snooker, social area and Xbox/PS4

48a Beverley Road, Hull

**01482 331 238** [karen.kelleher@hullcc.gov.uk](mailto:karen.kelleher@hullcc.gov.uk)

## Support for carers

### Carers' Information and Support Service

The Carers' Information and Support Service (CISS) is a service dedicated to supporting carers, i.e. a person who looks after another adult or child with a chronic long-term illness or disability.

Carers Information and Support Service, The Calvert Centre, 110A Calvert Lane, Hull

**01482 22 22 20** [chcp.carersinfo@nhs.net](mailto:chcp.carersinfo@nhs.net)

[www.chcpcic.org.uk/chcp-services/carers](http://www.chcpcic.org.uk/chcp-services/carers)

# Disability Support in Hull



## Youth Development Service - Big Buzz

Social session for young people with identified disabilities. To come along, make friends and take part in varied activities from sports, arts, cooking and music.

48a Beverley Road, Hull

**01482 331 238** [Karen.kelleher@hullcc.gov.uk](mailto:Karen.kelleher@hullcc.gov.uk)

## Platform

Day care provision for profoundly disabled young people in Hull and the East Riding.

25 Swanland Grove, Hull

**01482 805 934** [hello@platform-provision.com](mailto:hello@platform-provision.com)

[www.platform-provision.com](http://www.platform-provision.com)

## Hull & East Yorkshire Powerchair Football Club

Open to all ages and genders.

The Allam Sport Centre, University of Hull,

Inglemire Lane, Hull

**0780 102 7923** [erelectriceels@gmail.com](mailto:erelectriceels@gmail.com)

[www.electriceelspfc.com](http://www.electriceelspfc.com)

## The National Autistic Society Hull and East Riding Branch

The National Autistic Society also has a local point of contact for you if you live in Hull or the East Riding. They are able to offer support to people with Autism or Asperger syndrome.

**07917 040 380** [hulleastriding@nas.org.uk](mailto:hulleastriding@nas.org.uk)

[hulleastridingnas.weebly.com](http://hulleastridingnas.weebly.com)

## Hull and District Diabetes Support Group

**01482 844 933**

[hull\\_district\\_diabetes\\_support@hotmail.co.uk](mailto:hull_district_diabetes_support@hotmail.co.uk)

## Hull and East Yorkshire Centre for the Deaf

**01482 223 911 / 0751 928 2703**

[info@hulld deafcentre.com](mailto:info@hulld deafcentre.com)

[www.hulld deafcentre.com](http://www.hulld deafcentre.com)

## Ings Plus

Provides progression for people on the autistic spectrum, particularly around catering, hospitality and delivery driving.

**01482 795 700** [ingsplus@autismplus.co.uk](mailto:ingsplus@autismplus.co.uk)

[www.autismplus.co.uk](http://www.autismplus.co.uk)

## KIDS Yorkshire & The Humber - Hull Children's Rights and Advocacy service

Service to support disabled children and young people, by working to promote their rights and creating opportunities for them to be heard and participate in decisions that affect their lives.

182 Chanterlands Ave, HU5 4DJ

**01482 467 540** [advocacy@kids.org.uk](mailto:advocacy@kids.org.uk)

[www.kids.org.uk/yorkshire-the-humber](http://www.kids.org.uk/yorkshire-the-humber)

## Choices and Rights

Organisation run exclusively by disabled people in the Hull and East Riding area.

The Centre for Independent Living, Jude Lodge (Tiverton House), Tiverton Road, Bransholme, Hull

**01482 878 778** [office@choicesandrights.org.uk](mailto:office@choicesandrights.org.uk)

[www.choicesandrights.org.uk](http://www.choicesandrights.org.uk)

## Autism Plus - Day Opportunities

Activity Choices programme is a creative day time opportunities service offering meaningful activities in vocational and community groups.

**01482 327 445**

[Michelle.mackie@autismplus.co.uk](mailto:Michelle.mackie@autismplus.co.uk)

[www.autismplus.co.uk](http://www.autismplus.co.uk)

## This-Ability

Provides specialist support and training for young people aged 18 to 29 with additional needs to access work and learning.

**01482 327 438** [this-ability@hlc-vol.org](mailto:this-ability@hlc-vol.org)

<http://this-ability.org.uk/>

# Migrant and Multi-Cultural Support in Hull



## **Lithuanian Community Club 'Linās'**

Non-profit organisation promoting social and cultural integration of Lithuanians living in and around Hull.

**20 Dock Street, Hull, 0792 310 1272**  
[linasclub@gmail.com](mailto:linasclub@gmail.com)

## **Humber all Nations Alliance (HANA).**

HANA support people from black and ethnic communities to access a wide range of services.

**44 portland Street, Hull 01482 491 177**  
[www.hanaonline.org.uk](http://www.hanaonline.org.uk)

## **Hungarian Folk Dance**

Preventing isolation and help maintain the physical and mental wellbeing of those taking part.

44 Portland Street, Hull  
**01482 491177**  
[hungarian.community.group@gmail.com](mailto:hungarian.community.group@gmail.com)

## **Hull Branch of the Russian Community**

The Hull Branch of the Russian Community is a society of people from the Russian speaking countries.

**44 Portland Street, Hull 07928 860 189**

## **Open Doors Hull**

We provide a free Interpretation and Translation service to the local community.

91 Princes Avenue, Hull  
**0798 631 4490 [manager@open-doors.org.uk](mailto:manager@open-doors.org.uk)**  
[www.opendoors-hull.org.uk/](http://www.opendoors-hull.org.uk/)

## **Iranian Healthy Cook and Eat.**

Project aims to improve knowledge, skills and confidence about traditional healthy eating and food hygiene and safety whilst socialising and meeting new people at our workshop sessions.

**01482 802 593 [info@icoh.org.uk](mailto:info@icoh.org.uk)**  
[www.icoh.org.uk](http://www.icoh.org.uk)

## **Hull Ethnic Minorities Community Centre Foundation**

Helping improve the quality of life for those in disadvantaged areas of Hull and enable them to integrate well into British society. Offering ESOL, IELTS preparation and CV writing services.

HEMCC, Unit 4, 12 Arthur Street, Hull  
**01482 561 414 [info@hmccfl.org.uk](mailto:info@hmccfl.org.uk)**  
[www.hemccfl.org.uk](http://www.hemccfl.org.uk)

## **Toranj Tuition - Homework clubs**

Newly launched homework club is run for refugees and asylum seekers between 5 and 16 years old, who require additional support with their school studies.

Room 109, Hull University, Cottingham Road, Hull  
**01482 464 938 [info@toranjtuition.org](mailto:info@toranjtuition.org)**  
[www.toranjtuition.org](http://www.toranjtuition.org)

## **Community Integration and Advocacy Centre**

Provide generalist (access to asylum support, welfare benefits, accommodation and education) and specialist immigration advice to emerging communities.

91 Princes Avenue, Princes Avenue Methodist Church, Hull  
**[ciachumber@gmail.com](mailto:ciachumber@gmail.com) [www.ciacadvice.com](http://www.ciacadvice.com)**

## **Hull Afro Caribbean Centre**

Offer basic assistance to the elderly, families, refugees and newcomers to the area.

**25 Park Street, Hull [office@lonsdalecc.org.uk](mailto:office@lonsdalecc.org.uk)**

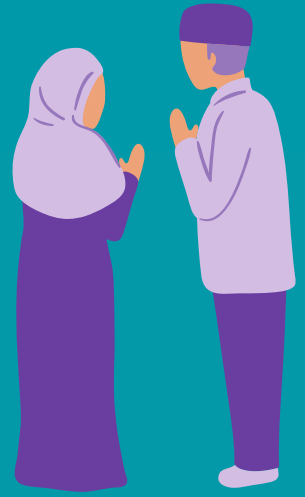
## **Jubilee Church - Improve Your English**

Support to learn English in a safe, inclusive environment

**Jubilee Central Church, 62, King Edward Street, Hull**  
**01482 328 19 [www.notdull.org](http://www.notdull.org)**



# Migrant and Multi-Cultural Support in Hull



## **Refugee Integration Service (RIS)**

The Refugee Integration Service (RIS) is a programme delivered by the Hull City Council to support individual refugees who have been granted leave to remain during the last two years for those aged 16+ in Hull.

The Wilson Centre, Alfred Gelder Street, Hull  
**01482 614 265**  
[refugeesupport@hullcc.gov.uk](mailto:refugeesupport@hullcc.gov.uk)

## **Iranian Community of Hull**

ICOH seeks to carry out a number of activities designed to support our members.

**01482 449 284** [info@icoh.org.uk](mailto:info@icoh.org.uk)  
[www.icoh.org.uk](http://www.icoh.org.uk)

## **Hull Training and Adult Education - English for Speakers of Other Languages (ESOL)**

For those wanting to learn or improve their already existing knowledge of the English language.

**01482 615 349** [endeavour@hullcc.gov.uk](mailto:endeavour@hullcc.gov.uk)  
[www.hullcc.gov.uk/adulteducation](http://www.hullcc.gov.uk/adulteducation)

## **Welcome House**

Welcome House provides help and support to asylum seekers and refugees living in Hull.

**07913 120198**  
[hello@welcomehousehull.org.uk](mailto:hello@welcomehousehull.org.uk)  
<https://welcomehousehull.org.uk>

## **Useful Links**

**British Red Cross** - [RAMP@redcross.org.uk](mailto:RAMP@redcross.org.uk)

**SHAP** - [cdw@shap.org.uk](mailto:cdw@shap.org.uk)

**Oneworld Parish Nurse** -  
[rachelsutton.parnurse@mail.com](mailto:rachelsutton.parnurse@mail.com)

**Refugee Women Connect**  
[info@refugeewomenconnect.org.uk](mailto:info@refugeewomenconnect.org.uk)

**Migrant Help**  
[IAadminliverpool@migranthelpuk.org](mailto:IAadminliverpool@migranthelpuk.org)

**Cafe Laziz** - [cafelaziz@hotmail.com](mailto:cafelaziz@hotmail.com)



# Women and Men's Groups in Hull



## Women's groups

### **Women's Craft Club**

The Open Doors Women's Craft Club is specifically for the women of our client group; asylum seekers, refugees and migrant workers  
91 Princes Avenue, Hull

**01482 345 132** [opendoorshull@live.co.uk](mailto:opendoorshull@live.co.uk)  
[www.opendoors-hull.org.uk](http://www.opendoors-hull.org.uk)

### **Hull Sisters**

Works with all women, especially from BAME backgrounds, who flee violence and abuse. provide ESOL, IT, employability skills, arts and crafts, yoga, cooking, support sessions and coffee mornings.

183 Beverley Road, Hull

**0753 932 1502**  
[sisters@hullsisters.org](mailto:sisters@hullsisters.org) [www.hullsisters.org](http://www.hullsisters.org)

### **Together Women Project**

Hull Together Women Project (TWP) supports female offenders and those at risk of offending.  
120-122 George Street, Hull

**01482 218 125** [hull@twpyandh.org.uk](mailto:hull@twpyandh.org.uk)  
[www.togetherwomen.org/hull](http://www.togetherwomen.org/hull)

## Men's Groups

### **Andy's Man Club**

Peer to peer support group providing advice, befriending, social, talking opportunities for men who are experiencing or have experienced crisis in one form or another in their life.

**Hull North** - 222 Orchard Park Road, Hull  
**Hull Uni** - Brynmor Jones Library, Hull University, Cottingham Rd, Hull HU6 7RX  
**0871 288 9988** [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

### **Men in Sheds Hull**

Twice a week like-minded people gather in their friendly shed to socialise, share skills and learn new ones.

Men in Sheds, The Pavilion, Oak Road Playing Fields, Beverley Road, Hull  
**01482 803 700** [info@meninshedshull.org](mailto:info@meninshedshull.org)  
[www.meninshedshull.org](http://www.meninshedshull.org)

# LGBTQ+ Support in Hull



## LGBTQ+ National Support

### **Corner House: Range of support opportunities for LGBTQ+ ages 11 to 17**

Offer a support group for LGBTQ+ young people aged 11-17, who want to socialise with other young people experiencing similar things to them. This is a weekly session currently running on Zoom, Tuesdays 4.30 pm to 6 pm.

**leahfewlass@wearecornerhouse.org**

### **Mermaid: Support for gender diverse young people and their families**

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

**www.mermaidsuk.org.uk**

**0808 801 0400 Monday to Friday 9 am –to 9 pm**

**Stonewall** - [www.stonewall.org.uk](http://www.stonewall.org.uk)

**LGBT Foundation** - <https://lgbt.foundation>

**0345 3 30 30 30 helpline@lgbt.foundation**

**Mind** - Mindline Trans+ - helpline for LGBT / non-binary people - **0300 330 5468**

**Mindout** - Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service Online Chat

**01273 234839 info@mindout.org.uk**

**Families and Friends of Lesbians and Gays (FFLAG)** - **0300 688 0368 info@fflag.org.uk**

**Galop** - Supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.

**0800 9995428 help@galop.org.uk**

## Local Support

### **Hull LGBT Social Network - One Humber**

For older LGBTQ+ people

5 Humber Place, Hull marina, Hull

**01482 308 777 info@onehumber.org.uk**

**www.onehumber.org.uk**

# Additional Support in Hull



## Sexual Violence Support

### **Silent Solution**

Helps people who are unable to speak, but who genuinely need police assistance. After calling 999, dial 55 to be put through to your local police station. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

### **Hull Rape Crisis**

Deliver a free, confidential counselling service through trained counsellors, who conduct one-to-one counselling sessions by appointment.  
**01482 329 990** [www.hullrapecrisis.org](http://www.hullrapecrisis.org)  
[hullrapecrisis@hullrapecrisis.karoo.co.uk](mailto:hullrapecrisis@hullrapecrisis.karoo.co.uk)

### **Women's Aid - The Survivor's Handbook**

The Survivor's Handbook provides practical support and information for women experiencing domestic abuse, with simple guidance on every aspect of seeking support.

**01482 446 099** [enquiries@hullwomensaid.org](mailto:enquiries@hullwomensaid.org)  
<https://www.womensaid.org.uk/>

### **The Blue Door**

Specialist service who provide support to anyone that has experienced domestic abuse, sexual violence, rape and serious sexual offences in Hull and the East Riding.

**helpline on 0800 197 47 87, office on 01724 841 947 or email [info@thebluedoor.org](mailto:info@thebluedoor.org)**

### **The Trauma Centre Hull**

The Trauma Centre provides specialised counselling and support to male and female survivors affected by or living with the traumatic effects of domestic violence, sexual violence, child sexual abuse, and sexual exploitation  
[www.thesurvivors.space](http://www.thesurvivors.space)

## Hate Crime

Report a hate crime

You can report a hate crime online or call 101 to speak to the police.

Call 999 if you're reporting a crime that's in progress or if someone is in immediate danger.

### **Stop Hate UK**

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

**0800 138 1625 Text: 07717 989 025**

**Text relay: 18001 0113 293 5100**

**Webchat at [www.stophateuk.org/talk-to-us](http://www.stophateuk.org/talk-to-us)**

**You can also report and find support by contacting**

### **Freedom Centre**

97 Preston Road, Hull, HU9 3QB  
**01482 710 100**

### **Humber All Nations Alliance (HANA)**

44 Portland Street, Hull, HU2 8JX  
**01482 491 177** [admin@hanaonline.org.uk](mailto:admin@hanaonline.org.uk)

### **Home Group Stonham Kingston House**

220 Rosmead Street, Hull, HU9 2TD  
**01482 787 549**

### **Hull University Union**

University House, University of Hull, Cottingham Road, Hull, HU6 7RX  
**01482 466 263**

The Victim Support helpline can give you details of your nearest branch and other support can be found on this website or by contacting Support Line on **01708 765200** [info@supportline.org.uk](mailto:info@supportline.org.uk)

# Additional Support in Hull



## Community Centres

### **Mosaic Community Hub**

Mosaic Community Hub operates from within Mosaic Church and is designed to be a place of hope and help within our community.

322 - 328 Endike Lane

**0740 161 5576** [info@mosaicchurchhull.org.uk](mailto:info@mosaicchurchhull.org.uk)

### **St Margaret's Church - Crazy Crafters**

St Margaret's Church, Shannon Road, Longhill, Hull,

**01482 707 680**

[stmargaretswelcomecentre@yahoo.co.uk](mailto:stmargaretswelcomecentre@yahoo.co.uk)

### **Change 4 Life**

Support to live healthier supported by NHS England.

[enquiries@phe.gov.uk](mailto:enquiries@phe.gov.uk)

<https://www.nhs.uk/change4life>