

# Redwood Glades Directory



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# **Riverside** **Food Support Services**



## **Food Support**

### **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**

## **Period and Hygiene Product Support**

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

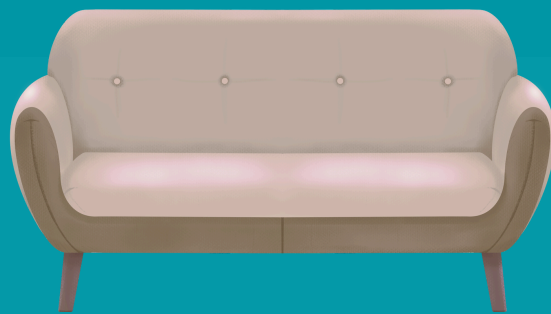
**Bloody Good Period** - Give period products to those who can't afford them and provide reproductive health education to those less likely to access it. [hello@bloodygoodperiod.com](mailto:hello@bloodygoodperiod.com)

### **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/>

# **Riverside** **Furniture Support**



## **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**

### **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**

# **Riverside**

## **Cost of Living Support**



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

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

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- 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**

#### **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)**

#### **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)**



## **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)

**The Wilson Centre Hull** – **01482 300 300**  
[www.hull.gov.uk/resident/communities/wilson-centre](http://www.hull.gov.uk/resident/communities/wilson-centre)

**For additional cost of living support services please download our National Support Directory**

# Riverside

## Welcoming Spaces



### 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**

#### **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)**

#### **USutton Methodist Church**

Potterill Lane, Sutton on Hull, HU7 4TD

**01482 782172**

### **Welcoming Spaces/Warm Hubs**

Many warm hubs are based in Churches, Community Venues and Libraries. They offer a safe space to access food and refreshments, advice and guidance on benefits and keeping your home warm, activities and the opportunity to make new friends.

#### **Warm Welcome**

Warm Welcome Spaces are opening their doors to local communities, offering everyone a free, warm, welcoming and friendly space.

You can search spaces near you by visiting

**<https://www.warmwelcome.uk/>**

# Riverside Digital Inclusion Support



## 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>**

# **Riverside**

## **Digital Inclusion Support**



### **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**

### **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 Support**

### **18 to 25**



#### **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@heywind.org.uk](mailto:info@heywind.org.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**

#### **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](mailto: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.

#### **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)**

#### **PAPYRUS**

PAPYRUS is the national charity dedicated to the prevention of young suicide.

**HOPELINE247** advisers want to work with you to understand why thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

- For children and young people under the age of 35 who are experiencing thoughts of suicide
- For anyone concerned that a young person could be thinking about suicide

**Call: 0800 068 4141**

**Text: 07860039967**

**Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)**

Line are open 24 hours every day of the year (Weekends and Bank Holidays included)

\*If you are not able or prefer not to speak English, please request Language Line when calling for support.

#### **Safe4Me**

The Safe4me website provides educators, service providers and parents with information and resources to help educate, guide and support children and young people to keeping safe.

**<https://www.safe4me.co.uk/support-services/>**

# Older People Support



## Local Support

### **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**

### **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](mailto: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](mailto: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](mailto:michael.adlard@eastriding.gov.uk)

# **Riverside**

## **Mental Health and Wellbeing Support**



### **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://heymind.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**

#### **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)**



# Domestic Abuse Services in Redwood Glades



## **If you are in immediate danger, call 999 and ask for the police.**

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

## **Call 999 from a landline**

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

## **If you are deaf or can't use a phone**

You can register with the emergency SMS. Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

**<https://www.emergencysms.net/>**

## **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](http://www.hullwomensaid.org)**

## **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)**



# **Riverside**

## **Disability Support**



### **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@huldeafcentre.com](mailto:info@huldeafcentre.com)

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

### **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/>

# **Riverside** **Disability Support**



## 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)**

### **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)**

# Migrant and Multi-Cultural Support



## **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**

## **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**

## **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**

## **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**  
**www.opendoors-hull.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**  
**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**  
**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 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**

## **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**

# Migrant and Multi-Cultural Support



## **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>**

## **Boloh Helpline**

Offers advice, signposting, emotional support and free therapy to adult asylum seekers UK Wide.

**To find out more contact 0800 151 2605**

## **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.parishnurse@mail.com](mailto:rachelsutton.parishnurse@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)**

**Muslim Women's Network UK**

MWNUK is the only national Muslim women's organisation in Britain. They offer a helpline, counselling services, training and workshops.

**<https://www.mwnuk.co.uk/>**

**Migrants Rights Network**

The Migrants' Rights Network is a UK charity that stands in solidarity with all migrants in their fights for rights and justice.

**<https://migrantsrights.org.uk/>**

**The Muslim Community Helpline**

The Muslim Community Helpline is a confidential, non-judgemental listening and emotional support service.

**0208 908 6715 / 0208 904 8193**

**[ess4m@btinternet.com](mailto:ess4m@btinternet.com)**

# **Riverside**

## **Women and Men's Groups**



### **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)

#### **Young Women's Trust**

Young Women's Trust champions young women aged 18 to 30 on low or no pay. They offer young women free coaching, feedback on job applications and information to help them get where they want to be. To find out more visit

<https://www.youngwomenstrust.org/get-support/>

#### **Ladies Circle**

Ladies Circle provides the opportunity for women to connect across the UK.

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

#### **The National Women's register**

The website has a map of activities running across the UK, you can search groups by visiting

<https://nwr.org.uk/network/groups/>

### **Men's Groups**

#### **ANDYSMANCLUB**

ANDYSMANCLUB want to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives.

They have clubs across the UK that deliver weekly, free-to-attend peer-to-peer support groups for men aged over 18.

<https://andysmanclub.co.uk/find-your-nearest-group/>

#### **Men's Shed Groups**

Men's Shed Groups bring together social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

There are a number of groups across the UK, to find the one closest to you visit

<https://menssheds.org.uk/find-a-shed/>





# National LGBTQ+ Support



## **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**

### **Mermaids 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**

Stonewall stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. The website provides resources for individuals and workplaces across the UK.

**www.stonewall.org.uk**

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

### **Mindout**

MindOut is a mental health service run by and for lesbian, gay, bisexual, trans, and queer (LGBTQ) people. We work to improve the mental health and wellbeing of all LGBTQ communities and to make mental health a community concern.

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

### **LGBT Hero**

LGBT HERO provide information, advice and various types of support including one-to-one, group and peer-support on a range of topics including mental health, sexual health, Living with HIV, coming out, gender and sexuality and hate crime and discrimination. LGBT HERO also campaigns for LGBTQ+ people to lead happier, healthier lives.

**https://www.lgbthero.org.uk/**

### **LGBT Foundation**

The LGBT Foundation services have been designed by LGBT+ people for LGBTQ+ people. They offer a number of services including talking therapies, sexual health support, helpline, befriending, peer support, advocacy and much more.

**https://lgbt.foundation/**

### **Switchboard**

Switchboard is for all. Figuring out your gender expression? Questioning your sexuality? Or is someone you care about facing a challenge? Wherever you fit into the picture, they are here to listen. Acknowledging and celebrating wherever people are on their journey, we meet you where you are.

**0800 0119 100 Open 10 am to 10 pm**

**hello@switchboard.lgbt**

**https://switchboard.lgbt/get-support**

### **TransUnite**

Have an online directory of trans support groups near you.

**https://www.transunite.co.uk/find-a-group/**

**For additional LGBTQ+ support services please download our National Support Directory**

# Riverside

## Additional Support



### 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)

#### Safeline

A dedicated service in England and Wales for adults and children affected by rape or sexual abuse who identify as male and for those that support them such as friends and family.

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

**0808 800 5005** or visit

<https://www.safeline.org.uk/contact-us/> to chat online

Text support: **07860 065187** Open Monday to Friday 9 am to 8 pm, Saturday and Sunday 10 am to 2 pm.

#### The Survivors Trust

The Survivors Trust provides confidential information, advice and support for women, men and young people, their parents/carers or partners via a helpline or email.

**08088 010818**

[info@thesurvivorstrust.org](mailto:info@thesurvivorstrust.org)

More information can be found at  
[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

#### Victim Support

If you've been affected by sexual violence and would like information or support, you can get in touch by:

contacting your local Victim Support team

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/>

Calling the Supportline on **08 08 16 89 111**

using the free 24/7 live chat service

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

If English is not your first language and you would like support, call supportline and let us know which language you speak. They will call you back with an interpreter as soon as possible. They also welcome calls via Relay UK and SignLive (BSL).

# Additional Support



## 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**

## **Home Group Stonham Kingston House**

220 Rosmead Street, Hull, HU9 2TD

**01482 787 549**

## **Victim Support: (24/7 support)**

Victim Support operates a 24/7 Supportline and live chat service, every day of the year, offering specialist emotional and practical support to anyone who has been a victim or a witness. You don't have to report a crime to get help from Victim Support.

**0808 16 89 111**

Live chat available by visiting

**<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>**

## **Hate Crime Campaign**

The Hate Crime Campaign provides information and services to those who have been a victim of Hate Crime.

**<https://hatecrime.campaign.gov.uk/>**

## 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>**