



# Summer Holidays

## Families Information Leaflet

South Tyneside Mental Health Champions

## Useful Information

### Emergency contact numbers

**Police, fire and rescue service and coast guard:** 999

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

**Covid Test Helpline:** 119

**Electrical problems:** 0800 011 3332 or 105

**Gas leaks:** 0800 111 999

**Floods:** 0345 988 1188

**Mental Health Initial Response Team:** 0303 123 1145

**Police:** 0191 454 7555 or 101

**South Tyneside Hospital:** 0191 404 1000

### South Tyneside Council emergencies:

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

Social Care and Health 0191 456 2093

**Samaritans:** 116 123

**South Tyneside Lifecycle Mental Health Service:** 0191 283 2937

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

**Water leaks:** 0800 393 084

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

**Citizens Advice Bureau Advice Line:** 0344 4994 715

**National Domestic Violence Helpline:** 0808 2000 247

**South Tyneside Adult Recovery Service:** 0191 917 1160

**South Tyneside Sexual Health Service:** 0191 402 8191

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

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

**Wellbeing Info:** [wellbeinginfo.org](http://wellbeinginfo.org)

### Children's emergency services at South Tyneside District Hospital

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

## **Food banks/Support**

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

### **Low Cost Meals**

#### **Low cost meals in South Shields**

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

Monday - Friday 8am - 2pm

0191 455 8122

#### **Boldon Community Association**

New Road, Boldon Colliery

NE35 9DZ

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

0191 536 8085

#### **Living Waters Church**

St Jude's Terrace, Laygate,

South Shields, NE33 5PB

Wednesday 9:30am - 11:30am

Full Breakfast £3.70

0191 427 5284

#### **Hospitality and Hope**

Hampden Street, South Shields NE33 4JR

Sunday 2pm - 3pm

Wednesday 11am - 12pm

Free soup kitchen

0191 420 3363

#### **Salvation Army**

Wawn Street, South Shields

NE33 4EB

Tuesday 10:00am - 12:30pm

2 Course Hot Meal, 50p (donation optional)

0191 496 7511

#### **Westoe Road Baptist Church**

Romilly Street, South Shields, NE33 2SP

Tuesday 10:00am - 11:30am

Donations, Coffee and cake,

Over 50's only

0191 427 9359

#### **Low cost meals in Jarrow and Hebburn**

##### **Grange Road Baptist Church**

Grange Road, Jarrow, NE32 3JA

Foodbank available

Monday & Thursday 9:15am to 11am

0191 421 7987

**Primrose Community Association**

**Lambton Terrace, Jarrow, Tyne &**

**Wear, NE32 5QY**

Monday 9:00am - 12:30pm

Full English Breakfast Tea and Coffee  
all for £4.00

Thursday 12-2pm, dinner £3.50

0191 424 9977

**Hebburn Helps ,**

Hebburn Town Centre, NE31 1QY

Monday - Friday 10am - 3pm

0191 489 9707

**St John's Church**

Canning Street, Hebburn, NE31 2UF

Tuesday 10:00am - 12:00pm

Small donation Refreshments and light  
lunch

info@stjohnshebburn.co.uk

**Christ Church**

Ellison Street, Jarrow, NE32 3JU

Tuesday 10:30am - 12:30pm

Small Charge Soup and Sandwich

info@stjohnshebburn.co.uk

**Hedworthfield Community  
Association**

Cornhill, Jarrow, NE32 4QD

Open daily

Small Charge Hot Snacks

0191 519 6700

## **Wellbeing Support for Parents**

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

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

If your enquiry is urgent call: 0303 123 1145

### **Parenting & Mental Health**

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

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

### **Kind Mind Community (Recovery College)**

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

# Wellbeing Support For Children and Young People

## South Tyneside Lifecycle Primary Care Mental Health Service

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

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

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

Pharmacies

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

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

**Can the Pharmacist help with your symptoms?**

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

## North East Family Activities 😊

### PARKS/WOODS 🌳

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



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

#### BOWLING/MINI GOLF/MISCELLANEOUS 🏹

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

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

#### ANIMALS

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

#### SOFT PLAYS

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

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

#### NATIONAL TRUST

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

## Risk or Crisis Support

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

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

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

### ***If the child is under 16***

*Intensive Community Support Team*

*0191 5665500*

*Monday to Friday*

*8am – 9.30 pm*

*Weekends/ Bank holiday*

10.00am – 6.00 pm

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

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

**Phone:** 0303 123 1145

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