

Voluntary, Community, and Social Enterprise Sector (VCSE) Contacts April 2015

www.hullccg.nhs.uk

 NHSuIICCG

 @NHSuIICCG



NHS Hull CCG values the Voluntary, Charity and Social Enterprise Sector (VCSE) and the role it plays in the support of some of the City's most vulnerable people.

Please note this directory is not exhaustive, and is regularly updated. The most up-to-date copy of this directory can be found here www.hullccg.nhs.uk

It is hoped that this directory will be used to help inform models of care and service structure, and supplement the provision of patient centre care by your organisation.

If you have any questions about this directory please contact the Communications and Engagement Team on [01482 344700](tel:01482344700) or HullCCG.contactus@nhs.net

Contents

4	Age UK Hull
4	Alpha Skills 4 Employment
5	Alzheimer's Society
6	Artlink Centre for Community Arts
6	BackCare Hull and East Riding Branch
7	Bodmin Road Church
7	British Red Cross
8	Butterflies Memory Loss Support Group
9	CASE Training
9	Choices and Rights Disability Coalition
10	Cruse Bereavement Care Hull & East Riding Area
10	DISC
11	Fisherman's Mission
12	Goodwin Development Trust
13	Groundwork
14	Healthwatch Kingston Upon Hull
14	HERIB (Hull and East Riding Institute for the Blind)
15	Hull and District Diabetes Support Group
16	Hull and East Riding Citizens Advice Bureau
16	Hull and East Yorkshire Mind
17	Hull Community and Voluntary Services (CVS) Ltd
18	Hull Kingston Rovers Community Trust
19	Hull Street Angels Trinity
19	Humber All Nations Alliance (HANA)
20	The Humber Sports Partnership
20	Humbercare Limited
21	Humber Community Advice Services (H-CAS)
21	Inspire Communities Ltd
23	KIDS
24	Local Works Ltd
24	Longhill Link Up Trust
25	Neighbourhood Network
25	Northern Refugee Centre
26	National Gulf Veterans and Families Association
27	North Bank Forum
28	Preston Road Women's Centre
29	Refugee Council
30	Respect@Eternalbenefits
30	Survivors (Hull & East Riding)
31	TimeBank Hull & East Riding
32	Volcom
33	The Warren Youth Project
34	West Hull Gymnastics Club / Tumbletime
34	Workers' Educational Association, Yorkshire & Humber Region

Age UK Hull

📍 The Healthy Living Centre, Bradbury House, Porter Street, Hull HU1 2RH

🌐 www.ageukhull.org.uk ☎ 01482 324644

Age UK Hull exists to promote the well-being of older people in Hull recognising their right to independence, fulfilment, dignity and choice, working with older people 50+ to help them make later life a gratifying and enjoyable experience. All our services are designed around the needs and aspirations of older people. We have over 150 volunteers where we ensure the appropriate opportunities are provided for people to develop new skills and harness their experience, to be listened to and have their voices heard. Age UK Hull has a fully equipped gym, steam room, jacuzzi, hydro-therapy pool and sports hall. There are a variety of exercise classes such as Yoga, Tai Chi, tap dancing, line dancing and Legs, bums and Tums. The knit and natter group meet on a weekly basis and there are adult learning classes such as "The History of Hull" and basic computer skills. We run two groups a week who meet on a Monday and Thursday afternoon, which is made up of people from our community who in the past have felt isolated and lonely. We recently took part in an inter-generational choir, working with Pickering and Feren's and Pearson Park Primary School accumulating in a performance at the Hull City Hall. Our community services include, Befriending and Advocacy, Home Support, Fall's Prevention, Day Service provision and Information and Advice. There is a Benefits Advisor based at the Methodist Church on Holderness Road. Social Work Students from Hull and Lincoln University are given the opportunity to fulfil their placement opportunity and complete their degree. Age UK Hull work in partnership across the city with many organisations which includes The Older People's Partnership, Local Authority and CCG/NHS, Alzhiemers, HERIB and Fishermen's mission. Our aim is to ensure that the best possible services are available for older people and for them to live healthier lifestyles in later life.

Contact: Ann Smith

☎ 01482 59152

✉ ann.smith@ageukhull.org.uk

Alpha Skills 4 Employment

📍 18 Coniston House, Linnaeus Street, Hull, HU3 2PF

☎ 07950602107

Alpha Skills 4 Employment is a registered Community Interest Company (CIC) whose objectives are to provide employability skills training. The Company has an unincorporated subsidiary by the name Humber Health Promotions (HHP) whose objectives are to promote health and health related activities such as smoking cessation, tackling alcohol mis/use and drug abuse topics. HHP will also address issues to do with the causes of disease and poor health in the community and health inequalities amongst other things. Our objectives will be geared towards

supplementing existing services provided by other voluntary, charitable and not for profit organisations besides the NHS. Other objectives include job creation, alleviation of poverty and social intergration amongst various communiites living in Hull and East Riding of Yorkshire.

Contact: **Elijah Ombongi**
☎ **7950602107**
✉ **ombaso2000@hotmail.com**

Alzheimer's Society

📄 **Suite D, Annie Reed Court, Annie Reed Road, Beverley, E. Riding of Yorks HU17 0LF**
🌐 **www.alzheimers.org.uk** ☎ **01482 211255**

Alzheimer's Society is the UK's leading support and research charity for people with dementia, their families and carers. The Society provides information and support to people with any form of dementia and their carers through our publications, National Dementia Helpline, website and more than 2,900 local services throughout England, Wales and Northern Ireland.

Our dementia support services in Hull include:

- Information, advice and signposting for anyone affected by dementia, to support and guide people through the diagnosis period and beyond.
- Dementia Cafes where people with dementia and carers can access peer support, social interaction and support from our trained Dementia Support staff and volunteers.
- Singing for the Brain, an innovative service combining the proven therapeutic effects of music and singing with peer support.

We support health and social care professionals by delivering high quality education, resources and training. We influence politicians and policy-makers, and campaign for better quality of life for people living with dementia and their carers and greater understanding of dementia. We also fund innovative research in the areas of cause, cure, care and prevention. We work with scientists and people affected by dementia to ensure that the medical and social research programmes we fund have a positive impact on people's lives.

We were a founder member of the National Dementia Action Alliance which launched the national Dementia Declaration for England, and recently launched the Dementia Friends campaign which aims to recruit one million Dementia Friends, who will commit to take action to improve life for people with dementia. These initiatives contribute to our ambition to create Dementia Friendly Communities across England, Wales and Northern Ireland.

Contact: **Sharon Godwin**
☎ **07894 809591**
✉ **Sharon.Godwin@alzheimers.org.uk**

Artlink Centre for Community Arts

📍 87 Princes Avenue, Hull HU5 3QP
🌐 www.artlink.uk.net ☎ 01482 345104

Since 1982, Artlink has been dedicated to developing and delivering a range of high-quality community arts activities and events. Our activities and services are targeted to the people of Hull and the Humber. Artlink's four areas of provision are outreach projects, exhibitions of artwork by national and regional artists and community art, training opportunities and an information service. Our premises feature a beautiful gallery space, versatile studio for workshop activity, fully-equipped training room, shop for artists' work and a rental office. These spaces enable us to build on our reputation for excellent service and enhance Artlink's capacity to meet the growing needs of our region. We have a number well maintained rooms available for hire, for events such as meetings, seminars, arts activities or private functions, maintaining Artlink's reputation as a community hub for arts development, participation and collaboration.

Contact: Victoria Bissett
☎ 01482 345104
✉ director@artlink.uk.net

BackCare Hull and East Riding Branch

📍 59 Woldcarr Road Kingston upon Hull HU3 6TR HU3 6TR
🌐 backcarehull.co.uk ☎ 01482 353547

A self-help group formed 20 years ago to disseminate information on; how to prevent back pain and how to deal with back pain. We are a branch from the national organisation 'BackCare The Charity for healthier backs.'

Meetings: Meetings are held at Boulevard Village Hall with guest speakers and information available. Also a quiz, raffle and refreshments. Open to anyone, no charge.

Alternative Aquatics: Members of Backcare are entitled to join this group. Gentle therapeutic exercise, in a hydrotherapy pool, is done to music. A free trial session is offered prior to joining

Walk Back To Health: Members of BackCare may also join this friendly group. It meets from time to time for morning walks of about 4 miles in the countryside around Hull.

Easy Line Dancing: BackCare members of this group meet on the third Thursday morning of the month at Mosaic on Inglemire Lane.

Try Before You Buy And Loan Service: A good range of equipment to help relieve back pain. Available at meetings.

Newsletter: A newsletter is provided regularly to keep everyone up to date. Information updates are sent out more often by email.

Contact: Beryl Kelsey
☎ 01482 320200
✉ kelsey59@kelsey59.karoo.co.uk

Bodmin Road Church

📍 Padstow Close, Bransholme, Hull HU7 4HE
🌐 www.bodminchurch.com ☎ 01482 834417

Bodmin Road Church has a long history of community engagement. Over the last 20 years our Community Programme has included an over-50s Lunch Club, Toddler Groups, juniors' breakfast and after-school clubs, youth club, UKOnline Computer Centre, adult numeracy and literacy, and numerous other projects. Our support service for carers and their families has run for the last 10 years. At any one time we are supporting over 30 carers and their families. Our team provides home visit support so that carers can get out for shopping or for a short break. We deliver over 1000 home visits every year. Our community cafe also provides a warm and friendly environment where carers and their families can socialise. Our under-5s softplay facility is a high-spec, two-level softplay area complete with ball pool and slide. Our groups provide a space where parents can meet, and pre-school children can come and let off some steam without it costing a fortune. Renovate is our one-to-one support service, where we can provide a support service for individuals in crisis or for those who have specific vulnerabilities. Our activities and programmes are open to all, regardless of a person's faith, culture or lifestyle. We are here to serve the whole community. Around 200 people each week are currently accessing activities in our building.

Contact: Tracey Richardson
☎ 01482 834417
✉ richardson_tracey@yahoo.com

British Red Cross

📍 Humanity House, 2 Armley Court, Armley Road, Leeds LS12 2NB
🌐 www.redcross.org.uk ☎ 0113 201 5263

The British Red Cross Independent Living Teams provide support at home which can include: supported discharge home from hospital, social prescribing community connect services, re-ablement care and support programmes. We can also provide mobility aids, transport support for people affected by crisis, hand, arm and shoulder massage and ambulance support. These are person centred, time limited schemes that enable service users to regain and maintain independence, connection to their

local community and ensure the avoidance of unscheduled admissions and re-admissions to hospital.

Contact: April Baskind

☎ 7803661242

✉ abaskind@redcross.org.uk

The Butterflies Memory Loss Support Group

📍 2nd Floor, 94 Alfred Gelder Street, Hull HU1 2AN

☎ 07821 519212

The Butterflies Memory Loss Support Group is currently a voluntary organisation, soon to be a registered charity which offers a wide variety of workshops for people fighting dementia and their carers. Our HQ is in the city centre and accessible by public transport for people living in all areas of Hull and we have a base in East Hull.

The organisation was founded in 2010 with participants of a RemCare research project facilitated by Professor Esme Moniz Cook which my parents took part in. I was then the carer representative on the King's Fund development project which worked on the recent environmental developments at The Hull Memory Clinic. We hold a number of workshops and luncheon clubs throughout the month offering a social outlet to those who become isolated by dementia, with a wide range of activities with a stimulating and therapeutic value, which importantly bring fun back into the lives of our members. We pay special attention to delivering activities which are person centred, dignified and concentrate on the skills which remain in each individual. We are not about bingo and dominoes! Our sessions include glass engraving, wood work, candle making, music, crafts creative writing, life story work etc in fact anything our clients show an interest in, we try to facilitate. In addition we also hold a number of support forums for carers whilst offering an activity group for the person they are caring for.

We also work with a number of schools and youth clubs on cross generational projects aimed at providing social events and raising awareness in dementia in the young people and breaking down barriers across the generations. We currently have three members of paid staff and a team of excellent volunteers. All of our volunteers attend the Dementia Academy's Dementia Ambassador training in addition to our own in house induction training. We encourage volunteers to complete the NCFE Certificate in the Principles of Dementia Care. This is regardless of the role they take. The whole team take great pride in the person centred, dignified friendly service we provide and look forward to developing and expanding to offer additional groups to other areas of the city. Whilst we have been successful in the past in securing funding through subs, volunteers and fundraising, including grants from Comic Relief, Community First and Smile Foundation, our aim is to secure sustainable funding from all available sources including contracting with statutory bodies.

Contact: June Cooke
☎ 07821519212
✉ butterfliesmlsg@yahoo.co.uk

CASE Training

📄 60 Charles Street, Hull HU2 8DQ
🌐 www.casetraininghull.co.uk ☎ 01482 320200

Provides training, education, welfare support, employment and social opportunities to adults (16+) with a learning disability and associated conditions.

Contact: Sam Chegwin
☎ 07803661242
✉ sam@case4life.org

Choices and Rights Disability Coalition

📄 Jude Lodge, Tiverton House, Tiverton Rd, Bransholme, Hull HU7 4DQ
🌐 www.choicesandrights.org.uk ☎ 01482 878778

The Choices and Rights Disability Coalition is a charitable organisation dedicated to providing advice and support to disabled people in a number of areas, as well as campaigning on a wide variety of disability issues, offering a collective voice for disabled people in Hull and the East Riding of Yorkshire. As a fully user-led organisation, we have experienced for ourselves the challenges disabled people face on a daily basis. This informs our consultancy services, allowing us to offer the best information and advice to our service users and their families and carers. Our service is designed by disabled people, for disabled people, with the individual at the centre. We understand that a one-size-fits-all approach doesn't work with the complex issues many users face, so we work with every individual to provide support that is right for them. We can offer effective and experience-driven advice in a range of areas including housing, disability rights, personal assistants, and more. We can also provide support to those in receipt of personal budgets, with regards to financial control and spending plans. Additionally, we use our wide network of partner organisations to refer individuals to other services, should specialist support be necessary.

Contact: Mark Baggley
☎ 01482 878778
✉ mark@choicesandrights.org.uk

Cruse Bereavement Care Hull & East Riding Area

📍 Cruse Bereavement Care, The Community Enterprise Centre, Cottingham Road Hull HU5 2DH 🌐 www.cruse.org.uk ☎ 01482 565565

Cruse Bereavement Care is a national charity formed in 1959 with Branches across the UK. The Central Office is at Richmond, Surrey. Cruse in the Yorkshire & Humber Region has 9 Areas and the Hull & East Riding Area office is the Hull office with Branches in Hull, Bridlington and Goole. Cruse Bereavement Support Volunteers (BVs) are required to undertake the Foundation Course 'Awareness in Bereavement Care' and each trainee has to produce a portfolio to evidence their learning. These are subjected to internal moderation and the course is accredited externally by Ascentis, this certification is optional. Clients who have been bereaved can self refer to any Cruse Branch and may receive information, leaflets etc. and they will be given the opportunity to hear about the services Cruse offers including face to face, one to one support either at a neutral venue or in the client's home, which ever they choose and be helped to decide if Cruse is right for them. Sometimes we signpost people to other relevant organisations. Bereavement support sessions usually last an hour and what is discussed is confidential to Cruse unless the client reveals something where there may be a risk to themselves or someone else. Each BV has to have a current DBS Certificate and attend supervision every month to six weeks, Cruse supports many people of all ages who ask for help. Email support and telephone on-going support are being developed. Cruse has many training modules in tandem with its Standards, Policies and Procedures which all help to provide a quality and professional service to clients. The service is free at the point of use, but as we are a charity, client donations are very welcome to support our work and are acknowledged in writing. Cruse is a service provider to the CHCP Let's Talk service through which bereaved people assessed by Let's Talk staff may choose to come to Cruse. The Area Chairman, Fred Sims-Williams is the link between Cruse and CHCP. It doesn't matter how long ago a death has occurred, if someone is struggling with their grief, having the benefit of someone who is trained to listen and offer support can help a grieving person towards a normal life again, though different after a death.

Contact: Fred Sims-Williams
☎ 01482 657057
✉ fredsw@fredsw.karoo.co.uk

DISC

📍 IES Centre, Sapphire House, Horndale Avenue, Newton Aycliffe, DL5 6DS
🌐 www.disc-vol.org.uk ☎ 01325 731 160

DISC are a northern based charity who for over 30 years have worked with adults, young people and families within the heart of their communities. We have a wide range of diverse services across the region which tackle issues and provide support in areas such as health and wellbeing, LGB&T, supported housing, unemployment,

education, poverty, learning disabilities, offending, drug and alcohol addiction, homelessness, family breakdown, young and adult carers and advocacy. We believe that aspiration, hope and dreams provide the foundations for change and offer services that are innovative, pro-active and which utilise an asset based approach promoting recovery, independence and community integration. We have experience in providing 1-1 support and group work and can deliver interventions both on an outreach basis, within community based setting or within an individual or families home. BRiCWorks in Hull is DISC's innovative social enterprise, in the heart of the centre we are leading the way in developing an asset based community venue. Our aim for the people of Hull is to provide an environment which brings people together and actively supports and encourages participation in developing their social capital, achieving their aspirations and tackling isolation. We provide fulfilling opportunities to volunteer in a range of departments from our own radio station to cooking in the kitchen of the BRiCOven Café . With roots firmly in the recovery community we offer a range of mutual support groups and dry bar acoustic nights, as well as providing a number of health and wellbeing activities and training within our 'Discovery College'. Our model provides a base for recovery/discovery resources and promotes an educational and coaching environment which supports people to become experts in self-care within their recovery/discovery journey through offering training sessions run for and by people with experience of addiction, trauma, mental health or physical health challenges together with people who have professional experience in these areas.

Contact: Wayne Dobson

☎ 07966 791 559

✉ Wayne.dobson@disc-vol.org.uk

Fishermen's Mission

📍 c/o Age UK, Bradbury House, Porter Street, Hull HU1 2RH

🌐 www.fishermensmission.org.uk ☎ 01482 323440 or 07917 754527

We are the only charity that works solely with fishermen and their families. We help to prevent poverty amongst retired fishermen and their families. Offering expert guidance through the benefit system and sourcing long term grants. We help to combat loneliness by making home and hospital visits and arranging group activities. We offer emotional support during bereavement, family breakdown or emotional difficulties. We can provide immediate financial assistance to help with rent, food, heating and lighting bills. We offer emergency support 365 days responding to injured, sick or shipwrecked fishermen.

Contact: Tracey Stephens

☎ 01482 323440 or 07917 754527

✉ hullcentre@fishermensmission.org.uk

Goodwin Development Trust

📍 Icehouse Road, Hull, East Riding of Yorkshire HU3 2HQ

🌐 www.goodwintrust.org ☎ 01482 587550

Goodwin Development Trust is a locally controlled Development Trust led by a Board of Trustees, most of who are residents of the Thornton Estate in West Hull. We are committed to improving the quality of life in our community by identifying and addressing the needs of local people. We deliver these priorities through grant based, contracted and income generating projects and services. We strive to join up service delivery so that it makes most sense at the point of access and adds value to the contract provider:

- Children's Centre services in West Hull
- Doula and Breastfeeding support volunteer led City wide programme.
- Commissioned to deliver youth projects in West Hull.
- Danny's Dream domiciliary care and unique club offer for individuals with disabilities /learning difficulties.
- Haven ; psychotherapy mental health and well-being services to Asylum seekers and Refugees across Hull.
- Lead partner for the Older Peoples Partnership Group; highlighting, championing and seeking opportunities to support older people across the City.
- Royal British Legion project supporting beneficiaries, signposting and referrals.
- Court Coordinators supporting vulnerable individuals through the magistrates court process.
- Smoking cessation contract.
- Fare Shares food offer through community members across Hull.
- Cooking on a budget and healthy eating activities linked to Fare Shares and in partnership with Hull CC.
- Community café in the Goodwin Centre.
- Goodwin Community College delivering NEET, Apprenticeships and adult community learning.
- European funded Enterprise project supporting business start-up.
- Thornton Urban Gardeners; volunteer led community gardening and training in horticulture.
- 2 Ofsted rated Good early year's nurseries in West Hull.
- Registered with the Homes and Community Agency (HCA).
- Delivering affordable quality rented property in partnership with KLM through the Empty Homes programme.
- West Hull Radio.
- Host to a number of arts and cultural groups, individuals and activities including Middle Child Theatre company and resident artists working within the community.

We have an annual turnover of approx. £6.6million. Employ 181 contracted staff and currently have 180 volunteers across the organisation. We work mainly in Hull with

some focused delivery in the West, particularly within children and young people's services.

Contact: Cheryl Oakshott

✉ coakshott@goodwintrust.org

Groundwork

📄 [Springhead Park Golf Club, Willerby Road, Hull HU5 5JE](#)

🌐 www.groundwork.org.uk/sites/hull

Groundwork in Hull is part of the Groundwork Wakefield Trust a registered charity part of the national network of Groundwork Trusts an organisation with 30 years' experience of working with local people and communities to delivering innovative community projects. Our vision is of a society made up of sustainable communities which are vibrant, healthy and safe, which respect the local and we support people to work collectively to make their surroundings greener, safer and healthier and to get more involved in the way decisions are made about their area. We help to reconnect people with nature and transform their neighbourhoods providing opportunities for training, job creation whilst enable people to reduce energy use and waste. In 2013 - 14 Groundwork nationally used funding to deliver environmental action that:

- Supported 6,100 people into employment, training or education
- Delivered 4,200 projects across England
- Improved 33.8 million sqm of community green space
- Diverted 84,000 tonnes of waste from landfill
- Enabled 400,000 hours of community action by adults and young people

In Hull our highly successful Community Food Growing project enabled us to engage some of the most marginalised/hard to reach within our communities including:

- Vulnerable Adults – ex offenders, homelessness, mental health issues, alcohol, substance misuse
- Vulnerable Young People, those in care, excluded, risk of exclusion, young offenders and NEETS
- Individuals with health related issues, disabilities
- Socially isolated including the elderly

We supported 25 groups and 615 individuals to gain the resources/skills and confidence to grow their own food. Groundwork utilised donated construction waste from local companies to help groups create 9 new food growing areas from disused spaces and improve 9 existing community food growing areas across the City. In 2014 we also took over the management of the Springhead Park Golf club our aim is to transform this former municipal course into a Community hub that can be utilised to host a range of health/social/sporting activities that will creatively address the city's health inequalities and remove the barriers to provision and access that many individuals often have

Contact: Karen Tozer
☎ 7963028560
✉ Karen.Tozer@groundwork.org.uk

Healthwatch Kingston upon Hull

📍 The Strand, 75 Beverley Road, Hull HU3 1XL
🌐 www.healthwatchkingstonuponhull.co.uk ☎ 01482 332999

Healthwatch is the independent consumer champion for health and social care. It was set up by legislation and has legal powers to fulfil its function of providing a stronger voice for the public in health and social care. Healthwatch engages with the community to identify their priorities for improvements in services. We provide an information and signposting service and also the independent NHS Complaints Advocacy Service which supports people through the complaints process.

Contact: Jonathan Appleton
✉ jappleton@healthwatchkingstonuponhull.co.uk

HERIB (Hull and East Riding Institute for the Blind)

📍 Beech Holme Court, Beverley Road, Hull, North Humberside HU5 1NN
🌐 www.herib.co.uk ☎ 01482 342297

HERIB (Hull and East Riding Institute for the Blind) is a registered charity which aims to improve and enrich the quality of life for people with sight loss in the Hull and East Riding area. Originally established in 1864, the charity now provides a range of both support practical and emotional support services as part of the rehabilitation process for almost 2,300 local people who are blind or partially sighted and living with long term sight loss conditions. It is this experience which means HERIB is recognised as the local expert in sight loss support. HERIB acts as a one stop point of contact for all advice/information about sight loss to the region and provides a wide range of support services which include:

Home Visiting Scheme - HERIB's home visiting service provides specialist advice and information for those people who can't get access our centre or would prefer to talk with someone in the privacy of their own home.

Day Groups - HERIB's Day Groups offer door-to-door transport from home and lunch followed by a variety of activities such as arts and crafts, quizzes and musical entertainment.

Resource Centre - HERIB's Resource Centre is open Monday to Friday from 9.00am to 4.00pm where staff can offer advice on a wide range of equipment such as magnifiers, talking clocks and many other daily living aids.

Mobile Resource Service - Our Mobile Resource Bus regularly "drops in" at a variety of venues across the region to offer advice and assistance within the community.

Sheltered Accommodation - Beech Holme Court is a sheltered housing development for visually impaired people containing twenty-two flats where tenants are encouraged to remain independent with support from HERIB.

Clubs and Groups - The Beech Holme Tandem Club is based at HERIB and our visually impaired sports group holds regularly yoga classes at the centre whilst our SocialEYES group arranges outings and other activities. HERIB also hosts regular meetings by the Macular Society and local Glaucoma Support Group.

Workshops & information sessions - Our informal workshops and information sessions aim to help people cope with the practical difficulties of living every day life with sight loss and are particularly useful for people who have been newly diagnosed with sight loss as well as anyone living with sight loss and their family members and/or carers.

Independent Living Skills Workshops - HERIB offers a range of workshops to help anyone who is visually impaired learn specific skills which they may find useful including:

Microwave cookery; Braille reading and writing; IT & technology including computers, smartphones and the use of specialist software for the visually impaired. Other

Events/Activities include - Holidays; Exhibitions; Braille transcription service. All services are aimed at reducing isolation, mental health issues, loneliness, anxiety, depression and increasing social interaction with a view to helping local people with sight loss live independently in the way they choose.

Contact: Sandra Ackroyd

☎ 01482 342297

✉ SandraA@herib.co.uk

Hull and District Diabetes Support Group

✉ hull_district_diabetes_support@Hotmail.co.uk

☎ 01482 844933

Hull and District Diabetes support group was formed 2002, we are totally independent of other organisations, we are constituted, comply with all regulations, vulnerable children and adults, Data protection act etc. We offer help and support to people with diabetes, their families, friends, carers and anyone wishing to know more about the long term condition, we meet the first Tuesday of each month February to November 7:00 pm to 9:00 pm at the Royal Hotel 170 Ferensway Hull, access is available via Paragon Station/Hull interchange. Each meeting we have guest speakers who are professional health care workers. When possible through funding, we arrange day outings for the group members and family at no cost to them, we also subsidise Christmas, there are no fees of registration or subscription. Part of the group activities are to promote Diabetes and related health problems awareness within Hull and surrounding district. The group visit various many supermarkets and when and promote Diabetes and related health problems awareness to various individual and ethnic groups, we also attend as many promotions organised by Hull CCG and others

Contact: **Lionel Curtis**
☎ 01482 844933

Hull & East Riding Citizens Advice Bureau

📍 The Wilson Centre Alfred Gelder Street Hull HU1 2AG
🌐 www.citizensadvice.org.uk/bureau_detail.htm?serialnumber=100578
☎ 01482 224608

We aim to provide the advice people need for the problems they face and improve the policies and practices that affect people's lives. We provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities. We value diversity, promote equality and challenge discrimination. As the UK's largest advice provider we are equipped to deal with any issue, from anyone. Spanning debt and employment to consumer and housing, plus everything in between. In the last year alone, the Citizens Advice service helped 2.1 million people with 6.6 million problems. But we're not just here in times of crisis - we also use clients stories anonymously to campaign for policy changes that benefit the population as a whole. We work in partnership with organisations and agencies from all sectors, at a national and regional level. We're always striving to achieve more and recognise this is often best done by partnering with others. By working with a range of national partners we can improve the lives of the most vulnerable groups in society. We work with partners from the public, private and third sectors to ensure our experience, and that of our clients, is used proactively to inform policy and practice for the better. Bureaux belong to networks of statutory and third sector community agencies. The partnerships identify common goals and separate strengths, leading to work that delivers joined up, client-centred services for people locally or in the region.

Contact: **Sandra Scarth**
☎ 01482 217670
✉ sandra.scarth@hull-eastridingcab.org.uk

Hull and East Yorkshire Mind

📍 Wellington House, 108 Beverley Road, Hull HU3 1XA
🌐 www.mindhey.co.uk ☎ 01482 240200

We help people achieve better mental health. This includes pre and post diagnosis and the full spectrum of wellbeing/mental health conditions. We do this through:

- Preventative work (training, skills, resilience) with individuals, employers communities and schools
- Support services including housing, residential therapeutic communities, floating support, talking therapies, in-work and peer support

- Move on services such as employability, vocational support, independent living skills

We are successful in our work because we work closely with partner organisations including NHS & health and have a highly skilled, flexible workforce made up of paid and unpaid staff. We maintain a number of quality standards in order to externally verify the quality of our work. Established as a charitable company in 1976, our turnover is approximately £1.5M with 40 paid staff and 50 volunteers, We have established delivery networks and locations across Hull and East Yorkshire. We have significant experience working on payment by results contracts.

Contact: David Smith

☎ 01482 240200

✉ dsmith@mindhey.co.uk

Hull Community and Voluntary Services (CVS) Ltd

📍 The Strand 75 Beverley Road Hull HU3 1XL

🌐 www.hullcvs.org.uk ☎ 01482 324474

Hull CVS are keen advocates of the use of volunteers and their ability to deliver a wide range of support to programmes and organisations. Our Volunteer Centre is the accredited Volunteer Centre for Hull, in addition we hold the 'Investing in Volunteers Award'. We capitalise on the success of our centre, ensuring vulnerable service users receive a high quality service from well trained volunteers who have often themselves experienced some of the issues faced by service users. We deliver a broad range of projects and contracts on behalf of both local and national funders. The target audiences and beneficiaries are numerous and varied. We engage in projects which provide invaluable support to some of the most vulnerable people in our community. We also provide essential services to a number of small charitable organisations in the area, without which they would not be able to continue providing their services to their beneficiaries. In addition we are the significant provider of advice and information about the work and capacity of the community and voluntary sector, to bodies in the statutory sector. Office Space and Training Facilities Hull CVS owns two premises within walking distance of Hull city centre; 'The Strand' and 'Centre 88'. Each of these provide low cost serviced office space, available on short term licences to charities and voluntary groups. We have a minimum of 4 training suites and numerous meeting rooms that are available during the day and evening for a range of activities. MNH - Meeting New Horizons is the trading arm of Hull CVS. Its objectives mirror those of Hull CVS but MNH is not restricted by geographic limitations. MNH has offices in Brough, Scunthorpe and Doncaster enabling us to strategically focus on an areas' specific needs. Between the two organisations we have extensive experience of delivering projects specifically supporting the more vulnerable of our society. Our Macmillan project in Doncaster extends support to recently diagnosed cancer patients; our Family Support Service in Scunthorpe supports families with young

children identified as at risk and our Young Carers project within Hull gives emotional and practical support.

Contact: Jenny Jenkinson
☎ 01482 324474
✉ jjenkinson@hull-cvs.co.uk

Hull Kingston Rovers Community Trust

📄 KC Lightstream Stadium, Preston Road HU9 5HE
🌐 www.hullkr.co.uk/community ☎ 01482 780912

Hull Kingston Rovers Community Trust (HKRCT) has been a charitable company limited by guarantee since March 2008. The long term vision of HKRCT is to inspire people through sport and physical activity. We do this using the power of the Hull Kingston Rovers sporting brand to work with a range of partners to deliver enjoyable and inspirational initiatives to make positive long term changes to peoples health and wellbeing. Through our programmes we increase and retain the number of people engaged in sport and physical activity in Hull and East Riding.

We achieve our strategic outcomes through working in partnership in four specific areas: sport, health, education, community and social inclusion.

Our current programmes include:

- coaching to a number of schools at both a primary and secondary level
- dance skills to schools and through our Dance Academy
- physical literacy to Foundation and Key Stage 1 pupils
- youth provision at our youth centre housed in the East Stand and on our pitches at the back of the East Stand
- bespoke educational and sports programmes to school
- reward schemes to primary school children
- stadium tours focusing on the heritage of the club to community and voluntary groups and schools
- holiday camps involving rugby league, dance and multi sports
- match day opportunities for local children and volunteers
- volunteering opportunities and accredited qualifications in coaching
- Junior Robins scheme
- Family fun days
- Rugby festivals involving schools and community clubs

Contact: Helen Schofield
☎ 01482 586633
✉ helen.schofield@hullkr.co.uk

Hull Street Angels Trinity

📍 Suffolk Chambers, Scale Lane, Hull HU1 1LA

🌐 www.hullstreetangelstrinity.org.uk ☎ 07971 658971

We are a small charity run by volunteers. Working in partnership with the emergency services we help anyone who becomes vulnerable while using Hull's night-time economy. Our volunteers patrol Hull city centre on a Friday and Saturday night offering help and support to revellers who find themselves vulnerable for whatever reason. All of our volunteers are DBS checked, undertake compulsory training in First Aid, conflict management and the civi radio system (linked ot emergency services). Volunteers are also offered optional training in drug and alcohol awareness, sexual health, domestic abuse and other subject areas that are either request by volunteers or suggested by partner organisations. The organisation was set up specifically to reduce the impact of the night time economy on health services, principally (although not exculsively) the accute pressure on A&E but also with an eye on longer term conditions and also to provide support and signposting to other public services. We have worked successfully with YAS and Humberside Police since our inception and have become part of the night time economy landscape. Volunteers are linked via radion to the emergency services CCTV and radio systems and so can be deployed to support existing services. Other "Street Angels" groups exist however we are unique in that we are the only group that is not affiliated with the Methodist Church.

Contact: Chris Howell

☎ 07971 658971

✉ chris_howell66@me.com

Humber All Nations Alliance (HANA)

📍 44 Portland Street, Hull HU2 8JX

🌐 www.hanaonline.org.uk ☎ 01482 491177

We are set up to promote such charitable purposes for the benefit of members of the black and minority ethnic (BME) communities in the East Riding of Yorkshire, Kingston upon Hull, North Lincolnshire and North East Lincolnshire (hereinafter called 'the area of benefit') and in particular, the relief of poverty, hardship and distress; and the promotion of equality of opportunities and access to all facilities and services available to all citizens within the area of benefit. We are a membership organisation with 54 members These groups cover a membership of thousands of people from all minority ethnic backgrounds, faiths and status, including refugees and asylum seekers, migrant workers, and gypsy traveller communities. All projects of the organisation run in partnership with these 54 BME community groups and therefore we have a large constituency that benefit from all our projects. Our general activities are to provide information, advice and guidance to BME and migrant communities in the Humber.

We run a Delivering Race Equality in Mental Health Services project, funded by the NHS supporting individuals, families and communities by providing information and support for mental health, promoting positive mental health and supporting access to professional mental health services. We coordinate a range of cultural activities supporting members of BME and migrant communities to share their cultures and traditions to promote understanding and community cohesion. We are a hate-crime reporting centre supporting individuals who have been victims of hate crimes such as racism, to help them report the crime. We work also in partnership with other charities that work in the equalities and diversity sector, for example organisations working with groups helping people with disability, mental health and brain injury etc.

Contact: Francis Ahiakpa

☎ 0779414859

✉ francis@hanaonline.org.uk

The Humber Sports Partnership

📍 Unit 2, Bilton Grange Health Annex, Diadem Grove, Hull HU3 9AL

🌐 www.humbersport.com ☎ 01482 244344

The Humber Sports Partnership Ltd is a non profit distributing sports development infrastructure company.

Our vision is to enable the people of the Humber to lead more active lifestyles; getting more people, more active, more often.

Core Outcomes:

- Increased participation and improved opportunities for people to engage in sustainable sporting and physical activities
- Improved health and wellbeing, social cohesion, educational attainment and economic growth through sport and physical activity

Contact: Elliot Hakner

☎ 07860 954346

✉ ehakner@humbersport.com

Humbercare Limited

📍 81 Beverley Road HULL HU3 1XR

🌐 www.humbercare.org.uk ☎ 01482 586633

Humbercare is an enabling organisation dedicated to providing quality and innovative services to adults and young people. It is Humbercare's belief that all people should have the opportunity to realise their full potential, improve skills, optimise their life chances and become responsible members of our communities. Humbercare works in partnership with many voluntary and not-for-profit organisations

as well as the following local authorities: Kingston upon Hull, East Riding of Yorkshire, North Lincolnshire, North East Lincolnshire and other statutory agencies. Our areas of focus include: rehabilitation and resettlement, supported housing, mentoring, peer-mentoring and volunteer befriending services, advice, information and guidance, education, employment and training, housing related support, client involvement, supported lodgings services, positive use of time and integration into the wider community

Contact: Mike Mercer

☎ 01482 226677

✉ mike.mercer@humbercare.org.uk

Humber Community Advice Services (H-CAS)

📍 Centre 88, Saner Street, Hull HU3 2TR

🌐 www.h-cas.org.uk ☎ 01482 236460

Who we are Humber Community Advice Services (H-CAS) is a not for profit community organisation providing free information, advice and guidance; and help to build capacity of the minority ethnic community members in Hull and the neighbouring areas. Located within a walking distance from Hull City centre, we have a six member board who bring a range of skills and experience from the fields of law, education, social work, mental health, equality and diversity, community development, management & finance. What we do We began operating in January 2013 and currently provide three drop-in sessions weekly, handling enquiries mainly on debt, housing, employment, welfare, health & well being, and community involvement. We have also conducted training in mental health awareness; and assisted groups in starting up, and in registration of companies when sought. Our Clients The beneficiaries of our services include refugees, asylum seekers, migrant workers and international students in Hull and East Riding. We also have informal English conversation and basic IT sessions which we run to support our clients who wish to learn, with job search

Inspire Communities Ltd

📍 6 - 8 George Street, Hull HU1 3AJ

🌐 www.inspirecommunities.co.uk ☎ 01482 219595

Inspire Communities is a charity and company that exists to support people suffering crisis, isolation or poor physical or mental health. We assist people to resolve their immediate crises through a range of practical interventions. We then help them to move forward in life with a renewed sense of purpose by including them in activities that will motivate them and feel a part of something, with new friends to engage with.

The initial support to resolve personal issues and subsequent social inclusion activities improve both physical and mental health. We receive referrals from a number of organisations across the city:

- Jobcentre – long term unemployed / learning disability
- Mencap – learning disability
- Carers Information Support Centre – isolated carers
- Hull HARP, Humbercare, Hull Homeless Outreach, English Churches Housing Group, and various soup kitchens – homeless community
- GP surgeries – social prescribing of patients

We deliver services aimed to reduce isolation and improve health:

- Social recovery
- Crisis management
- Problem resolution
- Advocacy and representation
- Social inclusion groups

Financial recovery

- One to one advice and support around personal budgeting, smarter shopping techniques, energy conservation and utility management, debt advice
- Finance workshops in partnership with Citizen's Advice Bureau
- Business start up advice
- Employability advice and guidance – job club, CV writing, letter writing, interview skills etc.
- Access to I.T. – delivery of basic I.T. skills to people for social, financial, health, learning and employment related goals

Therapeutic recovery

- Community gardening in schools, private properties, allotments and community spaces – gardening is widely regarded as being a therapeutic activity. It also has physical health benefits, and when working in teams has social benefits
- Counselling, Emotional Freedom Technique therapy, and alternative therapies to aid people's recovery to better emotional well-being Improved health and well-being
- Interactive health and well-being delivery around cooking, growing food, nutrition, healthier eating, fitness and finance
- Digital health delivery - helping people to find online information on conditions, healthier lifestyles and local services
- Assistance to access GP services online, including booking of appointments, ordering repeat prescriptions, and access to medication records.

Contact: **Dave Edeson**

☎ **01482 219595 or 07934 110404**

✉ **dave.edeson@inspirecommunities.co.uk**

KIDS

📍 182 Chanterlands Avenue, Hull, East Yorkshire HU5 4DJ

🌐 <http://www.kids.org.uk/yorkshire-and-the-humber> ☎ 01482 467540

KIDS is a national charity providing a range of services for disabled children, young people and their families.

Services currently available within Hull are:

Designated Keyworker Service –The Designated Keyworker Service offers a single point of contact to families accessing more than one service or with multiple medical appointments. The Keyworker's main job is to work with other agencies (health, education, social care and the voluntary sector) to provide advice, information, emotional and practical support to families.

SENDIASS (formerly Parent Partnership Service) - provides independent, impartial advice to parents and carers of children with special educational needs and helps them to make informed choices about their child's education. The service also has a full time worker who can offer information , advice and support to young people in their own right.

Independent Support – Independent supporter are available to support parents and young people through the transitional process of moving from a statement of special educational needs or learning disability assessment to an Education, Health and Care Plan.

Inclusion Service, behaviour support. This service provides information and advice to parents of children with special educational needs who are at risk of exclusion from school.

Holiday Playscheme and Youth Groups – a specialist service for disabled children aged 8-18 years, giving disabled children and young people the opportunity to enjoy a range of activities and outings having fun, whilst their parents benefit from a short break.

Early Years – KIDS run a number of targeted play development sessions within Children's Centres across the city for young children who are struggling to reach their developmental milestones. In addition to providing individualised learning programmes for children, the sessions are a great way for parents to become involved in their child's learning and gain the support from other parents attending.

Specialist Advocacy Service – this service supports disabled children and young people who require an advocate. The service is independent and is specifically for children and young people accessing short breaks, looked-after-children and those placed within independent settings. We can work with children from the age of eight up until the young person's 19th birthday.

Parent Participation – KIDS facilitates the parents forum, a group of parents who meet regularly with senior officers from health and the local authority to shape and improve services for disabled children in the city.

Sleep Project – Providing both one to one sleep counselling support to families and the provision of Sleep Workshops. KIDS coordinates the overall service; with trained sleep practitioners working across health, social care, education and the voluntary sector.

Parenting – KIDS coordinate and deliver the Stepping Stones parenting training

programme for parents of disabled children. We also operate a parent to parent befriending scheme.

Contact: Sue Cawkwell
☎ 01482 467540
✉ Sue.cawkwell@kids.org.uk

Local Works Ltd

📍 within Soccer Sensations Poorhouse Lane HULL HU9 5DF
🌐 www.localworks.info ☎ 01482 706333

Local Works is a not for profit organisation based in the East of the City of Hull. We provide alternative education for those young people who have dis-engaged from mainstream education. We also provide after school fitness sessions to young people aged 14-25. We have worked in the past with the CCG and also assisted with the outdoor gyms across the city. Our main vision statement 'to not only impact on employment levels in the local area but also to create healthy neighbourhoods'

Contact: Wayne Anderson
☎ 07971658971
✉ wayne@localworks.info

Longhill Link Up Trust

📍 Shannon Road, Longhill Estate, Hull HU8 9PD
🌐 www.linkuptrust.org ☎ 01482 707680

LLUT is a church based charity providing a range of facilities and services for the local community. The building has a café, meeting rooms, computer suite, activities and sessions include: Parent & Toddler Group Lunch Club (LLUT facilitates five Lunch Clubs across East Hull) Foundation Learning (off site learning for young people excluded from mainstream schools) Community Development Project (organises fundraising events, community events to engage with the local community etc) Community Education Project (offers learning support to improve Health, Education, Wellbeing etc) Genealogy Group (Family History) Craft Group (an opportunity to socialise and make craft items) Ladies Group (an opportunity to meet new friends, escape the stresses of family life, reduces isolation etc) Job Club (offering advice and support to assist in residents' job search)

Contact: Sue Nicholson
☎ 01482 707680
✉ suenicholson@linkuptrust.org

Neighbourhood Network

📍 57 Gillett Street Hull HU3 4JF

📧 office@neighbourhoodnetworkhull.co.uk ☎ 01482 229666

Neighbourhood Network is a local registered charity in Hull. We provide a 2way communications channel between statutory organisations such as Humberside Police, Hull City Council, NHS, members of the public and voluntary and community organisations. We support any type of community group with an interest in community safety, some of which include Neighbourhood Watch Groups, Neighbours Groups, Tenants and Residents Associations, Allotment Associations, primary schools, churches, business retail and commercial groups to name a few. We currently have over 380 registered groups, with an approximate reach of 50,000 households! We distribute valuable and important information to our groups through various channels of communication. We utilise social media on a daily basis (Facebook and Twitter) and distribute a monthly policing and community safety update and weekly citywide update. The monthly updates are ward specific and contain information relating to ward priorities, statutory organisation meetings, offenders brought to justice, neighbourhood nuisance information, environmental crime information, crime reduction advice and information and contact details for various statutory organisations. The weekly update is very informal and contains appeals for witnesses, advice and information, meetings / workshops the public can attend, employment training and volunteering opportunities, anything members of the public can get involved with and we invite information for inclusion from our groups to share to. We are involved in a variety of different projects including Neighbourhood Resolution Panels, Safe Places, Students, Volunteers, Purple Flag and Crime Prevention, further information of the projects can be obtained by contacting Louise Wilkinson on office@neighbourhoodnetworkhull.co.uk

Contact: ☎ 01482 219595 or 07934 110404

Northern Refugee Centre

📍 Exchange Brewery 2 Bridge Street Sheffield S3 8NS

📧 www.nrcentre.org.uk ☎ 01143840400

Northern Refugee Centre (NRC) works to improve the lives of refugees, new migrants and asylum seekers in Yorkshire and the Humber through:-

- Analysing need and providing services,
- Working in partnership with other refugee agencies,
- Consulting, advising and campaigning to improve statutory provision to build community cohesion,
- Empowering migrant and refugee individuals, organisations and communities.

NRC provide advice, employability, training health, children and family services, and offer an extensive range of opportunities for volunteers to gain skills and experience to increase their employability. In April 2013 Asylum Seeker's and Refugees of Kingston upon Hull merged with NRC creating the primary regional organisation for refugees and migrants. NRC advice services across the region since the merger have provided immigration and other advice to around 5,600 individuals. NRC will shortly be re-branding as Northern Welcome. During 2014 Hull NRC(ARKH) provided advice to 1703 existing clients and 316 new clients from 80 nationalities with 37 different first languages. In addition we provide English classes plus a Job Club supporting clients in to employment. A successful application to the Humber Talent Match will enable NRC(ARKH) to build upon its successful Job Club to offer targeted employment support to young BME clients across the Humber region. NRC(ARKH) currently provides volunteering opportunities to twenty three volunteers from many nationalities speaking seven languages. The training and skills acquired through volunteering greatly enhances the employment prospects of our volunteers. Building on the success of our existing partnership with the Haven Project we also deliver 'Safe Spaces', a three-year project funded by Comic Relief. Safe Spaces provides advice on practical issues and OISC Level 2 immigration casework, along with counselling for women refugees and asylum seekers to work towards healing the trauma experienced whilst fleeing persecution and finding a place of safety in the UK. The combination of immigration casework and evidence obtained from culturally sensitive counselling supports the resolution of insecure immigration situations which leads to a more positive sense of mental well being. Our Health Access for Refugees Project (HARP) will commence shortly with a base in Hull at our well situated offices in Marvell House. HARP will support access to health services and information and act as a source of cultural knowledge for health related services.

Contact: [Vivky Greenman](#)
 [07900058219](tel:07900058219)
 vicky.greenman@nrcentre.org.uk

National Gulf Veterans & Families Association

 Building E, Office 8, Chamberlain Business Centre, Chamberlain Road, Hull HU8 8HL
 www.ngvfa.org.uk  01482 808730

The Charity's mission is to enhance and improve the quality of the day to day lives of all Gulf War veterans and their families who served in the Gulf Conflicts through support, information, advocacy and counselling. To provide a safe haven for veterans and their families to be able to talk about the impact their service has had on their lives. To educate and provide information for the public and health care professionals to assist and improve the support and health care provided for the veterans and their families. We offer the following services to our members and in order for us to provide these which are imperative; we have to rely on kind donations from Trusts and

organisations to enable us to continue offering what too many has become a life line.

Charity Services

- Welfare and advocacy
- Tribunal representation
- A 24 hour free phone helpline
- Fact sheets and guides
- The Oasis Times - A quarterly newsletter
- Website - with a members only area
- Members' online discussion forum with a private members section.
- A Face book group
- Respite break - A yearly five day respite break for veterans and their families
- Welcome pack for new members
- Counselling
- Legal helpline - a one off free enquiry and advice on legal issues

The NGVFA attends and organises a number of information and open day events around the country every year. Our aim is to visit each region of the country at least once a year.

Contact: Louise Clifford

 01482 808730

 info@ngvfa.org.uk

North Bank Forum (nbf)

 Community College 63 - 71 Anlaby Road Hull HU3 2LL

 www.northbankforum.org.uk  01482 499030

nbf is a voluntary and community sector umbrella organisation based in Hull and operating across Yorkshire and the Humber. Our member organisations include provider and user groups working in health and social care. Our vision is for people in communities to have the services they need to ensure their health and social well-being and our mission is to inform, support and influence the development of services to reflect the needs of their users. We work with individuals, service users and carers, statutory and private bodies, the voluntary and community sector and commissioners.

Contact: Pippa Robson

 01482 499033

 pippa@nbforum.org.uk

Preston Road Women's Centre

📍 60-62 Preston Road, Hull, North Humberside HU9 3RT

🌐 www.purplehouse.co.uk ☎ 01482 790310

Preston Road Women's Centre has been established in East Hull as a community anchor organisation for more than 10 years. It became a company limited by guarantee in February 2004 and a registered charity in November 2004. The organisation has delivered high quality services to local women and children in response to their expressed needs throughout its existence and is supported and led by women. Despite the challenging economic climate the organisation has continued to develop its services to respond to increased demand and need in the surrounding community. The organisation works with more than 800 women of various ages every year, enabling them to cope with crisis and develop themselves positively.

Safe dispersed accommodation: delivers safe accommodation for those in desperate need of it, the holistic wrap around services provided by the women's centre integrated with safe accommodation delivers outstanding outcomes for those families and significant returns on investment for the public purse.

Specialist Domestic Violence and Abuse Support: This service works with women to offer practical and emotional support to help them live more safely in violent relationships and to escape from violent relationships. We assist them to deal with any Police prosecutions of the perpetrator, manage child custody issues and to rebuild their lives, including group and peer support.

Specialist Nursery childcare provision: Underpins all activities in the centre, providing registered, high quality childcare. Our staff have developed specialist expertise in looking after children recovering from the trauma of domestic violence and experiencing other significant social need associated with deprivation.

Young Women's Participation project: Involvement and participation opportunities for young women living locally to enable them to build skills and confidence and to find their voices. Trained staff and volunteers are able to provide a sexual health service providing advice, information and contraceptives to young people. We offer a cyberbabies project where young women are trained to look after a computerised infant so that they can understand what is involved in parenting and make informed decisions about deciding whether or not to become pregnant.

Comprehensive Volunteering programme: The women's centre offers a range of opportunities for women to build skills and confidence through volunteering in a variety of work experience roles in the centre and the community shop.

Accredited training opportunities: Preston Road Women's Centre is a recognised centre of learning by the National Open College Network. We offer a full programme of accredited and non-accredited learning aimed at enabling women to access training and qualifications to support them in their road to recovery and achieving their full potential. For some women, this is the first time in their lives they have had any educational achievement and the experience can be life-changing.

Contact: Ann Clarkson
☎ 01482 790310
✉ Ann.Clarkson@purplehouse.co.uk

Refugee Council

📍 Centre 88, Saner St, Hull HU3 2TR
🌐 www.refugeecouncil.org.uk ☎ 01482 421120

The Refugee Council is one of the leading charities in the UK working directly with refugees, and supporting them to rebuild their lives. We also speak up for refugees using our direct work as an evidence base, and ensure refugees have a stronger and more influential voice in decisions that will affect them. We work with a range of partners and in collaboration to ensure we can best support our clients. The charity was founded in 1951 in response to the UN Convention for Refugees, which was created after World War II to ensure refugees were able to find safety in other countries. Since then, the Refugee Council has provided practical and emotional support to refugees from across the world to help them rebuild their lives and play a full part in society. Since 2005, the Refugee Council has welcomed resettled refugees to Hull through the Gateway Protection Programme, the UK's contribution to the United Nations High Commissioner for Refugees (UNHCR) global resettlement programme. The majority of the world's refugees who are fleeing persecution, violence and conflict are unable to travel far beyond the borders of their home country. They often live in refugee camps for years; many children have lived their entire lives in such camps. The Refugee Council in Hull provide specialist support to resettled refugees from DR Congo, Iraq, Somalia, Ethiopia and Sudan. Groups of resettled refugees are supported for 12 months by a team of staff which includes project workers, community development workers and volunteer co-ordinators. Refugee Council works in partnership with Hull City Council to provide a full support service including: orientation on arrival housing and tenancy support help finding employment access to health services volunteering opportunities education and ESOL banking services welfare benefits help accessing other mainstream services. community development

Contact: Amilee Collins
☎ 1482421120
✉ amilee.collins@refugeecouncil.org.uk

Respect@Eternalbenefits

📍 104 / 106 the quadrant, Hull HU6 8NS

🌐 www.respect.karoo.net ☎ 01482 805525

To demonstrate RESPECT for one another; to make positive attempts to revive community spirit; to create a safer and more pleasant atmosphere; to encourage greater care, friendship and trust of the more vulnerable; to initiate effective community action and activities; to promote the moral, physical and spiritual well-being of the area.

Regular RESPECT Programme:

- 'Drop-In' on Monday, Wednesday and Friday mornings providing tea and toast, small household goods, clothes and an opportunity for developing friendships and building a support network. Local housing officer attends.
- Young People's activities on Friday evenings: separate club for juniors and seniors; sports on Hall Road School Field during the summer.
- Wednesday evenings: all-age social activities i.e. darts and pool competitions, quizzes, karaoke, Stars in their eyes, xtrafactor, visiting speakers and bands, concerts
- Friday afternoon: over 60s group

Other Activities:

- Visiting speakers on specialist topics from other organisations.
- Outings: trips for children, families and the elderly
- Sports events: football, swimming.
- Special events: e.g. barbecues, fun days
- Facilitating other local groups i.e. Quadrant issues meeting, police, councillors, wardens etc
- Supporting Hall Road School with governing, assemblies, events etc.

Contact: Lynn Warelow

☎ 01482 805525

✉ respecteb@gmail.com

Survivors (Hull & East Riding)

📍 Centre of Hull near the main bus and railway station HU11 4XE

🌐 www.survivorshull.org.uk ☎ 01482 226677

Survivors (Hull & East Riding) is a therapeutic counselling and support service for individuals aged 16 years and above who are survivors of childhood sexual abuse, adult sexual exploitation and/or human trafficking. We also offer a rape crisis service for male and female survivors of rape and sexual violence. We provide psychotherapy, CBT, EMDR, hypnotherapy, meridian energy therapy, performance and life coaching and the specialist skills to work with clients with issues relating to

Acute Stress Disorder (ASD), Post Traumatic Stress Disorder (PTSD) and dissociative identity disorder (DID). We also have experience of working through interpreters. In addition, we offer the following: Individual and couple counselling to any survivor of sexual abuse and their partner, where there is a risk of possible domestic violence escalating or the family unit collapsing. Therapy and support for parents whose children have been abused by someone outside the immediate family. A monthly support group for males. Choice of male or female counsellor. Pre-trial therapy with counselling and support throughout the trial and thereafter. Help and practical support for clients seeking education and employment opportunities Use on-going risk assessments to determine the client's mental well-being using mental health screening tools. Website: www.survivorshull.org.uk

Contact: Denise McCunnell
 ☎ 01757 638615
 ✉ admin@survivorshull.org.uk

TimeBank Hull and East Riding

📍 Enterprise Centre, University of Hull Cottingham Road HU6 7RX
 🌐 www.timebankhullandeastriding.co.uk ☎ 01482 464972

Timebanking enables people and organisations to exchange skills and resources using 'time' as currency. Each 'exchange' is valued equally, no matter what skill or service is provided. Incorporated in 2012, TimeBank Hull and East has an ever increasing membership (currently over 400), facilitating exchanges within geographical communities, communities of interest (such as carers, older people, mental health services, long term conditions), and organisations and businesses. Research (including local data) demonstrates that membership of the TimeBank is able to reduce social isolation, build networks of support and friendship and enable people to reciprocally give and receive help in turn improving mental wellbeing. Focussing on what people can offer or contribute rather than just what they need breaks down barriers between people across age, cultural and socio-economic backgrounds. It also helps to move users or potential users of services from passive recipients of care to active participants and citizens whilst also enabling them to expand their networks to get support themselves. This enhances the provision provided by statutory services. We are working closely with services to integrate timebanking into care planning. Aims of TimeBank Hull and East Riding

1. To strengthen communities by expanding social networks (reducing social isolation, improving wellbeing).
2. To increase access to resources within local communities, voluntary sector groups, public services and businesses, without using money
3. To reduce use of public services by preventing need arising (upstreaming/early intervention)
4. To provide a mechanism to facilitate joint working across Hull

In the last year, TimeBank Hull and East Riding has featured in two best practice publications (New Economics Foundation 'No Small Change' and NHS England's 'No Assumptions' for embedding evaluation into our processes and our work within mental health services respectively) and in a book chapter in 'Give and Take: How Timebanking is Transforming Healthcare' by David Boyle and Sarah Bird.

Contact: **Kate Macdonald**

✉ kate@timebankhullandeastriding.co.uk

Volcom

📄 **Community Enterprise Centre, Cottingham Road, Hull HU5 2DH**

🌐 www.volcom.org.uk ☎ **01482 342004**

Volcom is the research and development lab for learning in Hull. We test out innovative approaches to learning and culture for all ages in Hull. We deliver community engagement and learning activities in a wide range of outreach locations in partnership with other community organisations. We carry out research and evaluation work in the arenas of learning, health and social care, and most recently have been commissioned by Hull City Council and City Health Care Partnership to conduct independent project evaluations. In addition to providing full independent evaluations, we also offer a consultancy service on survey and questionnaire design, including online questionnaires. Our current main focus is the digital inclusion agenda - enabling people to develop the digital skills they need in order to fully engage in 21st century society and access the information, support and communication they need to become more resilient, healthy and well-informed citizens fully engaged in the local community. This includes helping people to learn how to email, access health information and support through NHS Choices, find information on financial support they are entitled to, jobseek, and keep in contact with family and friends through email, social media and Skype. We recognise the positive impact the development of digital skills can have on people's mental health, sense of isolation, self-esteem and employability. We also provide volunteering opportunities for those wishing to develop their teaching and learner support skills, also developing individuals' sense of positivity at their role in helping to support others to become independent computer users and access the information and support they need. We support the local voluntary, community and public sectors through our regular email information service "infomail", which shares information on a wide range of topics including training, volunteering, funding, community events, resources, news and consultations.

Contact: **Nicole Steele**

☎ **01482 342004**

✉ nicole.steele@volcom.org.uk

The Warren Youth Project

 47-49 Queens Dock Avenue, Hull, East Yorkshire HU1 3DR

 01482 218115

For the past 30 years, The Warren Young People's Project has been providing vital support services to marginalised and vulnerable young people in Hull. Operating from a former firestation in Hull city-centre, the Warren's staff team of 13 offer free support, guidance, training, education and counselling services to young people aged 14-25 who are experiencing unemployment, homelessness, sexual abuse, physical abuse, drug-abuse, bullying, neglect, domestic violence, family-relationship breakdown, learning difficulties, racism and homophobia. We also work very closely with young people who are experiencing physical and mental health problems such as self-harming, eating disorders, depression, psychosis, STDs and loneliness to name but a few. We specifically target this broad demographic to ensure that we can comprehensively support young people's progression through - and transition from - adolescence to adulthood in a number of areas, not least of which is their mental health wellbeing. At the Warren, we're about ensuring that young people are listened to and get the support and the space and time that they might need to take control of their own lives and make the right choices. Our staff team strives hard to create the environment that enables young people to feel safe and supported to talk about the things that are bothering them. We value our relationships with young people and know that they are incredibly resourceful and, with support, can ultimately be trusted to know best about their own lives. We do this by ensuring that our central philosophy of Empowerment is central to our working practice and subsequently equips young people with the necessary life skills to make informed choices. To do that successfully requires an environment where young people can be who you they are without feeling judged. We believe that we create that place at The Warren. We also provide a music service – Warren Records – which supports young people to develop their musical potential in any field or genre by providing free rehearsal and recording studio space and support. As well as being a vital element of our strategy to support and empower vulnerable young people, Warren Records also plays a prominent role in the city's arts community by facilitating access for those who might not otherwise engage and is also working with City of Culture 2017 to promote local music and local musicians. It is now a primary partner in all the city's major arts festivals and has successfully facilitated countless live performances along with the digital release of hundreds of music recordings which may otherwise have never been heard due to the unaffordability of recording facilities to young people. The primary lever of governance within the Warren is our own internal young persons' parliament (called 'The Thing') which debates, decides and votes on the services provision that young people require and in turn task our staff team to deliver those services. This lever of governance empowers young people to be the primary driving force in securing the services they feel they need. All of those complex social ills we encounter as an agency have been exacerbated in recent years by the era of austerity – which in turn has had a significantly negative impact on

the collective well-being of Hull's young people. The Warren sees itself as being integral to efforts aimed at reversing that impact.

Contact: [JJ Tatten](#)
 [07930 301659](tel:07930301659)
 jjtatten@thewarren.org

West Hull Gymnastics Club / Tumbletime

 [67 Morpeth Street, Spring Bank, Hull HU3 1RF](#)
 [01482 325847](tel:01482325847)

West Hull Gymnastics Club provides gymnastics activities to all age groups and abilities from 5 years upwards to adults. Tumbletime is our pre-school section which is run in conjunction with Hull High Fliers Trampoline Club to introduce pre-school children to both gymnastics and trampoline in one session. Gymnastics activities covers everything from basic movement skills, agility, balance and co-ordination, through to complex skills on apparatus, alongside appropriate body conditioning to improve strength and flexibility.

We also run FreeG classes which teach the skills used in Freerunning, Parkour and Tricking as these are largely based on gymnastics skills. We are a constituted not-for-profit community club, currently homeless as we were based at the Airco Arena and have not so far secured an alternative venue, which we are still hoping to do. We have 2 Level 3 coaches who are very experienced in delivering in school curriculum time and after-school clubs as well as at our Club, 2 Level 1 coaches and 2 helpers who are preparing for their Level 1.

Contact: [Johanna Billingsley](#)
 [01482 325847](tel:01482325847)
 johanna.billingsley@gmail.com

Workers' Educational Association, Yorkshire & Humber Region

 [Suite 10b, Joseph's Well, Hanover Walk, Leeds, West Yorkshire LS3 1AB](#)
 www.wea.org.uk/yh  [0113 2453304](tel:01132453304)

The Workers' Educational Association (WEA) is the largest voluntary sector provider of adult education courses in the UK. Founded in 1903 to support the educational needs of working men and women, today's WEA now runs over 10,000 courses each year for adults of all ages and from all walks of life. Our Vision and Values:

"A better world - equal, democratic and just; through adult education the WEA challenges and inspires individuals, communities and society"

Mission

- Raising educational aspirations

- Bringing great teaching and learning to local communities
- Ensuring there is always an opportunity for adults to return to learning
- Developing educational opportunities for the most disadvantaged
- Involving students and supporters as members to build an education movement for social purpose
- Inspiring students, teachers and members to become active citizens

Approach

We deliver our mission by developing partnerships to meet individual and collective needs, using active learning and a student centred approach in which teachers and students work as equals. We constantly strive to adapt our services to meet people's needs, making full use of technology.

Values

- Democratic
- Equal
- Inclusive
- Accessible
- Open

Bringing our courses to your community is what makes the WEA different. We listen to the needs of your community by working with community groups, employers and WEA branches across the county to create and develop new and innovative courses. Students are encouraged to get involved in planning courses themselves through volunteering with us. We are currently focussing on four main themes, which are:

- Health and Wellbeing (in particularly, using education as a means of tackling health inequalities)
- Community Engagement (active citizenship, understanding and engaging with the democratic process)
- Culture (the Arts, history and heritage)
- Employability.

Contact: Jools Thompson

 01757 638615

 jthompson@wea.org.uk