

Healthwatch Stockton-on-Tees Help Centre - Directory of Support 2024

Name	Description	Website	Email Address	Phone Number	Category
A Way Out	We are an outreach and prevention charity which aims to engage, empower and equip vulnerable and excluded women, families and young people to live lives free from harm, abuse and exploitation and to reduce life limiting choices and behaviour.	https://www.awayout.co.uk/	info@awayout.co.uk	01642 655071	Addiction
ADFAM	ADFAM offers information and advice for families of alcohol and drug users.	https://adfam.org.uk/	admin@adfam.org.uk	07442 137421	Advocacy
Age UK Teesside	Age UK Teesside is a charity which supports older people across Stockton.	https://www.ageuk.org.uk/teesside/	info@ageukteesside.org.uk	01642 805500	Bereavement
Al-Anon	A worldwide organisation offering support and understanding to the families and friends of problem drinkers, whether the person is still drinking or not.	https://www.al-anonuk.org.uk/	enquiries@al-anonuk.org.uk	0800 0086 811	Carers
Alcoholics Anonymous (AA)	A self-help organisation for alcoholics	http://www.alcoholics-anonymous.org.uk/	help@aamail.org	0800 9177 650	Disability
Alzheimer's Society	Working towards a world where dementia no longer devastates lives.	https://www.alzheimers.org.uk/	demetiasupportline@alzheimers.org.uk	0333 150 3456	Elderly People
Arch Teesside	ARCH Teesside is a specialist sexual violence service offering free and confidential support, help and advocacy to people in the Teesside area who have experienced rape and sexual abuse, at any point in their lives.	https://archteesside.org/	admin@archteesside.org	01642 822331	Foodbanks
Arch Teesside			referrals@archteesside.org		Government/Council/Community
Arthritis Care	Arthritis Care provide high quality information and support to people with arthritis.	http://www.arthritiscare.org.uk/	enquiries@versusarthritis.org	0300 790 0400	Health & Wellbeing

Asthma & Lung UK	Asthma & Lung UK works to stop asthma attacks and ultimately, cure asthma by funding world leading research and scientists.	https://www.asthmaandlung.org.uk/	helpline@asthmaandlung.org.uk	0300 222 5800
Autism Initiatives	Autism Initiative provides a range of services throughout the UK, such as children, adults and includes education, residential houses, supported living and outreach services.	http://www.autisminitiatives.org/	info@autisminitiatives.org	0151 330 9500
Barnardo's	Barnardo's works with local authorities to provide a broad range of fostering and adoption services , including placement for children with extra needs.	https://www.barnardos.org.uk/	lancashireyoungcarers@barnardos.org.uk	1772641002
Billingham and Stockton Foodbank	4-6 West Precinct Billingham	https://billinghamstocktonborough.foodbank.org.uk/	info@billinghamstocktonborough.foodbank.org.uk	07583 575522
Blue Badge Scheme	The Blue Badge Scheme helps people with severe mobility problems, park close to their destination.	https://www.gov.uk/apply-blue-badge		
Bright Minds Big Futures	Bright Minds Big Futures (BMBF) is a nationally award winning youth led movement. Working together with Stockton on Tees Borough Council to make the borough a great place grow up. BMBF is managed by an elected panel of young people known as the Big Committee.	https://www.stockton.gov.uk/BMBF	sophie.haste@stockton.gov.uk	01642 526026
CALM - Campaign Against Suicide	CALM are taking a stand against suicide. That means standing against stereotypes, and standing together to show life is always worth living.	https://www.thecalmzone.net/	info@thecalmzone.net	0800 585858 (5pm – midnight)
Care Quality Commission	The Care Quality Commission is the independent health and adult social care regulator.	https://www.cqc.org.uk/	enquiries@cqc.org.uk	03000 616161

Homelessness
Illness
Immigration
Language Barriers
LGBTQ+
Men's Mental Health
Mental Health
Refugees
Safety

Catalyst	The strategic infrastructure organisation for Voluntary, Community and Social Enterprise organisations based or operating within the Borough of Stockton-on-Tees	https://www.catalyststockton.org/	enquiries@catalyststockton.org	01642 733906
Citizens Advice Service	The Citizens Advice Service offers practical, up-to-date information and advice on a wide range of topics, including debts, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.	https://www.citizensadvice.org.uk/		0800 144 8848
Colostomy UK	Colostomy UK is a charity that supports and empowers people living with a stoma.	https://www.colostomyuk.org/about-us/	hello@colostomyuk.org	0800 3234257
Community Connect Stockton	We help people take the first steps to improve health & wellbeing through local groups & activities.	https://www.facebook.com/CommunityConnectStockton	communityconnectston@pcp.uk.net	01642 647770
Cornerhouse YP		Corner House Youth Project	centre@ccornerhouseyouthproject.co.uk	(01642) 868331
Creative Support	Creative Support is a high quality provider of social care services for people with learning disabilities, mental health, and other needs.	http://www.creativesupport.co.uk/	enquiries@creativesupport.co.uk	0161 236 0829
Daisy Chain Project	Daisy Chain is a unique charity that was founded in 2003 to provide a haven for families affected by autism in the Tees Valley.	www.daisychainproject.co.uk	info@daisychainproject.co.uk	01642 531248
Drinkaware Trust	Drinkaware Trust is an independent UK-wide organisation that aims to improve our drinking behaviour and the national drinking culture to help reduce alcohol misuse and minimise alcohol related harm.	http://www.drinkaware.co.uk/	contact@drinkaware.co.uk	0300 1231110
Eastern Ravens Trust	Helping young carers get the support they need, Eastern Ravens Trust are working with Stockton Council to educate primary and secondary pupils and staff about the issues young carers face on a daily basis.	https://www.facebook.com/ERTcharity/	info@easternravenstrust.org	01642 678454

Young People

Elder	Elder provide a service called live-in care, matching your loved one with an experienced, carefully vetted carer who moves into a spare room, and do everything required to make sure the person you love is safe, happy and comfortable.	https://www.elder.org/	Email for: New Customer Queries: hello@elder.org Carer Support: carers@elder.org Existing Customers : support@elder.org	0333 9207493
Hart Gables	Charity specialising in all things LGBT. Support Advocacy Teesside based	http://www.hartgables.org.uk/	info@hartgables.org.uk	01642 675509
Hebron Church Foodbank	Wed and Fri 10 - 1	http://www.hebronstockton.org.uk/church-life/food-bank/	info@hebronstockton.org.uk	01642 689012
Helping Hands	Helping Hands have a huge range of home care and live-in services, ranging from 30 minutes to full-time live-in care.	https://www.helpinghandshomecare.co.uk/		0330 818 3898
Kooth	Online MH support and counselling service for Young People	www.kooth.com		07495 550110 07951 183745
Lighthouse Centre	It is the ONLY free, self-referral, out of hours, open access, support and information service for those 16+ suffering emotional distress/mental health problems in the Stockton area.	https://www.facebook.com/thelighthousecentrestockton/	alex@thelighthousecentre.co.uk	01642 647086
Little Sprouts	Little Sprouts is an award winning Community Interest Company dedicated to improving the health and wellbeing of our community.	http://www.littlesprouts.org.uk/	info@littlesprouts.org.uk	07980 808920 07501 331331
Live Well Dementia Hub	The LiveWell Dementia Hub is a unique community based service for anyone living in Stockton-on-Tees who would like information, support or training related to dementia. This includes people with dementia, their families and carers as well as anyone else who would like to learn more about the condition	https://www.stockton.gov.uk/live-well-dementia-hub	Livewell.Hub@stockton.gov.uk	01642 527363
Look Ahead Cancer Campaign	The Look A Head Cancer Campaign in the Tees Valley, South Durham and North Yorkshire area is a charity which aims to raise awareness of head and neck cancer, by providing information on risk factors and symptoms.	http://www.headandneck.info/	enquiries@headandneck.info	01642 531109

Macular Society	Supports people with macular conditions, like age-related macular degeneration , and funds research to find a cure.	https://www.macularsociety.org/	info@macularsociety.org	0300 3030 111
Making Space	Leading provider of adult health and social care services.	https://makingspace.co.uk/	enquiries@makingspace.co.uk	01925 571 680
Mental Health Crisis Team	NHS user-led service that aims to meet callers needs through a provision of information and listening.	https://www.lscft.nhs.uk/		0800 953 0110
North of England Refugee Service	The North of England Refugee Service is an independent and charitable organisation which exists to meet the needs and promote the interests of asylum seekers and refugees who have arrived or have settled in the North of England	www.refugee.org.uk	info@refugee.org.uk	01642 217447 (Teesside)
North of England Refugee Service		The North of England Refugee Service Main Home NERS	Teesvalley@refugee.org.uk	
NSPCC	The leading children's charity fighting to end child abuse in the UK. They help children to rebuild their lives, protect those at risk, and find the best ways to prevent abuse	https://www.nspcc.org.uk/	help@nspcc.org.uk	Help for adults concerned about a child: 0808 800 5000 Help for children and young people: 0800 1111
Papyrus	PAPYRUS UK is a charity for the prevention of young suicide (under 35) in the UK	https://www.papyrus-uk.org/	pat@papyrus-uk.org	Call PAPYRUS HOPELINE247 on 0800 068 4141
Parkinson's UK	The Parkinson's support and research charity.	http://www.parkinsons.org.uk/	hello@parkinsons.org.uk	0808 800 0303
Red Balloons	Red Balloons aim to offer a safe place for those with mental health illnesses, those who care for those with mental health illnesses and anyone who is interested in improving their general wellbeing, through the power of physical activity, better nutritional knowledge and a healthier overall lifestyle.	https://redballoons.org.uk/	referrals.redballoons@gmail.com	07871 658157
Red Balloons		Red Balloons	redballoons.volunteers@gmail.com	

Refugee Futures		https://refugeefutures.org/	info@refugeefutures.org	07542 015870
RNID National Hearing Loss	This charity gives practical information and advice about hearing loss	https://rnid.org.uk/	contact@rnid.org.uk	
Salvation Army Foodbank	Salvation Army - Palmerston St Stockton M - F 9-12 (Term Time) 9.30 - 11 (non term) Closed Thurs (term time)	https://www.salvationarmy.org.uk/stockton	stockton.citadel@salvationarmy.org.uk	01642 617629
Samaritans	Whatever you're going through, you can call us any time, from any phone for FREE in the UK and Ireland.	https://www.samaritans.org/	jo@samaritans.org	116 123
Stockton-on-Tees Borough Council Information Directory	Find details of services, advice and support for adults, children, young people and families living in Stockton-on-Tees.	https://www.stocktoninformationdirectory.org/		
Stockton-on-Tees Borough Council Warm Homes Healthy People	Cold temperatures can have a serious impact on your health and wellbeing. Keeping warm and healthy during the cold weather can help keep illness away.	https://www.stockton.gov.uk/Warm-Homes-Healthy-People		
Stockton-on-Tees Borough Council Warm Welcome	Warm Welcome social events are weekly and open to anyone to come along for a cuppa, meet old and new friends over a game of cards, dominoes or bingo, and have a friendly chat. Come along, we would love to see you!	https://www.stockton.gov.uk/warm-welcome		
Stockton-on-Tees Borough Council Winter Wellbeing	The cold weather over the winter months can make it much more difficult for individuals and families. Here are details of some of the support services across the Borough to help you through the winter.	https://www.stockton.gov.uk/winter-wellbeing		
Shape the Play	Football inspired fitness for Stockton.	https://www.facebook.com/shape-theplay/	james.hadman@northridingfac.com	01642 717770

SHOUT	Shout is the UK's first and only 24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere.	https://giveusashout.org/		To start a conversation, text the word 'Shout' to 85258. If you're viewing this on your phone, tap the 'TEXT US' button below.
Sightline	Sightline provide telephone-based befriending and helpline support for people affected by sight loss. Regular phone-based befriending can be arranged at a convenient time and the helpline operates every evening. Open 6pm-10pm, 365 days a year.	https://www.sightline.org.uk/	info@sightline.org.uk	0800 587 2252
St Andrews Methodist Church Foodbank	Hardwick Stockton Wed - 11-2	St Andrew's Methodist Church Stockton		07810 521255
St Michaels and All Angels Foodbank	Norton Mon 12.30 - 2.30	St Michael & All Angels Norton - A Church Near You	nortonfoodbank@gmail.com	0750 464005
Stockton Adult Carers Support Service	Does someone rely on your for care and support? Do you provide assistance to a friend or family member in Stockton-on-Tees? The Adult Carers' Support Service is available for Carers who are 18 years of age or above who care for another adult living in Stockton.	https://www.stockton.gov.uk/supp-ort-for-carers	carerssupport@stockton.gov.uk	01642 524449
Stockton CAB	Stockton and District Advice and Information Service is the Citizens Advice Bureau for the Borough of Stockton-on-Tees. They aim to spread information to prevent suffering .	https://stockton-cab.co.uk/	support@stockton-cab.co.uk	01642 633877
Stockton Council Here to Help	Here you will find information on the benefits, advice and support available to you to help you through the cost of living crisis.	https://www.stockton.gov.uk/here-to-help-hub		01642 528989
Stockton Food Power Network	Helping people across Stockton-on-Tees get healthy food they can afford.	Stockton-on-Tees Food Power Network - Stockton Information Directory	sfpn@catalyststockton.org	07939 962928

Stockton on Tees Time Out support service	The Time Out Service is provided as part of Stockton Adult Carers' Support Service. The service offers up to *8 hour per month free of charge support to informal carers to enable them to have a break from their caring role.	https://www.stockton.gov.uk/time-out-support-service	carerssupport@stockton.gov.uk	01642 524494
Stockton Wellbeing Hub	A shop for advice about employment, money, housing, isolation, loneliness and mental health, bereavement or drug and alcohol support.	https://www.stocktonwellbeinghub.org/	hello@stocktonwellbeinghub.org	
Stroke Association	Stroke Association provide high quality, up-to-date stroke information for stroke patients, their families and carers.	https://www.stroke.org.uk/	helpline@stroke.org.uk	0303 3033100
Talk to Frank	Talk to Frank is a national drugs awareness site for young people and parents/carers.	https://www.talktofrank.com/	Text: 82111	0300 1236600
Teesside & District Society for the Blind	Working towards a community for the blind, helping them stay independent and raising their quality of life.	Teesside & District Society for the Blind Middlesbrough	manager@teessideblind.co.uk	01642 247518
Teesside Dementia Link Services	Teesside Dementia Link Services is a charity based in the Tees Valley that aims to provide support to dementia sufferers and their carers, through support groups, activities and social events.	https://www.tdls2016.org/	tdls2016@virginmedia.com	07722 958610
Teesside MIND	Middlesbrough and Stockton Mind is the leading local charity that provides confidential services for people experiencing emotional or mental health problems and their families	https://www.teessidemind.org.uk/	info@teessidemind.org.uk	01642 257020
Teeswide Safeguarding Adults Board	The Teeswide Safeguarding Adults Board is responsible for protecting and promoting an adults right to live an independent life, in safety, free from abuse and neglect.	https://www.tsab.org.uk/	TSAB.BusinessUnit@stockton.gov.uk	
The Bread & Butter Thing	The Bread and Butter Thing (TBBT) offers high-quality, low-cost food to everyone in Stockton-on-Tees.	https://www.stockton.gov.uk/the-bread-and-butter-thing		07860 063304

The Bridges Project Family/Carer and Grandparents Support Service	The service is available to everyone who has been directly affected by someone else's substance misuse- including parents, partners, grandparents, brother and sisters (over 18 years old).	https://www.bridgesstockton.org/	advice@bridgessupport.org	01642 605222 07957 224486
The Family Planning Assoc	The UK's leading sexual health charity, offering a wide range of information on sexual health issues, including contraception, sexually transmitted infections, pregnancy choices, abortion, and planning a pregnancy.	https://www.fpa.org.uk/		0300 1237123
The Moses Project	A charitable company which provides guidance, mentoring and support to hundreds of adult males with past and current addictions to drugs and alcohol.	www.themosesproject.co.uk	brian@themosesproject.co.uk	07753 801012 (M) 01642 688901 (O)
The Outside Clinic	The Outside Clinic is a national home visiting company, providing optical and hearing services to those who are unable to get to the high street unaided.	https://www.outsideclinic.co.uk/	info@outsideclinic.com	0808 239 3615
Thornaby Foodbank	Thornaby Baptist Church, Thornaby Rd Thursdays 12 - 2	https://www.facebook.com/thornabybaptistchurch/	thornabyfoodbank@gmail.com	
United Response	United response is a national charity which provides person-centred support to over 2000 people across England and Wales.	United Response	info@unitedresponse.org.uk	0208 016 5678
Words of Welcome Foodbank	St Cuthberts RC Church Hall Spring Stockton Fridays 11 - 1.30	St Cuthbert's Church Hall - Stockton Information Directory		01642 674321
Yarm Wellness	To provide a positive impact on the well-being of the wider community through the provision of creative sessions, peer support groups, community drop in cafes and wellness classes. To offer a safe space for our community and local charities to engage with each other to reduce the crippling effects of loneliness and isolation.	https://www.yarmwellness.co.uk/	yarmwellness@gmail.com	07732 395441

Young at Heart

Young At Heart is a friendship group for people with dementia and their carers to attend together. The run groups in several locations across the Borough.

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

awatson@handinhandcare.co.uk

07590 535448
0191 500 6122