



December 2020

Dear

As many services and agencies are closing over the Christmas period we wanted to contact you to offer some suggestions about where you could access support and advice during that time. Most services will be closed from Friday 18th December 2020 until Monday 4th 2021, including the TNCP Cluster team. If you feel you need any support over Christmas, feel free to contact:

- Children's Social Work Service: Daytime contact number: 0113 3760336
- Mindmate SPA: 0300 5550324
- Teen Connect Help line: 0808 8001212 (6pm-2am)/ 07715 661559 (text)
- The Market Place: 0113 2461659
- Childline: 0800 1111 (Freephone)
- Accident and Emergency at Leeds General Infirmary (LGI)
- Police on 999 in an emergency or 101 for non-emergencies
- 112: For all emergency services
- NHS helpline: 111
- National Domestic Violence Helpline - 0808 2000 247 (24 hours a day - freephone)
- Leeds Domestic Violence Service: 0113 2460401 (24 hours a day)
- Samaritans: 116 123 (24 hours a day - freephone)
- Trussell Trust Food Bank: 0113 2772229
- St Vincents Food Bank: 0113 2484126
- Family Action – Family Line: 0808 802 6666/ 07537 404282 (text)
- Welfare support: 0113 3760330
- Housing Leeds: 0113 3760410

Or visit the following relevant websites:

TNCP Cluster: <https://tncp.co.uk/children-young-people/need-someone-to-talk-to>

Mindmate: <https://www.mindmate.org.uk/>

Teen Connect: <https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>

The Market Place: www.themarketplaceleeds.org.uk

Kooth: www.kooth.com

NSPCC: <https://www.nspcc.org.uk/>

Leeds Domestic Violence support: <https://ldvs.uk/>

Or search the following apps:

Headspace

Calm harm

We wish you a happy and healthy Christmas and look forward to seeing you again in 2021.

Best Wishes

Temple Newsam Community Partnership – Cluster Team