

Useful Contacts List

The following organisations are national and can provide help, support and (where applicable) confidential advice and guidance

CAREERS ADVICE	
National Careers Service – a service that provides confidential advice, support and information for people aged 13-19.	https://nationalcareers.service.gov.uk/# 0800 100 900
CHILDCARE	
Childcare Link – information about local services that provide registered childcare and a search facility to find local childcare providers.	www.childcare.co.uk
COUNSELLING	
Cruse Bereavement Care – a charity that offer free emotional support, help and advice to anyone affected by the death of someone close to them.	www.cruse.org.uk/ 0808 808 1677
Gamblers Anonymous – a free organisation run by ex-gamblers. Provides help to people who want to stop gambling through therapy held at Gamblers Anonymous meetings.	www.gamblersanonymous.org.uk/ 0330 094 0322
National Debt line – a national helpline that provides free, confidential, and independent advice on how to deal with debt problems.	www.nationaldebtline.org/ 0800 808 4000
Relate – an organisation that offers relationship counselling and a range of other relationship support services for adults, families, and children.	www.relate.org.uk/ 0300 100 1234 Web Chat available

DRUGS AND ALCOHOL	
Alcoholics Anonymous – a free organisation which helps people who want to stop addictive drinking. Offers a twelve-step programme as a solution.	www.alcoholics-anonymous.org.uk/ 0800 9177650
FRANK – a free confidential helpline (will not show up on phone bill) and website giving information about drugs and their effects. It also gives information about getting help with drug problems.	www.talktofrank.com/ 0300 1236600
GOVERNMENT DEPARTMENTS	
Department for Work and Pensions (DWP) – this is the government department responsible for work and benefits. Visit this website for information about benefits and services you may be able to get and how to apply, including the forms you can download.	www.gov.uk/government/organisations/department-for-work-pensions
NHS Coronavirus (COVID19) - Get NHS advice about COVID-19, including symptoms, testing, vaccination, and self-isolation.	https://www.nhs.uk/conditions/coronavirus-covid-19/
Employing an apprentice – Legislation and information on employing an apprentice	https://www.gov.uk/employing-an-apprentice/pay-and-conditions-for-apprentices#:~:text=Apprentices%20must%20work%20towards%20an,need%20to%20pass%20their%20assessment.
ALL HEALTH AND WELFARE	
British Pregnancy Advisory Service – a charitable organisation offering information, advice and treatment with a range of services linked to pregnancy and fertility control. There is a central appointment booking service and all appointments are confidential.	www.bpas.org 03457 304030
Bullying UK – advice and support on a range of bullying related issues, including cyber bullying.	www.bullying.co.uk 0808 800 2222
Childline – The UK’s free 24-hour helpline for children in distress or danger. Trained volunteer counsellors’ comfort, advise and protect children and young people.	www.childline.org.uk 0800 1111

<p>Contraception – Family planning confidential advice and information on contraception and sexual health.</p>	<p>www.nhs.uk/conditions/contraception/</p>
<p>Eating Disorders – This website can offer information if you or someone you know is affected by an eating disorder.</p>	<p>www.nhs.uk/conditions/eating-disorders/</p>
<p>Everyone’s Invited - A place for survivors to share their stories. Everyone’s Invited’s mission is to expose and eradicate rape culture with empathy, compassion, and understanding.</p>	<p>Welcome - Everyone's Invited (everyonesinvited.uk)</p>
<p>Go Smoke Free – expert advice and support on how to quit smoking and improve your health.</p>	<p>https://www.nhs.uk/better-health/quitsmoking/ 0300 123 1044</p>
<p>Hub of Hope – Website that will search for services based on your requirements and location.</p>	<p>https://hubofhope.co.uk/ ‘Talk now’ function available</p>
<p>Kooth - from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free.</p>	<p>https://kooth.com/</p>
<p>Lesbian and Gay Switchboard – advice about sexuality.</p>	<p>https://switchboard.lgbt/ 0300 330 0630 / chat function on site</p>
<p>MindEd - MindEd is a free educational resource on children and young people's mental health for all adults</p>	<p>https://www.minded.org.uk/</p>
<p>NACRO – a crime reduction charity; making society safer by finding practical solutions to reducing crime.</p>	<p>www.nacro.org.uk 0300 123 1999</p>
<p>NSPCC – a 24-hour service run by qualified social workers. Offers advice and help to children experiencing problems at home, school or anywhere else. Adults can also contact the organisation if they believe a child, they know is being abused or neglected.</p>	<p>www.nspcc.org.uk 0808 800 5000</p>
<p>Rape Crisis Centre – Provides information, advice and help for victims of rape and sexual abuse, and where to find a local Centre</p>	<p>https://rapecrisis.org.uk/ 0808 802 9999 Live chat available</p>
<p>Refuge – a national charity that provides specialist accommodation and support for women and children experiencing domestic violence.</p>	<p>www.refuge.org.uk 0808 2000 247</p>

Samaritans – this is a 24-hour phone and email service for people who need to talk confidentially about a problem	www.samaritans.org 116 123 (free)
Shelter – the housing and homeless charity. They provide free national housing advice.	https://england.shelter.org.uk/ 0808 800 4444 Webchat available
Silent Sounds UK Ltd – an organisation providing British sign language (BSL) service to the deaf community.	www.silent-sounds.co.uk 0808 800 444
The Mix - The Mix is the UK’s leading support service for young people (25yrs and under). We are here to help you take on any challenge you’re facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.	https://www.themix.org.uk/ 0808 808 4994 1-2-1 chat and messenger options also available
Woman’s Aid – help and support for those suffering from domestic violence.	www.womensaid.org.uk 0808 2000 247
JOBS AND WORK	
Fish4jobs – an online search facility where you can search for job opportunities.	www.fish4.co.uk 0345 3000406
Indeed - With Indeed, you can search millions of jobs online to find the next step in your career. With tools for job search, CVs, company reviews and more.	https://www.indeed.co.uk/
Reed - REED is a specialist provider of permanent, contract, temporary and outsourced recruitment solutions, IT and HR consulting	https://www.reed.co.uk/
RIGHTS AND LEGAL ADVISE	
ACAS –offers free, confidential and impartial advice on all employment rights issues.	www.acas.org.uk 0300 123 1100
Citizens Advice – a network of offices that provide free independent advice about legal issues, money, benefits and other problems.	www.citizensadvice.org.uk 0808 223 1133 Webchat available
Employment tribunals service – if you feel you have been discriminated against by your employer, or treated unfairly in the application process, you may have the right to go to an employment tribunal.	www.gov.uk/courts-tribunals/employment-tribunal 0300 1231024
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Government direct – you can find information and legalities relating to your employment right and responsibilities.	www.gov.uk/browse/employing-people
TRADE UNIONS	
Trade Union Congress – Information on Trade Unions. The TUC supports trade unions to grow and thrive.	www.tuc.org.uk 020 7636 4030
UNISON – representing people who work in public services as well as the voluntary and private sectors.	www.unison.org.uk 0800 0 857 857
National Union of Students Apprentice Extra - NUS Apprentice extra, the discount card for UK Apprentices with loads of discounts in-store and online.	www.apprenticeextra.co.uk
USEFUL LINKS FOR THE PROGRAMME	
Education and Skills Funding Agency – the Government Agency that funds education	www.gov.uk/government/organisations/education-and-skills-funding-agency
Health and Safety Executive – information on regulations and legislations.	www.hse.gov.uk/
Business Balls – information about leadership and management techniques and theories	www.businessballs.co.uk
Ofsted - Ofsted is the Office for Standards in Education, Children’s Services and Skills. We inspect and regulate services that care for children and young people, and services providing education and skills for learners of all ages.	www.gov.uk/government/organisations/ofsted 0300 123 4666
Pareto Law Apprenticeships - Pareto is the market leader in both sales’ recruitment and sales training. With offices in Manchester, London and New York, Pareto prides themselves on their ability to resource sales staff at any level, as well as upskill large, or small sales teams.	https://www.pareto.co.uk/sales-training/apprenticeships/
Juice Academy - Young people spend their lives online. So, who better to put at the heart of an organisation’s online activity than a digitally connected, jargon-literate young person with a passion for online media? This is exactly what The Juice Academy offers via its industry-led digital marketing apprenticeship, the first ever in the UK.	https://www.juiceacademy.co.uk/ 0161 817 66 00