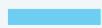




www.wentworthpcn.co.uk

Community Resources



Useful resources available to patients in the community.



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Bereavement Services

Services available to patients that have suffered a bereavement.

<p>Amparo</p>	<p>Support for anyone affected by suicide. The service can be delivered in your home or wherever you are most comfortable.</p>	<p>amparo.service@listening-ear.co.uk 0330 088 9255 https://amparo.org.uk/ Access to services is by referral.</p>
<p>HOPE</p>	<p>Peer support group to bring together people who have suffered a sudden traumatic bereavement through a fire, RTC or drowning.</p>	<p>info@hope-sy.org.uk 01142 270105 https://www.sheffieldmentalhealth.co.uk/activities/hope-peer-support-group</p>
<p>Listening Ear - Rotherham Gismo</p>	<p>A helpline service for anyone who has lost a loved one and who needs practical support, emotional health and wellbeing support, advice or guidance.</p>	<p>enquiries@listening-ear.co.uk 0800 048 5224 https://rotherhamgismo.org.uk/gismo_directory/listening-ear/</p>
<p>Crossroads Care Rotherham</p>	<p>Supporting (ex) carers through bereavement as when their caring role ends this can be really difficult.</p>	<p>info@crossroadsrotherham.co.uk 01709 360272</p>
<p>Rotherhive</p>	<p>Self-help tips to support someone through bereavement or loss.</p>	<p>www.rotherhive.co.uk/bereavement</p>
<p>Butterfields</p>	<p>Confidential bereavement support and counselling service.</p>	<p>01709 571777 https://www.ctbutterfield.com/bereavement-support-rotherham</p>





Carers Service

Services available to patients that are carers.



<p>Beacon - South Yorkshire</p>	<p>Support for anyone who is caring for people with disabilities, mental health, dementia, substance misuse, or who are elderly.</p>	<p>info@beaconsy.org.uk 01226 814012 https://www.beaconsy.org.uk/</p>
<p>Crossroads Care Rotherham</p>	<p>Crossroads Care Rotherham have many services available to support adult carers from all walks of life and circumstances.</p>	<p>info@crossroadsrotherham.co.uk 01709 464574</p>
<p>Kiveton Park Advice Centre</p>	<p>Offers support to carers and their loved ones around money, debt and housing issues. Can also provide some basic legal advice to those in need.</p>	<p>info@kpadvice.org.uk 01909 773966</p>
<p>Making Space</p>	<p>Offers support for when a relative, friend or someone being cared for is experiencing symptoms of dementia.</p>	<p>rotherhamcarers@makingspace.co.uk 01709 910889</p>
<p>Rotherham Cancer Care Centre</p>	<p>Provides support to those caring for someone with cancer.</p>	<p>enquiries@rotherhamcancercare.org.uk 01709 375729</p>
<p>Rotherham Alzheimers Society</p>	<p>Provide information and support, improve care, fund research and create lasting change for people affected by dementia.</p>	<p>01709 580543</p>
<p>Carers Resilience Service</p>	<p>Crossroads Care and Alzheimer's Society will work together to provide Link Workers for all GP Practices across Rotherham. The service is specifically for carers of people living with dementia in their own homes.</p>	<p>01709 464574 Referral by a GP or visit a carers clinic by the contact number.</p>
<p>Parent Carer Forum</p>	<p>Can provide practical and emotional support, in person or over the phone.</p>	<p>admin@rpcf.co.uk 01709 296262 https://www.rpcf.co.uk/</p>

Cost of Living Services

Services available to patients that are struggling with the cost of living.

<p>Rotherham Council Debt & Money Advice</p>	<p>Support for patients regarding bills, food jobs and employment, benefits and housing support.</p>	<p>www.rotherham.gov.uk/money-matters</p>
<p>Rotherham Food Bank</p>	<p>Emergency food and support to local people who are referred in crisis.</p>	<p>By referral only. Can be referred by Care Coordinators, LA Housing, ROADS, Red Cross, Asylum Seekers, CAB, RMBC Benefits Support.</p>
<p>Rotherham Citizens Advice</p>	<p>Provides support via an adviceline, web-chat and outreach community hubs on debt, benefits and finances.</p>	<p>https://www.citizensadvicerotherham.org.uk/get-advice/ 0808 2787911</p>
<p>Rotherham Warm Welcome</p>	<p>Venues are open to anyone to use to meet with their family and friends, get involved with events and activities or just a change of scenery while you read a book or do a puzzle.</p>	<p>https://www.warmwelcome.uk/#find-a-space</p>



Mental Health Services

Services available to patients that are struggling with their mental health and wellbeing.

Five ways to wellbeing	Tips and guidance for patients to start taking care of their mental health.	www.rotherham.gov.uk/homepage/91/five-ways-to-wellbeing
Talking Therapies (IAPT)	Provides support for anxiety, stress, PTSD, depression, panic, social anxiety, phobias, health anxiety and OCD.	Can self-refer or be referred by a GP. 01709 447755
ieso	CBT is an effective type of talking therapy used to treat a range of common mental health problems. This is an online service.	0800 0745560 www.iesohealth.com
MIND	Provides independent high quality mental health services. Patients can also access private counselling.	contactus@rbmind.co.uk 01709 919929
RDaSH Crisis Team	If you or someone you know is experiencing a mental health crisis, feeling suicidal and in need of urgent support to keep you or a loved one safe, then please phone crisis support for free.	0800 804 8999 or 111 - mental health option
Qwell	A free, safe and anonymous online mental health support service for adults, available 24/7.	www.qwell.io
Reading Well	Reading Well helps you to understand and manage your health and well-being using helpful reading.	www.reading-well.org.uk/books/books-on-prescription
S62 CTR	Support groups and courses for people to tackle Mental Health and Wellbeing.	enquiries@s62ctr.co.uk Drop-In Centre, S62 7DN



Mental Health Services Cont.

Services available to patients that are struggling with their mental health and wellbeing.



Andys Man Club	A men's suicide prevention charity, offering free, peer-to-peer support groups.	info@andysmanclub.co.uk andysmanclub.co.uk
Be the One	Provides support for those who are in distress and highlights the importance of how to look out for one another.	hello@be-the-one.co.uk www.be-the-one.co.uk
Bipolar UK	A monthly online peer support group open to anyone affected by bipolar within Rotherham.	supportgroups@bipolaruk.org 0333 323 3880 www.bipolaruk.org
Early Intervention Team	The Early Intervention in Psychosis Team work with people who experience a 'first episode of psychosis' or are at risk of developing a psychotic illness.	01709 447446
Hoarding Disorder	Expert advice and practical support for people affected by hoarding. They have monthly telephone support groups and virtual support groups.	info@hoardingdisordersuk.org 0330 133 2310 https://hoardingdisordersuk.org/
Trans Active	A local trans and non binary community that provides access to sport and exercise in a safe and relaxed environment.	transactive2014@gmail.com 07713899577 www.trans-active.co.uk
RANNS	The Rotherham Adult Neurodiversity Support Service is a peer support service and is for adults with a diagnosis of Autism and/or ADHD.	admin@rpcf.co.uk 01709 296262 www.ranss.co.uk
Light-Pre and Post Natal Support	Light raises awareness and offers support to families experiencing perinatal mental illness whilst being pregnant or after giving birth.	contactus@lightpeersupport.org.uk 0114 4388962

Debt/Money Services

Services available to patients that are struggling with their finances and debt.

<p>Rotherham Citizens Advice</p>	<p>Provides support via an adviceline, web-chat and outreach community hubs on debt, benefits and finances.</p>	<p>https://www.citizensadvicerotherham.org.uk/get-advice/ 0808 2787911</p>
<p>Cortonwood Comeback</p>	<p>Offers a wide range of activities including debt and benefit advice, support with employment, job searches and training, CV writing and educational courses.</p>	<p>cortonwood.enquiries@outlook.com 01226 759572 cortonwoodcomeback.com</p>
<p>Kiveton Park Advice Centre</p>	<p>Offers support to carers and their loved ones around money, debt and housing issues. Can also provide some basic legal advice to those in need.</p>	<p>info@kpadvice.org.uk 01909 773966</p>
<p>RMBC Advocacy & Appeals Service</p>	<p>Free advice and help to draw up an income and budget plan, understand priority payments and help with repayment offers or find a suitable debt solution.</p>	<p>advocacyandappeals@rotherham.gov.uk 01709 822293</p>
<p>RotherHive</p>	<p>Offers online advice and support regarding debt with support apps.</p>	<p>rotherhive.co.uk/debt/</p>
<p>RMBC - Keeping Well in Rotherham</p>	<p>Financial advice and support, with information on council tax reductions, housing benefit, discretionary housing payments and council tax support.</p>	<p>www.rotherham.gov.uk/uk/community-living/keeping-well-rotherham/</p>
<p>Open Arms</p>	<p>A partnership of RotherFed, Citizens Advice, Laser Credit Union and VAR. Drop in hubs to help with finances and benefits.</p>	<p>See drop in sessions here: https://www.rotherhamfederation.org/open-arms-community-support-hubs/</p>



Dementia Services

Services available to patients that are struggling with dementia.

<p>Crossroads Care</p>	<p>The Carers Resilience Service is a short term intervention service for carers of people living with dementia.</p>	<p>info@crossroadsrotherham.co.uk 01709 464574 https://crossroadsrotherham.co.uk/</p>
<p>Making Space</p>	<p>Support for when a relative or friend is experiencing symptoms of dementia.</p>	<p>rotherhamcarers@makingspace.co.uk 01709 910889 https://www.makingspace.co.uk/</p>
<p>Rotherham Alzheimers Society</p>	<p>Provide information and support, improve care, fund research and create lasting change for people affected by dementia.</p>	<p>01709 580543</p>
<p>Lost Chord</p>	<p>Improves the quality of life and wellbeing of those suffering with dementia using interactive musical stimuli to increase awareness and self-esteem.</p>	<p>01709 811160 07790649305 www.lost-chord.co.uk</p>
<p>RotherHive</p>	<p>Offers online advice and support regarding dementia.</p>	<p>rotherhive.co.uk/dementia/</p>



Domestic Abuse Services

Services available to patients that are struggling with current and historical domestic abuse.

<p>Apna Haq</p>	<p>Apna Haq exists to support black and minority ethnic (BME) women and girls in Rotherham who are experiencing any form of violence.</p>	<p>apnahaq2@gmail.com 0782476710 apnahaq.org.uk</p>
<p>Rothacs</p>	<p>Provides free specialist counselling for women, men and young people who have experienced abuse at any time in their life. People can refer themselves to the service, and can be referred from other agencies.</p>	<p>info@rothacs.org.uk 01709 835482 www.rothacs.org.uk</p>
<p>Hopian (formerly Rotherham Rise)</p>	<p>Supports adults, young people and children affected by Domestic Abuse and Child Sexual Exploitation.</p>	<p>help@hopian.org.uk 0330 202 0571</p>
<p>Rotherham Safe Space</p>	<p>Provides emotional, social and practical support if you are in crisis or feel you are heading toward a crisis situation</p>	<p>rotherhamsafespace.mhm@nhs.net 0800 246 5059 www.mhm.org.uk/rotherham-safe-space The professional referral form can be found at the above link.</p>
<p>South Yorkshire Police</p>	<p>You can report domestic abuse to the police by calling 101 or 999 in an emergency.</p>	<p>101 Emergency: 999</p>
<p>Frith Space</p>	<p>A community cafe provided by Hopian (formerly Rotherham Rise) that provides support to those affected by domestic abuse.</p>	<p>frithspace@hopian.org.uk https://hopian.org.uk/frith-space/whats-on/</p>
<p>Inspire to Change</p>	<p>Designed to help participants learn new skills and find ways to manage and control their abusive behaviour.</p>	<p>CITC@cranstoun.org.uk 0114 321 1377</p>



Eating Disorder Services

Services available to patients that are struggling with eating disorders.

SYEDA	Provides non-judgemental support to people affected by eating disorders.	info@syeda.org.uk 0114 272 8822
Five ways to wellbeing	Tips and guidance for patients to start taking care of their health and well-being.	www.rotherham.gov.uk/homepage/91/five-ways-to-wellbeing
RDASH	Community Eating Disorders Service accepts referrals via NHS staff via email and self-referrals via telephone.	rdash.ceds@nhs.net 01302 566980 camhs.rdash.nhs.uk/eating-disorders/referrals/
Healthwatch	Provides online advice on supporting people with an eating disorder.	www.healthwatchrotherham.org.uk/advice-and-information/2025-01-0/how-help-someone-eating-disorder
RotherHive	Offers online advice and support regarding eating disorders	rotherhive.co.uk/eating-disorders





Gambling Services

Services available to patients that are struggling with gambling.

Gam-Anon	Support to those struggling with gambling addictions. Face to face meetings available.	rotherham@gamblersanonymous.org. uk 07771 427429
Cortonwood Comeback	Offers support around debt related problems and gives money management training.	cortonwood.enquiries@outlook.com 01226 759572 cortonwoodcomeback.com
Kiveton Park Advice Centre	Offers support to carers and their loved ones especially around money and debt.	info@kpadvice.org.uk 01909 773966
Addiction Treatment Rehab	Offers gambling addiction help 24 hours, 7 days a week in Rotherham to help people recover from their addictions.	https://www.addictiontreatmentrehab.co.uk/gambling/south-yorkshire/rotherham
RotherHive	Offers online advice and support regarding gambling with support apps.	rotherhive.co.uk/gambling/
Gamcare	Offers email support, a live chat, helpline advisors and an online community to aid in gambling support.	0808 8020 133 https://www.gamcare.org.uk/





Housing Services

Services available to patients that need support with housing.

<p>Action Housing</p>	<p>Offer a broad range of support services including accommodation and floating support. They also work with both adults and young people, as well as victims of domestic abuse.</p>	<p>info@actionorg.uk 01709 821251 actionorg.uk</p>
<p>Lighthouse Homes</p>	<p>Lighthouse homes offer immediate, medium and long term accommodation to women and men who are homeless.</p>	<p>info@lighthousehomes.co.uk 01709 364600 lighthousehomes.co.uk</p>
<p>Roundabout</p>	<p>Roundabout provides support and accommodation services for young people aged 16-25 who are homeless or vulnerably housed.</p>	<p>01709 372079 https://www.roundabouthomeless.org/contact-us/</p>
<p>RMBC - Homeless Team</p>	<p>The homeless team are based at Riverside House, Rotherham and are available Monday to Friday from 8:30am - 5pm. You don't need an appointment.</p>	<p>housingolutionsteam@rotherham.gov.uk 01709 336009 OOH: 07748143170</p>
<p>Rush House</p>	<p>Provides a range of accommodation and support services including advice, independent living skills and training to young people aged 16-25.</p>	<p>info@rushhouse.co.uk 01709 369295 www.rushhouse.co.uk</p>
<p>Shiloh</p>	<p>Offers housing advice, education & training, creative activities and support for health and addictions. Guests engaging in support can also receive practical help including hot food, clothing, bedding and free internet and computer access.</p>	<p>contact@shilohrotherham.org.uk 01709 559504</p>
<p>SYHA</p>	<p>There are various projects offering safe spaces for the homeless.</p>	<p>enquiries@syha.co.uk 0114 2900 200</p>





Health/Fitness Services

Services available to patients regarding fitness and their health.

Rotherham Healthwave	Support and motivation for every resident ready to embrace healthier habits, including quitting smoking, getting active and wanting to lose weight.	rotherham.healthwave@nhs.net 01709 718720 https://rotherham-healthwave.connectthehealthcarerotherham.co.uk/
Rotherham Leisure Complex	Exercise Referral is a formalised method of enabling those with certain medical conditions, and health risks, to access exercise in a safe and effective manner. Having been referred by a registered health professional you have the reassurance of knowing that physical activity is considered to be appropriate for you.	Referral by GP, nurse, physio, social prescriber or other healthcare practitioner. Eligibility: LTC 01709 722555
Rotherham United Community Trust	Our health and wellbeing programmes are tailored towards the specific needs of members of the community, with an emphasis on educating people to make positive choices.	health@ruct.co.uk 01709 827767 ruct.co.uk



Drugs & Alcohol Services

Services available to patients that are struggling with drugs and alcohol.

Alcohol Liaison Service	Supports adults with an alcohol related concern or problem, who have recently attended the Emergency Department or have been admitted to hospital.	01709 426637 or 01709 426635 https://www.therotherhamft.nhs.uk/services/alcohol-liaison-service
Divert (Under 18s)	Support service for young people aged up to 18 affected by drugs or alcohol.	divert@cgl.org.uk 01709 917651
Change Grow Live	Provides support and guidance through the journey to recovery.	01709 917649
RotherHive	Offers online advice and support regarding drugs and alcohol with support apps.	rotherhive.co.uk/drugs/ rotherhive.co.uk/alcohol/
ROADS	Provides free and confidential services, without judgement, to adults and young people facing challenges with drugs and alcohol.	0808 1753981 https://www.wearewithyou.org.uk/local-hubs/rotherham-roads



<p>Rotherham United Community Trust</p>	<p>Social Prescribing. You can refer a patient to RUCT for social prescribing support.</p>	<p>https://ruct.co.uk/contact-us/health-contact/</p>
<p>VAR</p>	<p>Social Prescribing. Patients who fall under proactive care can be referred to VAR.</p>	<p>01709 829821</p>
<p>CAMHS</p>	<p>Child and adolescent mental health service.</p>	<p>01709 304808</p>
<p>Age UK Rotherham</p>	<p>Offers a range of services for older people and their carers.</p>	<p>01709 835214</p>
<p>Rotherham Food Bank</p>	<p>Local service for people in crisis</p>	<p>01709 372104 www.rotherham.foodbank.org.uk</p>
<p>Galop Safe/Just/Fair Galop.org.uk</p>	<p>LGBT and anti-violence charity. For anyone that has experienced hate crime, sexual violence or domestic abuse.</p>	<p>0800 999 5428 https://galop.org.uk/resource/safety-tips/</p>
<p>Wentworth 1 PCN</p>	<p>Support services are always shared on our PCN Facebook page.</p>	<p>www.facebook.com/Wentworth1PCN</p>
<p>Rotherham Families First</p>	<p>Via professional key workers, they are able to provide clothing, bedding, towels, curtains, small household items and baby equipment etc free of charge.</p>	<p>Key worker emails ann.familiesfirst@gmail.com</p>



Free Food in Rotherham

Free food available to patients in Rotherham.

Location	Day	Time	Food	Extras?
Halifax in Rotherham Town Centre	Monday	Evening from 5pm	Food stand outside, hot meals.	
Libert Church, Masborough	Tuesday	2:30pm	Fresh food and sandwiches.	
Social Hub - side of Specsavers in Rotherham Town Centre	Wednesday and Friday	7pm	Greggs sandwiches, cakes etc	Clothes also available
Shiloh, Masborough	Monday, Wednesday and Friday	9:30 - 12:30	Hot food on a Wednesday	Laundry, showers, clothes and advice
Tesco, Rotherham	Saturday	4pm	Sandwiches and hot pot	
Lighthouse, Rotherham	Sunday	2pm	Sunday dinner	

