

Useful Information

Apprenticeships & Jobs

- ◆ gov.uk/apply-apprenticeship
- ◆ gov.uk/jobsearch
- ◆ indeed.co.uk
- ◆ nationalcareersservice.direct.gov.uk

NYCC Children and Families' Service:

- ◆ Support given for young people aged 16 - 19 years old who are not in Education, Employment or Training.
- ◆ Young Parent's Group (Parents under 25 years old)

More info—01609 536 206

Community Works thirskclock.com

An independent charitable organisation delivering services to young people and adults across North Yorkshire. **Services include:** Support, activities & learning opportunities.

Health

- ◆ **Barnardo's**-Prouder Communities - barnardos.org.uk/what-we-do/supporting-young-people/LGBTQ
- ◆ **Yorsexual Health** - yorsexualhealth.org.uk
- ◆ **MESMAC** - mesmac.co.uk
- ◆ **Young Minds** - youngminds.org.uk
- ◆ **FRANK** - talktofrank.com
- ◆ **Compass Phoenix**- compass-uk.org/services/compass-phoenix/
- ◆ **Healthy Choices** - a family-focused package of support for children and young people age 5-19 years who are above a healthy weight - Call: 01609 798 081
- ◆ **Growing Healthy North Yorkshire: Healthy Child Team** - Call: 01609 780 780
- ◆ **The Go To** —young people's wellbeing & mental health support - thegoto.org.uk
- ◆ **Darlington Mind**—young people's mental health support—crew@darlingtonmind.com
- ◆ **York Mind**—yorkmind.org.uk 01904 643364 office@yorkmind.org.uk

Prince's Trust

- ◆ stockton.ac.uk/princes-trust
- ◆ **AWS - Army Welfare Service**
- ◆ Information hives at Dishforth, Ripon and Topcliffe - www.army.mod.uk/personnel-and-welfare/hives

Housing

- ◆ sash-uk.org.uk
- ◆ hambleton.gov.uk/info/20036/housing/264/housing_options_for_younger_people

Carers Plus Yorkshire

- ◆ admin@carersplus.net

Libraries [\(northyorks.gov.uk/article/23969/Local-libraries\)](http://northyorks.gov.uk/article/23969/Local-libraries)

- ◆ Bedale, Easingwold, Great Ayton Discovery Centre, Northallerton, The Globe- Stokesley and Thirsk

Sports

- ◆ **ParaSport** - parasport.org.uk
- ◆ **North Yorkshire Sport** - northyorkshiresport.co.uk

Fearless

- ◆ A way to report crime anonymously - fearless.org

Online Safety

- ◆ **Think U Know** - thinkuknow.co.uk
- ◆ **Child Exploitation and Online Protection (CEOP)** - ceop.police.uk

Support Help Lines

- ◆ **Childline** - Call: 0800 1111 - childline.org.uk
- ◆ **NSPCC** - Call: 08088 005 000 - nspcc.org.uk
- ◆ **IDAS (Domestic Abuse Service)** - idas.org.uk
- ◆ **Domestic Abuse Helpline** - 03000 110 110
- ◆ **Rape Support Line** - 0300 111 0777

Police and Crime Youth Commission-

northyorkshire-pfcc.gov.uk/for-you/young-people/youth/

This booklet has been produced by:

North Yorkshire Youth
Carlton Lodge Activity Centre,
Carlton Miniott
Thirsk, YO7 4NJ
Tel: 01845 522 145
Email: info@nyy.org.uk



An A - Z of Clubs in Hambleton Open to Young People

Jan 2024

Stokesley - Northallerton - Bedale - Thirsk - Easingwold - Surrounding Villages



Over 140 Clubs inside

Please note that age limits vary and there may be costs to take part in activities publicised. All information provided in this leaflet is secondary research and may not be completely accurate—please check with providers.

Air Cadets (<https://www.raf.mod.uk/aircadets/find-a-squadron/north/central-east-yorks-wing-hq/2337-northallerton>)

- ◆ 2337 Northallerton - (DL6 1PF)
- ◆ 2487 Easingwold - (YO61 3DA)
- ◆ 110 Linton - (YO30 2AJ)

Archery

- ◆ Thirsk Bowmen - www.thirskbowmen.org.uk/junior-coaching

Army Cadets (www.armycadets.com)

- ◆ Northallerton Army Cadets
- ◆ Stokesley Army Cadets
- ◆ Thirsk Army Cadets

Arts

- ◆ Creative Humans - Northallerton Forum - for all ages - www.forumnorthallerton.org.uk
- ◆ Scribble Zones Art and Computer Animation Group - Northallerton Library - 4:00pm until 5:30pm every Monday
- ◆ Northdale Weekend Arts Group - Northallerton - for young people with a special need or disability - www.northdale.org.uk
- ◆ Rural Arts - Thursday and Saturday Art Clubs - Thirsk - For ages 5 to 18 - www.ruralarts.org

Athletics

- ◆ The Allerton Junior Athletics Club - Search for this group on Facebook

Badminton

- ◆ Bedale Badminton Club - www.bedalebadminton.org.uk

Boccia

- ◆ Northallerton Boccia Club - For all ages and abilities - www.hambleton.gov.uk/info/20064/sport_and_physical_activity/327/inclusive_sport/3

Boxing

- ◆ Northallerton Boxing Club - Northallerton Forum - www.forumnorthallerton.org.uk

Cricket

- ◆ Great Ayton Cricket Club - www.greatayton.play-cricket.com
- ◆ Northallerton Town Cricket Club - www.northallertoncc.co.uk
- ◆ Bedale Cricket Club - www.bedale.play-cricket.com
- ◆ Easingwold Cricket Club - www.easingwoldcricketclub.co.uk
- ◆ Thirsk Cricket Club - www.thirsk.play-cricket.com
- ◆ Sessay Cricket Club - www.sessaycc.co.uk

Dance

- ◆ Butterfly School of Dance - Thirsk - www.butterfliesdance.com
- ◆ Curve Dance - Leeming, Easingwold and Northallerton - www.curvedance.co.uk
- ◆ The Red Shoe School of Dance - www.theredshoesschoolofdance.co.uk

Fishing

- ◆ Northallerton Angling Club - www.nadac.org.uk
- ◆ Sowerby Angling Society - www.sowerbyanglingsociety.com
- ◆ Thirsk Angling club, juniors—Steve on 07967 945473 or Stuart on 07740 803434 or email: thirskac@gmail.com

Groups highlighted pink are aimed at young people with additional needs or disabilities

BORED?

Ages 11-25*
Welcome

COMPLAINING?

Have Your

Say!

Join Your Local Youth Council



Great Leadership
Experiences, Make
Friends, Develop
Skills, Make
Connections with
Local Government
and Businesses,
Influence Change

A great chance for online
opportunities during the
current government guidelines

For more info

Instagram @nyccyouthvoice

Email Vip@northyorks.gov.uk

Facebook @northyorkshireyouthvoice

*up to 25 for young people in care or SEND



BEDALE Youth Club

Tuesdays
7-8pm

Bedale Youth Venue

(To the left of Bedale Hall under the arch)

£1 Entry

WE ARE CURRENTLY ON THE LOOK OUT FOR NEW VOLUNTEERS (18 YEARS +) AND MEMBERS OF THE COMMUNITY WHO WOULD BE INTERESTED IN BECOMING A COMMITTEE MEMBER.

For more information email Nicky Smith - Nicky@hambletoncommunityaction.org



Here to support
voluntary youth
clubs and projects...



North Yorkshire Youth (NY) offer support and advice to set up, develop and sustain community youth clubs and projects across North Yorkshire. If you are interested in making a difference in your community and working with local young people then we'd love to hear from you.

[For more information please contact](#)

Panda Gledhill
Youth Development Worker
Hambleton
panda@nyy.org.uk

Football

- ◆ Great Ayton Football Club - Facebook: Great Ayton Cricket and Football Club Official
- ◆ Thirsk Falcons Football Club - www.thirskfalcons.org.uk
- ◆ Easingwold Football Club - www.easingwoldtownafc.com
- ◆ Stokesley Football Club - www.stokesleyfc.co.uk
- ◆ Bedale Football Club - www.clubwebsite.co.uk/bedalejuniors
- ◆ Brompton Football Club - Northallerton - www.bromptonjuniorsfc.co.uk
- ◆ Northallerton Football Club - www.pitchero.com/clubs/northallertonjuniorsfc

Girl Guides (www.girlguidingnyne.org.uk) (*also have a senior section)

- ◆ Northallerton*, Bedale*, Sowerby, Easingwold*, Vale of Mowbray*, Great Ayton*, Swainby, Kirby Fleetam, Crakehall, Romanby, Welburry

Golf

- ◆ Stokesley Driving Range and Foot Golf - www.stokesleygolfrange.co.uk
- ◆ Bedale Golf Club - www.bedalegolfclub.com
- ◆ Thirsk and Northallerton Golf Club - www.tngc.co.uk
- ◆ Romanby Golf Club - www.romanby.com
- ◆ Easingwold Golf Club - www.easingwoldgolfclub.co.uk

Gymnastics

- ◆ Richmondshire Gymnastics Club - Satellite club in Thirsk - www.richmondshiregymnastics.co.uk/schools

History

- ◆ Northallerton and District Local History Society - www.northyorkshistory.co.uk

Hockey

- ◆ Northallerton Hockey Club - www.pitchero.com/clubs/northallertonhockeyclub
- ◆ Thirsk Hockey Club - www.pitchero.com/clubs/thirskhockeyclub
- ◆ Stokesley Hockey Club - www.pitchero.com/clubs/stokesleyhockeyclub

Horse Riding

- ◆ Northallerton Equestrian Centre - www.northallertonequestriancentre.co.uk
- ◆ Darrowby and District Riding Club - Thirkleby, Thirsk - www.darrowbyrc.co.uk

Kayaking and Canoeing

- ◆ Hambleton Paddlers - www.hambletonpaddlers.co.uk

Leisure & Fitness Centres

- ◆ Northallerton Leisure Centre - www.hambleton.gov.uk/zest
- ◆ Bedale Leisure Centre - www.hambleton.gov.uk/zest
- ◆ Stokesley Leisure Centre - www.hambleton.gov.uk/zest
- ◆ Thirsk and Sowerby Leisure Centre - www.hambleton.gov.uk/zest
- ◆ Galtres Centre - Easingwold - www.galtrescentre.weebly.com/health--fitness.html

Martial Arts

- ◆ Aspire Academy (Bedale)—yorkshirecdk.co.uk
- ◆ J.S. Karate Academy - Crakehall (Bedale), Thirsk, Northallerton - www.jskarateacademy.co.uk
- ◆ Taekwondo - Northallerton Forum - www.forumnorthallerton.org.uk
- ◆ T'ai Chi Qigong - Across Hambleton - www.valeofyork-qigong.co.uk
- ◆ The Karate Dojo - Thirsk - www.thirskkaratedojo.co.uk

Stokesley Youth Club



Every Tuesday
6.30-8.30pm
Stokesley Youth Centre
Open to 11-19 year olds
50p entry

Young Farmers - (www.yfyfc.org.uk - You don't have to be a farmer to be a member!)

- ◆ Great Smeaton
- ◆ Ingleby Cross
- ◆ Stokesley
- ◆ Thirsk
- ◆ Easingwold
- ◆ Northallerton

North Yorkshire Youth (*Direct Delivery*)

- ◆ **Stokesley Youth Club** - Every Tuesday at Stokesley Youth Centre (on the Stokesley School site) 6:30pm-8:30pm for 11 - 19 year olds - Email: Sally@nyy.org.uk
- ◆ **Northallerton Youth Space**—Every Tuesday at Northallerton Town Hall (on the High Street 6:30pm-8:30pm for 11 - 19 year olds - Email: panda@nyy.org.uk

Hybrid Clubs (*NYY and Community led clubs*)

- ◆ **Bedale Youth Venue**— for more info contact panda@nyy.org.uk

Community and Voluntary Led Youth Clubs (*Members of North Yorkshire Youth - for more information please contact panda@nyy.org.uk*)

- ◆ Borrowby Kidz
- ◆ COZIE Youth Club
- ◆ COZIE Extra
- ◆ COZIE Crafts
- ◆ Easingwold Youth Council
- ◆ East Cowton Youth Group
- ◆ Elective Home Educators Youth Club
- ◆ Hambleton & Richmondshire Young Carers (Carers Plus)
- ◆ Leeming Bar Young Whistlers Youth Club
- ◆ Northallerton Code Club
- ◆ Northallerton Explorer Scouts
- ◆ Scribble Zones
- ◆ St.Gregory's Youth Group
- ◆ Thirsk Youth Club—Juniors
- ◆ Thirsk Youth Club—Seniors



Other known Youth Clubs

- ◆ **St Oswald's Youth** - Sowerby (Thirsk) - www.stoswaldsowerby.org.uk
- ◆ **Boys Brigade** - Northallerton - <http://thirskandnorthallertoncircuit.org.uk/node/34>
- ◆ **Girl's Brigade** - Northallerton - www.thirskandnorthallertoncircuit.org.uk/node/35
- ◆ **12-18 year olds meeting** - Hambleton Evangelical Church, Carlton Miniott (Thirsk)<https://carltonminiott.com/9.html>

The Clock Youth Clubs (*Thirsk Clock* - website: www.thirskclock.com - Call: 01845 524 494)

- ◆ **Youth Cafe in Thirsk:** (Term time only) Monday 5pm - 6.30pm, years 5-9 (we welcome young people in years 9 and above who are interested in being a young volunteer in all of our youth clubs)
- ◆ **Fun Factory in Northallerton:** Wednesday (term time only) 5.00pm - 6.30pm, years 2-7
- ◆ **Fire Place in Stokesley:** Tuesday (term time only) 5.00pm – 6.30pm, Years 2 –7

Calling all Young People

Are you Feeling anxious

Fancy a chat?

Contact 07432 843161

Monday-Friday 10.00-12.00 noon

If you are aged between 11 and 18 and live or study in Hambleton and Richmondshire and finding the current situation difficult you can contact a dedicated helpline for a chat or txt.

If the telephone line is busy or unavailable please make contact via emailing crew@darlingtonmind.com.



Supporting the communities of Darlington, South Durham

Hambleton and Richmondshire

Multi-Sports

- ◆ **Northallerton Multi-Sports Club** - *anyone with a special educational need or disability over the age of 11* - www.hambleton.gov.uk/info/20064/sport_and_physical_activity/327/inclusive_sport

Music

- ◆ **Northallerton Music Centre** - www.northallertonmusiccentre.co.uk
- ◆ **Group Guitar Lessons** - www.thorntonlebeansvillagehall.org.uk
- ◆ **NYMAZ** - www.NYMAZ.org.uk
- ◆ **North Yorkshire Music Hub**—www.northyorkshireremusicclub.co.uk

Netball

- ◆ **Easingwold Netball Club** - Facebook: Easingwold Netball Club

Outdoor Centres

- ◆ **Carlton Lodge Activity Centre** - www.carltonlodge.org.uk
- ◆ **Cote Ghyll Mill** - www.coteghyll.com/cote-ghyll-mill-yha/schools-youth-groups

Photography

- ◆ **Forest of Galtres Camera Club** - www.easingwoldcameraclub.org
- ◆ **Northallerton Camera Club** - www.northallertoncameraclub.com

Rugby Union

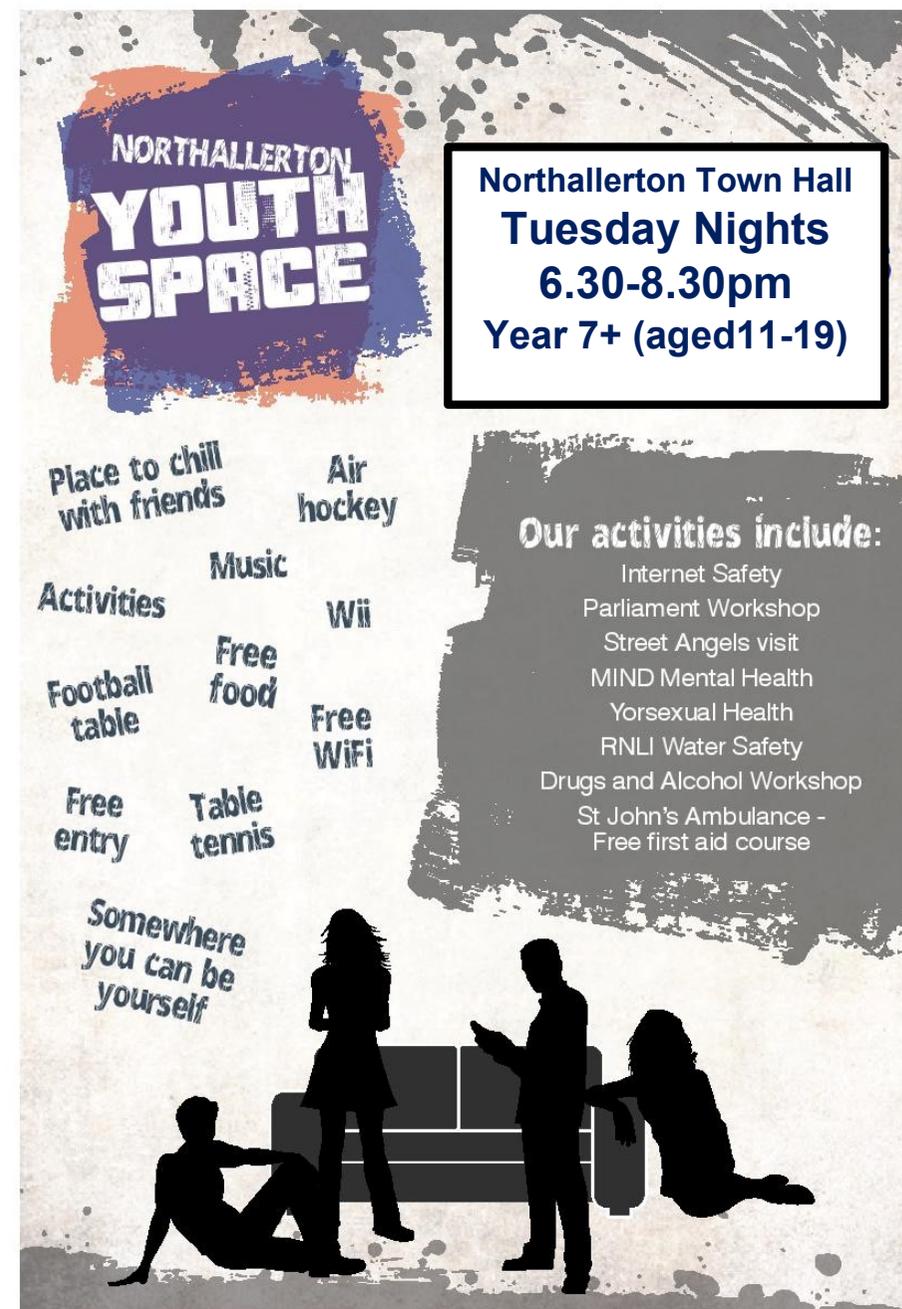
- ◆ **Northallerton Rugby Club** - www.northallertonrugbyclub.co.uk
- ◆ **Thirsk Rugby Club** - www.thirskrugfc.co.uk

Running

- ◆ **Easingwold Running Club** - www.easingwoldrunningclub.org.uk
- ◆ **Park Run**—<https://www.parkrun.org.uk/>
- ◆ **Thirsk and Sowerby Harriers** - www.thirskandsowerbyharriers.co.uk

Scouts (For more information - Website: www.nys.org.uk)

- ◆ **1st Northallerton**
- ◆ **1st Appleton & Welbury** (near Northallerton)
- ◆ **1st Bedale**
- ◆ **1st Brompton** (near Northallerton)
- ◆ **1st Great Smeaton** (Between Darlington and Northallerton)
- ◆ **1st Leeming** (Near Bedale)
- ◆ **1st Romanby** (near Northallerton)
- ◆ **1st Great Ayton**
- ◆ **1st Hutton Rudby & Swainby** (near Stokesley)
- ◆ **1st Kirby** (near Stokesley)
- ◆ **1st Stokesley**
- ◆ **1st Easingwold**
- ◆ **1st Kyle Valley** (Tholthorpe near Easingwold)
- ◆ **1st Moxby Moor** (Huby near Easingwold)
- ◆ **District Explorer Unit** (Easingwold)
- ◆ **Hillside** (Knayton near Thirsk)
- ◆ **1st Topcliffe**
- ◆ **1st Thirsk**
- ◆ **1st Sowerby** (Near Thirsk)



**NORTHALLERTON
YOUTH
SPACE**

**Northallerton Town Hall
Tuesday Nights
6.30-8.30pm
Year 7+ (aged 11-19)**

Place to chill with friends

Air hockey

Music

Wii

Free food

Free WiFi

Football table

Table tennis

Free entry

Our activities include:

- Internet Safety
- Parliament Workshop
- Street Angels visit
- MIND Mental Health
- Yorsexual Health
- RNLI Water Safety
- Drugs and Alcohol Workshop
- St John's Ambulance - Free first aid course

Somewhere you can be yourself

The poster features silhouettes of four young people sitting on a bench, engaged in conversation. The background is a textured, greyish-white with splatters and brushstrokes.

Skate Parks

- ◆ **Appleton Wiske**—*Front Street. DL6 2BD*
- ◆ **Easingwold**—*Millfield's Park. YO61 3NE*
- ◆ **Northallerton**—*Brompton Road. DL6 2UZ*
- ◆ **Stokesley**—*Sowerby Crescent. TS9 5ED*
- ◆ **Thirsk**—*Gravel Hole Ln, Sowerby. Thirsk YO7 1NS*

Squash

- ◆ **Thirsk Squash Club** - www.thirskathleticclub.co.uk
- ◆ **Bedale Squash Club** - www.bedaesquashclub.co.uk/juniors

Swimming

- ◆ **Northallerton Amateur Swimming Club** - www.nasc.co.uk
- ◆ There are swimming pools at the following Leisure Centres - **Bedale, Thirsk and Sowerby, Hambleton (Northallerton) and Stokesley** - www.hambleton.gov.uk/zest

Table Tennis

- ◆ **Easingwold**—*Outdoor Table in the Memorial Park, Crabmill Lane, YO61 3DD*
- ◆ **Hackforth Table Tennis Club** - *Hackforth (near Bedale) - www.hackforthvillagehall.com*
- ◆ **Northallerton Rugby Club Table Tennis Club** - *Facebook: Northallerton Rugby Club Cricket Club & Table Tennis Club*
- ◆ **Lovesome Hall Table Tennis Club** - www.tabletennis365.com/Northallerton

Tennis

- ◆ **Leake Tennis Club** - *Knayton (Thirsk) - www.leaketennisclub.org.uk*
- ◆ **Northallerton Tennis Club** - *Facebook: Northallerton Tennis Club*
- ◆ **Stokesley Tennis Club** - www.stokesleytennisclub.org
- ◆ **Thirsk Tennis Club** - www.thirsktennis.org.uk
- ◆ **Bedale Tennis Club** - www.bedaletennis.co.uk
- ◆ **Stillington Tennis Club** - www.stillingtontennis.org
- ◆ **Great Ayton Tennis Club** - www.greataytontennisclub.co.uk/juniors

Theatre

- ◆ **Crash Bang Wallop** - *Stokesley and Northallerton - www.crashbangwallop.org.uk/academy*
- ◆ **FUSE Theatre Project** - *for young people aged 11 - 25 with or without a special educational need or disability - <https://www.ruralarts.org/fuse>*

- ◆ **Easingwold Players** - www.easingwoldplayers.com
- ◆ **Allerton Players** - www.allertonplayers.btck.co.uk

Warhammer/D&D

- ◆ **Thirsk Library**— [facebook.com/chrisgeesoncreativeclubs.1](https://www.facebook.com/chrisgeesoncreativeclubs.1) or ring Thirsk Library to book 01609534589

By becoming a Volunteer you could...



- ◆ **Help others and change lives for the better**
- ◆ **Help a cause close to your heart**
- ◆ **Do something positive in your spare time**
- ◆ **Meet new people and make new friends**
- ◆ **Make your community a better place**
- ◆ **Learn new skills**
- ◆ **Share your skills with others**
- ◆ **Put what you are doing on your personal statement or CV**
- ◆ **Use your experience to get a job**
- ◆ **Give something back**
- ◆ **Receive recognition & praise, locally, nationally & internationally**

There are some fantastic volunteering opportunities out there for a range of ages so please get involved now!

Volunteering Websites

- ◆ **Vinspired** - www.vinspired.com/volunteer
- ◆ **Community First Yorkshire** — www.communityfirstyorkshire.org.uk/volunteering
- ◆ **Volunteering Matters** — www.volunteeringmatters.org.uk

Please email panda@nyy.org.uk if you would like to :

- ◆ **Provide a volunteering opportunity for a young person**
- If you know of an adult (aged 18+) who would be interested in volunteering in a local youth project, Buddy Network or starting their own group.**



Welcome to the
Click Clever Click Safe campaign, brought to
you by the UK Council for Child Internet Safety.

Internet safety advice for
YOUNG PEOPLE



ZIP IT

Keep your personal
stuff private and think
about what you say
and do online



BLOCK IT

Block people who send
nasty messages and
don't open unknown
links and attachments



FLAG IT

Flag up with someone
you trust if anything
upsets you or if
someone asks to
meet you online.

The internet is a great way to see more, learn
more and have lots of fun.
To help you enjoy it safely, you should follow the
Click Clever, Click Safe Code.



fearless
.org

What is Fearless?

? Fearless is the youth service from the independent charity
Crimestoppers. Aimed at young people, our website
provides non-judgemental information and advice about
crime.



Give information

Young people can give
information about crime
100% anonymously via a
secure online form on
the website. It empowers them
to take a safe stand against
crime.

Work with young people?



Teacher, youth worker, school nurse, parent? Fearless
can provide you with FREE resources on a wide range
of crime types via the 'not a young person' section of
the website.

Connect with Fearless



Empowering young people to be fearless against crime



Could you befriend a looked after child in North Yorkshire?

We would love to hear from people of all ages and backgrounds who want to make a positive difference to a young person's life.

An Independent Visitor (IV) is an adult volunteer who develops a friendship with a young person in care.

They will offer support and help a young person to develop new interests, skills and hobbies.

We are looking for volunteers who can offer one visit per month for a minimum period of two years.

For further information please contact:

**Bev Knights: bev@nyy.org.uk
Tel: 07398 149496**



What young people say about Independent Visitors:

“He made me forget about being in care and brought me up on my down days.”

“Having an independent visitor has been the only stable thing in my life recently.”

“She always comes when she says she will. She never lets me down.”

independent visitors



Home Library Service

Books and more delivered to your door



A FREE service for people of all ages who are unable to get to the library or carry books themselves



Contact your local library for more information or call
Tel: 01609 533800 Email: libraries@northyorks.gov.uk



Generation GREEN

Helping to inspire young people and connect them with nature

Be part of Generation Green

Allowing the next generation to access, enjoy and learn about our environment

We offer:

- Wild skills days
- Ranger days
- Ranger schools
- Residentials
- Green careers talks

Contact: Education Service, North York Moors National Park
01439 772700, education@northyorkmoors.org.uk

This project is funded by the government's Green Recovery Challenge Fund. The fund is being delivered by The National Lottery Heritage Fund in partnership with Natural England and the Environment Agency



North York Moors National Park

Green Recovery Challenge Fund



To add or update any entries in this leaflet please email panda@nyy.org.uk

influence change

be heard

develop skills





up to age 18 (25 for SEND)

Join your local youth voice group

Young Inspectors

Have you ever used a service for young people and thought it could be better? Help us by joining the NYCC Young Inspectors programme!

Flying High

Do you struggle to access services? Want to connect with other young people with SEND? Make a positive change and join our SEND group!

Youth Executive

Want to take a deeper role in advocating the issues and needs of young people in your local area? Be part of the NYCC Youth Executive!

Local Youth Council

Are you seeing issues in your local area? Want to make an impact on your community's services? Influence it by joining your Youth Council group!

Interested? Contact:
vip@northyorks.gov.uk
 07973 762 347




@northyorkshireyouthvoice



Community First Yorkshire



You can find out about the latest opportunities, different types of volunteering and what others have to say about Volunteering in North Yorkshire.

Please ring 01904 704177 or email volunteersupport@communityfirstyorkshire.org.uk for more information

North Yorkshire Young People's Drug and Alcohol Service



humankind®

This service is provided on behalf of North Yorkshire County Council by Humankind

If you are a young person who lives in North Yorkshire aged 10-18, or 19-24 with SEND (Special Educational Needs and Disability) and need support around drugs or alcohol, we can help.

Our service is free, friendly and confidential.

We can help with:

- Support to improve your health and well being
- Support to stop or reduce alcohol or drug use
- Education and advice around drugs and alcohol
- Family support

We can also provide guidance to schools, colleges and other professionals.

Phone us or contact us via the email address provided to make a referral, or to discuss how we may be able to help.

Please call **01723 330730** (option 2) or **08000 14 14 80** (option 2) freephone number

We are open **9am-5pm** Monday to Friday.

Alternatively, you can email us: NYYP.admin@humankindcharity.org.uk

Find us on...

- ◆ twitter.com/atnyy
- ◆ facebook.com/northyorkshireyouth
- ◆ instagram.com/northyorkshireyouth/



nymaz
make music happen

Get in the mix!

14 – 25 years old and love music?
Become a NYMAZ Music Ambassador
and make more music happen
for young people in North Yorkshire

National Foundation for Youth Music
ARTS COUNCIL ENGLAND

To add or update any entries in this leaflet please email panda@nyy.org.uk

Are you a Young Person needing help with your mental health?

Self-Care

Everyday life brings various ups and downs therefore it is important to take time for self-care.

There are lots of things you can do to look after your mental wellbeing. Click [here](#) for some top tips on feeling good and advice for coping with common issues.

Do you need some more information?

Talk to family, friends or an adult you trust.

The Go-To

For healthy minds in North Yorkshire



Adults aged 18+



Call 0800 1111 24 hours, 7 days a week for free

Would you like to talk to someone?

If you are concerned about your mental health speak to a member of school or college staff as soon as possible. They will have access to a range of services that will be able to help you.



Teams available in some schools across Scarborough, Ryedale, Hamrogate, Selby, Hambleton and Richmondshire – speak to a member of school staff for more information



Mental health supports teams are available in some schools in craven- speak to a member of school staff for more information



Buzz text service 07520 831168 open Monday – Thursday 9am-5pm and Friday 9am-4.30pm (excluding Bank Holidays).



Call 0800 1111 24 hours, 7 days a week for free



Specialist CAMHS referral

Do you need urgent support or help?

If there is immediate danger of serious risk or harm call 999

If you need someone to talk to and the problem isn't immediately life threatening call 111



CAMHS crisis number – 0800 0516171 North Yorkshire, 0800 952 1181 Craven Only. Available 24 hours 7 days a week



Call 0800 1111 24 hours, 7 days a week for free



Text SHOUT on 85258



18+



Click here for our [Market Place](#) which offers more in depth information on mental health services in North Yorkshire.

