

# CONTACT NUMBERS FOR YOUNG PEOPLE, YOUNG CARERS & YOUNG MEMBERS OF THE LGBTQ+ COMMUNITY

## YOUNG SOMERSET

**Covid Pandemic update- 1-2-1 meetings are now over the phone or video call. Virtual Hubs are available on Young Somerset Facebook page, Twitter and Instagram accounts. Youth workers are available at various time for 'Fancy a Chat' with full timetable here <https://www.youngsomerset.org.uk/the-hubs>**

Young Somerset is the largest youth work charity in Somerset and our mission is to put young people first. Our aim is to work with young people, encouraging them to take responsibility for themselves and become actively involved in shaping the communities in which they live. Young Somerset works to achieve social and economic outcomes with young people, through the delivery of measurable outputs and outcomes. We employ Wellbeing Practitioners that offer low-level mental health support, through cognitive behavioural therapies (CBT), to young people in Somerset.

admin@youngsomerset.org.uk  
01278 722100  
<https://www.youngsomerset.org.uk/>

## 2BU

**\*Covid update: 2BU continues to offer virtual services including our 'Unusual Wednesdays' Zoom group. Lisa and the team are still available to be contacted to offer support. Mindline Somerset 01823 276 892 however, are able to offer a 24 hour a day 7 days a week helpline and we would encourage any young person struggling to get in touch with them day or night\***

If you're a young person living in Somerset you may find that being lesbian, gay, bisexual, transgender or questioning your sexuality or gender identity can be difficult. 2BU run an LGBTQ+ group with the YMCA for young people up to 25 which meets at YMCA Frome Youth and Community Centre, Vallis Road, Frome BA11 3EF the first Thursday of every month from 6-8pm. Please come along!

lisa@2bu-somerset.co.uk  
07799 136 552  
<https://www.2bu-somerset.co.uk>

## **MENTAL WELL-BEING LIFEHACKS FOR YOUNG PEOPLE**

Tips written with young people by young people during the coronavirus pandemic. For more information to support you go to the Somerset Children & Young People Health & Wellbeing website.

<https://www.cypsomersethealth.org/>

## **OPENSTORYTELLERS, WELLBEING GROUP-FRAME**

Brand new to Openstorytellers, we are excited to offer a Wellbeing Group for people with learning disabilities and autism aged 16+

It's taking place on Tuesday mornings from 11.30am-12.30pm.

The group will be exploring healthy eating, gentle exercise, yoga, aromatherapy, creative writing and more!

Spaces are limited, so please get in touch if you'd like to book a place for someone – 01373 454099 / [info@openstorytellers.org.uk](mailto:info@openstorytellers.org.uk)

[info@openstorytellers.org.uk](mailto:info@openstorytellers.org.uk)  
01373 454099  
<https://www.openstorytellers.org.uk>

## **CHARLIE WALLER MEMORIAL TRUST**

At the Charlie Waller Memorial Trust we produce booklets and posters on many aspects of mental health. These are free to download or order and include our Parent's Guide to Depression. Mental health problems in children and young people, national and local organisations that offer guidance for parents leaflet Parents leaflet Somerset Printable version

[admin@cwmt.org](mailto:admin@cwmt.org)  
01635 869754  
<https://www.cwmt.org.uk>

## POD YOUTH CLUB

An exciting club for young people with additional needs aged 10 to 17. Trips out. Have fun. Make friends in a safe and supportive environment. **Tuesdays** 6.00pm-8.00pm at Vallis Youth & Community Centre, Frome, BA11 3EF. Call us to discuss places as they are limited.

info@thepodcharity.org.uk  
07582 559591  
<http://thepodcharity.org.uk/>

## THE ZONE-YOUNG CARERS, CHILL OUT AND HAVE FUN!

Are you a young carer? If you're aged between 10 and 18 then please come along to the Zone and meet new friends who are in the same boat! **Wednesdays** 6.00pm-8.00p.m. Fortnightly at Rise, Whittox Lane, Frome, BA11 3BY . Please contact us to discuss a place as places are limited.

info@thepodcharity.org.uk  
07736 470328  
<https://thepodcharity.org.uk/>

## POD PLUS

This is a social group for people with additional needs aged between 18 to 30 where you can make friends, learn new skills, and have fun! **Mondays** 7.00pm-9.00pm at RISE, Whittox Lane, Frome, BA11 3BY. Places are limited so please contact us to book.

info@thepodcharity.org.uk  
07592 501022  
<https://thepodcharity.org.uk>

## EDVENTURE FROME – WORKING WITH YOUNG PEOPLE – MAKE COURSE

Edventure offer the MAKE course to young adults aged 18-35 whether you are out of work, looking for a new direction or just want to gain confidence. Spend 3 weeks in a team learning to design, make and sell products made from raw materials such as metal, wood, fabric, silver and leather.

See the website for the course times and booking form. The MAKE course is FREE.

info@edventurefrome.org  
075480 14066  
<https://edventurefrome.org>

## YWAF – YOUTH WITH A FUTURE

**Youth With A Future** (YWAF) work alongside other organisations to support young people aged 16-25 who are homeless or threatened with homelessness and those in supported housing projects in the Mendip area of Somerset and also supports local positive youth initiatives and activities.

ywaf@ywaf.org.uk  
<http://www.ywaf.org.uk>

## PAPYRUS HOPELINEUK

**\*Covid update- HopeLine remains open as usual.\***

HOPELineUK is a confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide or anyone concerned a young person may be having thoughts of suicide.

*Opening hours are 9am-10pm weekdays, 2pm-10pm weekends, and 2pm-10pm Bank Holidays.*

pat@papyrus-uk.org  
0800 068 41 41  
Text 07860 039967  
<https://papyrus-uk.org/hopelineuk>

## KOOTH ONLINE COUNSELLING FOR 11-18 YEAR OLDS

Kooth.com is a free, safe, confidential and non-stigmatised way for young people to receive counselling, advice and support on-line. Kooth delivers thousands of counselling sessions each year to young people aged 11-18. Available until 10pm each night, 365 days per year.

<https://kooth.com/>

## **YOUTH MATTERS**

Youth Matters is for young people aged up to 25 who are living with mental health distress in Mendip. You can be referred to us by someone else or refer yourself by calling the office or emailing.

[info@mindinsomerset.org.uk](mailto:info@mindinsomerset.org.uk)

01935 474875

<https://www.mindinsomerset.org.uk/our-services/young-people>

## **ONLINE YOUTH MENTAL HEALTH HUB FROM NHS CHOICES**

An online information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

<http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

## **GROWING ROOTS**

For 18 – 24 year olds. Develop Skills in growing your own food and with teamwork. Mondays 9.30am – 3.30pm near Balstonsborough. Please call for more information.

[info@growingroots.org.uk](mailto:info@growingroots.org.uk)

07922 601142

## **ROUTE 1 ADVOCACY**

We provide advice and support to children and young people in Somerset. If you are a child in care you could ask for an advocate if you are worried or upset about something. If you are a young person who would like to request advocacy please email us (see below).

[Route1IndependentVisitors@www.somerset.gov.uk](mailto:Route1IndependentVisitors@www.somerset.gov.uk)

01749 822801

<http://www.route1advocacy.co.uk/>

## **WESSEX COUNSELLING YOUNG PEOPLE PROJECT**

The Wessex Counselling Service has counsellors who are experienced in working with children and young people, and offers counselling for those aged 15 – 18 years. Please contact us for more information.

office@wessexcp.co.uk  
01373 453355  
<http://www.wessexcounsellingservice.co.uk>

## **SOMERSET-WIDE INTEGRATED SEXUAL HEALTH SERVICE (SWISH)**

**\*Covid update- Face coverings are to be worn at all venues\***

SWISH offer free confidential testing and treatment for all sexually transmitted infections, including HIV, and offer a full range of contraception. open to all ages including under 16's. You can visit any SWISH Service, locally or further afield, however not all clinics run a full service, so please ring to find out what is available. <https://swishservices.co.uk/> .

swish@somersetft.nhs.uk  
0300 1245010  
<https://swishservices.co.uk/>

## **P2I PATHWAY TO INDEPENDENCE**

A service for 16-25 year olds provided in partnership with the YMCA and housing consortium. For the Mendip area please see phone number and email address below.

Mendipp2ihub@somerset.gov.uk  
0300 303 8588  
<https://www.p2i.org.uk/>

## **MENDIP YMCA**

YMCA Mendip with its main base in Wells, covers the whole of the Mendip area – Frome, Shepton Mallet, Street, Glastonbury, Wells and surrounding villages. Our project work provides a range of services for young people, with an emphasis on housing and homelessness, helping them to grow in confidence, develop as individuals and realise their full potential.

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admin@ymca-bg.org  
01749 679553 Wells  
<http://www.mendipymca.org.uk>

## **YOUNG CARERS PROJECT**

The service supports young carers under the age of 18. It can answer questions and give advice to young people on anything they need to know. They can:

- Give useful information, which can help you and your family.
- Introduce you to other Young People who are in similar situations to you.
- Speak out for you, making sure that your feelings and ideas are heard.
- Provide regular respite groups, where you can take part in exciting new activities, have a break from home life, and have fun with friends.

carers@somersetccc.org.uk  
0800 3168600  
<https://somesetcarers.org/who-can-help-you/somerset-young-carers/>