



# Growing up in NORTHUMBERLAND

Supporting young  
people to prepare  
for adulthood



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# Introduction



This booklet is for young people, their families and carers who may need a little bit of extra help getting ready for becoming an adult. It is about helping you plan for the future.

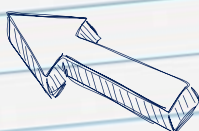
To develop the Growing up in Northumberland Guide we asked the views of 100 children and young people in academic years 9 to 12 as well as 5 parents. The results of the consultation have been incorporated in this guide and will be reviewed in an ongoing process of discussion with young people and their parents and carers to ensure it is useful and relevant.

This guide talks a lot about being independent. This does not mean having to do everything for yourself or doing things on your own. When we talk about being independent, this is about you doing as much for yourself as possible and learning new skills. Being independent is different for different people. To be independent we often need a lot of help and support from our family, friends and community.



There is lots of information in this booklet, so it might be helpful to ask someone to help you go through it.

Lots of people will help you as you grow, including your family, friends, people at school, college and youth clubs. Talk to them about anything you are worried about.



# Preparing for adulthood



When you are 14, people will start to talk to you about what you want to do when you grow up. This is called transition planning. If you have an education, health and care plan (EHCP), planning will start in your year 9 transition review at school, and each year your transition plan will be updated. This will be arranged by your school or college.

There will be lots of changes happening in your life over the next few years. Some you will be happy with and some you will be sad about. This is all part of growing up and there are lots of people who can help you get ready and understand the changes.

Some of the things you might think about include:

- 👤 Education – what do you want to learn?
- 👤 Job – What job would you like? What do you need to do to get ready for work? How can other people help you get ready for work?
- 👤 Hobbies – what do you want to do when you are not working?
- 👤 Living – where will you live?
- 👤 Health and Support – what help do you need to stay healthy?

## Making decisions

When you are 16, the law says you have the right to make decisions about your life. It is important that family, carers, teachers and other people who are paid to help you, give you information so that you can make an informed decision. Sometimes people may not agree with the decision you make or think you have made a bad decision. If you have made an informed decision, this does not matter. It is your decision.

If people think you are not able to make an informed decision even if you have as much information as possible, then a best interest meeting will make sure the right decision for you is made. Advocacy groups can help you gain the skills to make decisions. The Mental Capacity Act (2005) is the law all about making decisions. See the link for more information [www.northumberland.gov.uk/care/support/safeguarding.aspx](http://www.northumberland.gov.uk/care/support/safeguarding.aspx)



What do you want to learn?

What job would you like?

What would you like to do when not working?



Where do you want to live?

What help do you need to stay healthy?



GO ↗

YOU  
CAN



# Education and training



The transition meeting and transition plan you complete at school will help you decide what education, training or employment would suit you, once you leave school.



You might decide to:

- Stay on at school (if the school has sixth form)
- Go to a college
- Start an apprenticeship
- Go on a traineeship
- Go to another independent school or college
- Go on a supported internship

As you get ready to leave school, the school will help you look at the different options. Colleges might invite you to come for the day and see if you like it. You might have a number of visits to get you ready for the move. If you are worried about moving on from school, it's good to talk to your teachers or head of year who can support you to get the advice and guidance you need.

The careers advisor may also be able to help support young people without an EHCP in year 11 who need extra help to access education, employment or training.

Most colleges will offer extra support for students with disabilities or additional needs. It is best to apply early to give the college time to arrange the extra support. If you are on an Education, Health and Care Plan, you will be able to discuss choices with your careers adviser.



## Transport to and from school

Just because you used transport to and from school before, does not automatically mean you will get transport when you are 16. When you are 14, think about how you can get to school or college independently-by yourself. You might want support to become an independent traveller and your school or family could help you with this

## Money for going to college

Depending on your situation, you may be entitled to help with the cost of college. Speak to your college about this to find out more information and see if you are eligible. You can also speak to your careers adviser. Most colleges are free for you to access until the age of 19.



Stay in school?

Go to college?



Apprenticeship?

Go on a traineeship?



Go to another independent school or college?

Supported internship?



# Where you live



One of the first things you need to think about as you grow up, is where you will live as an adult. Many young people choose to stay at home. There are lots of good reasons to stay living at home: you get support from family and carers; it is cheaper to live at home; or you don't want to move.

This can be good, but you still need to think about developing your independence at home. Talk to your family or whoever supports you about learning how to cook simple meals, learning to tidy up and use the equipment in the house. If you are disabled, there is a lot of equipment to help you and where you live can be changed so that you can be more independent at home. A referral via OneCall to the Occupational Therapy Service for equipment and adaptations may be useful.

As you get older you may want to start spending some time in your home alone. This may sound scary at first but there is lots of equipment, such as sensors that can monitor your home and let someone know if you might need, or alarms to detect if there is a problem such as smoke, gas and flood detectors. Northumberland Fire and Rescue Service do a free assessment and can offer advice about fire safety and prevention.

## Moving to your own place

You may want to think about where you want to live in the future, or decide that you are ready to live independently. If you want to rent your own home then the first thing you need to register with Northumberland Homefinder so you can apply for a property. You can also consider renting privately. If you are planning on moving into your own home it is important that you have the following:

- 🏠 Your own bank account
- 🏠 Benefits in place
- 🏠 Photo identification e.g. passport

We know that living with other people can be difficult and talking to others can help with this. If you are worried about losing your accommodation it is important that you contact Northumberland County Council Housing team.



Where shall I live?

Who shall I live with?

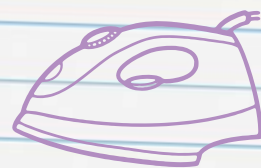
Learn to cook

What benefits am I entitled to?

Become more independent

Keep things tidy

open my own bank account







# Money



We all need money to live, for life's essentials like food and bills as well as for fun.

## Benefits

When you are 16, you will be asked if you want to receive benefits in your own right. You may be able to get new benefits as well, even if you are still in education. If you are worried about looking after your own money, you can ask someone to help you manage it – this is called an appointee. The Department for Work and Pensions (DWP) will visit you and your appointee to explain how it works and to make sure they are happy with the arrangement. The money is still yours and you can still go into your bank. If you have an appointee, they can fill in forms or talk to people about your money for you. Citizens Advice can tell you what benefits you or your family are entitled to. You can also find information, including a benefit calculator, on the County Council's website at [www.northumberland.gov.uk/Benefits-support.aspx](http://www.northumberland.gov.uk/Benefits-support.aspx)

## Saving and borrowing

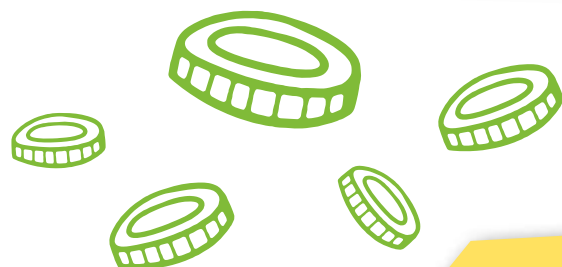
Saving and needing to borrow are a fact of life when you are learning to manage your money. Only use trusted organisations such as your bank or a local credit union. You can find details of these on Northumberland Money. Try and save a little - even the smallest amounts add up quickly. If you are on a low income you can look at Help To Save to make your savings go even further. Your local credit union can help you with this. Remember to never borrow from anyone you are not sure of.



Jobcentres in Northumberland  
[find-your-nearest-jobcentre.dwp.gov.uk](http://find-your-nearest-jobcentre.dwp.gov.uk)

Learning and Skills Service  
[www.northumberland.gov.uk/  
apprenticeships.aspx](http://www.northumberland.gov.uk/apprenticeships.aspx)

Northumberland County Council  
benefit calculator  
[www.northumberland.gov.uk/  
Benefits-support.aspx](http://www.northumberland.gov.uk/Benefits-support.aspx)





## Managing your money

Some things need to be paid for - food, rent, bills etc. so pay these first and think about what you have left for the more fun things - try to plan ahead!

Budgeting can be difficult for anyone, and it's normal to be a bit worried about money, but help is available. You should ask for advice straight away to try to avoid getting into more difficulty. You can contact Citizens Advice or the Money Advice Service for free advice, or find useful information at [www.citizensadvice.org.uk/debt-and-money](http://www.citizensadvice.org.uk/debt-and-money)

Citizens Advice Northumberland has specialist debt advisers who can help you no matter how bad you think things are with debt.

## Bank accounts

As you become an adult it's very important to manage your money and understanding your bank account will help you be more independent. It can be more difficult to apply for a bank account when you're over 18 so you should try to open one when you are 16 or 17. See Money Advice Service and Northumberland Money for information about choosing a bank account.



# Friendships and relationships



## Staying in touch with friends

Young people often tell us that the most important thing to them is keeping in touch and having places to go to with their friends. There are lots of ways you can keep in touch with your friends, including swapping phone numbers, using social media sites such as Facebook, Instagram, Twitter, Snapchat etc. If you want to see your friends, you may want to go to each other's houses, or go out to places like the cinema, a restaurant, clubs, bars or a local pub.

If it is difficult to organise getting together, ask your family or college tutor if they can help you to arrange to meet up. It can be easier for you to remember if you arrange to meet up the same time and same day each week or month or you could put it in your diary or calendar.

## Falling in love

As you get older you may wish to start a relationship with a boyfriend or girlfriend. This can be exciting but you may be worried about whether the person likes you or how to go about asking the person out. Talk to someone you trust, who can help you and advise. If you are thinking about having sex with your partner the Sexual Health Service can provide free and confidential sexual health advice for residents in Northumberland aged 13 and over. [www.northumbria.nhs.uk/ourservices/sexual-health-services](http://www.northumbria.nhs.uk/ourservices/sexual-health-services). If you think you are gay, lesbian, bisexual or transgender, you might want to speak with someone from LGBT groups. Local information for young people can be found via [mesmacnewcastle.com](http://mesmacnewcastle.com)

## Missing someone

Sometimes people you love may leave you. This could be because you have fallen out of love with each other, moved home or they may have died. It's

normal to feel anger, guilt, fear and sadness. This is called grief, it is important to talk to someone you trust. If you want to speak with someone confidentially regarding how you feel call the Samaritans FREEPHONE 116 123.

## Being bullied?

Bullying can be things like namecalling, hitting, happy-slapping or stealing. Bullying can happen anywhere including at school, college, on social media sites or at work, and it can make you feel sad and scared. There are lots of reasons why people get bullied including because of their clothes, the music they like or because of their disability. It is not your fault but it is really important that you tell someone you trust such as a family member, college tutor or carer.

## Online Safety

The internet offers you access to information, communication with your friends and opportunities for exploring the wider world. You get a lot of benefit from being online. However, you should have good advice to make sure your experiences are happy and safe. For more information: [www.getsafeonline.org/social-networking/social-networking-sites](http://www.getsafeonline.org/social-networking/social-networking-sites)



If you have a concern about any safeguarding issue (whether that be adult or children's) then please contact 01670 536400 to discuss this.





## Peer pressure

Sometimes you may feel under pressure to do things because your friends and the people you know are doing them. This is called peer pressure and it can be difficult to say no. Some people may pretend to be your friend and then make you do things you do not want to do, such as spend your money, smoke, drink or even have sex. You may get into trouble because of these friends. It is normal to want to fit in but it's important that you learn to make your own choices and become friends with people who like you for who you are.

## Domestic Abuse

Bullying and being picked on can also happen in your home. If your partner/parents/family/carers hurt you this is domestic abuse.

It may be that someone:

- hurts you - such as hitting, kicking or biting.
- is sexually abusive - someone touches your body in ways you do not like or want. This can include kissing you, making you touch them when you do not want to or having sex when you do not want to.
- is financially abusive - when people take or control your money or things which belong to you.
- emotionally abusive - when people talk to you in unkind ways. For example teasing, threatening, swearing, ignoring you, shouting or putting you down.



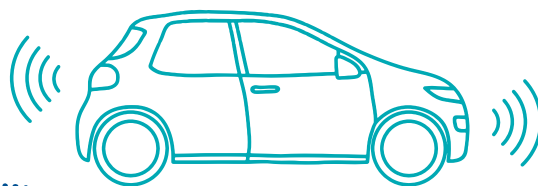
- neglects you - this is when people who are often supposed to help you don't look after you properly. For example not giving enough food, not keeping you warm and safe.

None of this is ok and you must tell someone you trust who will help you to get the support you need. You can call Childline **0800 1111** if you are under 18 or contact Northumberland Domestic Abuse Service number on **01434 608030**.

If you have a concern about any safeguarding issue (whether that be adult or children) then please contact **01670 536400** to discuss this.



# Getting around



There are different ways to travel to places including, getting a lift, walking, cycling or using taxis, buses and trains. Your family, school and college can help you learn the skills you need to travel on your own or with friends. This is called travel training.

Tips for travelling to somewhere new:

- 📍 Plan the easiest route
- 📍 Only learn one new route at a time-start with walking to the local shop
- 📍 Do the route with someone else a few times first
- 📍 Plan with someone you trust what to do if something goes wrong
- 📍 Ensure your mobile phone has credit or enough data, calls and texts, and is fully charged so you can phone someone if you get stuck

Local bus services operating across Northumberland including services into Tyne & Wear [www.nexus.org.uk/bus](http://www.nexus.org.uk/bus)

Arriva [www.arrivabus.co.uk](http://www.arrivabus.co.uk)

Community transport operator NEED [www.needltd.co.uk](http://www.needltd.co.uk)

Local cycling companies [www.activenorthumberland.org.uk](http://www.activenorthumberland.org.uk)



Northumberland County Council's Go Smarter team promotes and supports all types of sustainable travel in the county, whether that's by working with local employers and bus companies to run a bus service to key employment areas, or by encouraging school pupils to get active by walking or cycling to school. The team also works one to one with job seekers to help plan routes to their new job, offers free public transport tickets to those starting new employment and a scooter loan scheme for people who can't get to their new job on public transport.

For information about local bus services operating across Northumberland, including services that cross the border into the Tyne & Wear, visit [www.nexus.org.uk/bus](http://www.nexus.org.uk/bus) or [www.arrivabus.co.uk](http://www.arrivabus.co.uk)

Help with journey planning can also be found at Traveline North East.

Community transport operator NEED might be able to help. Their contact details are: NEED Ltd - South Road, Alnwick, Northumberland NE66 2PA  
Tel: 01665 605780  
Email: [administration@needltd.co.uk](mailto:administration@needltd.co.uk)  
[www.needltd.co.uk](http://www.needltd.co.uk)

On the Go Smarter website there is a journey planner and bus stop finder [www.gosmarter.co.uk](http://www.gosmarter.co.uk)

Some local cycling companies provide adult cycle training and supported cycle rides; look for Bike for Health, Watbike, and Cycle Experience. We also have a cycle loan scheme through Active Northumberland. [www.activenorthumberland.org.uk](http://www.activenorthumberland.org.uk)





# Support for hobbies, interests and a social life



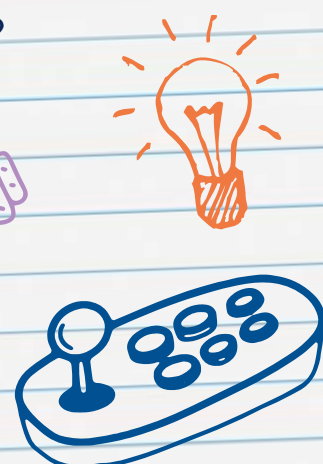
Northumberland provides a free information service - Local Offer - where you can find a list of the activities and services that are available for young people. The Families Information Service (FIS) is a free, impartial service providing information on a wide range of services for children and young people in Northumberland and their families.

If you do not feel confident about going to a group by yourself, ask a friend to come with you. When you finish college you may have a lot of free time. Taking part in activities or having hobbies and interests outside of the home can help you meet new people, keep fit, stay active and be happy.

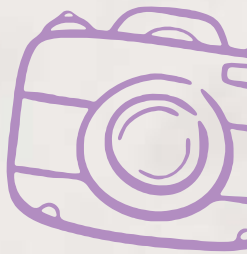
Community Centres, leisure centres, many churches and other religious centres also have events that you could join.

Taking part in activities or having hobbies and interests outside of the home can help you meet new people, keep fit, stay active and be happy.

FIS 0800 023 4440







# Staying healthy?



## How can you improve your wellbeing?

If you're living in Northumberland, want to improve your health and are over 16 you can use the health trainer's service who can work with you on a one-to-one basis or in a group. The friendly health trainers can help you stay healthy and prevent illness by:

- ♥ Identifying ways of improving your lifestyle and help you to plan and carry out those changes
- ♥ Providing information on healthy eating, weight management, making nutritional meals and snacks
- ♥ Introducing you to an exercise class or activity and come with you if it will help
- ♥ Offering encouragement and support to maintain your new healthy lifestyle
- ♥ Taking your blood pressure and carbon monoxide readings
- ♥ Signposting you to other local services
- ♥ Drawing up a personal health plan for you

[www.northumbria.nhs.uk/our-services/health-improvement/health-trainer-service](http://www.northumbria.nhs.uk/our-services/health-improvement/health-trainer-service)

You can be referred to the service by your GP, Nurse, or other Health Professional or you can get in touch with them directly on 01670 623840.

Sometimes when we grow up we may try things that are not good for us, such as smoking, drinking or drugs. If you feel you would like some advice around these choices you can contact SORTED who can provide advice and support around making safe choices. SORTED are Substance Misuse service for young people in Northumberland (substances apply to all legal and illegal drugs, alcohol, volatile substances and over the counter and prescription drugs). To get more information contact 01670 536400 / [northumberlandadolescentservices@northumberland.gov.uk](mailto:northumberlandadolescentservices@northumberland.gov.uk)



If you want to stop smoking contact Northumbria Healthcare Smoking Cessation service on 0344 811 8111 / [www.northumbria.nhs.uk/stopsmoking](http://www.northumbria.nhs.uk/stopsmoking)

## Looking after your own health, moving from Children's to Adult's Healthcare

As you get older and turn 18, you may leave Children's Health Services and might move into Adult Health Services. With this comes more choices and decision making around your healthcare which includes going to hospital, dentist and optician appointments. It is good to talk to your family, carers or school or college about teaching you how to make sure you remember to go to health appointments and practice going to these appointments.

If you have had a Paediatrician (Children's Doctor), or a healthcare professional they will not see you once you are an adult. If you have a learning disability your doctor can provide a health check for you from the age of 14. Ask your doctor to go on the disability register. Having these health checks every year will help your doctor to know you better and understand your healthcare needs.



Improve lifestyle  
Healthy eating  
Weight management  
Exercise  
Blood Pressure  
Carbon Monoxide readings  
Personal Health Plan



## Understanding your long term condition

It is important that you understand any long term condition which is affecting you such as ADHD, Autism, Diabetes and Epilepsy. Talk to your Paediatrician / Doctor or Public Health School Nurse or other people such as your parents/careers, social worker and teachers.

## Feeling worried?

Things that happen as you get older may make you feel anxious and worried which can affect your health and wellbeing. If you have any worries you can feel sick, be unable to sleep, get snappy with people, feel bad about yourself. It can make you feel like you can't cope. If you feel like running away, hurting yourself, not wanting to get out of bed or taking your own life, it's important you talk to someone.

There are lots of people to help you:

- ♥ family members / friends / teachers
- ♥ Doctor/GP
- ♥ Public Health School Nurse
- ♥ Samaritans

There are a range of self-help tools available either online at [www.northumbria.nhs.uk/our-services](http://www.northumbria.nhs.uk/our-services)

or in the local library that can help provide a better understanding of your condition.

Talking Matters Northumberland offers a free psychological treatment, support and recovery service for the people of Northumberland over the age of 16 for depression, anxiety, stress and other mental health related problems. Should you be experiencing emotional or mental health issues which affect your daily living, employment or wider health needs then Talking Matters Northumberland could be a benefit to you. [www.tmnorthumberland.org.uk/contact-us](http://www.tmnorthumberland.org.uk/contact-us)

## Knowing where to turn

For students aged 11 -19 help with all kinds of issues is available by texting the school nurse on 07507 332258.

Your pharmacist (chemist) can give you some advice if you are feeling ill but don't feel you need to see a doctor, however if you were to deteriorate you must seek medical advice. If you have a bad accident or you need to see a doctor straight away, go to Accident and Emergency or phone 999. If you are not sure you can phone 111.

## USE THE RIGHT SERVICE



### SELF CARE

Visit [www.nhs.uk](http://www.nhs.uk)

Minor cuts and grazes  
bruises and minor sprains  
Coughs and colds  
Sore throat



### PHARMACY

Minor ailments  
Bites & stings  
Upset stomach  
Medication advice



### NHS 111

Feeling unwell?  
Need medical advice?  
Don't have a GP to call?



### GP ADVICE

Out of hours call 111  
Persistent symptoms  
Chronic pain  
Long term conditions



### URGENT CARE CENTRES

Breaks and sprains  
X-Ray and ultrasound  
Cuts & grazes  
Fever and rashes

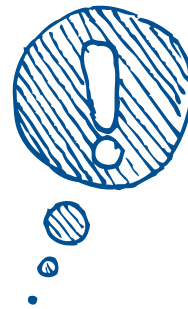


### A&E OR 999

Emergencies only  
Choking  
Chest pain  
Blacking out  
Serious blood loss



# If you need more support



Sometimes you may need more support than you can arrange for yourself or that your friends, family, or community can give you. This is when Northumberland County Council may be able to help.

If you are under 25 and you need help with learning or have a disability, the Northumberland Information Advice and Support Services may be able to help if you need information or advice.

If you already have support from Children Services they will discuss moving into adulthood with you and what support you may need at this time. This may include support from Adult Services.

Adult Social Care is about promoting independence and will aim to make you as independent as possible. This means that just because you had a service in Children Services, it does not mean you will get the same type of service in Adult Services.

Children's and Adults' Social care can be contacted on **01670 536400**.



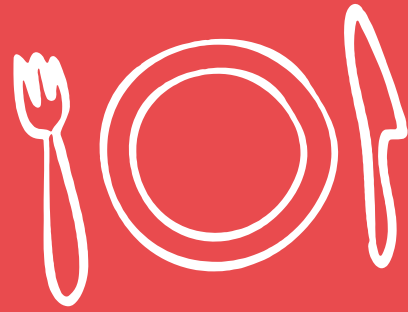
Children's and Adults' Social care

01670 536400

Northumberland Information Advice  
and Support Services

[iass@northumberland.gov.uk](mailto:iass@northumberland.gov.uk)





# Useful Contacts



**Northumberland**  
Clinical Commissioning Group



**Northumberland**  
County Council

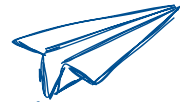
NAME / ORGANISATION	CONTACT NUMBER(S)
<b>INTRODUCTION:</b>	
<b>Adult/Children Social Care</b> If you have any safeguarding concerns please contact.	01670 536400
<b>Local Offer</b> A Local Offer gives children and young people with special educational needs or disabilities and their families information about what support services the local authority think will be available in their local area.	<a href="https://www.northumberland.gov.uk/Children/Northumberland-Local-Offer-SEND-0-to-25-years.aspx">https://www.northumberland.gov.uk/Children/Northumberland-Local-Offer-SEND-0-to-25-years.aspx</a>
<b>Citizens Advice Bureau</b> Provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities.	0344 411 1444
<b>PREPARATION FOR ADULTHOOD:</b>	
<b>Northumberland Independent Advocacy Service</b> Advocacy is when someone helps you to have your say or speaks for you, if you are struggling to be heard. Advocates support you to be involved in decisions that affect you.	01434 600599
<b>Blyth Valley Disabled Forum</b> Provide services to people who are disadvantaged and disabled allowing them to gain access to activities and the wider community.	01670 360927
<b>Wansbeck Disability Forum</b> Provide services to people who are disadvantaged and disabled allowing them to gain access to activities and the wider community.	01670 523539
<b>Mental Capacity Act</b>	<a href="http://www.northumberland.gov.uk/Care/Support/Safeguarding.aspx">www.northumberland.gov.uk/Care/Support/Safeguarding.aspx</a>
<b>Northumberland Information Advice and Support Services</b>	01670 620350 or Text 07973 600648 Email: <a href="mailto:iass@northumberland.gov.uk">iass@northumberland.gov.uk</a>
<b>Learning Disability Matters</b> For families to give parents, carers and families' straight forward pragmatic, realistic information that is aimed to help them day to day.	<a href="http://www.learningdisabilitymatters.co.uk">www.learningdisabilitymatters.co.uk</a>

NAME / ORGANISATION	CONTACT NUMBER(S)
<b>EDUCATION AND TRAINING:</b>	
<b>Careers Guidance Team-Central Office</b> Carries out the local authority's statutory responsibilities to promote participation in education, employment and training by providing access for vulnerable young people to impartial careers information, advice and guidance.	01670 622799 07827 244027 or email: <a href="mailto:careersteam@northumberland.gov.uk">careersteam@northumberland.gov.uk</a>
<b>WHERE YOU LIVE:</b>	
<b>Housing services Northumberland</b> Find information about housing services and benefits.	0345 6006400
<b>ADAPT</b> They aim to improve the quality of life of disabled people who have sensory, physical and learning disabilities or mental health problems; also people who are disadvantaged in being able to access services because they live in a rural location.	01434 600599 or email: <a href="mailto:generaloffice@adapt-tyndale.org.uk">generaloffice@adapt-tyndale.org.uk</a>
<b>Occupational Therapists for adaptations/equipment via One call</b>	01670 536400
<b>Disability North</b> Promotes inclusion, independence and choice for disabled people and their families by providing information, advice and support on any aspect of disability.	0191 2840480 <a href="http://www.disabilitynorth.org.uk">www.disabilitynorth.org.uk</a>
<b>Northumberland Fire and Rescue</b>	01670 621111
<b>Families Information service (FIS)</b> A free, impartial service providing detailed general information on a wide range of services for children and young people in Northumberland and their families.	0800 023 4440 01670 624889 or email: <a href="mailto:fis@northumberland.gov.uk">fis@northumberland.gov.uk</a>
<b>MONEY:</b>	
<b>DWP Jobcentre Plus</b> To help people of working age find employment in the UK.	0800 055 6688 <a href="http://www.gov.uk/contact-jobcentre-plus">www.gov.uk/contact-jobcentre-plus</a>
<b>Money Advice Service</b> Offers free debt advice in the UK.	0800 138 7777
<b>Northumberland BRIDGE Project</b> Work to help to remove barriers to work by helping improve health and wellbeing, self confidence, self esteem, finance and employability skills.	01665 713109
<b>FRIENDSHIPS AND RELATIONSHIPS:</b>	
<b>Sexual Health Services</b> Provide free and confidential sexual health services in North Tyneside and Northumberland for anyone aged 13 and over.	01670 51 51 51
<b>Healthwatch</b> Whether you want to register with a new GP practice or dentist, find out where your nearest urgent care centre is or need support from a local support group or national organisation, we can help you find the services you need.	<a href="http://Healthwatchnorthumberland.co.uk">Healthwatchnorthumberland.co.uk</a>
<b>Northumbria Police</b> When you need medical help fast but it's not a 999 emergency.	111

NAME / ORGANISATION	CONTACT NUMBER(S)
<b>FRIENDSHIPS AND RELATIONSHIPS (CONTINUED):</b>	
<b>Northumberland Domestic Abuse Service</b> An independent organisation that provides support for anyone experiencing or affected by domestic violence or abuse.	01434 608030
<b>MESMAC Newcastle</b>	0191 233 1333
<b>GETTING AROUND:</b>	
<b>NEED</b> A disability and community transport organisation in Alnwick, Northumberland.	01665 605780
<b>Go Smarter</b> Northumberland County Council's Go Smarter team promotes and supports all types of sustainable travel in the county.	<a href="http://www.gosmarter.co.uk">www.gosmarter.co.uk</a>
<b>Nexus</b> Plan your journey on our interactive map and see the times of the next bus, Metro, train or ferry.	<a href="http://www.nexus.org.uk/bus">www.nexus.org.uk/bus</a>
<b>Arriva</b>	<a href="http://www.arrivabus.co.uk">www.arrivabus.co.uk</a>
<b>HOBBIES:</b>	
<b>Active Northumberland</b> Active Northumberland is a charitable trust that manages leisure facilities and services throughout Northumberland on behalf of Northumberland County Council.	<a href="http://www.activenorthumberland.org.uk">www.activenorthumberland.org.uk</a>
<b>HEALTH:</b>	
<b>Counselling Northumberland</b> Counselling and Psychotherapy to adults, couples and children from age 12+.	07940 465131
<b>Health Trainer's Service</b>	<a href="http://www.northumbria.nhs.uk/our-services/health-improvement/health-trainer-service">www.northumbria.nhs.uk/our-services/health-improvement/health-trainer-service</a> 01670 623840
<b>It's good to talk</b> Confidential advice contact school nurse.	07507 332258
<b>Northumbria Healthcare Smoking Cessation Service</b>	<a href="http://www.northumbria.nhs.uk/stopsmoking">www.northumbria.nhs.uk/stopsmoking</a> 0344 811 8111
<b>Samaritans of Northumbria</b> 24 hours a day confidential service offering emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.	FREEPHONE 116 123
<b>School Nurse</b>	07507 332258
<b>SORTED</b> Substance Misuse service for young people in Northumberland.	<a href="mailto:northumberlandadolescentservices@northumberland.gov.uk">northumberlandadolescentservices@northumberland.gov.uk</a> 01670 536400
<b>Tyneside And Northumberland Mind</b> Mind Services are local advice centres to help people who experience all types of mental distress, and who may require help for mental health issues.	0191 477 4545



# Moving On Checklist



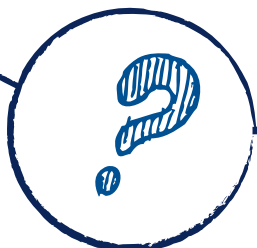
What did you learn?

What are your ideas?



What did you find useful?

What are you going to do?



# CONTACT US

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NE61 2EF

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If you need this information in Large Print, Braille,  
Audio or in another format or language, please contact us on:

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Typetalk 018001 0345 600 6400

