

Support over Christmas

SOUTHPORT FOODBANK

Last scheduled Foodbank session

Friday 23 December - 1pm-3pm at Lakeside, Marine Drive, PR8 1RY

Emergency foodbank session

Wednesday 28 December - 1pm-3pm
at the Victoria Centre, 197a Sussex Road, PR8 6DG

Usual foodbank services will resume at St Peter's Church, St Peter's Road, Birkdale, PR8 4BY on Tuesday 3 January 2023, 10am-12pm.



Mersey Care

NHS Foundation Trust

Health Visitors and **School Nurses** will be available over the festive period Monday to Friday 9am until 5pm except for Bank Holidays. If a parent/carer needs to speak to a Health Visitor or School Nurse then please phone **0151 247 6354**.

Sefton CAMHS



The **CAMHS** Crisis line is available 24 hours a day, 365 days a year.

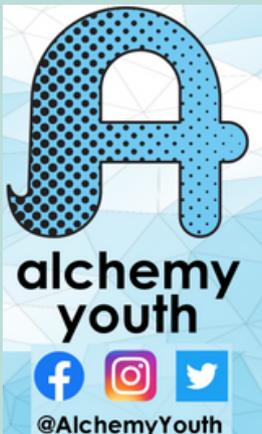
This service is available for any young person under 18 years with a GP in the Liverpool or Sefton area.

Contact number is **0151 293 3577** or freephone **08081 963 550**

Parenting
2000

Parenting 2000 will be closed from Friday 23 December 2022 to Monday 2 January 2023 inclusive, re-opening on Tuesday 3 January 2023.

3 Morningside Road, Southport, PR9 0TS. Tel: 01704 380047



Alchemy Youth Club

Seniors Aged 11-18 years £1 per session

Tuesday 20th Dec - 5:30-8:30pm

Wednesday 21st Dec - 5:00-9:00pm

Christmas party with roast dinner & awards night

(Text to book a place 07834 524987)

Tuesday 3rd Jan - HAF Session 5:00-9:00pm

(Free entry and meal for those on free school meals)

Alchemy Building, 3 Morningside Road, Southport, PR9 0TS

North Sefton

Support over Christmas



**Southport Crisis Cafe,
Alchemy Building,
Morningson Road,
Southport PR9 0TS**

The **Crisis Cafe** drop-in continues throughout Christmas and New Year for anyone suffering with their mental health.

Fri 23rd Dec 5-11pm

Sat 24th Dec 5-9pm

Sun 25th Dec 5-9pm

Fri 30th Dec 5-11pm

Sat 31st Dec 5-9pm

Sun 1st Jan 5-9pm

Tel: 03003 230197

Email: crisiscafe@seftoncvcs.org.uk

The **Christmas Shelter** pop-up project in the Alchemy Building, Morningson Road offering meals and daytime shelter to the homeless and rough sleepers. Open 9am to 1.30pm on the following dates:-

Friday 23rd Dec

Sat 24th Dec

Sunday 25th Dec

Monday 26 Dec

Tues 27th Dec

Parenting
2000

Southport Salvation Army



The Salvation Army accept referrals for clothing, furniture and emergency fuel grants.

The Centre is closed from 24th December 2022 to 2nd January 2023 inclusive.

65 Shakespeare Street, Southport, PR8 5AJ

Email address: southport@salvationarmy.org.uk

Phone: 01704 547805

The **Light for Life Hub** is the first point of call for anybody in our community needing advice on housing and related issues. It will be open throughout the Christmas period but with reduced hours as below. It is not open at weekends or bank holidays and normal hours will be resumed on 3rd January 2023.



December:

23rd – 10am – 4pm

28th – 10am – 2pm

29th – 10am – 2pm

30th – 10am – 2pm

North Sefton

Support over Christmas

withyou

Get free, confidential support with alcohol, drugs or mental health online

Webchat Christmas opening hours

24th December: 10am – 4pm
25th – 28th December: Closed
29th – 30th December: 9am – 4pm
31st December: 10am – 4pm
1st – 2nd January: Closed
3rd January onwards: Open as usual

wearewithyou.org.uk



The **IDVA** (Independent Domestic Violence Advisors) service work with female and male high risk victims (aged 16+) who are experiencing domestic abuse within intimate relationships.

Tel: 0151 934 5142
Monday to Friday 9am-5pm

Closing 22nd December 2022 and re-opening 3rd January 2023

IDVA support available:
10-4pm on 23, 28 and 29 December 2022
IDVA.Team@sefton.gov.uk / 0151 934 5142

Sefton Council



Reporting a Concern

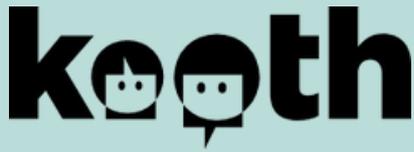
If you are worried that a child, young person or vulnerable adult in Sefton may be suffering significant harm please call **0345 140 0845** (Monday to Thursday – 9am to 5.30pm and Fridays – 9am to 5pm)

Sefton Emergency Duty Team (EDT) exists to provide an emergency service for adults and children believed to be at risk of significant harm and for whom delay until the next working day may be detrimental to their welfare and safety.

They can be contacted out of hours (including weekends and bank holidays) on **0151 934 3555**.

North Sefton

Support over Christmas



Kooth is an online counselling and emotional wellbeing service available every day throughout the Christmas holidays, giving children and young people access to free, anonymous mental health and wellbeing support outside term-time.

The graphic displays the Kooth logo at the top, followed by the heading 'Chat opening hours (Christmas and New Year period)'. Below this, there are seven white boxes with teal headers, each representing a date and the corresponding chat opening hours. The dates are: Saturday 24th December (Christmas Eve, 4pm-8pm), Sunday 25th December (Christmas Day, 4pm-8pm), Monday 26th December (Boxing Day, 4pm-8pm), Tuesday 27th December (Bank Holiday, 4pm-8pm), Saturday 31st December (New Years Eve, 4pm-8pm), Saturday 1st January (New Years Day, 4pm-8pm), and Monday 2nd January (Bank Holiday, 4pm-8pm). At the bottom of the graphic is the website address 'kooth.com'.

Date	Event	Opening Hours
Saturday 24th December	Christmas Eve	4pm-8pm
Sunday 25th December	Christmas Day	4pm-8pm
Monday 26th December	Boxing Day	4pm-8pm
Tuesday 27th December	Bank Holiday	4pm-8pm
Saturday 31st December	New Years Eve	4pm-8pm
Saturday 1st January	New Years Day	4pm-8pm
Monday 2nd January	Bank Holiday	4pm-8pm

kooth.com

National Helplines



Call 116 123
Available 24 hours a day, 365 days a year.



Text SHOUT to 85258
for free, confidential support, 24/7



Call the helpline on 0800 585858
5pm-midnight, 365 days a year



Call 0808 2000 247
free and in confidence, 24-hours a day.

For women and children.
Against domestic violence.