

Hartlepool Carers
Self-Directed Support Information – Social Opportunities



Service/Organisation	How can they help?	Contact Details	Useful Information
Families First North East	Families First North East specialise in support for children and adults with additional needs, learning disabilities and Autism	One77 175-177 York Road Hartlepool TS25 9EQ Contact: Nicola Thompson 01429 867 016 email nicola@familiesfirstne.co.uk	
Hartlepool Now	Hartlepool Now is a web site offering information on local services and activities. An up to date resource for support within the Hartlepool area.	https://www.hartlepoolnow.co.uk	
1 Stop Shop	Information for 13 - 19-year olds from dedicated professionals in a range of topics. Including education, employment, sexual health, training, volunteering, housing, and benefits.	Middleton Grange Shopping Centre Hartlepool TS24 7RJ Contact Zoe McKenna 01429 523 926	Monday – Friday 10:00 – 4:00pm Activities include arts and crafts, team building and life skills. Internet access is also available.
Silver Line	Silver Line is a confidential, free charity helpline, offering information, friendship, and advice to older people. Lines are open 24 hours a day, 365 days a year. The Silver Line team can help alleviate loneliness via regular telephone calls, emails or letters. They can also put people in touch with local social groups and services.	Call: 0800 4 708 090 https://www.thesilverline.org.uk/	
Hartlepool Community Hubs	Hartlepool Hubs bring a range of services for local people under one roof. Each Hub provide tailored services to reflect local people's needs. Dedicated Community Hub staff will be on hand to help and answer any questions you may have during your time visiting us.	North Hub 49 Mires Avenue Hartlepool TS24 9JQ 01429 271 294 South Hub Wynyard Road Hartlepool TS25 3LQ 01429 272 631 Central Hub 124 York Road Hartlepool TS26 9DE 01429 272 905	

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Hartlepool United Community Sports Foundation	Provide a variety of physical and social opportunities for people of all ages.	Tel No: 01429 862 595 E-mail: hucsf@hartlepoolunited.co.uk Victoria Park, Clarence Road Hartlepool TS24 8BZ	
Men's Shed	A male support group described as a large men's shed where men can make and mend things but also reduces isolation, helps people to make friends and improve health and well-being, a place to share a problem.	Hartlepool Men's Shed Osbourne Hall Osborne Road Hartlepool TS26 9EW E-mail: hartlepoolmensshed@gmail.com http://www.hartlepool-mensshed.co.uk/main/about-us-1	Contact for opening times. Women can access the men's shed on a Monday 10:00 – 1:00pm.
Mill House Leisure Centre	Three swimming pools, a sports hall and fitness suite, also offers a wide range of exercise classes.	Mill House Raby Road Hartlepool TS24 8AR Tele: 01429 223 791	Mill House, Headland and Brierton Centres offer a range of opportunities.
Headland Gym	Sports hall and fitness suite, also offers a wide range of exercise classes.	Headland Centre Union Street Hartlepool TS24 0AB Tele: 01429 236 564	Get Hartlepool Active Cards can be purchased from Mill House Leisure Centre, Headland Sports Centre and Brierton Sports Centre.
Brierton Gym and Sports Hall	Offers a FIFA recommended 3G football pitch, two sports halls, a dance studio and a fitness suite, as well as a wide range of exercise classes.	Brierton Centre Brierton Lane Hartlepool TS25 4AF Tele:01429 284 864	