

Parent and Family Support Sign Posting

It is always advisable to seek support through school. Your child's teacher will always be more than happy to discuss any matters which you feel may impact on your child's learning. Alternatively, you can speak Mrs Mann our family Link Worker or a member of the Senior Leadership Team who may be able to support you or make contact with support networks on your behalf.

However, if you prefer to seek support yourself, then the following support networks are available to parents / carers and families:

There is information on:

* General Support

- Bereavement
- Bullying
- Health
- Mental Health
- Single Parents
- Relationship
- Pregnancy
- Drugs and Alcohol
- Victim Support
- Domestic / Sexual Abuse



General



South Gloucestershire Council support for families:

<https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=HTIbXPBF0s8&familychannel=6-1&channel=family>

Samaritans:

08457 909090

An organisation who offer support to individuals in distress.

https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/service.page?id=4t_klwitzeU



Child line:

If you are unhappy about anything and would like to talk to someone please call 0800 11 11. There are people there all the time to listen to you.

www.childline.org.uk

Sure Start Children's Centres:

South Gloucestershire Family Information Service

https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=tCtYWOF_xtpo

Children's Centres are for children under five and their families, and offer a range of activities, play, information and support from professionals working in a wide range of fields. Services vary, depending on the various needs of the local community.

Home Start:

Home-Start Bristol/South Gloucestershire is an independent registered charity that supports struggling families, with at least one child under five, living in Bristol and South Gloucestershire.

<https://homestartbristol.org.uk/>



Housing

Shelter:

Support for individuals and families at risk of being homeless.

Tel: 0808 800 4444

http://england.shelter.org.uk/get_advice

Mental Health

Young Minds:

Organisation that supports young people and families who may be worried about mental health issues.

www.youngminds.org.uk

Emotional Health & Well-Being Directory:

This site provides a 'one-stop' directory for families and children seeking support with emotional health or well-being needs.

www.bristolccg.nhs.uk/your-health-local-services/help-and-support/young-peoples-emotional-health

MIND:

The National Association for Mental Health -

An association that supports individuals and families experiencing mental health problems.

www.mind.org.uk

KOOTH

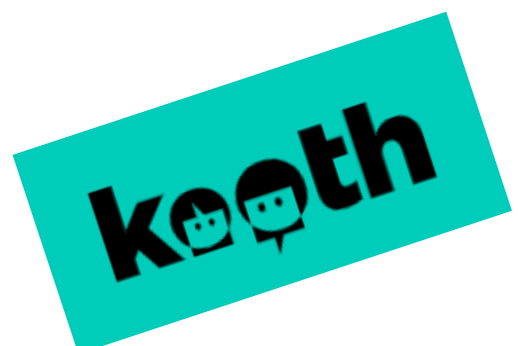
Kooth is your online mental wellbeing community. Access free, safe and anonymous. (from age 11-25)

<https://www.kooth.com/>



YOUNG MiNDS
fighting for young people's mental health

 mind



Relationship Concerns

Relate:

Nationwide service for those needing support with relationship issues. This can mean couple counselling, individual counselling and family counselling. There are local counselling centres that can be accessed in the day or evenings.

www.relate.org.uk

Or if you need support to talk to your child/children about separation/ divorce.

<https://www.relate.org.uk/relationship-help/help-separation-and-divorce/talking-about-separation/telling-children>

Or

<https://www.familylives.org.uk/advice/divorce-and-separation/your-children/what-to-tell-the-children-about-your-divorce-or-separation>

National Family Mediation:

An organisation helping families in conflict (especially those divorcing or separating).

www.nfm.org.uk

Family Lives:

Support for families of prisoners or offenders.

www.familylives.org.uk/about/our-services/action-for-prisoners-and-offenders-families

CAFCASS:

Children and Family Court Advisory and Support Service -

CAFCASS champions the interests of children involved in family proceedings, advising the family courts in England on what it considers to be in the best interests of individual children.

www.cafcass.gov.uk

NEXT LINK:

Next Link provide domestic abuse support services as well as women's mental health support. Their domestic abuse telephone help lines are open 8:30am - 5:30pm Monday to Friday and 9:30am - 1:00pm on Saturday 0117 925 0680

<https://nextlinkhousing.co.uk>



Drugs & Alcohol Support

BDP - Bristol Drugs Project:

Website and helpline to support parents who may be concerned their children are involved with drugs. Will also support family members experiencing drug related issues.

www.bdp.org.uk

FRANK:

A charity which supports children and families affected by drugs.

www.talktofrank.com

Alcoholics Anonymous:

A national helpline which supports those having difficulties with or those who are addicted to alcohol.

www.alcoholics-anonymous.org.uk

Rehab4Addiction:

A free service available to people who are recovering from drug or alcohol addiction.



Pregnancy

National Childbirth Trust:

An agency whose purpose is to provide support and evidence-based information in pregnancy, birth and early days of parenthood.

www.nct.org.uk

Miscarriage Association:

A website and helpline to offer support to those having experienced a miscarriage.

www.miscarriageassociation.org.uk

British Pregnancy Advisory Service:

BPAS is the leading provider of abortion services in the UK, with a national network of consultation centres and clinics.

www.bpas.org

Bereavement

Cruse Bereavement Care:

Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. Services are free to bereaved people. The charity provides support and offers information, advice, education and training services.

www.cruse.org.uk

Tel: 0844 477 9400

Winston's Wish:

Winston's Wish, the charity for bereaved children, helps young people re-adjust to life after the death of a parent or sibling. By providing professional assistance before, during and after bereavement they help them to better understand the nature of loss and offer the practical support and guidance that many need in order to cope throughout the grieving process.

www.winstonswish.org.uk

Tel: 08088 020 021

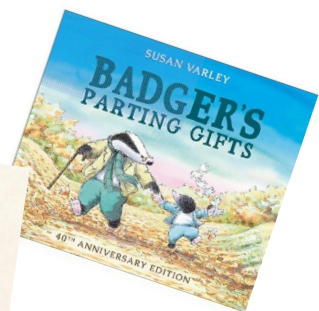
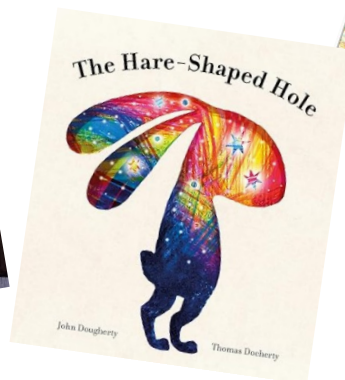


The Compassionate Friends:

Compassionate Friends UK is a peer support group operating in the United Kingdom. It is a registered charity formed by and for parents whose children have died, irrespective of the child's age at death and the cause of death, and is independent of any religious, philosophical or government body

www.tcf.org.uk

Books that may help and support your child through bereavement:



Victim Support

If you've been affected by crime, call your local victim care team in Avon and Somerset. Lines are open 9.30am-5.30pm Mondays, Wednesdays and Fridays, and 11am-7pm on Tuesdays and Thursdays.
Telephone - 0300 303 1972

<https://www.victimsupport.org.uk/resources/avon-and-somerset/>

Woman Kind provide a telephone listening support service call 0117 9166461 or 0345 4582914. Or you can email them. info@womankindbristol.org.uk

Mankind 01823 334244 National helpline for male

www.yourcircle.org.uk/Services/12765/The-ManKind-Initiative

National Domestic Abuse helpline

0800 2000247

<https://www.nationaldahelpline.org.uk>

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<https://nextlinkhousing.co.uk>

NSPCC:

Provide a 24/7 helpline for children who are experiencing domestic abuse at home and want to talk confidentially.

<https://www.nspcc.org.uk/>

0808 800 5000.

The Hideout

A women's aid online resource for children and young people providing information, support and an email service via the website:

www.thehideout.org.uk

Lesbian, Gay, Bisexual and Trans* (LGBT) Domestic Violence Helpline 0800 999 5428 see <https://www.brokenrainbow.org.uk/> for further detail.

