

# 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
- Housing
- Mental Health
- Health
- Single Parents
- Relationships
- Drugs and Alcohol Issues
- Pregnancy
- Bereavement
- Domestic / Sexual Abuse
- Victim Support
- Parenting
- Supporting children with additional needs



## 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](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](http://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=tCtYW0Fxtpo>

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](http://england.shelter.org.uk/get_advice)

### **South Gloucestershire Council Housing:**

Statutory Agency who can support families

## Mental Health

### **Young Minds:**

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

[www.youngminds.org.uk](http://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](http://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](http://www.mind.org.uk)

### **KOOTH**

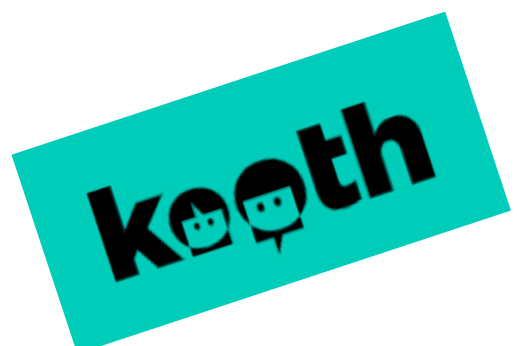
Kooth is your online mental wellbeing community. Access free, safe and anonymous. (from age 11-25)

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



**YOUNG MiNDS**  
fighting for young people's mental health

 mind



## Health

### **NHS**

<https://www.nhs.uk/>

### **Self-harm:**

Internet site which supports individuals and families affected by self-harm.

[www.recoveryourlife.com](http://www.recoveryourlife.com)

### **Weight Management:**

A weight management service for overweight children delivering programmes in schools, GP surgeries and leisure centres. The service is delivered by South Gloucestershire council.

<https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=ly5-p9Rzqeo&familychannel=12-5&channel=family>

### **Eating disorders:**

#### **BEAT:**

Site and helpline which support those affected by eating disorders.

[www.b-eat.co.uk](http://www.b-eat.co.uk)



## Single Parents

### **Gingerbread:**

An organisation that can provide expert advice, practical support and campaign for single parents.

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

### **Single Parent Travel Club:**

An organisation which promotes interaction between single parent families via holidays etc.

<https://raring2go.co.uk/services/travel-leisure/single-parent-travel-club>

### **Single parents:**

Internet site which supports one parent families

[www.singleparents.org.uk](http://www.singleparents.org.uk)



## 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](http://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](http://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](http://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](http://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](http://www.bdp.org.uk)

### **FRANK:**

A charity which supports children and families affected by drugs.

[www.talktofrank.com](http://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](http://www.alcoholics-anonymous.org.uk)

### **Rehab4Addiction:**

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

[www.rehab4addiction.co.uk](http://www.rehab4addiction.co.uk)



## 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](http://www.nct.org.uk)

### **Miscarriage Association:**

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

[www.miscarriageassociation.org.uk](http://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](http://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](http://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](http://www.winstonswish.org.uk)

Tel: 08088 020 021

### The Compassionate Friends:

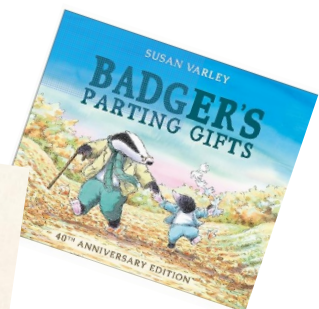
Compassionate Friends UK is a peer support group operating in the United Kingdom. It is a registered charity formed by and for parents whose children have died, irrespective of the child's age at death and the cause of death, and is independent of any religious, philosophical or government body



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[www.tcf.org.uk](http://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](mailto:info@womankindbristol.org.uk)

**Mankind** 01823 334244 National helpline for male

[www.yourcircle.org.uk/Services/12765/The-ManKind-Initiati](http://www.yourcircle.org.uk/Services/12765/The-ManKind-Initiati)

### **National Domestic Abuse helpline**

0800 2000247

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

### **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](http://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.





# Parenting



## **South Gloucestershire Council support for families:**

<https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=HTIbXPBFOs8&familychannel=6-1&channel=family>

## **South Glos – In our Place**

Online learning: free courses and resources for all South Gloucestershire families. Become a more confident parent by learning about child brain development, challenging behaviour, communication and your own wellbeing needs because parenting is a journey that is always changing.

<https://inourplace.co.uk/south-gloucestershire/>



## **South Glos Community Learning**

South Gloucestershire Council provides accessible and high quality learning opportunities for eligible adults to improve their skills and qualifications

<https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=k7J0HzmbA7w&adultchannel=8-1&channel=adult>

learn-

fami-

## **Happy parent, Happy child**

"Happy Parent, Happy Child" is there to provide information and support available to you and your child to help you thrive even when times are difficult.

<https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=A4ggGgU3O E&familychannel=6-12-1&channel=family>



# Supporting children with additional needs

## **South Glos Council**

Support for parents and carers of children with SEND

<https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=5CONFJm77o8>

## **SEND and You**

SEND and You (SAY), formerly known as Supportive Parents, provide information, advice and support about SEND to children and young people up to 25 years old and their parents and carers

<https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/service.page?id=r8ZRSE3Utl4>

Toolkit and guide

<https://www.sendandyou.org.uk/resources-2/download-our-guides-and-toolkits/>

## **South Glos Parents and Carers**

Local parent carer forum working to support and represent parent carers of children and young people (aged 0-25) with Special Educational Needs and Disabilities (SEND)

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

## **National Autistic Society**

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

## **Incredible Kids**

Play & Support for families with young people with additional needs

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

## **Gympanzees**

Their aim is to deliver multiple fully inclusive leisure facilities that are easily accessible for disabled children, young people and their families; meeting exercise, play and social needs.

<https://www.gympanzees.org/about-us>

They also have a lending Library with over 150 pieces of kit that can be borrowed, all providing essential therapy, play, and exercise

<https://lendinglibrary.gympanzees.org/>

