

# Parents Signposting Support Booklet

## Contents

Contents.....	1
General Welfare Support .....	2
Addiction support .....	3
Bereavement support .....	3
Financial support.....	4
Housing support.....	4
Medical and Mental Health support.....	5
Migrant support.....	6
Prevent.....	6
Relationship support.....	6

## General Welfare Support

Name of Support	Website and Information	Way of Contacting
<b>Action on Elder Abuse (Hour Glass)</b>	<a href="https://wearehourglass.org/">https://wearehourglass.org/</a> Protecting and preventing abuse of vulnerable older adults.	080 8808 8141
<b>Cambridgeshire Victim Services</b>	<a href="https://cambsvictimservices.co.uk">cambsvictimservices.co.uk</a> Website with a directory of services to help people who are the victims of crime.	
<b>Age UK</b>	<a href="https://www.ageuk.org.uk/">https://www.ageuk.org.uk/</a> Information and support for older people. Also provide information lines and befriending services	0800 055 6112
<b>Action on Elder Abuse (Hour Glass)</b>	<a href="https://wearehourglass.org/">https://wearehourglass.org/</a> Protecting and preventing abuse of vulnerable older adults	080 8808 8141
<b>ARU Law Clinic</b>	<a href="https://aru.ac.uk/business-and-law/economics-finance-and-law/law-clinic">https://aru.ac.uk/business-and-law/economics-finance-and-law/law-clinic</a> Committed to legal excellence and social justice, our award-winning law clinics on our campuses in Cambridge, Chelmsford and Peterborough offer free, face-to-face legal advice. We offer a free 30-minute session in Cambridge, Peterborough and Chelmsford on legal advice. Know your rights. Know your options.	<a href="mailto:lawclinic@aru.ac.uk">lawclinic@aru.ac.uk</a>
<b>ASB Help</b>	<a href="http://asbhelp.co.uk">http://asbhelp.co.uk</a> Charity designed to provide information & support for sufferers of anti-social behaviour.	<a href="mailto:admin@asbhelp.co.uk">admin@asbhelp.co.uk</a>
<b>Barnado's</b>	<a href="https://www.barnardos.org.uk/">https://www.barnardos.org.uk/</a> Counselling for children who have been abused, fostering and adoption services, vocational training and disability inclusion groups. There maybe charges for some services	01293610660
<b>Breaking Barriers (run by Ormiston Families)</b>	<a href="https://www.ormiston.org/what-we-do/working-with-families-affected-by-offending/breaking-barriers/">https://www.ormiston.org/what-we-do/working-with-families-affected-by-offending/breaking-barriers/</a> One to one support in schools for young people aged 4-19 with a close family member in prison.	<a href="tel:01473724517">01473 724517</a> <a href="mailto:enquiries@ormistonfamilies.org.uk">enquiries@ormistonfamilies.org.uk</a>
<b>Police Victim Support</b>	If you have been a victim of any crime, use these support services to help you.	<a href="#">Victim Services   Cambridgeshire &amp; Peterborough</a> <a href="https://cambsvictimservices.co.uk">cambsvictimservices.co.uk</a>
<b>Police Reporting Page</b>	If you have been involved in, affected by or witnessed a crime then use this webpage to report it.	Call 999 <a href="#">Contact us   Police.uk</a> <a href="http://www.police.uk">www.police.uk</a>

## Addiction support

Name of Support	Website and Information	Way of Contacting
Addiction Advocates	<a href="http://www.addictionadvocates.com">www.addictionadvocates.com</a> "We are Addiction Advocates, operating throughout the UK we provide a Free 24/7 national helpline. We assist those affected by substance misuse and their loved ones as well as for people suffering from drug addictions or going through a mental health crisis. If somebody is in trouble with drink or drugs, or feel they need to reach out regarding their mental state, anxiety, depression, or PTSD, Addiction Advocates are here to help.	0800 012 6088 "Text HELP To 83222 <a href="mailto:info@addictionadvocates.com">info@addictionadvocates.com</a>
AL-ANON	<a href="http://www.al-anonuk.org.uk">http://www.al-anonuk.org.uk</a> Provide support to anyone affected by another's drinking.	<a href="tel:08000086811">0800 0086 811</a> freephone (10am-10pm, 365 days a year)
Alcoholics Anonymous	<a href="http://www.alcoholics-anonymous.org.uk">http://www.alcoholics-anonymous.org.uk</a> Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.	

## Bereavement support

Name of Support	Website and Information	Way of Contacting
Brake's National Road Victim Service	<a href="http://www.brake.org.uk">http://www.brake.org.uk</a> Brake's helpline offers support to people bereaved or seriously injured road crashes and their carers	<a href="mailto:helpline@brake.org.uk">helpline@brake.org.uk</a> 0808 8000401
Child Bereavement UK	<a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a> Providing information & support To families when a child is bereaved.	<a href="mailto:helpline@childbereavementuk.org">helpline@childbereavementuk.org</a> 08000 288 840
Winston's Wish	<a href="http://www.winstonwish.org">www.winstonwish.org</a> Support children and young people after the death of a parent or sibling.	08088 020 021

## **Financial support**

<b>Name of Support</b>	<b>Website and Information</b>	<b>Way of Contacting</b>
<b>Breathing Space Debt Respite Scheme</b>	<a href="https://www.gov.uk/government/publications/debt-respite-scheme-breathing-space-guidance">https://www.gov.uk/government/publications/debt-respite-scheme-breathing-space-guidance</a>  <a href="https://www.gov.uk/government/publications/debt-respite-scheme-breathing-space-guidance-on-mental-health-crisis-breathing-space">https://www.gov.uk/government/publications/debt-respite-scheme-breathing-space-guidance-on-mental-health-crisis-breathing-space</a> A Breathing Space gives people up to 60 days respite from interest fees and court action to help reduce stress and give people time to manage their debts. If an Approved Mental Health Professional (AMHP) certifies that a person is receiving mental health crisis treatment, this evidence can be used by a debt advice provider to initiate a mental health crisis breathing space (MHCBS). The MHCBS has some stronger protections than a standard breathing space. For example, the MHCBS lasts as long as a person's mental health crisis treatment, plus 30 days (no matter how long the crisis treatment lasts).	
<b>Cambridge Money Advice Centre</b>	<a href="http://www.cambridgemoneyadvicecentre.org.uk">http://www.cambridgemoneyadvicecentre.org.uk</a> Free confidential advice to help you get out of and stay out of debt	<a href="mailto:office.mac.cambridge@gmail.com">office.mac.cambridge@gmail.com</a> 01223 727455

## **Housing support**

<b>Name of Support</b>	<b>Website and Information</b>	<b>Way of Contacting</b>
<b>Accent Group – Accent Nene</b>	<a href="http://www.accentgroup.org">http://www.accentgroup.org</a> Housing group that operates in the Peterborough area	0345 678 0555 <a href="mailto:customerservices@accentgroup.org">customerservices@accentgroup.org</a>
<b>Cross Keys</b>	<a href="http://www.crosskeyshomes.co.uk/homecare">www.crosskeyshomes.co.uk/homecare</a> Housing group that operates in the Peterborough area	01733 385000

## Medical and Mental Health support

Name of Support	Website and Information	Way of Contacting
<b>Addiss</b>	<a href="http://www.addiss.co.uk">http://www.addiss.co.uk</a> Provides information, training and support for parents and sufferers of ADHD and related issues	020 8952 2800 <a href="mailto:info@addiss.co.uk">info@addiss.co.uk</a>
<b>Andy's Man Club</b>	<a href="http://andysmanclub.co.uk/">http://andysmanclub.co.uk/</a> ANDYSMANCLUB are a Men's Mental Health Charity – Offering free-to-attend talking groups for men and challenging the stigmas around Male Mental Health. Various locations across the UK	<a href="mailto:info@andysmansclub.co.uk">info@andysmansclub.co.uk</a>
<b>Anna Freud National Centre</b>	<a href="https://www.annafreud.org/">https://www.annafreud.org/</a> The mission of the Anna Freud National Centre is to transform the experience of children, young people and their families with mental health. They do this by: Carrying out research to improve understanding of mental health and resilience and to evaluate and improve the treatments and services children and families are offered. Developing new approaches, tools and services to support children, young people and families in distress.	02077 942 313 <a href="mailto:info@annafreud.org">info@annafreud.org</a>
<b>Beat</b>	<a href="http://beateatingdisorders.org.uk">beateatingdisorders.org.uk</a> Beat is a website dedicated to Eating Disorders.	
<b>CALM</b>	<a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a> Anyone can hit crisis point. We run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems. We support those bereaved by suicide, through the Support After Suicide Partnership (SASP). 5pm–midnight, 365 days a year	0800 58 58 58
<b>Cambridge Acorn Project</b>	<a href="https://www.cambridgeacornproject.org.uk/">https://www.cambridgeacornproject.org.uk/</a> To relieve the suffering of children and families in Cambridgeshire and surrounding locations facing trauma or emotional distress by the provision of a therapeutic model of social work.	07507740047
<b>Changing Faces</b>	<a href="http://www.changingfaces.org.uk">www.changingfaces.org.uk</a> British charity supporting and representing children, young people, and adults who have a visible difference to the face, hands, or body	0300 012 0275
<b>Charlie Waller Trust</b>	<a href="http://www.charliewaller.org">www.charliewaller.org</a> This charity was established to understand and talk openly about depression and support where young people know how to maintain positive mental health.	01635 869754
<b>MindMate</b>	<a href="http://www.mindmate.org.uk">www.mindmate.org.uk</a> Helps young people understand the way they are feeling and find the right advice and support.	Advice website
<b>Mood Juice</b>	<a href="http://www.nhsinform.scot/illnesses-and-conditions/mental-health">www.nhsinform.scot/illnesses-and-conditions/mental-health</a> Offers information, advice to those experiencing troublesome thoughts, feelings and actions.	Signposts to individual mental health conditions or disorders.

## **Migrant support**

<b>Name of Support</b>	<b>Website and Information</b>	<b>Way of Contacting</b>
<b>Access</b>	<a href="https://www.accessmigrantsupport.org.uk/eu-settlement-scheme/">https://www.accessmigrantsupport.org.uk/eu-settlement-scheme/</a> ACCESS provides support to help migrants settle into their local communities. ACCESS provide free, multi-lingual advice and information and can support on a range of topics, including, but not limited to: UK Rights and Responsibilities, Health e.g. registering with a doctor or dentist, Housing and Benefits	01553 773905
<b>Migrant Help</b>	<a href="http://migranthelpuk.org">Migrant Help (migranthelpuk.org)</a> Support and help for migrants and refugees.	0808 8010 503 Self help - <a href="http://support.homepage.custhelp.com">Support Home Page (custhelp.com)</a>
<b>Refugee and Migrant Centre</b>	<a href="https://rmcentre.org.uk/">https://rmcentre.org.uk/</a> Support and help for migrants and refugees.	0800 0663 444 Email: <a href="mailto:info@rmcentre.org.uk">info@rmcentre.org.uk</a>
<b>ACH: Refugee and Migrant Support UK</b>	<a href="#">Refugee and migrant support services UK   ACH</a> Support and help for migrants and refugees.	Contact form: <a href="#">Contact ACH</a>

## **Prevent**

<b>Name of Support</b>	<b>Website and Information</b>	<b>Way of Contacting</b>
<b>Act Early</b>	<a href="#">ACT Early   Prevent radicalisation</a> If you are worried about someone close to you that is expressing extreme views or hatred. Act early and tell us your concerns in confidence. You won't be wasting our time and you won't ruin lives, but you might save them.	0800 011 3764
<b>MET Police - Prevent</b>	<a href="#">Prevent   Metropolitan Police</a> Understand what Prevent is and how to get support or report a concern.	<a href="#">0800 011 3764</a> Report online material - <a href="#">Report it online</a>
<b>Peterborough Prevent</b>	<a href="#">Preventing radicalisation - Peterborough City Council</a> Prevent awareness and local advice for people of Peterborough.	Call 101 if you have a concern. Call 999 for a suspected terrorist incident.

## **Relationship support**

<b>Name of Support</b>	<b>Website and Information</b>	<b>Way of Contacting</b>
<b>221 (Peterborough &amp; Cambridge)</b>	<a href="http://www.221.org.uk">www.221.org.uk</a> Self-help for failed marriage, picking up pieces for people left on their own, not counselling and not dating.	<a href="mailto:jenny@221.org.uk">jenny@221.org.uk/</a>
<b>Action for Children</b>	<a href="https://parents.actionforchildren.org.uk/chat/">https://parents.actionforchildren.org.uk/chat/</a> Amongst the resources provided by AfC is a free and confidential live chat service with parenting staff. Chat online or request a call back when it's convenient for you.	Online chat available through the website.
<b>Cambridge Family Mediation Service</b>	<a href="http://www.cambridgefms.co.uk">http://www.cambridgefms.co.uk</a> Professionally trained mediators and family workers supporting families through change including separation and divorce. Offering mediation, separated parenting workshops, separated parental guidance. Charges for this service.	01223 576308 01733 860376