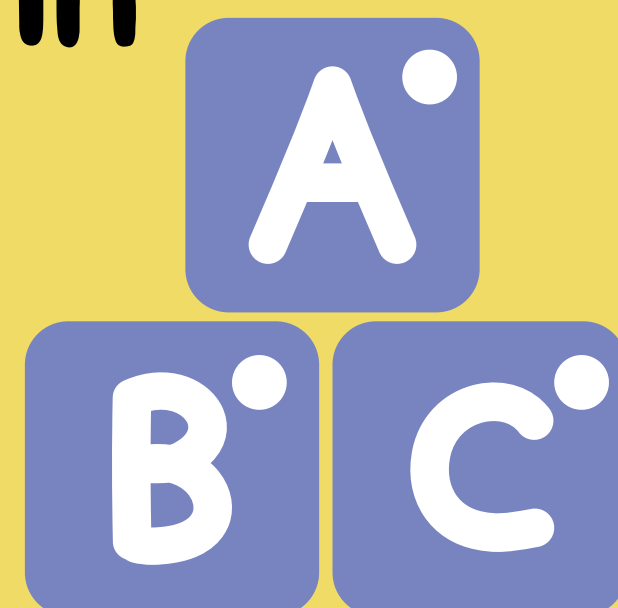




# Support for families in Cambridge



## Helplines

### THE SLEEP CHARITY

Free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents.

The helpline is open 5 times a week, Monday, Tuesday, Thursday evenings 7-9pm, and Monday, Wednesday mornings 9-11am. The number is 03303 530 541



### NESSIE

Parent Support line for parents/carers of young people with self-harming behaviours: 07932 651319 (open Wednesdays 9 am – 12 pm or by appointment)



### Young Minds

Services for parents and carers who are concerned about their child's mental health, up to the age of 25.

A parent helpline or parent webchat both open Monday – Friday 9.30am – 4pm. You can email them outside of these hours (3-5 day response time). [www.youngminds.org.uk/parent/parents-helpline-and-webchat/](http://www.youngminds.org.uk/parent/parents-helpline-and-webchat/)

Parent Helpline: 0808 802 5544



## Family support

Family Lives is a charity who supports families by providing professional, non-judgmental support and advice. They provide this through a helpline, extensive advice on the website, befriending services, and parenting/relationship support groups.

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



### Hands on Scotland

A Scottish website but with some useful guides and toolkits. This website aims to help you make a difference to children and young people's lives. It gives practical information, tools and activities to respond helpfully to troubling behaviour and to help children and young people to flourish.

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



MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself.

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





# Support for families in Cambridge



## Family Support

### Cambridgeshire County council

They run a variety of short programmes for parents of children of all ages covering topics such as managing challenging behaviours, sibling rivalry, building positive relationships and general child development. You can book the programme online.

[www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk)

Go to the Cambridgeshire County council website and search for Parenting Courses



Kinship is the leading kinship care charity in England and Wales. We're here for all kinship carers – the grandparents and siblings, the aunts, uncles, and family friends who step up to raise children when their parents can't.

Homepage – Kinship – The kinship care charity.



### The Red Hen Project

Is a hyper-local charity working directly with families, promoting positive, confident parenting and cooperative relationships between schools and families.

07966 839 635

<https://redhenproject.org/>



## Family support

### Home start

Home-Start works with families in communities right across the UK. Starting in the home, our approach is as individual as the people we are helping. No judgement, it is just compassionate, confidential help and expert support:

<https://www.home-start.org.uk/about-us>



The Cambridgeshire Holiday Activities and Food (HAF) Programme: Offers free holiday scheme places. It runs during the Easter, summer and Christmas school holidays.:

email:  
[HAF@cambridgeshire.gov.uk](mailto:HAF@cambridgeshire.gov.uk)



### NESSIE

Supporting mental health of children and young people:

- Free webinars and events
- 1-1 targeted support sessions for complex parental or family needs
- Peer support groups
- 'Chat and Connect' – an opportunity to talk about everything and anything

<https://nessieined.com/cambridgeshire-and-peterborough-parents>





# Support for families in Cambridge



## Support for additional needs and disabilities

### Pinpoint

We give help and information to parent carers of children and young people aged 0-25 with additional needs and disabilities, and give parent carers opportunities to have a say and get involved in improving local services. They offer lots of support and advice on their website and can also link you with local services and groups.  
[www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)



Spectrum is a multi-award winning, parent-led children's charity. We provide events, sessions, and support for families of children with Autism, additional needs, learning difficulties, and disabilities.

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



The Parent Partnership Service providing Cambridgeshire's SEND Information, Advice and Support Service (SENDIASS) offers impartial and confidential information, advice and support to parents and carers who have a child or young person with special educational needs (SEN) or a disability or have concerns that their child has special educational needs.  
[www.cambridgeshire.gov.uk/residents/children-and-families/local-offer/local-offer-care-and-family-support/send-information-advice-and-support-service-sendiass](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer/local-offer-care-and-family-support/send-information-advice-and-support-service-sendiass)

Special Educational Needs  
and Disability  
Information, Advice and Support  
Service (SENDIASS)

## Support for additional needs and disabilities

### ADDISS

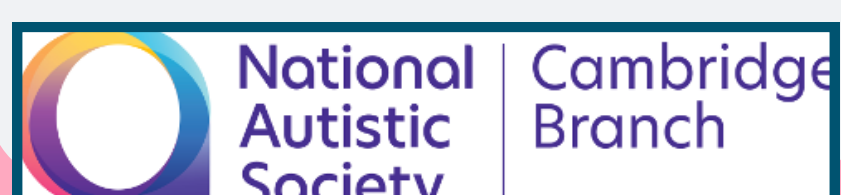
Provides information, training and support for parents and sufferers of ADHD and related issues.

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



NAS Cambridge is run entirely by volunteers with lived experience of autism. We provide support through our regular social club and carers group, and by offering information and signposting, to autistic people of all ages and their families and carers in the Cambridgeshire area.:

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



### Autism Central

This website is for parents and carers of autistic children, young people and adults. Autism Central aims to make it easier to learn more about autism and services available to you.

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





# Support for families in Cambridge



## Parenting courses

### OnePlusOne

This is where you can access online courses from the relationship experts at OnePlusOne. Wherever you are in your parenting journey, these courses will help you learn how to cope with stress and communicate better:  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)



### Romsey Mills

**Young Parents Programme** exists to help young mums and dads to fulfil their potential as parents, as individual young women and men, and as members of society.

[www.romseymill.org/young-parents](http://www.romseymill.org/young-parents)



### Place 2 Be

Parenting Smart offers practical advice for parents and carers of children aged 4–11. All of our content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families

[parentingsmart.place2be.org.uk/](http://parentingsmart.place2be.org.uk/)



## Child to parent abuse support

### Child to Parent Abuse

IDVA – The CPA IDVA works with parents/carers who are experiencing abuse from a child aged 16 or under where there has been police involvement. The CPA IDVA accepts referrals from all professionals.

Cambridgeshire County Council DASV Partnership – Child /Adolescent to Parent Violence and Abuse ([cambsdasv.org.uk](http://cambsdasv.org.uk))



**PEGS** is a social enterprise set up to support parents, carers and guardians who are experiencing Child to Parent Abuse (including those with adult offspring). We don't directly work with the child displaying the behaviours but have a network of partners whose expertise lies in this area.

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



**CAPA** is an online platform for families impacted by child to parent abuse and professionals supporting them. We work with families providing support and strategies to reexamine ways to communicate and repair fractured relationships.

Reducing levels of violence and abuse in the relationship and home

[www.capafirstresponse.org/](http://www.capafirstresponse.org/)

**CAPA FIRST RESPONSE CIC**  
Child to Parent Abuse





# Support for families in Cambridge



## Financial support

### Citizens Advice

Provides free, confidential and independent advice to help people overcome their problems. We help with everything from money issues to problems at work, housing to consumer rights. As well as lots of information on the website, they can provide support over the phone, by email, by web-chat or face to face.

Local website:  
[www.cambridgecab.org.uk](http://www.cambridgecab.org.uk)



### The Bridge Debt Advice

Friendly and caring service who can offer face to face advice on debt and money concerns. Have centres/drop ins across Cambridgeshire.

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



### Foodbank

The foodbank is able to provide three days' emergency food and support to local people who are referred to us in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

[www.cambridgecity.foodbank.org.uk](http://www.cambridgecity.foodbank.org.uk)



## Bereavement support

### Cruse Bereavement Care

Cruse offers support, advice and information to children, young people and adults when someone dies and work to enhance society's care of bereaved people. Cruse offers face-to-face, telephone, email and website support. They also have a website specifically for children and young people.

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



### Stars

Stars offers specialist bereavement support and counselling to those aged 4-19 in Cambridgeshire who may be experiencing difficulties following the loss of someone close to them, such as a friend or family member, family member or other significant person.

[www.ormiston.org/what-we-do/mental-health-and-wellbeing/support-for-children-and-young-people/orimiston-families-stars/](http://www.ormiston.org/what-we-do/mental-health-and-wellbeing/support-for-children-and-young-people/orimiston-families-stars/)

Telephone: 01223 292276



### Winston Wish

We were the UK's first childhood bereavement charity. We continue to lead the way in providing specialist child bereavement support services across the UK. Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them. Our expert teams offer one off and ongoing bereavement support, and we also provide online resources, specialist publications and training for professionals.

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



# Support for families in Cambridge



## Support with domestic abuse

### Embrace

Embrace is offering free trauma-focused CBT and therapeutic counselling for young people. Who have been victims of, or witnessed domestic abuse or sexual violence.  
[www.embracecvoc.org.uk](http://www.embracecvoc.org.uk)



Refuge supports women and children who experience all forms of violence and abuse. They have a free 24 hour helpline where they will offer confidential, non-judgmental information and expert support.  
[www.refuge.org.uk](http://www.refuge.org.uk)

Helpline: 0808 2000 247



### DASS

Domestic Abuse Support Service (DASS): provides community based outreach support to victims and survivors of domestic abuse of any gender identity and any sexual orientation living in Cambridgeshire or Peterborough.

You can telephone DASS on freephone 0300 373 1073 or email [DASSreferrals@impakt.org.uk](mailto:DASSreferrals@impakt.org.uk)



## Support with domestic abuse

### Cambridge Women's Aid

Outreach Office  
17h Sturton Street  
Cambridge CB1 2SN  
Telephone: Outreach and Floating  
Support: 01223 361214  
Telephone: Refuge: 01223 460947  
Email: [admin@cambridgewa.org](mailto:admin@cambridgewa.org).

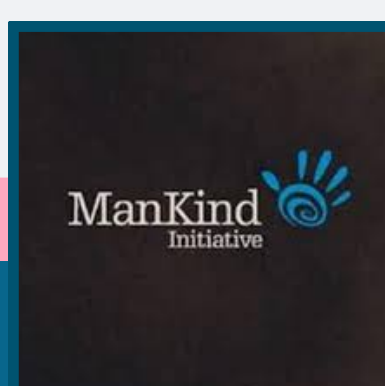


### Mankind

Our confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner). They can provide listening support over the phone and have a range of information online.

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

Helpline: 01823 334244



The Domestic Abuse Support Service (DASS) works to understand the needs and wishes of the individual and develop appropriate support and safety plans.

[www.impakt.org.uk/d-a-s-s](http://www.impakt.org.uk/d-a-s-s)

select domestic abuse – DASS





# Support for families in Cambridge



## Support with substance misuse

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. They have groups in Cambridge and Ely and also have a service specifically for teens who have been affected by someone else's drinking.  
[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)



At CASUS we provide information, support and specialist treatment in Cambridgeshire, around drug and alcohol use, to young people under 18 and their families

[www.cpft.nhs.uk/search/service/cambridgeshire-child-and-adolescent-substance-use-service-casus-180/](http://www.cpft.nhs.uk/search/service/cambridgeshire-child-and-adolescent-substance-use-service-casus-180/)



CGL Cambridge:

National health service and social care charity, that can help support challenges including alcohol, drugs and housing.

[www.changegrowlive.org/drug-alcohol-service-cambridgeshire/cambridge](http://www.changegrowlive.org/drug-alcohol-service-cambridgeshire/cambridge)



## Support with sexual abuse and eating disorders

Cambridge Rape Crisis Centre offers support to women and girls who have experienced rape, childhood sexual abuse or any other form of sexual violence.

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

Helpline number: 01223 245888

Email:  
[support@cambridgerapecrisis.org.uk](mailto:support@cambridgerapecrisis.org.uk)



The Elms SARC offers a comprehensive service for adults and children in Cambridgeshire who have experienced sexual violence or sexual abuse. Access can be via the Police and other professionals or via a self-referral pathway.

[www.theelmssarc.org/about-us.html](http://www.theelmssarc.org/about-us.html)



Beat

Beat is the UK's leading charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape. They provide loads of information and support for sufferers as well as friends and family.

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

Helpline: 0808 801 0677





# Support for families in Cambridge



## Support with carer mental health

### Lifecraft

Services include creative activities, recovery groups, social activities and employment and volunteering opportunities. Also have an Information Hub, a counselling service and Lifeline, a telephone helpline that runs 365 days a year.

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

0808 808 21 21



### Mind

Online information and support around mental health. Also offer free services such as counselling, peer support groups and art therapy groups.

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

Local services website:  
[www.cpslmind.org.uk/](http://www.cpslmind.org.uk/)



### NHS Cambridgeshire and Peterborough Talking Therapies

The teams are based in Peterborough, Fenland, Huntingdon and Cambridge and are there to help people manage common mental health problems such as anxiety and low mood which can create difficulties in a person's everyday life.

You can self-refer on the website or visit your GP for more information.

[www.cpft.nhs.uk/talkingtherapies](http://www.cpft.nhs.uk/talkingtherapies)

Phone: 0300 300 0055



## Support with carer mental health

Qwell is an online counselling and emotional well-being service for adults and those in carer's roles. They have online confidential counselling sessions and forums covering a wide range of mental health difficulties.

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



### Rethink

They provide expert, accredited advice and information to everyone affected by mental health problems. They give people clear, relevant information on everything from treatment and care to benefits and employment rights.

[www.rethink.org](http://www.rethink.org)



The Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide. They can offer support via a helpline, webchat or on their website. They can also offer support to those bereaved by suicide.

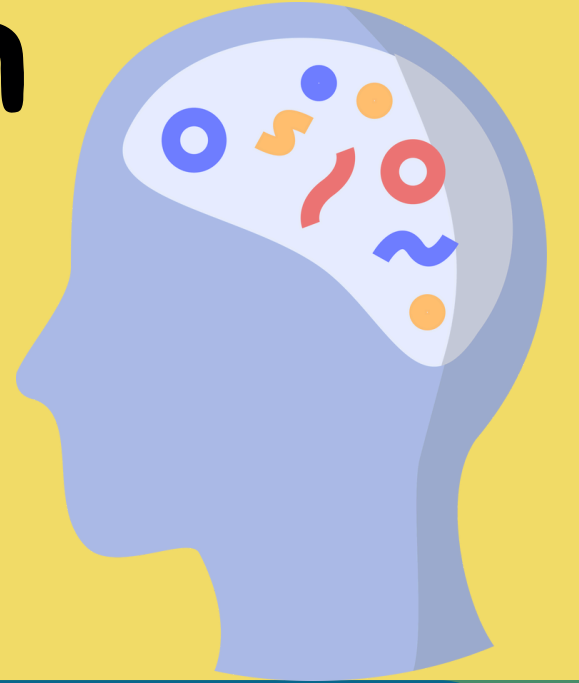
[www.thecalmzone.net](http://www.thecalmzone.net)

National Helpline: 0800 58 58 58





# Support for families in Cambridge



## Support with carer mental health

### Samaritans.

To talk about anything that is upsetting you, you can contact

24 hours a day,

365 days a year. You can call 116 123 (free from any phone),



### SANEline.

If you're experiencing a mental health problem or supporting someone else, you can call:

SANEline on 0300 304 7000 (4.30pm–10.30pm every day).



### National Suicide Prevention Helpline UK.

Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on 0800 689 5652 (6pm–3:30am every day).



## other support

The RAF Benevolent Fund has been supporting members of our RAF Family through thick and thin providing practical, emotional, and financial support whenever they need us.  
[www.raf-bf.org.uk/education/charitable-support-for-children-and-young-people/](http://www.raf-bf.org.uk/education/charitable-support-for-children-and-young-people/)

[www.rafbf.org/get-support/emotional-wellbeing](http://www.rafbf.org/get-support/emotional-wellbeing)



### Ormiston Families'

Breaking Barriers service provides support for children and young people affected by the imprisonment of a close family member.  
[www.ormiston.org/what-we-do/working-with-families-affected-by-offending/breaking-barriers/](http://www.ormiston.org/what-we-do/working-with-families-affected-by-offending/breaking-barriers/)



### National information centre on children of offenders

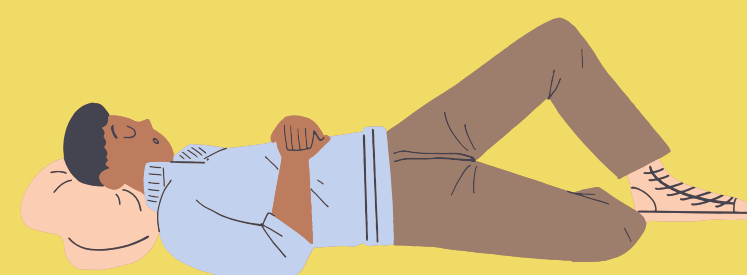
Website for professionals containing lots of resources that can be used to support a young person who has a family member in prison.

[www.nicco.org.uk/directory-of-resources](http://www.nicco.org.uk/directory-of-resources)





# Support for families in Cambridge

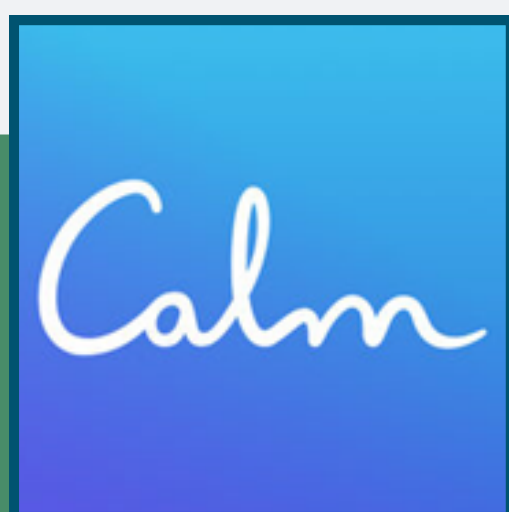


## Mental Health Apps

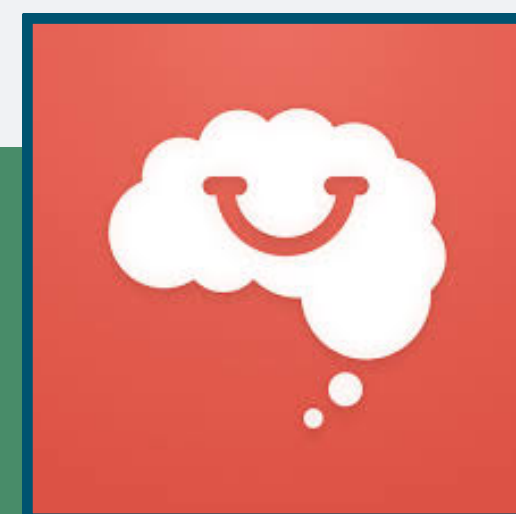
The headspace app provides hundreds of meditation and mindfulness guided audio sessions, many of which you can listen to for free. Perfect for using on a regular basis or when feeling stressed or anxious.



Calm provides a range of guided meditation exercises or varying lengths to help with things such as stress, sleep and general wellbeing. The app is free to download but you will have to pay a little in order to access all of its features longer term.



Smiling mind is a mediation app that was designed specifically for children and young people although it can be used by adults too. Just have a look in the programs section and you can find all of the age specific materials. It can be used to support children who are struggling with their emotions and it is completely free to download and use.

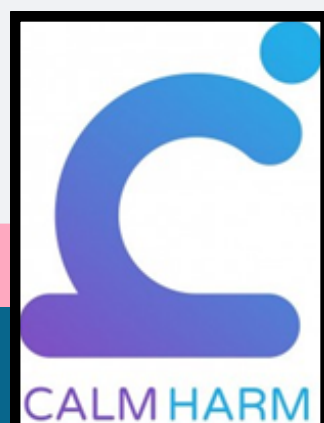


## other support

Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.



Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected. Distract helps to combat the urge by learning self-control; Comfort helps to care rather than harm; Express gets those feelings out in a different way and Release provides safe alternatives to self-injury.



MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

