

Family Support



These support groups may be useful for families to contact directly if they feel they need additional support at home with an emergency or with an on-going issue, whilst school support is unavailable during the summer holidays.

<p>If you have a concern about the safety or well-being of a child: North Somerset Children's Social Care</p> <ul style="list-style-type: none"> • https://www.northsomersetsafeguarding.co.uk/contact • phone 01275 888 808 (Mon-Fri 8.00am-6.00pm) or 01454 615 165 (out of hours/weekends) <p>Police - 999</p>		
<p><u>Centre for Separated Families:</u> Support and advice for families that are in the process of or have separated.</p>	<p>advice@seperatedfamilis.org.uk</p>	<p>0845 478 6360</p>
<p><u>Childline:</u> Free and confidential helpline for young people to speak to a counsellor from 9a to midnight.</p>	<p>www.childline.org.uk</p>	<p>0800 111</p>
<p><u>Children's Centre:</u> For support to families with a child under 5 years old.</p>	<p>www.childrencentres.northsomerset.org.uk</p>	<p>01934 426440</p>
<p><u>Citizen Advice:</u> Free support with Universal Credits, debt management, housing, Legal Aid.</p>	<p>Citizens Advice Bureau:</p> <ul style="list-style-type: none"> • https://www.nscab.org.uk/ • 03444 111444 (Mon-Fri 9am-5pm) • Email - advice@nscab.org.uk (please allow 5 working days for response) • Universal Credit Help to Claim - 0800 144 8 444 	<p>0344 411 1444</p>

<p><u>Clevedon Foodbank</u></p> <p>Support for families needing financial help with groceries.</p>	<p>https://clevedondistrict.foodbank.org.uk/get-help/how-to-get-help/</p>	<p>01934 708906</p>
<p><u>Contact for Families with Disabled Children:</u> Charity support, advice and information for families with disabled children.</p>	<p>Helpline@cafamily.org.uk</p>	<p>0808 808 3555</p>
<p><u>COVID-19:</u> Advice from the Government</p>	<p>www.n-somerset.gov.uk www.northsomersettogether</p>	<p>01934 888888</p>
<p><u>Disability Information Advice Line (DIAL):</u> Free, impartial and confidential information and support for people with disabilities.</p>	<p>mail@westondial.co.uk</p>	<p>0808 808 5252</p>
<p><u>Drugs and Alcohol</u></p>	<p>Drugs and Alcohol</p> <p>https://www.n-somerset.gov.uk/my-services/adult-social-care-health/health-wellbeing/live-healthier-lifestyle/help-drug-alcohol-misuse</p>	
<p><u>Enuresis Resource and Information Centre (ERIC):</u> A charity for children with bladder and bowel issues.</p>	<p>www.eric.org.uk</p>	<p>0808 1699 949</p>
<p><u>Family Lives:</u> Charity to support families in challenging and difficult times.</p>	<p>parentsupport@familylives.org.uk</p>	<p>0808 800 2222</p>

<p>Gemini Services: For support to women and men who are victims of domestic abuse.</p>	<p>www.domesticabuse/avonandsomersetpolice.org.uk (DAFFS)</p> <ul style="list-style-type: none"> • https://www.nationaldahelpline.org.uk/ or phone 0808 2000 247 • https://www.gov.uk/guidance/domestic-abuse-how-to-get-help 	<p>08700 664 234 0800 6949 999</p>
<p>Gingerbread: To give advice and support to single parent families.</p>	<p>info@oneparentfamilies.org.uk</p>	<p>0808 802 0925</p>
<p>Housing</p>	<p>Housing https://england.shelter.org.uk/housing_advice</p>	
<p>Kooth: Online counselling and wellbeing support for young people in North Somerset aged 10-18 years</p>	<p>www.kooth.com ifinn@xenzone.com</p>	<p>07535 088 193</p>
<p>Lighthouse: A charity supporting people in crisis, strengthening families and communities.</p>	<p>www.lighthouse-weston.org.uk</p>	<p>01934 708 166</p>
<p>NSPCC: For support with safeguarding and teaching your child to stay safe</p>	<p>nspcc.org.uk/infoservice nspcc.org.uk/pants nspcc.org.uk/speakout nspcc.net-aware.org.uk</p>	<p>0808 800 5000</p>
<p>Samaritans: For anyone needing to speak to a counsellor, available 24/7.</p>	<p>www.samaritan.org</p>	<p>01934 632 555 116 123</p>

<p><u>Springboard Opportunity Group:</u> For very young children who may need additional help.</p>	<p>wsm@springboardweb.org.uk</p>	<p>01934 426 165</p>
<p><u>Victim support:</u> To support anyone that has been affected by a crime.</p>	<p>Victimsupport.org.uk</p>	<p>0300 303 1972 0808 1689 111</p>
<p><u>Winston's Wish:</u> Supporting children through bereavement</p>	<p>ask@winstonwish.org</p>	<p>01242 515157 08088 020 021</p>
<p><u>Women's Aid:</u> For support for victims, friends and families of women experiencing domestic abuse.</p>	<p>Womensaid.org.uk</p>	<p>0808 2000 247</p>
<p><u>Young Carers:</u> To support children living with someone who has a physical or mental illness</p>	<p>alliance@youngcarers.org.uk</p>	<p>03000 120 120 (Option 3)</p>
<p><u>Children's Mental Health and Well-being</u></p>	<p>Young minds.org.uk https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/ https://www.annafreud.org/coronavirus/ Somerset Educational Psychology Service - http://www.supportservicesforeducation.co.uk/Services/3242 or phone 01823 357000</p>	<p>0808 802 5544</p>
<p><u>Adult Mental Health and Being</u></p>	<p>https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/ https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/</p>	



Additional local support systems can be found at:

www.northsomersetonlinedirectory.org.uk