



Support and Guidance Information for Parents and Carers

Service	What/Who is it for	Contact information
Food Banks	Food banks provide emergency food supplies for people in crisis. The Trussell Trust runs a network of over 400 foodbanks including many in Cambridgeshire	<ul style="list-style-type: none"> • <u>Help in a crisis - Cambridgeshire County Council</u> • <u>Find a Food Bank - The Trussell Trust</u>
Supermarket Food Vouchers	For children of school age who are eligible for benefits related free school meals	<ul style="list-style-type: none"> • <u>Cambridgeshire Holiday Voucher Scheme - Cambridgeshire County Council</u>
The Household Support Fund	Providing support to people experiencing immediate financial	<ul style="list-style-type: none"> • <u>Household Support Fund - Cambridgeshire County Council</u>

	hardship, to pay for food and household energy bills.	
Cost of Living Support/ Support with the cost of Living	Information for parents about help with childcare costs. General advice for families	<ul style="list-style-type: none"> • Family support - Help for Households
Citizen's Advice/ Money in an emergency	Wide ranging support and advice service	<ul style="list-style-type: none"> • Help in a crisis - Cambridgeshire County Council • Citizens Advice
Mental Health Crisis	If you or someone you know, is thinking of hurting themselves, has made threats to hurt you or someone else, or is feeling distress that seems overwhelming or suicide seems the only option: there are many organisations that can help with these feelings.	<ul style="list-style-type: none"> • Help in a crisis - Cambridgeshire County Council Dial 111 and select option 2 – 24 hours a day • Samaritans Dial 116 123 • Text SHOUT to 85258 - 24/7 Crisis Support
Be Well in Cambridgeshire	Advice on how to stay well this Winter	<ul style="list-style-type: none"> • Stay Well this Winter 2022 / 2023 - Be Well in Cambridgeshire (bewellcambridgeshire.co.uk)

<p>Adult Social Care</p>	<p>If you are struggling to carry out essential tasks or are concerned that another adult or older person is unable to look after themselves, please contact us.</p>	<ul style="list-style-type: none"> • <u>Help in a crisis – Cambridgeshire County Council</u> <p>Telephone: 0345 045 5202 8am to 6pm from Monday to Friday 9am to 1pm on Saturday</p> <p>If someone is in danger and unable to protect themselves, or cannot remain in the community without immediate intervention Telephone: 01733 234724.</p>
<p>Domestic Abuse</p>	<p>Support with domestic abuse concerns</p> <p>National Domestic Abuse Helpline Male Victims of Domestic Abuse Helpline</p>	<ul style="list-style-type: none"> • <u>Help in a crisis - Cambridgeshire County Council</u> • <u>Safe Spaces Locations - UK SAYS NO MORE</u> • <u>Cambridgeshire and Peterborough Domestic Violence Partnership</u> • 0808 2000 247 • 0808 801 0327
<p>Safeguarding Children and Child Protection</p>	<p>Please let us know if you have safeguarding concerns, or are worried about a child.</p> <p>If you are not a professional involved with the child or family, you do not have to give your name and your conversation will be treated confidentially.</p>	<ul style="list-style-type: none"> • <u>Safeguarding children and child protection - Cambridgeshire County Council</u> <p>If you think you or the child is in immediate danger and needs urgent help, please call the police on 999.</p> <ul style="list-style-type: none"> • Childline (under 25's) 0800 1111

<p>Early Help Support</p>	<p>Sometimes families need a bit of extra support. You might be worried about your child's behaviour or development. Or you and your family might experience some changes or difficulties that you can't manage by yourself. Whatever you are worried about, Early Help can support you and your family so that small problems do not become big problems.</p>	<ul style="list-style-type: none"> • Accessing support for your family - Cambridgeshire County Council early.help@cambridgeshire.gov.uk Telephone: 01480 376666
<p>National Citizen Service (NCS)</p>	<p>Designed for 16–17-year-olds (up to 25 for young people with SEND), NCS is a youth programme that runs every summer and autumn, during school holidays.</p>	<ul style="list-style-type: none"> • National Citizen Service (NCS) - Cambridgeshire County Council NCS Programme Manager - Kim Jeffries Email: Kim.Jeffries@cambridgeshire.gov.uk
<p>Child and Family Centres</p>	<p>For families with children aged 5 and under</p>	<ul style="list-style-type: none"> • Help with a child's behaviour - Cambridgeshire County Council • Child and Family Centres - Cambridgeshire County Council
<p>Resources for children aged 5 and over</p>	<p>For families needing support with school aged children</p>	<ul style="list-style-type: none"> • Help with a child's behaviour - Cambridgeshire County Council
<p>Parenting Programmes/ Child and Family Centres</p>	<p>Parents and carers sometimes want or need extra help or information to better equip them to deal with parenting issues. We offer a range of free programmes to help you and your family.</p>	<ul style="list-style-type: none"> • Parenting courses - Cambridgeshire County CouncilHelp with a child's behaviour - Cambridgeshire County CouncilParenting courses - Cambridgeshire County Council • Child and Family Centres - Cambridgeshire County CouncilDirectory of Services (cambridgeshire.gov.uk)

	<p>Child and Family Centres offer groups, events, activities, courses and support for families with children aged 0-19. As well as our network of Child and Family Centres, we provide activities, groups, events and courses in libraries, churches, and other community locations across the county</p>	
<p>SEND Information, Advice and Support Services (SENDIASS)</p>	<p>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. They also offer impartial and confidential information, advice and support to young people and children with special educational needs (SEN) or a disability or who have concerns they may have special educational needs.</p>	<ul style="list-style-type: none"> • <u>SEND Information, Advice and Support Service (SENDIASS) - Cambridgeshire County Council</u>
<p>Household and Local information</p>	<p>A website linking you to your nearest local council, support and important information about you area.</p>	<ul style="list-style-type: none"> • <u>My Cambridgeshire</u>

The Silver Line	The Silver Line is a free confidential telephone service helpline for older people aged 55+ The service provides friendship, conversation and support 24/7	<ul style="list-style-type: none"><li data-bbox="1055 204 1317 228">• 0800 4 70 80 90
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