

## Southampton directory of services for families

### 1. Domestic Violence:

<u>Name</u>	<u>Support</u>	<u>Contacts</u>
<b>Women's AID</b>	Support for victims of domestic violence	Web: <a href="https://www.yellowdoor.org.uk/">https://www.yellowdoor.org.uk/</a> Tel: 023 8063 6312 Email: <a href="mailto:info@yellowdoor.org.uk">info@yellowdoor.org.uk</a>
<b>Women's AID Play therapy</b>	For children aged 3 or 4 years and their mother/carer.	Tel: on 02380 2481 Email: <a href="mailto:info@southamptonwomensaid.org.uk">info@southamptonwomensaid.org.uk</a>
<b>Community safety team</b>	Support for domestic abuse	Tel: 02380 833988 Email: <a href="mailto:community.safety@southampton.gov.uk">community.safety@southampton.gov.uk</a>
<b>IRIS</b>	The IRIS programme – Identification and Referral to Improve Safety – provides training, support and a referral programme to primary healthcare staff to ensure that victims and survivors can find their way out of violence and abuse.	Web: <a href="http://www.aurorand.org.uk/services/iris/#.Vt1X451FDcs">http://www.aurorand.org.uk/services/iris/#.Vt1X451FDcs</a> Tel: 02392472165
<b>Victim Support</b>	Support for domestic abuse	Tel: Local 0845 3899528 National 0845 3030900

### 2. Finances:

<u>Name</u>	<u>Support</u>	<u>Contacts</u>
<b>Southampton City Mission</b>	Register to obtain vouchers. Food bank, donated clothes and baby equipment	Tel: 02380 550435 Email: <a href="mailto:office@southamptoncitymission.co.uk">office@southamptoncitymission.co.uk</a>
<b>The Wulfris Educational Foundation</b>	<p>1) <u>SCHOOL UNIFORMS</u> Where schools' uniform regulations result in some pupils being unable to conform because of lack of funds, grants may be made through the school.</p> <p>2) <u>SCHOOL EDUCATIONAL TRIPS</u> onal school trips will be supported by direct grants to schools.</p> <p>3) <u>APPRENTICESHIPS &amp; EMPLOYMENT GRANTS</u> The foundation intends to support young people entering employment, who require financial support for tools, text books etc. Criteria is not just low income,</p>	Tel: 02380 274555 Email: <a href="mailto:ashton.house@btconnect.com">ashton.house@btconnect.com</a>

	but extenuating circumstances such as homelessness or having to leave the home suddenly.	
<b>Southampton Welfare Line</b>	The Southampton Welfare Line 023 8001 0883 can be directly accessed by clients and the public. It can assist by providing information about support available locally.  Monday to Friday 10-12.30 and 1.30-4pm	<b>Web:</b> <a href="https://www.southampton.gov.uk/benefits-welfare/benefits-advice/benefit-changes/support--crisis.aspx">https://www.southampton.gov.uk/benefits-welfare/benefits-advice/benefit-changes/support--crisis.aspx</a>
<b>Finance and Benefits Support</b>	Finance support for family's	<p>0300 500 5000 Money Advice Service</p> <p>023 8083 3000 Welfare Rights and Money Advice</p> <p>0808 808 4000 National Debt Line</p> <p>03444 111 306 Citizens Advice Bureau</p> <p>023 8043 1435 Southampton Advice and Representation Centre (SARC)</p> <p>0345 606 0234 Job Centre Plus and Department of Work and Pensions</p> <p>023 8083 3009 (Option 2) Council Tax advice</p> <p>0800 169 6565 Age UK Advice phone line</p> <p>023 8022 4224 No Limits (Under 26)</p>

### 3. Parenting support:

<b><u>Name</u></b>	<b><u>Support</u></b>	<b><u>Contacts</u></b>
<b>Families with young children</b>	24/7 support	<b>Web:</b> <a href="https://www.parentsupportlink.org.uk/">https://www.parentsupportlink.org.uk/</a> <b>Tel:</b> 02380 230645
<b>ThinkuKnow website</b>	The parents section provides information to support parents/carers to understand and respond to the risks their children may face as they grow; covers a range of online safety issues from nude selfies to what to do if they think their child is being groomed online.	<b>Web:</b> <a href="https://www.thinkuknow.co.uk/parents/">https://www.thinkuknow.co.uk/parents/</a>
<b>Parents Protect</b>	Information and resources website which aims to raise awareness about child sexual abuse, answer questions and give adults the information, advice, support	<b>Web:</b> <a href="http://www.parentsprotect.co.uk/home.htm">http://www.parentsprotect.co.uk/home.htm</a> <b>Tel:</b> 0808 1000 900

	and facts, they need to help protect children	
<b>Family Lives</b>	Confidential helpline and online parenting courses. Also parenting advice videos or information available on the website. Anti-bullying for children.	<b>Web:</b> <a href="http://www.familylives.org.uk/">http://www.familylives.org.uk/</a> <b>Tel:</b> 0808 800 2222
<b>Family Information Service</b>	Lots of general information about assistance and support for local families. Includes Child care and advice for families. Anyone can call	<b>Tel:</b> 0800 169 8833 <b>Email:</b> <a href="mailto:fis@southampton.gov.uk">fis@southampton.gov.uk</a>

#### 4. Mental Health:

<u>Name</u>	<u>Support</u>	<u>Contacts</u>
<b>Sands</b>	Support for anyone affected by the death of a baby	<b>Web:</b> <a href="http://www.sands.org.uk">www.sands.org.uk</a> <b>Tel:</b> 0808 164 3332 <b>Email:</b> <a href="mailto:helpline@sands.org.uk">helpline@sands.org.uk</a>
<b>The Lullaby Trust</b>	Support for anyone affected by the sudden and unexpected death of a baby or young child	<b>Web:</b> <a href="http://www.lullabytrust.org.uk">www.lullabytrust.org.uk</a> <b>Tel:</b> 020 7802 3200 <b>Email:</b> <a href="mailto:support@lullabytrust.org.uk">support@lullabytrust.org.uk</a>
<b>Barnardo's</b>	Advocacy, Alcohol and substance, misuse, Black and minority ethnic communities, Child poverty, Children in trouble, Children leaving care, Children leaving asylum, Disability and inclusion, Domestic violence, Employment, Training and Consultancy, Fostering and adoption, Homelessness, Independent Support Service, Mental health, Parenting support, Sexual abuse, Sexual exploitation, Young carers	<b>Web:</b> <a href="http://www.barnardos.org.uk/what_we_do/our_work.htm">http://www.barnardos.org.uk/what we do/our work.htm</a> <b>Tel:</b> : 02380466994 <b>Email:</b> <a href="mailto:helpline@tcf.org.uk">helpline@tcf.org.uk</a>
<b>Child Death Helpline</b>	For anyone affected by the death of a child of any age from any cause	<b>Web:</b> <a href="http://www.childdeathhelpline.org.uk">www.childdeathhelpline.org.uk</a> <b>Tel:</b> 0800 282986 <b>Email:</b> None
<b>NHS Specialist mental health services <u>Early Intervention in Psychosis</u></b>	<p>This service is for anyone aged 14-35 and who appear to be experiencing their first episode of psychosis. Help by working with family or guardian and friends. Support with education and employment.</p> <p>To make a referral, you'll need to contact the <a href="#">Access and Assessment team</a> for Southampton residents. Alternatively, your GP can contact the team for you.</p>	<b>Web:</b> <a href="http://www.southernhealth.nhs.uk/services/mental-health/adult/eip/">http://www.southernhealth.nhs.uk/services/mental-health/adult/eip/</a> <b>Tel:</b> 02380 717204

	Access and assessment team	
<b>MindEd for families</b>	MindEd for Families is provided by the MindEd Consortium of professionals, funded by the Department of Education, in partnership with Health Education England. It is accredited by the NHS. Advice and tips for parents around Childrens mental health. Also some professional learning resources.	<b>Web:</b> <a href="http://minded.e-lfh.org.uk/families/index.html">http://minded.e-lfh.org.uk/families/index.html</a>