

Support for the family

Organisation	Contact details	Support for
Relate Cambridge	www.relatecambridge.org.uk 01223 357424	Relationships within the family
Education Inclusion Family Advisor	EIFA support request consent form	Package of support for families Monthly sessions for parents (sleep, eating, worry etc)
Caring Together	Disability Cambridgeshire - Caring Together Charity	Information and advice for disabled people
Cambridge Acorn Project	Our Vision — Cambridge Acorn Project	Offers therapeutic sessions to children and families who have experienced trauma
Refugee support (Cambridge City Council)	Refugee support information - Cambridge City Council	Supporting refugees with language lessons, education, finding a job, charities
The Red Hen Project	The Red Hen Project: Helping children to achieve at home and at school in Cambridge.	Support for families with children up to the age of 12 1:1 family support, term-time drop-ins/holiday groups
Cambridge online	Cambridge Online	Free digital teaching classes for parents
Children and Family Centres	Childandfamilycentre.south@cambridgeshire.gov.uk	Child/family workshops
Charlie Waller Foundation	https://charliewaller.org/	Mental health support for young people
SIBS	sibs.org.uk	Support for children who have a disabled family member
Anglia Law Clinic ARU	Law Clinic - ARU	Free 30 minute legal advice session
Civil Legal Aid	Civil Legal Advice (CLA) - GOV.UK	
Child Law Advice	https://childlawadvice.org.uk/	
Orminston Charity	Ormiston Families Brighter Futures East of England Charity : Ormiston Families	For families with a parent in prison
Kite Trust	Home - The Kite Trust	Support for children who are LGBTQ+

Connecting Together Coffee Meet	Cambridgeshire Virtual School and The Grove Primary School	For adoptive parents
Child Bereavement UK	https://www.childbereavementuk.org/when-someone-special-dies-leaflets	
Parenting courses	Webster-Stratton	For parents of children aged 4-10. Free to access for all
	Togetherness - Online Learning	Free to access, no referral needed
	Incredible years	Parenting course offered to families through Family Worker following EHA referral
	Healthy relationships	Can be referred through targeted support (ts.southcamb@cambridgeshire.gov.uk)

Finance and Housing

Organisation	Contact details	Support for
P3 Charity	https://p3charity.org	Housing advice
DLA benefit	Disability Living Allowance (DLA) for children: Overview - GOV.UK	Information on DLA eligibility for children
John Huntingdon Charity	John Huntingdon's Charity	Provides advice, housing and grants
ACTS 435	Acts 435 - giving to anyone who has need	Crowdfunding
Samir Durrani Family Community Work Coach	samirullah.durrani@dwp.gov.uk	Can arrange joint visits to families to support with advice on DWP
Little Miracles	Little Miracles - HOME	Activities for families, DLA support
Town Green Estate Grants	01223 207212	Grants for household items for families who are struggling financially in Barrington
Citizen's Advice - Debt and Money	Debt and money - Citizens Advice	
Benefits calculator	Benefits Calculator - entitled to - independent accurate reliable	Links provided from Gov.uk

	Turn2us Benefits Calculator	
	Better Off Calculator - Policy in Practice	
Home Start	Home-Start Cambridgeshire	For families with a child under 5yo Disability, housing, finance, respite, benefits
Thrive Through Recreation	Thriving Through Recreation Grants for Children and Young People	Recreational learning grants for children

Food banks

Food bank vouchers (Council)	01954 713000 (Benefits team)	For families to self-refer to get food vouchers
Food bank (Barrington)	Barrington Church	For families living in Barrington – no voucher needed - Wednesday, 2-3pm - Saturday, 10-11am
Harston Food Hub	Harston Community Food Hub Neighbourly	Every Wednesday and Friday (11.30-1)
Trussell Trust	Ending hunger together Trussell	Food bank vouchers

Emotional wellbeing

Organisation	Contact details	Support for
Centre 33	www.centre33.org.uk	Young carers
YOUUnited (CAHMS)	www.cpft.nhs.uk/younited	Child mental health
NHS talking therapies	NHS Cambridgeshire & Peterborough Talking Therapies CPFT NHS Trust	Parents can self-refer for therapy services
How are you? South Cambs	How Are You South Cambs? Home	Directory for activities locally relating to wellbeing

RCE Wellbeing Hub	RCE CPFT NHS Trust	RCE Wellbeing Hub (formerly Recovery College East) offers short bitesize courses, online and face to face, on a variety of topics aimed at helping us look after our own wellbeing and those around us.
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SEND

Organisation	Contact details	Support for
NESSie	https://nessieined.com	Mental health support for the family
Witherslack Group	Special Educational Needs Schools & SEND Support - Witherslack Group	Education provider Resources for SEN families
Pinpoint	Cambs SEND Parent/Carer Support from Pinpoint Cambridgeshire	Parents of SEN children (no diagnosis needed)
SENDIAS	Cambridgeshire Online SEND Information, Advice and Support Service (SENDIASS)	Parent of SEN children
Spectrum	Spectrum - We are Spectrum - Spectrum Cambridge	Charity supporting SEN families
I.P.S.E.A.	(IPSEA) Independent Provider of Special Education Advice	SEND law
Pinpoint parent peer-to-peer groups	Events - Pinpoint	St Neots St Ives Burwell Northstowe Central Cambridge Linton Bassingbourn
Parenting courses	Cygnet	For parents of children with ASD. Offered to parents after diagnosis

	Stepping Stones	For parents of children with SEN. These are offered via Family Worker following EHA referral
Outside of the Box parent/carer group	www.outsideofthebox.uk Admin@outsideofthebox.uk	A monthly meet up for parents/carers of children with SEN (no diagnosis needed)

Domestic Abuse

Cambridgeshire Constabulary	Support organisations for victims of domestic violence Cambridgeshire Constabulary	Support for victims of domestic abuse
Cambridge and Peterborough Domestic Abuse and Sexual Violence Partnership	Cambridgeshire County Council DASV Partnership - Local Contacts	
Woman's Aid	Cambridge Women's Aid - Supporting women affected by domestic abuse	
Domestic Abuse Support Service (DASS)	www.impakt.org.uk/dass	Can self-refer or be referred by a professional. A score of 17+ on the DASH would meet threshold for Multi-Agency Risk Assessment Conference (MARAC)
Parenting course	RISE	For parents who have experienced domestic abuse – the School can refer through targeted support