

| Organisation                              | Contact details                                                                                                        | Support for                                                                                                     |
|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| Relate Cambridge                          | <a href="http://www.relatecambridge.org.uk">www.relatecambridge.org.uk</a><br>01223 357424                             | Relationships within the family                                                                                 |
| Centre 33                                 | <a href="http://www.centre33.org.uk">www.centre33.org.uk</a>                                                           | Young carers                                                                                                    |
| YOUUnited (CAHMS)                         | <a href="http://www.cpft.nhs.uk/younited">www.cpft.nhs.uk/younited</a>                                                 | Child mental health                                                                                             |
| NESSie                                    | <a href="https://nessieined.com">https://nessieined.com</a>                                                            | Mental health support for the family                                                                            |
| Parenting courses                         | <a href="#">Cygnet</a><br><a href="#">Webster-Stratton</a>                                                             | Cygnet – for parents of children with ASD<br>Webster-Stratton – parents of children aged 4-10                   |
| Home Start                                | <a href="#">Home-Start Cambridgeshire</a>                                                                              | For families with a child under 5yo, Disability, housing, finance, respite, benefits                            |
| Education Inclusion Family Advisor        | Magda Nolan<br><a href="mailto:magdalena.nolan@cambridgeshire.gov.uk">magdalena.nolan@cambridgeshire.gov.uk</a>        | Package of support for families (prior to EHA)<br>Monthly sessions for parents (sleep, eating, worry etc)       |
| Witherslack Group                         | <a href="#">Special Educational Needs Schools &amp; SEND Support - Witherslack Group</a>                               | Education provider<br>Resources for SEN families                                                                |
| Pinpoint                                  | <a href="#">Cambs SEND Parent/Carer Support from Pinpoint Cambridgeshire</a>                                           | Parents of SEN children (no diagnosis needed)                                                                   |
| SENDIAS                                   | <a href="#">Cambridgeshire Online   SEND Information, Advice and Support Service (SENDIASS)</a>                        | Parent of SEN children                                                                                          |
| Spectrum                                  | <a href="#">Spectrum - We are Spectrum - Spectrum Cambridge</a>                                                        | Charity supporting SEN families                                                                                 |
| I.P.S.E.A.                                | <a href="#">(IPSEA) Independent Provider of Special Education Advice</a>                                               | SEND law                                                                                                        |
| P3 Charity                                | <a href="https://p3charity.org">https://p3charity.org</a>                                                              | Housing advice                                                                                                  |
| Trussell Trust                            | <a href="#">Ending hunger together   Trussell</a>                                                                      | Food bank vouchers                                                                                              |
| NHS talking therapies                     | <a href="#">NHS Cambridgeshire &amp; Peterborough Talking Therapies   CPFT NHS Trust</a>                               | Parents can self-refer for therapy services                                                                     |
| DLA benefit                               | <a href="#">Disability Living Allowance (DLA) for children: Overview - GOV.UK</a>                                      | Information on DLA eligibility for children                                                                     |
| Thrive Through Recreation                 | <a href="#">Thriving Through Recreation   Grants for Children and Young People</a>                                     | Recreational learning grants for children                                                                       |
| John Huntingdon Charity                   | <a href="#">John Huntingdon's Charity</a>                                                                              | Provides advice, housing and grants                                                                             |
| How are you? South Cambs                  | <a href="#">How Are You South Cambs?   Home</a>                                                                        | Directory for activities locally relating to wellbeing                                                          |
| ACTS 435                                  | <a href="#">Acts 435 - giving to anyone who has need</a>                                                               | Crowdfunding                                                                                                    |
| Local GP                                  |                                                                                                                        | Advising parents to visit the GP for mental health matters                                                      |
| Samir Durrani Family Community Work Coach | <a href="mailto:samirullah.durrani@dwp.gov.uk">samirullah.durrani@dwp.gov.uk</a>                                       | Can arrange joint visits to families to support with advice on DWP                                              |
| Caring Together                           | <a href="#">Disability Cambridgeshire - Caring Together Charity</a>                                                    | Information and advice for disabled people                                                                      |
| Cambridge Acorn Project                   | <a href="#">Our Vision — Cambridge Acorn Project</a>                                                                   | Offers therapeutic sessions to children and families who have experienced trauma                                |
| Refugee support (Cambridge City Council)  | <a href="#">Refugee support information - Cambridge City Council</a>                                                   | Supporting refugees with language lessons, education, finding a job, charities                                  |
| Cambridgeshire Constabulary               | <a href="#">Support organisations for victims of domestic violence   Cambridgeshire Constabulary</a>                   | Support for victims of domestic abuse                                                                           |
| The Red Hen Project                       | <a href="#">The Red Hen Project: Helping children to achieve at home and at school in Cambridge.</a>                   | Support for families with children up to the age of 12<br>1:1 family support, term-time drop-ins/holiday groups |
| Cambridge online                          | <a href="#">Cambridge Online</a>                                                                                       | Free digital teaching classes for parents                                                                       |
| Children and Family Centres               | <a href="mailto:Childandfamilycentre.south@cambridgeshire.gov.uk">Childandfamilycentre.south@cambridgeshire.gov.uk</a> | Child/family workshops                                                                                          |