

USEFUL WEBSITES AND RESOURCES

ADULT LEARNING

Vision to learn

www.alison.com

www.openculture.com

one-plus-one (e-learning)

Working for Essex

Rivermill centre or Northbrooks House, Harlow

Bob Crosby (Adult Education in schools) 01279 436230

www.alcama.co.uk (training for foster carers)

training@interact.org.uk – 01245 608307 courses and training opportunities (CWD)

Essex safeguarding children board

Working together website

PARENTING

www.netmums.com (internet support and advice)

www.youngminds.org.uk (parents free helpline) 0808 802 5544

www.home-start.org.uk support for young families

www.gingerbread.org.uk (single parents) helpline - 0808 802 0925

www.sparklebox.co.uk (resources for parents – certificates, charts etc)

www.familyandparenting.co.uk

www.handonscotland.co.uk

www.yourhorizons.com (one parent families)

www.eric.org.uk (incontinence/bedwetting in children)

www.fathersdirect.com (website for dads)

www.fnf.org.uk (families need fathers)

www.seperatedfamilies.org.uk (centre for separated families)

www.parentlineplus.org.uk

www.jrf.org.uk (Joseph Rowntree Foundation)

www.womansaid.org.uk (domestic violence & family support)

www.familylives.org.uk (various family support and helpline)

www.supportline.org.uk Supportline. Helpline: 01708 765200 (support on any issue, any age person, parents, grandparents, children etc)

www.familyholidayassociation.org.uk holidays/day trips for disadvantaged parents

www.barnardos.org.uk --provide advocacy services amongst lots of others

FINANCIAL

www.quakersocialaction.com/madeofmoney/money-plan
www.quakersocialaction.com/madeofmoney/how-i-can-save
www.moneyadvice.service.org (0300 500 5000)
www.nationaldebtline.co.uk (0800 808 4000)
www.harlowsave.coop (01279 451234)
www.cces.co.uk (debt counselling) (0800 1381111)
www.moneybasics.co.uk
www.moneysavingexpert.com
www.turntous.org.uk (money advice) 0808 802 2000
www.hmrc.gov.uk (tax helpline) 0845 300 0627
www.taxcredits.inlandrevenue.gov.uk (Tax Credits) 0845 300 3900
www.direct.gov.uk/payworkandrights (pay and rights help) 0800 917 2368
www.gov.uk/legalaid
www.lawsociety.org.uk
www.familybudgetinguk
csa-nei@new100.dss.gsi.gov.uk (child support agency)
www.lovemoney.com/news/ways-to-save/finance
www.family-budgeting.co.uk
www.familymoneybox.co.uk
www.myfamilyclub.co.uk Child maintenance options – 080 083 5130
[Child maintenance service – 0345 2668792](http://www.childmaintenance.gov.uk)

EDUCATION

www.education.gov.uk
www.legislation.gov.uk (The Education (penalty notices) Regulations 2007)
 BBC learning zone (confidence, feelings etc for kids)

CHILDREN WITH DISABILITIES

www.familyfund.org.uk (08449 744099) (4 Alpha Court, Monks Cross Drive, York, Y032 9WN)
www.practicalautismresources.com
www.acuro.org.uk
www.crossroadsessex.org.uk
www.familiesinfocussessex.org.uk (information & family support for families of CWD+ independent support workers for parents going through the new assessment for an Education Health Care Plan) 01245 120 3717
supportplanning@interact.org.uk – (Interact - independent support essex) Help with HCP's, one planning, workshops etc
youngpeopleteam@interact.org.uk – (interact activities and opportunities for YP across Essex.)
training@interact.org.uk – 01245 608307 courses and training opportunities

www.cerebra.org.uk (brain injury charity)

www.scope.org.uk/support/families/parent-and-carers (support & information)

Parent partnership – support from LA for parents at school/meetings etc 07880 092785 (Debra Quelch)

www.dyslexiaaction.org.uk (information on dyslexia)

www.aspergers.org.uk

SAFE – Supporting Asperger Families in Essex

pactforautism.org.uk - Support for Autistic children and adults.

ipsea.org.uk Independent Parental Special Education Advice. (Lots of information on SEN, EHCPs, tribunals, the law etc)

SOSsen.org.uk (Independent, confidential helpline for parents & others looking for advice & info on SEND. 0300 302 3731 or 0208 538 3731

www.bild.org.uk – The British Institute of learning Disabilities

www.autismlinks.co.uk - everything you need to now all in one place.

LEGAL

www.childrenslegalcentre.com (Free legal & information of all aspects of family, child & education law affecting children and families) 0808 802 0008 (8 – 8 mon-fri)

www.childadvicelaw.org.uk Coram 0300 3305480 (free legal advice regarding contact issues)

National association of contact centres – 0845 4500280

CHILDREN

Childline

NSPCC

www.cyh.com (child & youth health)

Essex safeguarding children board (info on bullying FGM, mental health, signposting)

Rise above website – info on relationships, pressure etc

FRANK – info on drug abuse

Supportline – www.supportline.org.uk. Helpline: 01708 765200 (support on any issue)

kooth.com – online support for young people from 10yrs and up

MENTAL HEALTH

Samaritans free from mobs: 116123

West Essex MIND 01279 421308

Kooth – www.kooth.com – for 11-19 year olds.

cavessexcp@catlepointavs.org.uk 01268 638416 (anxiety etc for 8 – 19 years old)

National Children's Bureau – A whole school framework for emotional wellbeing & mental health.

ESCB – How to promote positive emotional wellbeing & reduce the risk of suicide in children & YP.

OTHER

Sarah's law – child sex offenders disclosure scheme (CSOD). This allows people to formally ask the police if someone who has access to a child has a record of child sex offences.

Claire's law – domestic violence disclosure scheme – gives any member of the public a right to formally ask the police whether a person has a history of domestic violence if they are concerned about a friend, neighbour, relative etc. You will be required to give your details. To access, walk into any police station and enquire.

GENERAL AND LEGAL ADVICE

Citizens Advice – www.adviceguide.org www.harlowcitizensadvice.org.uk (0845 120 3717)

Harlow branch opens 10-4, Mon - Fri

www.theyworkforyou.com (department for education website)

www.gov.uk/legalaid (0845 345 4345)

www.lawsociety.org.uk

Ethnic minority Achievement Services (Essex County Council)

www.marriedornot.org.uk (legal differences at a glance)

www.acas.org.uk (Advisory, conciliation and arbitration service) (0845 747 4747)

www.harlow.gov.uk/advice

www.essex.gov.uk Essex County Council

www.iss.org.uk (01279 639442) Support for immigrants.

HOUSING AND HOMELESSNESS

www.street2homes.org (01279 430011) (homeless charity – Harlow)

www.shelter.org.uk (0300 1234)

Harlow Housing Allocation Team (01279 446644)

HEALTH

www.nhsdirect.nhs.uk

Community Drug and Alcohol team (CDAT) (01279 698721)

www.fpa.org.uk (Family Planning Association) (01279 694915)

www.saferplaces.co.uk (Domestic abuse) (0845 0177 668)

www.alcoholconcern.co.uk

www.adfam.org.uk Support for families around alcohol/drugs

www.adasuk.org Adas, (01279 438716)

www.mind.org.uk (mind) helpline – (0845 766 0163)

RELATIONSHIPS

www.mediationhertsandessex.co.uk (mediation) (01279 426749)

www.mymumanddadarguealot.org.uk (resources for practitioners)

www.oneplusone.org.uk (information centre on relationships)

www.essexmediation.co.uk (01279 311431)

www.thecoupleconnection.net (for parents who want to improve their relationships)

www.relate.org.uk (Family counselling services)

Support for all – The families and relationships green paper

Think Family – improving the life chances of families at risk (social exclusion task force 2008)

RESOURCES

www.behaviorcharts.com

www.primaryresources.co.uk

www.tpet.co.uk

www.sparklebox.co.uk

www.twinkl.co.uk (login – Dancing Queen. Password – resources)

www.pta.org.uk

Phoenix resource centre (Harlow) Mon 10am – 4pm; Wed 10am – 7.30pm; Sat 10am – 12

TEENAGERS/CHILDREN

www.familylives.org.uk (advice for bringing up teenagers and internet safety)

www.thesite.org.uk (site for teenagers)

www.youngminds.org.uk (for parents and teenagers)

www.harlowcarers.org.uk Tel: 01279 308314 (support for children/teenagers who are carers)

www.thinkuknow.com (Tips & advice on internet safety and safe surfing).

www.internetmatters.org (Tips and advice on children's internet safety).