

# Helpful Websites

## FAMILY LIFE AND RELATIONSHIPS:



Information site for anyone who is raising children on their own, whether through relationship breakup, illness, bereavement, work commitments or choice.

<http://www.singleparents.org.uk/>



"Single parents, equal families" – providing expert advice, practical support and campaign for single parents. Fact sheets available to download from the website. <http://www.gingerbread.org.uk/>



An independent charity with experienced and trained counsellors who work with couples or individuals.

<http://www.relate-worcestershire.org/>



Charity specialising in law and policy affecting children and young people. CCLC provide free legal information, advice and representation to children, young people, families, carers and professionals.

<http://www.childrenslegalcentre.com/>

## MONEY WORRIES:










Charity that helps you find out what money you are entitled to and how to apply. [www.turn2us.org.uk](http://www.turn2us.org.uk)







Free and impartial money advice, set up by Government. Website offers advice and guides to help improve finances, tools and calculators to help you keep track and plan ahead, and support in person, over the phone and online.

<https://www.moneyadviceservice.org.uk/en>

	<p>A registered national debt advice and education charity offering free, confidential support and advice to anyone worried about loans, credit and debt.</p> <p><a href="http://www.debtadvicefoundation.org/">http://www.debtadvicefoundation.org/</a></p>
	<p>Christians Against Poverty (CAP) help people who are feeling the weight of debt, struggling to find work or need help budgeting. Help is free and available to all, regardless of religion.</p> <p><a href="https://www.capuk.org/">https://www.capuk.org/</a></p>
 <b>Department for Work &amp; Pensions</b>	<p>The Department for Work and Pensions (DWP) is responsible for welfare, pensions and child maintenance policy. Some of their aims include reducing poverty, helping people find and stay in work, and enabling disabled people to fulfil their potential.</p> <p><a href="https://www.gov.uk/government/organisations/department-for-work-pensions">https://www.gov.uk/government/organisations/department-for-work-pensions</a></p>
	<p>National debt line offering free, independent and confidential debt advice run by the charity 'Money Advice Trust'.</p> <p><a href="https://www.nationaldebtline.org/#">https://www.nationaldebtline.org/#</a></p>
	<p>The Bethany foodbank is local to SS Mary and John school and can provide free food parcels to families in need.</p> <p><a href="https://www.neighbourly.com/project/561d23548f60fd05c8ff3b48">https://www.neighbourly.com/project/561d23548f60fd05c8ff3b48</a></p>
	<p>Grow baby baby bank is a charity that provides new and used clothes, toys and equipment for children aged 0-5.</p> <p><a href="https://www.birminghamvineyard.com/growbaby">https://www.birminghamvineyard.com/growbaby</a></p>
<b>MENTAL HEALTH AND WELLBEING:</b>	
 <b>Birmingham and Solihull Mental Health</b> <small>NHS Foundation Trust</small>	<p>Information regarding the support that can be found via the NHS for children with mental health needs</p> <p><a href="https://www.bsmhft.nhs.uk/our-services/children-and-young-peoples-services/">https://www.bsmhft.nhs.uk/our-services/children-and-young-peoples-services/</a></p>

	<p>Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy.</p> <p><a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a></p>
	<p>Mental Health Charity that can help you make choices about treatment, understand your rights or reach out to sources of support.</p> <p><a href="http://www.mind.org.uk/">http://www.mind.org.uk/</a></p>
	<p>A partnership of organisations that have come together to support children, young people and families in Birmingham with their mental health.</p> <p><a href="https://forwardthinkingbirmingham.nhs.uk/">https://forwardthinkingbirmingham.nhs.uk/</a></p>
	<p>Helping people affected by mental illness by challenging attitudes and changing lives. Offering advice and information, and running mental health services and support groups.</p> <p><a href="http://www.rethink.org/">http://www.rethink.org/</a></p>
	<p>Mental health charity providing care and emotional support for people with mental health problems and their families.</p> <p><a href="http://www.sane.org.uk/home">http://www.sane.org.uk/home</a></p>
	<p>UK Charity committed to improving the emotional wellbeing and mental health of children and young people. Website provides resources for Children and their parents, including a parent helpline (9.30-4, Monday to Friday).</p> <p><a href="http://www.youngminds.org.uk/">http://www.youngminds.org.uk/</a></p>
	<p>Offering support to people in distress. Provide a free of charge confidential helpline.</p> <p><a href="http://www.samaritans.org/">http://www.samaritans.org/</a></p>
<b>Housing and Homelessness:</b>	

	<p>Housing and homelessness charity.</p> <p><a href="http://england.shelter.org.uk/home">http://england.shelter.org.uk/home</a></p>
	<p>Birmingham City Council information regarding housing and what to do if you find yourself homeless.</p> <p><a href="https://www.birmingham.gov.uk/info/20207/homelessness">https://www.birmingham.gov.uk/info/20207/homelessness</a></p>
<b>BEREAVEMENT AND LOSS:</b>	
	<p>At Forward thinking Birmingham you can find a list of different bereavement support services that can be found in Birmingham</p> <p><a href="#">Bereavement Support Services   Forward Thinking Birmingham</a></p>
	<p>Website offering information and links to organisation and services which may be able to offer support and assistances following the death of a loved one or close friend.</p> <p><a href="http://www.bereavementsupportworcestershire.org.uk/">http://www.bereavementsupportworcestershire.org.uk/</a></p>
	<p>Child bereavement charity offering practical support and guidance to bereaved children, their families and professionals.</p> <p><a href="http://www.winstonswish.org.uk">http://www.winstonswish.org.uk</a></p>
<b>DOMESTIC VIOLENCE AND ABUSE:</b>	
	<p>Birmingham and Solihull Women's Aid Supporting women and children affected by Domestic Abuse in the local area, offering 1:1 support, community support and recovery groups.</p> <p><a href="#">Homepage - Birmingham Solihull Women's Aid</a></p>
	<p>Respect- Men's advice line Supporting men who are victims of Domestic Abuse.</p> <p><a href="https://mensadvice.org.uk/">https://mensadvice.org.uk/</a></p>

	<p>The National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstance, race, gender or sexual orientation. <a href="http://www.ncdv.org.uk">http://www.ncdv.org.uk</a></p>
	<p>Charity that supports children who are affected by domestic abuse.</p> <p><a href="https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/child-abuse-and-harm/children-affected-domestic-abuse-violence">https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/child-abuse-and-harm/children-affected-domestic-abuse-violence</a></p>