

Support for: Parents, guardians and carers



NSPCC Support

Lots of useful support and advice can be found here including mental health and dealing with difficult situations etc



www.nspcc.org.uk/keeping-children-safe/support-for-parents

0808 800 5000

Police

If someone is in immediate danger: 999
Non-emergency: 101



Crime Stoppers (anonymous and safe): 0800 555 111

Helping Your Child Stay Safe Online

As the summer holiday period begins, many children and young people will often spend an increasing amount of time online. However, staying safe online is fundamentally about behaviours rather than the technology itself. These resources provide some useful tips for parents/carers when discussing online environment with your child or children. Click on the link below to find out more:



www.lancshiresafeguarding.org.uk/online-safeguarding/parents-and-carers

Anna Freud Centre for Families and Children

Advice and guidance for parents /carers to help support their children. Includes well-being advice for parents.

www.annafreud.org/parents-and-carers

020 7794 2313



Charlotte Lowe Psychological Services

The parent/carers information leaflet offers advice on the importance of practising self-care and outlines different ways parents and carers can maintain positive emotional wellbeing.

www.charlottelowepsychologicalservices.co.uk/files/parental-self-care-booklet.pdf

Samaritans

A confidential, emotional support service for anyone in the UK and Ireland. Available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide.



Information can be found on their website at www.samaritans.org

Call : 116 113

Email : Put your feelings down to jo@samaritans.org
(response time is 24 hours)

Horizons by Lancashire County Council

This is a course for parents suffering with low mood, confidence and / or low self-esteem.

Call 01772 532930 for more details

CAMHS Resources for Parents and Young People

This is a collection of books designed to help young people and families cope with challenges that can occur with their mental health and emotional wellbeing during childhood and adolescence. It is not an exhaustive list, just ones that we are aware of and have been recommended to us by families. If there are books you have found useful please let us know and we can add them. If you click on the images there are descriptions of each book

www.camhs-resources.co.uk/books

Lancashire County Council

Advice and Support for Your Health and Wellbeing

www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing

Possible help with household bills

Support with energy bills, white goods, other items. The website says this is open until March 2022, but this has been extended so further funding is available for a limited time.



Household Support Funding has come from government to local authorities, to support those who are struggling to afford food, cover basic heating costs and access other essential items this winter. The funding is available on one-off basis.

Support fund can be utilised for energy bills, and application will be considered for essential household items, school uniform etc. To apply, click on the link below

<https://southribble.gov.uk/householdsupportfund>

01772 625 625

Local Food Banks

Penwortham Food Bank is run by Churches Together and is based at Penwortham Community Centre, Kingsfold Drive PR1 9EQ. The food bank is open every Friday 9.30 am to 12 noon.



Preston City Council are committed to increasing access to food to our communities. They are here to support families wherever they can. For more information, click on the link below.

www.preston.gov.uk/article/1096/Food-access

Free Days Out

Click on the link below to 100s of free days out for you and your family this summer. There's lots to do, lots to see and lots to enjoy.



www.visitlancashire.com/things-to-do/free-days-out