

## Support for parents

### Help for Families

#### **Just One Norfolk**

Huge resource of trusted help, advice and information for pregnancy, birth and parenthood, run by Norfolk & Waveney Children and Young People's Health Services. Families, professionals and young people are welcome to get in touch.

**Website:** [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk)

**Phone number:** 0300 300 0123

#### **Family Lives**

Parenting advice videos and courses; forum; confidential helpline, live chat and email service offering emotional support, information, advice and guidance on any aspect of parenting and family life.

**Website:** [www.familylives.org.uk](http://www.familylives.org.uk)

**Phone number:** 0808 800 2222

#### **FamilyLine**

Free emotional support, information and guidance on family relationships – including siblings – conflict, parenting, caring, financial worries and more

**Website:** <https://family-action.org.uk/>

**Phone number:** 0808 802 6666 Open Monday-Friday, 9am to 9pm

**Text:** 07537 404 282

Email support and online chat also available

#### **Homestart**

Provides volunteers with parenting experience who can offer one-to-one support to parents with young children under the age of five years.

**Website:** <https://homestartnorfolk.org/>

#### **Care for the Family**

Christian organisation supporting families of all faiths or none, offering information, support and parenting courses.

**Website:** [www.careforthefamily.org.uk/support-for-you/family-life/parent-support/](http://www.careforthefamily.org.uk/support-for-you/family-life/parent-support/)

**Phone Number:** 029 2081 0800

#### **Spurgeons**

Great resources and articles for parents regarding bullying, self-harm, stress and wellbeing, partner/parent in prison and financial advice.

**Website:** [www.spurgeons.org](http://www.spurgeons.org)

#### **Ormiston Families**

Range of services for families who have a relative in prison.

**Website:** [www.ormiston.org/](http://www.ormiston.org/)

**Email:** [enquiries@ormistonfamilies.org.uk](mailto:enquiries@ormistonfamilies.org.uk)

**Phone number:** 01473 724517

## **FYI Norfolk**

Information for young people, including about parents' divorce and separation

**Website:** <https://www.fylnorfolk.nhs.uk/>

## **Children Heard + Seen**

Free support for children with a parent in prison.

**Website:** <https://childrenheardandseen.co.uk/>

## **Childline**

Free and confidential service relating to all questions about safeguarding and helping children affected by abuse.

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

**Phone Number:** 0800 1111

## **For Baby's Sake**

A programme that works with the whole family to address the pain and trauma of abuse and break the cycle for the children. Support for families with children 0-1001 days old.

**Website:** [www.forbabysake.org.uk](http://www.forbabysake.org.uk)

**Phone Number:** 01438 873420

## **Help for Mothers**

### **Match Mothers**

Charity that offers non-judgmental support and information to mothers apart from their children for any reason.

**Website:** [www.matchmothers.org](http://www.matchmothers.org)

**Phone Number:** 0800 689 4104 Open 9.30am to 1.00pm and 7.00pm to 9.30pm

### **Only Mums**

Supports women who are struggling to make the best decisions for their family during separation and divorce. Wide range of information, advice articles and videos.

**Website:** [www.onlymums.org](http://www.onlymums.org)

### **Feathers Futures**

A place for women from the Great Yarmouth area to come and make friends, socialise, learn new skills and receive support. Runs the 12 week Domestic Abuse Recovery Toolkit Course.

**Website:** [www.feathersfutures.org](http://www.feathersfutures.org)

**Phone Number:** 01493 268222

## **Help for Fathers**

### **Only Dads**

Supports men who are struggling to make the best decisions for their family during separation and divorce. Wide range of information, advice articles and videos.

**Website:** [www.onlydads.org](http://www.onlydads.org)

### **Dads Matter**

Courses for fathers: whether a dad is living with his children or apart, it focuses on the importance of his role in their upbringing. Welcomes not just biological fathers but also any significant male role model in a child's life. Course dates and locations throughout Norfolk.

**Website:** [www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/dads-matter/](http://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/dads-matter/)

### **Dads Unlimited**

Supporting the wellbeing of fathers through family separation with one-to-one mentoring, helping to achieve a positive relationship with their children, reducing parental conflict and improving co-parenting relationships.

**Website:** [www.dadsunltd.org.uk](http://www.dadsunltd.org.uk)

**Phone Number:** 01233 680150

### **Menscraft**

Offers various programmes for Norfolk men who would like support with their parenting, eg DadsOnside, Caring Dads, Learner Dads.

**Website:** <https://menscraft.org.uk/about-us/parenting/>

**Phone Number:** 0800 208 8382

### **Match of the Dads**

Norfolk-based football league and support network for Dads, Step-Dads and Dads to be; providing help, advice and support as well as sport and socializing.

**Website:** [www.matchofthedads.com](http://www.matchofthedads.com)

**Email:** [matchofthedads@outlook.com](mailto:matchofthedads@outlook.com)

### **Dadvengers**

Supporting dads to have the confidence to be inspiring parents while also promoting positive mental health for men

**Website:** <https://dadvengers.com/>

**Email:** [info@dadvengers.com](mailto:info@dadvengers.com)

## **Special needs**

### **Special Needs Jungle**

Parent-led information, resources, tips, facts and examples to help families get the help they need.

**Website:** [www.specialneedsjungle.com](http://www.specialneedsjungle.com)

**Directory of support services:** [SNJ Helpful links22.docx](#)

### **Family Voice**

Forum for parents and carers of children and young people with special educational needs and/or disabilities (SEND) in Norfolk. Not a support or information service but works to improve services.

**Website:** [www.familyvoice.org.uk/](http://www.familyvoice.org.uk/)

**Phone Number:** 07950 302937

**Email:** [membership@familyvoice.org.uk](mailto:membership@familyvoice.org.uk)

## **Sexual Abuse**

### **Brave Futures**

Specialist support service for children and young people who have experienced sexual abuse

**Website:** <https://bravefutures.org/>

**Phone Number:** 01473 353355

### **The Harbour Centre**

Free support and practical help if you have been raped or sexually assaulted (including penetration) either recently or in the past. Specialist staff help you make informed decisions about what you want to do next.

**Website:** [www.theharbourcentre.co.uk](http://www.theharbourcentre.co.uk)

**Phone Number:** 01603 276381 (open 24/7)

### **Sue Lambert Trust**

Providing a kind, safe, non-judgmental, and supportive range of services for people who have experienced sexual abuse, sexual assault or sexual violence.

**Website:** <https://www.suelamberttrust.org/>

**Phone Number:** 01603 622406

### **Daisy Programme - Rowan Project**

Specialist counselling support for people aged 16 years and over who have been victims of sexual abuse or child sexual abuse, living in Breckland.

**Website:** [www.daisyprogramme.org.uk/sacounselling](http://www.daisyprogramme.org.uk/sacounselling)

**Phone Number:** 01953 878488

## **Domestic abuse**

Please ask us for our separate list of domestic abuse support services

## **Separation**

### **Resolution**

Family lawyers organisation. Provides a guide, 'Parenting through Separation', offering excellent information and support that will help you throughout your parenting journey, through separation, divorce and beyond. Can also be purchased as a book.

**Website:** <https://resolution.org.uk>

### **Cafcass**

Large resource of information, advice and guidance for parents, carers and family members of children involved in family law proceedings.

**Website:** [www.cafcass.gov.uk](http://www.cafcass.gov.uk)

## **Mental health support**

**Lists or directories of mental health resources:**

<https://www.norfolk.gov.uk/supportformentalhealth>

<https://hubofhope.co.uk/>

### **REST**

Online and virtual support for anyone over the age of 18 facing mental health problems. Norwich daytime community wellbeing hub open 7 days per week, 10:00 – 17.30. Drop in for support, information or just to enjoy the community café at 71 Bethel Street, Norwich NR2 1N. Also offers crisis response via referral from NHS 111 or a mental health worker.

**Website:** [www.restnorwich.co.uk](http://www.restnorwich.co.uk)

**Phone Number:** 0300 330 5488, select option 1

**Email:** [rictriage@norfolkandwaveneymind.org.uk](mailto:rictriage@norfolkandwaveneymind.org.uk)

### **Qwell**

Free, safe and anonymous mental wellbeing support for adults across the UK. Online messaging, booked and drop-in chat sessions, therapeutic resources, personal development and many other tools available.

**Website:** [www.qwell.io](http://www.qwell.io)

### **Time Norfolk**

Wellbeing support to anyone in Norfolk and Waveney who experiences mental health challenges due to pregnancy loss at any stage, baby loss or pregnancy choices.

**Website:** [www.timenorfolk.org.uk](http://www.timenorfolk.org.uk)

**Telephone:** 01603 927487

**Email:** [info@timenorfolk.org.uk](mailto:info@timenorfolk.org.uk)

### **Wellbeing service**

Live online webinar called Anxiety Toolkit gives tips and techniques to help manage anxiety, and information on how to seek extra support if it's needed. Register online in advance.

**Website:** [www.wellbeingnands.co.uk/norfolk/course/anxiety-toolkit/](http://www.wellbeingnands.co.uk/norfolk/course/anxiety-toolkit/)

### **Shout**

Free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope. To start a conversation, text the word 'Shout' to 85258. Messages won't appear on your phone bill.

**Website:** <https://giveusashout.org/get-help/how-shout-works/>

**Text:** 85258

### **Walk and Talk EA**

Men's peer-to-peer mental health support group based in Gorleston. Helps men connect, support one another, and prioritise their mental well-being in a relaxed, informal setting.

**Website:** <https://www.walkandtalkea.co.uk/>

**If you are experiencing poor mental health, you should also speak to your GP. If you need urgent help for your mental health, [visit NHS 111 online](#) or call [111](#)**

## **Loneliness**

### **Better Together**

Working with individuals to reduce social isolation and loneliness

**Website:** [www.bettertogethernorfolk.org.uk](http://www.bettertogethernorfolk.org.uk)

### **Norwich Men's Shed**

Community workshop space for men to socialise and learn new skills, addressing key issues around wellbeing, social isolation and loneliness.

**Website:** <https://norwichmensshed.org.uk/>

There are many other Men's Sheds around Norfolk – search for one near you here <https://menssheds.org.uk/find-a-shed/>

## **Money worries**

### **Just One Norfolk**

Please see the section of their website dedicated to help available if you are struggling financially.

**Website:** [www.justonenorfolk.nhs.uk/money-worries/](http://www.justonenorfolk.nhs.uk/money-worries/)

**Phone number:** 0300 300 0123

*NCLS is not responsible for any advice or information you may be given from an individual, company or organisation you might approach as a result of any signposting or referral by NCLS.*

Please contact us if you would like this guide in another language.

If you find that any of this information is incorrect or out of date, please let us know.

### **Norfolk Community Law Service**

14 Prince of Wales Road, Norwich, NR1 1LB

**Tel** 01603 496623

**E-mail** [info@ncls.co.uk](mailto:info@ncls.co.uk)

**Web** [www.ncls.co.uk](http://www.ncls.co.uk)