

ACTIVE SUCCESSFUL ENAGEMENT (ASÉ) CIC

Parent & Carer Champions



Together, Let's make a difference

AN IMPORTANT HANDBOOK TO
EMPOWER PARENTS & CARERS

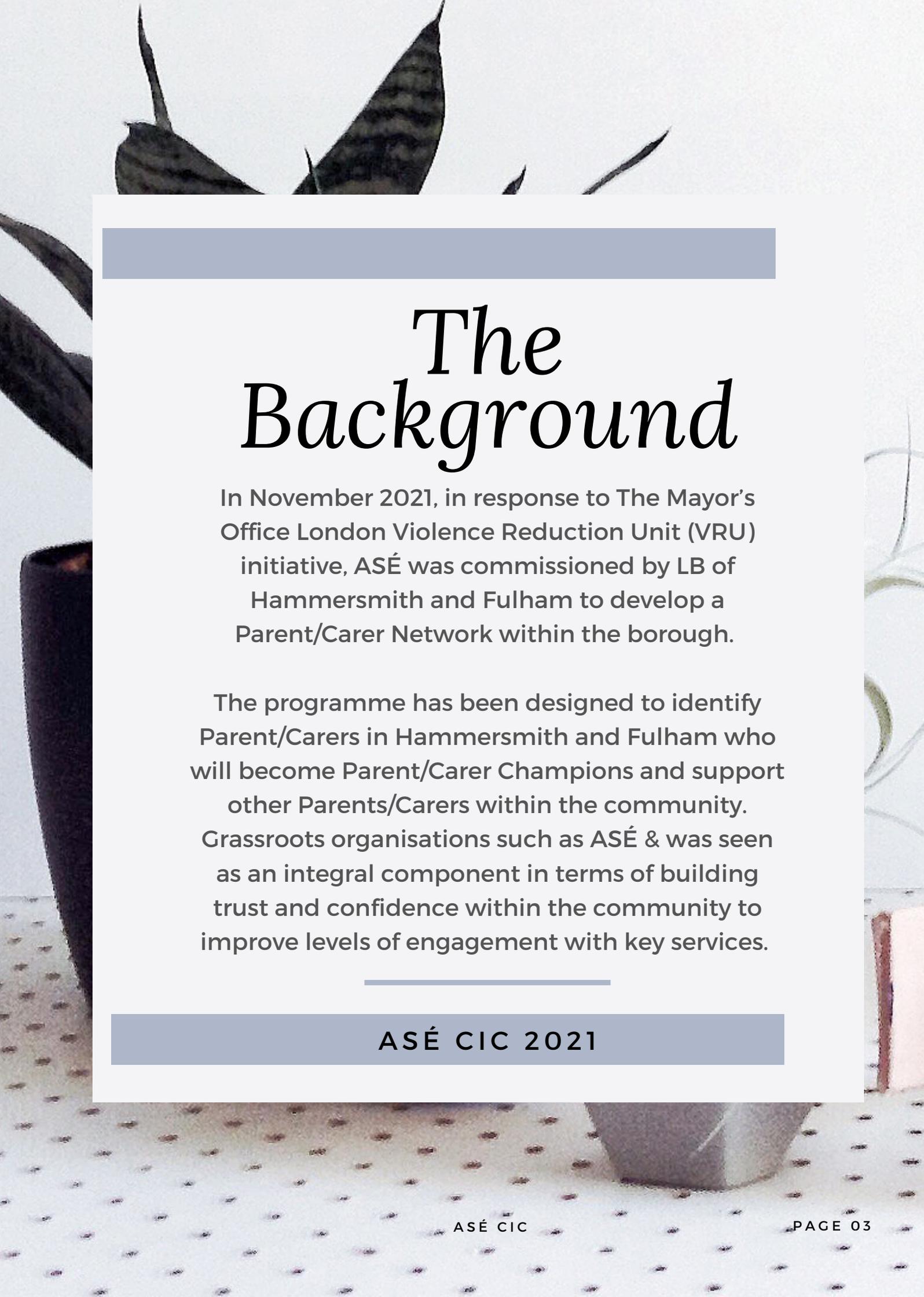
ASÉ

ACTIVE · SUCCESSFUL · ENAGEMENT · CIC



Parent Carer Champions are
important because...

**"It takes a Village to
Raise a Child...
Together, We can make
a Difference"**



The Background

In November 2021, in response to The Mayor's Office London Violence Reduction Unit (VRU) initiative, ASÉ was commissioned by LB of Hammersmith and Fulham to develop a Parent/Carer Network within the borough.

The programme has been designed to identify Parent/Carers in Hammersmith and Fulham who will become Parent/Carer Champions and support other Parents/Carers within the community. Grassroots organisations such as ASÉ & was seen as an integral component in terms of building trust and confidence within the community to improve levels of engagement with key services.

ASÉ CIC 2021

Introducing the Parent & Carer Champion Network (PCCN) Programme

What's the aim of the ASÉ - Hammersmith & Fulham's Parent & Carer Champion Programme Network?

The Parent/Carer Champion Network is a new free service in Hammersmith & Fulham.

The team of diverse Parent/Carer Champions are all volunteers who will engage an online platform to support parents and carers through signposting, sharing experiences and empowering parents/carers to connect with support services. Parent/Carer Champions bring a wealth of diverse life experiences, personal challenges and most significantly, solutions which are invaluable within the community.

COVID-19 has brought us all to a place of reflection. This is an important time for us all to share our journeys, solutions and process for change.



Our Aim

For Parent/Carer Champions to provide support to parents and carers of children of an adolescent age (11 to 24 years) who are worried about the wellbeing of their children who may be at risk or have experienced:

- Serious Youth Violence
- Exploitation and/or Grooming
- Or need support navigating through education, criminal justice or social care systems

Introducing the Parent & Carer Champion Network (PCCN) Programme

Our Objectives:

The Parent/Carer Champion Network will provide support to Parents/Carers within the community in relation to a wide range of areas. There is a specific focus on:

- Providing support in relation to interactions with the police to provide advice, support and guidance when parents/carers accompany their children and/or collect their child.
- Working with the Somali community to further educate parents/carers on a range of issues and systems such as CSE, CCE and school exclusions.
- Champions having access (where appropriate) within the school community to signpost and provide advice and engage parents in school matters and activities.
- Champions recording information videos on mental and emotional wellbeing to be shared with other parent/carers.

Parent & Carer Champions want to Support You

We want to support and help you.

**We know things are not easy
when we try to tackle them alone.**

We are here and we want to be part of your journey. As Champions, we are committed to helping you take the steps and guidance you may need to effect change.

We appreciate it is not easy to reach out. We know that feeling so well.

We are here for you and your family in terms of offering a safe space for you to talk, listening and supporting your safety, wellbeing and growth.



PARENT/CARER CHAMPIONS NETWORK OFFERS:

- A Safe, Non-judgmental, Confidential Space for you to Talk and Be Heard.
- Signposting to services, Information, Advice & Guidance.
- 1-1 and Group Discussions and *Workshops*.

(COVID-19 restrictions apply).

About the Parent Carer Champion Role & Responsibilities

1. To always operate within the programmes' Equal Opportunities, Inclusiveness and Diversity, Health & Safety and Safeguarding Framework.
2. To ensure Parents/Carers are informed of the Confidentiality and Safeguarding guidelines within the programme.
3. To actively signpost Parents/Carers to services/ organisations to provide support advice and guidance as identified by both mentor and mentee.
4. To actively signpost Parents/Carers to services/ organisations to provide support advice and guidance as identified by both Parents/Carers.
5. Promote the forum of the Parent/ Carer Champion Network within LB of Hammersmith and Fulham.

ASÉ CIC 2021

Hello!

We are ASÉ

Pauline Zepherin

Director of Business
Development &
Communication

Sharon Watkins

Mentoring Operational &
Delivery Manager
MA in Community Education

Kamiylah Watkins

Admin Assistant &
Social Media Manager

Website: www.asecic.org.uk
Email: pccn@asecic.org.uk
Tel: 0208 058 0083

Hello! We are the Parent/Carer Champions

Candice

"There's not a day when I don't want to help someone."

Clare

"I wish I can help lots of people."

Jennifer

"I trust and I know that together, we can do it."

Joelle

"I listen with my heart everyday in everything that I do."

"I will never stop until I see a positive change."

Lydia

"I had to seek help by myself. With Parent/Carer Champions everything is here in one place."

Michelle

"I know I can help lots of people"

Siraad

"I believe in this Project."

Zara

Hello! We are the MACWO CHAMPIONS

ASÉ

ACTIVE • SUCCESSFUL • ENGAGEMENT • CIC



Mother and Child
Welfare Organisation

CREATING A BRIGHTER TOMORROW

**ASÉ is working in Partnership with
Mother and Child Welfare Organisation
(MACWO) a Somali Mother & Child Group.**

**Together, we have trained
10 x Parent & Carer Champions from the
community**

Please contact:
Khadra, Hawa or Hashi at
projects@macwo.org
pm@macwo.org
www.macwo.uk

Website: www.asecic.org.uk

Email: pccn@asecic.org.uk

Tel: 0208 058 0083

CONTACT US

You can visit our website to...

Talk to Us

Join Online 1-1 or Group Discussions

Send us a Message



www.asecic.org.uk

- Parent/Carer Champion Network



0208 058 0083



PCCN@asecic.org.uk



@active_successful_engagement

Help Finder

ABUSE

Childline

www.childline.org.uk
0800 1111

24 hr helpline for children & young people in danger or distress.

Child Exploitation & Online Protection

0800 1111

Tackling child sex abuse, offering parents/carers advice and support.

MOSAC

www.mosac.org.uk
Helpline: 0800 980 1958

Support for all non-abusing parents & carers, whose children have been affected by sexual abuse.

NSPCC

www.nspcc.org.uk
help@nspcc.org.uk
0808 800 5000

Support & Advice about child abuse and prevention.

NAPAC

www.childdeathhelpline.org.uk
0808 801 0331

0203 096 7645 (9am - 5pm)
Support for people who experienced abuse in childhood.

Womens Aid

www.womensaid.org.uk
helpline@womensaid.org.uk

In case of emergency call 999
Support for women experiencing physical, emotional or sexual violence in the home.

ADDICTION

Change Grow Live Alcohol service

www.changegrowlive.org
thealcoholservice.info@cgl.org.uk
0800 014 7440

Advice & support for issues around alcohol misuse

Drinkaware

www.drinkaware.co.uk
Visit Website for Online Chat
0300 123 1110 (Mon-Fri 9am-2pm,
Sat-Sun 11am-4pm)

Information & support for anyone about alcohol.

Help Finder

ADDICTION

FRANK

www.talktofrank.com
0300 123 6600
FREE confidential advice &
information on drugs, 24/7

Gamcare

www.gamcare.org
info@gamcare.org.uk or Live Chat
Helpline: 0808 8020 133
Offers support & practical help in
relation to gambling

Turning Point

www.turning-point.co.uk
daws@turning-point.co.uk
020 8740 6815
Drug & Alcohol Support & Wellbeing

Turning Point Resilience

www.turning-point.co.uk
resilience@turning-point.co.uk
0330 303 8080
FREE Addiction Helpline for
LBHF Residents from

BAME

Anti-Tribalism Movement

theatm.org
www.infoetheatm.org
Committed to tackling tribalism &
promoting fairer equitable societies

Ebony People's Association

www.epaebony@aol.com
020 8803 2200
www.ebonypeople.org
Mental health advocacy & support
for BME groups

Equality Advisory and Support Service (EASS)

www.equalityadvisoryservice.com
0808 800 0082
Information, advice & support on
human rights issues

Equality and Human Rights Commission

www.equalityhumanrights.com
0808 800 0082
Challenges discrimination,
inequality & human rights

Mother & Child Welfare organisation (MACWO)

www.macwo.uk
info@macwo.org
020 8483 3945
Support & advice for vulnerable
mothers & young people.

Help Finder

BEREAVEMENT

Child Death Helpline

www.childdeathhelpline.org.uk
contact@childdeathhelpline.org
0800 282 986

Support service for all affected by the death of a child

The Compassionate Friends

www.tcf.org.uk
info@tcf.org.uk
0345 120 3785

Support for anyone grieving the death of a child

Cruse Bereavement Care

www.cruse.org.uk
helpline@cruse.org.uk
Helpline 0844 477 9400 /
Young people 0808 808 1677
A free service to support anyone who has lost a loved one

Rosie Crane Trust

www.rosiecranetrust.org
contact@rosiecranetrust.co.uk
Helpline: 01460 55120
Supporting bereaved parents and a 24 hour helpline.

Winton's Wish

www.winstonswish.org
ask@winstonswish.org
08088 020 021
Support children & their families through grief after the death of a parent or brother or sister.

UK Sobs

www.uksobs.org
email.support@uksobs.org
0300 111 5065
(open 9am-9pm Mon - Sun)
Support for over 18s who are bereaved by suicide.

BULLYING

Anti-Bullying Alliance

www.anti-bullyingalliance.org.uk
aba@ncb.org.uk
0800 1111

A coalition of organisations and individuals united against bullying.

Bullying UK

www.familylives.org.uk
askus@familylives.org.uk
Helpline: 0808 800 2222
Help to tackle all forms of bullying ie. at school, cyberbullying, racism, homophobia and in sports

Help Finder

BULLYING

Educate against Hate

www.educateagainsthate.com
Department for Education's
Helpline: 020 7340 7264
Advice for parents, teachers and
school leaders
protecting children from
extremism & radicalisation.

Kidscape

www.parentsupport@kidscape.org.uk
info@kidscape.org.uk
Helpline: 020 7823 5430/ WhatsApp:
07496 682785
Information, advice & support for
parents/carers concerned about
a child

Red Balloon

joan.reilly@nwl.rblc.org.uk
020 8864 6433
Support & full-time education for
children 9-18 yrs unable to attend
school due to severe bullying or
trauma.

CHILD CARE

Childrens' Centres in Hammersmith & Fulham

www.lbhf.gov.uk
Department for Education's
Helpline: 020 7340 7264
Advice for parents, teachers and
school leaders, protecting
children from extremism &
radicalisation.

Family Support

www.family-support.org.uk
contact@family-support.org.uk
020 8753 6070
A range of services supporting
children, young people and
families to thrive in Hammersmith &
Fulham.

Help Finder

CHILDREN & YOUNG PEOPLE SUPPORT

Active Successful Engagement (ASÉ) CIC

www.asecic.org.uk
info@asecic.org.uk
020 3143 0209

Trauma Informed Holistic Mentoring & personal development programmes supporting children, young people and families.

Bernardo's

www.barnardos.org.uk
Helpline.Bernardos.org.uk
Emergency: 999
Childline 0800 11 11

A range of services to help and support families

Hammersmith & Fulham SEND Support & Information

www.lbhf.gov.uk
wlpp@insightsesc.co.uk
Makeda Bernard: 07984 132648/
020 8840 9099

Pat McNair: 07931 361204 /
07931 361204, 020 8840 9099
Advice for parents with SEND children in H&F & support for children excluded from school.

Brook

www.brook.org.uk

Visit Website for Online Resources
FREE & confidential sexual health advice & contraception to young people up to the age of 25 years.

Gingerbread

www.gingerbread.org.uk
info@gingerbread.org.uk
0808 802 0925

Supporting single parents support themselves and their family.

The Hideout

www.thehideout.org.uk

Visit Website for Online Support
Women's Aid have created this space to help children & young people to understand domestic abuse, and how to take positive action if it's happening to you.

Help Finder

CHILDREN & YOUNG PEOPLE support

Kidscape

parentsupport@kidscape.org.uk
info@kidscape.org.uk
Helpline: 020 7823 5430
WhatsApp: 07496 682785
Information, advice & support for
parents/carers concerned about a
child.

Kooth.com

www.kooth.com
Visit Website
A unique service that provides
support to vulnerable young
people, who have emotional or
mental health issues.

Mermaids UK

mermaidsuk.org.uk
info@mermaidsuk.org.uk
0800 801 0400
Mermaids supports children and young
people up to 19 years old suffering
from gender identity issues.

The Mix

www.themix.org.uk
Visit Website - Online Form
Helpline: 0808 808 4994
(Formerly Get Connected)
Essential support for under 25s

Muslim Youth Helpline

www.myh.org.uk
help@myh.org.uk
0808 808 2008 + live chat
National helpline providing culturally
sensitive support to Muslim youth.

National Deaf Children's Society

www.ndcs.org.uk
helpline@ndcs.org.uk
0808 800 8880
Helpline for parents and carers of
deaf children, deaf young people

National Youth Advocacy

www.nyas.net
help@nyas.net
0808 808 1001
Advocacy services for children and
young people up to the age of 25.

NSPCC

www.nspcc.org.uk
askus@familylives.org.uk
Helpline: 0808 800 5000
Text 88858
The NSPCC Helpline is for
anyone who has concerns
about the welfare of a child

Help Finder

CHILDREN & YOUNG PEOPLE support

Papyrus - HopelineUK

www.papyrus-uk.org
pat@papyrus-uk.org
Helpline: 0800 068 41 41
Text 07786 209697
Support for anyone concerned
about a anyone upto age 35 yrs.

Samaritans

www.samaritans.org
joesamaritans.org
116 123
Confidential emotional support
24/7, 365 days a year

Terrence Higgins Trust - Talksafe2

www.talksafe.org.uk
talksafe@tht.org.uk
0207 812 1874
FREE face to face, telephone &
online counselling by text or email
to young people to improve
emotional wellbeing.

West London Action for Children (H'smith & Fulham)

www.wlac.org.uk
team@wlac.org.uk
020 7352 1155 / 07525 781373
Support for
Parents/Carers/Young People -
Individual Counselling & Therapy,
parenting classes, mindfulness &
more.

YoungMinds

www.youngminds.org.uk
parents@youngminds.org.uk
Parents Helpline: 0808 802 5544
Confidential online & telephone
support, for adults behaviour, mental
health of a child or young person.

Help Finder

CRIME

Anti Social Behaviour (ASB) Unit (H'smith & Fulham)

020 8753 2693
asbuelbhf.gov.uk

Works with other agencies ie. police, housing, victim support, YOS to reduce anti-social behaviour and hate crimes in the borough

Gangs Exploitation Violence Unit (GEVU) (H'smith & Fulham)

www.lbhf.gov.uk/crime/gangs-
violence-and-exploitation
GVEU@lbhf.gov.uk

Duty Line: 020 8753 3131
Line open: 9am-5pm (Mon-Fri).
Supporting young people, their families and the community involved in gang activity or at risk of exploitation or gangs.

Key4Life

www.key4life.org.uk
info@key4life.org.uk
0208 7400876

Crime prevention charity, which rehabilitates young men in prison or at risk, provides real solutions to help reduce youth offending.

Stop Hate UK - Stop Hate Crime Helpline

www.stophateuk.org
talkestophate.org
0800 138 1625

Independent, confidential & accessible reporting, support for victims, witnesses and third parties.

Families Outside

www.familiesoutside.org.uk
support@familiesoutside.org.uk
Helpline: 0800 254 0088

Support and information helpline for families with a relative in prison.

Gangs Line

www.gangline.com

01375 483 239 & 07753 351 256
Provide help and support to young men and women involved in gang culture.

H&F Youth Offending Services

Hammersmith & Fulham Council
020 8753 2533
yotadmin@lbhf.gov.uk

Services to support young people, and their families

Knife Crimes.org

www.knifecrimes.org/
Visit website - Online Resources
Provides advice, ideas, support and resources for local anti-knife crime.

Modern Slavery Support

0300 303 8151
Hammersmith & Fulham.

Word4Weapons

www.word4weapons.co.uk
info@word4weapons.co.uk
+44 7452 743443
UK weapons-surrender that places knife bins in a number of UK towns and cities.

Help Finder

DOMESTIC VIOLENCE

AMINA - The Muslim Women's Resource Centre

www.mwrc.org.uk
helpline@mwrc.org.uk
0808 801 0301

Wide range of Information, advice and listening support for Muslim women ie. family matters, marriage, domestic abuse, racial harassment, immigration, Shariah, education,

National Centre for Domestic Violence

www.nationaldahelpline.org.uk
office@ncdv.org.uk
Helpline: 0800 970 2070/
Text: NCDV to 60777

Help to tackle all forms of bullying ie. at school, cyberbullying, racism, homophobia, in sports.

Respect - Men's advice Line

info@mensadviceline.org.uk
0808 8010327 9am - 8pm

Confidential helpline for any man experiencing domestic violence & abuse from a partner or ex-partner.

JUNO Women's Aid

www.junowomensaid.org.uk
enquiries@junowomensaid.org.uk
0808 800 0340

24 hour freephone helpline providing support to women with or without children affected by domestic violence and abuse

National Domestic Abuse Helpline

www.nationaldahelpline.org.uk
In case of Emergency call: 999
24-Hour Helpline: 0800 2000 247
formerly Refuge, Freephone 24 Hour Domestic Violence Helpline for women

Shelter

www.shelter.org.uk
info@shelter.org.uk
0808 800 4444 Housing Advice
Support for people with a housing problem or homeless/about to become homeless.

Victim Support

www.victimsupport.org.uk
supportline@victimsupport.org.uk
0808 168 9111 Supportline
FREE national telephone helpline offering immediate emotional support as well as helpful information.

Help Finder

EDUCATION & SEND SUPPORT

Action On Disability

www.aod.org.uk

info@aod.org.uk

020 7385 2098 / 7381 2042

Provides advocacy & support
ensures people's voices are heard.

Education, Health & Care Plan Support (H'smith & Fulham)

020 8753 1021

send@lbhf.gov.uk

Provides advice, information
and support

Find A School / College Services

Contact Details

(H'smith & Fulham)

www.lbhf.gov.uk - Services

Visit Website - Online Support

List of Schools and Contact Details &
all LBHF Services

Post 16 Pathways & Employment Co-ordinator (H'smith & Fulham)

www.lbhf.gov.uk - Services

020 8753 1021

send@lbhf.gov.uk

Assist young people & families to
think about the future: work, health,
housing, finance & support - Plan
options in adulthood

Disabled Children's Social Workers (H'smith & Fulham)

020 8753 3321

familyservices@lbhf.gov.uk

New requests: 0845 313 3935

Supporting children aged 0 -18
years who have complex needs.

Education Support Services (H'smith & Fulham)

www.lbhf.gov.uk

benefits@lbhf.gov.uk

020 8753 6681

Support with Free school meals,
School clothing grants and healthy
meal allowance & more.

Inclusive & Specialist Intervention Outreach Service (INSPIRE) H&F

www.inspire@lbhf.gov.uk

020 8811 8190

Visit Website - Online Referral Form

Qualified specialist teachers working
with school staff in H'smith & Fulham
to promote education, inclusion and
achievement of learners

Stephen Wiltshire (SEND Support)

www.lbhf.gov.uk

Visit Website - Online Support

stephenwiltshirecentre@lbhf.gov.uk

Duty Line: 0208 753 4443

A purpose-built specialist centre for
children with special educational needs
and/or disabilities (SEND) and their
families. Short Breaks

Help Finder

FEMALE GENITAL MUTILATION (FGM)

Angelou.org

www.angelou.org/
angelou@advancecharity.org.uk
Confidential Helpline: 0808 801 0660
10 organisation working together to support women and girls experiencing domestic or sexual violence.

Forward

www.forwarduk.org.uk
support@forwarduk.org.uk
+44 (0)208 960 4000
Leading African women-led organisation working to end violence against women & girls.

NHS

www.nhs.uk/conditions/fgm
juliet.albert@nhs.net
07730 970 738
Advice and support on female genital mutilation.

Freedom Charity

www.freedomcharity.org.uk
Emergency call 999
helpline on 0845 607 0133 / Text
4freedom to 88802
Help and support with regards to forced marriage, dishonour based violence and female genital mutilation.

National FGM Centre

www.nationalfgmcentre.org.uk
info@nationalfgmcentre.org.uk
0208 498 7137
Aim is to keep children and young people safe from FGM and other Harmful Practices
Advice Information and support on female genital mutilation, breast flattening, harmful practices

NSPCC - Female Genital Mutilation Helpline

www.nspcc.org.uk
help@nspcc.org.uk
Helpline: 0800 028 3550
Anonymous Helpline for anyone concerned if a child is at risk of, or has had, female genital mutilation (FGM).
FREE 24/7 Helpline.

Help Finder

GENDER IDENTIFY

EACH

www.each.education
info@each.education
Helpline: 0808 1000 143
National, charitable organisation, set up to challenge homophobia, specifically homophobic bullying, through education.

FFLAG

www.fflag.org.uk
support@fflag.org.uk
Confidential Helpline:
0300 688 0368
Supporting parents and families understand and accept and support their lesbian, gay and bisexual members.

Switchboard LGBTQ+ Helpline

www.switchboard.lgbt
chris@switchboard.lgbt
Helpline: 0300 330 0630
Provides an information, support and referral service for lesbians, gay men and bisexual and trans people.

Families Together London

www.familiestogetherlondon.com
info@familiestogetherlondon.com
Helpline: 0118 940 3160
07951 104 745
Support group and website for friends and family of lesbian, gay and transgender people

PACE

www.paceuk.org.uk
Visit Website - Online Support
free counselling, support and advice over the phone and face to face, to all family members, whatever their age and sexuality.

Sash

www.sashlondon.org
Visit Website - Online Support
Helpline: 020 7851 2955
info@SASHLondon.org
Provides free, non-judgemental support to improve your sexual health, your relationships, and your mental health.

Help Finder

HEALTH & WELLBEING

10 Hammersmith Broadway

www.chelwest.nhs.uk
caw-tr.NJU@nhs.net
Sexual Health Advisors: 020 3315
9779
Call Centre: 020 3315 1010

Action On Disability

www.aod.org.uk
info@aod.org.uk
020 7385 2098 / 7381 2042
Provides advocacy & support ensures
that people's voices are heard.

Active Prospects

www.activeprospects.org.uk
info@activeprospects.org.uk
01737 924084
Care and support for people who
have learning & physical
disabilities, mental & physical
disabilities or experiencing Autism
and Aspergers.

Age UK H&F Advice & Information

www.ageuk.org.uk/hammersmithandfulham
info@ageukhf.org.uk
020 7386 2657
Support & advice for older people in
the LBHF.

BEAT (Eating Disorder)

www.beateatingdisorders.org.uk
020 8483 1979/77/40/44
Support for young people with
their mental health

CAMHS

Hammersmith & Fulham

www.nhs.uk/mental-health
020 8483 1979/77/40/44
Support for young people with their
mental health

Community Aid Network (CAN) H'smith & Fulham

www.lbhf.gov.uk
(H&F Community Aid Network)

www.can@lbhf.gov.uk
0800 145 6095

A volunteer community aid network
launched to support residents in
need during the coronavirus
pandemic.

Coronavirus (C-19) Updates Hammersmith & Fulham

www.lbhf.gov.uk/coronavirus
Visit Website for online e-mail
Up to date information, advice and
guidance

Help Finder

HEALTH & WELLBING

Hammersmith BID

www.hammersmithbid.co.uk

Visit Website - Online Form

Lots of wellbeing activities and events for LBHF residents! Free weekly drama workshops over 50's, as well as and including online workouts and more...
, from local businesses & nationwide.

Mencap

Hammersmith & Fulham

www.hfmencap.org

Visit Website for online e-mail

0208 748 5168

Support for families who care for relatives with disabilities, for eg. advocacy and more

MEND

Hammersmith & Fulham

www.mytimeactive.co.uk

info@mytimeactive.co.uk,

020 3795 9346

My Time Active offers a range of fun, practical healthy lifestyle courses for residents of Hammersmith and Fulham,

UPG

www.upg.org.uk

info@upg.org.uk

0207 605 0800

A charity organisation aiming to improve health and wellbeing of local community in Hammersmith and Fulham

Help Finder

HOUSING, LEGAL & MONEY MATTERS

Benefits/Council Tax & Grants (H'Smith & Fulham)

www.lbhf.gov.uk/benefits
benefits@lbhf.gov.uk
020 8753 6681

Council Tax Support & Benefits

Crosslight (H'smith & Fulham)

www.crosslightadvice.org -
hammersmith
020 7052 0318

info@crosslightadvice.org
Working to alleviate poverty and
support families experiencing
financial difficulties caused
by debt

Housing Advice (H'smith & Fulham)

www.lbhf.gov.uk/housing
housingadvice@lbhf.gov.uk
Helpline:

020 8753 4198, option 1 & option 1

Range of housing advice, links and
support if at risk of homelessness
from the LBHF Council

Citizens Advice

(H'smith & Fulham)

0808 278 7832 (freephone)

www.cahf.org.uk

Universal Credit Advice

0800 144 8 444

Want to Talk About Debt?

020 3137 6295

Foodbank

(Hammersmith & Fulham)

Helpline: 0207 745 6464

National Helpline: 0808 2082138
[www.info@hammersmithfulham.food
bank.org.uk](http://www.info@hammersmithfulham.foodbank.org.uk)

A network of foodbanks, supported
by The Trussell Trust, working to
combat poverty and hunger across
the UK.

Help Finder

HOUSING, LEGAL & MONEY MATTERS

Law Centre (H'smith & Fulham)

www.hflaw.org.uk
hflaw@hflaw.org.uk
020 3880 1727

Helplines: 2pm-5pm

Mondays: EU Settlement Scheme

Applications: 020 8148 5273

Wednesdays: Housing and
homelessness problems:
020 8148 5274

Thursdays: Benefit problems
including Universal Credit:
020 8148 5272

Fridays: Employment: 020 8148 5274

Money Saving Expert

www.moneysavingexpert.com
Visit Website - Online Resources
A wide range of useful up to date
information, advice, support and
cost saving information

Turn2Us

www.turn2us.org.uk
info@turn2us.org.uk

Helpline: 0808 802 2000

Fighting UK poverty. Financial
support. Benefits Calculator. Grants.
A range of information and links
supporting people to get back on
track

Help Finder

GENERAL

ACAS - Working For Everyone

www.acas.org.uk

Visit Website Online Contact Form

Helpline: 0300 123 1100

Acas gives employees and employers free, impartial advice on workplace rights, rules and best practice.

Adult Learning Services (Hammersmith & Fulham)

www.hfals.ac.uk

020 8483 1979/77/40/44

A variety of free courses to those on low income and benefits, includes ESOL, and free role on role of English and Math

Carers Network

www.carers-network.org.uk

info@carers-network.org.uk

020 8960 3033

Supporting unpaid carers, apply for one off Carers Grant not means tested enhancing lives across London

Children's Centre in H&F

www.lbhf.gov.uk

contact@family-support.org.uk

020 8753 6070

Signposting for families/children & young people

BEAM

www.beam.org.hammersmith

refer@beam.org

07501 368 921

Support to find a stable job and start work. Help with moving into a comfortable, private rented property.

Gingerbread

www.refugeecouncil.org.uk

peersupport@gingerbread.org.uk

0808 802 0925

Support for lone parent families.

Coroners Courts Support Service

www.coronerscourtsupportservice.org.uk

helpline@ccss.org.uk

Helpline:0300 111 2141

Trained volunteers offer emotional support & practical help to bereaved families, witnesses and others attending an Inquest at a Coroner's Court

Help Finder

OTHER

Get Safe Online

www.getsafeonline.org

A unique resource providing practical advice on how to protect yourself, your computers and mobile devices and your business against fraud, identity theft, viruses and many other problems encountered online.

Law Stuff

www.lawstuff.org.uk

Child Law Advice:

www.childlawadvice.org.uk

Provides free legal information to children and young people

Nextdoor

www.nextdoor.co.uk

FREE private social network for you and your neighbours, which is being used by communities across Hammersmith & Fulham.

UPG

www.upg.org.uk

info@upg.org.uk

0207 605 0800

A charity organisation aiming to improve health and wellbeing of local community in Hammersmith and Fulham

Coroners Courts Support Service

www.coronerscourtsupportservice.org.uk

helpline@ccss.org.uk

Helpline: 0300 111 2141

Trained volunteers offer emotional support & practical help to bereaved families, witnesses & others attending an Inquest at a Coroner's Court

Sobus

www.sobus.org.uk

info@sobus.org.uk

020 7952 1230

Provides a wide range of support services for local charities, community groups, social enterprises and start up businesses

Refugee Council

www.refugeecouncil.org.uk

Infoline: 0808 196 7272

Asylum Support: 0808 8010 503.

Advice and support to asylum seekers and refugees.

Help Finder

PARENTING CLASSES

DEBK Fulham Charity

www.debk.org.uk

clerk@debk.org.uk

020 7386 9387

Text: 07447 290 575

Support for families on low income
(eg. beds, cooker, carpets).

Strengthening Families & Strengthening Communities

www.seetaleupg.org.uk

www.upg.org.uk

07732 681739

For parents/carers in H&F borough
who have children between the ages
of 0-18 years.

Triple P - Parenting Classes

www.seetal@upg.org.uk

www.upg.org.uk

07732 681739

For parents/carers in H&F borough
who have children between the
ages of 0-18 years.

My Notes

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ASÉ

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EMPOWERING PARENTS & CARERS

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Tel: 0208 058 0083