

# Children's services in Leicestershire

## Updated July 2022

Please note that this list of services, groups and agencies in Leicestershire is not intended as an endorsement by the Leicestershire First Response Children's Duty (FRCD) team but as a guide to what is available irrespective of affiliation. Referrals can be made to all services listed however some may incur additional charges for which FRCD are not liable.

**Please use these services prior to making a referral for early help.**

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# Disabilities and Special Educational Needs (SEN)

| Age / Criteria | Service                                            | Telephone                    | Email                                   | Web                                                                                    |
|----------------|----------------------------------------------------|------------------------------|-----------------------------------------|----------------------------------------------------------------------------------------|
| 16+            | Mosaic                                             | 0116 2318720                 | enquiries@mosaic1898.co.uk              | www.mosaic1898.co.uk                                                                   |
| 16-65          | Sense<br>Loughborough                              | 01509 611077                 | Via website - enquiries                 | www.college.sense.org.uk                                                               |
| 7+             | Glebe House – Learning<br>Disabilities and Autism  | 01509 218096                 | admin@glebehouseproject.org.uk          | www.glebehouseproject.org.uk                                                           |
| Families       | Family Action                                      | 0116 2574979                 | Via website                             | www.family-action.org.uk                                                               |
| Families       | Menphys                                            | 01455 323020                 | Info@menphys.org.uk                     | www.menphys.org.uk                                                                     |
| Parents        | SENDIASS Leicestershire<br>(parent partnership)    | 0116 3055614                 | sendiass@leics.gov.uk                   | https://www.leicestershire.gov.uk/send-information-advice-and-support-service-sendiass |
| Leicestershire | Parent Carer Forum                                 |                              | team@leicestershiresendhub.org.uk       |                                                                                        |
| All            | Action Deafness                                    | 0116 2533200                 | enquiries@actiondeafness.org.uk         | www.actiondeafness.org.uk                                                              |
| All            | ADHD solutions                                     | 0116 2610711                 | info@adhd solutions.org                 | www.adhdsolutions.org.uk                                                               |
| All            | Leicester Centre for<br>Integrated Living          | 0116 2225005                 | admin@lcil.org.uk                       | www.lcil.org.uk                                                                        |
| All            | Leicestershire Downs<br>Syndrome Group             | 07595 821127                 | info@leicesterdownsgroup.co.uk          | www.leicesterdownsgroup.co.uk                                                          |
| All            | National Autistic Society<br>Leicestershire Branch | 0116 2630992                 | Via website                             | www.nas.org.uk                                                                         |
| All            | Leicestershire Autistic<br>Society                 | 0116 2916958                 | Leicestershireautisticsociety@gmail.com | www.leicestershireautisticsociety.org.uk                                               |
| All            | Leicester Mencap Society                           | 0116 2547706<br>0808808 1111 |                                         | www.mencap.org.uk                                                                      |
| All            | Vista                                              | 0116 2498839                 | info@vistablind.org.uk                  | www.vistablind.org.uk                                                                  |
| All            | SEN transport                                      | 0116 3050002                 | transportassessments@leics.gov.uk       |                                                                                        |
| All            | SEN Advice Line                                    | 0116 3056600                 | senaservice@leics.gov.uk                |                                                                                        |
| 5-25           | Tanglewood                                         | 07896 345409                 | tanglewoodysg@mail.com                  | www.tanglewoodysgroup.btck.co.uk                                                       |
| All            | IPSEA                                              |                              |                                         | www.ipsea.org.uk                                                                       |
| All            | Contact                                            | 0808 8083555                 |                                         | www.contact.org.uk                                                                     |

## Teenage pregnancy

| Age / Criteria | Service      | Telephone    | Email                    | Web |
|----------------|--------------|--------------|--------------------------|-----|
|                | Family Lives | 0808 800 222 | askus@familylives.org.uk |     |

## Mental Health and Self-Harm

| Age / Criteria | Service                                            | Telephone    | Email                                              | Web                       |
|----------------|----------------------------------------------------|--------------|----------------------------------------------------|---------------------------|
| Adults         | Richmond Fellowship<br>(Leicestershire Life Links) | 0800 0234575 | Leicestershire.lifelinks@richmondfellowship.org.uk | richmondfellowship.org.uk |
| All            | Samaritans                                         | 116 123      | jo@samaritans.org                                  | www.samaritans.org        |

|                                           |                                                                   |                                                                                       |                                                                    |                                                                                    |
|-------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Adults                                    | Reablement<br>- Adult Social Care                                 | Referrals<br>0116 3050004                                                             |                                                                    | <a href="http://www.leicestershire.gov.uk">www.leicestershire.gov.uk</a>           |
| All                                       | Community Mental<br>Health Teams                                  | 0116 225<br>6000                                                                      | Contact Leicestershire Partner<br>NHS trust                        | Contact Leicestershire Partner<br>NHS trust                                        |
|                                           | CAMHS                                                             | Professionals<br>0116 2955048<br>County Team<br>0116 2952992<br>Urgent<br>08088003302 | N/A                                                                | <a href="http://www.leicspart.nhs.uk">www.leicspart.nhs.uk</a>                     |
| 14 - 16                                   | PIER Team<br>(Psychosis Intervention<br>and Early recovery)       | 0116 2943167                                                                          | N/A                                                                | <a href="http://www.leicspart.nhs.uk">www.leicspart.nhs.uk</a>                     |
| Leicestershire                            | Leicestershire Action for<br>Mental Health (LAMP)                 | 0116 2556282                                                                          | <a href="mailto:lamp@lampdirect.org.uk">lamp@lampdirect.org.uk</a> | <a href="http://www.lampadvocacy.co.uk">www.lampadvocacy.co.uk</a>                 |
| Leicestershire                            | Rethink                                                           | 08088010525                                                                           | Via website                                                        | <a href="http://www.rethink.org">www.rethink.org</a>                               |
| Leicestershire<br>Up to 25 and<br>parents | Young Minds                                                       | Parent helpline<br>08088025544                                                        | Via website                                                        | <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>                   |
| All                                       | Childline                                                         | Freephone<br>0800 1111<br>(24 hours)                                                  |                                                                    | <a href="http://www.childline.org.uk">www.childline.org.uk</a>                     |
| All                                       | Beat – eating disorders                                           | 0808 801 0677<br>adult<br>0808 801 0711<br>youth                                      |                                                                    | <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a> |
| All                                       | Talk-ed (formerly ABC)                                            |                                                                                       |                                                                    | <a href="http://www.talk-ed.org.uk">www.talk-ed.org.uk</a>                         |
| National<br>Over18                        | Mind                                                              | 0300 1233393<br>Text 86463                                                            | <a href="mailto:info@mind.org.uk">info@mind.org.uk</a>             | <a href="http://www.mind.org.uk">www.mind.org.uk</a>                               |
| Up to 35                                  | HOPELineUK                                                        | 08000684141                                                                           |                                                                    |                                                                                    |
| All                                       | Harmless                                                          | 0115 8800280                                                                          | <a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a>     | <a href="http://www.harmless.org.uk">www.harmless.org.uk</a>                       |
| All                                       | Charlie Waller<br>Memorial Trust                                  | 01635 869754                                                                          | Via website                                                        | <a href="http://www.cwmt.org.uk">www.cwmt.org.uk</a>                               |
| Teenagers                                 | NHS Health for teens                                              |                                                                                       |                                                                    | <a href="http://healthforteens.co.uk">healthforteens.co.uk</a>                     |
| Parents                                   | NHS Chat health text service                                      |                                                                                       |                                                                    | <a href="http://Chathealth.nhs.uk">Chathealth.nhs.uk</a>                           |
| All                                       | Heads together                                                    |                                                                                       |                                                                    | <a href="http://Headstogether.org.uk">Headstogether.org.uk</a>                     |
| All                                       | SANE                                                              | 08457678000                                                                           | <a href="mailto:sanemail@sane.org.uk">sanemail@sane.org.uk</a>     | <a href="http://www.sane.org.uk">www.sane.org.uk</a>                               |
| All                                       | Shout                                                             | Text 85258                                                                            |                                                                    |                                                                                    |
| Parents and young<br>people               | Kooth – safe and<br>anonymous on line<br>support for young people | 0203 9849337                                                                          | <a href="mailto:contact@kooth.com">contact@kooth.com</a>           | <a href="http://www.kooth.com">www.kooth.com</a>                                   |
| All                                       | Survivors of Bereavement<br>by Suicide (SoBS)                     | 0300 1115065                                                                          |                                                                    |                                                                                    |
| All                                       | Turning point                                                     | 0330 3036000                                                                          |                                                                    | <a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>               |

# Debt and Housing

| Age / Criteria                     | Service                                                                    | Telephone                              | Email                                                                                                    | Web                                                                                                                      |
|------------------------------------|----------------------------------------------------------------------------|----------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Adults                             | TheBridge–Housing Advice Services                                          | 01509 260500<br>0800 0385964           | Via website                                                                                              | <a href="http://www.thebridge-eastmidlands.org.uk">www.thebridge-eastmidlands.org.uk</a>                                 |
| Charnwood                          | Charnwood Borough Council–HousingNeeds                                     | 01509 634567                           | <a href="mailto:housing@charnwood.gov.uk">housing@charnwood.gov.uk</a>                                   | <a href="http://www.charnwood.gov.uk">www.charnwood.gov.uk</a>                                                           |
| 16/17                              | The Bridge (Single Access Point)                                           | 01509 260500                           | Via Website                                                                                              | <a href="http://www.thebridge-eastmidlands.org.uk">www.thebridge-eastmidlands.org.uk</a>                                 |
| 18-25                              | William Lyon Court                                                         | 01509 216900                           | <a href="mailto:williamlyoncourt@ncha.org.uk">williamlyoncourt@ncha.org.uk</a>                           | <a href="http://www.careandsupport.ncha.org.uk/William-Lyon-Court">www.careandsupport.ncha.org.uk/William-Lyon-Court</a> |
| Charnwood + NWL                    | Exaireo                                                                    | 01509 266422                           | <a href="mailto:info@exaireo.org">info@exaireo.org</a>                                                   | <a href="http://www.exaireo.org">www.exaireo.org</a>                                                                     |
| Leicestershire                     | Shelter Housing Aid and Research Project (SHARP)                           | 0116 2546064                           | <a href="mailto:info@leicestershelter.org.uk">info@leicestershelter.org.uk</a>                           | <a href="http://www.leicestershelter.org.uk">www.leicestershelter.org.uk</a>                                             |
| Leicestershire                     | Advance Housing and Support                                                | 0333 012 4307                          | <a href="mailto:customerservice@advance.org">customerservice@advance.org</a>                             | <a href="http://www.advanceuk.org">www.advanceuk.org</a>                                                                 |
| Leicestershire                     | PA Housing Group                                                           | 0300 123 2221                          | <a href="mailto:enquiries@pahousing.co.uk">enquiries@pahousing.co.uk</a>                                 | <a href="http://www.pahousing.co.uk">www.pahousing.co.uk</a>                                                             |
| All                                | Citizen's Advice                                                           | 08002404420                            |                                                                                                          | <a href="http://ww.citizensadvice.org.ukw">ww.citizensadvice.org.ukw</a>                                                 |
| Leicestershire                     | District Councils                                                          | Check local website                    | Check local website                                                                                      | Check local website                                                                                                      |
| Leicestershire                     | Veronica House                                                             | 0300 123 6000                          | <a href="mailto:customerservices@emha.org">customerservices@emha.org</a>                                 | <a href="http://www.eastmidlandshousing.org">www.eastmidlandshousing.org</a>                                             |
| Leicestershire                     | Furniture Reuse Leicestershire                                             | 0330 3550707                           | <a href="mailto:donate@leicestershire-reuse-network.co.uk">donate@leicestershire-reuse-network.co.uk</a> | Check local website                                                                                                      |
| Leicestershire                     | Homestart                                                                  | 0116 464 5490                          | <a href="mailto:info@home-start.org.uk">info@home-start.org.uk</a>                                       | <a href="http://www.home-start.org.uk">www.home-start.org.uk</a>                                                         |
| Leicestershire                     | Action Homeless                                                            | 0116 2211857                           | <a href="mailto:AHDutyDesl@actionhomeless.org.uk">AHDutyDesl@actionhomeless.org.uk</a>                   | <a href="http://Actionhomeless.org.uk">Actionhomeless.org.uk</a>                                                         |
| LLR supporting vulnerable families | Leicester charity link<br>Third party professional would refer via website | 0116 2222200                           | <a href="mailto:info@charity-link.org">info@charity-link.org</a>                                         | <a href="http://www.charity-link.org">www.charity-link.org</a>                                                           |
| Leicestershire                     | Community Advice and Law Centre (CALS)                                     | 0116 2421120                           | <a href="mailto:enquiries@cals.uk.net">enquiries@cals.uk.net</a>                                         | <a href="http://www.cals.uk.net">www.cals.uk.net</a>                                                                     |
| Melton                             | EMHA – Myst Lodge                                                          | 0166 4481411<br>Referrals 01530 278195 | <a href="mailto:john.thompson@emha.org">john.thompson@emha.org</a>                                       | <a href="http://www.emha.org">www.emha.org</a>                                                                           |
| Melton                             | EMHA–Westbourne House                                                      | 01530 278195                           | <a href="mailto:john.thompson@emha.org">john.thompson@emha.org</a>                                       | <a href="http://www.emha.org">www.emha.org</a>                                                                           |
| Oadby and Wigston                  | Single Access Point                                                        | 07720 680470                           | <a href="mailto:Talk2sap@bridgehousingervices.com">Talk2sap@bridgehousingervices.com</a>                 | <a href="http://www.thebridge-eastmidlands.org.uk">www.thebridge-eastmidlands.org.uk</a>                                 |

# Family bereavement

| Age / Criteria | Service                | Telephone                           | Email                                                                      | Web                                                                        |
|----------------|------------------------|-------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------|
| All            | Child Bereavement UK   | 0800 0288840                        |                                                                            | <a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a> |
| All            | The Laura Centre       | 0116 2544341                        | <a href="mailto:info@thelauracentre.org.uk">info@thelauracentre.org.uk</a> | <a href="http://www.thelauracentre.org.uk">www.thelauracentre.org.uk</a>   |
| 3-18           | Winston's Wish         | .Freephone<br>Helpline 08088 020021 | <a href="mailto:ask@winstonswish.org">ask@winstonswish.org</a>             | <a href="http://www.winstonswish.org">www.winstonswish.org</a>             |
| All            | Cruse Bereavement Care | 0808 808 1677                       | See website                                                                | <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>                     |

# Domestic and Sexual Abuse

| Age / Criteria                                                          | Service                                      | Telephone                                | Email                                                                                    | Web                        |
|-------------------------------------------------------------------------|----------------------------------------------|------------------------------------------|------------------------------------------------------------------------------------------|----------------------------|
| 0-11                                                                    | Women's Aid Leicestershire                   | 0808 8020028<br>0116 2832225             | admin@wallaction.org.uk                                                                  | www.wa-leicester.org.uk    |
|                                                                         | DV Helpline                                  | 0808 2000247<br>(24 hours)               |                                                                                          |                            |
| 11-19                                                                   | Living without abuse                         | 01509 550317<br>Helpline<br>0808 8020028 |                                                                                          | www.lwa.org.uk             |
| Children who have experienced SA and it has been reported to the police | FreeVA                                       | 0116 2550004                             |                                                                                          | Freeva.org.uk              |
| All                                                                     | UAVA                                         | 0808 8020028                             | info@uava.org.uk                                                                         | www.uava.org.uk            |
| Men/women 18+                                                           | Juniper Lodge Sexual Assault Referral Centre | 0116 2733330                             | juniperlodge@leicestershire.pnn.police.uk                                                | www.juniperlodge.org.uk    |
| All                                                                     | StopItNow!                                   | Helpline<br>0808 1000900                 | help@stopitnow.org.uk                                                                    | www.stopitnow.org.uk       |
| 16+ LLR                                                                 | Sexual Violence Helpline                     | 0300 3336533                             |                                                                                          |                            |
| All                                                                     | Blaby District Outreach Service              | 0116 2727637                             | domestic.abuse@blaby.gov.uk                                                              |                            |
| Men 13+ LLR                                                             | First Step                                   | 0116 2548535<br>Text<br>07581568144      | <a href="mailto:contact@firststepleicester.org.uk">contact@firststepleicester.org.uk</a> | www.firststepleicester.org |
| Women/girls 14+                                                         | Jasmine House Leicester Rape Crisis          | 0116 2555962                             | See website                                                                              | www.jasminehouse.org.uk    |
| Women 16+ LLR                                                           | Quetzal                                      | 0333 101 4280                            | help@quetzal.org.uk                                                                      | www.quetzal.org.uk         |
|                                                                         |                                              |                                          |                                                                                          |                            |
| 5-18                                                                    | Family Action Post Sexual Abuse              | 0116 2168334                             | leicester@family-action.org.uk                                                           | www.family-action.org.uk   |
| 4-18 Blaby                                                              | Children's Support worker                    | 0116 2727734                             | community-safety@blaby.gov.uk                                                            | www.blaby.gov.uk           |
| All                                                                     | Hinckley and Bosworth Outreach Service       | 01455 255746<br>0796 6202181             | n/a                                                                                      | n/a                        |
| LLR                                                                     | The Jenkins Centre                           | 0116 2540101                             | info@jenkinscentre.org                                                                   | www.jenkinscentre.org      |

## Offending and anti-social behaviour

| Age / Criteria | Service                                  | Telephone    | Email                              | Web                                                                                         |
|----------------|------------------------------------------|--------------|------------------------------------|---------------------------------------------------------------------------------------------|
| All            | Leicestershire Fire and Rescue Service   | 0116 2105555 | info@lfrs.org                      | <a href="https://leics-fire.gov.uk/your-safety/">https://leics-fire.gov.uk/your-safety/</a> |
| 10 - 18        | Youth Justice Liaison and Diversion team | 0116 3050030 | youthoffendingservice@leics.gov.uk |                                                                                             |

|     |                                  |              |                                |                                                                                                     |
|-----|----------------------------------|--------------|--------------------------------|-----------------------------------------------------------------------------------------------------|
| All | Victim First                     | 0800 9539595 | support@victimfirst.pnn.gov.uk | www.victimsupport.org.uk                                                                            |
| All | Family Lives                     | 0808 8002222 |                                | www.familylives.org.uk                                                                              |
| All | Hate Incident Monitoring Project | 0116 3058263 |                                | www.leicestershire.gov.uk/leisure-and-community/community-safety/hate-incidents                     |
| All | Anti-social Behaviour            |              |                                | www.leicestershire.gov.uk/leisure-and-community/community-safety/dealing-with-anti-social-behaviour |

## Behaviour Issues

| Age / Criteria          | Service                  | Telephone                                         | Email                        | Web                              |
|-------------------------|--------------------------|---------------------------------------------------|------------------------------|----------------------------------|
| All                     | Family Lives             | 0808 8002222                                      |                              | www.familylives.org.uk           |
| 5-16                    | Beyond Bullying          | 0116 3057570                                      | sue.bosley@leics.gov.uk      | www.beyondbullying.com           |
| 5-16                    | Educational Psychology   | 0116 3055100                                      | psychology@leics.gov.uk      |                                  |
| 11-16                   | Grounded                 | 0116 2234254                                      | centre@funandfamilies.org.uk | www.funandfamilies.co.uk         |
| 13-25                   | Worth it Projects        | 03003233230                                       | info@worthitprojects.co.uk   | www.worthit.org.uk               |
| Parent/Carers/teenagers | Fun and Families         | 0116 2234254                                      | centre@funandfamilies.org.uk | www.funandfamilies.co.uk         |
| 11-19                   | Twenty Twenty Lifeskills | 07507649255                                       | See website                  | www.twentytwenty.org.uk          |
| 5-25                    | Tanglewood               | 07534 805898                                      | tanglewoodysg@mail.com       | www.tanglewoodysgroup.btck.co.uk |
| All                     | Kidscape                 | Parent Advice Line<br>020 78235430<br>02077303300 | info@kidscape.org.uk         | www.kidscape.org.uk              |

## Counselling and mediation

| Age / Criteria     | Service                                 | Telephone                                     | Email                                                                  | Web                                                                  |
|--------------------|-----------------------------------------|-----------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------|
| 0-19               | Children's Support Service              | 0116 2727734                                  | community.safety@blaby.gov.uk                                          | www.blaby.gov.uk                                                     |
| 10+ 1 to 1 support | Relate                                  | 0116 2543011                                  | reception@rlr.org.uk                                                   | www.relateleicestershire.org.uk                                      |
| 8+ group work      | Early Intervention                      |                                               |                                                                        |                                                                      |
| 10-19              | Twenty Twenty Love4life                 | 01509 236144                                  | Love4Life@twentytwenty.org.uk                                          | <a href="http://www.twentytwenty.org.uk">www.twentytwenty.org.uk</a> |
| 11-19              | Talk2sort                               | 01509 260500                                  | Via website                                                            | www.thebridge-eastmidlands.org.uk                                    |
| 13+                | The Centre (LGBT)                       | 0116 2547412                                  |                                                                        | www.leicesterbrighthouse.org                                         |
| 18+                | Cruse Bereavement Centre (Young People) | 0116 2884119<br>Free helpline<br>0808 8081677 | Adults -leicester@cruse.org.uk<br>Young people -hopeagain@cruse.org.uk | www.cruse.org.uk                                                     |
| Adults             | The Leicester Counselling Centre        | 0116 2558801                                  | admin@leicescounselling.co.uk                                          | www.leicestercounsellingcentre.co.uk                                 |
| Adults             | The Haven                               | 01530 560921                                  | the.haven.counselling@btconnect.com                                    | www.thehavenashby.org.uk                                             |
| Families           | New Dawn Family support                 | 0116 287335                                   | newdawnfamilyss@btinternet.com                                         | www.newdawnfamilysupportservice.org.uk                               |

|          |                                                       |                              |                            |                           |
|----------|-------------------------------------------------------|------------------------------|----------------------------|---------------------------|
|          | NACCC (National Association of Child Contact Centres) | 0845 4500280<br>0115 9484557 | contact@naccc.org.uk       |                           |
| Families | The Laura Centre                                      | 0116 2544341                 | info@thelauracentre.org.uk | www.thelauracentre.org.uk |

## Drug and alcohol misuse

| Age / Criteria             | Service         | Telephone    | Email                          | Web                                              |
|----------------------------|-----------------|--------------|--------------------------------|--------------------------------------------------|
| Leicester / Leicestershire | Turning Point   | 0330 3036000 | LLreferrals@turningpoint.co.uk | www.wellbeing.turning-point.co.uk/leicestershire |
| All                        | Drinkline       | 0300 1231110 |                                |                                                  |
| Adults                     | Alcohol Concern | 0203 9078480 | contact@alcoholchange.org.uk   | www.alcoholconcern.org.uk                        |

## Carers

| Age / Criteria | Service                           | Telephone                    | Email                                  | Web                              |
|----------------|-----------------------------------|------------------------------|----------------------------------------|----------------------------------|
| Up to 18       | Young Carers                      |                              | Support through Early Help LCC         |                                  |
| All            | Support for Carers Leicestershire | 0845 6899510                 | maureen@supportforcarers.org           | www.supportforcarers.org         |
| Adults         | CLASP the Carers Centre           | 0116 2510999                 | enquiries@claspthe carerscentre.org.uk | www.claspthe carerscentre.org.uk |
|                | LAMP's Carer                      | 0116 2556286                 | juliaruck@lampdirect.org.uk            | www.lampdirect.org.uk            |
|                | Rethink Carer Respite Service     | 0300 5000927<br>9.30am – 1pm | info@rethink.org                       | www.rethink.org                  |

## Parental contact and family support

| Age / Criteria | Service                                     | Telephone                    | Email                                | Web                                                                                      |
|----------------|---------------------------------------------|------------------------------|--------------------------------------|------------------------------------------------------------------------------------------|
|                | CAFCASS                                     | 0300 4564000                 | See website                          | www.cafcass.gov.uk                                                                       |
|                | National Mediation Services                 | 0300 4000636                 | On website                           | www.nfm.org.uk                                                                           |
|                | The Grandparents Association                | 01279 428040                 | info@grandparents-association.org.uk | www.grandparents-association.org.uk                                                      |
|                | NACCC                                       | 0845 4500280<br>0115 9484557 | contact@naccc.org.uk                 | www.naccc.org.uk                                                                         |
|                | Kinship formerly Grandparents plus Helpline | 03300 167235<br>0300 1237015 | See website                          | Kinship.org.uk                                                                           |
| All            | Talk2sort (mediation)                       | 01509 260500                 | Via website                          | <a href="http://www.thebridge-eastmidlands.org.uk">www.thebridge-eastmidlands.org.uk</a> |
| All            | Food Banks<br>The Trussell Trust            | <b>01722 580 180</b>         | Via website                          | trusselltrust.org                                                                        |



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