

# 1-2-3 family wellbeing

Here are resources to help your family with income support (money, debt), essentials ( food, healthy eating, housing) and staying healthy. See below for local and online resources for mental health, relationships, confidential life advice and much more. If you are experiencing difficulties and need support, please self-refer to Early Help by calling the Family Early Help duty manager, Tel: 020 7525 1922. Please access services via telephone or online first due to COVID-19 as opening times may be subject to change.

## 1 Income support

Free impartial money advice



Tel: 0800 138 7777

[www.moneyadviceservice.org.uk/en](http://www.moneyadviceservice.org.uk/en)

Advice on benefits, money, housing.

Tel: 0344 499 4134

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

citizens advice

NATIONAL DEBTLINE

Free helpline: 0800 808 4000

[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

StepChange Debt Charity

Free debt advice

[www.stepchange.org](http://www.stepchange.org)

Tel: 0800 138 1111

[www.stepchange.org](http://www.stepchange.org)



SOUTHWARK WORKS

Employment help, training, CV, job application, interview skills

Tel: 0800 052 0540 or 07791846285

376 Walworth Road, London, SE17 2NG

[www.southwarkworks.com](http://www.southwarkworks.com)

SCOPE = Equality for disabled people

Family support, employment services, helpline for disabled people.

Tel: 0808 800 3333

[www.scope.org.uk/services](http://www.scope.org.uk/services)

## 2 Provide essentials



Access to food during coronavirus outbreak

<https://www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public/coronavirus/food-access>

Options available if unable to afford or access food when self isolating.



Requires a voucher

Tel: 020 7732 0007

[www.southwark.foodbank.org.uk](http://www.southwark.foodbank.org.uk)

Children's Centres



Family support, getting back to work, courses stay and play, child development, community

[www.southwark.gov.uk/childcare-and-parenting/childcare/children-s-centres?chapter=2&article](http://www.southwark.gov.uk/childcare-and-parenting/childcare/children-s-centres?chapter=2&article)

Shelter

Advice, support, legal services for poor housing/homelessness

Tel: 0808 800 4444

<https://england.shelter.org.uk>

HEALTHY START

Free fruit & veg, milk, vitamins

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Tel: 0345 607 6823



PACT Baby Bank: support with practical items they need like baby clothing, cots, buggies, blankets etc.

Tel Claire Rooney: 020 7708 5465

[www.pact-citizens.org/baby\\_bank](http://www.pact-citizens.org/baby_bank)

## 3 Join in and thrive



Free life advice: money, housing, health, relationships.

[www.themix.org.uk](http://www.themix.org.uk)

Tel 0808 808 4994



Childcare and Support Information

[www.southwark.gov.uk/childcare-and-parenting/childcare](http://www.southwark.gov.uk/childcare-and-parenting/childcare)



ChatHealth: Southwark Young People aged 11-19 can contact a school nurse via text for confidential advice and support: 07507 332 150

[www.evelinalondon.nhs.uk/chathealth](http://www.evelinalondon.nhs.uk/chathealth)



Parentline: Southwark Parents/Carers can text school nurses directly for confidential health advice and support: 07520 631130

[www.evelinalondon.nhs.uk/parentline](http://www.evelinalondon.nhs.uk/parentline)



Free, safe, anonymous online mental health and wellbeing support for young people

[www.kooth.com](http://www.kooth.com)



Support and friendship for families from 3<sup>rd</sup> trimester of pregnancy to 5 years old: Southwark: Tel 020 7737 7720

[www.homestartsouthwark.org.uk](http://www.homestartsouthwark.org.uk)