

Durham Safeguarding Children Partnership Support and Connection Information For when children are not in their parent's care



You are being given this information as your child has been placed outside of your care, owing to an intervention from children and young people's services/court and they are now living in another home. We know that this has been an incredibly sad and tough time for you, and this will mean that you are no longer caring full time for your child. This does not mean you don't have a valuable role to play, or that we can't continue to support you and your time with your child.

What we know is that your child still wants you to be in their life and we want to support you as a partnership to access the right support at the right time.

You may feel sad, confused, or angry, and this is understandable.

Why we want to help you and your child

It can feel overwhelming when your child has been placed outside of your care, but you are not alone and there is support available.

Where can I get help?

(This is not an exhaustive list - there will be other services you can access)

Benefits

- **Benefits advice or help with a benefits appeal** - Durham County Council.
www.durham.gov.uk/article/3028/Benefits-advice-or-help-with-a-benefits-appeal
- **Welfare Rights**
www.durham.gov.uk/article/4307/Contact-Welfare-Rights
- **Universal Credit**
0800 3285644
- **Child Tax Credits**
0345 3003900
- **Step Change Debt Charity**
0800 138 1111
- **Durham Wellbeing Alliance**
0300 304 5527

Housing

- **Re-settle Northeast Thirteen Housing**

Housing for sentenced and unsentenced adults.

www.thirteengroup.co.uk/page/resettle-north-east

- **Changing Lives**

www.changing-lives.org.uk/

- **Waythrough**

Free, confidential support for alcohol, drugs, housing or mental health in friendly local places.

www.waythrough.org.uk/find-support-near-me/county-durham-drug-and-alcohol-recovery-service/

- **Addictions North- East**

Registered charity providing supported housing to those who feel unable to live alone due to addiction or behavioural issues such as mental health conditions, learning difficulties or homelessness.

www.addictionsnortheast.com/

- **DASH – Durham Action on Single Housing**

0191 3845073

www.dashorg.co.uk/

- **Foundation**

Offers housing to victims of domestic abuse and covers a wide range of support to meet your needs.

01913 862303

- **Housing Solutions**

03000 268 000

Domestic Abuse

- **Harbour**
Offer a range of different services to assist those affected by domestic abuse.
www.myharbour.org.uk/
- **Changing Lives**
www.changing-lives.org.uk/
- **Durham Pride helpline and services**
Same sex domestic abuse/sexual violence.
www.durhamprideuk.org/index.php/what-we-do/
- **The Angelou Centre**
Support for women and children from Global Majority Heritage communities.
www.angelou-centre.org.uk/
- **Clare's Law**
Domestic violence disclosure scheme.
www.durham.police.uk/rqo/request/ri/request-information/cl/triage/v2/request-information-under-clares-law/
www.myharbour.org.uk/images/downloads/Clares_Law_Leaflet_Durham.pdf
- **The Traveller Movement UK helpline for Gypsy, Roma and Traveller women**
0754 1637 795
- **The Traveller Movement 'Safe Space for Women'**
Microsite for Gypsies, Roma and Travellers, providing a safe space for GRT women and a key resource for professionals in the women's sector.
www.travellermovement.org.uk/domestic-abuse-and-sexual-violence
www.women.travellermovement.org.uk
- **NCDV: National Centre for Domestic Abuse**
Help to get emergency injunctions.
www.ncdv.org.uk/
- **Durham County Council**
Information page.
www.durham.gov.uk/DomesticAbuse

Drug and Alcohol

- **Alcoholic Anonymous**
www.alcoholics-anonymous.org.uk/find-a-meeting/
- **Waythrough**
Free, confidential support for alcohol, drugs, housing or mental health in friendly local places.
www.waythrough.org.uk/find-support-near-me/county-durham-drug-and-alcohol-recovery-service/
- **Addictions Nort-East**
Registered charity providing supported housing to those who feel unable to live alone due to addiction or behavioural issues such as mental health conditions, learning difficulties or homelessness.
www.addictionsnortheast.com/
- **Changing Lives**
www.changing-lives.org.uk/
- **County Durham Drug and Alcohol Recovery Services**
03000 266 666

Mental Health and Emotional Wellbeing

- **Talking Therapies**

www.durhamanddarlingtontalkingtherapies.org.uk/

- **Man Health**

Supporting men through difficulties in their mental and physical ill health, ultimately to prevent suicide.

www.manhealth.org.uk/

- **Waddington Street Centre**

Holistic support for adults around mental health and wellbeing.

www.waddingtoncentre.co.uk/

- **Hub of Hope/Mental Health any age**

The UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

www.hubofhope.co.uk/

- **Durham Mental Wellbeing Alliance, Mental Health and Wellbeing**

www.durhammentalwellbeingalliance.org/what-we-offer/

- **Mental Health Matters, Brighter Futures 18yrs and over**

Brighter Futures is an employment service delivered by Mental Health Matters (MHM), supporting those with mental health needs to fulfil their aspirations and goals towards personal recovery. People who wish to increase their confidence, independence and skills through paid employment, volunteering or education can achieve this with the help we offer.

www.durhamlocate.org.uk/Services/5484/Mental-Health-Matter

- **Waythrough**

Free, confidential support for alcohol, drugs, housing or mental health in friendly local places.

www.waythrough.org.uk/find-support-near-me/county-durham-drug-and-alcohol-recovery-service/

- **Addictions North- East**

Registered charity providing supported housing to those who feel unable to live alone due to addiction or behavioural issues such as mental health conditions, learning difficulties or homelessness.

www.addictionsnortheast.com/

- **Tees, Esk and Wear Valleys NHS Foundation Trust**

Telephone listening service, staffed by mental health professionals, offers emotional support for adults in Tees, County Durham, and Darlington, and is an alternative to traditional crisis care - open 24 hours a day, seven days a week.

0800 046 1313

- **Hartlepool and East Durham Mind**

0191 5185070

Mental Health and Emotional Wellbeing

- **Samaritans**

You can call or text the Samaritans for free from any phone to talk about your mental health.

116123

- **Match Mothers**

Free and confidential support line for mothers who are apart from their children.

0800 689 4104

- **RT Projects**

A suicide prevention project that works through art. Expert advice and practical tips to help you look after your mental health and wellbeing.

0191 384 9745

www.nhs.uk/oneyou/every-mind-matters

Health Care Support (including sexual health)

- **Help for Families**
www.durham.gov.uk/helpforfamilies
- **Healthier Together**
www.nenc-healthiertogether.nhs.uk/
- **Wellbeing for Life**
www.wellbeingforlife.net/#/home
- **Care and support for adults**
Social care.
www.durham.gov.uk/article/5690/Care-and-support-for-adults
- **Adult caring for a family member - Durham County Carers Support**
www.dccarers.org/#
- **Rape and Sexual Abuse Counselling Centre**
RSACC offers free confidential counselling and support to women who have experienced any form of sexual violence.
www.rsacc-thecentre.org.uk/
- **Sexual Health and Contraception Central Contraception Booking Line**
0191 372 8700
- **County Durham North Sexual Health Hub (GUM)**
0191 333 2660
- **County Durham South Sexual Health Hub (GUM)**
01388 455 700
- **County Durham NHS Website**
You can request free condoms and STI kits from the sexual health section of the website.
www.cddft.nhs.uk/
- **Smoke Free County Durham**
Free support to quit smoking.
0800 772 0565
- **Out of Hours Doctor**
When you need medical help fast but it's not a 999 emergency. Calls are free from landlines and mobile phones.
111

Debt Support/Finance/Money

- **Community Money Advice**
www.durhamcp.org.uk/community-money-advice-county-durham
- **Gamblers Anonymous**
www.gamblersanonymous.org.uk/
- **Surviving Economic Abuse and Money Advice Plus Financial Support Line**
0808 1968845
- **Financial Support Line**
www.survivingeconomicabuse.org/what-we-do/financial-support-line/
- **East Durham Trust**
A flagship VCSE organisation for the 22 villages and 2 towns of the East Durham Coast.
0191 5693511
www.eastdurhamtrust.org.uk/
- **Durham Food Bank**
27 pick up locations across Durham.
0191 303 8693
www.durham.foodbank.org.uk/
- **East Durham Trust**
SPIED (Stop Poverty in East Durham) Project provides benefit checks and support, and debt advice.
0191 5693511
- **Money Advice Durham**
Provides free confidential debt/money management advice and support.
0191 303 7514

Support for dads

- **Northeast Young Dads and Lads Project**
www.neydl.uk/

Education/Employment

- **DurhamWorks 15yrs-24yrs**

A dedicated project for young people aged 15-24 years old, who need extra help when making decisions about education, training and employment opportunities. Durham Works will help unemployed 15 to 24 year olds, living in County Durham, through the provision of flexible and bespoke delivery of one-to-one support. Each young person will use their time on DurhamWorks in the way that best meets their needs and overcomes barriers to progression.

www.durham.gov.uk/article/26945/DurhamWorks3-known-locally-as-DurhamWorks-

- **Employability Durham 25yrs and over**

We specialise in helping people to get the best out of their lives. For some people that might be starting a new job or doing some training, for others, work might seem a very long way away. We're here to help you look at what you might enjoy and how you might be able to get there.

www.durhamlocate.org.uk/Services/5019

- **National Careers Service 18yrs and over**

We provide information, advice and guidance across England to help you make decisions on learning, training and work. Our service offers confidential and impartial advice and is supported by qualified careers advisers.

www.nationalcareers.service.gov.uk/

- **Durham Enable 18yrs and over with a disability**

Supported Employment for County Durham residents aged 18 years and over working on a 1-to-1 with jobseekers and employers, to break down the barriers to paid work faced by people with disabilities, neurodiversity's, and long-term health conditions.

www.durhamenable.info/

- **Young Women's Trust**

Support for women aged 18-30 through coaching and help with CV writing and job applications.

www.youngwomenstrust.org

Other Support Agencies

- **Citizens Advice**
www.citizensadvicecd.org.uk/help/
- **Samaritans**
www.samaritans.org/
- **Victim Care and Advice Service**
Victim of a crime.
www.victimcareandadvice.service.uk/
- **Durham Locate**
Hosts lots of support services.
www.durhamlocate.org.uk/Search?CategoryId=89&SM=ServiceSearch&SME=True
- **Durham and Darlington Fire and Rescue Service: Home Fire Safety Visits**
www.ddfire.gov.uk/free-home-fire-safety-visit
- **Future Hope Project**
Offers support to women who have young children, not currently living in their care.
07917150805
www.durham.gov.uk/futurehope