



## Resources To Support Families

The following are a list of resources that have been put together by the Local Authority. They offer support and may be useful for families:

### **Mutual Aid Groups Across County Durham**

Please see attached lists of Mutual aid groups that are supporting our communities during Covid 19. These groups offer a range of support to our residents - this is not an exhaustive list however it is a good starting point to signpost families to access support including shopping, delivery of food parcels, befriending, collecting medication etc. Please ensure that you contact the organisation before signposting a family to ensure that they are able to support and meet demand. The **CAMHS** resources are useful as they cover a range of areas to support Children's wellbeing.

<https://www.camhs->

[resources.co.uk/?fbclid=IwAR02kqK5jdK860p3x2cszbwm3hJo47QjYamxuYXIIVMCeD1A6jXWIOILM7I](https://www.camhs-resources.co.uk/?fbclid=IwAR02kqK5jdK860p3x2cszbwm3hJo47QjYamxuYXIIVMCeD1A6jXWIOILM7I)

**SENDIASS** are available to support parents who have children with additional needs.

**Citizen's advice** can offer support with finances, contact details,

<http://www.citizensadvicecd.org.uk/>

0300 330 9027 - Advice Line Monday to Friday 10am to 4pm

0300 323 2000 - Debt Advice Line Monday to Friday 9am to 1pm

0300 323 1000 - To cancel or rearrange appointments

**Homestay [formally Stonham]** can offer support with finances, rent arrears etc.

To contact gateway ring Durham Homestay team.

Gateway on 0191 332 4935 / e-mail [GatewayDurham@homegroup.org.uk](mailto:GatewayDurham@homegroup.org.uk)

Schools can email the **VCS alliance** to ask to be put on their mailing list. They will send information out on a weekly basis of things available for families across Durham.

[vcsalliance@durham.gov.uk](mailto:vcsalliance@durham.gov.uk)

**FamilyLine** offer a free service available to support adult family members on all aspects of family life issues, whether it is emotional support or practicable advice on any aspect of parenting or broader family issues - Tel Number: 0808 802 6666, text: 07537 404282 or

email: [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)

### **North East Autism Society**

Offer support with enquiries via telephone, email, and Facebook. They also have a private family network page where they are offering lots of support and guidance.

For more information call 0191 4109974

Face book page North east Autism Society

Email [info@ne-as.org.uk](mailto:info@ne-as.org.uk)