

Useful websites and telephone numbers.



Talking sense about autism.

www.autismberkshire.org.uk

01189 594 594

This site offers a range of advice to families and has a great page of events that are held on a regular basis throughout each month.



office@home-start-reading.org.uk

01189 560 050

Home start is a volunteer service that offers young families support and or friendship. All you need to have to qualify for Home Start is a child under the age of 5.



www.familylives.org.uk

This website offers some great advice for parents all the way from birth to teenagers. Tips, chat rooms, professional advice as well as signposting to useful services.



www.citizenadvice.org.uk

0344 411 1306



Childrens Centre

www.serviceguide.reading.gov.uk

The website above will sign post you towards your local children's centre where you will find a fountain of support and activities. To qualify all you need is a child under school age. Pop in to any children's centre to find out what they have to offer.



Our local school nurse is based at the Southcote Clinic on Coronation Square.

01189 556 888

School nurse can help children with many things for example coming to terms with a diagnoses, weight, eating, growing up also referrals to other agencies within the health service.



www.reading.gov.uk

0118 937 3641

Not only is this the contact information to use if you are concerned/worried about a child. You can also self-refer if you are looking for early intervention support for example a Family

Worker. This is also the route to use if you are looking for advice from Primary Mental Health.



www.parentingspecialchildren.co.uk

This service offers fantastic advice to families with children who have special needs this advice ranges from help with sleep to support with behaviour, plus many more areas.



www.relateberkshire.org

0118 987 6161

This service offers relationship counselling, sex therapy, children and young people's counselling, family counselling.

Call **SAMARITANS**

No names. No pressure. No judgement.

We're here for you. Any time.

 **08457 90 90 90***

 **jo@samaritans.org**  **www.samaritans.org**

*See our website for latest call charges. A registered charity.
Worried about cost? We'll call you back.



Alana House

Women's
Community
Project

www.pactcharity.org

01189 217 640

Alana House is an innovative women's community solution that uses a holistic approach to support women by empowering them to take control of their lives, make informed decisions and improve their life chances.

jobcentreplus

08001690190

This centre can help you get back into work, assist with finding new work and they can also help with any benefit worries or difficulties you may be having.



0118 207 0930



www.sharon.nhs.uk

This is a service that offers peer to peer counselling to children and adolescents and covers areas such as eating disorders.



www.parentpartnership-reading.org

0118 939 9821

Parent Partnership is a statutory service in place to provide impartial information and support to parents whose children have special educational needs.



The local voice of learning disability

www.readingmencap.org.uk

01189 662 518

This service provides services for children and adults with learning disabilities and their parents and carers.



ReadiFood
Reading's Food Bank

www.readifood.org.uk

01189 872 672



www.st-matts.org.uk

01189 547964

As well as the church services St Matthews offers a group called 'Time for you'.

Time for You is an opportunity to have a little break, a chat and spend time with a friendly group of women. Term-time only.

They also offer a holiday club where children can have supervised fun.



www.tlg.org.uk

This charity is offering lunch throughout the summer holidays. If you require more information on this please speak with Mrs Elliott.



www.salvationarmy.org.uk

The Salvation army is a charity that can assist with budgeting and debt advice, emergency assistance, saving money and finding work.

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www.womensaid.org.uk

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