

OUTREACH SUPPORT SERVICES



	NAME:	CONTACT INFO:	DESCRIPTION:
ESSENTIALS	Cca	0118 351 2336 www.ccam.org.uk	Christian Community Action provides support for individuals and households in Reading who are in need of emergency furniture, bedding and kitchen items.
	Cowshed	0118 931 3332 www.thecowshed.org	Clothes, school uniform, prom dresses, and other essentials
	First Days	0118 921 9338 www.firstdays.net	School uniform, Cheap party hire, community supermarket, winter warmers, clothes, laptops, holiday food vouchers, baby equipment, toy library, stair gates, birthday and Christmas present
	New Beginnings	www.newbeginningsreading.org	All Day Café: Mondays: 11AM - 3PM Thursdays: 11am - 3pm Hot Meal Service: Tuesdays: 6pm - 7pm Community Fridge Service: Wednesdays: 12pm - 1pm, Thursdays: 6pm - 7pm, Fridays: 6pm - 7pm
	Readifood	www.fcg.org.uk/readifood	Foodbank will need a referral. Food pantries: Whitley wood community centre Tuesdays 1-3, Southcote Community Hub Tuesdays 4-5.30pm The Pavilion Oxford rd Wednesdays 10-12pm, Wesley Methodist Church Wednesdays 10-12pm, Coley Park Methodist Church Thursdays 9.30-12.30pm, Norcot Mission Fridays 10-12.30pm
	The globe community mission project	0118 9508534 info@globecomunitymission.org	Food parcels every other Saturday 11.30 - 12.30pm. Contact them directly to check on dates
	Trussell Trust	0808 208 2138 www.trussell.org.uk	Emergency food, advice line, Energy bill support, Benefits calculator, grants search
	Weller centre	0118 947 5828 www.wellercentre.co.uk	Uniform support, Youth Groups, Holiday clubs, support and advice, SEND parent support, children's classes. Warm space café Monday - Friday 9.30-12pm, Community Bakery Tuesdays 9.30-12.30pm and Thursdays 7.15-8.15pm
GENERAL SUPPORT	Alana house	0118 921 7640 alana.house@pactcharity.org www.pactcharity.org/alana-house	Alana House is a community project run by PACT that uses a holistic and trauma-informed approach to support and empower women facing multiple disadvantages
	Family Action	family-action.org.uk	Across the UK, protect children, support young people and adults and offer direct, practical help to families and communities
	Family information service	0118 937 3777 OPTION 2 fis@reading.gov.uk servicesguide.reading.gov.uk	Events, support, SEN, childcare, children's centres, employment training and information, health and wellbeing,

**HOUSING AND
FINANCIAL ADVICE**

Gingerbread	0808 802 0925 www.gingerbread.org.uk	For single parent families: expert advice and practical support for single mums and dads in England and Wales
Home start Reading	0118 956 0050 www.home-start-reading.org.uk office@home-start-reading.org.uk	Support, practical help, Friendship
Reading Family Aid	info@readingfamilyaid.org 07930 033413 www.readingfamilyaid.org	Children living with poverty and other disadvantages in the Reading area. They may be living in a family affected by drug taking, alcoholism, physical or sexual abuse, chronic illness or disability; or they may have a disability or illness themselves. The families may be homeless or may be refugees
Weller centre	0118 947 5828 www.wellercentre.co.uk	Uniform support, Youth Groups, Holiday clubs, support and advice, SEND parent support, children's classes. Warm space café Monday - Friday 9.30-12pm, Community Bakery Tuesdays 9.30-12.30pm and Thursdays 7.15-8.15pm
Acas	0300 123 1100 www.acas.org	ACAS is an independent and impartial organisation that helps to improve the working life of employers, employees and your organisation
Citizens advice	www.citizensadvice.org.uk	Housing, debt, Family, Law, Immigration and consumer advice
Family Employment Support Advisor	Ranikhet Children's Centre - Friday 10am-12pm 0118 9372535 (West Central Cluster) 0118 9372551 (East Cluster)	Family Employment Advisor, who is ready to help you with anything work related. We can help with starting and returning to work, finding courses, training, employment, cvs and interview techniques. We can introduce you to employers that have vacancies, offer advice and support with debt, budgeting or out of work related benefit claims-
Launchpad Reading	0118 950 7656 www.launchpadreading.org.uk	Housing advice and support
Reading Borough Council debt advice team	0118 937 2197 debt.advice@reading.gov.uk	We are a friendly team of trained advisers who help people in financial difficulty with free, confidential and impartial debt advice. We can advise you on a wide range of issues and help hundreds of people every year
Reading welfare rights	0118 955 1070 www.readingspecialist.co.uk	Reading Welfare Rights is an organisation that provides a specialist advice service to all sectors of the local community in relation to all welfare benefits including mandatory reconsiderations, appeals and preparation for court hearings, advice on your right to challenge benefit decisions, assistance with benefit forms, benefits checks / better off calculations
Reading YMCA	www.ymcareading.org	Provide housing and support and workshop and life skills training for young people, a children's play group, respite for young carers, scouts cubs and beavers, football, table tennis, aikido, kung fu and many activities for senior citizens
Shelter	0300 330 1234 www.shelter.org.uk info@shelter.org.uk	Housing advice - homelessness, private renting, eviction, benefits and money problems, repairs and housing conditions, Mortgage arrears, repossession, tenancy deposits, council housing
Turn2us	www.turn2us.org.uk	Benefits calculator, grants search,
Universal Credits	0800 328 5644	Universal Credit is a payment to help with your living costs

RELATIONSHIPS

Berkshire women's aid	0808 801 0882 www.berkshirewomansaid.org.uk	Refuge, Outreach, support for children and young people, group programmes, Aim for change: perpetrator programme
Men's Advice Line	0808 807 0327 www.mansadvice.org.uk	Domestic abuse helpline for men
National Domestic Violence Helpline	0808 200 247 www.ncdv.org.uk	The free National Domestic Abuse Helpline is available 24 hours a day, all-year-round on: 0808 2000 247.
Relate	0300 003 2972 www.relate.org.uk	Relationship Counselling
Woman's trust	0207 034 0303 www.womanstrust.org.uk	Woman's trust is a specialist mental health charity providing free counselling and therapy for woman who have experienced domestic abuse

MENTAL HEALTH

briym	www.briym.co.uk	Promoting and developing positive mental health in people and developing lifelong resilience to cope in an ever-changing world
Charlie Waller	www.charliewaller.org	Our parent and carer programme offers practical advice, training and support to parents, carers and families. This is delivered both face-to-face and online
Harmless	www.harmless.org.uk	Harmless is the national centre of excellence for self harm and suicide prevention
Mental Health Support Team	0118 937 6548 MHST@brighterfuturesforchildren.org	Programmes for children, Parenting workshops, story links, worry management, graded exposure (facing fears), support for young people, group work, training
Mind	www.mind.org.uk	Offering help whenever you might need it through our information, advice and local services
No.5 Counselling	0118 901 5668 info@no5.org.uk	Counselling for young people - You can refer yourselves or the school/Doctor can refer you. We also have drop in sessions on Thursdays for students in school at lunch times.
Pandas Foundation UK	www.pandasfoundation.org.uk	Hoping to make the world more aware of postnatal depression, learn about the support available to those suffering with PnD
Raw Mentoring	www.rawmentoring.co.uk	Mentors and trainers who are passionate about supporting students who struggle with mental health challenges, the education system or youth who need additional support
Rethink Mental Health	www.rethink.org	keep people living with mental illness safe and well in the community, prevent their needs from escalating, and help them live independently, access the information, support and care they are entitled to, and understand and exercise their rights
SHaRON	sharon@berkshire.nhs.uk	Safe, moderated, online peer support 24 hours a day
Soulscape	www.soulscape.org.uk	Creating space away from it all. Space to reflect, to ask big questions, to explore what's going on inside, and to creatively express their own ideas.
Talking Therapies	0300 365 2000 www.talkingtherapies.berkshirehealthcare.nhs.uk	Free NHS service to support for various mental health needs
Young Minds	www.youngminds.org.uk	School anxiety and refusal, training and resources, work with the parent/carer and the school

EDUCATION

Adviza	0118 402 7050 www.adviza.org.uk	Adviza is a registered charity that inspires and supports young people and adults to progress in learning and work
Red Balloon learning centres	0118 958 3004 www.redballoonlearner.org	Special education school for children who are school avoidant or bullied

SEN SUPPORT

ACRE family support team	0118 951 0279 www.acre-reading.org	Supporting black and minority ethnic families with a child (0-25) with additional needs or disabilities
Dingley's promise	www.dingley.org.uk	Family Support Offer is available to all families with children aged 0-5 who have special educational needs and disabilities
Family Fund	www.familyfund.org.uk	UK's largest grant-making charity for families raising a disabled or seriously ill child, on a low income
Me2Club	me2club.org.uk 0118 969 6369	An inclusion charity for children and young people with additional needs and disabilities in the Wokingham and Reading Boroughs
Parenting special children	0118 986 3535	Parenting advice and support, Trauma and attachment, sleep training, social groups for SEND children and parents

BEREAVEMENT

At a loss	ataloss.org	Signposting website for finding local bereavement support
Cruse bereavement support	0808 808 1677 www.cruse.org.uk	Support, advice and information
Daisy Dream	0118 934 2604 info@daisysdream.org.uk	Daisy's Dream is a charity providing support for children and young people who have been affected by bereavement

ALCOHOL/SUBSTANCE MISUSE AND EXPLOITATION

Addiction Family Support	0300 888 3853 addictionfamilysupport.org.uk	A safe space for people affected or bereaved by a loved one's harmful use of alcohol, drugs or gambling
Catch22	ypf@catch-22.org.uk Please be aware certain services will require a referral	Provide support for young people, professionals, parents, and carers, with the aim of preventing or stopping child exploitation and missing incidents
Change Grow Live	0118 955 733 changegrowlive.org	Drugs and alcohol misuse support including a family and carers support group on Thursdays at 5.30pm
Frank	0300 123 6600 talktofrank.com	Support service that provides information about drugs, plus advice for people who use drugs, and their parents or carers
The Childrens Society	0300 303 7000 childrenssociety.org.uk	Support for those experiencing child sexual exploitation, children's rights and advocacy, county lines and criminal exploitation, mental health and wellbeing, missing from home, poverty, refugees and migrants, substance misuse, young carers

REPAIRS	Reading Bike Kitchen	info@readingbicyclekitchen.org	Bike maintenance courses, repairs, cheap parts, part recycling
	Reading Repair café	repaircafe@transitionreading.org.uk	Get help to repair a wide range of items covering areas such as: Electronics, Mechanical items, Computers (hardware / software), Toys / Furniture Clothing / textiles, Tool sharpening 3rd Weekend of Every Month (Saturday or Sunday depending on venue)
EQUIPMENT RENTAL	Reading central library	email: info@readinglibraries.org.uk	Toys rental
	Reading library of things	lot.reading.myturn.com	A Library of things is just like an ordinary library, but rather than books we have lots of other sorts of items available to borrow. Membership is £25 per year, but we have discounted memberships for those that need it. We want to be as accessible as possible. There are no fees for borrowing, but we would charge for late returned items. Garden tools, carpet cleaners, DIY tools, projectors,

