

Directory of local services

<u>Athena Service Lewisham</u>	Non-judgmental support for Lewisham residents who are experiencing gender-based violence. Athena provides outreach programmes, independent advocacy, group support, refuge accommodation and a specialist service for young women.
<u>Bank of Things</u>	Visit the Bank of Things in Lewisham Shopping Centre on Mondays or Wednesdays after school - fill out a checklist and receive a bespoke pack for personal items you need, no questions asked. For ages 11 to 25.
<u>Baseline Drop-in support</u>	Baseline is a drop-in service that provides support and advice for young people not in education, employment or training (sometimes referred to as NEET).
<u>Beleve UK</u>	A positive girls' group - to equip girls and young women with the right support, skills and confidence to make informed choices about their future; improve their social and economic outcomes whilst taking control of their lives.
<u>Contact a Family</u>	Providing support, advice and information for families with disabled children, no matter what their need.
<u>Community advice works</u>	A free welfare and advice and information service responding to anyone in need. 020 7732 9716.
<u>Drumbeat ~ Drumbeat Outreach</u>	A termly calendar of free workshops on a range of topics, strategies and interventions to support the needs of parents and carers. Aimed at parents, family members and carers living with & supporting individuals with social communication difficulties, including children and young people with a diagnosis of ASD. The workshops provide a safe space to discuss your child's strengths and needs with other parents and to share some practical strategies and top tips. outreach.admin@drumbeat.lewisham.sch.uk
<u>Families Need Fathers</u>	A charity chiefly concerned with the problems of maintaining a child's relationship with both parents during and after family breakdown. Information, advice and support services for parents who could otherwise spend thousands of pounds without achieving a positive outcome for the children. Includes the pro-bono advice of solicitors and others familiar with the family courts; a dedicated helpline and resources for members that will help you to have a relationship with your children. Telephone 0300 0300 363 Email nf@fnf.org.uk
<u>Future Men</u>	Supporting boys and men from childhood to 25+ to help them become dynamic and healthy future men. Through our practice-led services, we encourage boys and men to explore, celebrate and build on the seven characteristics that we believe contribute to positive masculinity.
<u>Lewisham Autism Support (LAS)</u>	Support, advice and information for families who have children diagnosed with an autism spectrum disorder. Referrals can be made by the paediatrician who gave your child the diagnosis, or parents can self-refer if they have not yet had any post-diagnostic input from LAS. Email: lewishamproject@nas.org.uk
<u>Lewisham Children & Family centre</u>	A variety of support such as information sessions / stay and play / Family Support / Parenting Courses / Domestic Abuse Recovery

<u>Lewisham Family Information Service</u>	Information and contact details of all children / young people and family services
<u>Lewisham Family Thrive</u>	Targeted early help for families familythrive@lewisham.gov.uk 020 8314 7333
<u>Lewisham Library</u>	Offers a number of free regular events such as Under 5s Song & Stories, Craft Club and Reading Group.
<u>Lewisham Local SEN/D offer</u>	Information about Lewisham's local offer for children and young people with special educational needs and disabilities (SEND) and their families.
<u>Lewisham Multilingual Advice Service</u>	Free and impartial advice, assistance and advocacy in different languages.
<u>Lewisham Parent Carer Forum</u>	Support for adult carers caring for an adult who lives in Lewisham as well as for young people aged between 5 and 25 who take care of others in Lewisham.
<u>Lewisham Qwell</u>	Counselling sessions for local residents over 26 years old from qualified counsellors via an online chat-based platform. Open 24 hours a day; one-to-one counselling sessions with a qualified counsellor are available from 12-noon until 10pm on weekdays, and from 6pm until 10pm on weekends. Those using Qwell are also be able to take advantage of a range of self-help tools from reading and contributing to articles, peer to peer support via online discussion boards as well as journals and goal trackers.
<u>Lewisham Refugee Migrant network</u>	Housing, immigration and welfare advice ~ website: / email: infor@irmn.org.uk / phone: 0208 694 0323
<u>Lewisham Toy Library</u>	An affordable and sustainable alternative to buying toys. Choose from a huge selection of over 4,000 toys, from baby toys, jigsaws, dressing up clothes, outdoor play equipment and bikes for all ages. Lewisham Shopping Centre, Unit 46 (the north-west entry corridor; near Boots and Tiger).
<u>Lewisham Youth First (community youth clubs)</u>	This includes regular one-to-one sessions between a young person and a Youth First key worker; providing the opportunity for a young person to build a relationship with a trusted adult in a less formal setting such as a youth club and helping them improve a particular area of their life such as wellbeing, education or relationships, or whether to build confidence in a life skill. Self and parent / carer referral take priority community service's (youth provisions / swimming / brownies / cubs / cadets)
<u>Paladin service</u>	An organisation aiming to assist high risk victims of stalking in England and Wales, keeping victims and children safe.
<u>Project 17</u>	Working to end destitution among migrant children. We work with families experiencing exceptional poverty to improve their access to local authority support. We provide advice, advocacy and support for individuals. We build capacity in other organisations and we campaign for the improved implementation of statutory support.
<u>SENDIASS</u>	Lewisham Special Educational Needs and Disabilities Information Advice and Support Service is a free, confidential and impartial service for parents and carers, children and young people (up to 25 years). They are a team of local advisors who offer impartial, confidential advice and support on all matters relating to SEND.

<u>SIGNAL Family Support</u>	A parent support group for children with ASD and their families in Lewisham. It was established by parents and is run by parents. Email: <u>signallewisham@googlemail.com</u>
<u>Spark 2 life</u>	A mentoring programme and community-inspired initiative that empowers and advocates for offenders, and those at risk of offending. Through bespoke solutions we transform lives and disrupt the criminal justice narrative.
<u>The Unity project</u>	Supporting people to remove the NRPF condition from their leave to remain. Weekly casework sessions every Tuesday provide appointments and workshops for people with NRPF to help make 'Change of Conditions' applications for recourse to public funds, so that people can access the welfare safety net in times of crisis or hardship.
<u>Victim support</u>	Victim Support is here to help anyone affected by crime. Because we're an independent charity, you can talk to us whether or not you've reported the crime to the police. If you want, we can support you without the involvement of the criminal justice system, and we won't contact them about you unless we feel someone is at risk. We are here just to support you.
<u>Young Lewisham Project Saturday cycles & fitness session</u>	Saturday cycle group - Saturdays during term time and some holiday weeks. Open to young people aged between 12-19. Don't have a bike? Not a problem, we have loads, but you will have to be prepared to fix them up to have one. We have a gym instructor here weekly and make good use of our boxing equipment, weight room and static bikes.
<u>Young Minds</u>	Young Minds want to make sure that all young people get the best possible mental health support and have the resilience to overcome life's difficulties. Check out their website and find some really good articles on how to deal with the different challenges that lots of people are facing right now.