

SYDENHAM SCHOOL

DARTMOUTH ROAD

LONDON

SE26 4RD

0208 699 6731

PARENT/CARER **SUPPORT DIRECTORY**

We cannot guarantee that all of this information is up-to-date so please only use the directory as a guide.

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Local Authority Online Directories

Lewisham

Children and Young People's Directory

www.lewisham.gov.uk/HealthAndSocialCare/ChildrenAndFamilyCare/ChildrensDirectory

Southwark

Children and Young People's Directory

www.southwarkcis.org.uk

Lambeth

Children and Young People's Directory

www.younglambeth.org.uk

Bromley

Community Organisations

www.bromley.gov.uk/community/organisations

Local Citizens Advice

National Association of Citizens Advice Bureaux

For information

www.citizensadvice.org.uk

Tel: 020 7833 2181

Catford Citizens Advice Bureau

120 Rushey Green

Catford

London

SE6 4HQ

Tel: 08701 264 037

Sydenham Citizens Advice Bureau

299 Kirkdale

Sydenham

London

SE26 4QD

Tel: 08701 264 037

Addington Citizens Advice Bureau

1A Overbury Crescent

New Addington

Croydon

Surrey

CR0 0LR

Tel: 01689 846 890

Bromley Town Citizens Advice Bureau

Community House

South Street

Bromley

Kent

BR1 1RH

Tel: 020 8315 1940

Dyslexia

British dyslexia Association

www.bdadyslexia.org.uk/

For enquires about dyslexia:

Helpline: 0118 966 8271

Email: helpline@bdadyslexia.org.uk

For general enquires:

The British Dyslexia Association

98 London Road,

Reading

RG1 5AU

0118 966 2677

Email: admin@bdadyslexia.org.uk

Also Deptford Green School is Lewisham Borough's Dyslexia Resource Centre

Autistic Spectrum Disorder (ASD)

ALAS (All Lewisham Autism Support)

Email: AlasEnquiry@black1.org.uk

www.bach.demon.co.uk/alas/

National Autistic society

www.nas.org.uk/

Autism Helpline

Information, advice and support for people with ASDs, families and carers, and professionals

0845 070 4004

Open Monday – Friday 10:00am – 4:00pm

Asperger's Syndrome

PRIORY MANOR CHILD DEVELOPMENT CENTRE

Priory Manor Child Development Centre

1 Blagdon Road, London SE13 7HL

020 7771 4500

PHOENIX CHILDREN'S RESOURCE CENTRE

Phoenix Children's Resource Centre

Bromley PCT

40 Mason's Hill, Bromley BR2 9JG

020 8466 9988

South London and Maudsley (SLAM)

List of all services

Child & Adolescent Services

Services Phone

Behavioural Education Support Team

020 7926 0445

Child Protection Support Service and Telephone Helpline

020 7919 3483

9 – 5 Weekdays. Aircall 07659 152233

Croydon Adolescent Team

020 8700 8877

Croydon Early Intervention Service (EIV)

020 8700 8800

Foster Carer Therapist Service 020 7955 4583

Lewisham ART Service 020 8314 9742

Lewisham Children and Young Peoples Community Service (East)

020 8852 3070

Lewisham Children and Young Peoples Community Service (West)

020 8692 4430

Lewisham Children and Young Peoples Neurodevelopmental Team

020 7919 3134

Lewisham Children and Young Peoples Service

020 8690 1086

Lewisham Children Looked After the Wickham Project

020 8692 4329

Eating Disorders

Beat – <http://b-eat.co.uk>

Helpline 0345 634 1414

Youth line 0345 634 7650

Self-Harm

Information:

www.selfharm.org.uk/default.aspx

Child and Family Therapy Centre Lewisham

The service has a number of teams who can respond to the needs of young people who self-harm. It is preferable that you be referred by your schoolteacher, GP etc.

78 Lewisham Park

Lewisham

London

SE13 6QJ

The Maudsley Hospital

Information can be found at:

www.slam.nhs.uk

National Self Harm Network

www.nshn.co.uk/

Bereavement

CRUSE Bereavement Care

Day by Day Helpline 0870 167 1677

Email: helpline@cruse.org.uk

Central Office

Cruse Bereavement Care

Cruse House, 126 Sheen Road

Richmond, Surrey

TW9 1UR

020 8939 9530

www.crusebereavementcare.org.uk/

Winston's Wish Bereavement Charity for Children

How to contact Winston's Wish

General Enquires 01242 515157

Helpline 0845 20 30 40 5

www.winstonswish.org.uk/

Winston's Wish

The Clara Burgess Centre

Bayshill Road

Cheltenham

GL50 3AW

0845 20 30 40 5

St Christopher's Hospice Candle Project

51-59 Lawrie Park Road, Sydenham, London SE26 6DZ

Contact number: 0208 768 4500

Contact hours Mon – Fri 9.00am – 5.00pm

Bromley Community Bereavement Service

St Mary's Church House, 61 College Road, Bromley, Br1 3QG

Contact number: 0208 290 6293

bromleybereavement@btinternet.co

Office hours Mon-Fri 10:00am – 5:00pm (24 hour answer phone)

Bullying/Victim Support

Bullying/Victim Support

www.textsomeone.com

www.bullying.co.uk/

ChildLine

Tel 0800 1111

Provides a special helpline called The Line for any young person **living away from home**.

This is the helpline for you if you live in a foster home or children's home, if you're at

boarding school or you've been in hospital for a long time. You can call The Line on 0800 88 44 44 from 3:30pm to 9:30pm on weekdays and 2pm to 8pm at weekends.

www.childline.org.uk/

Contact number for ChildLine's office in London and South East 020 7650 3200. Please do not contact this office if you wish to speak to a counsellor. Instead, call 0800 1111.

Kidscape campaign for children's safety

Kidscape

2 Grosvenor Gardens

London, SW1W 0DH

020 7730 3300

Helpline: 08451 205 204

www.kidscape.org.uk/info/history.html

Our Helpline is for the use of parents, guardians or concerned relatives and friends of bullied children. If you are a child and are experiencing bullying problems, then please visit or ring ChildLine 0800 1111

Victim Support

www.victimsupport.org.uk

Victim Support Lewisham

300 Sangley Road

Catford

London, SE6 2JT

0208 698 4583

Email: enquiries@victimsupport-lewisham.org.uk

Birth Control / Pregnancy / Teenage motherhood

Family Planning Association

The low-cost national helpline number is 0845 310 1334 (Monday to Friday 9am-6pm)

50 Featherstone Street

London, EC1Y 8QU

020 7608 5240

www.fpa.org.uk

British Pregnancy Advisory service

Head office

4th floor

Amec House

Timothy's Bridge Road

Stratford –upon-Avon

CV37 9BF

0870 365 5050

To book an appointment, please call the National Action line on:

08457 30 40 30

www.bpas.org

Brook Advisory

421 Highgate Studios

53-79 Highgate Road

London NW5 1TL

0207 284 6040

General email: admin@brookcentres.org.uk

If you are under 25 contact the Young People's Information Service at Ask brook or ring the helpline on **0800 0185 023** (Monday to Friday, 9am-5pm).

For information on key sexual health issues any time of day and night call the 24-hour information line 020 7950 7700.

www.brook.org.uk

Brook

Central Lewisham Clinic

410 Lewisham High Street

SE13 6LL

020 7703 9660

Marie Stopes International

153-157 Cleveland Street

London, W1T 6QW

For UK medical appointments and information either:

0845 300 80 90

Email: services@mariestopes.org.uk

Young person's website:

www.likeitis.org/indexuk.html

Lewisham Young Women's Resource Project

308, Brownhill Road, Catford SE6 1AU

020 8698 6675

www.youngvoicesatlywrp.org

Homosexual Gay / Lesbian Advice

Homosexual Gay / Lesbian Advice

Support for lesbian, gay, bisexual and transgender communities

Stonewall – The national organisation group for LGBT equality

46 Grosvenor Gardens

London SW1W OEB

020 7881 9440

Rape/Sexual Assault

The Haven

Offers a confidential service for survivors of sexual assault and rape, especially men, women and children in south and southeast London

Ground Floor

The Caldecot Road,

Camberwell

SE5

020 3299 1599 (8:30 – 5:00pm Monday to Friday appointment-only service)

Drug / Solvent / Alcohol / Chemical Abuse – dependency

Alcoholics Anonymous

<http://www.alcoholics-anonymous.org.uk/>

National Helpline: 0845 769 7555

London

Southern service Office (London) 2nd Floor – Jacob House, 3 Cynthia Street,

London N1 9JF

020 7833 0022

10.00am to 1.00pm daily

Answering machine at other times

Al-Anon Family Groups UK & Eire

Great Dover Street

London, SE1 4YF

020 7403 0888 (Helpline 10am – 10pm, 365 days a year)

Email: enquires@al-anonuk.org.uk

www.al-anonuk.org.uk/alanon

www.al-anonuk.org.uk/alateen

National Drugs Helpline

UK National Drugs helpline: 0800 77 66 00
www.urban75.com/Drugs/helpline.html

Community Drug Education Project (CDEP)

Mornington Centre
Stanley Street
Lewisham
London
SE8 4BL
020 8691 0550
www.drugsinfo.org.uk

Turning Point ACAPS (Lewisham)

Turning point –ACAPS has a drug Education Worker who works with schools to provide information and advice on drugs, alcohol and tobacco in classroom settings and drop-in sessions. ACAPS also offers a text messaging service.

Turning Point ACAPS lifestyle Options Project (LOPS)

Provides support and a range of opportunities for young people aged 10 – 25 who may be experiencing problems with drugs and/or alcohol.
020 7738 3427

Lewisham Drug Strategy Team

23 Mercia Grove,
London
SE13 6BJ
020 8314 8226

FRANK

For a free confidential drugs information and advice 24 hours a day (Tel 0800 776600)
If you're deaf you can Textphone FRANK on 0800 917 8765. Or email frank@talktofrank.com
www.talktofrank.com/

Youth Crime / Community Police**Release (Rights on Arrest)**

0845 45 00215

Adolescent Resources Team

0208 314 9229
Mercia Grove
Lewisham
SE13 6BJ

Children's Rights

Children's Legal Centre

University of Essex

Wivenhoe Park

Colchester

Essex CO4 3SQ

www.childrenslegalcentre.com

01206 872 466

0845 456 6811 Education Law Advice Line

Young people's free phone number: 0800 783 2187

National Education Law Advice Line: 0845 345 4345

Parent line: 0845 120 2948 (advice for parents on legal issues, e.g. contact and residence)

Lines open Mon-Fri 9:30am – 5:00pm

Please note that the children's Legal Centre does not provide advice on criminal offences/juvenile justice.

Jobs and Training

Lewisham Connexions Service

209 – 211 Lewisham High St

Lewisham

SE13 6LY

020 8297 3330

www.connexions.gov.uk

Parent Support Group

1:1 Support for Parents

0208 469 0205 (Helpline)

Life Skills

Young Lewisham Workshop

Kilmorie Road

Catford SE6

0208 291 9771

Media Arts Programme

0208 855 0557

Prince's Trust

0800 842 842

www.princes-trust.org.uk

Ethnic support groups / race equality / refugees

CRE (Commission for Racial equality)

020 7939 0000

St Dunstan's House

201-211 Borough High Street

London

SE1 1GZ

020 7939 0000

Email: info@cre.gov.uk

www.cre.gov.uk/

Lewisham Asylum Seeker Team

1st Floor Laurence House

1 Catford Road

London

SE6 4RU

020 8314 9494

Asylum Aid

www.asylumaid.org.uk/

Asylum Aid

28 Commercial Street

London

E1 6LS

020 7377 5123

Immigration Advisory Service

County House

190 Great Dover Street

London

SE1 4YB

020 7967 1200

Refugee Council

020 7346 6777

Open Mondays, Tuesdays, Thursdays, Fridays: 10am – 1pm and 2 – 4pm,

Wednesdays 2-4pm

Lewisham Refugee Network

Parker House

144 Evelyn St

Deptford

SE8 5DD

020 8694 0323

Mental Health

Kaleidoscope
32 Rushey Green
SE6 4JF
0207 138 1100

Child, Family and Adolescent Service

28-29 Carlton Parade,
Orpington
BR6 OJB
Referral via GP/School
020 8315 4430

Bromley Mind

5 Station Road
Orpington
Kent
01689 81 12 22
Email: email@bromleymind.org.uk
www.bromleymind.org.uk

Building Bridges

Part of the Family Welfare Association
Support for children living with parents with mental health issues
0208 690 3636

Other**Young Carers**

C/o Carers' National Association
20-25 Glasshouse Yard
London
EC14 4JT
0207 490 8818 0345 573 369 (Helpline)

Youth Access

1a Taylors Yard
67 Alderbrook Road
London
SW12 8AD
0208 772 9900
www.youthaccess.org.uk

Baseline drop-in service - where young people can go for information, advice and guidance

Lewisham Library,
199-201 Lewisham High St,
London SE13
020 8314 7549

Young People's Health Project

Confidential Advice
0207 771 4672 / 0207 771 4745 (3:45-6:00pm)

One Parent Families

255 Kentish Town Road
London
NW5 2LX
0207 428 5400
0800 018 5026 – Lone Parent Helpline
www.oneparentfamilies.org.uk

National Society for the Prevention of Cruelty to Children (NSPCC)

42 Curtain Road
London
EC2A 3NH
0207 825 2500
0800 800 500 (Helpline)
www.nspcc.org.uk

National AIDS Trust (NAT)

New City Cloisters
118-196 Old Street
London
EC1U 9FR
0207 814 6767
www.nat.org.uk

Terence Higgins Trust

314-320 Grays Inn Road
London
WC1X 8DP
0207 812 1600
www.tht.org.uk