

# Directory of Support for Practitioners and Families

All information correct as of June 2024.

Most descriptors in the 'About' section are directly from the organisation website.



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## Fuel Poverty

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
Warm Wales	Can provide advice, referrals, and access to energy support grants.	<a href="#">Tackling Fuel Poverty in Wales Together - Warm Wales</a>  Phone: 01656747622  Email: <a href="mailto:information@warmwales.org.uk">information@warmwales.org.uk</a>
Nest	The Nest scheme offers a range of free, impartial advice and, if you are eligible, a package of free home energy efficiency improvements such as a new boiler, central heating, insulation, solar panels or a heat pump. This can lower your energy bills and benefit your health and wellbeing.	<a href="#">Home - Nest Wales - nest.gov.wales</a>  Phone: 08088082244
National Energy Action Cymru	Offers advice and support to fuel-poor households in England, Wales and Northern Ireland, as well as advocating for policy and regulation to protect the most vulnerable households.	<a href="#">National Energy Action (NEA) - the UK's leading fuel poverty charity</a>  Phone: 08003047159
The Rainy Day Trust	If you're struggling financially and have worked for a qualifying company, i.e. a company involved in the home improvement or enhancement industry for one year then The Rainy Day Trust can help.	<a href="#">Apply For Help - Rainy Day Trust</a>  Phone: 08009154627  Email: <a href="mailto:info@rainydaytrust.org.uk">info@rainydaytrust.org.uk</a>
Fuel Poverty Action	Provides support and advice to anyone to is having difficulty in paying utility bills.	<a href="#">Where to get help – Fuel Poverty Action</a>  Email: <a href="mailto:contact@fuelpovertyaction.org.uk">contact@fuelpovertyaction.org.uk</a>

Turn2Us	Can support access to financial support such as welfare benefits and charitable grants.	<a href="#">Tackling Financial Insecurity Together   Turn2us</a>
Fuel Bank Foundation	Can provide advice and support to people who are having difficulty paying utility bills. They work with partner organisations e.g. Foodbanks and Charities to provide fuel vouchers for those in crisis and using prepayment metres.	<a href="#">Our Story   Fuel Bank Foundation</a>
Care & Repair Cymru, 70+ Cymru	Designed and intended for older people. Advisors conduct home visits and provide advice and support on home energy saving techniques and housing improvements. Advisors are based across Wales.	<a href="http://careandrepair.org.uk/get-help/">careandrepair.org.uk/get-help/</a>
South East Wales Energy Agency	Provides advice and support for accessing energy grants. Specifically support South East Wales.	Phone: 08006226110 Email: <a href="mailto:advice@sewenergy.org.uk">advice@sewenergy.org.uk</a>
Money Super Market	Designed to compare Energy Prices across UK companies.	<a href="#">Compare Electricity Prices, Tariffs &amp; Deals   MoneySuperMarket</a>

## Energy Supplier Support Fund

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
British Gas Energy Trust	Provides support for non-customers.	<a href="#">Grants Available - British Gas Energy Trust</a>
E.ON Next Energy Fund	Provides support for customers only.	<a href="#">- E.ON Next Energy Fund (eonnextenergyfund.com)</a>
EDF Energy Customer Support Fund	Provides support for customers only.	<a href="#">Extra support and personal assistance   EDF (edfenergy.com)</a>
OVO Energy Fund	Provides support for customers only.	<a href="#">Struggling to Pay Your Energy Bills? We Can Help (ovoenergy.com)</a>
Scottish Power Hardship Fund	Provides support for customers only.	<a href="#">Support Centre (scottishpower.co.uk)</a>
Octo Assist Fund	Provides support for customers only.	<a href="#">Financial Assistance   Octopus Energy</a>

## Service Families

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
Finola Pickwell	<p>Your Regional Armed Forces Covenant Liaison Officer (AFLO) is committed to fostering understanding and support, they play a crucial role in enhancing the lives of our military personnel (regular and reservist), veterans, and their families. The AFLO is not just an officer; they're a friendly face dedicated to serving our armed forces community. With a background rooted in support and advocacy, the AFLO is here to ensure that no member of our Armed Forces Community is disadvantaged due to their military service. The AFLO tirelessly works to:</p> <ul style="list-style-type: none"><li>• <b>Raise Awareness:</b> Promoting understanding of the Armed Forces Covenant, ensuring everyone knows the commitment we share to support our military community.</li><li>• <b>Build Partnerships:</b> Collaborating with local organisations, businesses, and authorities to create a network of support for our armed forces community.</li><li>• <b>Support Service Personnel:</b> Offering assistance and guidance to military personnel, veterans, and their families in navigating local services, such as healthcare, education, housing, and employment.</li></ul>	<p>Email: <a href="mailto:Armedforces@npt.gov.uk">Armedforces@npt.gov.uk</a></p> <p>Phone: 07870 979336</p>
ABF The Soldiers Charity	<p>-Support for homeless veterans or those at risk of homelessness.</p>	<p><a href="#">Individual Grants - Army Benevolent Fund</a></p>

	<p>-Grants can be obtained by individuals and families, including spouses/civil partners, widows, and dependent child(ren), essential household goods and repairs, funeral costs, essential family needs, elderly care, and mobility. Tuition fees for first degrees will be considered if the applicant has been disadvantaged by Service or the course can lead to gaining or retaining employment.</p>	
<p>Royal AirForce Benevolent Fund</p>	<p>Financial assistance, emotional wellbeing support, relationship counselling, telephone friendship groups, breaks for serving families, youth support, housing and care, and care breaks.</p>	<p><a href="https://www.rafbf.org">Royal Air Force Benevolent Fund   Leading welfare charity (rafbf.org)</a></p>
<p>Armed Forces Education Trust</p> <p>School and Organisation Applications Only.</p>	<p>A charity working for children and young adults whose education has been compromised or put at risk as a result of parents' past or current service in the Armed Forces. The grants given make a difference to young lives, helping improve their educational opportunities or supporting special skills or talents. Individual and collective grants. Can be applied for by schools and organisations to actively improve outcomes for Service children.</p>	<p><a href="https://www.afet.org.uk">Home - Armed Forces Education Trust</a></p>
<p>The AFF – Army Families Federation</p>	<p>Wraparound Childcare Scheme for 4-11 year olds. Families are able to claim up to 20 hours a week of capped by region funding for before and after school care for each child during term time. Additionally, can provide advice on many areas affecting Service families.</p>	<p><a href="https://www.aff.org.uk">MOD Wraparound Childcare (WAC) Scheme - Army Families Federation (aff.org.uk)</a></p>

Army Welfare Service	<p>Personal Support services help with matters such as Domestic Abuse, Child &amp; Adult Safeguarding, Bereavement, Relationship Difficulties, Stress &amp; Anxiety Management, Emotional Well-being, and Signposting.</p> <p>Community Support secures or directly provides learning and personal development opportunities for military personnel and their families wherever they are living. Non-formal education opportunities are provided within Community, Youth and Play Centres and Projects to children, young people and their families throughout the year and across the UK and overseas.</p> <p>Community Support delivers additional activities during school holidays, including Easter and Summer programmes and offsite residential experiences. Community Support staff adopt best practices, are compliant with government legislation and guidelines, and in doing so promote a stronger sense of community and well-being.</p>	<p>Intake Assessment Team Email: <a href="mailto:RC-AWS-IAT-0Mailbox@mod.gov.uk">RC-AWS-IAT-0Mailbox@mod.gov.uk</a></p> <p>Phone: 01904882053 (Civilian)</p> <p>Phone: 947773053 (Military)</p>
Help for Heros	Physical Health, Mental Health and Wellbeing, Sports and Social Activities, Grants, Recovery College, Welfare Services, Family Support.	<p>Main Website - <a href="#">The Veterans War   Help for Heroes   Help For Heroes</a></p> <p>Ask for Help - <a href="#">Ask for help   Help For Heroes</a></p>
Huggable Hero  (Cost attached)	<p>Everyone has someone special in their lives that they miss. Whether it be Military life, a bereavement, relationship breakdown, missing bedtime due to long shifts/work commitments or children struggling to settle into nursery/school, Huggable Heroes® will help. They use a Photo of the child's love one, edit and then print into Fabric</p>	<p><a href="#">Huggable Heroes - Helping with separation anxiety</a></p>

	ready to make into the perfect sized Huggable Hero. The Heroes fit perfectly under little arms to carry around and they are small enough for older children to tuck into school bags.	
Naval Children's Charity	<p>We provide financial and holistic support to help children (up to the age of 25) of Naval families, serving and veterans.</p> <p>Support for children 0 -25, of serving or served in The Royal Navy, The Royal Fleet Auxiliary, The Royal Marines, The Queen Alexandra's Royal Nursing Service, The Women's Royal Naval Service, or the Reserves of those Forces.</p>	<p><a href="#">Naval Childrens Charity – Supporting Naval Children since 1825</a></p> <p>Speak to a caseworker 9am-4pm Monday to Friday – 02392639534</p> <p><a href="mailto:careworkers@navalchildrenscharity.org.uk">careworkers@navalchildrenscharity.org.uk</a></p>
Royal Navy Royal Marines Families Federation	<p>Support, advice and guidance on:</p> <ul style="list-style-type: none"> <li>- Accommodation</li> <li>- Education</li> <li>- Employment</li> <li>- Family Life</li> <li>- Finance</li> <li>- Overseas Assignments</li> <li>- Leaving the Service</li> <li>- Health and Wellbeing</li> <li>- UK Visas &amp; Citizenship</li> </ul>	<p><a href="#">NFF   Championing Royal Navy &amp; Royal Marines families</a></p>
Naval Service Family and People Support	<p>RN FPS delivers a range of services to support Service Personnel &amp; their Families wherever you live or are based in the UK and Overseas.</p>	<p>To request a Deployment information pack or Children's Memory Box: <a href="mailto:rnm-wio@royalnavymail.mod.uk">rnm-wio@royalnavymail.mod.uk</a></p> <p><a href="http://www.royalnavy.mod.uk/forums">www.royalnavy.mod.uk/forums</a></p>

		<a href="http://www.facebook.com/RoyalNavyFPS">www.facebook.com/RoyalNavyFPS</a> Phone: 08001456088 or 02392728777
Scotty's Little Soldiers	Scotty's Little Soldiers is a charity dedicated to supporting children and young people who have lost a parent whilst serving in the British Armed Forces. the charity is currently providing assistance to hundreds of bereaved Service children around the UK. Support offered to the children includes fun activities such as holiday breaks and group events, personal development assistance through educational grants and access to professional bereavement counselling.	<a href="http://Charity for Bereaved Military Children   Scotty's Little Soldiers (scottyslittlesoldiers.co.uk)">Charity for Bereaved Military Children   Scotty's Little Soldiers (scottyslittlesoldiers.co.uk)</a>  <a href="mailto:hello@scottyslittlesoldiers.co.uk">hello@scottyslittlesoldiers.co.uk</a> or a contact form is available under 'Contact' on the website.
The Children's Education Advisory Service (CEAS)  <span style="background-color: #00FF00;">(Includes ALN)</span>	Part of the MOD's DCYP, the CEAS is a small, dedicated team, experienced in advising Service parents on a wide range of issues regarding the education of Service children in the UK and overseas.  CEAS can offer support, advice and guidance on the following:  School Admissions and admission appeals  Special Educational Needs and Disability/Additional Needs  Retention of Service Family Accommodation on Educational Grounds  Education Overseas  Continuity Of Education Allowance (CEA) and the Special Educational Needs Addition (SENA)	<a href="http://Children's Education Advisory Service (CEAS) - GOV.UK (www.gov.uk)">Children's Education Advisory Service (CEAS) - GOV.UK (www.gov.uk)</a>  Email: <a href="mailto:enquiries@ceas.uk.com">enquiries@ceas.uk.com</a>  <a href="http://SENDS information sheet (publishing.service.gov.uk)">SENDS information sheet (publishing.service.gov.uk)</a>

	Many other educational queries or concerns Service parents may have.	
The Family Foundation	The provision of targeted Skills Programmes to support Veterans and Armed Forces Families. Skills and workshops to support many in the community with Mental Health and PTSD. Community & Family learning programmes. Training & Support developed around individual learning plans.	<a href="#">The Family Foundation – The Family Foundation Wales</a>
SSAFA – The Armed Forces Charity	SSAFA understands that behind every uniform is a person. They are there for that person – any time they need them, in any way they need them, for as long as they need them.	<a href="#">SSAFA, the Armed Forces charity</a>  Need to talk? Contact Forcesline – 08002606767 open 9am-5pm Monday-Friday. Live chat with advisors also available.
Reading Force <b>For home and school.</b>	Keeping Forces families close & connected through sharing stories. Supporting Forces and Ex-Forces families with free fun sharing reading resources & activities,	<a href="#">Home - Reading Force</a>
Storybook Wings	Storybook Wings enables the deployed Service person to record a bedtime story for their children.	<a href="mailto:storybookwings@rafa.org.uk">storybookwings@rafa.org.uk</a> or contact your station HIVE.
Royal AirForce Families Federation  Support for children with ALN	The RAF Families Federation works to improve quality of life for the RAF family around the world – at work or at home. This could include resolving problems with access to education or healthcare, for children and young people; sorting out problems with accommodation, benefits, and visas; helping military spouses find meaningful	<a href="#">Support for RAF personnel and families &lt; RAF Families Federation (raf-ff.org.uk)</a>  <u>Relevant Resources</u> <a href="#">What it's like to be an RAF family living in Wales &lt; RAF Families Federation (raf-ff.org.uk)</a>

	<p>employment. The team can provide practical support and advice, as well as lobbying for change with politicians, the Chain of Command and policy makers in the British Government and across Scotland, Wales and NI. The Federation works with a multitude of other organisations and agencies – from the NHS to the big banks – to ensure that RAF personnel and their families are treated fairly and do not face disadvantage because of the unique nature of service life.</p>	<p><a href="#">Education and childcare for Service children &lt; RAF Families Federation (raf-ff.org.uk)</a> (Including ALN Support)</p> <p><a href="#">Mental health &lt; RAF Families Federation (raf-ff.org.uk)</a></p> <p><a href="#">Deployment   Royal Air Force (mod.uk)</a></p> <p><a href="#">Envoy Spring 2019 :: 34 (yudu.com)</a></p> <p><a href="#">Deployment support for children &lt; RAF Families Federation (raf-ff.org.uk)</a></p>
<p>Little Troopers</p> <p><b>For home and school.</b></p>	<p><u>Families</u></p> <p>Little Troopers was founded to empower parents; to enable you, no matter where in the world you are based, to easily access specific resources and initiatives to help you support your little troopers at home. Living military life can bring unique challenges; moving home, moving school, periods of separation and deployments. Here you can find lots of hands on advice, fantastic resources and ways to get through those challenges.</p> <p><u>School</u></p> <p>Little Troopers at School project aims to educate schools; Primary and Secondary, about the unique needs, through circumstance, of military children and make available easily accessible resources to you. We want to ensure all military children get fair and consistent support within their education</p>	<p><a href="#">Home - Little Troopers</a></p>

	<p>setting wherever that may be, for all circumstances and however many times they move schools.</p>	
<p>Woody's Lodge</p>	<p>Woody's Lodge is a meeting place for those who've served in the Armed Forces or Emergency Services. At Woody's Lodge you will find expert advice &amp; support, friendship &amp; camaraderie as well like-minded people who have similar experiences to you. With locations in North, South and West Wales, we provide Armed Forces support across Wales.</p>	<p><a href="#">Support for Veterans and Emergency Service leavers   Woody's Lodge (woodyslodge.org)</a></p>
<p>Lightning Reach</p> <p>To access Royal British Legion support.</p>	<p>Create a profile to be matched to grants in 3 simple steps:</p> <ol style="list-style-type: none"> <li>1. Register and complete your profile using the attached link. When asked if you or a member of your immediate family serve/have served in the Armed Forces, make sure to select 'Yes' to ensure you are matched to the Royal British Legion.</li> <li>2. Once your profile is complete, you should match to the Royal British Legion. Click 'continue' to complete and submit your application.</li> <li>3. Provide supporting evidence and submit your application to the Royal British Legion. Once your application has been submitted a member of the team will be in touch with you within 5 working days.</li> </ol>	<p><a href="#">Application Portal   Lightning Reach</a></p>
<p>The Royal British Legion</p>	<p>The Royal British Legion can provide essentials for you and your family in times of need. A grant could help with:</p> <ul style="list-style-type: none"> <li>-Vouchers to buy food</li> <li>-Funds for accommodation when someone is street homeless</li> </ul>	<p><a href="#">Crisis Help   Finance Support   Royal British Legion</a></p> <p>Phone: 0808 802 8080</p> <p>Email: <a href="mailto:info@britishlegion.org.uk">info@britishlegion.org.uk</a></p>

	<p>-Help to buy essentials; like clothing</p> <p>-Support with short notice travel costs (bus fare, petrol costs, etc).</p>	
Armed Forces Bikers	<p>The Armed Forces Bikers (AFB) is a United Kingdom based motorcycle charity which aims to assist former serving members of the armed forces in charitable need as a result of injury or other harmful experience suffered during their service, to resettle and rehabilitate into civilian life, also to relieve the needs of former members of the armed forces and their dependants.</p>	<p><a href="http://armedforcesbikers.co.uk">Home (armedforcesbikers.co.uk)</a></p>
Bulldogs Boxing Gym	<p>The Bulldogs currently have funding from Veterans Foundation and The Armed Forces Covenant to help provide a service as well as the ongoing support from SSAFA who hold an Armed Forces Drop-in at The Bulldogs every Friday – the first of its kind.</p> <p>This is a great opportunity for Armed Forces Veterans to get together over a cuppa and share stories.</p> <p>What can be provided:</p> <ul style="list-style-type: none"> <li>• <b>Dedicated Armed Forces Support Mentors</b> to welcome and work with you to improve your wellbeing</li> <li>• <b>FREE access</b> to our gym classes (also applicable to those still serving)</li> <li>• Organised <b>Social Events</b></li> <li>• <b>One-to-One Support</b></li> <li>• Weekly <b>Walking Groups</b></li> </ul>	<p>Bulldogs Development Centre Fenbrook Close, Port Talbot, SA12 7PA</p> <p>Email: <a href="mailto:hello@bulldogsbca.org">hello@bulldogsbca.org</a></p> <p>Phone: 01639 820103</p> <p><b>Monday:</b> 12:30pm-4pm – 1 to 1 Support Sessions – Support in meeting your needs.</p> <p><b>Tuesday:</b> 10:30am-1pm – Bulldogs Veterans Drop In in the Bulldogs Lounge</p> <p><b>Wednesday:</b> 12pm-2pm – Sociable Strollers - Our novice walking group for Vets and Civvies. All Welcome - bring a flask and some nosh.</p> <p><b>Friday:</b> 10am-1pm - SSAFA Drop-in - Pull up a sand bag and grab a cuppa in the Bulldogs Lounge.</p>

	<ul style="list-style-type: none"> <li>• <b>Employability Skills</b> – e.g. CV Writing and Interview Techniques</li> <li>• <b>Signposting</b> to our support partners who can help you overcome barriers such as food, housing, pensions and much more.</li> <li>• We can organise <b>Team Building days</b> on our very own Bulldogs Assault Course.</li> </ul>	<p><b>Saturday (Second Saturday of the month):</b> 10am-12:30pm - Pull up a sand bag and grab a cuppa in the Bulldogs Lounge.</p>
<p>Vernon Place Community Hub – Veterans Reorg</p>	<p>Veterans REORG at the Hub in Briton Ferry is a place where veterans and family members can meet up with other veterans in a safe friendly relaxed environment to chat and take part in activities and access support as required.</p>	<p>Veterans REORG <a href="#">Facebook</a></p>

## Parenting and Parent Well-being Support

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
Home Start Cymru	Support families who are facing challenges such as post-natal depression, isolation, physical health problems, bereavement and many other issues. They will receive the support of a volunteer who will spend around two hours a week in a family's home supporting them in the ways they need.	<a href="#">Contact Us - Home-Start Cymru</a> <a href="http://homestartcymru.org.uk"> (homestartcymru.org.uk)</a>
Huggable Hero  (Cost attached)	Everyone has someone special in their lives that they miss. Whether it be Military life, a bereavement, relationship breakdown, missing bedtime due to long shifts/work commitments or children struggling to settle into nursery/school, Huggable Heroes® will help. They use a Photo of the child's love one, edit and then print into Fabric ready to make into the perfect sized Huggable Hero. The Heroes fit perfectly under little arms to carry around and they are small enough for older children to tuck into school bags.	<a href="#">Huggable Heroes - Helping with separation anxiety</a>
NPT Parenting Team	Run parent programmes such as; promoting positive parenting, coping with/managing children's behaviour, developing routines, potty training, sleeping problems, other common parenting issues. Run as part of a group or on a one to one basis.	<a href="#">Parenting Support – Neath Port Talbot Council</a> <a href="http://npt.gov.uk"> (npt.gov.uk)</a>  If you are in a Flying Start area you can email – <a href="mailto:fsparenting@npt.gov.uk">fsparenting@npt.gov.uk</a>  You can self-refer by contacting - 01639 686802 or <a href="mailto:spoc@npt.gov.uk">spoc@npt.gov.uk</a>

		If you would rather support in completing the form, please speak to your child's teacher, the Headteacher, or the schools Family Engagement Officer. This will involve a SPoC* form.
Healthy Start – GOV.UK	If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. Your benefit will be added to this card every 4 weeks.	<a href="https://www.gov.uk/find-a-grant">Healthy Start - GOV-UK Find a grant (find-government-grants.service.gov.uk)</a>
School Essentials Grant	If you are the parent or guardian of a child in education from Reception to year 11, you may be eligible for a grant to help to pay for essential school items. You can use the grant to pay for: <ul style="list-style-type: none"> <li>• school uniforms, coats and footwear</li> <li>• sports equipment and kit</li> <li>• equipment for school activities, including musical lessons, outdoor learning and after school clubs</li> <li>• classroom essentials, including pens, pencils and school bags</li> <li>• equipment and materials for new subjects or courses.</li> </ul>	Applications can be found on: <a href="https://www.npt.gov.uk/get-help-with-school-essentials">Get help with school essentials - Neath Port Talbot Council (npt.gov.uk)</a>
DAD.info  Support for Fathers	Europe's largest advice and support website for Fathers.	<a href="https://www.dad.info">DAD.info   Free expert advice and support for Fathers</a>  Email: <a href="mailto:info@dad.info">info@dad.info</a>

Maternal and Infant Well-being	A new group is being offered for mothers and babies (under 1years) throughout Neath Port Talbot to support maternal and infant wellbeing. The aim is to support mothers by each week having discussions on different themes enabling them to make informed and conscious choices regarding theirs and their baby's wellbeing.	Phone Becca: 07977680978
Tidy Minds	The Perinatal Project offers a support service for expectant/new mothers who are experiencing mental health or emotional health problems or are identified as at risk of doing so. A joint project between NPT Mind and Swansea Bay University Health Board, it's facilitated jointly by Mind staff, health visitors and play workers.	<a href="#">Support for young parents and parents-to-be - Tidy Minds</a> Phone: 01639 643510 Email: <a href="mailto:info@nptmind.org.uk">info@nptmind.org.uk</a>
Dad Matters Cymru	The project aims to help dads have positive parent experiences during pregnancy and early years and to support them with anxiety, stress and mental health issues.	<a href="#">Cymru – Dad Matters</a>
<p style="text-align: center;">If you feel like you need support with parenting, speak to your schools Family Engagement Officer, Class Teacher or Headteacher who can complete a Single Point of Contact form with you to help you access support.</p>		

## Adults and Children with Additional Learning Needs

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
SNAP Cymru	SNAP Cymru offers free and independent information, advice and support to help get the right education for children and young people with all kinds of special educational needs (SEN)/additional learning needs(ALN)and disabilities. We give advice and support on a range of issues including assessments, individual education plans, statements of special educational needs, bullying, school attendance, exclusion, health and social care provision and discrimination. SNAP Cymru also provide advocacy, disagreement resolution, discrimination advice, advocacy and training for young people, parents and professionals.	<p><a href="#">Our Services - Snap Cymru</a></p> <p>Helpline – 0808 801 0608 Monday – Friday 9:30am – 4:30pm. Alternatively, a phone appointment can be booked online.</p>
NPT Short Breaks  Adults and Children	<p>Short breaks allow parents and carers to have a break from their caring responsibilities. As well as short breaks providing a break from caring for parents, they also give disabled children opportunities to enjoy social and leisure activities, have fun, socialise and make friends. Short breaks may also help the child and young person to develop a range of independence skills out of the family home.</p> <p>Support for mainstream children for Play Schemes.</p>	<p><a href="#">Short Breaks Children - Neath Port Talbot Council (npt.gov.uk)</a></p> <p>Phone: 01639 685862</p> <p>The team will need some information about your circumstances. You can meet them to discuss your situation and what kind of help you think you, your children and your family need. Some services may require a Social Workers assessment.</p>

<p>NPT Well-being and Behaviour Service</p>	<p>The Wellbeing &amp; Behaviour Service provides support for schools, staff, pupils with Social, Emotional and Behavioural Difficulties (SEBD) and their families. The team consists of workers from a range of backgrounds, including youth work and teaching, but all with extensive experience of engaging with vulnerable children, young people and their families.</p>	<p><a href="http://www.npt.gov.uk">Wellbeing and Behaviour Service – Neath Port Talbot Council (npt.gov.uk)</a></p> <p>Schools are able to access the Wellbeing &amp; Behaviour Service for individual pupil support by completing and returning a ‘consultation request’ form. Parental request must be obtained for this. Should you wish to access our service for your child please discuss with the school’s Additional Learning Needs Coordinator (ALNCo).</p>
<p>National Deaf Children’s Society</p>	<p>The National Deaf Children’s Society is the leading charity for deaf children. Suitable for every deaf child who needs support – no matter what their level or type of deafness or how they communicate. The National Deaf Children’s Society give expert support on childhood deafness, raise awareness and campaign for deaf children’s rights, so they have the same opportunities as everyone else</p>	<p><a href="http://www.ndcs.org.uk">Contact our Helpline   National Deaf Children's Society (ndcs.org.uk)</a></p> <p>For free and independent advice – 0808 800 8880 – Monday to Thursday – 9am to 5pm and Friday 9am to 12:30pm.</p> <p>SMS – 07860022888 - Monday to Thursday – 9am to 5pm and Friday 9am to 12:30pm.</p> <p>Sign Video - Monday to Thursday – 9am to 5pm and Friday 9am to 12:30pm.</p> <p>Contact form – Complete online and receive a response within 10 days.</p> <p>Live chat - Monday to Thursday – 9am to 5pm and Friday 9am to 12:30pm.</p>

<p>GOV.UK</p> <p>Adults and Children</p>	<p>Disabled Facilities Grants can help meet the cost of making changes to your home so you or someone you live with can live safely and independently. People of all ages and tenures can apply to their local council for a grant.</p>	<p><a href="https://www.gov.uk/find-a-grant">Disabled Facilities Grants - GOV.UK Find a grant (find-government-grants.service.gov.uk)</a></p>
<p>National Autistic Society Cymru</p>	<p>The National Autistic Society Cymru works with autistic people across Wales. We provide a wide range of quality, personalised support services for people on the autism spectrum and their families.</p>	<p><a href="https://autism.org.uk">Wales (autism.org.uk)</a></p>
<p>Autism Wales</p>	<p>On the site you will find information about what autism is, and what services and training opportunities are available online and across Wales. The website is helping to deliver the Welsh Government autism vision and strategy and has a key place in ensuring that Wales is an autism friendly nation.</p>	<p><a href="#">Home - Awtistiaeth Cymru   Autism Wales   National Autism Team</a></p>
<p>Disability Grants</p> <p>Adults and Children</p>	<p>Find grants that you or your child may be eligible for.</p>	<p><a href="https://www.disability-grants.org">Grants UK Wales (disability-grants.org)</a></p>
<p>ALN Pathfinder</p>	<p>Our aim is to help young people with ALN to make a successful transition from school to further education. Designed to help young people with ALN and their families to make informed choices and plan their next steps.</p>	<p><a href="#">ALN Pathfinder</a></p>
<p>Families First – Forward Steps – Resolven Building Blocks</p>	<p>This service provides a wide range of support to help strengthen families affected by disability and will be available to families where a child has a disability or is on a pathway for assessment of diagnosis.</p>	<p><a href="https://www.dewis.wales">Families First - Forward Steps - Resolven Building Blocks (dewis.wales)</a></p>

S.A.N. Support Additional Needs and District	A volunteer parent/carer group looking after loved ones with additional needs. Provides peer support, signposting as well as coffee mornings during term times, and range of speakers to families living in Neath and District and the wider areas to help empower them.	<a href="http://dewis.wales">S.A.N Support Additional Needs (dewis.wales)</a>
Additional Learning Needs & the ALN System	Information for Parents and Carers.	<a href="http://npt.gov.uk">Additional Learning Needs (ALN) and the ALN System: Information for Parents and Carers – Neath Port Talbot Council (npt.gov.uk)</a>
Contact Cymru	Charity for families with disabled children. Supporting families, bring families together and help families take action for others.	<a href="#">Contact: the charity for families with disabled children</a>
The Challenging Behaviour Foundation	Understanding challenging behaviour.	<a href="#">Homepage for the Challenging Behaviour Foundation</a>
The 3H Foundation	The 3H Foundation was formed in 1975 by a family who found that there are very limited holiday opportunities for families with a disabled member. 3H supports people with disabilities to have a break whether on independent group holidays, through family holiday grants or short break activities. We support adult and young carers to have a period of respite both through days out, breaks away or through home based respite hampers.	<a href="#">Holiday Grants - The 3H Foundation</a>  Applications for Holiday Grants re-open at the end of February.
Scope	UK Disability Charity. Can support with: Family services – Sleep services for Children, emotional support, and family support.	<a href="#">Home   Disability charity Scope UK</a>

	<p>Employment support services – Find out what employment support services is right for you.</p> <p>Disability Energy Support – Energy and water advice over the phone for disabled people.</p> <p>Community engagement – Empowering disabled people to take action and create change in their local communities.</p> <p>Cerebral Palsy Network – Find information and support or make new friends and socialise.</p>	<p>Helpline – 0808 800 3333 - Monday to Friday, 9am to 6pm. Saturday and Sunday, 10am to 6pm and most bank holidays. Or, <a href="mailto:helpline@scope.org.uk">helpline@scope.org.uk</a> also offering support for video calls with sign language interpreters.</p>
<p>Play &amp; Leisure Opportunity Library</p>	<p>The Play &amp; Leisure Opportunity Library, based in Swansea, is a unique project in Wales and the first play and leisure library for children and adults with a disability. A charity providing specialist toys and leisure equipment through a lending library service. The library is open to individuals and families in the community as well as centres, clubs and professionals such as Teachers, Support Workers, Childminders or Foster Carers who support children or adults with a disability.</p>	<p><a href="http://plol.org.uk">Play and Leisure Opportunity Library (plol.org.uk)</a></p>
<p>Families First – Wellbeing4Me – Resolven Building Blocks</p>	<p>Wellbeing4Me is a term time service in Resolven and Port Talbot for children and young people aged 0-25 with a disability, offering sessions to encourage and support development. (Referral needed via - Early Years Multi-Agency Panel (EY-MAP)).</p> <p>The service is open to children with and without a diagnosis, enabling children pre-diagnosis and on the diagnostic pathway to access the support. We work with families for 12 weeks and build a personalised plan with agreed targets to help meet their needs.</p>	<p>You will need to be referred into the service via Single Point of Contact. You can contact them by calling 01639 686803 or email <a href="mailto:spoc@npt.gov.uk">spoc@npt.gov.uk</a></p> <p>Wellbeing4Me 0-11 Year Old service: <a href="mailto:caitlingnojek@buildingblocksfamilycentre.co.uk">caitlingnojek@buildingblocksfamilycentre.co.uk</a> Phone: 01639 710076</p> <p>Wellbeing4Me 12-25 Year Old service: <a href="mailto:info@interplay.org.uk">info@interplay.org.uk</a></p>

	Running 0-3 parent & toddler groups, 4-11 play sessions, 12-25 sessions in collaboration with InterPlay.	Phone: 01792 561119
Engage to Change	The Engage to Change project has worked across Wales to support young people aged 16-25 who have a learning difficulty, learning disability and/or autism to achieve their full potential.	<a href="#">Home - Engage to Change</a>
1 Voice	1Voice takes a family and social perspective on communication and recognises the great need for adult role models to inspire children and families alike. 1Voice promotes families supporting each other to overcome the isolation that being unable to speak can bring. Can provide specialist support for children with ALN.	<a href="#">1Voice</a> Phone: 07943618525 Email: <a href="mailto:info@1voice.info">info@1voice.info</a>
NPT Disabled Facilities Grant (DFG)	<p>Disabled facilities grants are available to owner occupiers and tenants for a range of works necessary to help a disabled person to remain living independently at home. They include facilitating access to your home, providing level access showers, stairlifts, hoists and door entry systems, ground floor washing/WC facilities and grab rails.</p> <p>The grant is:</p> <ul style="list-style-type: none"> <li>• Subject to an assessment by the Community Occupational Therapy Service</li> <li>• Subject to a statutory Test of Resources</li> <li>• Limited to £36,000</li> <li>• For mandatory works of adaptation only</li> </ul>	<a href="#">Disabled facilities grants - Neath Port Talbot Council (npt.gov.uk)</a>  NPT Gateway on 01639 686802

- May be subject to repayment Conditions

### Sports and Activities for People with ALN

Little Blossoms Play & Stay Sessions	A play and stay session for parents of pre-school/nursery children who have been accepted onto the Early Years Neuro Developmental (EYND) Pathway or with an ASD diagnosis. Held at the ALN room at Vernon Place Hub. Sessions will be 45 minutes long and take place from 9.00-11.00am and 12:30-2.30pm on a Thursday. All families need to be booked onto a session to attend. We also run small group Play and Stay sessions once a month, with AM and PM sessions available to book.	Booking needed via <a href="mailto:asdadvisoryteam@npt.gov.uk">asdadvisoryteam@npt.gov.uk</a>
Margam Stags Inclusion Football	A fun environment for boys and girls with disabilities and their siblings to receive football coaching as well as other activities. Saturday mornings 9.30am - 10.30am & 10.45am - 11.45am.	Email: <a href="mailto:margamycstagsinclusionfootball@gmail.com">margamycstagsinclusionfootball@gmail.com</a>
Inclusive Aqua Splash	The Inclusive Session is primarily for children with additional needs. Brothers and sisters of the child with additional needs will be able to access the Inclusive Session with their sibling. (Sessions are seasonal)	<a href="#">Aqua Splash Inclusive Sessions - Celtic Leisure</a>
Keds Gym Port Talbot	Small gym in Aberavon community centre – can offer a weight session or chair exercise to accommodate abilities and goals.	<a href="#">Book Online   keds strength and conditioning (kedsbeinspired.wixsite.com)</a>
No Limits Disability – Neath Afan Gymnastics	Provide extra support for children of all abilities to enjoy gymnastics and trampolining. Developing confidence and independence.	<a href="#">No Limits Disability   Neath Afan Activity Centre (neath-afan-gymnastics.com)</a>

NPT Pass	Find information about projects available in Neath Port Talbot to encourage the population to become physically active.	<a href="http://npt.gov.uk">About PASS - Neath Port Talbot Council (npt.gov.uk)</a>
Children and Families Stay and Play Sessions	Early Years Educational Psychologist also attend the Stay and Play sessions in the community to give general advice.	Parents/Carers can find out where/when the team might be next by contacting <a href="mailto:eyaln@npt.gov.uk">eyaln@npt.gov.uk</a> or <a href="mailto:eps@npt.gov.uk">eps@npt.gov.uk</a>
NPT Swansea Community Short Breaks – Positive Outcome Play Services (POPS)	Short Breaks provides support to children and young people with disabilities. This includes support to access community based activities in small groups, activities at the project base or caring for a child in their own home (domiciliary care).	Referrals from the Child Disability Team NPT and Swansea <a href="#">NPT Swansea Community Short Breaks Family Link   Action For Children</a>  Phone: 01792 813522
Whizz-Kids Wheelchair Training	Whizz-Kidz provide free wheelchair training skills- basic and advanced skills to young wheelchair users across Wales in schools and communities, up to the age of 18.	Email: <a href="mailto:info@whizz-kidz.org.uk">info@whizz-kidz.org.uk</a>  Phone: 02072336600
Bikeability Wales	Large range of adaptable cycles to enable people of all ages and abilities to access cycling.	<a href="#">BikeAbility Wales</a>  Phone: 07584044284  Email: <a href="mailto:info@bikeabilitywales.org.uk">info@bikeabilitywales.org.uk</a>
Your Voice Advocacy	Your Voice Advocacy is an organisation that provides independent advocacy for people with disabilities across the areas of Neath Port Talbot and Swansea in South Wales.	<a href="#">Your Voice Advocacy - Home</a>
Work it Together Wednesdays'	Live interactive workshops for early years professionals and families in NPT. Usually held online via Microsoft Teams Video Link every last Wednesday of the month. During each workshop,	Phone: 01639 763226 or 01639 763109  Email: <a href="mailto:eps@npt.gov.uk">eps@npt.gov.uk</a>

	there will be a theme or topic related to psychology that can help to support young children's development and wellbeing.	
Interplay	Interplay provides access to play and leisure opportunities for children and young people with additional needs aged 2-25 who find it difficult to access the same mainstream play, leisure and social activities as their peers.	<a href="http://interplay.org.uk">Home (interplay.org.uk)</a>
Facing the Challenge	Facing the Challenge is a team that works with children with learning disabilities whose behaviour can challenge the people around them. The team includes a psychologist, behaviour specialists, nurses and assistant behaviour specialists. They all work together to think of ways to support the children to help them feel better, which often means that their behaviour becomes less challenging for everyone.	<a href="#">Facing the Challenge - Swansea Bay University Health Board (nhs.wales)</a> Speak to your GP or Social Worker about a referral.
Disability Sport Wales	Insport is a Disability Sport Wales programme delivered with the support of Sport Wales, which aims to support the physical activity, sport, and leisure sectors in delivering inclusively of disabled people.	<a href="#">Official Website of Disability Sport Wales</a>
Echoyoga – Yoga for people with learning disabilities (Online)	Online Yoga for Groups and charities that support Teenagers (age 11+) and adults with physical and learning disabilities. Including their families and support workers.	<a href="#">Echo Yoga</a>
Fun and Friendship (Online)	Focusing on abilities rather than disabilities and identifying opportunities, growing and developing skills through the delivery	<a href="#">Home   Follow Your Dreams helps children and young people with Learning Disabilities and Special Needs</a>

	of creative and interactive events. All sessions are now held online, and access is gained through an annual membership.	Email: <a href="mailto:Vicky@followyourdreams.org.uk">Vicky@followyourdreams.org.uk</a>
Rhyming Multisensory Stories – Storytelling through the senses.	Free, fully resourced, step by step multi-sensory stories and poems for parents, carers, teaching and childcare professionals, librarians and storytellers and anyone with an interest in storytelling through the senses.	<a href="#">Home   Rhyming Multisensory Stories</a> Email: <a href="mailto:rhymingmultisensorystories@outlook.com">rhymingmultisensorystories@outlook.com</a>
Music Therapy Wales	Provides private Music Therapy sessions for individuals, groups and organisations in the Neath and Swansea area. Children and adults with learning disabilities, autism, communication difficulties, brain injury or sensory impairments	<a href="#">Music Therapy Services in Education - Music Therapy Wales</a>
Time to meet – Coffee Morning Neath	Time to Meet is organised by people with learning disabilities and their friends, families and staff members in Swansea and Neath Port Talbot.	<a href="#">Time to Meet   Community Lives</a>

## Getting into Work

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
NPT Employability	<p>NPT Employability are here to assist you with issues you may need help with, such as:</p> <ul style="list-style-type: none"> <li>- C.V. writing</li> <li>- Training opportunities</li> <li>- Interview techniques</li> <li>- Confidence building</li> <li>- Online job searching and filling in application forms</li> <li>- Employability</li> <li>- Benefits advice</li> </ul>	<p>Phone: 01639 684250</p> <p>Email: <a href="mailto:workways@npt.gov.uk">workways@npt.gov.uk</a></p> <p>Email: <a href="mailto:jobsupport@npt.gov.uk">jobsupport@npt.gov.uk</a></p> <p>Facebook: NPT Employability</p>
NPT Communities for Work Plus	<p>Training to upskill. When you receive support from our programmes you will have access to a wide range of funded training opportunities, ranging from First Aid qualifications to construction safety cards for example. Your mentor will discuss these opportunities with you and can put you forward for training that would help you to secure employment or prepare you for the workplace.</p> <p>If you are looking to upskill or gain specific qualifications to secure you employment, please get in touch with our team to see if we could help.</p>	<p><a href="#">Services &amp; Programs   Neath Port Talbot Communities for Work+ (nptcfwplus.co.uk)</a></p>
Job Centre Plus	<p>The Job Centre Plus provides resources to support job seeker to find work through Jobpoints (computer terminals),</p>	<p>Phone: 0800 169 0190</p>

	<p>Jobseeker Direct (phone service) and the Jobcentre Plus website. They also offer information about training opportunities. Additionally, the Jobcentre Plus administer claims for benefits such as Income Support, Incapacity Benefit, and Universal Credit.</p>	
Careers Wales	<p>At Careers Wales we can help you to plan your career, prepare to get a job, and find and apply for the right apprenticeships, courses and training.</p>	<p><a href="#">Careers Wales   Careers Wales (gov.wales)</a></p> <p>Phone: 0800 028 4844</p> <p>Email: <a href="mailto:post@careerswales.gov.wales">post@careerswales.gov.wales</a></p> <p>Webchat &amp; BSL Web Chat available</p>
<b><u>Funding for Retraining</u></b>		
<p>Glamorgan Further Education Trust</p> <p><b>Closing date for applications is 31<sup>st</sup> May each year.</b></p> <p><b>Post applications should be marked “Glamorgan Further Education Trust Fund” and be accompanied by a</b></p>	<p>This fund is intended to benefit those who have who have attended a secondary school in the area of the former County of Glamorgan. This, includes Howells School, but excludes schools which were in the areas of the former County Boroughs of Cardiff, Swansea and Merthyr Tydfil, for not less than two years.</p> <p>Awards are available in the form of:</p> <ol style="list-style-type: none"> <li>1. financial assistance for those attending approved courses not provided for under the normal student support scheme, including professional and technical courses, and;</li> <li>2. financial assistance towards the purchase of outfits, clothing, tools, instruments, or books for those leaving</li> </ol>	<p>Apply online: <a href="#">Landing Page - Requirements (npt.gov.uk)</a></p> <p>Apply by post: <a href="#">Application to Print</a></p> <p>To be returned to:</p> <p><b>Director of Education, Leisure and Lifelong Learning</b></p> <p>Child and Family Support Team, Neath Port Talbot County Borough Council Civic Centre Port Talbot Neath Port Talbot SA13 1PJ</p>

<p><b>stamped address envelope.</b></p>	<p>school or college to assist their entry into a profession, trade or calling.</p>	
<p>Harold and Joyce Charles Trust Fund</p> <p><b>Closing date for applications is 31<sup>st</sup> May each year.</b></p> <p><b>Post applications should be marked “Glamorgan Further Education Trust Fund” and be accompanied by a stamped address envelope.</b></p>	<p>The objective of the Trust is the advancement of the education of graduate students so they may gain a further degree qualification, for the benefit of the public generally and the residents of the area of benefit i.e. the geographic area administered by Neath Port Talbot County Borough Council and the City and County of Swansea.</p> <p>Applications are invited from residents of the area of benefit.</p> <p>Residents are defined as:</p> <ul style="list-style-type: none"> <li>• persons resident during term time only (i.e. students attending an institute in the area)</li> <li>• persons resident outside of term time only (i.e. students attending an institute outside the area)</li> <li>• graduates normally resident in the area</li> </ul> <p>In order to be eligible for funding students must be:</p> <ul style="list-style-type: none"> <li>• resident in the area (as outlined above)</li> <li>• undertaking a further degree</li> <li>• not in receipt of funding from any other awarding body</li> </ul>	<p>Apply by post: <a href="#">Application to Print</a></p> <p>To be returned to:</p> <p><b>Director of Education, Leisure and Lifelong Learning</b></p> <p>Child and Family Support Team, Neath Port Talbot County Borough Council Civic Centre Port Talbot Neath Port Talbot SA13 1PJ</p>

Student Finance	<p>Student Finance Wales are now processing all applications. Student Finance Wales, based in Llandudno Junction, is now responsible for processing, assessing and paying student finance for all applications.</p>	<p><a href="#">Student Finance Website</a></p> <p>Phone: 0300 200 4050</p>
TATA Employees Reskill Fund	<p>TATA are entitled to reskill funding following the closure of the Steel Works. For council job applications, TATA Employees are given an interview under the guaranteed interview scheme.</p>	<p>Speak to your line manager for more information.</p>
<p><u>To find employability support for types of families e.g. Service families, please see relevant section.</u></p>		

## Benefits, Grants, Grant Finder, Financial Advice and Comparison Sites

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
Job Centre Plus	Apply for new and existing benefit claims, find a job, apply for a National Insurance number, or if you're an employer, advertise a job.	Contact your local JobCentre Plus; <a href="#">Contact Jobcentre Plus - Jobcentre Plus Local Office Search - GOV.UK (dwp.gov.uk)</a>
Citizens Advice	Support with benefits, work, debt and money, housing, family, law and courts, immigration and health.	<a href="#">Citizens Advice</a>
Gov.UK	Find out what support you might be able to get to help with your living costs. You can get benefits and other financial support if you're eligible.	<a href="#">Check benefits and financial support you can get - GOV.UK (www.gov.uk)</a>
Turn2Us	Use our free and easy-to-use Benefits Calculator and Grants Search tools to check what benefits you might be able to claim and what grants you might be able to apply for.	<a href="#">Turn2us Grants Search</a>
Lightning Reach	Let's you know what grants you might be eligible for, and helps you apply. It'll also point you in the direction of other financial support, such as benefits, you might qualify for too.	<a href="#">Application Portal   Lightning Reach</a>
Get Grants	Get Grants are the grant funding experts, providing practical support, advice and information to grant fundraisers and grant makers.	<a href="#">Get Grants   Grant Fundraising Consultancy</a>
Government Grant Finder	Find personal and community grants.	<a href="#">Searching for all grants, 132 results - Find a grant (find-government-grants.service.gov.uk)</a>
Pen y Cymoedd Wind Farm.	The Community Fund has been established by energy company Vattenfall for the benefit of the communities hosting	<a href="#">Home – Pen Y Cymoedd Community Fund (penycymoeddcic.cymru)</a>

	the wind farm in and across the upper Neath, Afan, Rhondda and Cynon Valleys.	Email: <a href="mailto:enquiries@penycymoeddcic.cymru">enquiries@penycymoeddcic.cymru</a> Phone: 01685 878785
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Faith Specific Funding

Please note: Some Faiths are not listed due to there being no grant information listed on the source website, however, you can speak to your local Faith Leader who may know of more support opportunities in your local area. Alternatively, use the Turn2Us grant finder website and input your details to see what support you may be eligible for.

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
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Christianity

Christians Against Poverty	Key information to help you make the right choices with your finances, including help with budgeting and some key terms explained.	<a href="#">Home   CAP UK</a>
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Islam

National Zakat Foundation	<p>National Zakat Foundation gives grants to Muslims living in the UK who need financial assistance with essential items.</p> <p>The average grant amount is £750 and may be used for:</p> <ul style="list-style-type: none"> <li>• Food, clothing and shelter</li> <li>• Debts, including rent and energy bills</li> <li>• Education and training</li> <li>• Maternity</li> <li>• Housing</li> </ul>	<a href="#">National Zakat Foundation - UK Zakat Charity - NZF</a>
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Judaism

<p>Mercaz Torah Vechesed Limited</p>	<p>The charity was formed for the advancement of the orthodox Jewish faith, orthodox Jewish religious education, and the relief of poverty and infirmity amongst members of the orthodox Jewish community specifically for those people who are in need.</p> <p>Applicants should:</p> <ul style="list-style-type: none"> <li>• be a member of the orthodox Jewish community</li> <li>• in hardship, sickness or need of benefit/relief</li> </ul>	<p>Contact the charity directly: Email: <a href="mailto:umarpeh@gmail.com">umarpeh@gmail.com</a></p>
<p>Spanish &amp; Portuguese Synagogue Welfare Board</p>	<p>We provide financial help and a range of other services for Sephardim (Spanish and Portuguese Jews) living in the United Kingdom regardless of their membership to the congregation.</p> <p>The assistance we give includes:</p> <ul style="list-style-type: none"> <li>• Home visits from time to time by our volunteer visitors who make an independent assessment of clients needs</li> <li>• Festival grants given at Pesach and Rosh HaShanah</li> <li>• Fuel grants provided in the winter</li> <li>• One-off grants given towards the cost of household items, such as cookers, fridges, beds, as well as help with outstanding bills and clothing</li> <li>• Grants for school uniforms</li> </ul>	<p><a href="#">S and P Sephardi Community   The home of the Sephardi Community since 1656</a></p> <p>Email: <a href="mailto:welfare@sephardi.org.uk">welfare@sephardi.org.uk</a></p> <p>Applicants will be asked for evidence of their Jewish status.</p>

	<ul style="list-style-type: none"> <li>• Summer holiday grants – for families where either or both children and parents have serious physical, mental health or financial problems.</li> </ul>	
The Engler Family Charitable Trust	The principal object of the charity is to provide relief of poverty and hardship of members of the Jewish faith living in England or Wales or to pay or apply the same to or for the charitable purposes of such other charities.	Contact the charity directly: <a href="mailto:jengleruk@yahoo.co.uk">jengleruk@yahoo.co.uk</a>
Friends of Boyan Trust	The charity was formed for the advancement of the orthodox Jewish faith, orthodox Jewish religious education, and the relief of poverty in the orthodox Jewish community.	<p>Please write or phone the Trust directly.</p> <p>Address: 23 Durley Road, London. N16 5JW</p> <p>Phone: 02088096051</p>
The Natlas Trust	A grant for Jewish people in the UK living in hardship.	<p>A third party professional should apply on the individual's behalf. Contact the trust to apply.</p> <p>32 Brampton Grove London NW4 4AQ</p>
Closehelm LTD.	Closehelm Ltd gives grants to families of the Jewish faith to help with housing costs.	<p>Write to or phone the charity for more information.</p> <p>30 Armitage Road London NW11 8RD</p> <p>Phone: 02082018688</p>

## Young Carers

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
Carers Trust	Carers Trust runs a network of local carer organisations in England, Scotland and Wales. They offer information, advice, practical support and/or care in the home to unpaid carers of all ages. Many of these local carer organisations in our Network have dedicated services for young carers and young adult carers. Support in accessing benefits and funding and understanding your rights.	<a href="#">Young Carers - Help &amp; Support   Carers Trust</a>
The Mix	The Mix provides support for young people aged 25 and under on things such as mental health, relationships and money. They run an online group chat for young carers/young adult carers which takes place on Friday evenings.	<a href="#">The Mix - Essential support for under 25s</a>
The Children's Society	Provides support for young carers. Current featured articles: education, further education and employment, carers rights and creating change, young carers' mental health and wellbeing, money and bills and living with an alcohol dependant adult.	<a href="#">Advice and support for young carers   The Children's Society (childrenssociety.org.uk)</a>  Phone: 01962 711511
Meic	Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will. We won't judge you and will	<a href="#">Home - Home - Meic (meiccymru.org)</a>  Freephone: 08088023456  Text: 84001  Online Chat

	help by giving you information, useful advice and the support you need to make a change.	
NPT Youth Service – Young Carers	If a young person is providing support for a person they live with, whether it is physical support, emotional support or support for a sibling which means missing out on opportunities, there can be a referral made through SPoC and if accepted, Young Carers can access a Young Carers Youth Group on <u>Monday 5:30pm-7pm in Britton Ferry.</u>	Referral through SPoC – Please speak to your schools Family Engagement Officer, School Teacher or a member of school staff that can put you in touch with the appropriate member of staff who will support you in making a referral.
NPT Carers Service	Provide Information, Advice and Assistance, Volunteer Sitting Service, DOM Care Sits, Professional Counselling, Wellbeing Support, Events, Benefits Advice, Carers Needs Assessments to Unpaid Carers over 18 across Neath Port Talbot.	Drop in: Health & Social Care Centre, Cimla, Neath SA11 3SU Website: <a href="#">Carers Service   Neath Port Talbot Carers Service   Wales (nptcarers.co.uk)</a> Phone: 01639 642277 Email: <a href="mailto:information@nptcarers.org.uk">information@nptcarers.org.uk</a>

## Housing Neath Port Talbot

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
Tai Tarian	Tai Tarian are one of the largest social landlords in Wales and have responsibility for over 9,000 properties across Neath Port Talbot.	<a href="#">Home - Tai Tarian</a>
The Wallich	Supporting homelessness in Wales.	<a href="#">The Wallich   Welsh Homelessness and rough sleeping Charity</a>
For private renting, additional advice can be sought from Citizens Advice.		

## Supporting Bereaved Children

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
Meic Cymru	Blogs with supporting advice, including: Anticipatory Grief: Feeling Loss Before Death, Supporting a Friend Through Grief, Video Games to Cope with Grief, Coping with Pet Loss, and Coping with Grief at Christmas.	<a href="http://meiccymru.org">Living With Loss: Grief Campaign - Home - Meic (meiccymru.org)</a>  Free Phone: 08088023456  Free Text: 84001
Young Minds	Read information and advice on how to access counselling or therapy for your child, and ways you can support them through the process.	<a href="#">Counselling &amp; Therapy   Parents Guide To Support   YoungMinds</a>
Maggie's Cancer Centre  Offering support to children and adults.	Maggie's offer flexible support tailored to the individual situation. This may be following diagnosis, or during and after treatment. Sometimes it can be in preparation for or after bereavement. In addition to individual support, we offer family support, regular kids days and events and psychology sessions. We can signpost to other organisations and sources of help locally.	Support is free and there is no need for an appointment, just visit Maggie's Monday – Friday 9am to 5pm.  Maggie's Swansea Singleton Hospital Sketty Lane Swansea SA2 8QL  Young people 16 years or over can visit on their own. However, under 16's need an adult present.  <a href="http://maggies.org">Maggie's   Everyone's home of cancer care (maggies.org)</a>

<p>Cruse Bereavement Support – Cruse Morganwg</p>	<p>We provide grief support to children and young people across England, Wales and Northern Ireland.</p>	<p><a href="#">Home - Cruse Bereavement Support</a></p> <p>To refer a child or young person please contact the helpline: 08088081677</p>
<p>Hope Again</p>	<p>Young people living after loss. Hope Again is the youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. You will find information about services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn when someone dies.</p>	<p><a href="#">Hope Again</a></p>
<p>Child Bereavement UK</p> <p>*Provides training for professionals.</p>	<p>Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.</p>	<p>Phone: 08000288840 available Monday to Friday 9am – 5pm.</p> <p>Email: <a href="mailto:helpline@childbereavementuk.org">helpline@childbereavementuk.org</a></p> <p><a href="#">Child Bereavement UK</a></p>
<p>Winston's Wish</p> <p>*Provides training for professionals.</p>	<p>Winston's Wish provides specialist child bereavement support services across the UK. Winston's Wish provides emotional and practical bereavement support to children, young people (up to 25) and those who care for them. Expert teams offer one off and ongoing bereavement support and we also provide online resources, specialist publications and training for professionals.</p>	<p><a href="#">About Winston's Wish   Charity for bereaved children   Winston's Wish (winstonswish.org)</a></p> <p>Email: <a href="mailto:ask@winstonswish.org">ask@winstonswish.org</a></p> <p>Freephone Helpline: 08088 020 021</p>

<p>Grief Encounter</p>	<p>Working closely with individuals, families, schools and professionals to offer a way through the anxiety, fear and isolation so often caused by grief. Services include:</p> <ul style="list-style-type: none"> <li>• One-to-one counselling</li> <li>• Group workshops</li> <li>• Music, art and drama therapy</li> <li>• Residentials and Family Fun Days</li> <li>• A National, free and confidential helpline called grieftalk offering web chat service too</li> <li>• Bespoke support for schools, universities and colleges</li> <li>• A dedicated Trauma Team for support following a sudden or traumatic bereavement.</li> <li>• Accredited training courses and webinars for professionals</li> <li>• Award-winning resources including our unique Grief Relief Kit, Grief Encounter Workbook and Journal</li> </ul>	<p>Free and confidential helpline: 08088020111 available weekdays 9am-9pm</p> <p>For referrals: <a href="mailto:familyliaison@griefencounter.org.uk">familyliaison@griefencounter.org.uk</a></p> <p><a href="#">Refer a bereaved child or young person - Grief Encounter</a></p>
<p>Rainbow Bereavement Support Great Britain</p>	<p>Rainbow Bereavement GB's vision is for every child and young person in every school in Great Britain, grieving a significant and often devastating loss in their lives, to be understood and supported appropriately. Rainbows Bereavement Support GB offers high quality training in bereavement and loss and supports communities in reviewing or developing their own bereavement policy and procedures.</p>	<p><a href="#">What we do. - Rainbows Bereavement Support GB (rainbowsgb.org)</a></p>

Bereavement Friendship Group	Cuppa and a chat with others who know how tough it can be. Meet on the 1st and 3rd Thursday of each month.	1pm at The Heritage Centre, Pontardawe or 6.15pm at The Community Café Neath.  Phone: 07827167318  Email: <a href="mailto:mindsetvitality@gmail.com">mindsetvitality@gmail.com</a>
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Your child's school can offer support for School Based Counselling, Nurture and Thrive sessions in school. Please contact the school directly to see what resources are available.

## Support for Children with a Parent in Prison

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
Prisoners' Families Helpline	The National Prisoners' Families Helpline can offer support for families who have a loved one in contact with the criminal justice service.	<a href="http://prisonersfamilies.org">Prisoners' Families Helpline (prisonersfamilies.org)</a> Phone: 0808 808 2003 Monday to Friday 9am – 8pm Saturday and Sunday 10am – 3pm
Barnados	Provides advice for parents and carers supporting a child with a parent or relative in prison.	<a href="http://childrenwithaparentinprison.org">Children with a parent or relative in prison   Barnardo's (barnados.org.uk)</a>
Safeguarding Network	Provides advice for parents and carers supporting a child with a parent or relative in prison.	<a href="http://childrenwithfamilymembersinprison.org">Children with Family Members in Prison   Safeguarding Network</a>
Childline	Provides advice for parents and carers supporting a child with a parent or relative in prison. Additionally, there is a Helpline.	<a href="http://parentsinprison.org">Parents in prison   Childline</a> Phone: 0800 1111
Children Heard and Seen	Children Heard and Seen support children, young people and their families who are impacted by parental imprisonment. Striving to support children's needs, listen to their concerns and ensure that their voices are heard. All support is offered at no cost to the family and without the need for agency referral. Children Heard and Seen offer 1 – 1 support with trained staff, volunteer mentoring, parent support, peer support groups for children, online activities for children, and activity days.	<a href="http://childrenheardandseen.co.uk">Home - Children Heard and Seen</a> Phone: 07557339258 Email: <a href="mailto:info@childrenheardandseen.co.uk">info@childrenheardandseen.co.uk</a>

<p>National Information Centre on Children of Offenders (NICCO)</p>	<p>Support services are provided for offenders' children and families both in prison and in the community. The NICCO Directory of Services enables you to find out what is available in the prison where children and families are visiting a family member as well as what services are provided nationally and, in the region where they live.</p>	<p><a href="#">Directory of Services - Prison Services   NICCO</a></p>
<p>National Information Centre on Children of Offenders (NICCO)</p> <p><b>For schools and families.</b></p>	<p>The NICCO Directory of Resources provides details of the huge number of tools, activities, practice models and guidance that have been developed by agencies to support offenders and their children and families.</p>	<p><a href="#">Directory of Resources   NICCO</a></p>
<p>National Information Centre on Children of Offenders (NICCO)</p> <p><b>For practitioners.</b></p>	<p>Find quality assessed research to inform your practice, development and study.</p>	<p><a href="#">Directory of Research   NICCO</a></p>
<p>Parent Talk – Action for Children</p>	<p>Parent Talk is a free online service for parents and carers, provided by the charity Action for Children.</p>	<p><a href="#">Supporting a child with a family member in prison - Support for Parents from Action For Children</a></p>
<p>Your child's school can offer support for School Based Counselling, Nurture and Thrive sessions in school. Please contact the school directly to see what resources are available.</p>		

## LGBTQIA+

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
SwanScene Queer Directory	A Directory of Support produced by SwanScene which covers Support Services, Health & Well-being, Social Events & Groups, Sports & Fitness, Venues & Safe Spaces, DJs, Performers & Drag, Pride Events and Businesses and Others both nationally and across Neath, Port Talbot and Swansea.	The Directory can be accessed via this Facebook <a href="#">SwanScene   We're really proud to launch the first ever SwanScene Queer Directory   Facebook</a>  Facebook & Instagram: @SwanScene  X (formerly Twitter): @SwanSceneQueer  Email: SwanSceneQueer@gmail.com
LGBT+ Cymru	The LGBT+ Cymru Helpline is a service that provides counselling service for Lesbian, Gay Bisexual, Trans, Intersex, Allies & families in Wales. The LGBT+ Cymru Helpline. It is a safe and confidential helpline to support those in need who were part of the LGBT+ community.	<a href="#">Contact – LGBT+ Cymru Helpline</a>  0800 917 9996  <a href="mailto:info@lgbtcymru.org.uk">info@lgbtcymru.org.uk</a>
YMCA Neath LGBTQIA+ Group	Suitable for children and young adults aged 11-18. Running on Fridays at 5pm until 7pm.	Contact YMCA Neath on Facebook or phone on 01639 769315
NPT Pride	NPT Pride is an annual LGBTQ+ Pride event for Neath Port Talbot. Registered Charity Number - 1206431	<a href="mailto:nptpride@gmail.com">nptpride@gmail.com</a>  Facebook: NPT Pride Neath Port Talbot
Calan DVS - Myriad	Specifically developed for lesbian, gay, bi, trans and other gender, relationship & sexuality diverse Individuals; this 8 week recovery and resilience programme has been developed in partnership with LGBTQ+ survivors of domestic abuse and the	<a href="#">Home - Calan DVS - Providing Sanctuary, Inspiring change.</a>  <a href="#">Myriad Programme - Calan DVS - Providing Sanctuary, Inspiring change.</a>

	University of South Wales. We offer a safe space to chat, learn and support each other.	For a chat about the support on offer, or to register your interest email: <a href="mailto:myriad@calandvs.org.uk">myriad@calandvs.org.uk</a>
Thrive Women's Aid	Thrive welcomes calls from anyone who is being abused.	<a href="#">Male and LGBT+ Victims – Thrive Womens Aid</a> Phone: 01639 894864
Galop	The team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.	<a href="#">Galop - the LGBT+ anti-abuse charity</a> Phone: 0800 999 5428 Email: <a href="mailto:help@galop.org.uk">help@galop.org.uk</a> Referrals: <a href="#">Make a referral - Galop the LGBT+ anti-abuse charity - Galop</a>
Safer Wales Dyn Project	The Safer Wales Dyn project provides support to Heterosexual, Gay, Bisexual and Transgender men who are experiencing domestic abuse from a partner.	<a href="#">What we do — Cymru Ddiogelach - Safer Wales</a> Dyn Wales Helpline: 0808 8010 321 – Open Monday to Friday 9am-5pm. Email: <a href="mailto:dyn@saferwales.com">dyn@saferwales.com</a> 24 hour support Live Fear Free Helpline: 0808 8010 800

## Health, Well-being, Self Harm and Mental Health

**If you need urgent help with Self Harm or Suicidal Thoughts, please dial 999 or Samaritans 116123**

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
Kooth	For young people who are feeling sad, anxious, or finding life hard. Kooth is a free, safe and anonymous site that offers confidential support to people in Swansea Bay aged 11-18.  This online counselling and wellbeing service is staffed by fully trained and qualified counsellors who are available until 10pm each night, 365 days per year.	<a href="#">Home - Kooth</a>  Phone: 0203 984 9337  Email: <a href="mailto:contact@kooth.com">contact@kooth.com</a>
NPT Mind Active Monitoring 11+	Active Monitoring for Young People is a six-weeks guided self-help programme offering 1-1 support sessions. Support is available to young people with mild to moderate mental health difficulties, covering a range of topics including Anxiety and Stress, Anger, Loss, Self-Esteem, Low Mood, Mindfulness, Relaxation, Sleeping Well, Worrying and Unhelpful Thinking.	Referral required which can be accessed at the bottom of the web page:  <a href="#">Active Monitoring for Children and Young People - Mind Neath Port Talbot (nptmind.org.uk)</a>  Email: <a href="mailto:Info@nptmind.org.uk">Info@nptmind.org.uk</a>  Phone: 01639 643510
Platform	Working with people who are experiencing challenges with their mental health, and with communities who want to create a greater sense of connection, ownership and wellbeing in the places that they live.	<a href="#">Projects - Platform</a>  Phone: 01792 763340  Email: <a href="mailto:connect@platform.org">connect@platform.org</a>
Young Minds	Providing young people with reassurance and advice to help them make positive choices for their mental health and know what to do next if they are struggling.	<a href="#">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a>  Phone Parent Helpline: 08088025544

		Text the word 'shout' to: 85258
Chat Health	<p>Young people aged 11-19 can access the School Nursing service through both the school and via text for confidential, anonymous health advice and support. If you are working with another service, you can also continue to see your school nurse at the same time.</p> <p>Can support with emotional well-being, keeping mentally, physically and sexually healthy, sexual health, changes to the body, bullying, drugs and alcohol, and vaccinations and immunisations.</p>	<p>For in person support, ask a member of school staff how to see the school nurse, alternatively,</p> <p>Text: 07520615718</p> <p>Available Monday - Friday 8:30 am - 4:30 pm excluding bank holidays.</p>
Mind Hub Wales	<p>Created for young people, by young people providing links to information and services that can support you. Covering depression and low mood, suicidal thoughts, panic attacks, stress and anxiety, bullying, temper and mood swings, sexuality and gender identity, body image and eating disorders, addiction and substance misuse, family and relationship difficulties, self-harm, PTSD and bereavement and loss.</p>	<p><a href="#">Mind Hub</a></p>
Swansea Bay CAMHS	<p>CAMHS provides a multidisciplinary service to children and young people up to the age of 18 and their families.</p>	<p><a href="#">Child and Adolescent Mental Health Service (CAMHS) - Swansea Bay University Health Board (nhs.wales)</a></p> <p>CAMHS service can be accessed by asking your GP to consider making a referral.</p>

Early Intervention in Psychosis Service	A service for young people aged 14 – 25 who may be showing early signs of psychosis.	Phone: 01639 862957 Email: <a href="mailto:SBU.EIPService@wales.nhs.uk">SBU.EIPService@wales.nhs.uk</a> Open 9am – 5pm Monday to Friday.
Tidy Minds	A service for young people in Neath Port Talbot and Swansea to access the right advice and support.	<a href="#">What's in Neath Port Talbot for me? - Tidy Minds</a>
Child Line	Child Line provides confidential support to children and young people under the age of 19.	<a href="#">Childline   Childline</a> Phone: 0800 1111
Samaritans	Helps explore your options, understand your problems better, or just have someone there to listen. There is a helpline available for anyone going through a difficult time or for anyone who is having suicidal thoughts.	<a href="#">Samaritans   Every life lost to suicide is a tragedy   Here to listen</a> Phone: 116123 available 24/7 365 days a year.
Silver Cloud	If you live in Wales or you are registered with a Welsh GP, are aged 16 years or above, and want access to an effective online CBT therapy without having to first have an appointment with your local GP or other health professional and think SilverCloud is suitable for you, visit the SilverCloud website.	<a href="#">SilverCloud – Swansea Bay University Health Board (nhs.wales)</a> Phone: 01874 712428 Email: <a href="mailto:silver.cloud@wales.nhs.uk">silver.cloud@wales.nhs.uk</a>
NPT Mind Groups	Groups ranging from Men's Group, Women's Well-being Group, Well-being after Stroke, Peace over Grief, OCD and Hoarding both online and in person sessions.	<a href="#">Events from February 20 – December 3 – Mind Neath Port Talbot (nptmind.org.uk)</a>
Beat Eating Disorders	Beat is the UK's eating disorder charity. Support anyone affected by an eating disorder, their friends and family, as well as professionals working with or worried about an individual in their care.	<a href="#">The UK's Eating Disorder Charity – Beat (beateatingdisorders.org.uk)</a> Phone: 0808 801 0433

The Mix	Support and advice for under 25s, including a crisis messenger service, email and webchat. Includes articles and self-help resources around sex and relationships, the body, mental health, drugs and alcohol, housing, money, work and study, crime and safety, and travel and lifestyle.	<a href="#">The Mix - Essential support for under 25s</a>
<b>Self-harm and Suicidal Thoughts</b>		
Papyrus UK	Prevention of young suicide, from coping techniques to conversation starters, distraction techniques and dealing with anxiety, a broad range of help and advice resources for you to access.	<a href="#">Papyrus UK Suicide Prevention   Prevention of Young Suicide (papyrus-uk.org)</a>  Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>  Phone: 0800 068 4141  Text: 88247
Papyrus Hopeline 247	Advisers are all trained to help you focus on staying safe from suicide.	Phone: 0800 068 4141
Self-Injury Support	Providing a helpline, text line and self-help information and resources.	<a href="#">Self Injury Support</a>  Phone Helpline: 0808 800 8088  Text line: 07537432444  Open 7pm-10pm Mondays and Thursdays.
SANE	Offers emotional support and information for anyone affected by mental health problems, including a helpline.	<a href="#">Home - SANE</a>  Helpline: 0300 304 7000

		Call back service: 0300 124 7900 – Leave your first name and number and someone will call you back within a few days.
DistACT App	Provides easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.	Download the App from the App Store

## Domestic Violence

**If you need immediate help, please dial 999 and ask for the police.**

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
Thrive Women's Aid	Women's Aid can support with accommodation, provide advice and support, therapeutic interventions, children and young people, support for parents, survivors, sexual exploitation, minoritised women, amongst a host of others. The service is fully inclusive.	For 24/7 advice, please contact the Live Fear Free Helpline on: 0808 8010 800  A professional can make a referral, alternatively, a self-referral can be made and sent to: <a href="mailto:referrals@thrivewa.cjism.net">referrals@thrivewa.cjism.net</a> or in a password protected format to: <a href="mailto:referrals@thrivewa.org.uk">referrals@thrivewa.org.uk</a>  For advice and finding the right service, please contact: 01639 894864
Police call and text service.	If you are in danger and <b>unable to talk on the phone</b> , call 999 and listen to the questions from the operator and, if you can, respond by coughing or tapping on the handset.	Call: 999  Alternatively, You can register with the <a href="#">emergencySMS</a> . Text REGISTER to 999. You will get a text which tells you what to do next.
Men's Advice Line	The Helpline for male victims of domestic abuse.	Webchat: <a href="#">Domestic Abuse Helpline for Men   Men's Advice Line UK (mensadviceline.org.uk)</a>  Phone: 0808 8010 327
Thrive Women's Aid  <b>Male &amp; LGBT+</b>	Thrive welcomes calls from anyone who is being abused.	<a href="#">Male and LGBT+ Victims – Thrive Womens Aid</a>  Phone: 01639 894864

<p>Galop</p> <p><b>LGBT+</b></p>	<p>The team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.</p>	<p><a href="#">Galop - the LGBT+ anti-abuse charity</a></p> <p>Phone: 0800 999 5428</p> <p>Email: <a href="mailto:help@galop.org.uk">help@galop.org.uk</a></p> <p>Referrals: <a href="#">Make a referral - Galop the LGBT+ anti-abuse charity - Galop</a></p>
<p>Safer Wales Dyn Project</p> <p><b>Male &amp; LGBT+</b></p>	<p>The Safer Wales Dyn project provides support to Heterosexual, Gay, Bisexual and Transgender men who are experiencing domestic abuse from a partner.</p>	<p><a href="#">What we do — Cymru Ddiogelach - Safer Wales</a></p> <p>Dyn Wales Helpline: 0808 8010 321 – Open Monday to Friday 9am-5pm.</p> <p>Email: <a href="mailto:dyn@saferwales.com">dyn@saferwales.com</a></p> <p>24 hour support Live Fear Free Helpline: 0808 8010 800</p>
<p>Bright Sky App</p>	<p>Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else. The app can be downloaded for free from the app stores. Only download the app if it is safe to do so and if you are sure your phone isn't being monitored.</p>	<p><a href="#">Bright Sky: You are not alone: practical support and information on how to respond to domestic abuse. (bright-sky.org)</a></p>
<p>Victim Support</p>	<p>Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police.</p>	<p>Free, independent and confidential 24/7 Support line: 08 08 16 89 111</p> <p><a href="#">Live chat - Victim Support</a></p> <p><a href="#">My Support Space My Support Space</a></p>

<p><u>Ask for ANI</u></p> <p><u>Ask for Angela</u></p>	<p>Ask for 'ANI' (Action Needed Immediately) is a codeword scheme that provides a safe, discreet and confidential way for victims of domestic abuse to access immediate help from their local pharmacy or JobCentre.</p> <p>Ask for Angela is a national scheme that helps anyone who is feeling vulnerable on a night out to get the support they need.</p>	<p>Go to the location, approach a member of staff and Ask for ANI ('Please can I speak to ANI') or to ask to use a Safe Space ('Do you have a Safe Space available?').</p> <p>Ask any member of staff for 'Angela' and they will help you get the support you need.</p>
<p>Claire's Law</p>	<p>If you are concerned that a new, former or existing partner has an abusive past you can ask the police to check under the Domestic Violence Disclosure Scheme (also known as 'Clare's Law'). This is your 'right to ask'. If records show that you may be at risk of domestic abuse, the police will consider disclosing the information. A disclosure can be made if it is legal, proportionate and necessary to do so.</p>	<p>You can make a request to the police for information about a person's previous violent offending in person at the police station or elsewhere, by telephone, by email, online or as part of a police investigation. Support agencies and services can also help you ask the police about this.</p>
<p>National Domestic Abuse Helpline</p>	<p>Domestic abuse advisers will offer confidential, non-judgemental information and advice on the options available to you helping you to keep safe and make informed choices.</p>	<p>Phone: 0808 2000 247</p> <p>This service is available 24/7</p>
<p>JobCentre</p>	<p>Jobcentres are a safe space and the DWP supports victims of domestic abuse. This includes helping you access temporary accommodation and supporting you to make new applications for Universal Credit and putting you in touch with local experts and support networks.</p>	<p>Contact your Local Job Centre</p>
<p><u>Support for Specific Types of Abuse</u></p>		
<p>Financial Support Line – Surviving Economic Abuse</p>	<p>The Financial Support line can provide specialist advice for anyone experiencing domestic abuse who is struggling to manage their money. The phone number can be given direct to</p>	<p>Phone: 0808 196 8845 (Financial Support Line - Mon-Fri, 9am-1pm, 2pm-5pm)</p>

	<p>the client (can be accessed anonymously if required). Surviving Economic Abuse (SEA) has also launched a Survivors' Forum – an online forum for victim-survivors of economic abuse. The Forum is a safe and supportive space for women over ages of 18 to anonymously share their experience of economic abuse and access a community of victim-survivors. The Forum provides an opportunity to share experiences and connect with others. All posts are anonymous.</p>	<p>Email: <a href="mailto:info@survivingeconomicabuse.org">info@survivingeconomicabuse.org</a> (Information only)</p> <p>Website: <a href="http://www.moneyadviceplus.org.uk/fsl/">www.moneyadviceplus.org.uk/fsl/</a></p> <p>Website: <a href="http://www.survivingeconomicabuse.org/what-we-do/survivor-forum/">www.survivingeconomicabuse.org/what-we-do/survivor-forum/</a> (Survivor Forum)</p>
<p>NSPCC Female Genital Mutilation (FGM) Helpline</p>	<p>FGM is illegal. NSPCC are there to support individuals and families and provide advice to help keep girls and young women safe from FGM.</p>	<p>NSPCC FGM Confidential Helpline available 8am-8pm Monday to Friday and 9am-6pm on weekends: 0800 028 3550</p> <p>Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a></p>
<p>Karma Nirvana 'Honour'-based abuse, forced marriage and domestic abuse.</p>	<p>Karma Nirvana are there to listen to and help anyone who is affected by Honour Based Abuse.</p> <p>If you are in an emergency situation, please dial 999.</p>	<p><a href="#">Get help – Karma Nirvana</a></p> <p>Helpline: 0800 5999 247 Monday – Friday 9am-5pm</p>
<p>National Stalking Helpline</p>	<p>Provides an online tool that can offer information on services local to you, the law, as well as tips on how to gather evidence.</p> <p>If you need urgent help, please dial 999</p>	<p><a href="#">National Stalking Helpline   Suzy Lamplugh Trust</a></p> <p>Helpline: 0808 802 0300</p> <p>The Helpline is open:</p> <p><b>09:30 - 20:00</b>, Monday and Wednesday</p> <p><b>09:30 - 16:00</b>, Tuesday, Thursday, Friday</p>

<p>Sexual Assault Referral Centres (SARCs)</p>	<p>SARCs offer medical, practical and emotional support to anyone who has been raped, sexually assaulted or abused. SARCs have specially trained doctors, nurses and support workers to care for you.</p>	<p><a href="http://www.nhs.uk">Find rape and sexual assault referral centres - NHS (www.nhs.uk)</a></p>
<p>Modern Slavery Helpline</p>	<p>Provides safehouses and support in the community for survivors of trafficking and modern slavery. Also runs the UK Modern Slavery &amp; Exploitation Helpline and work with individuals, communities, business, governments, other charities and statutory agencies to stamp out slavery for good.</p>	<p><a href="http://modernslaveryhelpline.org">Modern Slavery Helpline</a></p> <p>Phone: 08000 121 700</p> <p>Alternatively, you can report your concern online: <a href="http://modernslaveryhelpline.org">File a report (modernslaveryhelpline.org)</a></p>

## Substance Misuse and Addictions

<u>Organisation</u>	<u>About</u>	<u>Access Support</u>
Adferiad (Formerly WCADA)	Adferiad is a member-led charity that provides help and support for people with mental health, addiction, and co-occurring and complex needs, to maximise their personal potential, and achieve a better quality of life.	<a href="#">Services Archive - Adferiad</a>  For non-urgent enquiries: 01792 816600  Support can be accessed via a SPoC Referral
Talk to Frank	Phone, Text, Live Chat and Email Service to provide friendly and confidential advice, and information about drugs, their effects and the law. You can talk to FRANK in 120 languages – just call the same number and an interpreter will be there if you want.	<a href="#">Honest information about drugs   FRANK (talktofrank.com)</a>  Phone 24/7 Service: 0300 1236600  Text: 82111  Live Chat: Open 2pm-6pm 7 days a week.  Email: <a href="#">Email Frank   FRANK (talktofrank.com)</a>
Alcoholics Anonymous	Help of support for anyone with alcohol problems.	<a href="#">Home - Alcoholics Anonymous Great Britain (alcoholics-anonymous.org.uk)</a>  Email: <a href="mailto:help@aamail.org">help@aamail.org</a>  Phone: 0800 9177 650
Alcohol Change UK	Information and support options for people worried about how much alcohol they are drinking. Information available in English and in Welsh.	<a href="#">Alcohol Change UK charity: Alcohol harms. Time for change.   Alcohol Change UK</a>

Change Grow Live	Find information and local support services for alcohol and drug use Also offers support for mental wellbeing, and issues like housing and work.	<a href="#">Change Grow Live   Charity   We can help you change your life</a>
We Are With You	Supports people with drug, alcohol or mental health problems, and their friends and family.	<a href="#">Drug and Alcohol Support   WithYou (wearewithyou.org.uk)</a>
Cocaine Anonymous UK	Help and support for anyone who wants to stop using cocaine.	<a href="#">- Cocaine Anonymous CAUK Area</a> Email: <a href="mailto:helpline@cauk.org.uk">helpline@cauk.org.uk</a> Phone: 0800 612 0225
DAN 24/7	A bilingual English and Welsh helpline for anyone in Wales in need of further information or help relating to drugs or alcohol. Also known as the Wales Drug & Alcohol Helpline.	<a href="#">DAN 247 – Wales Drug and Alcohol Helpline</a> Phone: 0808 808 2234 Text DAN: 81066
Marijuana Anonymous	Help for anyone worried about cannabis use.	<a href="#">Marijuana Anonymous UK (ma-uk.org)</a> Email: <a href="mailto:helpline@marijuana-anonymous.org">helpline@marijuana-anonymous.org</a> Phone: 0300 124 0373
Narcotics Anonymous	Support for anyone who wants to stop using drugs.	<a href="#">Welcome to UKNA   UKNA   Narcotics Anonymous in the United Kingdom</a> Phone: 0300 999 1212
Release	National charity that offers free and confidential advice about drugs and the law.	<a href="#">Release   Drugs, The Law &amp; Human Rights</a> Email helpline: <a href="mailto:ask@release.org.uk">ask@release.org.uk</a> Phone: 020 7324 2989

Adfam	Information and support for friends and family of people with drug or alcohol problems.	<a href="#">Home - Adfam</a>
Al-Anon	Offers support meetings across the UK for anyone whose life is affected, or has been affected, by someone else's drinking. Also provides online support meetings, and a confidential helpline.	<a href="#">Al-Anon UK   For families &amp; friends of alcoholics</a> Email: <a href="mailto:helpline@al-anonuk.org.uk">helpline@al-anonuk.org.uk</a> Phone: 0800 0086 811
DrugFAM	Provides support to anyone affected by someone else's harmful use of drugs, alcohol or gambling.	Website: <a href="http://Drugfam.co.uk">Drugfam.co.uk</a> Phone: 0300 888 3853
Families Anonymous	Support for friends and family of people with drug problems.	<a href="#">Families Anonymous UK (famanon.org.uk)</a> Phone: 0207 4984 680
National Association for Children of Alcoholics (NACOA)	Provides information, advice and support for anyone affected by a parent's drinking, including adults.	<a href="#">Nacoa: Helping everyone affected by their parent's drinking - Nacoa</a> Email: <a href="mailto:helpline@nacoa.org.uk">helpline@nacoa.org.uk</a> Phone: 0800 358 3456