

# Services for Families

At Oasis South Academies, we are committed to supporting all our pupils and their families during these uncertain and challenging times. If you feel that anyone in your family needs to talk to someone, seek support from a service or find out more details on what is available, we hope the contacts listed below will help address your needs.

Name of service	What does the service offer?	Contact details
	If you have a concern about a child or young person living in South Bristol	Telephone 0117 903 6444
	If you or your loved one feels unsafe, at risk or unable to cope without professional advice, the dedicated staff, will respond to your enquiries and arrange for trained mental health advisors and clinicians to help enable you to manage your difficulties.	Telephone 0300 3031320  App – <b>Head space</b>
<p><b>Local Foodbanks</b></p>	<p>If you need help with food, there are a number of local food banks that you can go to for support.</p> <p><b>Square Food Foundation</b> will continue to provide food to families during the summer holidays.</p>	<p><b>Counterslip Foodbank</b> -Wells Road 01275 833 377/07873 169 304</p> <p><b>Victoria Park Baptist Foodbank</b> - 079607 752 091</p> <p><a href="mailto:vpbc.foodbank@gmail.com">vpbc.foodbank@gmail.com</a></p>
 	<p><b>Nextlink</b> provide support for women who have experienced <b>domestic abuse</b> and offer <b>mental health support</b> services and independent support for victims of rape and sexual abuse.</p> <p>Sarah Johnson is an <b>Independent Domestic Violence Advisor</b> who can also help and can arrange to meet somewhere confidentially to help.</p>	<p>Next Link domestic abuse telephone help lines are <b>open 10am – 4pm Monday to Friday.</b> 0117 925 0680</p> <p>National Domestic Violence Helpline – Freephone 0808 2000 247</p> <p>Local support: Telephone – <a href="tel:07834126878">07834126878</a> <a href="mailto:sarah.johnson@bristol.gov.uk">sarah.johnson@bristol.gov.uk</a> App - <b>Brightsky</b></p>
<b>School Health</b>	If you need support for your child/young	Telephone

If you have a serious concern about the safety of a child, please do get in touch with us during the Summer holidays via the **Oasis National office 020 7921 4200**

<p><b>Nursing Team Service</b></p>	<p>person around anxiety, healthy eating, anger/family concerns, continence, sleep, physical health, friendships/bullying, or drugs, Alcohol &amp; Smoking then contact the school nurses.</p>	<p>0300 124 5816</p> <p>Monday – Friday 9am - 4pm</p>
	<p>Parents can access to support with parenting, mental health, well-being and other useful tips during self-isolation and government guidance</p>	<p><b>Website:</b>  <a href="https://nationalonlinesafety.com/guides">https://nationalonlinesafety.com/guides</a></p> <p>General enquiries  <a href="mailto:hello@nationalonlinesafety.com">hello@nationalonlinesafety.com</a></p> <p><b>Telephone</b>          08003688061</p>
	<p>A service available to all children to use for support on managing anxiety, domestic abuse, helping abuse, depression, boosting your mood and eating habits.</p>	<p><b>Telephone</b>          0800 1111</p>
	<p>Support for parents on <b>debt, benefits advice and appeals.</b></p>	<p><b>Confidential helpline</b>          Benefits &amp; general 01179851122          Debt 01179038358          Universal Credits 08003285644          Email :  <a href="mailto:admin@southbristoladvice.org.uk">admin@southbristoladvice.org.uk</a>  <a href="http://www.southbristoladvice.org.uk">www.southbristoladvice.org.uk</a></p>
	<p>Helping people access justice. Offer initial advice on most <b>family law issues</b>, including <b>divorce &amp; separation</b>, domestic abuse, issues relating to children such as parental responsibility and arrangements, and some financial issues after separation.</p>	<p><b>Telephone</b>          0117 924 8662</p> <p><b>Email</b>  <a href="mailto:mail@bristollawcentre.org.uk">mail@bristollawcentre.org.uk</a></p> <p><b>Website</b>  <a href="http://www.bristollawcentre.org.uk">www.bristollawcentre.org.uk</a></p>
	<p>For anyone facing housing problems or homelessness.</p>	<p><b>Telephone</b>          0117 935 1260</p> <p><b>Email</b>  <a href="mailto:advice@chasbristol.co.uk">advice@chasbristol.co.uk</a></p>
	<p>If you are struggling with your child's behaviour.</p>	<p><b>Telephone</b>          0330 3139162</p>
	<p>Shelter can help people with bad <b>housing or homelessness.</b></p>	<p><b>Telephone</b>          0344 5151430          Urgent help out of hours          0808 800 4444</p> <p><b>Email</b>  <a href="mailto:England@shelter.org.uk">England@shelter.org.uk</a></p>

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	<p>For those in need of mental health support, missing link has a women's Mental health floating support service in Bristol.</p>	<p><b>Telephone</b> 0117 925 1811</p> <p><b>Email</b> <a href="mailto:Enquiries@missinglinkhousing.co.uk">Enquiries@missinglinkhousing.co.uk</a></p>
	<p>Could you benefit from understanding how to manage stress and anxiety during COVID -19? Or are you worried about something else? Bristol Mind's <b>emotional support helpline</b> is open 7 nights a week, 7pm -11pm</p>	<p><b>Telephone</b> 0808 808 0330</p> <p><b>Website</b> <a href="https://bristolmind.org.uk">https://bristolmind.org.uk</a></p>
	<p>The sanctuary is a safe space for you, for when you can't cope any more or are feeling desperate and alone.</p>	<p><b>Telephone</b> 0117 9542952 / 07709 295 661 7 days a week 4pm until 10pm</p> <p><b>Email</b> <a href="mailto:Awp.bmhsanctuary@nhs.net">Awp.bmhsanctuary@nhs.net</a></p>
	<p>If you are <b>worried about a child or young person</b> experiencing harm and increased adversity or are looking for advice and help.</p>	<p><b>Telephone</b> 0800 157 7015 Monday – Friday 9am -9pm Saturday &amp; Sunday 10 am -6pm</p> <p><b>Email</b> <a href="http://www.barnardos.org.uk/see-hear-respond">www.barnardos.org.uk/see-hear-respond</a></p>
	<p>Children's charity</p>	<p>0808 800 5000</p>
	<p>The coronavirus outbreak is affecting the way we are able to grieve. You may be dealing with sudden <b>loss</b> or <b>trauma</b> and may be cut off from your usual support network.</p>	<p>0800 808 1677 (Mon – Fri 9 -5)</p>
	<p>RESPECT run several services to support <b>male victims</b> and young people who use violence and abuse in their close relationships, for services across the <b>domestic abuse</b> sector and more broadly.</p>	<p>0808 801 0327 (Mon – Fri 9- 5)</p>
	<p>If you <b>need someone to talk to</b>, we listen. We won't judge or tell you what to do.</p>	<p><b>Telephone</b> 116 123</p> <p><b>Email</b> <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>

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