

# A helping hand

Advice and organisations to help you, and your family save money, and listings of cheap or free activities.

## Food banks

If you and your family are concerned about having enough money to pay for food, contact your clinician, who will help to refer you to a local food bank.

### Trussell Trust

The Trussell Trust operate the largest network of foodbanks across the UK. You can search for your nearest food bank via their interactive map.

Contact your nearest Trussell Trust center for details.

[www.trusselltrust.org](http://www.trusselltrust.org)

### Independent Food Aid Network (IFAN)

IFAN are the UK network for independent food aid providers. They support and connect a range of independent frontline food aid organisations while advocating on their behalf at a national level. They have mapped 834 independent foodbanks.

[www.foodaidnetwork.org.uk](http://www.foodaidnetwork.org.uk)

### End Child Food Poverty

The End Child Food Poverty website, spearheaded by Marcus Rashford's End Child Food Poverty Taskforce, has a map which lists emergency food support in communities across the UK. Find a project local to you by visiting their website.

[www.endchildfoodpoverty.org/help](http://www.endchildfoodpoverty.org/help)

## **Covid Mutual Aid**

Covid-19 Mutual Aid UK are a group of volunteers aiming to support the network of local community groups organising to support people through the Coronavirus pandemic.

[www.covidmutualaid.org](http://www.covidmutualaid.org)

## **Feeding Britain**

Feeding Britain is a charity working to ensure no one goes hungry. They support a national network anti-hunger partnerships across the country helping to provide food to those who need it.

[feedingbritain.org](http://feedingbritain.org)

## **Olio Food Sharing App**

OLIO is a free app allowing neighbours to offer perfectly good, unwanted food to each other. Everything shared on OLIO is for free. They have also developed safe sharing 'no-contact pickups' in response to Coronavirus.

[www.olioex.com](http://www.olioex.com)

## **Too Good To Go**

Too Good to Go is an app that lets you rescue unsold food from shops and restaurants to save it from going to waste.

[www.toogoodtogo.ie](http://www.toogoodtogo.ie)

## **My Food Bank Finder**

The Food Bank Finder site was launched to support Food Banks and their users through the use of tools available on both a mobile and Web App.

[quick.myfoodbankfinder.com](http://quick.myfoodbankfinder.com)

## **Sustainable Food Places**

Sustainable Food Places are supporting local convening and responses to the food emergency created by the Coronavirus pandemic.

Their website shares examples of local food partnerships on the ground as well as sharing Government advice.

[www.sustainablefoodplaces.org/coronavirus](http://www.sustainablefoodplaces.org/coronavirus)

## **NHS Volunteer Responder Service**

NHS Volunteer Responders was formed to help people stay safe during the Coronavirus

Set up by NHS England and NHS Improvement, they provide help with shopping, picking up prescriptions, help getting to medical appointments or a friendly listening ear.

[nhsvolunteerresponders.org.uk](http://nhsvolunteerresponders.org.uk)

# Mental Health

## **NHS: Every Mind Matters**

Expert advice and practical tips to help you look after your mental health and wellbeing, so discover what works for you.

[www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)

## **Mind**

A charity providing advice and support to anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

[www.mind.org.uk](http://www.mind.org.uk)

## **Turn2Me**

A high-quality, safe, anonymous, and confidential space for you to gain support for your mental health online.

[www.turn2me.org](http://www.turn2me.org)

## **Time to Change**

A social movement to change the way people think and act about mental health problems.

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

## **The Samaritans**

A national charity that provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. Help is available online, and by phone.

[www.samaritans.org](http://www.samaritans.org)

## **Sane: Mental Health Helpline**

Services for anyone affected by mental illness, their carers, and families.

[www.sane.org.uk](http://www.sane.org.uk)

## **SupportLine**

Confidential emotional support to children, young adults and adults by telephone, email and post

[www.supportline.org.uk](http://www.supportline.org.uk)

## **Depression UK**

A national self-help organisation helping people cope with their depression.

[www.depressionuk.org](http://www.depressionuk.org)

## **Survivors of Bereavement by Suicide**

Suicide survivors, Bereavement

[uksobs.org](http://uksobs.org)

## **Papyrus**

PAPYRUS is the national charity dedicated to the prevention of young suicide.

[www.papyrus-uk.org](http://www.papyrus-uk.org)

## **CALM: Campaign Against Living Miserably**

From advice about issues people might be facing; through to free, confidential chats with our helpline staff, online or on the phone.

[www.thecalmzone.net](http://www.thecalmzone.net)

## **Sane**

A leading UK charity providing emotional support and information to anyone affected by mental illness.

[www.sane.org.uk](http://www.sane.org.uk)

## **No panic**

No Panic is a registered charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.

No Panic also provides support for the carers of people who suffer from anxiety disorders.

[nopanic.org.uk](http://nopanic.org.uk)

## **Frank**

Judgement free advice about drugs, and alcohol.

[talktofrank.com](http://talktofrank.com)

# Money and debt

## **Money Advice Service**

Free, impartial help for all your money and pension choices.

[www.moneyadvice.org.uk](http://www.moneyadvice.org.uk)

## **Citizen's Advice Bureau**

Free confidential advice online, over the phone, and in person, for a range of issues.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## **Step Change Debit Charity**

Advice and support for those in debt.

[www.stepchange.org](http://www.stepchange.org)

## **National Debtline**

Free and independent debt advice over the phone and online.

[www.nationaldebtline.org](http://www.nationaldebtline.org)

## **Money Talk Team, Parents and Families**

Advice to help you make the most of your money.

[www.parentclub.scot/articles/who-are-money-talk-team](http://www.parentclub.scot/articles/who-are-money-talk-team)

# Housing

## Homeless Link

A national membership charity for organisations working directly with people who become homeless in England.

[www.homeless.org.uk](http://www.homeless.org.uk)

## Housing Advice

A charity that campaigns to end homelessness and bad housing in the UK. It gives advice, information and advocacy to people in need.

[england.shelter.org.uk](http://england.shelter.org.uk)

## National Homelessness Advice Service

NHAS is delivered by Shelter and provides FREE expert advice, training and support to professionals working in local authorities, voluntary advice agencies and public authorities in England.

[www.nhas.org](http://www.nhas.org)

## Housing Ombudsman

The Housing Ombudsman is a free, impartial, and independent organisation that looks into complaints about housing organisations.

[www.housing-ombudsman.org.uk](http://www.housing-ombudsman.org.uk)

## Housing Advice Northern Ireland

Housing Advice NI is the home of independent housing advice in Northern Ireland.

[www.housingadviceni.org](http://www.housingadviceni.org)

## Housing Advice Scotland

Shelter Scotland provide provide help and answers for those who are homelessness, renting, or own their own home owner.

[scotland.shelter.org.uk/get\\_advice](http://scotland.shelter.org.uk/get_advice)

## CAYSH

CAYSH is a charity that helps young people aged between 16-25 facing homelessness in London; offering safe homes, support and advice to enable them to achieve their potential.

[www.caysh.org](http://www.caysh.org)

## Centrepoint

Centrepoint provides housing and support for young people regionally in London, Manchester, Yorkshire and the North East and through partnerships all over the UK.

[centrepoint.org.uk](http://centrepoint.org.uk)

# Advice and support

## The Association of Charitable Organisations (ACO)

The ACO represents around 120 charities that all provide grants to individuals in need of support.

They have also developed a short leaflet about the financial help that is available from charities and how to find support, and a poster for referral agencies to remind them of the help that could be available to individuals that approach them in financial distress.

Find out more in the resources section of their website.

[www.aco.uk.net](http://www.aco.uk.net)

[Download: Here to Help Individuals Leaflet \(PDF version\)](#)

[Download: Here to Help Campaign Poster \(PDF version\)](#)

## Cost of living support factsheet

Information about how households across the country can access support to counter the rise in goods, services and bills.

Search for 'Cost of living support factsheet' on their website.

[www.gov.uk](http://www.gov.uk)

[Download: Cost of Living Support factsheet \(PDF version\)](#)

## Gingerbread Foundation

Information to help single parents support themselves and their family.

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

## Sure Start Maternity Grant

The Sure Start Maternity Grant is a £500 payment to help with the costs of a new baby. This factsheet details what families can get, eligibility criteria and how to apply.

<https://www.gov.uk/sure-start-maternity-grant>

## Lioness Tamar

For survivors of domestic abuse and sexual violence (DASV), particularly those born of African and Caribbean background.

[www.lionesstamar.com](http://www.lionesstamar.com)

# Food growing

## Incredible Edible Lambeth

Incredible Edible Lambeth wants to create connected communities through the power of food. Their vision is to create a localised food network providing an abundance of affordable, nutritious fruit and veg, with a food growing space within 100 metres of each Lambeth home.

[www.incredibleediblelambeth.org](http://www.incredibleediblelambeth.org)

## Incredible Ediblethwark (Facebook group)

Incredible Edible Southwark is a collection of people, groups and organisations who are working together to help produce as much healthy, affordable local food as possible throughout the borough of Southwark.

[www.facebook.com/IncredibleEdibleSouthwark](http://www.facebook.com/IncredibleEdibleSouthwark)

## Edible London

Edible London is an organisation committed to tackling food waste, food poverty, and the revitalisation of urban areas by turning them into green, accessible growing spaces.

They have a network of growers throughout London, and help to support communities with access to free food, and help to turn unused community spaces into places to grow food.

[ediblelondon.org](http://ediblelondon.org)

# Pet care

## RSPCA

From budgies to badgers, our dedicated veterinary staff help as many animals in need as possible. Low-cost vet care. Our hospitals and clinics are dotted around the country.

[www.rspca.org.uk](http://www.rspca.org.uk)

## Celia Hammond Animal Trust

Celia Hammond Animal Trust operates throughout London and the South East helping stray, abandoned and unwanted cats and other animals. They provide low cost neutering, vaccination and treatment services, as well as short to long term refuge for unwanted cats.

[www.celiammond.org](http://www.celiammond.org)

## PDSA

The People's Dispensary for Sick Animals (PDSA) is a veterinary charity in the United Kingdom. They provide free and low cost help for those who have animals in need.

[www.pdsa.org.uk](http://www.pdsa.org.uk)

# Technology

## Community TechAid

Community TechAid is an organisation working to enable sustainable access to technology and the education needed to extend digital inclusion to all.

They are working to closing the digital divide by providing technology and skills to communities, whilst recycling, reusing and repairing e-waste.

[www.communitytechaid.org.uk](http://www.communitytechaid.org.uk)

# Household goods

## OLIO

Give and receive free stuff, borrow and lend household items, and shop homemade – all directly from your community.

[olioex.com](http://olioex.com)

## Freecycle: Front Door

Freecycle's mission is to build a worldwide sharing movement that reduces waste, saves precious resources and eases the burden on landfills. It is a network of communities across the country where users can exchange household items at no cost.

[uk.freecycle.org](http://uk.freecycle.org)

# Children's items

## Little Village

Little Village is a charity that provides support and solidarity for families with children under five in London. They offer preloved kids' clothes, baby essentials and links to key services to families in challenging circumstances such as homelessness, unemployment, low wages or domestic abuse.

[www.littlevillagehq.org](http://www.littlevillagehq.org)

## The Small Project

The Small Project is a charity that provides baby clothes and other items to local families in need. They operate a baby clothes library in south London at the Oasis Hub in Waterloo.

[www.thesmallerproject.org.uk](http://www.thesmallerproject.org.uk)

## YoungPlanet

YoungPlanet is a platform for giving and receiving children's books, toys, clothes and much more for free. It is a swap-shop style app that connects families in need with those that have children's items that are no longer needed.

[www.youngplanet.com](http://www.youngplanet.com)



# Things to do

## 101 free things to do in London

Information about top free attractions, cost-free concerts, and other things to do in London for free.

<https://visitlondon.com/things-to-do/budget-london/101-free-things-to-do-in-london>

[www.visitlondon.com](http://www.visitlondon.com)

## Eventbrite: free family events in London

Find free family events all around London with Eventbrite's interactive map and search.

<https://www.eventbrite.co.uk/d/united-kingdom--london/free-family-events-in-london>

## 101 things to do in London with kids: free activities

Timeout's listings of free family events across London.

[www.timeout.com/london/kids/101-things-to-do-in-london-with-kids](http://www.timeout.com/london/kids/101-things-to-do-in-london-with-kids)

## Croydon parks and open spaces directory

Parks, playgrounds and outdoor gyms and allotments in Croydon

[www.croydon.gov.uk/libraries-leisure-and-culture/parks-and-open-spaces/parks-and-playgrounds](http://www.croydon.gov.uk/libraries-leisure-and-culture/parks-and-open-spaces/parks-and-playgrounds)

## Lewisham adventure playgrounds directory

A directory of adventure playgrounds in Lewisham.

[lewisham.gov.uk/myserVICES/young-people/adventure-playgrounds](http://lewisham.gov.uk/myserVICES/young-people/adventure-playgrounds)

## Southwark adventure playgrounds directory

A directory of adventure playgrounds for children and young people living in Southwark.

[www.southwark.gov.uk/parks-and-open-spaces/adventure-playgrounds](http://www.southwark.gov.uk/parks-and-open-spaces/adventure-playgrounds)

## Slade Gardens Adventure Playground

Free play, Adventure Playground, Nature, Gardening in Stockwell. Open term time and holidays.

[www.sladeadventure.co.uk](http://www.sladeadventure.co.uk)

## Oasis Adventure Playground

Oasisplay is a local charity that runs three different and unique facilities for children and young people in Stockwell, Lambeth.

[oasisplay.org.uk](http://oasisplay.org.uk)

## Lambeth activities for young people

A directory of activities, parks, and other support services for children and young people living in Lambeth.

[beta.lambeth.gov.uk/children-young-people-and-families/Young-peoples-support/activities-young-people](http://beta.lambeth.gov.uk/children-young-people-and-families/Young-peoples-support/activities-young-people)

## London Adventure Playgrounds

A directory of adventure playgrounds across London.

[londonadventureplaygrounds.org.uk](http://londonadventureplaygrounds.org.uk)

## Coram's Fields

Coram's Fields is a children's only park and playground near Great Ormond Street Hospital, and is open all year round for children under 16 years old.

[www.coramsfields.org](http://www.coramsfields.org)

## Go wild with us

A Community Interest Company helping to enable children, young people and families from a variety of backgrounds to get some meaningful time out there in nature.

[www.gowildwithusuk.com](http://www.gowildwithusuk.com)

## The Jarrett Foundation

A charity working to deliver change in the lives of young people in the UK, create a thriving gospel music theatre industry in the UK, and deliver innovative, impactful and life changing projects through effective international development.

[jarrettfoundation.org](http://jarrettfoundation.org)

## FTF Academy

The football academy is a full-time education and football development program. Open to young footballers between 16 and 19 years old.

[croydon.ac.uk/ftf](http://croydon.ac.uk/ftf)

# Special needs

## Sailability

supported sailing for disabled young people.

[www.tidewaysailability.org.uk](http://www.tidewaysailability.org.uk)

## S factor academy

Athletics for disabled young people

[sfactoracademy.co.uk](http://sfactoracademy.co.uk)

## Lewisham young peoples theatre

Lewisham Youth Theatre (LYT) nurtures and inspires young people's voices through free participatory theatre activities.

[lewishamyouththeatre.com](http://lewishamyouththeatre.com)

## Lewisham parent carer forum

A voluntary group of parents and carers of children and young people (0-25) with special or additional needs and disabilities (SEND) living in the London Borough of Lewisham.

[lewishamparentcarer.org.uk](http://lewishamparentcarer.org.uk)

## Lewisham Autism Support

Open to parents where a diagnosis of autism is in place and they live in the borough.

[Lewisham.familysupport@nas.org.uk](mailto:Lewisham.familysupport@nas.org.uk)

## Croydon local offer

Activities, information and services for those with Special

Educational Needs and Disability (SEND).

<https://localoffer.croydon.gov.uk>

### **Lambeth local offer**

Activities, information and services for those with Special Educational Needs and Disability (SEND).

<https://beta.lambeth.gov.uk/lambeths-send-local-offer>

### **Lewisham local offer**

Activities, information and services for those with Special Educational Needs and Disability (SEND).

<https://lewisham.gov.uk/localoffer>

### **Southwark local offer**

Activities, information and services for those with Special Educational Needs and Disability (SEND).

<https://localoffer.southwark.gov.uk/>

