

At Pinewood, we are committed to supporting all of our children and their families. During the holidays, 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 providers listed below will help address your needs.

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

Name of the service	What does the service offer?	Contact Details
<b>National Online Safety</b>	A breadth of interactive services, which parents can access to support with parenting, mental health, wellbeing and other useful tips during self-isolation and government guidance. This service also offers an instant messaging app to support you with your questions and queries	Website <a href="https://nationalonlinesafety.com/guides">https://nationalonlinesafety.com/guides</a>  General enquires <a href="mailto:hello@nationalonlinesafety.com">hello@nationalonlinesafety.com</a>  Telephone 0800 368 061
<b>London Borough of Havering Council</b>	Where to find help is set out on the council's website.	Website <a href="https://www.havering.gov.uk/covid19">https://www.havering.gov.uk/covid19</a>  Telephone 0800 368 5201 (Mon-Fri, 9-5pm)
<b>Childline</b>	A service which is available for all children to use for support on managing anxiety, domestic abuse, helping a friend, reporting online abuse, depression, boosting your mood and eating habits. This service also has an instant messaging service which is designed to help you navigate you to the right areas and seek the support you need	Website <a href="https://www.childline.org.uk">https://www.childline.org.uk</a>  Telephone 0800 111

<b>Scams</b>	Please be aware that there are a number of scams at the moment. Please take care.	Government Website <a href="https://www.gov.uk/government/news/be-vigilant-against-coronavirus-scams">https://www.gov.uk/government/news/be-vigilant-against-coronavirus-scams</a>
<b>MIND</b>	National Association for Mental Health.	Telephone: 0300 123 3393 Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>Romford Citizens advice</b>	Independent advice for Havering citizens. First Floor Romford Central Library	Website - <a href="http://www.haveringcab.org.uk">www.haveringcab.org.uk</a> 01708 629902
<b>Food Bank</b>	Collier Row and Romford Food Bank The Wykeham Centre and Church House, RM1 3AB	07548 674958 Email <a href="mailto:info@collierrowromford.foodbank.org.uk">info@collierrowromford.foodbank.org.uk</a>
<b>Havering and Brentwood Bereavement Service</b>	Communications House, 200 William Hunter Way, CM14 4WQ	01708 476912 Email – <a href="mailto:enquiries@hbbs.counselling.org">enquiries@hbbs.counselling.org</a>
<b>Havering Women's Aid</b>	Organisation offers advice for men and women affected by domestic abuse and violence.	01708 728759
<b>Police</b>		Dial 101 for non-emergencies.  999 for emergencies.
<b>National Domestic Violence Helpline</b>		0808 2000247
<b>Contact a Family</b>	Support, Advice and Information for parents with disabled children.	<a href="http://www.cafamily.org.uk">www.cafamily.org.uk</a> 0808 8083555
<b>Alcoholics' Anonymous</b>	Support for people who wish to stop drinking.	Website <a href="http://www.alcoholics-anonymous.org.uk/">www.alcoholics-anonymous.org.uk/</a> 24 hour helpline – 0800 9177 650
<b>Talk to Frank</b>	Advice for anybody concerned about drugs – for people with a drug issue and/or their loved ones.	Telephone: 0300 123 6600 Email: <a href="mailto:frank@talktofrank.com">frank@talktofrank.com</a> Website: <a href="http://www.talktofrank.com/">www.talktofrank.com/</a>
<b>Havering MASH team</b>	Reporting safeguarding concerns	01708 433222
<b>Debt advice Foundation</b>	A free easy to use debt assessment tool. Provides practical advice on what to do next.	0800 0434050
<b>RELATE</b>	Romford Relate – relationship advice and counselling. 12a Bridge Close, RM7 0AU	<a href="mailto:enquiries@relatelnene.org.uk">enquiries@relatelnene.org.uk</a> 01708 441722
<b>NSPCC</b>	Another way of reporting concerns about a child's safety or welfare.	Telephone: 0808 800 5000 Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a> Website: <a href="http://www.nspcc.org.uk/">www.nspcc.org.uk/</a>
<b>Samaritans</b>	Confidential support and advice if you need to speak to somebody.	Freephone – 116 123  Email – <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>

	Face-to-face appointments currently suspended.	
<b>Welfare Benefits Support</b>	Welfare Rights – phone helpline for benefits advice (leave name and number – they will get back to you).	Email – <a href="mailto:welfareunit@haverling.gov.uk">welfareunit@haverling.gov.uk</a> 01708 434444
<b>NHS helpline</b>	Online medical advice through the website.	111 (non-emergency health advice) Website - <a href="http://www.111.nhs.uk">www.111.nhs.uk</a>  999 (for emergencies)
<b>Covid-19 NHS page</b>	Includes links to booking tests.	<a href="http://www.nhs.uk/conditions/coronavirus-covid-19/">www.nhs.uk/conditions/coronavirus-covid-19/</a>
<b>SENDIASS</b>	Haverling SENDIASS provides free, impartial and confidential information, advice and support service offering assistance to parents/carers of children with SEND aged 0-16 years and young people themselves 16-25 years.	01708 433 885