

SOURCES OF SUPPORT FOR FAMILIES, ADULTS + CHILDREN + YOUNG PEOPLE IN HARLOW

The following provides a list of websites and contact details for other organisations who should be able to provide further information or direct help to address a wide range of issues or needs.

ESSEX COUNTY COUNCIL FAMILY INFORMATION SERVICE

Provides free and unbiased information to parents and carers regarding different types of childcare and family support services for parents of children and young people up to age 20 available across Essex and specifically within Harlow.

Contact: www.childcarelink.gov.uk
Free telephone 0800 055 6874

TO FIND A CHILDMINDER

Contact Family Information Service as above.

TO FIND A DAY NURSEY, PRE-SCHOOL PLAYGROUPS, OUT OF SCHOOL CARE + HOLIDAY CHILDCARE

Ask your nearest school for a detailed listing or contact the Harlow Children's Centres as below.

FOR SERVICES OFFERED AT THE 6 HARLOW CHILDREN'S CENTRES

Ask the school for a detailed listing or contact any of the following:

- **THE TREE HOUSE CHILDREN'S CENTRE**
Centre Leader: Stacy Randall
Address: Parnall Road
Harlow, Essex
CM18 7NG
Telephone: 01279 436284
Email: stacy.randall@hccn.org.uk

- **THE MEADOWS CHILDREN'S CENTRE**
Centre Leader: Lisa Chambers
Address: Harberts Road
Harlow, Essex
CM19 4BU
Telephone: 01279 773900
Email: lisa.chambers@hccn.org.uk

- **POTTER STREET CHILDREN'S CENTRE**
 Centre Leader: Sharon Devito
 Address: Potter Street Primary School
 Harlow, Essex
 CM17 9EU
 Telephone: 01279 772602
 Email: sharon.devito@hccn.org.uk
- **BURNT MILL CHILDREN'S CENTRE**
 Centre Leader: Lisa Chambers
 Address: Burnt Mill Secondary School
 Harlow, Essex
 CM20 2NR
 Telephone: 01279 773900
 Email: lisa.chambers@hccn.org.uk
- **SUNFLOWERS CHILDREN'S CENTRE**
 Centre Leader: Stacy Randall
 Address: Great Parndon Community Association
 Harlow, Essex
 CM19 5RD
 Telephone: 01279-772602
 Email: stacy.randall@hccn.org.uk
- **MARK HALL CHILDREN'S CENTRE**
 Centre Leader: Sharon Devito
 Address: Mark Hall Community School
 Harlow, Essex
 CM17 9LR
 Telephone: 01279 773902
 Email: sharon.devito@hccn.org.uk

FOR HELP WITH RELATIONSHIPS

- **CALM**
 COUNSELLING + LIFE MANAGEMENT
 Contact: www.calmcentre.co.uk
 Tel: 01279 411330
- **RELATE**
 Contact: www.relate-northersex.org
 Tel: 01245 258680
- **HERTS + ESSEX FAMILY MEDIATION SERVICE**
 Contact: www.mediationhersandessex.co.uk
 Tel: 01279 426749

FOR A RANGE OF PARENTING CARER SUPPORT SERVICES

- **PARENTLINE PLUS** offers individual support, drop-ins, outreach parent support groups and
 - ✓ Parentline – a free 24 hour 7 day a week confidential helpline 0808 800 222
 - ✓ Individual telephone support (up to 6 x 1 hour sessions)
 - ✓ Email support – parentsupport@parentlineplus.org.uk
 - ✓ Website www.parentlineplus.org.ukFor more details contact tel: 01707 630100
- **HARLOW DISTRICT COUNCIL** Offers access to Parenting Programmes and supplies a range of advice on parenting through its Senior Parenting Practitioner.

Contact: www.harlow.gov.uk
Tel: 01279 446040
- **HOMESTART HARLOW**

Contact: homestartharlow@btconnect.com
Tel: 01279 451669
- **CATCH 22** Provides Young People's Support, Young Parents Support, Advocacy Service, Entry to Employment, Mentoring and a range of other services

Contact: www.catch-22.org.uk
Tel: 01279 408370

FOR EMOTIONAL WELL-BEING + MENTAL HEALTH

- **CALM**

Contact: www.calmcentre.co.uk
Tel: 01279 411330
- **CATCH 22**

Contact: www.catch-22.org.uk
Tel: 01279 408370
- **YOUNG CONCERN**

Contact: www.youngconcern.freeserve.co.uk
Tel: 01279 414090
- **HARLOW MIND**

Contact: admin@harlowmind.org.uk
Tel: 01279 443875
- **CORNERSTONE TRUST**

Contact: training@cornerstonetrust.org.uk
Tel: 01279 423765

FOR HELP WITH HOUSING, BENEFITS, DEBT + related issues

- HARLOW DISTRICT COUNCIL offer a wide range of services

Contact: www.harlow.gov.uk
Tel: 01279 446611

- HARLOW WELFARE RIGHTS & ADVICE

Contact: www.hwra.org.uk
Tel: 01279 446622

- CITIZENS ADVICE BUREAU

Contact: www.citizenadvice.org.uk

FOR EMERGENCY SITUATIONS

- HARLOW WOMEN'S AID

Contact: 24 hour helpline 01279 836611
helpline@womensroom.org.uk

- POLICE – Domestic violence & hate crime unit

Contact: Emergency 999
Helpline: 0808 2000 247
Tel: 01279 625493
www.essex.police.uk

- VICTIM SUPPORT

Contact: www.victimsupport.org.uk
Tel: 01279 641074

FOR HELP WITH SPECIFIC ISSUES

- ALCOHOL & DRUGS ADVISORY SERVICE

Contact: www.adasuk.org
Tel: 01279 641347

- WEST ESSEX COMMUNITY DRUGS + ALCOHOL TEAM

Contact: www.harlowpct.nhs.uk
Tel: 01279 698721

- ESSEX YOUNG PEOPLE'S DRUG AND ALCOHOL SERVICE (EYDAS)

Contact: www.yourteenlife.co.uk
Tel: 01245 493311

FOR FAMILIES WITH A CHILD OR ADULT WITH A PHYSICAL OR LEARNING DISABILITY

- **SPECIAL EDUCATIONAL NEEDS + CHILDREN WITH ADDITIONAL NEEDS SERVICE PARENT PARTNERSHIP**

Contact: www.essex.gov.uk

Tel: 01245 436036

- **ACCURO**

Contact: accuroharlow@aol.com

Tel: 01279 433117

- **PACT (HARLOW) – Parents of Autistic Children Together**

Contact: pactharlow@msn.com

www.pactharlow.org.uk

Tel: 07837 606089

FOR FAMILIES WITH A YOUNG CARER

- **HARLOW YOUNG CARERS**

Contact: carers@harlowcarers.org.uk

Tel: 01279 308314