



Websites to support families.



East Surrey

Home-Start East Surrey is a local charity which provides friendship and emotional and practical help to parents with at least one child under eleven years old.

Our aim is to provide early support to families who are experiencing a wide range of difficulties such as isolation, low self-esteem, mental health issues and parenting difficulties. We work alongside parents in their own homes to help raise self-confidence and their ability to cope in an increasingly pressured society. Our emphasis is on parents helping parents.

<https://home-starteastsurrey.org.uk/>



<https://www.surreycc.gov.uk/children/support-and-advice/families/support-and-advice/parenting-courses-and-advice>

Although parenting can be very rewarding there may be times when you feel in need of support. There are options available to help during these times, which include parenting courses and services offering parents information, support and advice.



<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/talk-to-children-about-feelings/>

HURST GREEN'S
COMMUNITY FRIDGE!

https://stjohnshurstgreen.org.uk/Groups/405713/Community_Fridge.aspx

A community fridge is a free service to help lessen food waste in the community! It's open to everyone and helps share food that would otherwise be thrown away! All food is free and EVERYBODY is welcome! Come have a browse for some fresh veggies, fruit and cupboard foods



<https://stripeystork.org.uk/>

We are Stripey Stork, the Surrey baby bank collecting donations of clothes, toys and essential items for babies and children and rehoming them with local families experiencing hardship.



<https://www.toogoodtogo.com/en-gb>

Too good to Go is an app that lets you know when supermarkets/restaurants have surplus food available to collect at a cheaper price.



<https://www.mindworks-surrey.org/>

Mindworks Surrey, the emotional wellbeing and mental health service for children and young people in Surrey.



<https://www.emotioncoachinguk.com/resources-for-professionals-parents-carers>

Based on research by American Psychologist John Gottman, Emotion Coaching uses moments of heightened emotion and resulting behaviour to guide and teach the child and young person about more effective responses. Through empathetic engagement the child's emotional state is verbally acknowledged and validated, promoting a sense of security and feeling 'felt'. This activates changes in the child's neurological system and allows the child to calm down, physiologically and psychologically.

Inappropriate behaviours are not condoned in Emotion Coaching and when the child is calmer, incidents are discussed in a more rational and productive manner. Moves are made to problem solve and engage in solution-focused strategies.



<https://www.gingerbread.org.uk/>

Gingerbread's free services for single parents

Our advice and support services help you get the right support when and where you need it most.

Meet other single mums and dads on our online forum or in our local and digital groups. If you need advice, our information pages, webchat and helpline provide expert guidance on a wide range of topics. We are proud to be Advice Quality Standard (AQS) accredited. The AQS is awarded to organisations that give advice to members of the public on legal issues.



<https://www.youngminds.org.uk/>

We're the UK's leading charity fighting for children and young people's mental health.

We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.



<https://www.barnardos.org.uk/>

Like our founder, Thomas Barnardo, we believe that with the right help, children can change their lives and achieve their potential.

Over 150 years ago, Barnardo promised to support those children in need of help – regardless of their circumstances, gender, race, disability or behaviour. Today, we continue to honour that promise.



<https://surreywellbeing.org/>

Surrey Wellbeing Partnership (SWP) is a formal joint venture of local and national charities of various sizes with a common goal: to work with children and young people in the community to improve wellbeing and mental health so that they can live full, fun and confident lives.



<https://www.ymcaeast Surrey.org.uk/>

YMCA East Surrey has been supporting children and young people with their emotional wellbeing for over 30 years. Our services have grown and evolved as more and more children and young people have been experiencing difficulties such as anxiety, poor self-esteem and feelings of hopelessness. As part of the [Mindworks Surrey](#) service, we provide a wide range of services for children, young people and families to help them towards mental and emotional wellbeing.