

# Early Help support at Middleforth

Below are a list of useful agencies, services or charities which may be able to support your family. Remember, Mrs Knight is our designated person in school who can support you with any enquiries.

## ASD/ADHD/SEND support:

**TAGG** - <https://taaglancashire.co.uk/>

**Key** - <https://www.keycharity.org.uk>

01772 678979 (you need an Early Help Assessment to access support)

**ADHD North West**—01524 886886

<http://adhdnorthwest.org.uk>

**Rainbow ASD Support group**—<https://www.autism.org.uk/directory/r/rainbow>

**Family resources**—<https://lsc.autismunlocked.co.uk/family-resources/>

**The Youth Zone in Chorley**— <https://www.inspireyouthzone.org/about-us/inclusion-send/>  
01257 228888

**Stepping Stones Parenting Course**— 01772 532930

**Shine Therapy Service**—07725 193837

**National Autistic Society**—<https://www.autism.org.uk/>

## Mental Health and Wellbeing support:

**CAMHS**—01772 644644 (South Ribble) 01772 777344 (Preston)

**Child line**—0800 1111

**Samaritans**—116 123

**Minds Matter**—01772 773437

**Key Charity**—01772 678979

**CANW - Child Action North West**—01772 453145

**Cedar House Counselling Centre**—01772 880909

**STRIDE Bereavement Support**—01772 798746

**Kooth** - <https://www.kooth.com/>

**Butterfly and Phoenix Project**—03450 138 208

## Domestic Abuse support:

**Trust House**—<https://trouthouselancs.org/contact-us/>

**Preston Domestic Violence Services**—<https://www.pdvs.org.uk/> 01772 201601

**NEST**— text NEST and your number to 60777; call 01300 1110323; <https://nestlancashire.org/what-we-do/>

**Clare House and Women's Aid**—  
[clarehouse@progressgroup.org.uk](mailto:clarehouse@progressgroup.org.uk) 01772 435865

**Freedom Programme**—01772 537898 (Preston)  
01772 532930 (South Ribble)

**Safenet**— <https://safenet.org.uk/contact/>

## Other areas of support:

**Children and Family Wellbeing**— 01772 537898 (Preston) 01772 532930 (South Ribble)

**Jobcentre Plus**— 0845 604 3719. <https://www.jobcentreguidance.co.uk/preston-jobcentre>

**Citizens Advice**—Preston Advice Line: 0300 330 1172

<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/search-for-your-local-citizens-advice/local-citizens-advice-details/?serialnumber=100567>

**Family support**—[gingerbread.org.uk/information/](http://gingerbread.org.uk/information/)

**Home Start**— 01257 241636.

<https://www.homestartcentrallancs.org.uk/contact/>

**Preston City Council - Housing Advisory Service**—01772 906412

**South Ribble Council Housing**— 01772 421491

**Penwortham Community Centre, Kingsfold Drive, Food Bank**—every Friday 9:30am—12pm.

**MASH** (reporting concerns about a child) —0300 123 6720

