

## **List of Services in Kingston that Families can access directly**

- **Breaking the Cycle** (Kingston and Richmond)  
supports and empowers whole families where parents or carers experience substance misuse and have responsibility for children under the age of 18 years.  
**Contact details:** 07818411573 or 07717862926  
[www.addaction.org.uk/help-and-support/friends-and-family/breaking-cycle](http://www.addaction.org.uk/help-and-support/friends-and-family/breaking-cycle)
- **The Child Exploitation and Online Protection (CEOP)**  
Unit website THINK YOU KNOW is an excellent resource and reporting mechanism for parents, carers, children and young people and professionals on all aspects of online safety including grooming and CSE.  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- **Cruse Bereavement Care**  
support families following the death of a loved one, provide free confidential support for adults and children, either by telephone, email or face-to-face.  
**Contact details:** 0844 477 9400  
[www.cruse.org.uk](http://www.cruse.org.uk)
- **iCope Kingston**  
iCope offer therapies for adults of all ages from young to old. They can help you learn ways to help yourself so that you feel more able to cope with your problems. People are able to self-refer to iCope on their website at:  
<http://kingston.icope.nhs.uk/self-referral/>  
**Contact details:** 020 3317 7850  
**Address:** Hollyfield House, 22 Hollyfield Road, Surbiton, KT5 9AL
- **Kingston Bereavement Service**  
are the AfC commissioned service for the support of children who have been bereaved in Richmond or Kingston. Their Saying Goodbye project offers individual and group support.  
**Contact details:** 0208 547 1552  
[www.kingstonbereavementservice.org.uk](http://www.kingstonbereavementservice.org.uk)
- **Kingston Domestic Violence Hub**  
The DV Hub offers confidential support and advice to victims and their families as well as a point of contact for professionals working with them. The DV Hub can also arrange appointments with independent advocates, refer to support groups or signpost other specialist services.  
Open 10am to 4pm, Monday to Friday  
**Contact details:** 020 8547 6046 &  
[kingston.DVhub@victimsupport.org.uk](mailto:kingston.DVhub@victimsupport.org.uk)

- **National Centre for Domestic Violence**  
 provides a free, fast emergency injunction service to survivors of domestic violence. The service allows anyone to apply for an injunction within 24 hours of first contact (in most circumstances).  
[www.ncdv.org.uk](http://www.ncdv.org.uk)  
**Contact details:** 0207 186 8270 or 0800 970 2070
- **NSPCC**  
 provide online advice and guidance around keeping children safe (online, home alone, the underwear rule, etc.) and have helpline for advice and for reporting safeguarding concerns.  
**Contact details:** 0808 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)
- **One Stop Shop**  
 There are independent domestic violence specialists providing advocacy and advice, solicitors offering advice and support on injunctions and housing issues, health visitors who can talk to you about any concerns that you might have for your child, drug and alcohol services and mental health support workers.  
 Every Monday 9.30am to 12:30pm – no appointment needed  
**Venue:** Kingsgate Church, Clarence Street, Kingston.
- **Refugee Action Kingston (RAK)**  
 provides support and advice to refugees and asylum seekers.  
[www.refugeeactionkingston.org.uk](http://www.refugeeactionkingston.org.uk)
- **Relate**  
 offer a Mediation or Counselling services, by trained mediator and counsellors:-

  - offer a free counselling service to under 18yrs
  - free Live Chat session with a trained Relate Counsellor.
  - have a live chat with a counsellor service for parents, which is free and confidential, to talk about any teen relate issues.

**Contact details:** 0300 100 1234  
<http://www.relate.org.uk>
- **The Richmond and Kingston LSCB**  
 website provides a range of resources, and contacts, and includes a training programme suitable for professionals, volunteers and in some cases individuals.  
[www.richmondandkingstonlscb.org.uk](http://www.richmondandkingstonlscb.org.uk)
- **Samaritans**  
 can help you explore your options, understand your problems better, or just be there to listen.  
**Contact details:** 116 123  
[www.samaritans.org](http://www.samaritans.org)

- **Safer Space**

This project works with 5-16 year old's within the Royal Borough of Kingston who have been affected by Domestic Abuse or Violence, this can include hearing or seeing domestic abuse occur.

**Contact details:** 020 8547 6046

[saferspace@victimsupport.org.uk](mailto:saferspace@victimsupport.org.uk)

- **Welcare**

provide practical help and support to families, empowering them to rebuild their lives and access opportunities to ensure their children have a happy, confident childhood and future.

**Contact details:** 020 8893 9123

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