



The  
**Mulberry  
BushOutreach**

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# Signposting (Oxfordshire & Online)

## Bereavement Charities

<p><b>Seesaw</b> Providing support for children, young people, and their families in Oxfordshire when they are bereaved or someone close to them is terminally ill.</p>	<p><a href="http://www.seesaw.org.uk">www.seesaw.org.uk</a> 01865 744 768 info@seesaw.org.uk</p>
<p><b>Cruse Bereavement Support</b> The UK's leading bereavement charity supporting people through their website, national helpline, group, zoom, telephone or one-to-one in person support.</p>	<p><a href="http://www.cruse.org.uk/understanding-grief/grief-experiences/death-of-a-child">www.cruse.org.uk/understanding-grief/grief-experiences/death-of-a-child</a> 0808 808 1677</p>
<p><b>Winston's Wish</b> Supporting bereaved children, young people, their families, and the professionals who support them.</p>	<p><a href="http://www.winstonswish.org">www.winstonswish.org</a> 08088 020 021</p>
<p><b>Child Bereavement UK</b> Helping children, young people, parents and families to rebuild their lives when a child grieves or when a child dies.</p>	<p><a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a> 0800 02 888 40</p>
<p><b>Surviving the Loss Of your World (SLOW)</b> Support for bereaved parents and siblings following the loss of a child or sibling.</p>	<p><a href="https://slowgroup.co.uk">https://slowgroup.co.uk</a></p>

## Books around bereavement for children and young people

*A Shelter for Sadness* – Anne Booth and David Litchfield

*Always and forever* – Alan Durant and Debi Giori

*Muddles, Puddles and Sunshine* – Diane Crossley

*The Invisible String* – Patrice Karst

*Badger's Parting Gifts* – Susan Varley

## Books around bereavement for adults

*Beyond Tears: Living after losing a child* – Ellen Mitchell

*A Heart That Works* – Rob Delaney

*Grief Works: Stories of Life, Death and Surviving* – Julia Samuel

## Sleep Resources

### Teen Sleep Hub

<https://teensleephub.org.uk>  
info@thesleepcharity.org.uk

### The Sleep Charity

National, award-winning charity empowering the nation to sleep better.

<https://thesleepcharity.org.uk>  
info@thesleepcharity.org.uk  
03303 530 541

### Cerebra Sleep Advice Service

Offering various resources, workshops, and a one-to-one telephone support service.

<https://cerebra.org.uk/get-advice-support/sleep-advice-service>  
enquiries@cerebra.org.uk  
01267 244 200

### Great Ormond Street Hospital for Children

Advice around sleep hygiene for children and young people.

[www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children](http://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children)

### The Children's Sleep Charity

Promoting the importance of good sleep and equipping individuals with the knowledge and tools they need to achieve it.

[www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk)  
07520666806

## Substance Misuse

### Cranstoun Youth

Supporting those over 18 with drug and/ or alcohol use.

<https://cranstoun.org/help-and-advice/alcohol-other-drugs>

### Aquarius

Supporting people of all ages affected by alcohol, drugs and gambling.

<https://aquarius.org.uk>

### FRANK

Honest information about drugs.

[www.talktofrank.com](http://www.talktofrank.com)  
0300 123 6600

### Turning Point

An all purpose drug and alcohol treatment service located in Oxfordshire for those over 18.

<https://www.turning-point.co.uk>  
01865 261 690

## Domestic Abuse

### Women's Aid

Support for women who have endured domestic abuse.

[www.womensaid.org.uk](http://www.womensaid.org.uk)

[helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

### Refuge

Support for mainly women and children who have experienced domestic abuse; their community services also extend to men.

[www.refuge.org.uk](http://www.refuge.org.uk)

0808 2000 247

### Men's Advice Line

The Helpline for male victims of domestic abuse.

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

0808 810327

### ManKind Initiative

Providing information, support and signposting to men suffering from domestic abuse and domestic violence across the UK.

<https://mankind.org.uk>

01823 334 244

## ADHD Specific Supports

### ADHDkids

[www.adhdkids.org.uk](http://www.adhdkids.org.uk)

01367 888229

### ADHD Oxfordshire

[www.adhdoxfordshire.co.uk](http://www.adhdoxfordshire.co.uk)

01865 731378

### ADHD Information Services

[www.addiss.co.uk](http://www.addiss.co.uk)

020 8952 2800

### ADHD Foundation

[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

0151 2372661

## Books about ADHD for children and young people

*ADHD is our superpower: the amazing talents and skills of children with ADHD* – Soli Lazarus

*Thriving with ADHD workbook for kids: 60 fun activities to help children self-regulate, focus and succeed* – Kelli Miller

*My Feelings and Me: A Child's Guide to Understanding Emotions* – Poppy O'Neill

*All dogs have ADHD* – Kathy Hoopmann

## Books about ADHD for adults

*Parenting a child with ADHD: How to prepare your child for school life, integrate executive functioning skills, and foster successful friendships* – Rose Lyons

*Your Child is Not Broken: Parent Your Neurodivergent Child Without Losing Your Marbles* by Heidi Mavir

## ASD Specific Supports

<b>National Autistic Society</b>	<a href="http://www.autism.org.uk">www.autism.org.uk</a> 0845 070 4004
<b>Autism Family Support Oxfordshire</b>	<a href="http://www.afso.org.uk">www.afso.org.uk</a> 01844 338696
<b>Autism Oxford</b>	<a href="https://autismoxford.com">https://autismoxford.com</a>
<b>Ambitious about Autism</b>	<a href="http://www.ambitiousaboutautism.org.uk">www.ambitiousaboutautism.org.uk</a>
<b>Autism Education Trust</b>	<a href="http://www.autismeducationtrust.org.uk">www.autismeducationtrust.org.uk</a>
<b>OASIS</b>	<a href="http://www.oasionline.org.uk">www.oasionline.org.uk</a>
<b>The Curly Hair Project</b>	<a href="http://www.thegirlwiththecurlyhair.co.uk">www.thegirlwiththecurlyhair.co.uk</a>
<b>Autism Directory</b>	<a href="http://www.theautismdirectory.com">www.theautismdirectory.com</a>

## Books about ASD for children and young people

*My Awesome Autism* – Nikki Saunders

*The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic* – Siena Castellon

*All Cats are on the Autism Spectrum* – Kathy Hoopmann

*The Abilities in Me: Autism* – Gemma Kier and Adam Walker-Parker

## Books about ASD for adults

*Odd Girl Out: An Autistic Woman in a Neurotypical World* – Laura James

*The Reason I Jump: One boy's voice from the silence of Autism* – Naoki Higashida

*Your Child is Not Broken: Parent your Neurodivergent Child without Losing Your Marbles* – Heidi Mavir

*Nurturing Your Autistic Young Person: A Parent's Handbook to Supporting Newly Diagnosed Teens and Pre-teens* – Cathy Wassell

## Support for children and young people around mental ill health

### Shout

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

<https://giveusashout.org>

Text SHOUT to 85258

### Oxfordshire CAMHS (Child and Adolescent Mental Health Service)

Supporting children and young people to 18 who are finding it hard to cope with everyday life because of difficult feelings, behaviour, or relationships.

[www.oxfordhealth.nhs.uk/camhs/oxon](http://www.oxfordhealth.nhs.uk/camhs/oxon)

01865 902 515

### Samaritans

Providing a listening ear for anyone who has something that's troubling them.

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

116123

### Young Minds

Providing young people with tools to look after their mental health.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

### Papyrus (HOPELINE 247)

Confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerns that a young person could be thinking about suicide.

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Call: 0800 068 4141

Text: 07860 039 967

### Heads Above the Waves

A non-profit organisation that raises awareness of depression and self-harm in young people.

<https://hatw.co.uk>

### Place2Be

A children and young people's mental health charity providing counselling, mental health support, and training in UK schools.

[www.place2be.org.uk](http://www.place2be.org.uk)

### The Abingdon Bridge (TAB)

Providing emotional support and guidance to those aged 13 to 25.

[www.theabingdonbridge.org.uk](http://www.theabingdonbridge.org.uk)

01235 522 375

## Support for ill mental health for adults

### Anxiety UK

Offering an extensive range of support services designed to help control anxiety rather than letting it control you.

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

03444 775 774

### MIND

Providing advice and support to empower anyone experiencing a mental health problem.

[www.mind.org.uk](http://www.mind.org.uk)

### Rethink Mental Illness

Supporting people through a diverse range of mental health services and life-changing support groups.

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

### Campaign Against Living Miserably (CALM)

Standing up to stereotypes and standing together to show life is always worth living.

[www.thecalmzone.net](http://www.thecalmzone.net)

0800 58 58 58

### Books about anxiety for children and young people

*What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* – Dawn Huebner

*Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook for Anxiety Management for Young People* – Kate Collins – Donnelly

*Ruby's Worry* – Tom Percival

*The Worrysaurus* – Rachel Bright and Chris Chatterton

*The Huge Bag of Worries* – Virginia Ironside

*The Panicosaurus* – K.I. Al-Ghani

*All Birds Have Anxiety* – Kathy Hoopmann

*Don't Worry, Be Happy: A Child's Guide to Dealing with Feeling Anxious* – Poppy O'Neill

### Books about anxiety for adults

*Can't Not Won't: A Story About a Child Who Couldn't Go to School* – Eliza Fricker

*Helping your Child with Fears and Worries* – Cathy Creswell and Lucy Willetts

### Books about Trauma for adults

*Born for Love* – Bruce D Perry & Maia Szalavitz  
*The Simple Guide to Complex Trauma and Dissociations: What It Is and How to Help* – Betsy de Thierry

*Why Love Matters* – Sue Gerhardt

*What Happened to You? Conversations on Trauma, Resilience and Healing* – Bruce D Perry & Oprah Winfrey

*The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma* – Bessel van der Kolk

*The Simple Guide to Child Trauma: What It Is and How to Help* – Betsy De Thierry

*The Boy Who Was Raised as a Dog and Other Stories from a Child Psychiatrist's Notebook* – Bruce D Perry

*Trauma* – Dan Hughes

## Websites about Trauma

### Beacon House

A specialist, innovative and creative therapeutic service for young people, families and adults.

[www.beaconhouse.org.uk](http://www.beaconhouse.org.uk)

### National Association for People Abused in Childhood (NAPAC)

Offering support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect.

[www.napac.org.uk](http://www.napac.org.uk)

0808 801 0331

## SEND Specialist Services

### Navigate: Emotional Support for Parents

A national mentoring service that provides online emotional support for parents and carers of disabled children who are finding out about their child's additional needs.

[www.scope.org.uk/family-services/navigate](http://www.scope.org.uk/family-services/navigate)

### SENDIASS Oxfordshire

SENDIASS Oxfordshire works within the bounds of the legislation, guidance, and quality standards to ensure it provides impartial information, advice and support to parents and carers of children with SEND.

[www.sendiass-oxfordshire.org.uk](http://www.sendiass-oxfordshire.org.uk)

### Sibs

For brothers and sisters of disabled children and adults.

[www.sibs.org.uk](http://www.sibs.org.uk)

### National Deaf Children's Society

The leading charity for deaf children.

[www.ndcs.org.uk](http://www.ndcs.org.uk)

### SENSE

Empowering people who are deafblind or have complex disabilities to communicate, experience the world and fulfil their potential.

[www.sense.org.uk](http://www.sense.org.uk)

0300 330 9256

### British Dyslexia Association

Offering a broad range of support and services around dyslexia.

[www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

0333 405 4555

### Mencap

Offering advice and support for people with a learning disability and their families and carers.

[www.mencap.org.uk](http://www.mencap.org.uk)

0808 808 1111

**LGBTQ+****Stonewall**

Providing information, support, and guidance on LGBTQ+ Inclusion.

[www.stonewall.org.uk](http://www.stonewall.org.uk)

**Gendered Intelligence**

Working with the transgender community, with an emphasis on supporting young trans people aged 8-25.

[www.genderedintelligence.co.uk](http://www.genderedintelligence.co.uk)

**Switchboard LGBTQ+ Helpline**

A safe space for anyone to discuss anything including sexuality, gender identity, sexual health, and emotional wellbeing.

[www.switchboard.lgbt](http://www.switchboard.lgbt)

0800 0199 100

**Mermaids**

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

0808 801 0400

**Books about LGBTQ+ for children and young people**

*Uncle Bobby's wedding* – Sarah Brannen and Lucia Soto

*Pink is for Boys* – Robb Pearlman and Eda Kaban

*And Tango Makes Three* – Justin Richardson and Peter Parnell

*Acceptance is my superpower* – Alicia Ortego

*Julian is a Mermaid* – Jessica Love

*My Daddies!* – Gareth Peter and Garry Parsons

*Mommy, Mama, and ME* – Leslea Newman and Carol Thompson

*My Shadow is Pink* – Scott Stuart

*She's My Dad!* – Sarah Savage

**Books about LGBTQ+ for adults**

*This is a Book for Parents of Gay Kids* – Dannielle Owens-Reid

*Transgender Teen: A handbook for parents and professionals supporting transgender and non-binary teens* – Stephanie Brill and Lisa Kenney

*Raising the Transgender Child* – Michelle Angelo

*Never a Girl, Always a Boy: Memoir of a Transgender Journey*



**Books about Diversity, Race and Equality for children and young people**

*We all Belong* – Nathalie Goss and Alex Goss

*We are Family* – Patricia Hegarty and Ryan Wheatcroft

*Our diversity makes us stronger* – Elizabeth Cole

*Skin: A First Conversation about Race* – Megan Madison, Jessica Ralli and Isabel Roxas

*I Am Whole* – Shola Oz

*Not Like the Others* – Jane Broecker

*It's OK to be different* – Sharon Purtil

*In every house, on every street* – Jess Hitchman

**Books about Diversity, Race and Equality for adults**

*So You Want To Talk About Race* – Ijeoma Oluo

*Why I'm No Longer Talking to White People About Race* – Reni Eddo-Lodge

*Black and British: A Forgotten History* – David Olusoga

*How to be Antiracist* – Ibram X. Kendi

## Services for families impacted by crime

### Thames Valley SAFE

SAFE! Provides support to children and families around the Thames Valley who have been affected by crime or abuse through one-to-one and group sessions.

[www.safeproject.org.uk/youngPeople/about-SAFE.php](http://www.safeproject.org.uk/youngPeople/about-SAFE.php)

### Children Heard and Seen

Supporting children, young people and their families who are impacted by parental imprisonment.

<https://childrenheardandseen.co.uk>

### Key4Life

An innovative crime prevention charity, based in Bristol, which rehabilitates young men in prison or at risk of going to prison and provides real solutions to help reduce youth offending.

[www.key4life.org.uk](http://www.key4life.org.uk)

01179 415 858

### Trailblazers mentoring

Mentoring and encouraging young offenders to make a positive change and providing them with tools, support and opportunities.

[www.trailblazersmentoring.org.uk](http://www.trailblazersmentoring.org.uk)

0800 193 4046

### Victim Support

An Independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales.

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

0808 1689 1111

## Parenting supports

### Gingerbread

Service supporting single parents

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

0808 802 0925

### Family Lives

Providing targeted early intervention and crisis support to families.

[www.familylives.org.uk](http://www.familylives.org.uk)

0808 800 2222

### Action for Children

Providing a range of parenting programmes for families and caregivers around the UK designed to help parents and children bond, learn and overcome difficulties.

[www.actionforchildren.org.uk/our-work-and-impact/children-and-families/parenting-support](http://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/parenting-support)

### Dad's House

Supporting single fathers, their children, and families

[www.dadshouse.org.uk](http://www.dadshouse.org.uk)

07765 183 504, ask for Billy  
info@dadshouse.org.uk

### Home Start

A local community network of trained volunteers and expert support helping families with young children through their challenging times. This work is mostly based on supporting families with at least one child under five.

[www.home-start.org.uk](http://www.home-start.org.uk)

## Other

<p><b>The Mix</b> Advice and signposting on a huge variety of topics, for anybody aged up to 25.</p>	<p><a href="http://www.themix.org.uk">www.themix.org.uk</a></p>
<p><b>Childline</b> A free and confidential service for anyone under 19 in the UK for any issue.</p>	<p><a href="http://www.childline.org.uk">www.childline.org.uk</a> 0800 1111</p>
<p><b>Be Free Young Carers</b> The only specialist organisation supporting young carers in Oxfordshire.</p>	<p><a href="http://www.befreeyc.org.uk">www.befreeyc.org.uk</a> 01235 838554</p>
<p><b>National Society for the Prevention of Cruelty to Children (NSPCC)</b> A charity whose aim is to prevent abuse, help rebuild children's lives and support families.</p>	<p><a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> 0808 800 5000</p>
<p><b>Oxfordshire County Council Family Information Service</b> Providing information and support for children, young people, and families in Oxfordshire.</p>	<p><a href="http://www.fisd.oxfordshire.gov.uk">www.fisd.oxfordshire.gov.uk</a></p>
<p><b>Barnardos</b> Providing a range of services and supports to children, young people and their families.</p>	<p><a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a></p>
<p><b>Relate</b> The largest provider of relationship support in England and Wales, offering relationship counselling for individuals and families, family counselling, counselling for children and young people and sex therapy.</p>	<p><a href="http://www.relate.org.uk">www.relate.org.uk</a></p>

## Books about Adoption for adults

*Related by adoption: a handbook for grandparents and other relatives* – Hedi Argent

*The Primal Wound: Understanding the adopted child* – Nancy Verrier

*The A-Z of Therapeutic Parenting: Strategies and Solutions* – Sarah Naish

*Therapeutic Parenting Essentials: Moving from Trauma to Trust – Therapeutic Parenting Books* – Sarah Naish, Sarah Dillon and Jane Mitchell

*Toddler Adoption* – Mary Hopkins-Best

*Connective Parenting* – Sarah Fisher

*Creating Loving Attachments: Parenting with PACE to Nurture Confidence and Security in the Troubled Child* – Kim S. Golding and Daniel A. Hughes

*The Unofficial Guide to Adoptive Parenting: The Small Stuff, The Big Stuff and The Stuff In between* – Sally Donovan

*Big Steps for Little People* – Celia Foster

*Proud Parents: Lesbian and Gay Fostering and Adoption Experiences* – Nicola Hill

## Books about adoption for children

*Delly Duck: Why A Little Chick Couldn't Stay With His Birth Mother* – Holly Marlow

*We Belong Together* – Todd Parr

*Two Dads: A book about Adoption* – Carolyn Robertson

*I Wish for You: An Adoption Story* – Marianne Richmond

*A Mother for Choco* – Keiko Kasza

*The Quick Guide to Therapeutic Parenting: A Visual Introduction* – Sarah Naish and Sarah Dillon

## Adoption Services

### Adopt Thames Valley

The Permanence Support Team run a helpdesk where a social worker will be available to talk to adoptive parents and special guardians.

[www.adoptthamesvalley.co.uk](http://www.adoptthamesvalley.co.uk)

Permanence Support: 01865 323 121

### Help At Hand

Advice and assistance service for children in care, children who have a social worker or are working with social services, children living away from home or care leavers.

[www.childrenscommissioner.gov.uk/help-at-hand](http://www.childrenscommissioner.gov.uk/help-at-hand)

0800 528 0731

### Adoption UK

Connecting people across the adoption community, support adopters and adoptees and work with them to influence the decisions that affect their lives.

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

0300 666 0006

### First4Adoption

A national information services for people interested in adopting a child in England.

[www.first4adoption.org.uk](http://www.first4adoption.org.uk)

0300 222 0022

### AdoptionPlus

Offering specialist adoption therapy services, training and conferences.

[www.adoptionplus.co.uk](http://www.adoptionplus.co.uk)

01908 218 251

### CCS Adoption

A supportive and Independent Voluntary Adoption Agency.

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

0117 955 8826

[info@adoptionssupportcentre.org](mailto:info@adoptionssupportcentre.org)

### We Are Family: Adoption Support Community

A peer support community by adopters, for adopters.

[www.wearefamilyadoption.org.uk](http://www.wearefamilyadoption.org.uk)

[hello@wearefamilyadoption.org.uk](mailto:hello@wearefamilyadoption.org.uk)