

## **RESOURCES for Single Parents**

### **ONE SPACE**

One Space is the parenting site for single parents.

It offers an online community for single parents with support from experienced parenting facilitators and brings together essential information, interactive learning games, multi-media content, links to other support organisations and news. The online groups also act as a support group, where people can gain information and support from others who have been through similar experiences - a lifeline to many who unexpectedly find themselves to be single parents.

One Space aims to be the first port of call for single parents online.

One Space is delivered by the **Single Parent Action Network** (SPAN).

<http://onespace.org.uk>

### **BARNET CHILDREN'S CENTRES**

Children's Centres offer all families with children under five a range of services, information, support and advice in their local community.

The services and support offers: Family support and information, including parenting workshops and drop-in groups; Health services and advice; Activities for children, mothers, fathers and carers; Learning opportunities for parents and advice on employment; Child minding support groups

Families and Young People's Information Service

0800 389 831

<http://www.barnet.gov.uk/childrens-centres>

### **BARNET LONE PARENT CENTRE**

Trips and days out

Access to legal advice

Volunteering and training opportunities

Benefits check

Money advice

Help with school uniform

Holiday schemes

Youth club

Parent & toddler group

Green Man Community Centre, Strawberry Vale, East Finchley, London N2 9BA

Tel: 020 7021 4146, Mob: 07523721194, Email: [nina.gentry@peabody.org.uk](mailto:nina.gentry@peabody.org.uk)

### **GINGERBREAD**

We provide advice and practical support for single parents. Expert advisers answer our helpline, our website is packed full of useful information and we offer training too. We also campaign to improve the lives of all single parent families. And because we're a national charity, it's all free.

255 Kentish Town Road

London NW5 2LX

Helpline: 0808 802 0925

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

### **ONEUP EZINE, THE ONLINE MAGAZINE FOR SINGLE PARENTS AND STEP PARENTS**

Lone Parents, Single Parents and Step Parents One-Up Ezine shares the realities of all aspects of life as a single parent or as a step parent and provides practical information and advice.

(0)1787 223557

<http://www.oneupmagazine.co.uk/>

### **LONE PARENTS SUPPORT**

Lone Parents community site in the UK offering Free help and support - tips and tricks, live chat rooms, games with recorded scores- lone parents dating and lots more.

<http://www.loneparents.org/>

### **SINGLE PARENT ON HOLIDAY**

Affordable Quality Holidays For Single Parents and their Children

0871 550 4053

<http://www.singleparentsonholiday.co.uk/>

### **SINGLE PARENT TRAVEL CLUB**

Being the only adult on any trip can be daunting and lonely. Equally, not going on any holiday at all can be depressing. It was these feelings that made a small group of like-minded single parents join forces and create the Single Parent Travel Club.

<http://www.sptc.org.uk/>

### **MANGO HOLIDAYS - EXCLUSIVELY FOR SINGLE PARENT FAMILIES**

Holidays for you and your children

(0) 1902 373 410

<http://www.mangokids.co.uk/>

### **JEWISH CHILDREN'S HOLIDAY FUND**

As one of the oldest Jewish children's charities in this country, we are truly dedicated to providing the opportunity for all Jewish children to have the chance of a summer break, whatever their personal or family circumstances. It is our mission to help needy and underprivileged Jewish children have a holiday each summer. It is often the case that those children who would most benefit from having a holiday or respite break are those whose family circumstances mean that they cannot afford one.

PO Box 1206, Enfield EN1 9SH

020 7100 5097

Email: [secretary@jchf.org](mailto:secretary@jchf.org)

### **JEWISH WOMAN'S AID**

A national confidential freephone helpline. The only secure refuge where kashrut, Shabbat and festivals are fully observed. Advice and help on legal, housing, financial, emotional and family issues as well as caring support for children. Professional, confidential counselling to those experiencing domestic violence, face to face and phone.

020 8445 8060 - PO Box 2670, London, N12 9ZE

Helpline:- **0808 801 0500** [info@jwa.org.uk](mailto:info@jwa.org.uk)

### **NORWOOD**

The Family Support service has teams based in each of our three Children & Family Centres covering the areas of East, North and North-West London. They provide advice and support for adults and families with and without learning disabilities, and help guide people towards the most appropriate services for them. Our Family Support team will assist all family members through issues such as abuse, bereavement, divorce and separation.

In all cases, those seeking support have direct access to our team making the advice, care and support as responsive as possible. Where we cannot help a person directly, our social workers will act as advocates, ensuring a person receives the right services from whoever can help.

We are also able to provide some limited financial support for individuals or families in need.

For more information about our Family Support teams, contact:

Tel: 020 8809 8809

Broadway House, 80-82 The Broadway, Stanmore, HA7 4HB

Email: [Socialwork@norwood.org.uk](mailto:Socialwork@norwood.org.uk)

<http://www.norwood.org.uk/What-we-do/cfs/cfs/familysupportteam-children>

### **THE KENNEDY LEIGH FAMILY CENTRE**

The Kennedy Leigh Family Centre in Hendon brings together early education, childcare, health and family services. Visitors can benefit from the Centre's many facilities and groups including the Norwood Nursery, Binoh, Unity and Family Support, as well as a sensory room and the deli, where food and drink is prepared by Norwood service users.

The Centre provides service users with access to a full range of multi-disciplinary staff, including Speech and Language Therapists, Educational Psychologists and Occupational Therapists, all of whom have the potential to support not only the children, but their families too.

The services now cover maternity, art therapy, Early Years literacy, health and many activities promoting social interaction. A new Family Support Worker and Outreach workers within our Family Support Service, are also now available to work with children and families in their homes and encourage them to use the Centres. We have also engaged an Early Years Nursery SENCO (Special Educational Needs Co-ordinator) who is able to work across many of our services, offering advice and assistance.

Edgeworth Close, Hendon London, NW4 4H

020 8457 4745

Email: [kennedyleigh@norwood.org.uk](mailto:kennedyleigh@norwood.org.uk)

<http://www.norwood.org.uk/What-we-do/cfs/children-family-centres>

### **LONDON JEWISH FAMILY CENTRE**

The London Jewish Family Centre (LJFC) is a Community Centre, providing Jewish families, regardless of religious affiliation, with a venue where they can take a variety of interesting courses; become members of diverse clubs and participate in numerous exciting activities and programmes.

The Centre is a relaxing place for children and adults to laugh, and learn. It is about inspiring informal education in a positive Jewish environment. The Chief Rabbi Lord Sacks is the patron of the LJFC.

Activities that take place at the LJFC include after school clubs, mother and toddler groups, lectures, IT training, art classes, woodwork, Taekwon-Do, ladies aerobics, cooking, first aid courses etc.

The LJFC, where possible, makes its facilities available for other Jewish communal organisations and so promotes harmony within the community.

The LJFC is an initiative of Tzivos Hashem: Jewish Children International. Tzivos Hashem was founded in 1980 by the Lubavicher Rebbe, Rabbi Menachem Mendel Schneerson. It sponsors a broad spectrum of educational, recreational and entertaining programmes, that aim to instil in Jewish children a positive Jewish identity and appreciation of their heritage.

113b Golders Green Road

Golders Green, NW11 8H

020 8209 1117

[info@ljfc.com](mailto:info@ljfc.com)

## **American Websites with useful information and forums:**

### **SINGLE PARENT TRAVEL**

Single Parent Travel provides useful information for parents travelling with children.

<http://www.singleparenttravel.net/>

### **SINGLEMOM.COM™ - SINGLE MOTHER RESOURCES FOR EDUCATION, ASSISTANCE, PARENTING, ADVICE.**

SingleMom.com - a valuable US internet resource that assists single moms with information and a meeting place to share personal experience, advice on parenting and dating.

<http://www.singlemom.com/>

### **SINGLE MOTHERS ONLINE**

Single Mothers Online

<http://www.singlemothers.org/>

### **MAKING LEMONADE - THE SINGLE PARENT NETWORK**

Discover the Art in Single Parenting.

<http://www.makinglemonade.com/>

### **SINGLEPARENTCHAT.NET**

Single parent forums, single parents playgroups, single parent blogs and single parenting articles.

<http://www.singleparentchat.net/>