



EXTERNAL SUPPORT SERVICES

NAME:		CONTACT:	DESCRIPTION:
Alcohol/substance use and exploitation:	Addiction Family Support	Website: addictionfamilysupport.org.uk Tel: 0300 888 3853	A safe space for people affected or bereaved by a loved one's harmful use of alcohol, drugs or gambling
	Al-anon family groups	Website: www.al-anonuk.org.uk Email: enquiries@al-anonuk.org.uk Tel: 0800 0086 811	Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not
	Arcade	Website: www.arcadeuk.org Email: info@arcadeuk.org Tel: 0118 986 2315	Experiential learning to raise self esteem, help develop choice-making skills and give age appropriate drug information. ARCADE involves parents in some of our projects and hope to develop their involvement further by engaging in community-based projects.
	Browns CIC	Website: www.brownscommunityservices.co.uk/ Email: info@brownsco.co.uk Tel: 07754 857 150	Provide a range of support and advice to socially excluded, disadvantaged and vulnerable adults and families
	Catch22	Website: www.catch-22.org.uk	Provide support for young people, professionals, parents, and carers, with the aim of preventing or stopping child exploitation and missing incidents - Please be aware certain services will require a referral
	Change Grow Live - CGL	Website: changegrowlive.org Tel: 0118 955 733	Drugs and alcohol misuse support including a family and carers support group on Thursdays at 5.30pm
	Frank	Website: talktofrank.com Tel: 0300 123 6600	support service that provides information about drugs, plus advice for people who use drugs, and their parents or carers
	The Childrens Society	Website: childrenssociety.org.uk Tel: 0300 303 7000	support for those experiencing child sexual exploitation, children's rights and advocacy, county lines and criminal exploitation, mental health and wellbeing, missing from home, poverty, refugees and migrants, substance misuse, young carers
Bereavement:	At a loss	website: ataloss.org	signposting website for finding local bereavement support
	Child Bereavement UK	website: www.childbereavementuk.org	Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents when a baby or child dies or is dying.
	Daisys Dream	Website: www.daisysdream.org.uk Email: info@daisysdream.org.uk Tel: 0118 934 2604	Daisy's Dream is a charity providing support for children and young people who have been affected by bereavement
	Hope support services	Website: hopesupport.org.uk Email: help@hopesupport.org.uk Tel: 01989 566317	Hope is the UK's leading registered charity helping young people aged five to twenty five when a loved one has a serious illness
	Winston's Wish	Website: www.winstonswish.org Email: ask@winstonswish.org Tel: 08088 020 021 Text: 07418341800	Instant access to expert bereavement support via phone, live chat, email or WhatsApp from 8am to 8pm, Monday to Friday—no appointment or wait. Free online tools, guides, content, and tailored support available. Resources also provided for adults supporting bereaved children and young people, including parents, teachers, family, friends, and professionals.



Community:	ACRE	Website: www.acre-reading.org/	Alliance for Cohesion and Racial Equality (ACRE) was established in 2012 to promote equality, community empowerment and community cohesion in Reading.
	Aspire2	Website: www.aspire2whitley.com Email: clerk.aspire2@gmail.com Tel: 07703186257	provider of enrichment activities and resources for children, young people and their families, living or accessing education in Whitley
	Association of Reading Malayalees (ARMS)	Email: arms.reading@hotmail.co.uk Tel: 07835 146 970	social, educational, cultural, festival and family get together events to improve the social life and well being of its members living in and around Reading and help them integrate to the mainstream British life
	Association of Sri Lankan Muslims (ASLAM)	Email: info@aslamreading.co.uk Tel: 07984 554 470	forum for those of Sri Lankan origin in and around Reading UK to meet and interact socially, religiously, culturally and educationally and work towards social inclusion
	Berkshire Muslim Arab Community Association (BMACA)	Website: www.bmaca.org.uk/ Email: contactus@bmaca.org.uk	The aims of BMACA are to help the Arab Community in the Berkshire area to integrate with society and to offer support and advice to those who need it
	Refugee support group	Website: refugeesupportgroup.org.uk	provide a safe space, OISC accredited legal advice, practical support and social activities. We run English classes and assist with accessing education,
	Whitley Muslim Education Trust	Website: www.readingislamiccentre.com	We provide educational classes for both adults and children who are keen to learn more about the Islamic Faith. The Centre also provides more information about the Islamic faith to Non-Muslims and runs aerobics classes for women
Education:	Chiltern college	Website: www.chilterncollege.com Email: info@chilterncollege.com Tel: 0118 947 1847	The Chiltern College is a Charitable Trust offering high quality childcare training for adults over the age of 16
	Elevate	Email: elevate@reading.gov.uk Tel: 0118 9373766	If you're aged 16-18 years old (up to 25 years old for SEND and care experienced young people) we are here to help you and provide impartial advice to support you into employment, education or training
	Red Balloon learning centres	Website: www.redballoonlearner.org Tel: 0118 958 3004	Special education school for children who are school avoidant or bullied
Female focused support:	Alana House	website: www.pactcharity.org/alana-house/	Alana House is PACT's flagship community project that uses a holistic approach to support and empower women. We offer a confidential, women-only, non-judgemental space and welcome all self-identifying women who feel they need help and support.
	The rose centre	Website: www.acre-reading.org/rose-centre/	The Rose Centre offers information, advice and support for women who are experiencing medical, psychological and social problems as a result of all forms of abuse: Female Genital Mutilation (FGM), honour-based violence, domestic violence etc. In addition, we offer workshops, education and up-skilling on wellbeing, healthy relationships and a range of health and social issues women have chosen.



Essentials:	CCA	Website: www.ccam.org.uk Tel: 0118 351 2336	Christian Community Action provides support for individuals and households in Reading who are in need of emergency furniture, bedding and kitchen items.
	Cowshed	Website: www.thecowshed.org Tel: 0118 931 3332	Clothes, school uniform, prom dresses, and other essentials
	First Days	Website: www.firstdays.net Tel: 0118 921 9338	School uniform, Cheap party hire, community supermarket, winter warmers, clothes, laptops, holiday food vouchers, baby equipment, toy library, stair gates, birthday and Christmas present
	Free Cakes For Kids Reading	Website: www.freecakesforkids.org.uk Email: fcfk@gmail.com	They have volunteers that bake birthday cakes for children who might not get one *referral needed*
	New Beginnings	Website: www.newbeginningsreading.org	All Day Café: Mondays: 11AM - 3PM Thursdays: 11am - 3pm Hot Meal Service: Tuesdays: 6pm - 7pm Community Fridge Service: Wednesdays: 12pm - 1pm, Thursdays: 6pm - 7pm, Fridays: 6pm - 7pm
	Readifood	Website: www.fcg.org.uk/readifood Tel: 0118 987 2672	Foodbank will need a referral. Food pantries: Whitley wood community centre Tuesdays 1-3, Southcote Community Hub Tuesdays 4-5.30pm The Pavilion Oxford rd Wednesdays 10-12pm, Wesley Methodist Church Wednesdays 10-12pm, Coley Park Methodist Church Thursdays 9.30-12.30pm, Norcot Mission Fridays 10-12.30pm
	Share, Earley	Website: sharewokingham.co.uk Email: info@brooksidechurch.org.uk Tel: 0118 966 4474	No referral needed. Every Wednesday 5.30pm to 6.30pm £1 for a basket of fresh food - don't forget to bring a bag! Brookside Church, Earley, RG6 7HG Café Doors open 5pm, for drinks & cake
	St Barnabas Pantry	Email: admin@stbarnabaspantry.org.uk Tel: 0118 987 2672	For a fee of £5 each time they shop, members of this pantry will have access to fresh fruit and vegetables and store cupboard favourites often valuing £15-20 or more! Membership is open to those on benefits or low incomes who live in the catchment area Thursday: 1.00pm - 4.00pm
	The globe community mission project	Email: info@globecommunitymission.org Tel: 0118 9508534	Food parcels every other Saturday 11.30 - 12.30pm. Contact them directly to check on dates
	Trussell Trust	Website: www.trussell.org.uk Tel: 0808 208 2138	Emergency food, advice line, Energy bill support, Benefits calculator, grants search
Weller centre	Website: www.wellercentre.co.uk Tel: 0118 947 5828	Uniform support, Youth Groups, Holiday clubs, support and advice, SEND parent support, children's classes. Warm space café Monday - Friday 9.30-12pm, Community Bakery Tuesdays 9.30-12.30pm and Thursdays 7.15-8.15pm	
Gaming/Gambling support:	Gamcare	Website: www.gamcare.org.uk Email: YoungPeopleService@gamcare.org.uk Tel: 02030926964	face to face, online and telephone therapeutic support for people experiencing gambling harm as well as their friends and family. Online treatment by regular contact with a therapist, group-based recovery courses face to face or online
	Gordon Moody	Website: www.gordonmoody.org.uk Email: help@gordonmoody.org.uk Tel: 01384 241292	Gordon Moody are the UK's leading charity dedicated to providing residential treatment and support for gambling-related harm, through recovery in a safe, supported environment.
	National centre for gaming disorders - NHS	Email: nba.cnlw@nhs.net	The National Centre for Gaming Disorders is a multi-disciplinary clinic in the UK that provides treatment for people in England, aged 13 years and over, who have difficulty controlling their video game use and the impact it has on their lives.
	Ygam	Website: ygam.org Email: hello@ygam.org Tel: 0203 837 4963	You'll develop a deeper understanding of young people's digital lives, confidence in spotting warning signs, and strategies for creating safer digital space at home. We'll explore both the opportunities and risks of gaming together, ensuring you can guide your children with confidence.
	Young minds	Website: www.youngminds.org.uk Tel: 0808 802 5544	Explaining the effects gaming can have on mental health, how to set boundaries, how to keep young people safe online



General support:	Family Action	Website: family-action.org.uk Email: familyline@family-action.org.uk Tel: 08088026666 Text: 07537404282	Across the UK, protect children, support young people and adults and offer direct, practical help to families and communities
	Family Information Service	Website: servicesguide.reading.gov.uk Email: fis@reading.gov.uk Tel: 01189373777 - option 2	events, support, SEN, childcare, children's centres, employment training and information, health and wellbeing
	Gingerbread	Website: www.gingerbread.org.uk Tel: 08088020925	for single parent families: expert advice and practical support for single mums and dads in England and Wales
	Home Start Reading	Website: www.home-start-reading.org.uk Email: office@home-start-reading.org.uk Tel: 01189560050	Their friendly team of staff and volunteers are here to help families in Reading with at least one child under the age of five get through difficult times and thrive.
	Reading Family Aid	Website: www.readingfamilyaid.org Email: info@readingfamilyaid.org Tel: 07930 033413	Reading Family Aid organise a number of outings for disadvantaged families in the Reading area each year.
	Reading Voluntary Action	Website: www.rva.org.uk	Advice service, support for those needing help accessing the internet, community projects, ready friends- reduce loneliness and social isolation, social prescribing - 16+ activities and support, volunteering service
	Refugee Support Group	Website: refugeesupportgroup.org.uk Email: infor@rrsg.org.uk Tel: 01189505356	provide a safe space, OISC accredited legal advice, practical support and social activities. We run English classes and assist with accessing education, volunteering and employment
	Torch Help Hub	Website: torchhub.org.uk Tel: 011893800260	Community support hub that can help direct you to places for support, referrals for - picking up prescriptions, friendly support, confidence building, practical tasks (I.E basic DIY), Personal help (CVS, forms, IT), Advocacy (at appointments)
	Weller centre	Website: www.wellercentre.co.uk Tel: 0118 947 5828	Uniform support, Youth Groups, Holiday clubs, support and advice, SEND parent support, children's classes. Warm space café Monday - Friday 9.30-12pm, Community Bakery Tuesdays 9.30-12.30pm and Thursdays 7.15-8.15pm
Male focused	Mankind Initiative	Website: www.mankind.org.uk Tel :0808 800 1170	Confidential helpline for male victims of domestic abuse, their friends, family, neighbours, colleagues, and employers. Offers information and signposting for issues including physical violence, object throwing, bullying, and insults.
	Mens advice line	Website: www.mansadvice.org.uk Tel: 0808 8010327	The Men's Advice Line is for male victims of domestic abuse. We offer confidential advice, non-judgmental support, practical information and help.
Mental Health Apps:	TellMi app		From self-harm to eating disorders, insomnia to autism, the Tellmi community can help you to understand, accept and address the things that are bothering you. Available from Google Play & App Store
	Worth Warrior app		A free app for young people to address negative body image, low self-worth, and early eating difficulties. It offers activities and information to help challenge and change thoughts, emotions, behaviours, and body image issues underlying low self-esteem.
	Clear Fear app		Learn To Reduce The Physical & Emotional Responses To Fear & Anxiety With Clear Fear. Available on Google play and App store
	Combined Minds		Combined Minds helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change.
	Calm Harm app		Calm Harm is a free app to help teenagers manage the urge to self-harm. Available on Google Play & App Store.
	Move Mood app		Improve your mood with the free Move Mood app. Increase your motivation to carry out a variety of tasks in order to help you to move forward, take control and feel positive.



Mental health:	Anna Freud	Website: www.annafreud.org	At Anna Freud, our vision is a world where all children and young people can achieve their full potential.
	BRIYM	Website: www.briym.co.uk	Promoting and developing positive mental health in people and developing lifelong resilience to cope in an ever-changing world
	Charlie Waller	Website: www.charliewaller.org	Parent and carer programme offers practical advice, training and support to parents, carers and families. This is delivered both face-to-face and online
	Childline	Tel: 0800 1111	Free 24/7 help line, resources, noticeboard and games online,
	Depression xpression	Website: www.depresssionxpression.org.uk Email: depressionxpression@gmail.com	Peer support group for individuals with depression and mental health issues in Reading and Wokingham. Monthly evening meetings in both areas, weekly Friday coffee mornings in Reading, and evening Zoom groups for those unable to attend in person.
	Harmless	Website: www.harmless.org.uk	Providing support, information, training and consultancy on self-harm to individuals, their families, friends and professionals. Their sister service, The Tomorrow Project, works to prevent suicide and support those bereaved by it.
	Joe's Buddy Line	Website: www.joesbuddyline.org text Joesbuddy to 85258	Support for students and parents/carers as well as links to other resources
	Mind	Website: www.mind.org.uk	Offering help whenever you might need it through our information, advice and local services
	No.5 Counselling	Website: www.no5.org.uk Email: info@no5.org.uk Tel: 0118 901 5668	Counselling for young people - You can refer yourselves or the school/Doctor can refer you.
	OCD Action	Website: ocdaction.org.uk	OCD Action has been delivering frontline services which make a tangible and long-term difference to the lives of people with OCD, their families, carers and friends
	Papyrus	Website: www.papyrus-uk.org Tel: 0800 068 4141	Support for young people and their families if a young person is experiencing suicidal thoughts
	Place2be	Website: www.place2be.org.uk	Support, parenting courses, mental health, ideas on art therapy
	Rethink Mental Health	Website: www.rethink.org Tel: 0808 801 0525	keep people living with mental illness safe and well in the community, prevent their needs from escalating, and help them live independently, access the information, support and care they are entitled to, and understand and exercise their rights
	Samaritans	Website: www.samaritans.org Email: jo@samaritans.org Tel: 116 123	Free confidential, non judgemental support for anyone having a tough time
	Self Injury Support	Website: www.sift.org.uk Email: tess@sift.org.uk Tel: 0808 800 8088 or Text 07537 432 444	anyone who uses self-injury knows they are not alone; that everyone understands that self-injury is a complex and important issue we should all care about; and that together we tackle both the causes and stigma of self-injury.
	Shout	Website: www.giveusashout.org text SHOUT to 85258	24-7 crisis service
	Soulscape	Website: www.soulscape.org.uk Email: contact@soulscape.org.uk	creating space away from it all. Space to reflect, to ask big questions, to explore what's going on inside, and to creatively express their own ideas.
	Stem4	Website: www.stem4.org.uk	Provide expert-led online training for parents, carers, educators, and health professionals who support young people. Our programmes equip you with the essential knowledge and skills to safeguard and promote the mental health of young people, empowering them to thrive in today's digital age.
	Talking Therapies	Website: www.talkingtherapies.berkshire.healthcare.nhs.uk Email: talkingtherapies@berkshire.nhs.uk Tel: 0300 365 2000	Free NHS service to support for various mental health needs
Young Minds	Website: www.youngminds.org.uk Tel: 0808 802 5544 (parents helpline)	School anxiety and refusal, training and resources, work with the parent/carers and the school	



Mentoring, Youth groups and activities:

Air Cadets - Henley	Website: www.aircadets.tv/tag/447 Email: adj.447@rafac.mod.gov.uk	The RAF Air Cadets (RAFAC) is a uniformed youth organisation for ages 12-20 (max entry age 16 years 11 months). We are the Henley branch, providing activities in aviation, aerospace, cyber, STEM, and outdoors..
Becalm/Rock Academy Youth Club	Website: www.becalmfoundation.co.uk Tel: 07584 518611	Come and play games, do arts and crafts and have fun. Take a chance to make your own original Music and/or edit videos at Whitley wood community centre 28-35 Lexington Grove Reading RG2 8UG
Boys and Girls Brigade - Kings Road	Website: www.2ndreading.weebly.com Tel: 0118 929 9911	Weekly term-time sessions across Reading for age groups: Anchors (6–8), Juniors (8–11), Company (11–14), and Seniors (14–18). Activities include club evenings, camping, national competitions, and Christian mentoring..
Boys and Girls Brigade - Oxford Road	Website: www.emmanuelmethodistreading.org.uk/boys-brigade Email: minister@emmanuelmethodistreading.org.uk Tel: 0118 926 3520	Weekly term-time sessions across Reading for age groups: Anchors (6–8), Juniors (8–11), Company (11–14), and Seniors (14–18). Activities include club evenings, camping, national competitions, and Christian mentoring.
Chapter 2	Website: www.chapter2.org.uk Email: info@chapter2.org.uk Tel: 07796 182 852	Long-term and dedicated 1-2-1 male mentors for fatherless boys, mentoring is active and fun with the intent of forming an enduring friendship between mentor and mentee.
Girlguiding	Website: www.girlguiding.org.uk	Rainbows: age 4-7 years - learn and have fun in a creative space. Brownies: age 7-10 non-stop fun, learning and adventure. Guides 10-14 have fun, learn and be yourself with good friends Rangers - 14-18 - have fun, learn more, give back, hang out, and just be you
Grass Rootz	Email: Grassrootzcic@outlook.com Insta: grassrootz_youth_cic	Free STEM activities every Thursday, 5.30-6.30pm or 6.30-7.30pm. Girl-only session on Mondays, 8.00-9.30pm at Dee Space Community Centre, Tilehurst. Hexam Youth Club juniors: every other Tuesday, 6-7.15pm; seniors: 7.30-9pm at Hexam Road Community Centre. Coley Youth Group juniors: 6-7.15pm; seniors: 7.30-9pm, every other Wednesday at Coley Park Community Centre.
NewAngle	Website: www.n3wangles.com	Through a lived-experience perspective we offer prevention and awareness workshops and assemblies, relatable mentoring, and cognitive behavioural therapy-lead sports intervention. Also provide boxing clubs for school holidays
Raw Mentoring	Website: www.rawmentoring.co.uk	Mentors and trainers who are passionate about supporting students who struggle with mental health challenges, the education system or youth who need additional support
Reachout	Website: brighterfuturesforchildren.org/young-peoples-zone/reachout/ Email: reachout@reading.gov.uk Tel: 0118 937 6130	Bi-weekly sessions for 13–18-year-olds in Reading who identify as LGBTQ+ at a Reading Borough Council community centre, offering a safe space to connect, share, and receive support.
Reading Rep - Engage	Website: www.readingrep.com/takepart Email: boxoffice@readingrep.com Tel: 0118 370 2620	Reading Rep Theatre delivers long-term and bespoke projects for diverse partners throughout Reading to ensure everyone has access to high-quality art. Our projects include free drama sessions, the chance to perform in our professional theatre and specialist community workshops.
Scouts Berkshire	Website: www.berksirescouts.org.uk	Beavers (6-8), Cubs (8-10.5), Scouts (10.5-14), Explorers (14-18). Scouts participate in diverse activities to explore the world, build confidence, stay fit, and foster creativity.
Starting Point	Website: www.startingpoint.org.uk	Mentoring, creating opportunities, and amplifying the voices of young people – empowering them to make and sustain lasting positive change in themselves and their community.
Sport In Mind	Website: www.sportinmind.org/youth-community Email: youth@sportinmind.org Tel: 0300 102 1400	Sport in Mind sessions after school to get active and have fun with others in a relaxed, supportive, friendly environment. Please Note: Our after school Youth Sessions run during term time only.
Young Carers	Website: www.brighterfuturesforchildren.org/young-carers Email: ryp@reading.gov.uk Tel: 0118 937 3641 option 2	Support for those caring for a family member or sibling with illness, disabilities, mental health issues, or substance dependency. Sessions are organised by age: Juniors 5–9, Inters 9–13, Seniors 13–18.
Youth Theatre - South Street	Website: www.whatsonreading.com/youth-theatre Email: zoe.gibson@reading.gov.uk Tel: 0118 937 3456	The Youth Theatre offers young people the opportunity to develop drama skills in a relaxed and fun environment, ending their terms with a final performance in our Main Theatre.



Parenting support:	Family Rights Group	Website: www.frg.org.uk/	leading specialist child welfare charity working to make that a reality. We are unique in bringing together legal and social work expertise, advice giving, and policy and campaigning, with the direct voice and insights of young people and families.
	Toddler Parenting Programme Ages 1-3 years	Email: reading.childrencentres@brighterfuturesforchildren.org Tel: 07921 403 349	This 12-week programme offers straightforward, effective techniques to boost your toddler's emotional and social skills. You'll learn to use play, language, and positive discipline to foster a strong relationship. An OFSTED-registered creche is often available on-site for children under 5 at no extra cost.
	Group PPP Ages 4-11 years	Email: parenting@reading.gov.uk Tel: 0118 937 4858	The group aims to strengthen the relationship between you and your child. It will help you understand your child's development and equip you with strategies to help them.
	Teen PPP Ages 11-19 years	Email: parenting@reading.gov.uk Tel: 0118 937 4858	The group aims to strengthen your relationship with your teenager, promote your teen's development and equip you to help them recognise and avoid risky situations.
	Family Hubs	Website: brighterfuturesforchildren.org/for-parents-carers/reading-family-hubs/	Supporting families with children aged 0-18 (up to 25 for SEND), these hubs offer health visiting, parenting support, and family activities.

Relationships:	Berkshire Family Mediation	Website: www.berkshiremediation.org.uk Email: info@berksfm.co.uk Tel: 0118 957 1159	Mediation offers the opportunity for separating couples to meet together with trained mediators to consider and negotiate over the issues that arise on separation or divorce
	Berkshire Womens Aid	Website: www.berkshirewomensaid.org.uk Email: helpdesk@bwaid.org.uk Tel: 0808 801 0882	Refuge, Outreach, support for children and young people, group programmes, Aim for change: perpetrator programme
	National Domestic Violence Helpline	Website: www.ncdv.org.uk Tel: 0808 200 247	The free National Domestic Abuse Helpline is available 24 hours a day, all-year-round
	Prefix Mediation	Website: www.prefixmediation.co.uk	A friendly, confidential space where you can have meaningful conversations and find solutions that work for everyone.
	Relate	Website: www.relate.org.uk Tel: 0300 003 2972	Relate offers counselling services for every type of relationship nationwide. We provide advice on marriage, LGBT issues, divorce and parenting.
	Respect	Website: respectphoneline.org.uk Tel: 0808 802 4040	Respect Phoneline is a confidential helpline and webchat service for domestic abuse perpetrators and those supporting them. They support men and women who are using abuse in same-sex or heterosexual relationships, from anywhere in the UK.
	Trust house	Email: support@trushouse.org.uk Tel: 0118 958 4033	Part of the survivor's trust. Supports men, women and children who have been affected by rape and sexual abuse
	Woman's trust	Website: www.womanstrust.org.uk Tel: 0207 034 030	Woman's trust is a specialist mental health charity providing free counselling and therapy for woman who have experienced domestic abuse

Rentals and repairs:	Reading Bike Kitchen	Email: info@readingbicyclekitchen.org	Bike maintenance courses, repairs, cheap parts, part recycling
	Reading Central Library	Email: info@readinglibraries.org.uk	Lots of Childrens toys - dress up, outdoor play, ride ons, role play *Library card needed*
	Reading Library of things	Website: lotreading.myturn.com/library/	A Library of Things offers a variety of items to borrow instead of books. Membership costs £25 annually, with discounts available. Borrowing is free; late returns incur a fee. Items include tools, projectors, screens, a gazebo, display boards, sewing machines, and bike racks.
	Reading Repair Kitchen	Email: repaircafe@transitionreading.org.uk	Get assistance repairing electronics, mechanical items, computers (hardware/software), toys, furniture, clothing/textiles, and tool sharpening—every third weekend of the month (Saturday or Sunday, venue dependent).



Sen support:	ACRE family support team	Website: www.arce-reading.org Tel: 0118 951 0279	Supporting black and minority ethnic families with a child (0-25) with additional needs or disabilities
	ASD Family Help	Website: www.asdfamilyhelp.org	ASD Family Help is user led charity. They offer support, advice & activities for autistic & neurodiverse individuals or those with learning disabilities (plus their parents, carers or professionals), within Wokingham, West Berkshire and Pembrokeshire
	Autism Berkshire	Website: www.autismberkshire.org.uk Tel: 0118 959 4594	Leading autism charity in Berkshire, delivering quality specialist services, training and social and leisure activities throughout the county, guided by a team of trustees with personal and professional experience of autism.
	Autism Central for families and Carers	Website: www.autismcentral.org.uk	Peer-to-peer online training, coaching, and skill-sharing; 1-to-1 support from trained educators with lived experience; reflective parenting sessions on neurodiversity and mental health; regional meetings (online and in person); accessible national learning platform; community events including coffee mornings and drop-ins.
	Autism Group	Website: www.theautismgroup.org.uk	A warm, well informed response to the needs of young people on the autistic spectrum, their parents, carers and wider community through our special interest clubs, workshops and parent support services
	Family Fund	Website: www.familyfund.org.uk Tel: 01904 550055	UK's largest grant-making charity for families raising a disabled or seriously ill child, on a low income
	Me2Club	Website: www.me2club.org.uk Email: info@me2club.org.uk Tel: 07932 302 512	An inclusion charity for children and young people with additional needs and disabilities in the Wokingham and Reading Boroughs
	Mind Jam	Website: www.mindjam.org.uk Email: hello@mindjam.org.uk Tel: 0152 2462 978	Through online 1-to-1 sessions, MindJam provides mentorship and guidance to young people to support their emotional needs and SEN identity through positive, non-judgemental and low-demand sessions
	Neurodiversity Service (Autism and ADHD) BHFT - NHS	Website: cypf.berkshirehealthcare.nhs.uk/adhd-and-autism-neurodiversity/	Berkshire Healthcare's neurodiversity vision is for all staff and service users to recognise, understand and celebrate neurodiversity, ensuring neurodivergent individuals have equal access to effective support and fulfilling lives. Their strategy aims to address these goals.
	Our House	Website: www.bfff.org.uk/ourhouse	With a range of facilities, including soft play, a sensory room, teen chill-out zone, PCs, gaming and free play area, at Our House, disabled children can relax, have fun and be truly valued and accepted for who they are.
	Parenting Special Children	Website: www.parentingspecialchildren.co.uk Tel: 0118 986 3535	Parenting advice and support, Trauma and attachment, sleep training, social groups for SEND children and parents
	RAFT Club (Reading Autism Families Together)	Website: theraftclub.weebly.com Email: michelepage22@hotmail.co.uk Tel: 07745 734691	Play Workers encourage the children to participate in a variety of activities such as cooking, model-making, crafting, soft play and outdoor play. The parents meet in a separate room and provide a support network for each other, listen to professional speakers or enjoy some pampering from a reflexologist
	Reading IASS	Website: www.readingiass.org Email: iass@reading.gov.uk Tel: 0118 937 3421	free, confidential, and impartial support for parents and caregivers of children with special educational needs and disabilities (SEND) in Reading
	Send Short Breaks (all ability activities)	Email: cspoa@reading.gov tel: 0118 937 3641	Short breaks provide opportunities for disabled children and young people to spend time away from their families and have fun; they also provide families with a break from their caring responsibilities.
	Spotlight UK	Website: www.spotlightuk.org Tel: 07804880072	Discounted children & family activities, Christmas appeals, care package, Young carers network, special experiences, sponsored activities, emergency supplies
	Stepping Forward	Website: www.stepping-forward.org.uk	Stepping Forward works to facilitate and accelerate access to essential services, information, resources and life opportunities so that all people affected by disability can live a full life.
	Swings and Smiles	Website: www.swingsandsmiles.co.uk	Swings & Smiles offers support for disabled children and their families in a unique and accessible environment, services include: respite, family play sessions, youth clubs, sibling support and outreach.
World groove cic	website: www.worldgroove.co.uk Email: director@worldgroove.co.uk	A not-for-profit community interest company offering djembe workshops, live performances, festivals, networking events, school songwriting, and donating instruments to Zimbabwe.	

