

Community Based Help and Support



Seymours estate agents in Godalming high street have kindly said on their Facebook page that they will offer to print things for people to collect:

E mail nick@seymours-godalming.co.uk

Support with food



Godalming Community Fridge is a volunteer run food waste reduction project. We collect food from local businesses that is often at it's best before date and make it freely available to anyone who wants to take it. We do have a donations pot although there is no obligation to donate. Money from this is used to cover running costs of the fridge. We also accept food donations from individual households too, but please don't buy anything specifically for the fridge, we only want food that you can no longer use. We have a Facebook page and can also be contacted via e mail: godalmingcommunityfridge@gmail.com.



Children and Family health Surrey <https://childrenshealthsurrey.nhs.uk/> has a range of resources to support children's needs during lockdown. These include: audiology, continence, mental health and well-being as well as general support through an advice line for helping your child during lockdown.

Internet safety



www.internetmatters.org

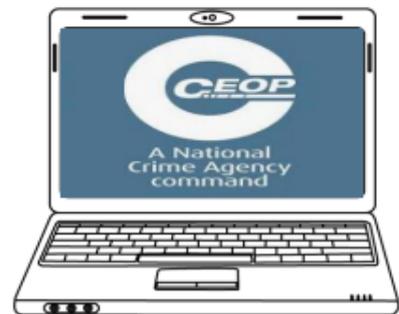
A website full of tools, tips and resources for parents about helping their children to make the most of the digital world.

There is a helpful list of e-safety concerns that you might have about your child's online safety and the steps you can take to help them deal with any issues.

The website also provides helpful links to organisations that can offer more help.

www.ceop.gov.uk

If you want to report someone who is behaving suspiciously online towards a child, you should in an emergency contact the emergency services by calling 999, or otherwise make a report to CEOP, the Child Exploitation Online Protection Centre.



www.common sense media.org/parent-concerns

Promotes the use of safe technology and media for children and contains information and articles for parents on a variety of online issues young people may experience.

Citizens Advice



Phone: 0808 2787 980

Citizen's Advice can help with a range of things including finance, health, stress and resilience when problem solving.

Safeguarding

If you are concerned about the **safety of a child or young person** you can contact the Surrey **Children's Single Point of Access (SPA)**

The SPA is based at Guildford Pavilion and acts as the front door to children's services in Surrey.

The SPA provides residents and people who work with children in Surrey with direct information, advice and guidance about where and how to find the appropriate support for children and families.

Availability: 9am to 5pm, Monday to Friday

Phone: [0300 470 9100](tel:03004709100)

Out of hours phone: [01483 517898](tel:01483517898) to speak to our [emergency duty team](#).