



# Constipation

Health support pack

This pack has been created by a team of children's health and wellbeing specialists from Evelina London, King's College Hospital and South London and Maudsley NHS Foundation Trust. Our aim is to improve the health and wellbeing of children and young people with constipation in Lambeth and Southwark.

This booklet is correct at the time of publishing. It will be subject to review and updates. This resource is not a substitute for advice from your child's health professional but an additional resource to improve the health and wellbeing of your child.

For comments or feedback on this pack please email [gst-tr.cyp@nhs.net](mailto:gst-tr.cyp@nhs.net).

April 2024

## What is constipation?

Children who are constipated are unable to do a poo regularly. Find out more on page 4.

## Identify your child's constipation triggers

Check out our constipation tracker to help identify your child's triggers. See pages 7 - 14.

## Having constipation can affect your child's emotions and behaviour

See page 17 for suggestions on managing issues that might affect your child's wellbeing.

See page 20 for ideas about looking after yourself as a parent or carer.

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## What is constipation?

Children who are constipated are unable to do a poo regularly. The poo can often be difficult and painful to push out. Constipation affects about 3 in 10 (30% of) children.

### If your child is constipated they might:

- poo less than 3 times a week
- strain to poo
- have poo that looks like pellets
- have poo that is large and blocks the toilet
- have a swollen or bloated tummy that feels painful
- soil (having poo marks in their underwear)
- have a poor appetite and lose weight
- lack energy, be unhappy or irritable
- fart (pass wind) a lot and it smells foul
- be sick (vomit)
- feel like they still need to go to the toilet after they've just been

### Poo facts



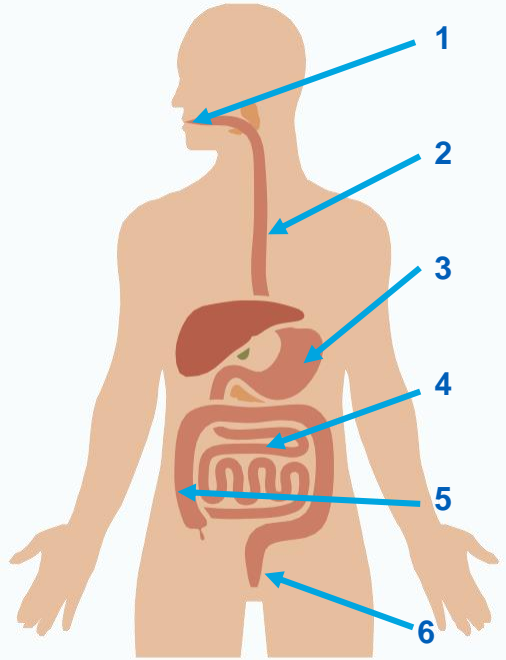
Poo with blood in it could be related to other illnesses, so it's best to get this checked by your GP.



Faecal soiling is when liquid poo sneaks around the hard lumps of poo and leaks out of the child's bottom. You might think this is diarrhoea. Sometimes people call this an 'accident'.

## How the bowel works

1. Food is chewed and mixed with spit (saliva).
2. It is then swallowed into the stomach.
3. The stomach breaks down the food into a smooth mixture with stomach acid and other digestive chemicals.
4. The food then passes into the small intestine where most of the nutrients from the food are absorbed into the body.
5. The waste parts of the food then move through the large bowel where water is squeezed out. This forms the waste food into a soft sausage-shaped poo (stool).
6. As the poo moves into the lower bowel and rectum, a signal is sent to the brain saying you need a poo.



## Bowel habits

Babies often poo many times a day, but by the time your child is at school this may change. The frequency of bowel movements depends on diet and daily activity. Some people can go as often as 3 times a day, or as little as every other day (3 times a week).

## When the brain and bowel stop working together

The longer the poo sits in the rectum, the more water is drawn out of it, making it harder. As the poo builds up, it can over-stretch the bowel. When your child eventually manages to do a poo the bowel is left 'baggy' (like a balloon when it is released). The bowel then stops sending signals to the brain, while it recovers, so the child might not realise they need a poo. This means that, without help, it can get harder to do a poo.

Some common things that trigger constipation are:

- not enough fibre in the diet
- not drinking enough water
- ignoring the urge to poo
- poor, or lack of, toilet facilities
- not doing enough exercise
- emotions, such as stress, anxiety, depression, and grief
- some medication
- being unwell

See more information on pages **7 - 11**



### Poo facts

Children who have healthy bowels pass soft, non-painful poos.

The perfect poo should look like a sausage or snake – smooth and soft.






To keep your bowels moving, you've got to keep your body moving!

## Common and important triggers


'Triggers' are the things that make your child's constipation worse and are different for each child.



The table below describes common triggers and tips on managing them.




Triggers	Useful information to help your child
<p><b>Diet and fluids</b></p> 	<p>Having a healthy diet and lots of water will help your child poo regularly. The most important way to manage constipation is to make sure your child has a healthy, balanced diet that is rich in fibre (see the NHS <a href="#">EatWell guide</a> for some top tips).</p> <ul style="list-style-type: none"> <li>● Diet changes such as starting infant formula and solid food can cause your baby to become constipated. This is because their digestive system is learning to process these new foods.</li> <li>● Eating lots of high fat and low-fibre foods such as takeaways can cause constipation.</li> <li>● Milk can make your child constipated if it is not part of a healthy, balanced diet.</li> <li>● Not drinking enough water causes the poo to become hard and dry.</li> <li>● Allergies and intolerances can cause your child to be constipated.</li> </ul> <p>Solutions:</p> <ul style="list-style-type: none"> <li>● Try to increase the amount of fibre in your child's diet. High-fibre foods help the poo to move along in the bowels.</li> <li>● Choose fibre-rich breakfasts such as bran flakes and oats to give your child's bowel a good start to the day.</li> <li>● Swap white, starchy carbohydrates (such as white pasta) for brown or wholegrain options.</li> <li>● Offer your child a variety of fruits and vegetables each day.</li> <li>● When you add more fibre to your child's diet, do it slowly, over a few weeks, and make sure your child also drinks more water.</li> <li>● Encouraging your child to drink 6 to 8 glasses of water each day to keep the bowels happy.</li> </ul>

Triggers	Useful information to help your child
<p data-bbox="68 151 202 252"><b>Resisting urge to poo</b></p> 	<p data-bbox="232 151 1020 320">Stool withholding is a common problem in young children. Children try to hold in their poo. Some signs of this include wriggling, crossing and uncrossing legs, walking on tip-toes, clenching buttocks, and pooing in secret, for example, hiding behind furniture, in corners or a private room.</p> <p data-bbox="232 347 609 624">Children can be very good at remembering times when they felt unhappy, uncomfortable or in pain. As a result, they try very hard to avoid these experiences again. This causes the cycle of constipation.</p>  <p data-bbox="232 646 561 675">Some common fears are:</p> <ul data-bbox="232 683 938 890" style="list-style-type: none"> <li>• pain when trying to do a poo</li> <li>• fear of toilet</li> <li>• falling off the toilet or potty</li> <li>• worrying that the water will splash their bottom</li> <li>• worrying that the poo will touch their bottom when it comes out (especially on the potty)</li> </ul> <p data-bbox="232 927 362 956">Solutions:</p> <ol data-bbox="232 979 1046 1469" style="list-style-type: none"> <li>1. The body, including the bowel, likes a routine. Children with constipation do not always know when they need to poo, so starting a good toileting regime will help.</li> <li>2. Encourage your child to sit on the toilet for 10 minutes, starting about 20 minutes after each meal, and also before bedtime.</li> <li>3. Feet should be flat on the floor or on a stool.</li> <li>4. Knees should be slightly higher than hips.</li> <li>5. Help your child to relax. Use a distraction - laughing or blowing helps to relax muscles. Have a little tub of bubble mixture and encourage your child to blow bubbles while sitting on the toilet.</li> <li>6. Rocking backwards and forwards is a good way to massage the tummy.</li> </ol>



Triggers	Useful information to help your child
<p><b>Potty/ Toilet training</b></p> 	<p>Potty training is one cause of constipation because:</p> <ul style="list-style-type: none"> <li>• your child may not be developmentally ready to use a potty</li> <li>• your child is used to pooing standing up while in nappies</li> <li>• your child may be unhappy about sitting on a potty or the toilet</li> <li>• having an accident may cause your child to worry about doing a poo. This might mean they actively try not to do a poo (also called 'withholding of stool').</li> <li>• your child might be embarrassed doing a poo with other people around</li> </ul> <p>Solutions:</p> <ul style="list-style-type: none"> <li>• If your child is upset by using the potty, try to understand why. You might want to stop and try again in a few weeks' time.</li> <li>• Encourage them to wee on the potty first, and for boys to sit to wee. This might help them to poo at the same time.</li> <li>• Give lots of praise for each step. Try reward systems or sticker charts.</li> <li>• Be patient, as potty training can take time. If your child isn't ready, stop and try again in a few weeks.</li> <li>• Try putting their potty in a private place.</li> </ul>

Triggers	Useful information to help your child
<p><b>Starting/ changing school</b></p> 	<p>Starting or changing school and issues at school can cause constipation because:</p> <ul style="list-style-type: none"> <li>• the school might not have adequate, comfortable toilet facilities</li> <li>• the school toilets might lack privacy or not feel like they are private</li> <li>• the school toilets are not easily accessible, for example, during break times or during class</li> <li>• your child might feel embarrassed if their classmates know they had gone for a poo at school.</li> </ul> <p>Solutions:</p> <ul style="list-style-type: none"> <li>• inform the school of your child's needs</li> <li>• please see <a href="#">ERIC 'The right to go school toilet charter'</a> to help you discuss with the school about what they could provide</li> <li>• encourage a good toileting routine at home. For example, try to make time in the morning and evening, when your child can sit on the toilet undisturbed for 10 minutes. This might mean getting up a bit earlier in the morning on school days.</li> </ul>
<p><b>Not doing enough exercise</b></p> 	<p>Exercising and staying active increases muscle tone and movement, helping the body to move the poo along more quickly in the bowel.</p> <p>Try:</p> <ul style="list-style-type: none"> <li>• walking to school instead of taking the bus or the car</li> <li>• regularly planning some active indoor or outdoor games with your child</li> <li>• you can gently massage your child's tummy or if they are a baby, try cycling their legs</li> </ul>

Triggers	Useful information to help your child
<p data-bbox="62 245 239 309"><b>Emotions / Interoception</b></p> 	<p data-bbox="271 245 981 416">Our feelings and emotions are directly linked to the sensations we feel in our body. Lots of different experiences can influence our feelings and emotions, for example; our physical health, being bullied, lifestyle changes, family arguments or other issues.</p> <p data-bbox="271 459 949 560">Children are less likely to have a healthy diet, drink enough water and exercise if they are stressed. This can cause constipation.</p> <p data-bbox="271 603 987 735">Some children find it difficult to interpret and respond to signals and sensations inside their body. For more information please see <a href="https://eric.org.uk/interoception-and-toileting/">eric.org.uk/interoception-and-toileting/</a></p>
<p data-bbox="62 791 239 820"><b>Medications</b></p> 	<p data-bbox="271 791 893 892">Some medications like iron supplements or anti-histamines may cause your child to become constipated.</p> <p data-bbox="271 935 965 1035">Please discuss this with your doctor as you may need to increase your child's constipation medication whilst they are taking these.</p>
<p data-bbox="107 1088 199 1152"><b>Being unwell</b></p> 	<p data-bbox="271 1088 871 1152">When children are unwell, sometimes they get constipated due to drinking and eating less.</p> <p data-bbox="271 1195 949 1327">Encourage your child to drink, especially when they are unwell. Other ways to get fluids into children can be through ice lollies, fruit smoothies and jelly if they have a reduced appetite.</p>

## Monitoring your child's constipation symptoms

Monitoring your child's constipation symptoms is important as it helps track how often your child opens their bowels and whether there are any problems.

Here are some ideas that will help you to monitor if your child is experiencing constipation symptoms:

- If your child attends childcare or nursery, ask the provider to support your child by monitoring their symptoms when your child is in their care. It's a good idea to check in with them each day.
- If your child is older, please check in with them each day to keep a track of their symptoms during the day.
- Try keeping a bowel diary. Please see <https://eric.org.uk/poo-diary/> for Poo diary and Poo checker to use to keep track of your child's bowel habits and monitor your child's constipation symptoms.

## Identifying triggers that make your child's constipation worse









Triggers are different for each child. It is important to work out what triggers matter to your child.

Here are some ideas that will help you identify your child's triggers. If possible, you and your child should look at this section together to help identify triggers.

- The trigger tracker on the next page is to help you identify if anything is making your child's symptoms worse. Fill out the tracker with your child. You can create your own tracker or you can download a 'poop tracker' app on your phone.
- Every time your child's constipation get worse, use the trigger tracker to make a note of relevant events, and any changes to their daily routine.
- Try and do this for at least 7 days. Over time, you will be able to spot patterns and identify the triggers that matter to your child.

## Constipation trigger tracker

Were there any changes in your child's routine today that made their constipation get worse? Please tick ( ✓ ) those that apply.

Triggers		
Diet and fluids  <input type="checkbox"/>	Resisting the urge to poo  <input type="checkbox"/>	Potty / Toilet training  <input type="checkbox"/>
Starting/ changing school  <input type="checkbox"/>	Not doing enough exercise  <input type="checkbox"/>	Emotions / Interoception  <input type="checkbox"/>
Medications  <input type="checkbox"/>	Being unwell  <input type="checkbox"/>	

Other .....



### Top tips

Remember to be patient as spotting triggers can take time. It might be useful to set daily reminders on your phone, or use a diary so you and your child remember to keep a record.

A 'poop tracker' app can help.

## Avoiding constipation triggers

Now you and your child have identified some constipation triggers, you will need to work together to deal with them. Not all triggers can be addressed, but by making some small changes, it might be possible to address a lot of them.

You can use the table below to remember your child's triggers and create a plan to avoid them. Write down your child's triggers that you have identified. Then, write down some reasons why it's hard to address them. Finally, write some ideas for what you can do. The previous pages give some ideas. The first two rows are examples.

Trigger	Reason it's hard avoid these triggers	Ideas of what you can do
<i>Resisting the urge to poo</i>	<i>My child is scared of the toilet</i>	<i>Reward your child when they sit on the toilet (they do not need to have done a poo)</i>
<i>Virus/ colds</i>	<i>My child catches colds from their friends</i>	<i>To reduce the risk, make sure your child washes their hands regularly</i>



### Top tip

Try and work on the things you can do every day. It will get easier with time, and you should find you are doing them without even having to remember.

# How to manage your child's constipation

## Constipation medicines

Laxatives are important for treating constipation. Starting treatment early usually makes it easier to get your child pooing normally again.

We recommend:

- ✓ using laxatives
- ✓ making changes to your child's diet
- ✓ making changes to your child's lifestyle

If you do all of these at the same time, you have the best chance of getting your child's bowels to work normally again.

There are different types of laxatives which are described on the next page.



### Poo fact

Many people are worried about being on laxatives for a long time. If your child has been constipated for a long time, you might need to use these medicines for months while your child's 'baggy balloon' bowel returns to normal.

By also making lifestyle and diet changes, it should be possible gradually to reduce the dose of laxative required.



Laxatives	How do they work?
<b>Osmotic laxatives</b>	
<p>Lactulose</p> <p>Movicol®, Laxido® and CosmoCol (Macrogols)</p>	<p>Is broken down in your bowel into substances that pull water out from your body and into your bowel to soften the poo.</p> <p>It is important to drink plenty of water while on this medicine.</p> <p>They increase the amount of water in the poo, which makes it a bit softer. This makes it easier to poo.</p> <p>These are the most common laxatives given to children. They are very safe to use, even for long periods of time. The medicine must be mixed in the correct amount of water to make sure they work. Follow the instruction on the packet for more information.</p> <p><b>These usually take 2 to 3 days to work.</b></p> <p><b>Top tip</b> Once the medicine has been mixed with water, you can add squash or juice to make it nicer for your child to drink.</p>
<b>Poo softeners</b>	
<p>Docusate sodium</p>	<p>They add moisture to the poo, making it softer and easier to pass</p> <p><b>Usually has an effect in 12 to 72 hours.</b></p>
<b>Stimulant laxatives</b>	
<p>Senna, Bisacodyl, Sodium picosulphate</p>	<p>They work by getting the muscle in the bowels to work harder to push the poo through.</p> <p>This medicine is usually taken at night time, so there is a poo in the morning.</p> <p><b>Usually has an effect in 6 to 12 hours</b></p>
<b>Bulk-forming laxatives</b>	
<p>Fybogel® (Ispaghula husk), Methylcellulose and Sterculia</p>	<p>They work a little bit like fibre, by helping the poo keep hold of water and avoid it drying out.</p> <p>It is important to drink plenty of water while on this medicine.</p> <p><b>Some effect can be seen in 12 to 24 hours, but full effect develops over 2 to 3 days.</b></p>



## General wellbeing and constipation

Having constipation can affect your child's emotions and behaviour. Understanding constipation takes time and can be difficult for children. Constipation can be unpredictable and impact on lifestyle and relationships with family and friends. Below are some common issues and some thoughts about how to manage them.

### Going to school

Constipation should not stop your child doing well at school. It might make it harder for them to go to school and might result in them getting behind with school work.

- Try talking to your child about any difficulties in school and what makes it harder for them to be in school. You might be surprised to discover that the things that worry them about school are not the things you thought would worry them.
- Speak to the school about your and your child's worries to find ways to help.

### Managing bullying

Many children get teased or bullied, which can be very stressful. They might become quieter, withdrawn or struggle to go to school.

If this happens, you might help by encouraging your child to tell you what is happening and how they are feeling. Ask them, be patient and let them talk when they're ready. Listen, and be supportive.

Parents and schools should always think about how the child feels, when addressing issues with teasing or bullying.

Schools are usually experienced in helping, and should have anti-bullying policies. Talk with your child's school about what's happening, and what's being done to help.

## Problems sleeping

Lack of good-quality sleep can affect a child's mood and behaviour, and can make it more difficult to concentrate.

- It is helpful to set a regular bedtime. Your child should not watch TV or play with phones or other electronic devices for at least an hour before bedtime.
- Think about helping your child with a 'winding down' routine at least an hour before bedtime, doing activities that are calming and relaxing.

For more information, you can visit the [Sleep Council](#) site or the NHS guidance on [Healthy sleep tips for children](#).

## Self-confidence

Having constipation, particularly if symptoms are difficult to manage, can affect your child's self-confidence.

- Encourage them to develop a positive attitude about themselves, despite their health issues.
- Help them focus on their achievements.
- Support their interaction with their friends/peers.

## Behavioural issues

Symptoms of constipation (and the need to follow a treatment plan) can be very frustrating for your child. They might affect your child's behaviour, sometimes leading to conflict and arguments in the family.

Sticking to boundaries might be more difficult when your child's symptoms are more problematic.

- Be clear with your child about what you expect from them when they are ill, and when they are well.
- Recognise and reward positive behaviours
- Encourage your child to talk about their frustrations.

## Feeling stressed

Children can feel stressed for different reasons, such as having tests or exams or if they are experiencing changes in family life (such as moving house, changing school, having a new teacher). Stress often has an impact on children's health and can make their asthma worse.

- Be familiar with your child's school routine and ask about changes. Your child might not talk to you about them or realise the impact on their health. Make sure you also discuss your child's worries with their school so you can be kept informed of relevant changes.
- Keep your child involved in family plans, as appropriate for their age. Parents and carers sometimes don't realise that children know about changes in the family, or that they might worry about them.

## Worrying and feeling down

Children may feel anxious or down about everyday things, like their own health needs, or that something might happen to them. It can be hard for parents or carers to start a conversation about these feelings, but it's important to do it, so here are some tips:

- Start talking with your child, so that they can get the help they need. Let them know that it is normal to feel upset sometimes.
- Don't worry about making things worse by asking them about it. It won't!
- Trying to talk things through once is often not enough to understand their issues. You may have to try several times and in different ways. It might also be helpful to discuss your concerns with school or close family members to see if they share them.

## Useful websites

[MindEd for Families](#) is a free learning resource about the mental health of children, young people and older adults.

[Family lives](#) provides support to families, including in crisis situations [Childline](#) or **phone** 0800 1111 to speak to a counsellor.

[Kooth](#) online counselling for children and young people aged 11 - 25

[YoungMinds](#) for urgent help **text** YM to 85258, or **phone** 0808 802 5544 for a parent helpline.

[Anna Freud](#) provides resources for children, young people and parents

[Good Thinking](#) provides digital mental wellbeing for Londoners

[List of other websites](#) that provide mental health and wellbeing support for children and young people

## Looking after yourself as a parent or carer

Looking after a child with constipation can be tiring, overwhelming and frustrating. While it might be hard to think about your own needs, it is important to look after yourself as this will help both you and your child.

### Think about your own support

- Try talking more with another trusted adult about the worries and challenges of looking after your child's constipation. This could be a family member or a close friend. The important point is that they are able to make the time to listen to you, and that they do so without judgement or criticism.
- If you have a partner, or if you share the care of your child with another adult (such as a family member), it is useful that you have the chance to talk to each other about how you each feel things are going.

### Looking after your own health

- Healthy eating, enough sleep and regular exercise are important factors in maintaining your own good health.
- Whenever practically possible, it is important that you take a bit of time for yourself to rest and do the things you enjoy or help you relax. This will help to 'recharge your batteries'.

### Meet other parents or carers

Meeting with other parents and carers whose children also have constipation provides a chance to share some of the challenges and successes, and can be another source of support.

On [www.eric.org.uk](http://www.eric.org.uk) you will find useful information about available support for parents of children with constipation, including family support events.

## Looking after your emotional wellbeing

Some parents and carers turn to smoking, drinking or using drugs because they are feeling stressed or upset about their child's health. Others develop mental health problems, like anxiety or depression.

Addressing these issues quickly is really important. Even if you feel that this takes time away from your role as a parent or carer, it will benefit your family's welfare and happiness in the long term.

Support is available in Lambeth and Southwark (see links below) if you are concerned about your own wellbeing.

[Southwark Wellbeing](#)

[Hub Lambeth living well network](#)

Good advice and support to stop smoking is available on the [NHS website](#)

Talking therapies services for adults are also available in both boroughs. Parents and carers can refer themselves if they are concerned about having mental health issues.

[Talking therapies services for adults in Lambeth](#)

[Talking therapies services for adults in Southwark](#)

For parents and carers who already have experience of mental health problems, a range of courses supporting the personal journey towards recovery are available through the South London and Maudsley (SLaM) [Recovery College](#).



## Looking after your family

A range of personal and social circumstances can have an impact on the health and wellbeing of children with health needs. Below is a list of community resources that are available to help with issues you and your family might be facing.

### Early Help

If you are having difficulties and need support, you can self-refer to **Early Help**. They provide support to children, young people and families at times of need, to resolve issues rapidly and effectively before the problem gets worse.

#### Lambeth

[Early Help services in Lambeth](#)

**Phone** 020 7926 3100, Monday to Friday, 9am to 5pm

**Phone** 020 7926 5555, Monday to Friday, 5pm to 9am, weekends and public holidays)

**Email** [helpandprotection@lambeth.gov.uk](mailto:helpandprotection@lambeth.gov.uk)

#### Southwark

[Family Early Help services in Southwark](#)

**Phone** duty manager 020 7525 1922

### Arranging childcare

Information on childcare support and different providers, as well as Children's Centres, is available directly through the council websites.

[Arranging childcare in Lambeth](#)

[Arranging childcare in Southwark](#)

### Other essentials

[PACT Baby Bank](#) (Southwark) provides support with practical items, including baby clothing, cots, buggies, and blankets.

**Phone** 020 7708 5465.

## Healthy eating

The [HENRY Healthy Families programme](#) provides support to parents of young children, for example improved nutrition, parenting skills, breastfeeding and getting more active.

To access group programmes

[email gst-tr.HVSupportAndDevelopmentWorker@nhs.net](mailto:gst-tr.HVSupportAndDevelopmentWorker@nhs.net) with your name, the child's name, the child's date of birth, your postcode, and phone number.

The [Food Flagship](#) programme in Lambeth is useful to help Lambeth residents develop a love of healthy and sustainable food. Information about healthy eating is also available on the [Southwark Council](#) website

## Having enough food for your family

Sometimes, professionals seeing your child or working with your family can refer you to food banks in Lambeth and Southwark through a voucher scheme. This can depend on your circumstances, such as the age of your children.

[Lambeth Foodbank](#)

[Southwark Foodbank](#)

Other options include:

[Albrighton Community Fridge](#)

[Healthy Start](#) provide free fruit and vegetables, and items such as milk and vitamins.

[Alexandra Rose](#) provide vouchers for fruit and vegetables via children's centres to people eligible for the Healthy Start voucher scheme.

## Heating your home

The [Seasonal Health Intervention Network Initiative \(SHINE\)](#), is EU-backed, led by Islington Council and is delivered in Lambeth. Referrals are made by NHS and social care staff and other professionals.

Some of the interventions include:

- advice on saving energy and grants that are available for heating and insulation.
- support with bills and energy debt.
- benefit checks by the Welfare Rights Team.
- fire safety checks (from London Fire Brigade).
- home security checks (from the police).

The [Southwark Council](#) website also has advice on saving energy in your home. More general advice on energy saving can be found here: [Energy Saving Trust](#)

## Housing issues

The Southwark and Lambeth Council websites provide a range of information about housing.

[Lambeth housing advice](#)

[Southwark Together UK housing advice](#)

[Shelter](#) provide advice and support, and legal services, for poor housing and homelessness. [Emergency helpline](#) 0808 800 4444.



## Difficulties with paying bills

Free and impartial advice about improving your finances is available at [Money Helper](#). It has been set up by the Government to help prevent debt and provides advice on financial options if you are in debt.

Support through a range of difficult financial situations is available through these Council websites:

[Lambeth support services](#)

[Southwark support services](#)

## Other sources of support

[Citizens Advice](#). Advice on benefits, money, housing and more,

**Phone** 0800 144 8848

[Every Pound Counts](#). Benefits advice in Lambeth,

**Phone** 0800 254 0298

[National Debtline](#). Debt advice and support, **Phone** 0808 808 4000

[Step Change Debt Charity](#). Free debt advice, **Phone** 0800 138 1111

[UK Bill Help](#)

## Finding employment

There is a Lambeth Council initiative called [Opportunity Lambeth](#) that seeks to support local access to employment and opportunities, working with employers in the borough:

[Lambeth help getting a job](#)

[Lambeth Children's Centres](#) also offer support for parents in acquiring skills and finding employment.

Advice on finding employment is also available from [Southwark Council Employment Advice](#)

[Southwark Works](#) provides employment support, including access to training and help with CV writing, filling in job applications and interview techniques.

## Join in, and thrive in your community

### [The Mix](#)

Free life advice, including money, housing, health and relationships, for those under 25, **Phone** 0808 808 4994

### Home Start

Support and friendship for families from 3<sup>rd</sup> trimester of pregnancy to 5 years old.

[Home Start Lambeth](#), **Phone** 020 7924 9299

[Home Start Southwark](#), **Phone** 020 7737 7720

### Children's centres

Services include family support, support to get back to work, courses, stay and play, and child development information.

[Southwark](#)

[Lambeth](#)

### Local Offer

For parents and young people, aged up to 25 years, with special education needs (SEN). Information about education, health, transport, leisure, housing, and wellbeing.

[Southwark](#)

[Lambeth](#)

### Lambeth Early Action Partnership (LEAP)

Support and resources for families with babies and infants (aged up to 3), who live in the Coldharbour, Stockwell, Tulse Hill and Vassall wards of Lambeth.

[LEAP](#)

## Refer a friend in need

If you have found this information useful and know someone else who could benefit, please refer them to [our website](#) where they can receive their free Health check and Health support pack.

Other health support packs are also available for asthma, eczema and family health and wellbeing.

***Bridging gaps to help children and young people be healthy,  
happy, and well.***