

Help through crisis project - Changing lives

The Help through Crisis project works with socially disadvantaged and vulnerable families. They support families with or without social work involvement.

They can support you with:

- benefits and housing advice.
- advice, advocacy, and guidance.
- making a personal action plan and end goal achievements
- independent living
- accessing parenting skills
- connecting with your local community
- in person support at meetings and appointments.
- overcoming barriers to access family services.
- knowing your rights when using public services

They also run welfare advice drop in sessions during term time at the [West End Women and Girls Centre](#) on Wednesdays 9:30am-12pm

The Help through Crisis project is delivered in partnership:

Practical and emotional support delivered by [Changing Lives](#) Welfare rights advice provided by [North East Law Centre](#), Advocacy support delivered by [Connected Voice Advocacy](#)

Last updated: October 24, 2025

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Email 2: emma.halliday@changing-lives.org.uk

Opening Hours: Outreach available Monday to Wednesday 9-5pm

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