

# Help at Hand

হাতের কাছেই সাহায্য

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دستیاب مدد

All families at some time or another have to face particularly stressful situations. This could be because of ill health, difficulties with children or family breakdown. Problems can also arise because of a life event such as the death of a family member or unemployment. Factors such as low pay and inadequate accommodation often add to the stress that parents are under. Other situations such as domestic violence or issues of child abuse can mean that children are at risk of harm.

The video *Help at Hand* is designed to encourage parents to seek help from social services and other organisations when they need it.

Three Asian women talk about their situations, the difficulties they faced and how, with the help of voluntary and community organisations, they eventually got the help they needed from social services and other agencies.

The video is available in English, Bengali (Sylheti), Gujarati, Hindi/Urdu and Punjabi. A booklet accompanies the video and provides further information about the role of social services departments in terms of their duties and powers to support families and the role of community groups in helping families to access that support.

Both the video and booklet are intended for community groups, statutory and voluntary agencies, and family members themselves. The video can be used in meetings to inform parents about available services. The booklet outlines the type of help available and who may qualify. It also gives information on what to do if you are refused help. The aim of the video is to encourage discussion and we hope that the booklet will provide some of the answers to questions raised.

Copies of the video are available from Family Rights Group

The video is available in English, Urdu/Hindi, Punjabi, Sylheti/Bengali, and Gujarati

It is free to community groups and small voluntary organisations (annual turnover less than £200,000). Organisations requesting free copies will be asked to agree to use video with Asian families and complete an evaluation form.

All videos come with a booklet that contains information in six languages, English, Bengali, Gujarati, Hindi, Punjabi, and Urdu.

Cost	£29.00	+ p&p for an individual video
	£50.00	+ p&p for two videos
	£70.00	+ p&p for three videos
	£85.00	+ p&p for four videos
	£100.00	For all five including p&p

support for Asian families in need

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