

Family Support

Having a young family can be difficult. There may be struggles with money or struggles juggling work and home. This may make you feel down or lonely. There is support available.

Social Prescribing

Social prescribing is talking to someone who is not a doctor or a nurse about problems that are affecting your daily life. Problems that may be affecting your daily life could be money, housing, or loneliness.

A social prescriber is a person who listens to what is important to you. They can put you in contact with the right support. This can be different groups or services. It is free.

Phone: 0117 403 4238

<https://southernbrooks.org.uk/social-prescribing-self-referral-form/>



Healthy Start

With the rising cost of living, buying essential items for babies and young children can be a worry for some parents. There is help available to help with this and relieve some of the stress.

If you are more than 10 weeks pregnant or have a child under four, you may be entitled to get help to buy healthy food and milk.

- <https://www.healthystart.nhs.uk/how-to-apply/>
- <https://oneyou.southglos.gov.uk/for-professionals/for-families/get-help-to-buy-food-and-milk-healthy-start-scheme/>

Citizen Advice

They give advice to help people solve problems. For example, if you are struggling with money, have issues with a company, or need help with benefits. Anyone can use Citizen Advice, and it is free.

Phone: 0808 278 7947

<https://www.southgloscab.org.uk/>

Warm and Well

When you have small children, it is important you live in a warm and safe home. Warm and well can help with energy advice, and how you can reduce your energy bill. They may be able to come to your home.

Phone: 0800 500 3076

<https://warmandwell.co.uk/>

WorkWell West

Is the stress of looking after family and / or your health condition affecting you at work? WorkWell West can help you to stay in work, find work or return to work.

It is free, tailored to you and does not affect benefits.

Phone: 0117 922 3623

<https://www.workwellwest.org/>



Avon Fire and Rescue

Avon Fire and Rescue offers free home visits to families with children under the age of 5 years. Their safety visits can help keep you and your loved ones stay safe.

Phone: 0117 926 2061

<https://www.avonfire.gov.uk/safety/home/home-fire-safety/>

Free Online Courses for Families

Become a more confident parent by learning about child brain development, challenging behaviour, communication, and your own wellbeing needs because parenting is a journey that is always changing!

<https://inourplace.co.uk/south-gloucestershire/>

Family Lives

Offers emotional support, advice, and guidance on any aspect of parenting and family life.

WhatsApp: 07441 444125

Phone: 0808 800 2222

<https://www.familylives.org.uk/>

Family Action

Offers free emotional support, and guidance on relationships, conflict, parenting, caring, financial worries and more.

Text: 07537 404 282

Phone: 0808 802 6666

<https://family-action.org.uk/>

Ginger Bread

Provides support and expert advice on any aspect of single parenting.

Phone: 0808 802 0925

<https://www.gingerbread.org.uk/>

Finally

We hope you have found this information helpful. Please reach out to your health visitor or GP if you are really struggling.

