

Family Support

See a list below of services on offer for children and families.



Worcestershire Advice and Support

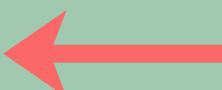
Worcestershire County Council have developed this virtual family hub to give you a range of different resources to help to support you and your family.

WORCESTERSHIRE
VIRTUAL FAMILY HUB



Click the icon
to visit the
website.

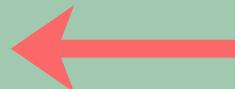
Starting Well have advice and services for Young People as well as for Parent(s) and Carer(s) experiencing a range of health issues. Opening hours are: 9am – 4:30pm Mondays to Fridays Telephone: 01905760000



Click the icon
to visit the
website.

Ready Steady Worcestershire

Children eligible for Free School Meals, along with families who have a referral, are now invited to register for the Worcestershire Holiday Activities and Food (HAF) Programme.



Click the icon to visit the website.

Early Help Worcestershire

The Early Help Family Support Service, run by Worcestershire County Council, supports families living in Worcestershire with children aged 0–18 who would benefit from help from a Family Support Worker.

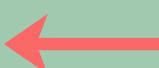


Click the icon to visit the website.



BDHT

The 360 Team at Bromsgrove District Housing Trust (BDHT) hosts a weekly drop-in session every Wednesday from 12:30pm to 2:30pm, offering information, advice and guidance on form filling, budgeting, housing queries, employment support and benefits.



Click the icon to visit the website.

Food Banks

We have a food bank on site at The Basement Project. If you are under 25 and struggling to make ends meet, we can provide a food and toiletry parcel to see you through a few days.

We accept self-referrals for food parcels, as well as from other agencies who are already working with you.

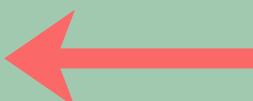
**Monday – Friday 9am – 4.00pm
01527 832993**



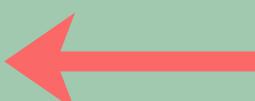
**Click the icon
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NewStarts is an exciting Christian community re-use social enterprise, based in Bromsgrove, north Worcestershire, whose passion is to help people overcome the challenges and disadvantages that shape their lives and in doing so show them the love of God. Our core activity is providing free furniture, emergency food and household supplies to families and individuals who are in greatest need either on low incomes or in financial crisis.

01527 882410/0121 679 2072



**Click the icon
to visit the
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Health

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School Nurse

School health nurses offer a wide range of services to support children and their families. These include home visits, health needs assessments, the Time4U drop-in service, school-aged hearing checks, and participation in the National Child Measurement Programme. For more details, visit their website.



Click the icon to visit the website.



Mental Health and Wellbeing

Child and Adolescent Mental Health Services



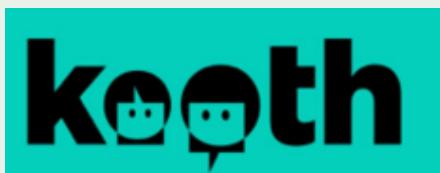
**Click the icon
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website.**

Fun digital therapy for childhood anxiety
**Lumi Nova is a therapeutic game that helps children aged 7-12
years self manage worries and build resilience.**



**Click the icon
to visit the
website.**

**Kooth is an online mental wellbeing community which
offers free, safe, and anonymous support.**



**Click the icon
to visit the
website.**

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.



Click the icon to visit the website.



Talking Therapies provides a range of free, confidential support to people aged 16 and over across Herefordshire and Worcestershire.



Click the icon to visit the website.



If your family needs support with bereavement, you can contact one of the services below or alternatively you can contact school who can support with this.

Click the icon to visit the website.



Relationships

Harmony at Home knows that all relationships can face challenges, tough moments and even break down at times, especially with the pressures that come with being a parent.

These pages have been created to help families by offering guidance, tips and information for parents and carers—whether they are together, separating, divorced or co-parenting.



*Click the icon
to visit the
website.*

NSPCC services and resources provide information, guidance, and support to help families and children build and maintain healthy relationships.



*Click the icon
to visit the
website.*

CRUSH is an awareness and support programme that helps young people build safe and healthy relationships.



*Click the icon
to visit the
website.*

Friendship and Relationships

As you grow up, making friends and starting new relationships becomes an important part of life. It's normal to have arguments with friends or to go through break-ups, which can feel really upsetting. Sometimes, you might be in a relationship that doesn't feel right, and you may need guidance on what to do.

The websites below offer lots of useful advice on topics like making friends, dealing with peer pressure, healthy and unhealthy relationships, and sex. There's also guidance for parents on how to talk to their children about friendships, relationships, and growing up.

Childline offer advice and support on friends, relationships and sex.

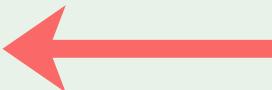


Click the icon to visit the website.

It can be difficult to talk to your children about sex and relationships, but in order to keep them safe from harm, it is vital that protective adults are able to have these challenging conversations, and that they know what warning signs look like.

Our guide provides parents and carers with information on how to start conversations with children and young people around sex and relationships,

Stop it now



Click the icon to visit the website.

Kidscape is a website and advice service for parents, offering help and guidance for children who are being bullied.



Click the icon to visit the website.

Sexual Health

WISH offer friendly and non-judgmental specialist services to support with information and advice, contraception, pregnancy, STIs and screening. WISH have a dedicated Outreach nursing service. Referral forms can be found following the link. The Outreach team see young and vulnerable people who couldn't otherwise access sexual health services.

Under 21 Saturday Service – Clinic telephone lines are open between 10:00am – 12:30pm on Saturdays – Please call: 01905 681673 for further details. Young People have a telephone consultation and are asked questions about their relationships. Callers will be advised what to do next and directed towards a clinic if necessary. Free STI test kits and contraception: [LINK TO: Free Home STI STD Test](#)



Click the icon to visit the website.



Click the icon to visit the website.

Parenting

The Starting Well Partnership offer a range of parenting support, information, groups, and courses. We currently run a course for parents on a Thursday morning in school. For information on the groups available please visit:



**Click the icon
to visit the
website.**



Different types of childcare and information on choosing the right type and the funding available.



**Click the icon
to visit the
website.**

Homestart can work with you to provide one to one support in the family home each week. This service provides support tailored to your needs and can help you as parents they learn to cope and build confidence to provide as best you can for your children.



**Click the icon
to visit the
website.**

Worcestershire Young Carers aim to identify, and support children and young people aged 7 to 24 years who have a caring role within the home and help look after a parent, sibling, or grandparent due to illness, disability, physical or mental health difficulties or substance misuse.



**Click the icon
to visit the
website.**

Finance, Housing and Employment

If you are facing challenges around employment and income, please contact the local Job Centre who can offer support with: Jobseekers' Allowance, Incapacity Benefit, Employment & Support Allowance and Income Support.



Click the icon to visit the website.

We can all face problems that seem complicated or intimidating. At Citizens Advice Bromsgrove and Redditch, we believe no one should have to face these problems without good quality, independent advice



Click the icon to visit the website.

Support and guidance resources can be found on the link above part of the Worcestershire Virtual Family hub.



Click the icon to visit the website.

At Act on Energy, we're passionate about helping the people of Worcestershire live in warmer, more energy-efficient homes. Whether you're looking to cut down your bills, make your home greener, or simply understand your energy options better, we're here to help with free, impartial advice.



Click the icon to visit the website.

Substance Misuse

Cranstoun has supported people to rebuild their lives, inspired transformation and empowered positive change. They are here for people who need help and support with substance misuse with a variety of support strategies.



**Click the icon
to visit the
website.**

Worcestershire Here4YOUth works with youths to provide alcohol and drug support and they can meet team members at school, at home, or in any environment that they feel comfortable in. They offer advice, support and guidance for children, young people and family members of any age to cope with someone else's drug or alcohol misuse



**Click the icon
to visit the
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Get Safe

If you are worried your child is at risk of being tricked, forced, or made to work in the criminal world please speak to a member of staff and visit Get Safe for help and information:



**Click the icon
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Family Member in Prison

Do you have a family member in prison which is having an impact on your child? Support is available to work with both the person in prison and your family.



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