# **Family Support Resources**

## **Citizen's Advice North Herts**

Local charity offering free confidential financial help and support.

Call: 01462 689801

Or make an enquiry here: www.northhertscab.org.uk/contact-us

#### **Families First**

Families first is here to help find early help and support for families with children under 18.

Email: familiesfirst.support **Chertfordshire.gov.uk** 

### **Family Lives**

Family Lives has a confidential and free helpline service for families. Offering emotional support, information, advice and guidance on any aspect of parenting and family life.

Call: 0808 800 2222 9am - 9pm, Monday to Friday and 10am – 3pm at weekends.

Email: askus@familylives.org.uk

# **First Garden Cities Homes**

Our tenancy support and money advice services are available to help residents with budgeting, grants and access to local support.

Call: 01462 683307

Email: enquiries@fgch.co.uk

#### **Home-Start**

Supporting parents as they learn to cope, improve confidence and build better lives for their children.

Home-Start Hertfordshire Call: 01438 367788 Email: admin@home-startherts.org.uk

Home-Start Royston, Buntingford and **South Cambs.** Call: 01763 262262 Email: admin@hsrsc.org.uk

## **Hertfordshire Family Centre Service**

Exist to support families, parents and carers and can help before your baby's born, right through to when they want to play!

Call: 0300 123 7572

Email: lbr.fcsenguiries@barnardos.org.uk

### Safer Places

Exists to support survivors of domestic abuse. Our experts are here 24/7 and will be happy to help you.

Call us today 03301 025811

Email: info@saferplaces.co.uk

# **Schools Partnerships Family Support Teams**

Each area in North Herts provides family support workers who can support you with a range of issues, including challenging behaviour, ASD/ADHD, mental health, school attendance etc.

To get in contact with your family support worker, please speak to a member of staff at your child's school.

#### settle

settle is a social landlord that provides additional support for all settle residents with rent, food and other essential things. If any settle resident needs additional support at this time, they can get in touch for support.

Call: 0330 343 0016 (local rate)

Email: customer.service@settlegroup.org.uk



www.healthyhubnorthherts.co.uk

Call: 01462 474111 Mon-Fri 9am-5pm

Email: healthyhub@north-herts.gov.Uk



# **Survivors Against Domestic Abuse (SADA)**

**Provides support and crisis** intervention for people experiencing domestic abuse. including access to legal, financial and housing advice as well as emotional support.

Call: 01438 242666

Email: SADA@stevenage.gov.uk

## Turn 2 Us

Helps people in financial need gain access to welfare benefits, charitable grants and other financial help

Call: 0808 802 2000. 9 am - 5 pm Mondays-Fridays.

Email: info@turn2us.org.uk



NORTH HERTFORDSHIRE DISTRICT COUNCIL

