Advice Topic Area (A-Z)	Key Organisations	Method of Provision
Benefits Advice	Citizens Advice – Hampshire and District level. There are a number of local offices – check the link for the nearest one to your scheme.	FISH – Information Hub - Search Results | Family Information and Services Hub (hants.gov.uk)
Childcare Provision	Please search on FISH for local childcare providers	Childcare and Early Years Education - Search Results | Family Information and Services Hub (hants.gov.uk)
Children's Services	Hampshire County Council's Children's Services Provides safeguarding and social care services, education and information on childcare.	Children and families | Children and Families | Hampshire County Council (hants.gov.uk)
Domestic Abuse	There are a number of services that you can access locally and nationally. Please search on FISH. NSPCC and others have lists of signs that can help you recognise the effects of domestic abuse on children.	FISH - Information Hub - Search Results | Family Information and Services Hub (hants.gov.uk) How to Protect Children From Domestic Abuse | NSPCC
Employment Advice	Jobcentre Plus Help to find work can be found on Gov.UK **Find a Job** – to search for current job vacancies **Job Help –** provides hints and tips on applying for jobs and job search ideas. **Kickstart** offers a six month paid work placement to 16-24 year olds who are in receipt of Universal Credit. For more information young people should send a journal message from their digital account to their work coach to express an interest in the scheme,	https://www.gov.uk/find-a-job https://jobhelp.campaign.gov.uk/ https://jobhelp.campaign.gov.uk/kickstart/
Family Support Service	Hampshire County Council's service for families with children aged 0–19 years (or up to 25 for young adults with learning difficulties and/or disabilities).	Family Support Service (FSS) | Children and Families | Hampshire County Council (hants.gov.uk)
Financial Advice and Education	Citizens Advice (local) Money Advice Service (national)	FISH – Financial problems and relationships | Family Information and Services Hub (hants.gov.uk)

	National Debtline (national)	
	StepChange debt advice (national)	
Food poverty	Food banks and pantries	FISH - Information Hub - Search Results | Family Information and Services Hub (hants.gov.uk)
Health (physical)	Oral health – keeping teeth healthy	
	School Nurse Service – provided by Southern Health NHS Trust and known as Hampshire Healthy Families. A list of School Nurse Service local contacts is attached at Appendix B.	Children's teeth - NHS (www.nhs.uk) Hampshire Healthy Families Portal
	Change4Life resources from Public Health England – focusing on healthy eating and physical activity for children.	Signposting info in Appendix A.
Housing Advice	The local District Council is responsible for Housing Services and there is helpful information on FISH relating to various housing services. There are also contact details for support with adapting homes for children with disabilities.	FISH - Information Hub - Search Results | Family Information and Services Hub (hants.gov.uk)
	Housing Benefits advice - Citizens Advice. Applications for Housing Benefit are made to the local District Council.	FISH - Housing Benefit | Family Information and Services Hub (hants.gov.uk)
Mental Health	Community and Mental Health Service for Hampshire	CAMHS (hampshirecamhs.nhs.uk)
	The Kooth mental health app is available for young people aged 11 and above.	Kooth - Home – Kooth
	Mental Wellbeing Hampshire website for signposting	Mental Wellbeing Hampshire | Health and social care | Hampshire County Council (hants.gov.uk)
Nutritional Information	Change4Life resources from Public Health England – focusing on healthy eating and physical activity for children.	Home | Change4Life (www.nhs.uk) Additional Change4Life links are below
Reading and Literacy	Hampshire Libraries www.hants/gov.uk/libraries	40 libraries across Hampshire – see website for opening times www.hants.gov.uk/library
	Joining the library is free.	
	Summer Reading Challenge – free activity for children 4-11. Read or listen to 6 books and win a medal and certificate	www.hants.gov.uk/ librariesandarchives/kidszone
	Other Library offers include storytime and	

rhymetime sessions, free holiday activity events, Code Clubs, Chatterbooks groups

Libraries have rooms that can be hired for sessions and some will be able to offer facilitated sessions for families to join the library and have a story in branch.

A useful booklist to help children understand difficult situations called ‘When a book might help’ this can be found at When a book might help… – Hampshire Library Service (hampshirelibraries.blog)

Libraries also hold Reading Well collections for adults and young people on topics ranging from mental health to eating disorders and long-term health conditions.

Library resources can be accessed digitally through the Borrow Box app and via their website Digital library | Hampshire County Council (hants.gov.uk)