

IT'S OKAY TO ASK FOR HELP

Whether it's something big or small,
we're here to help.



Support for families

Supporting Families to Thrive

It's important to make sure you get all the help that you're entitled to. Housing and finance issues will always arise and put a lot of stress on a family, so you need to know your rights and responsibilities.

Guidance from the government on work & financial Support:	www.gov.uk/coronavirus/worker-support
For a financial health check or help with another benefits issue, contact the East Sussex welfare benefits helpline:	www.eastsussex.gov.uk/socialcare/benefits/help
Free and impartial money advice: Money Advice Service:	www.moneyadviceservice.org.uk/en
Citizens Advice: Confidential advice online, over the phone, and in person for free – helping you to find the way forward whatever the problem.	www.citizensadvice.org.uk
Housing services around the county are provided through your local district or borough council: Housing Support:	www.eastsussex.gov.uk/community/housing/local-housing-office/
Keeping Warm and Well - The East Sussex Warm Home Check service offers anyone struggling to keep warm at home advice and You can refer yourself to the service via the secure online form at:	www.warmeastsussex.org.uk . Alternatively, you can text WARM to 81400 or call 03444 111 444.
Welfare benefits helpline - For help and advice with a benefits issue, or for a free, confidential financial health check, call: 0333 344 0681, Monday to Friday, 9am to 5pm or email:	benefitseastsussex@harcuk.com
Food banks – if you are struggling to afford food then food banks could help in the short term. You can find out about local services by searching 'food banks' on East Sussex 1space:	1space.eastsussex.gov.uk

Living happy and healthy lives

It's important to take care of your mind as well as your body. Our minds and bodies are closely linked, so our physical health can impact our mental health. We all need good mental health and wellbeing.

Better Health NHS - Healthy changes start with little changes:	www.nhs.uk/better-health/
Every Mind Matters - expert advice and practical tips to help you look after your mental health and wellbeing	www.nhs.uk/oneyou/every-mind-matters/
When you're living with a mental health problem, having access to the right information is vital. Mind:	www.mind.org.uk
Find Local Support - Star Drugs and Alcohol Service East Sussex:	www.changegrowlive.org/star-drug-alcohol-service-east-sussex/eastbourne

Mental health i-Rock service for young people (14-25) – the service is offering sessions via telephone, email or virtual clinic (like facetime). Open 5 days a week from 11am to 6pm and can support young people with their wellbeing, housing, education, employment, mental health and relationships.	Young people can email them to arrange a chat. Watch live on Instagram (I_rock_eastsussex) on Mondays, Wednesdays and Fridays at 4.30pm They can also: Watch a short video to find out more about i-Rock Or Check out their Facebook pages: i-Rock Hastings ;
Bags of Taste – support with enjoying better diets and healthier finances. See the website for upcoming classes	www.bagsoftaste.org/courses/#hastings
Ready, Steady Go! 8-week after school club for children from reception to year 7 (and their grown-ups) healthy lifestyle topics –healthy eating, physical activity, sleep and screen time. It's a fun way to learn about staying healthy together	Healthy lifestyle clubs for East Sussex kids and their families this Autumn Kent Community Health NHS Foundation Trust (kentcht.nhs.uk)
School nurses Team. focus is on promoting the health and wellbeing of all school-aged children. You can refer your child yourself to the team and You do not have to be in school to use this service,	East Sussex School Health Kent Community Health NHS Foundation Trust (kentcht.nhs.uk)

Staying safe in the community

Several agencies including your local council, the police and social landlords all have a range of powers to tackle anti-social behaviour, so if something in your neighbourhood is worrying you are or family, ask for help .

Police:	www.sussex.police.uk/ro/report/asb/asb/report-antisocial-behaviour/
East Sussex Safer communities: committed to reducing and preventing crime, the fear of crime, anti-social behaviour.	www.safeineastsussex.org.uk
Family Lives: As difficult as it may be, support is available, and it is important to get some help and advice on dealing with a teen's violent behaviour	www.familylives.org.uk/advice/teenagers/behaviour/teen-violence-at-home/

Life-long learning

Getting a good education as a child but continuing to learn as we get older. For our children regular school attendance is an important part of giving our children the best possible start in life. Returning to school after Lockdown is vital for children's education and for their emotional wellbeing. As an adult learning something new could help with Mental wellbeing and future jobs

East Sussex back to school:	Schools and colleges reopening in East Sussex on 8 March – East Sussex County Council
If you are a child or young person with a special educational need or a disability (SEND), or the parent of a child or young person with SEND, you can call the Amaze SENDIASS helpline for information and advice.	Website: www.amazesussex.org.uk Phone: 01273 772289 Email: sendiass@amazesussex.org.uk
Optivo provide programmes with training, careers advice, financial and digital inclusion so	Optivo - Events & training

you can develop your potential and live your best life:	
East Sussex College Community Learning supports local communities become more resilient, confident, skilled, interested and eager to learn. Their courses aim to engage, motivate and inspire adults who need them the most:	www.escq.ac.uk/study/community-and-engagement/adult-community-learning/

Happy and healthy relationships

Relationships affect every aspect of our lives. All of us experience conflict as part of day-to-day life. Whatever you are going through in your relationship you're not alone and there is help, advice and support available:

The Portal – supporting service of sexual abuse and domestic violence:	www.theportal.org.uk
Refuge – you are not alone	nationaldahelpline.org.uk
Relate Sussex – offering a range of services to help you with your couple and family relationships, whether you're young or old, straight, gay or bi, single or in a relationship:	www.relate.org.uk/sussex
Mediation – They facilitate positive, constructive discussions; enabling people to hear one another and to resolve their differences:	www.mediationeastsussex.co.uk
Click Relationships - Learn how to make your relationships work better:	clickrelationships.org

Keeping children safe

Safeguarding is everyone's business. Now more than ever it is important that we are watchful and alert towards the signs and indications of abuse and neglect.

If you are worried about a child or teenager that may be at risk of harm or in danger: In an emergency call 999. Otherwise Follow your organisational child protection procedures. Your safeguarding lead will know the safeguarding policies and procedures in your organisation	Contact the Single Point of Advice Team by calling 01323 464222. Monday to Thursday 8.30am to 5pm, Friday 8.30am to 4.30pm.
Open for Parents is a family-friendly source of information, advice and guidance to parents and carers in East Sussex. The content points to both local and nation information and resources and includes COVID-19 relevant content. Information has been sourced in collaboration with colleagues from SLES, SEND, CLASS, Early Help and Children's Centres.	www.openforparents.org



Support for children, young people and families in Hastings
Collated by (HAF) Holiday Food and fun project in collaboration
with Hastings Opportunity Area

