



**HOME
START**

**Blackpool,
Fylde & Wyre**

Summer Newsletter 2024



Our Volunteer Heroes

Home-Start is a local community network of trained volunteers and expert support helping families with young children through challenging times.

That means we're there for parents when they need us most, because Childhood Can't Wait.



How do we do it? By helping parents to be the best they can be.

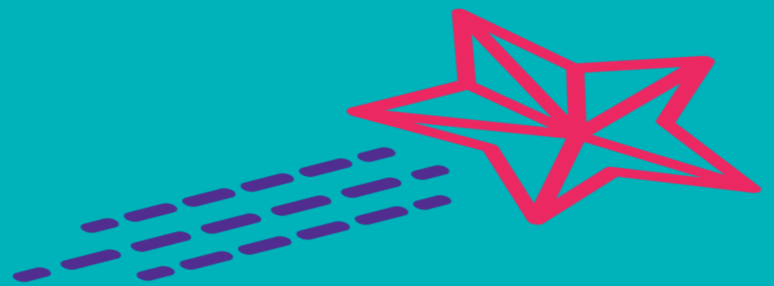
There is no judgement, just compassionate, confidential help and expert support. Starting in the home, our approach is as individual as the families we work with.

Over the year we have trained New Volunteers, who have completed a 40 hour Volunteer Preparation Course. Once our Volunteers are trained they use the skills they have learned on the course, and their own experiences to make a difference to a family.

During the course we cover a wide range of modules including:

During the course we cover a wide range of modules including:

- The Principles of Home-Start
- Role of a Home-Start Volunteer
- Supervision and Support
- Values and Attitudes
- Family Life and Supporting Parents
- Confidentiality
- Listening
- Safeguarding and Protecting Children & Adults
- Keeping Safe
- Early Language Development



For More Information on Volunteering

call: 01253 728615

Email: enquiries@homestartbfw.org.uk

Website: www.homestartbfw.org.uk

Thank you

to our wonderful Volunteers

Valued

Thank you so much for choosing to Volunteer with Home-Start Blackpool, Fylde & Wyre.

Your willingness to give your time and support is greatly appreciated.

Outstanding

Your support allows us to continue to fulfil our mission to support families who need help in our local communities every year.

Lovely

We really couldn't do what we do without you amazing people on the team

Unique

Notable

Thoughtful

Empathetic

Exceptional

Remarkable



Thank you

From all the Home-Start team

Volunteers week 1st - 7th June

On Tuesday the 4th of June we invited our Volunteers to come together at a Celebration Evening held at The Links Pub in St Anne's. We value and appreciate all our Volunteers and the event was a tremendous opportunity for us to thank everyone for their support which enables Home-Start to make a difference to families in Blackpool, Fylde & Wyre.

We were thrilled to see 25 of our amazing Volunteers there who were presented with a certificate and a lovely bag of goodies. It was great to see you all.

The event was lovely - thank you all very much!



The event was a great way for volunteers who haven't met each other, to make friends and to discuss their experiences with Home-Start.

After the event we received this lovely message from one of our shop volunteers

"Good Morning - to all of You !

Thank you so much for the lovely few hours we all spent together last evening - It was absolutely delightful - the presentation was so nice and the screen showing all the quotations so true and interesting.

The buffet was delicious and obviously great care had been taken in preparing all of it - loved the cheeses !

It was a nice surprise to receive a Certificate and Goody Bag as well - the little quizzes on the tables were a lovely idea !

All in all it was nice to know that we are all appreciated, even tho' we all enjoy what we do and like to make a difference where needed .

Thank you all for giving us a lovely treat !

Love"

This was absolutely lovely to hear and we truly appreciate everything the amazing volunteers do so thank you all again!

For More Information on Volunteering Call: 01253 728615

Email: enquiries@homestartbfw.org.uk Website: www.homestartbfw.org.uk

Here are just a few of Our volunteers



Stay and Play Sessions

Tuesday

10am - 11.30am

At:

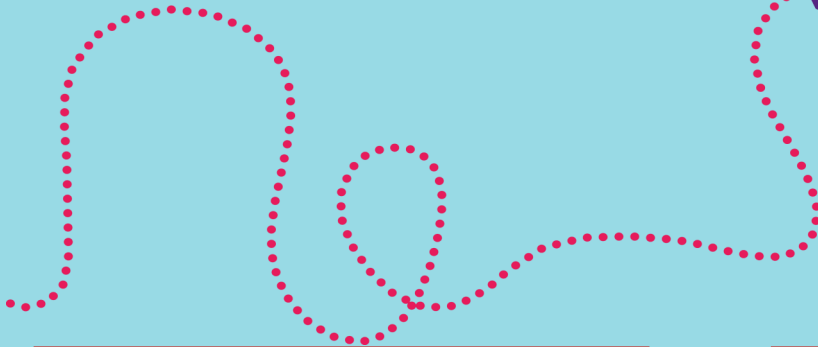
**Fleetwood Trinity Methodist Church
Fleetwood Road, Fleetwood, FY7 8HN**

Wednesday

10am - 11.30am

At:

**St Thomas' Church Community Centre
St Thomas' Road
Lytham St Anne's, FY8 1JL**



Thursday

9.30am - 11.00am

At

**Weeton Army Barracks
Singleton Road
Weeton
PR4 3JQ**

Friday

10am - 11.30am

At:

**Holy Cross Parish Church
Central Drive
Blackpool, FY1 6LA**

Come along and gain parenting confidence.

Get out of the house and meet other parents for support, advice, guidance and friendly chats. Give your pre-school child a time and a place to play with other children. Enjoy your time playing with your child in a safe, fun and relaxed place.

W/C 15th July 2024 will be our last week of groups before the Summer break

All our groups will be closed from 22nd July and will re-open

W/C 2nd September 2024. See you then!!

Home-Start Events

Over the course of this year, we have had some amazing events for Home-Start, where we have worked with some fabulous companies, volunteers and people. We have had so much fun doing so, we just wanted to say a massive thank you to everyone involved.

Christmas We had the most amazing Christmas, filled with a lot of joy and we hope you all did too!

We had some incredible donations, from all sorts of places, which made it possible to give out presents to our Home-Start families.



This year the BT Tower asked for the children to produce some artwork of a Christmas tree and some of the Children that attend group had their art featured on the BT Tower.

The group children also all had Christmas parties where they met the Real Santa, had some festive snacks and fun with their families, coordinator and group volunteers. The children at the Wyre group decorated a Christmas tree to ender in

the Christmas Tree Festival at Fleetwood Trinity Methodist Church—the got second place :)

Pablo's restaurant in Blackpool provided Christmas dinners for some of our families. Jenny Rose & Jay Sinclair held a fundraiser to provide 30 Christmas Dinner hampers for our families.

Overall Christmas at Home-Start was amazing, crazy and very magical and we want to thank everyone for there involvement as none of these things could be possible without you.



Spring into Spring

One of our wonderful volunteers (Dave) joined us at the Spring Into Spring event at the Winter Gardens, and helped out with entertaining the public with fun games like balloon modelling and plate spinning. The event was a lot of fun and it was great to speak to the public, as well as other organisations. Thank you again Dave!



Swimarathon

Every year, The Lytham St Anne's Lions Club hold an annual Swimarathon where teams will come together to raise money for the Lions Club. This year, the event was held on January 28th and we had a team of 8 we all took part in trying to complete as many laps as possible within our 50 minute time slot. This event was amazing and we

want to thank the great team we had , as well as the Lions Club for having us and donating some of the the funds raised.

Easter

Over this Easter period, we held a campaign for donations of Easter eggs to share with our families, and as seen in the thank you card at the side, Easter was a fabulous success. Thanks to everyone that donated. All our children received an Easter egg and we massively appreciate them for the help and support received. Thank You!



Pride



This year, we attended the Pride Festival in Blackpool on June the 8th in celebration of LGBTQ+ community. The Family Support Worker and Dad Matters Coordinator both attended and said it was a great event. They got to speak to Mama G, other organisations, families and even some potential volunteers. At the event they played games, including, “guess the weight of the sweet jar”. All in all it was a brilliant day so thank you to the Hosts!

Galas and Carnivals

This year we have participated in most of the Gala's and Carnivals, including Poulton, Bispham and St Anne's. There was fun and games such as “name the teddy”, “guess the weight of the sweet jar”, and the 2p game.

The events are fabulous for meeting new people and having a fun day out.

These are huge events and they require a lot of work so thank you to everyone that participated and helped, it is hugely appreciated.



call: 01253 728615

Email: enquiries@homestartbfw.org.uk

Website: www.homestartbfw.org.uk

If you wish to find out more about Events check out our Facebook page!

@homestartblackpoolfildewyre

Our Fundraising Shop!

We have amazing volunteers who are giving up their time to work in the shop which is going from strength to strength

Days: Monday to Friday

Location: 135 St Alban's Rd
Lytham St Anne's, Lancashire
FY8 1UY

Times: 10.00am–4.00pm

Times may vary so please keep an eye out on our website & Facebook page.



Check out some of the fabulous shop windows!!!



Home-Start 50 Years!



*Easter
Home-Start Blackpool,
Fylde & Wyre Fundraising Shop*



Free School Uniform !!!

Contact us for more details.



If you would like to support us by volunteering in our shop, helping us reach more families who need our support please call our office on 01253 728615 or call and speak to our Shop Manager, Sue Uttley, on 07827 876 066 for more details.

Say Hello to two new members of our team

Chelsea is our lovely new family support worker who joined our team on the 29th of January this year

Hello from Chelsea

“Hi I’m Chelsea Bullock and I’d like to introduce myself as I’m one of the new staff members of Home-Start Blackpool, Fylde & Wyre.

It is an absolute pleasure to be working for Home-Start, as a Family Support Worker. I am excited to be able to support families to achieve a better future. I have been working with adults and children for around 8 years now and I have a degree in Family Support and Well-being. I feel very honoured and proud to be working alongside such a lovely bunch of people at Home-start as they’ve welcomed me to the team ”



Ross is a brilliant new member of the team and will be supporting the Dad Matters Project along side Eric. He joined the team on the 8th of April this year

Hello from Ross

“Hi I’m Ross Greenhalgh and I’d like to introduce myself as one of the new staff members of Home-Start, Blackpool, Fylde & Wyre. It is a pleasure to be working for Home-Start, as Dad matters coordinator. I am passionate about supporting Dads to achieve a better future. I have been working with Dads for around 3 years. I feel privileged to be a member of the Home-Start team.”



Projects



Big Hopes Big Future® (BHBF) is a school readiness programme developed and owned by Home-Start UK. Home-Start home-visiting volunteers who have successfully completed our course of preparation are able to take a further 2 day course in BHBF to enable them to support families in this key area.

BHBF Overall Outcomes:

1. Children more able to engage with nursery / school life
2. Parents more engaged with their children's early learning
3. Volunteers more engaged in promoting home based early learning

What do we mean by readiness for school?

Home readiness:

- Availability of stimulating materials in the home
- Good bedtime & morning routines

Parental readiness:

- Able to access appropriate early years services
- Able to establish routines
- Able to engage with their child's development
- Cope with their child being away from them

Child readiness:

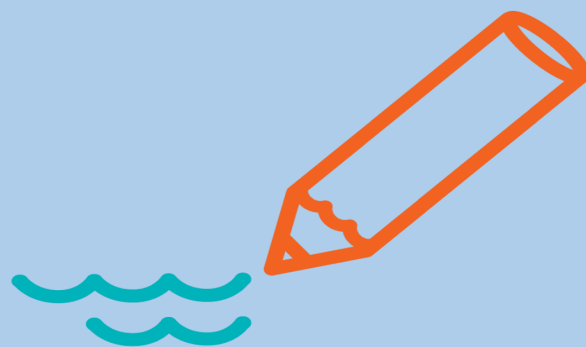
- Arrive at school fed and on time
- Dress and put on shoes
- Play and share with other children
- Eat and drink unaided
- Use the toilet
- Understand simple hygiene
- Cope away from their parent(s)

Early Language Development

We have developed an additional training module which is included in our Volunteer Preparation Course. The ELD module equips our new Volunteers to ensure they have a toolbox of skills to be confident to support our families in early language development during home visits and at our groups.

Our Volunteers learn about language, how it is used and develop awareness of the different stages of speech and language development.

We focus on understanding the benefits of talking and interacting with children from an early age to positively impact on language development, attainment at school, self-esteem, behaviour and future opportunities in life.



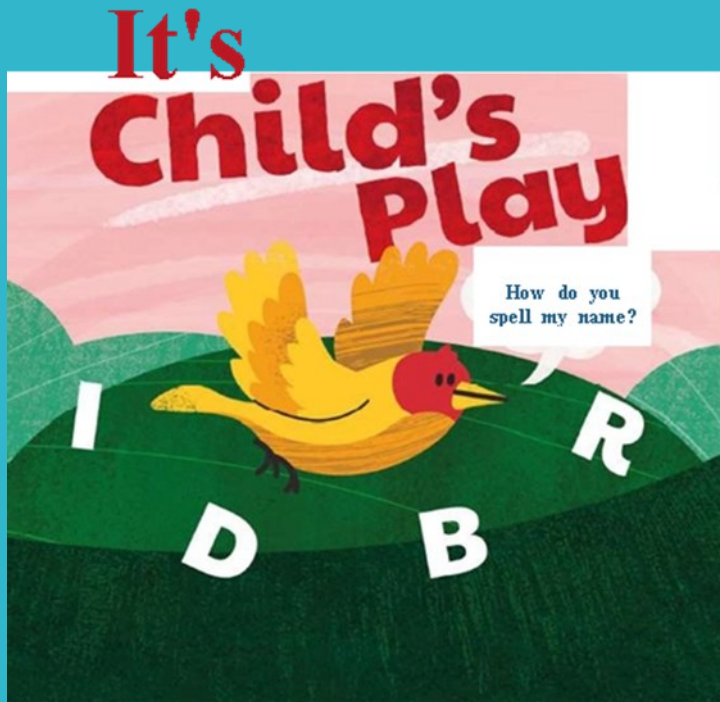
Reading with your child

A little play can make

A **big** difference



Getting your kids
School ready?



Getting your kids school ready is easier than you think, simply having fun and playing games together can give them a great start for when school begins.

From solving simple puzzles or counting buses to learning about colours or the sounds that animals make, even the silliest little bit of fun can be a big help.

Just a few minutes each day can make a big difference, and we've got lots of fun ideas you can try out. For more help and support to get your child school ready, visit;

socialmobilitycommission.org/ChildsPlay



Encouraging a love of reading

Here are some of our ideas: Don't panic if your child reads the same book over and over again. Let's be honest - we've all done it!

- Read yourself! It doesn't matter what it is – pick up a newspaper or magazine, take a look at a cookery book, read a computer manual, enjoy some poetry or dive into a romance or detective novel. And get your children to join in – if you're cooking, could they read the recipe? If you're watching TV, can they read out the listings?
- Give books as presents and encourage your children and their friends to swap books with each other – it'll give them a chance to read new stories, and get them all talking about what they're reading.
- Visit the local library together. It's always fun choosing new books to read, and keep an eye out for special author events at the library or local bookshops – children love meeting their favourite authors. Jacqueline Wilson and Anthony Horowitz always have signing queues that are miles long!
- Encourage children to carry a book at all times. That way, they'll never be bored (this is something you can do, too!)
- Have a family bookshelf. If you can, have bookshelves in your children's bedrooms too.
- Keep reading together. Just because your children are older, it doesn't mean you have to stop sharing stories – perhaps you could try the Harry Potter series or A Series of Unfortunate Events.

<https://www.booktrust.org.uk/books-and-reading/tips-and-advice/reading-tips/>

<https://www.booktrust.org.uk/books-and-reading/tips-and-advice/reading-tips/>

Summer Healthy Bakes

Smoothie Lollies



Ingredients

- 150g frozen smoothie mix
- 200g Greek yogurt
- 40g grains and seeds granola



Method

1. Put the frozen smoothie mix and 100g yogurt in a blender and blitz until smooth.

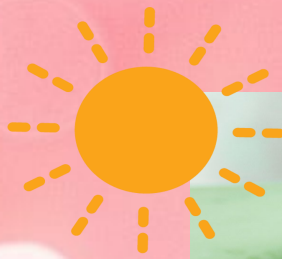
2. Spoon 1 tsp of the blended smoothie into the base of lolly moulds, alternating with teaspoonful's of the Greek yogurt. Keep doing this until you have used all the mix up, leaving a 1cm gap at the top. Evenly sprinkle the granola on top of each lolly.

3. Pop the lolly stick in the moulds and put in the freezer overnight until set.

4. To remove, run the lolly moulds until some warm water until they release the lolly.

Ingredients

- 2 x 150g packs fresh blueberries
 - 2 tsp sugar
 - ¼ lemon, zested and juiced
 - 150g lemon loaf cake, cut into 1.5cm cubes
 - 150ml whipping cream
 - 250g of fresh custard (from a 500g pot)
 - 4 tsp lemon curd
- 1 tbsp. toasted flaked almonds (optional)



Blueberry Trifle Pots



Method

1. Set aside 50g blueberries and add the rest to a saucepan with the sugar and 1 tsp water. Cook over a high heat for 5 mins, shaking the pan occasionally or until juicy. Reduce the heat to low and cook for 5 mins more until syrupy and reduced. Gently stir through 1 tsp lemon juice, then set aside to cool (it will thicken as it cools).

2. Meanwhile, divide the cake cubes between glasses. Whip the cream to soft peaks.

3. Spoon the cooled blueberry compote over the cake, then divide the custard between the glasses; spoon over the lemon curd.

4. Top with the whipped cream, then scatter with the reserved fresh blueberries, lemon zest and toasted flaked almonds, if using. For maximum flavour chill for 2 hrs before eating, but they can be eaten straightaway.

Watermelon Rocks

What you need :

- Acrylic paint
- Black decorative paint
- Wiggly eyes
- Varnish (optional for glossy cover)
- Rocks



Method :

1. Paint the bottom of the stone light green. You may need to apply a few coats.
2. Then paint the top of the stone pink.
3. Once the green paint has dried, paint dark green stripes on top of the light green section.
4. Then, paint a thin white line along where the pink and green sections meet.
5. Stick two googly eyes on the pink part of the stone and draw a smile.
6. Draw black seeds on the pink part of the stone using a black deco pen.
7. Once the paint is dry, varnish the paperweights to create a glossy finish. Try not to varnish the top of wiggly eyes, you can always remove the wiggly eyes and re-stick when the varnish is dry.



Out and About



<https://www.wyre.gov.uk/wyreestuarycountrypark>

Wyre Estuary Country Park



The award winning Wyre Estuary Country Park offers year-round activities and events for all the family including ranger-led walks, environmentally themed activities and annual events like the Family Sculpture Day. An innovative children's play area provides children with a great opportunity to enjoy natural play and have fun in the

park. Visitors to the park can also enjoy a walk along the network of accessible paths by the breathtaking Wyre Estuary. On a sunny day enjoy a picnic! There is some of the finest picnic spots for you, whether it's nearby while your little treasures explore or somewhere you can enjoy the view. If you want to bring your own picnic or BBQ, then please do, but remember to recycle as much of your rubbish as you can! With an exciting woodland and geology explorers trail there's an opportunity to discover the wildlife and learn about the native trees in the park's woodland setting.

The Sea Swallows and the mythic Coast on Cleveleys Sea Front

<https://broadbent.studio/the-mythic->

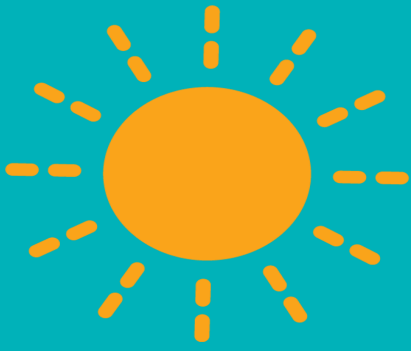
The Sea Swallow storybook is written by Gareth Thompson and illustrated by Hannah McGee. It's brought to life through a series of pieces of public artwork in a trail along the seafront. In 2011, each primary school child in Wyre was given a copy of the book. You might still be able to get a copy of it from the tourist information center at Marine Hall, Fleetwood. It is a fairytale written for children, it blends legend with local features and folklore. It includes the legends of sunken villages inspired by Singleton Thorpe and the petrified forest which you can still sometimes see on the beach today.



Penny Farm

Penny Farm is a horse rescue and rehabilitation centre operated by the charity World Horse Welfare. It is brilliant for animal lovers to go and have a farm walk, a bite to eat, to see the horses and find out more about the charity. It is Open Saturday, Sunday, and Wednesday 11am-3pm.





Out and About

Rossall Point — Fleetwood



The tower is operated by Wyre Council and manned by Wyre volunteer rangers who run events and provide information about the local coastal environment. The observation tower is open to the public so that they can learn about the coastal environment, bird life and plant life or just enjoy the view. The ground floor gallery has information about the local area and seasonal displays. There are two observation decks for bird watching and taking in the views of the Irish Sea and across Morecambe Bay to the Lakeland fells and the Forest of Bowland. Anyone who cannot make it to the top deck will be able to enjoy the view through a screen at ground floor level. The tower has been designed to look as though it is leaning into the wind and rises 42 feet above the sand dunes.

Lytham Windmill

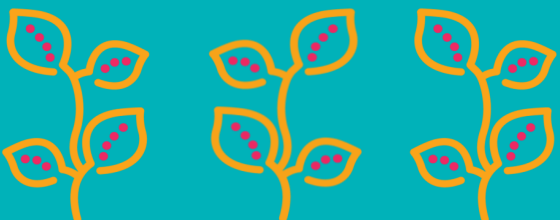


It's a well known landmark on Lytham Green, and houses a fascinating exhibition of artefacts. See what life was like in the local area long ago, and take a climb to the top of the mill. It's open during the summer season, so please check the opening times before visiting Lytham Windmill.

Pack a Picnic

Why not make an event out of your take-out? Make a traditional home-made picnic, filled with all of your favorite goodies, pack it up with a blanket and deck chairs and head off with your family and friends to enjoy a 'free' alfresco meal.

You could take your picnic to your local park, head to the seafront or take it with you on a bike ride (but don't try to take deck-chairs on a bike!!) Anywhere is great for a picnic so why not try it?



For hot sunny days don't forget the sun cream and plenty of fresh water.



Stay in
the shade



Wear Sunglasses



Stay safe

in the

SUN



Drink plenty
of water



Wear a hat



Wear sunscreen



Tips to Stay Safe in the Sun



Whether you're heading to the beach, playing in the park or out in your own backyard, it's really important to think about sun protection for little ones. Follow our tips on sun safety for kids and make sure everyone enjoys the sunshine safely when you're out and about.

1. Stay in the shade when possible

It's a good idea to keep children in the shade in the middle of the day when the sun is at its strongest - try and get into the habit of heading indoors between 11am and 3pm, or use a parasol or a play tent to provide some shade.

2. Use a good sun cream

Make sure your little one wears sunscreen that covers any exposed skin - use plenty, and don't forget their shoulders, the back of their neck, the tops of their ears, nose and cheeks and the tops of their feet. Choose a sunscreen that has an SPF of at least 30 and at least 4 stars for UVA protection.

3. Keep topping up the sun cream

Try and put sun cream on your child at least half an hour before heading out to play - remember that you'll need to put more on throughout the day, especially if they've been swimming or paddling.

4. Always pack a sunhat

It's a good idea for children to wear a floppy sunhat that protects their face and neck whenever they're out in the sun. Wearing a hat yourself can really encourage your reluctant toddler to follow suit - and hats with chinstraps can be very useful if your child likes removing their hat!

5. Drink lots of water

Give little ones access to water throughout the day, especially in warm weather. Encourage them to drink regularly - particularly when they've been running around.

What Parents & Educators Need to Know about

TOWNSHIP



(on the App Store; 'Everyone' on Google Play)

WHAT ARE THE RISKS?

Despite launching in 2011, Township remains popular with children and adults alike. A city-building game with farming elements, it tasks players with developing their settlement and unlocking new features along the way. Aimed at the more casual gamer, it's mostly child friendly – but there are still some related risks to be mindful of.

MISLEADING PUBLICITY

Township's developers have previously faced criticism for advertising the game on social media by using clips of gameplay which can't actually be found in the final product. This may well lead to a child or young person downloading the game with severely misplaced expectations of what they'll be playing.

IN-GAME ADVERTS

While it's common for mobile games to feature in-game advertisements for other products and services, Township employs a particularly egregious strategy seen in several similar products. It offers users in-game currency in exchange for watching such adverts, which can obviously encourage young people to willingly expose themselves to marketing material.

IN-GAME PURCHASES

The game's core concept of building up a settlement to increase its population and income can feel slow paced at first – and players are incentivised to spend real-world money to move things along more quickly. That can mean handing over anything from £1.99 to £19.99 for these in-game boosts: amounts that can rapidly add up to a considerable sum if left unchecked.

TIME-CONSUMING GAMEPLAY

Township's gameplay loop of acquiring resources and reinvesting them into your little community is a fun one – but this rewarding sense of making progress can lead to players spending far more hours staring at the screen than they realise. There are also special in-game events which run for a limited time, designed to entice players into even longer gaming sessions.

ONLINE MULTIPLAYER MODE

After reaching level 19, players in Township can form a 'co-op' and unlock the option to exchange goods with up to 30 other users. Online multiplayer modes are nothing new, of course – but neither are the potential risks they pose to children and young people. Chances are, youngsters will be interacting with complete (and possibly much older) strangers within the game environment.

Advice for Parents & Educators

DISCUSS THE GAME IN ADVANCE

While older children may notice and understand that Township might be marketed in a potentially misleading way, it could be worth explaining to prospective younger players how and why the game differs from what's been advertised. This will help them to manage their expectations and avoid any possible disappointment if they do decide to download and play it.

MONITOR SPENDING AND SCREEN TIME

More modestly priced in-app bundles can be a welcome treat for a child wanting to speed up their progress in Township, but it's wise not to leave a linked payment method active in case a youngster gets carried away. Likewise, to prevent Township from causing an increase in screen time, parental controls on most devices allow limits to be placed on how long a game can be played each day.

BE WARY OF EXTERNAL SITES

Township's makers state that all in-game ads are age-appropriate: children won't be shown adverts recommending more violent titles, for instance. Even so, clicking on these adverts can take players out of the game and onto external sites that have nothing to do with Township or its developers: this raises the risk of children encountering inappropriate content or being tempted by online purchases.

TALK ABOUT ONLINE STRANGERS

Township's online multiplayer mode (as with any game which includes that functionality), is an avenue through which a child could be contacted by people who they don't actually know. It's worth reminding young Township fans, therefore, not to give out any personal information to strangers online – whether that's within the game itself or in the social networks associated with it.

Summer Support

<u>Support offered</u>	<u>When?</u>	<u>Where?</u>
The Bridge Project —9.30am-11.30am-for homeless and 12.30-2pm— to provide extra support if in need	Monday, Tuesday, Thursday, Friday 9.30am—2.00pm	Blackpool Salvation Army, Raikes Parade, FY1 4EL
St Marks Church —Breakfast	Thursday 10.00-12.00pm	Blackpool the Well Café, Westcliffe Drive, FY3 7HR
Sacred Heart Church – Free emergency food	Thursday and Friday -10.00-11.00pm	Blackpool green Doors at Church House, 17 Talbot road, FY1 6LA
Holy Cross Church – Free hot meal and takeaway food	Saturday —4.30-6.00pm	Blackpool Central Drive Blackpool, FY1 6LA
The Blackpool Foodbank	Monday-Friday – 8.00am -4.00pm	Blackpool Whitehall's Business Park, Unit 2 Holly Cl, Blackpool FY4 5QP
Blackpool Community Grocery - Grocery shop to save money	Monday-Friday —9.30am-4.30pm	Blackpool Kings Church, 241 Bispham
Fleetwood Baby Bank - All baby product essentials at a low cost	Monday-Friday – 8.00am-6.00pm	Wyre 444 Fleetwood Road, Fleetwood,
The Pantry - Food packages	Monday– Friday – 12.00pm –3.00pm	Wyre Pharos Street Fleetwood, FY7 6BE
Christ the Church Thornton Food Bank Food and drink	Monday-Thursday 9.00am-1.00pm	Wyre Meadows Avenue, FY5 2TW
St Thomas Church Food club Food club for everyone	Monday-Tuesday, Wednesday, Friday – 9.00am-3.00pm Thursday -9.30am-3.00pm	Wyre Church Street, Garstang Street, Garstang, Preston PR3 1PA
Fylde Food Bank	Tuesday and Thursday 10.00am-3.00pm	Fylde St Anne's United Reformed Church St Georges Rd, Lytham St Anne's FY8 2AE
Citizens Advice Fylde advice and support	Monday– Friday – 9.00am-4.00pm	Fylde Moor St, Kirkham, Preston, PR4 2AU
Warton Food Bank	Wednesday – 12.00am-3.00pm	Fylde 26 Church Rd, Warton, Preston PR4 1BD
Community Centre Lower Lane Freckleton Free hot meal takeaway	Wednesday —Teatime	Fylde Auster Crescent, Freckleton, PR4 1JL
Well community centre and café — advice, warm hot meal, relax	Monday — 4.00– 5.30 PM	Fylde –92 St Albans road, Lytham St Anne's, FY8 1UZ



Blackpool, Fylde & Wyre

Blackpool Business First, Business Centre,

Lancaster House, Amy Johnson Way.

Blackpool FY4 2RP

Tel: 01253 728615 Email: enquiries@homestartbfw.org.uk

Website: www.homestartbfw.org.uk



Facebook @Homestartblackpoolfildewyre

Home-Start BFW Fundraising Shop - @hsbfwshop



TwitterX: @HomeStartBFW



Instagram: @HomeStartbfw

**Check out our website or search
for us on social media for events &
giveaways!**

Lytham Leg Up

Community Action Group

(C.A.G) Change for life.

Clothes line 01253 770646

National Domestic Violence Helpline:

0808 2000 247

www.nationaldahelpline.org.uk/

NSPCC helpline

0808 800 5000

If you're worried about a child, even if you're unsure, contact NSPCC professional counsellors for help, advice and support.

Childline

0800 1111

Offers free, confidential advice and support for any child 18 years or under, whatever the worry.

MIND

Mental Health Support with specific advice on 'your wellbeing'.

www.mind.org.uk

Young Minds

Supporting children and young people and their parents/carers with their mental health and wellbeing. Specific advice on managing self-isolation and anxiety about coronavirus.

www.youngminds.org.uk

Minds Matter 01253 955943

ICON

Babies cry: You can cope. www.iconcope.org/

SafeLives

Specific resources for domestic abuse and COVID. [www.safelives.org.uk/news-views/ domesticabuse-and-covid-19](http://www.safelives.org.uk/news-views/domesticabuse-and-covid-19)

IRISi interventions

irisi.org/iris/find-your-local-iris-site/

Fylde Coast Womens Aid

01253 596688

National Domestic Violence

0808 2000 247

www.nationaldahelpline.org.uk/

Benefits Helpline

08000 556688

Dental Helpline

01253 306378

Citizens Advice

0800 223 1133