

Summer Support

The summer holidays can be a great time for families, but they can also be challenging and stressful. Sometimes you might need some extra support to manage and enjoy the time together.

You can find lots of different kinds of support online or in person, depending on your needs. This leaflet provides details of services that can support you and your family. Simply click on the links to find out more.



Need support in knowing what support you need and where to find it?



Flourishing Families Tool

Some families need a bit of support to take care of their children. This can be with things like food, fun, or money and this tool can support you with these things. The tool can show you what you are good at and what you need support with. The tool can also tell you where to find support if you need it.

www.justonenorfolk.nhs.uk/flourishingfamilies



Family Hubs

These are places where you can get support for you and your children. They have different kinds of support in one place, so you don't have to go to many places. You can get support for your children from when they are born until they are 19 years old (or 25 years old if they have special educational needs and/or disabilities). You can also get support for yourself, like how to keep healthy and happy.

www.norfolk.gov.uk/familyhubs



Just One Norfolk

Just One Norfolk is a website that has lots of information and advice for families. You can also call or text them if you have any questions or worries about your health, your feelings, or how your children are growing and learning. Their phone number is 0300 300 0123 and their text number is 07520 631590.

www.justonenorfolk.nhs.uk



Family networking

Family Networking is about the strengths and resources in your network of family and friends. This means involving the people who know and care about you and your children best, when you need support in family life.

Some children and young people need extra support with learning or doing things. This can be for different reasons. If your child needs this kind of support, you can talk to [Norfolk SENDIASS](#).

www.justonenorfolk.nhs.uk/our-services/family-networking

What kind of activities are taking place over the holidays?

Do you want to have fun in the holidays? You can join Big Norfolk Holiday Fun. They have many things to do for children and young people from four to 16 years old. You can play sports, dance, act, make things, and more! If you get free school meals, you can join for free. If not, you can pay a little money to join some of the activities. Visit www.activenorfolk.org/public/bignorfolkholidayfun.

Worried about money?

If you have money problems, you can call the Client Hardship Service on 0344 8008020. They can help you in different ways, like how to spend your money wisely, how to make a plan for your money, how to get money from other places, how to pay less for electricity, gas, and water and how to talk to people who lend you money. You are not alone. The Client Hardship Service is here to help you.

Need help with mental health?

You can get free support for your mind and feelings. There are people who can listen to you and give you advice. They can help you feel better and cope with your problems. You can call them or go online. They are there for you and your family, including your children.

Visit www.norfolk.gov.uk/supportformentalhealth.

Worried about conflict or seeking support with domestic violence?

Living with violence or abuse at home is not OK. It can hurt you and your children in many ways. You can get support from people who understand and respect you. They can help you make a plan to be safe and happy. You can reach them anytime by calling or going online. They know about local and national services that can help you.

Visit www.norfolk.gov.uk/domesticabuse.

