Wiltshire Family Hubs Keeping in Touch January 2025



Exciting Updates:



We're excited to share that each of our Family Navigators will be spending time in your local area- in a library or community venue! During these times our Family Navigators are there to help you find the support you need.

Go to our website page to see the up-to-date locations.

If these times don't work for you our Family Navigators (FNs) have flexibility to arrange other appointments. Call the freephone number and we can help to link you up with a Navigator: 0800 970 4669.

We are working with local libraries to offer more times for Family Hub activities. Stay tuned as we finalise these events and additional activities.

We'll keep you up to date on Facebook as we continue to develop and offer even more services for your family.

Safety Tips

Did you know that grapes are one of the worst choking hazards - cut them in half for babies.

For MORE information about preventing choking please visit <u>The Child Accident</u>
prevention Trust

Parenting does not come with instructions!

attending a parenting course is a strategy you can use to give you more confidence and ideas.

Interested in a parenting course? - click HERE







Support We Offer

We are here to help with a whole range of topics including:

Ideas around implementing routines and setting boundaries.

Help to understand your child's needs and build your confidence as a parent.

Help around finances, housing applications, debt support and accessing benefits.

Supporting you 'back to work'

Volunteering opportunities

We can help families access:

Baby Bundles

Healthy start vitamins

Advice on local childcare and applying for funding.

Introductions to other services

Facebook

Our Wiltshire Family Hub
Facebook page is another way for families to stay up to date with current services. Make sure you like and follow to stay in touch with us.

Simply click here:



Get in touch with us

If you have any questions or would like more information about our services please call us on one of our numbers below or check out our website:

Freephone: 0800 970 4669

wiltshirefamilyhub@spurgeons.org

Other useful numbers:

Health visitor - Single Point of Access
0300 247 0090

National Breastfeeding helpline 0300 100 0212

Fearfree (Domestic Abuse support Service)
01225 775276

National Domestic Abuse Helpline 0808 2000 247

Click here to visit our website

www.wiltshirefamilyhubs.org.uk