**Together We Can Helpline**

If you do not have existing referral routes (E.g. family support worker, health visitor, social worker or lead professional) then you can get support through the Together We Can.

**0300 123 7052**

Monday – Friday

9am - 5pm

**Community Food Support**

Talk to \*SCHOOL PASTORAL SUPPORT\* to learn more about what community food support there is in your local area.

**Free School Meals**

If your child receives free school meals or you meet criteria, you are entitled to 2 x £15 per child per week food voucher to cover the Christmas holiday.

Talk to \*SCHOOL CONTACT\* to find out more.

**Food Bank Vouchers**

If you need to visit a food bank talk to \*SCHOOL PASTORAL SUPPORT\* for advice and to get 2 foodbank vouchers to cover the Christmas holidays.

**Healthy Start Vouchers (For expectant parents & 0-4 years)**

National voucher scheme that provides eligible families with weekly vouchers to put towards the cost of milk, fruit & veg, beans & pulses and formula.

[Find out more here](https://www.healthystart.nhs.uk/healthy-start-vouchers/)

**Let's Talk Money**

If you are struggling with money this winter call Citizens Advice on their Let's Talk Money helpline. Citizens Advice can help you if you are worried about debts, rent arrears, claiming benefits, or need support to find employment and much more.

The Let's Talk Money team is here to offer free and friendly guidance, Monday to Friday 10am - 4pm. They will not judge you. They are here to understand your individual circumstances and help you to get the right support.

**Get support by calling 01202 985104**

**The Christmas Plate – For families to take away**