**Family Support**

Home Start Kernow are still offering support to families in Cornwall at this time. Home Start Kernow are a charity that provides volunteers who are parents themselves to support families. They are offering support from their staff and volunteers through phone calls, video calls, texts and other messaging.

<https://homestartkernow.org.uk/>

Parent Carers Cornwall support families with children with additional needs. At this time, they are offering support via online chats and telephone calls. <https://parentcarerscornwall.org.uk/>

Wild: Young Parents’ Project support young parents and their children in Cornwall. They are providing online support via their Facebook page and website. <https://www.facebook.com/wildyoungparentsproject/>

Friends of Face2Face link parents and carers of children with additional needs and disabilities with local parent befrienders. They are currently offering telephone support and are starting their Oasis groups via Zoom soon.

<https://www.facebook.com/FRIENDS-OF-FACE2FACE-CORNWALL-1332243113478705/>

Gingerbread (national charity) provide information to help single parents support themselves and their family.

<https://www.gingerbread.org.uk/covid-19-response/>

**Debt Advice**

Citizens Advice has new Money Matters advisors around Cornwall. Clients can self-refer by texting the word; Money to 81400, clients will receive an automatic text response to confirm receipt. The advisor will then call client within 2 working days, Monday to Friday. Alternatively, clients can text the word DEBT to 78866 at any time, and again, receive a call back from an adviser. <https://www.citizensadvicecornwall.org.uk/>

Christians Against Poverty (CAP) have changed their debt counselling service to offer a telephone-based debt help service that will help and support the clients through the process via the helpline 0800 328 0006. <https://capuk.org/>

**Health Visitor and School Nurse Support**

Health Visitors are offering their Client Advice Line at this time for parents who need support. See the below page for more information: <https://www.cornwall.gov.uk/health-and-social-care/childrens-services/childrens-community-health/health-visiting/>

**Domestic Abuse Support**

Cornwall’s integrated domestic abuse and sexual violence service, Safer Futures, is still providing support, safety planning and information via their helpline and online.

**Helpline:** 0300 777 4777

<https://saferfutures.org.uk/>

**Local Group/Organisation Online Support and Resources**

St Agnes Library have a variety of virtual Rhymetime videos on their Facebook page: <https://www.facebook.com/stagneslibrary/>

The Cornwall Libraries Facebook page has story time videos, Lego club videos and links to this year’s Silly Squad Summer Reading Challenge.

<https://www.facebook.com/CornwallLibraries/>

Healthy Cornwall normally run Ready Steady Eat sessions to support introducing babies to solid foods. They have created an online to support at this time. <https://www.healthycornwall.org.uk/training/ready-steady-eat-an-introduction-to-solid-food/>

Hidden Help in Bissoe collect donations of unwanted, but still serviceable household goods and then redistribute them to families that are in need. Their work is continuing at this current time. A referral from a support agency is required. <https://hiddenhelp.org/>

**Breastfeeding Support**

Breastfeeding Information and Support Cornwall (BISC)Peer Support Mid Cornwall are currently offering online peer to peer support on Microsoft Teams. You can find out more from their Facebook page: <https://www.facebook.com/BISCMidCornwall/>

**Food Support**

Truro Foodbank is open on the following days:

Monday 3pm – 5pm

Tuesday 10am – 12

Thursday 10am – 12:30pm

A voucher from a referral agency is needed for a parcel. <https://truro.foodbank.org.uk/>

Chaos Café in Truro have their Community Fridge which has been providing fresh food parcels at this current time. To find out more information or to enquire about a parcel – go to their Facebook page: <https://www.facebook.com/CafeChaosTruro/>

**Mental Health Support**

Cornwall Partnership NHS Foundation Trust has recently launched a new 24/7 open access telephone service for anyone worried about their mental health. Call them free on 0800 038 5300, any time day or night if you are worried about your own or someone else’s mental health. More information: <https://www.cornwallft.nhs.uk/i-need-help-now/>

The Young Minds Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25. Parents may have questions about a child’s behaviour, emotional wellbeing, or mental health condition. Call their free helpline for confidential, expert advice: 0808 802 5544 (free Mon-Fri from 9.30am to 4pm – available in England, Scotland, Wales and Northern Ireland.) More information: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Outlook South West has a Facebook group for their Finding Yourself Again course which supports women postnatally across Cornwall. The group is to support Mums share experiences, thoughts and feelings of parenthood, to help them feel less isolated in this strange and uncertain time.

<https://www.facebook.com/OSWFindingYourselfAgain/>

Together for Families on their website have a lot of videos and links to support family mental health at this time: <https://www.cornwall.gov.uk/education-and-learning/coronavirus-advice-for-children-and-families/emotional-resilience-and-mental-health/>

**Local Group/Organisation Online Support and Resources**

Cornwall Wildlife Trust has lots of great resources for things to do and see as a family and helpful home-schooling resources. <https://www.cornwallwildlifetrust.org.uk/coronavirus#home>

Sensory Trust are a Cornish organisation that use nature and the outdoors to improve health and wellbeing. They have lots of free downloadable activities on their website <https://www.sensorytrust.org.uk/information/creative-activities/>.

Drums4Fun have produced a series of three 'virtual' one hour sessions for children, adults with learning difficulties and also for people with memory loss, Dementia and Alzheimer's. To access the 'virtual' sessions you can either go to their website [www.drums4fun.co.uk](http://www.drums4fun.co.uk) or their YouTube channel Drums4fun <https://www.youtube.com/channel/UCijvXplW9ff1wfg80G5jKBg> where you find the video links.

Headstart Kernow have lots of links and resources to support families at this time:

<https://www.headstartkernow.org.uk/sec-sch-support/covid-19/covid19-ideas/?fbclid=IwAR0m6sIu07u_0nGeFDaGJujevuj1A4edqQzXsIF-kmGZ-WoFdDQUn9UWVHg>

**National Helplines**

Family Action has their free Family Line service which uses a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message (Monday – Fridays 9am – 9pm). 0808 802 6666 <https://www.family-action.org.uk/what-we-do/children-families/familyline/>

Family Lives offers a confidential and free helpline service for families in England and Wales for emotional support, information, advice and guidance on any aspect of parenting and family life. = 0808 800 2222 (Monday - Fridays 9am – 9pm and Saturday - Sunday 10am – 3pm) <https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

Contact run a free helpline for parents and carers of children with disabilities who want to talk with one of their expert advisers (Monday – Fridays 9.30am-5pm). 0808 808 3555 <https://contact.org.uk/advice-and-support/our-helpline/>

**Financial Support**

Kernow Credit Union is still offering their Family Loan and Saving Scheme to anyone in receipt of Child benefit to borrow for family expenses with a quick application form and no credit checks, using the Child Benefit for the repayments. 01209 314 449 <https://www.kernowcreditunion.co.uk/loans>

**Bereavement Support**

Penhaligon’s Friends are still open and available during the COVID-19 situation to support bereaved families with children and young people in Cornwall. <https://www.penhaligonsfriends.org.uk/>