

Essex

ACTIVE



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# FAMILY SUPPORT BOOKLET

Information, resources, top tips and useful contacts  
to support and inspire you and your family



Funded by



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Essex County Council

ActiveEssex

 [thurrock.gov.uk](http://thurrock.gov.uk)

# HOUSEHOLD SUPPORT

We understand the worries families across the county may have around rising costs, therefore we want to help by providing services and support that you may be eligible for, as well as key contacts who may also be able to support you in some way.

## GOVERNMENT SUPPORT

The government have put together a list of services to help with the current cost of living crisis, this includes income and disability benefits, bills and allowances, childcare, housing, travel costs and managing money. Head over to their website to check if you are eligible and find out more.



[gov.uk/cost-of-living](https://www.gov.uk/cost-of-living)



## HELP FOR HOUSEHOLDS

The Help For Households campaign offers a wide range of support to families and residents around mortgage payments, child and travel costs, and more, also tips on how to help lower and save on your energy bills, as well as mental wellbeing advice.



[helpforhouseholds.campaign.gov.uk](https://www.helpforhouseholds.campaign.gov.uk)



## ESSEX COUNTY COUNCIL SUPPORT

Essex County Council have produced a summary of services which may be able to help if you are struggling with the cost of living crisis. Many local councils are also offering additional services and funding. You can find out more about what is available by visiting your local council's website below.



[essex.gov.uk/helping-you-cost-living](https://www.essex.gov.uk/helping-you-cost-living)



## MENTAL WELLBEING SUPPORT

Having a lot to deal with can affect your mental wellbeing and Mind charity offer a range of free services and tips to help manage your money and improve your mental health. You can also speak to someone about any worries or concerns you may have.



[mind.org.uk](https://www.mind.org.uk)



## ESSEX WELLBEING SERVICES



Essex Child and Family Wellbeing Service brings together a range of children's community services. They ensure that families have free and easy access to local health services in the community; whether in a local clinic, children's centre, or in a family's home.



[essexfamilywellbeing.co.uk](https://www.essexfamilywellbeing.co.uk)



# FAMILY SUPPORT

Further local support to help families across the county as well as free advice and inspiration on how to get the whole family moving for little or no cost at all.

## FOOD BANKS

Food banks provide free food supplies to people who may be struggling financially. Contact your local council or Citizen Advice Bureau who will signpost you to a food bank or scan the QR below.

 [trusselltrust.org](https://trusselltrust.org)



## CITIZENS ADVICE


Citizens Advice offers free and impartial advice on a range of financial worries, and can provide further specialist advice if needed. Visit your local Citizens Advice branch by scanning the QR code.

 [citizensadvice.org.uk](https://citizensadvice.org.uk)



## TALK LISTEN CUDDLE

TLC is an Essex campaign helping parents, carers and families give their young children the best start to life, developing their communication skills through playful learning at home.

 [tlc-essex.info](https://tlc-essex.info)



## BUDGETING LOANS

Budgeting loans can help pay for living expenses and essential items such as rent, furniture, travel costs and more. They are only available to people who have been on certain benefits for at least 6 months. Scan the QR code to apply or find out more.

 [gov.uk/budgeting-help-benefits](https://gov.uk/budgeting-help-benefits)



## FIND YOUR ACTIVE

With many of us feeling the pinch, Find Your Active want to highlight some of the ways you can still participate in physical activity, with it costing little or no money at all. Being mindful of where we spend our income is becoming particularly prevalent across the county. However, it is still important to take care in looking after you and your families physical and mental health.

 [activeessex.org/find-your-active](https://activeessex.org/find-your-active)



# Essex ACTIVate

Essex ActivAte are here to support your family at home throughout the school holidays and beyond! Our free, family support webpage offers lots of online sessions, resources, inspiration, guidance and fun activities to make the school holidays a little less stressful!

Scan the QR code below to discover more!



[activeessex.org/children-young-people/essex-activate/support](https://activeessex.org/children-young-people/essex-activate/support)



Essex ActivAte also provide fun and exciting holiday clubs that offer free spaces for eligible school aged children (4-16yrs) to book onto! Local club providers offer activities such as sports and games, outdoor adventures, inflatables, crafts, baking and so much more! Clubs will also provide nutritious meals and snacks, as well as offer food education, helping to support families across the county.

Follow our social media to be the first to know when clubs are live to book or head over to our website to find out more!



[activeessex.org/children-young-people/essex-activate](https://activeessex.org/children-young-people/essex-activate)



EssexActivAte