



Hello, my name is Clair Bedford and I am the PFSA here at Eastover. I will be available on certain days through the summer holidays. My works mobile is 07470 673471.

I can help with things like behaviour, attendance and health and can signpost families to more specialist support if it is needed.



Parenting Support and Advice:

The Happy Child Parenting

App: grants you access to cutting-edge research and tips that will help you raise a happy, well-adjusted child. Years of ground-breaking research and findings in Psychology, Neuroscience and Paediatrics have been curated into one easy-to-use app and no in-app purchases.

<https://www.humanimprovement.org/the-happy-child-app>



My Family Coach: We all have times when we need some parenting support. With My Family Coach, you get all the help you need with advice to support every stage of your child's development.

<https://www.myfamilycoach.com/>

Tiny Happy People: Children's language development and parenting advice - BBC Tiny Happy People A chatty child is a happy child, so Tiny Happy People is here to help you develop your child's communication skills through simple interaction and play.

<https://www.bbc.co.uk/tiny-happy-people>



Money:

Are you Struggling with bills or need household items? Support is available



The Household Support Fund is designed to provide short-term urgent financial help to Somerset residents who are struggling to afford household essentials such as buying food, paying for energy and water bills and other essential household items such as beds and white goods.

<https://www.somerset.gov.uk/social-care-and-health/somerset-household-support-fund/>



Help with energy bills/advice - Depending on where you live, and who you buy your energy from, we can help you with grants and support.

<https://www.cse.org.uk/advice/contact-us/get-in-touch>

Citizens Advice: Get help with bills, offers a wide range of advice from struggling to pay your bills to what help you may be entitled to.

<https://www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/get-help-with-bills/>

Somerset Connect Help4All

These partners are working together so Somerset families and residents get the help they need and get it early. They have listed some of the services and support that may be useful for you to know about.

www.connectsomerset.org.uk/help4all



#Help4All



Get free support and advice on:



Money - including cost of living, debt, energy costs, jobs, benefits and transport.



Food - find your local food bank, Happy Healthy Holidays, and more.



Home - housing support and advice, including help with your rent or mortgage.



Health and Wellbeing - find local support and toolkits for adults, young people and children.



Domestic abuse - help if you or your family are affected by domestic abuse or violence.



Problems with drugs or alcohol - for young people and adults affected by substance abuse.



Parenting - tools and guides for parents, carers and grandparents.



Scan the QR code or visit:

www.connectsomerset.org.uk/help4all