

Support for our patients: Family support

Local support

Family Hubs: Action for Children (Teignbridge and South Devon)

Offers a welcoming environment and serves as a central point of access for all families, including those with special educational needs and disabilities (SEND) up to age 25. Their Family Navigator team are able to provide support and advice whether you're having a parenting issue or feeling overwhelmed with the pressures of family life they can offer guidance and signpost to information and advice.

For information, visit **www.devon.gov.uk/education-and-families/child-family-support/family-support/family-hubs** or call the advice line on **0800 538 5458**.

Homestart

A charity that provides parent and family support. Homestart's volunteers can support families with young children under the age of 5 at home or in the community. Homestart also run a range of groups and activities for parents and children in the Teignbridge area. For more information, visit **www.homestart-teignbridge.org.uk** or call **01626 353700** or **07837 946069**.

National services

Family Action

Family Action provides emotional support, information and guidance on family relationships (including siblings) and conflict, parenting, caring, financial worries - to help you through whatever problems you or your family are facing, as well as a range of self-help resources. They can offer support via their Family Line helpline from 9am-9pm, via email, online chat as well as an out of hours crisis support service. To access support, visit **family-action.org.uk/get-support/familyline** or call **0808 802 6666** or text **07537 404 282**.

Family Lives

This service provides an extensive range of information and advice for parents including divorce, finances, mental health, bullying, and many more. They also provide a helpline accessible via phone, email, whatsapp and live chat for anyone with parenting and family life worries. For full details, click here **www.familylives.org.uk**, call **0808 800 2222** or **Whatsapp** on **07441 444125**.

Gingerbread

A website that offers a wide range of support and advice for single parents. They also have a helpline and a chat function to access support. For more information, visit **www.gingerbread.org.uk** or call **0808 802 0925**.

Togetherness Learning Pathways

Togetherness offers free online learning pathways for families across Cornwall, Devon, Plymouth and Torbay. The online courses cover emotional health, child development, understanding feelings and behaviour, and support through key life changes such as a new baby or starting a new school. For full access, visit **togetherness.co.uk/pathway-library** and use the code **TAMAR**.