

Hampshire HAF Signposting Information

Dear HAF scheme provider,

It is a condition of your grant that your staff are able to provide information, signposting or referrals to other services and support that would benefit the children who attend your scheme/s, and their families.

The Department for Education has suggested that this could include either sessions or information provided by a range of organisations.

To help you we have detailed below the main topics of advice and information that your staff are required to be able to talk about to children and families as part of providing the HAF scheme. You may know of other sources of advice or want to go beyond this if you know additional guidance and advice would be of benefit to your particular participants.

The table below identifies main advice topics, key organisations and method of provision.

Hampshire County Council's Family Information Services Hub (FISH) is an incredibly useful resource and is mentioned numerous times below – find it here - [Family Information and Services Hub \(hants.gov.uk\)](http://Family Information and Services Hub (hants.gov.uk)).

Additional signposting resources have been loaded on to the Moodle at <https://sfyctraining.hants.gov.uk/course/view.php?id=237>

NB you need to enrol once to be able to access Moodle resources by contacting: sfycmoodle@hants.gov.uk

Advice Topic Area (A-Z)	Key Organisations	Method of Provision
Armed Forces	<p>If a member of the family is in the Armed Forces there are many organisations that can offer support. A key one is SSAFA. The easiest way to find these is on the Forces Connect app.</p> <p>Hampshire has signed an Armed Forces Covenant to ensure that local military personnel are not disadvantaged in any way.</p>	<p>Forces Connect on the App Store (apple.com) Forces Connect – Apps on Google Play</p> <p>The Armed Forces Covenant Hampshire County Council (hants.gov.uk)</p>
Benefits Advice	Citizens Advice – Hampshire and District level. There are a number of local offices – check the link for the nearest one to your scheme.	FISH – Information Hub - Search Results Family Information and Services Hub (hants.gov.uk)
Careers Advice	<p>For young people exploring post-16 options the Hampshire Futures page offers access to advice to match young people to the right opportunity, whether that's education, employment, traineeship, apprenticeship, further training or volunteering opportunities.</p> <p>The 11th Infantry Brigade</p>	Careers help Hampshire County Council (hants.gov.uk)

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Careers in the Armed Forces	<p>Royal Air Force</p> <p>Royal Navy</p> <p>Young people might also want to consider joining Cadet branches of an armed service.</p>	<p>Careers The British Army (mod.uk)</p> <p>RAF Recruitment Home Regular & Reserve Royal Air Force (mod.uk)</p> <p>Royal Navy Jobs Careers in the Navy & Royal Marines (mod.uk)</p> <p>Hampshire And Isle Of Wight Army Cadets Army Cadets UK Hampshire & Isle of Wight Wing Air Training Corps (hantsatc.com)</p> <p>Unit Finder - Find Your Nearest Unit - Sea Cadets (sea-cadets.org)</p>
Childcare Provision	<p>Please search on FISH for local childcare providers</p> <p>Hampshire County Council information on support with childcare costs.</p>	<p>Childcare and Early Years Education - Search Results Family Information and Services Hub (hants.gov.uk)</p> <p>Help with paying for childcare Children and Families Hampshire County Council (hants.gov.uk)</p>
Children's Services	<p>Hampshire County Council's Children's Services</p> <p>Provides safeguarding and social care services, education and information on childcare.</p>	<p>Children and families Children and Families Hampshire County Council (hants.gov.uk)</p>
Domestic Abuse	<p>There are a number of services that you can access locally and nationally. Please search on FISH.</p> <p>NSPCC and others have lists of signs that can help you recognise the effects of domestic abuse on children.</p>	<p>FISH - Information Hub - Search Results Family Information and Services Hub (hants.gov.uk)</p> <p>How to Protect Children From Domestic Abuse NSPCC</p>
Employment Advice	<p>Jobcentre Plus</p> <p>Help to find work can be found on Gov.UK</p> <p>Find a Job – to search for current job vacancies</p> <p>Job Help – provides hints and tips on applying for jobs and job search ideas.</p>	<p>https://www.gov.uk/find-a-job</p> <p>https://jobhelp.campaign.gov.uk/</p> <p>Apprenticeships</p>

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	<p>Apprenticeships – information on becoming an apprentice</p> <p>The Links to Work M3 programme delivered by Fedcap Employment, offers tailored employment support to help people back into work. Fedcap cover the following towns within the Hampshire area: Aldershot, Andover, Alton, Basingstoke, Farnborough, Fleet, Winchester, Whitehall & Bordon</p>	<p>Links to Work Helping people maximise their full potential</p>
Family Support Service	<p>Hampshire County Council’s service for families with children aged 0–19 years (or up to 25 for young adults with learning difficulties and/or disabilities).</p>	<p>Early help services in Hampshire Children and Families Hampshire County Council (hants.gov.uk)</p>
Financial Advice and Education	<p>Citizens Advice (local)</p> <p>Money Advice Service (national)</p> <p>National Debtline (national)</p> <p>StepChange debt advice (national)</p>	<p>FISH – Financial problems and relationships Family Information and Services Hub (hants.gov.uk)</p>
Food poverty	<p>Food banks and pantries</p>	<p>FISH - Information Hub - Search Results Family Information and Services Hub (hants.gov.uk)</p>
Health (physical)	<p>Oral health – keeping teeth healthy</p> <p>School Nurse Service – provided by Southern Health NHS Trust and known as Hampshire Healthy Families. A list of School Nurse Service local contacts is attached at Appendix B.</p> <p>Change4Life resources from Public Health England – focusing on healthy eating and physical activity for children.</p> <p>Healthier Together website for general advice, signposting and information</p>	<p>Children's teeth - NHS (www.nhs.uk)</p> <p>Hampshire Healthy Families Portal</p> <p>Signposting info in Appendix A.</p> <p>https://what0-18.nhs.uk/</p>
Housing Advice	<p>The local District Council is responsible for Housing Services and there is helpful information on FISH relating to various housing services. There are also contact</p>	<p>FISH - Information Hub - Search Results Family Information and Services Hub (hants.gov.uk)</p>

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	<p>details for support with adapting homes for children with disabilities.</p> <p>Housing Benefits advice - Citizens Advice. Applications for Housing Benefit are made to the local District Council.</p>	<p>FISH - Housing Benefit Family Information and Services Hub (hants.gov.uk)</p>
<p>Mental Health Advice for Children and Young People</p>	<p>The Kooth and ThinkNinja digital mental health services are available for children and young people in Hampshire Kooth is intended for 11-25 year olds, and Think Ninja is an App intended to help 8-13 year olds manage common mental health issues.</p> <p>Mental Wellbeing Hampshire website for signposting</p> <p>Healthier Together is a website and App that can support, children, young people, parents, carers and professionals in relation to a wide range of advice, signposting and information relating to health services, including mental health</p> <p>NHS 111 Mental Health Triage service – is a relatively new 24/7 service, available via NHS 111 (call 111 day or night) to support any young person with urgent mental health needs (young people can call or parents / carers worried about a young person. They have links into Hospital, Ambulance and community mental health services.</p> <p>Hampshire Youth Access – NHS commissioned Counselling service for children and young people aged 5-17, delivered by specialist community organisations employing qualified counsellors.</p> <p>The Hampshire Child and Adolescent Mental Health Service (CAMHS) website provides information on a range of self help resources for general mental health, but also includes details of self-referral into specialist community NHS services for more complex mental health support</p>	<p>Kooth - Home - Kooth</p> <p>Think Ninja - Maintaining emotional wellbeing during the Coronavirus situation Family Information and Services Hub (hants.gov.uk)</p> <p>Mental Wellbeing Hampshire Health and social care Hampshire County Council (hants.gov.uk)</p> <p>Healthier Together https://what0-18.nhs.uk/</p> <p>NHS 111 Mental Health Triage service NHS 111 Mental Health Triage Service (southernhealth.nhs.uk) In an emergency, call 999.</p> <p>Hampshire Youth Access Home - HYA (hampshireyouthaccess.org.uk)</p>

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		CAMHS (hampshirecamhs.nhs.uk)
Nutritional Information	Change4Life resources from Public Health England – focusing on healthy eating and physical activity for children.	Home Change4Life (www.nhs.uk) Additional Change4Life links are below
Reading and Literacy	<p>Hampshire Libraries www.hants.gov.uk/libraries Joining the library is free.</p> <p>Summer Reading Challenge – free activity for children 4-11. Read or listen to 6 books and win a medal and certificate</p> <p>Other Library offers include storytime and rhymetime sessions, free holiday activity events, Code Clubs, Chatterbooks groups</p> <p>Libraries have rooms that can be hired for sessions and some will be able to offer facilitated sessions for families to join the library and have a story in branch.</p> <p>A useful booklist to help children understand difficult situations called 'When a book might help' this can be found at When a book might help... – Hampshire Library Service (hampshirelibraries.blog)</p> <p>Libraries also hold Reading Well collections for adults and young people on topics ranging from mental health to eating disorders and long-term health conditions.</p> <p>Library resources can be accessed digitally through the Borrow Box app and via their website Digital library Hampshire County Council (hants.gov.uk)</p>	<p>40 libraries across Hampshire – see website for opening times www.hants.gov.uk/library</p> <p>Kids Zone Hampshire County Council (hants.gov.uk)</p>
Safety advice for young people	Hampshire Constabulary and partners have a comprehensive website, Safe4Me, with advice on topics such as sexting, knife crime, drugs with advice on how to talk to children and young people	Resources – Safe4Me

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	about specific issues and how to report concerns.	

Appendix A - Public Health England's Change4Life campaign

PHE have kindly shared links to their Campaign Resource Centre where they have a range of digital resources, relating to their Change4Life campaign available for all to use.

The main Change4Life resource page includes both nutrition and physical activity resources: <https://campaignresources.phe.gov.uk/resources/campaigns/17-change4life/resources>

PHE also has the School Zone website which provides resources for teachers to use, focusing on a mix of healthy eating and physical activity. The first two links are to the main pages for Being active and Healthy eating and the links below that are to a selection of these resources within those pages. All contain printable resources that could be used by providers, including lesson plans, certificates, checklists and shareable information.

- [Being active | Overview | PHE School Zone](#)
- [Healthy eating | Overview | PHE School Zone](#)
- [Our Healthy Year: Reception take-home resources | PHE School Zone](#)
- [Our Healthy Year: Year 6 take home resources | PHE School Zone](#)
- [Recipe idea print-outs | PHE School Zone](#) (NB 5 recipe cards available)
- [Sugar Smart World take-home pack | PHE School Zone](#) (NB this is a game)
- [Play leader activity pack | PHE School Zone](#)
- [PE toolkit | PHE School Zone](#)
- [Classroom cooking toolkit | PHE School Zone](#)

Change4Life and the NHS also have a range of useful apps available for Android and Apple phones.

- Change4Life Food Scanner – The Food Scanner app brings food labels to life and helps you make healthier choices. Simply scan the barcode to see how much sugar, saturated fat and salt is in everyday food and drink.
- Active 10 – to motivate people to start walking briskly - [Active 10 - Home \(www.nhs.uk\)](#)

Appendix B – School Nurse Service - see separate document. NB this document has been kept separate as it contains personal information. You are reminded to handle this with due care in line with GDPR and to securely dispose of it. You can provide contact details to individual families that you are working with.

Appendix C – Book Trust

BookTrust is the UK's largest children's reading charity. We are dedicated to getting children reading. We get children reading in lots of different ways, but our priority is to get more children excited about books, rhymes and stories – because if reading is fun, children will want to do it. We reach millions of families across the country each year with books, resources and advice to encourage parents and carers to start reading with their babies right from the beginning.

Our books and resources are delivered via health, library, schools and early years practitioners, and are supported with guidance to encourage the reading habit. We offer free resources to families at a range of ages and stages, both universally and based on higher levels of need. To find out all about our programmes, from Free baby and Toddler packs through to packs for high school visit our programmes website:

<https://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/>

We also have a website for practitioners and families packed full of help, advice and information, as well as an area specifically dedicated to FREE and exciting activities, called BookTrust HomeTime and it is full of fun for children and families i.e.

- story times with free online books and videos.
- Games
- Prizes
- Book-themed quizzes
- Draw along to learn to draw some of your favourite characters.

Visit: <https://www.booktrust.org.uk/books-and-reading/have-some-fun/>