



## Some links to organisations and resources that you and your family may find useful

<b>Active Together</b>	HAF programmes for Summer 2022 and links to additional services and information	<a href="https://www.active-together.org/holidays-together">https://www.active-together.org/holidays-together</a>
<b>First Contact Plus</b>	Information and resources on housing, health, living independently, money advice, work, security and other topics that assist Leicestershire residents	0116 305 4286 <a href="https://firstcontactplus.org.uk/our-services/families-and-relationships/family-activities-and-support/">https://firstcontactplus.org.uk/our-services/families-and-relationships/family-activities-and-support/</a>
<b>Children and Family Wellbeing Service</b>	Support with mental health and wellbeing, SEND, parenting or supporting targeted young people, including those who are at risk of crime.	<a href="https://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/children-and-family-wellbeing-service">https://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/children-and-family-wellbeing-service</a>
<b>Health for Teens</b>	Information and advice about health, lifestyle, relationships and more	<a href="https://www.healthforteens.co.uk/leicestershire/">https://www.healthforteens.co.uk/leicestershire/</a>
<b>Health for kids</b>	Health advice to help your children healthy and happy	<a href="https://www.healthforkids.co.uk/leicestershire/">https://www.healthforkids.co.uk/leicestershire/</a>
<b>Change4Life</b>	Easy Ways to Eat Well and Move More	<a href="https://www.nhs.uk/healthier-families/">https://www.nhs.uk/healthier-families/</a>
<b>Getting active my way</b>	Links to local parks, open spaces, walking and cycling routes	<a href="https://www.active-together.org/myway">https://www.active-together.org/myway</a>
<b>QuitReady Leicestershire</b>	Support with smoking cessation	0345 646 66 66
<b>Turning Point drug &amp; alcohol support</b>	Will work with anyone who is affected by drugs or alcohol and wants support to make change	0330 303 6000 <a href="https://www.turning-point.co.uk/services/leicestershire">https://www.turning-point.co.uk/services/leicestershire</a>
<b>Vitaminds</b>	Talking therapies for people experiencing some mental health issues	0300 094 5595
<b>Mental Health Matters</b>	Leicestershire and Rutland mental health and wellbeing recovery service	0300 323 0187
<b>The Bridge</b>	Specialist housing related advice and assistance services	01509 260500
<b>Apps for Children</b>	Search Appstore/Playstore on mobile device or tablet for; Super Stretch Yoga, Headspace for Kids, Go Noodle Kids, NFL Kids 60, Cosmic Kids Yoga, Plant Nanny	
<b>Apps for Adults</b>	Search Appstore/Playstore on mobile device or tablet for; Active 10, Daily Workouts, Nourish (wellbeing for Mums), Couch to 5K, Her Spirit	

For a printed copy of the information that can be found on the links above, please send a request for a HAF Parent Pack, with address details, to [c.jarvis@active-together.org](mailto:c.jarvis@active-together.org) or call 01509 564888