

Swanmore Signposting

Highlighted below is a list of provision that is available online and locally.

Direct links for the national provision outlined below, are available at:
www.activeme360.com/active-holiday-camps

Advice Topic Area (A-Z)	Key Organisations	Method of Provision
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.	Your local Citizens advice (Bishops Waltham) Local Citizens Advice details - Citizens Advice Family Information and Service Hub – Information Hub - Search Results Family Information and Services Hub (hants.gov.uk)
Childcare Provision in Swanmore	Please search on FISH for local childcare providers	Information Hub - Search Results Family Information and Services Hub (hants.gov.uk)
Children's Services	Hampshire County Council's Children's Services Provides safeguarding and social care services, education and information on childcare.	Children and families Children and Families Hampshire County Council (hants.gov.uk)
Domestic Abuse	There are a number of services that you can access locally and nationally. Please search on FISH. NSPCC and others have lists of signs that can help you recognise the effects of domestic abuse on children.	FISH - Information Hub - Search Results Family Information and Services Hub (hants.gov.uk) How to Protect Children From Domestic Abuse NSPCC
Employment Advice	Jobcentre Plus Help to find work can be found on Gov.UK Find a Job – to search for current job vacancies	https://www.gov.uk/find-a-job https://jobhelp.campaign.gov.uk/

	<p>Job Help – provides hints and tips on applying for jobs and job search ideas.</p> <p>Kickstart offers a six month paid work placement to 16-24 year olds who are in receipt of Universal Credit. For more information young people should send a journal message from their digital account to their work coach to express an interest in the scheme,</p>	<p>https://jobhelp.campaign.gov.uk/kickstart/</p>
<p>Family Support Services near Swanmore</p>	<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>Family Support - Search Results Family Information and Services Hub (hants.gov.uk)</p>
<p>Financial Advice and Education</p>	<p>Citizens Advice (local)</p> <p>Money Advice Service (national)</p> <p>National Debtline (national)</p> <p>StepChange debt advice (national)</p>	<p>Your local Citizens advice (Bishops Waltham)</p> <p>Local Citizens Advice details - Citizens Advice</p> <p>FISH – Financial problems and relationships Family Information and Services Hub (hants.gov.uk)</p>
<p>Food poverty</p>	<p>Food banks and pantries near Swanmore.</p> <p><u>Meon Valley</u> Wickham Community Centre, Mill Lane, Wickham, PO17 5AL</p> <p><u>Winchester Basics</u> Winchester Basics Bank, 21a Penton Place, Milland Road, Winchester, SO23 0PZ</p>	<p>Your local foodbanks:</p> <p>Meon Valley Low Stock Alerts - Meon Valley Food Bank</p> <p>Winchester - Winchester Basics Bank Family Information and Services Hub (hants.gov.uk)</p> <p>FISH - Information Hub - Search Results Family Information and Services Hub (hants.gov.uk)</p>

<p>Health (physical)</p>	<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>NHS dentist’s near Swanmore: Dentists near Swanmore - NHS (www.nhs.uk)</p> <p>Hampshire Healthy Families Portal</p> <p>Signposting info in Appendix A.</p>
<p>Swanmore Housing Advice</p>	<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 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 - Search Results Family Information and Services Hub (hants.gov.uk)</p> <p>FISH - Housing Benefit Family Information and Services Hub (hants.gov.uk)</p> <p>Housing - Winchester City Council</p>
<p>Mental Health</p>	<p>Community and Mental Health Service for Hampshire</p> <p>The Kooth mental health app is available for young people aged 11 and above.</p> <p>Mental Wellbeing Hampshire website for signposting</p>	<p>Bishops Waltham Surgery: Mental Health – Bishops Waltham Surgery</p> <p>CAMHS (hampshirecamhs.nhs.uk)</p> <p>Kooth - Home - Kooth</p> <p>Mental Wellbeing Hampshire Health and social care Hampshire County Council (hants.gov.uk)</p>
<p>Nutritional Information</p>	<p>Change4Life resources from Public Health</p>	<p>Home Change4Life (www.nhs.uk)</p>

	<p>England – focusing on healthy eating and physical activity for children.</p>	<p>Additional Change4Life links are below</p>
<p>Reading and Literacy</p>	<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>Your local library: Bishops Waltham Library, Free Street, Bishop's Waltham, Southampton SO32 1EE</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>

