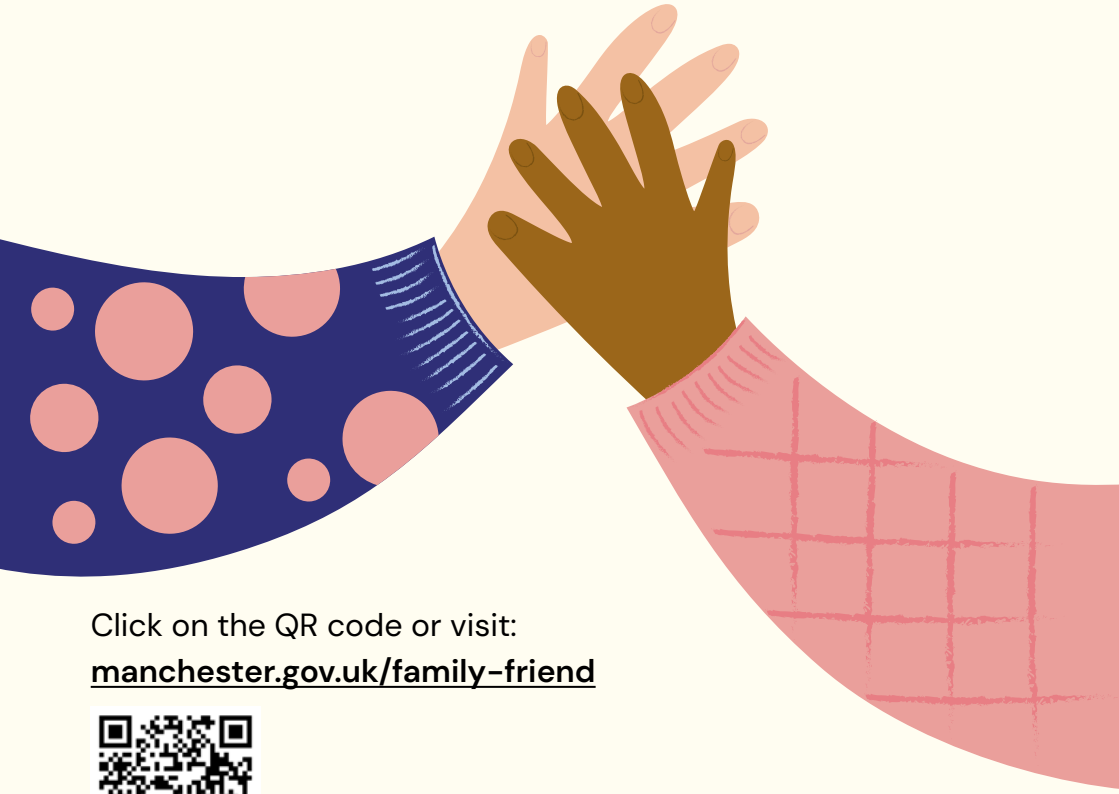
Family Friend

There for you and your family too

Support for families in Manchester



Click on the QR code or visit:
manchester.gov.uk/family-friend

MANCHESTER CITY COUNCIL
Helping Hands
MAKING MANCHESTER FAIRER
Manchester Local Care Organisation
NHS

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Family Hubs

Family Hubs are friendly places. Here, you can find different support and activities for your family.

Where is my nearest family hub:

Gorton Sacred Heart Family Hub,
Glencastle Road, Gorton, M18 7NE. 0161 245 7180

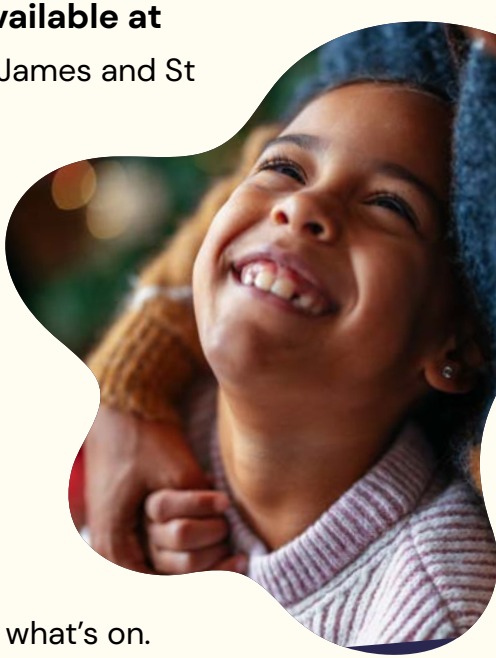
Family Hubs services are also available at

Manchester Settlement, Gorton St James and St Clement's Sure Start Centres

Crossacres Family Hub
Poundswick Lane,
Wythenshawe, M22 9TA.
0161 529 0080.

Woodville Family Hub,
Shirley Road, Cheetham,
M8 0NE. 0161 234 3000.

Longsight Family Hub,
1a Farrer Road, Longsight,
M13 0QX. 0161 248 1500.



Pop in or give them a call to find out what's on.
Or, scan the QR code or visit: **mcrfamilyhubs.com**

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Family Hub

Free vitamins – NHS Healthy Start

Get free NHS Healthy Start vitamin drops for all babies and children under 4 years old, and free vitamin tablets for all pregnant women and new mums.

You do not have to be on benefits.

You can get them from Children's Centres, your health visitor, community midwife, or certain pharmacies in Manchester.

If you are on some benefits, you can also get free healthy food and milk.

Find out more and register. Ask your midwife, health visitor, or apply online: **healthystart.nhs.uk**





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Loads to do in Manchester

There are loads of events and activities to try in Manchester for you and your family. These can be in outside spaces like parks, through the city's library service or leisure centres.

For more details, visit **loadstodo.co.uk**. You'll find information on free events, activities, and festivals.

manchester.gov.uk/libraries Manchester's libraries have a wide range of books for babies, some with sound and different textures to appeal to the senses. Many libraries have regular weekly sessions (term time only) for babies and young children featuring stories, rhymes, and songs, including Tiny Tots and Toddler Times sessions.

better.org.uk/manchester – For activities in leisure centers, including parent and baby swim classes

loadstodo.co.uk/getting-around – Within the city centre, the free bus provides a free 'hop on, hop off' service linking all the main rail stations, shopping districts and business areas. There are also services that operate on circular routes.



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LOADS TO DO

Manchester Health Visiting Service

Health Visiting teams are here to help you and your child. They support health and school readiness from before birth until your child is 4 1/2 years old. Every family with a child under the age of 4 1/2 can have a health visitor.

Health visitors see you in your home or near to where you live, or talk on the phone.

They check that you are healthy and can tell you about how your baby is doing.

They can also help with:

- Feeding your baby (including breastfeeding)
- Your mental health
- Getting your child ready for school
- Sleep
- Potty training

For more information:
manchesterlco.org/Manchester-health-visiting-service



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Vaccinations for children

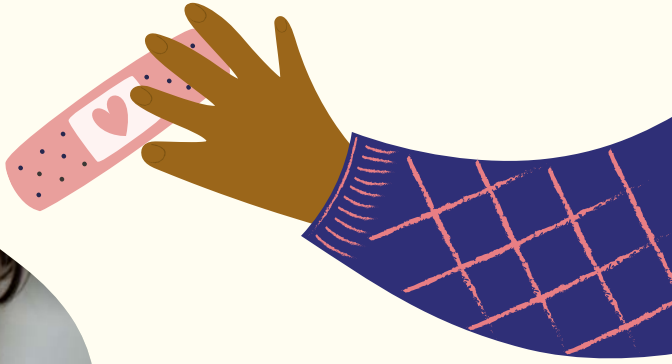
One of the best ways to protect your child against diseases like measles, rubella, tetanus, and meningitis is through immunisations.

By protecting your child, you also help others by stopping the spread of disease.

The NHS offers vaccinations free of charge –just book your appointments with your GP.

For more information, visit: **nhs.uk/vaccinations** or download Manchester's guide to Free Childhood vaccinations here: **manchesterlco.org/childhood-vaccinations**





NHS

Manchester Local Care Organisation

Food support for your family

Local food banks and community grocers can help you put food on your table to feed your family.

To find a food bank near you visit: **manchester.gov.uk/helpinghands** or call Manchester's free cost of living advice on: **0800 023 2692.**

The advice line is open Monday to Friday 9am to 4.30pm.
Or text us on: **07860 022 876**.



Helping Hands

Our Manchester Food Partnership

Support groups for Mums and Dads

Mums Matter.

An 8-week course held at various locations in Manchester. It's designed by mums for mums, helping new mothers with kids under 2.

Mums will connect and share experiences while learning different self-care tools to support their mental health and wellbeing.

For more information:

Telephone: **0161 769 5732**

Email: **info@manchestermind.org**

manchestermind.org/mumsmatter

Dad Matters

Dad matters to Mum, to baby, to everyone.

Dad Matters helps dads whose partners are pregnant or who have a baby aged under 2.

They help dads have successful relationships with their families by supporting them to get information and advice.

They run support groups for dads at antenatal clinics and classes. They also provide outreach for antenatal care.

Home-Start hosts Dad Matters. You can refer yourself or someone else for support here:
home-starthost.org.uk/dad-matters.



Balance your work and family life more easily with wraparound childcare

Our childcare offer helps parents in Manchester who are working or looking to return to work. Early learning is part of our childcare. It helps children make friends, gain confidence, and feel ready for school.

Childcare and early education from 9 months to 11 years.

Working parents of children aged 9 months to 4 years

There's support with childcare costs for working parents with children aged 9 months to 4 years. Your child may be entitled to 30 hours of childcare funded by the government if you are working and meet the criteria.

Visit **childcarechoices.gov.uk** find out more and to apply.

Working parents of children aged 5 years to 11 years old

Manchester has a wealth of before and after school provision for working families of primary school aged children. Just ask at your child's school and they will provide you with information on what's provided and how much it costs.

You may get help with childcare costs if you claim Universal Credit or apply for Tax Free Childcare.

For more information visit **childcarechoices.gov.uk** or **manchester.gov.uk/wraparound-childcare**

If you're not working and have children aged 2, 3 or 4 years old

All children aged 3 and 4 years are entitled to 15 hours of early education funded by the government and some children aged 2 years, where their family is in receipt of certain benefits may also be entitled to 15 hours of early education.

To find out if you qualify visit childcarechoices.org.uk or speak to the staff at your local Family Hub or Children's Centre or for more information visit **manchester.gov.uk/freechildcare**





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Childcare Choices

Cost of living advice for families

Call Manchester's free cost of living advice on 0800 023 2692.

The advice line is open Monday to Friday from 9am to 4.30pm. It supports Manchester residents with:

- Benefits
- Help with rent
- Advice about debt and paying bills
- Food support – help to find community food provision near you
- Help to get online – support to access the internet, laptops, phones, and data.

Text us on 07860 022 876 or visit **manchester.gov.uk/coladvice**



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Helping Hands

MAKING MANCHESTER FAIRER

Manchester's Local Offer

For families where a child or young person has a Special Educational Need or Disability (SEND)

The 'Local Offer' has activities, services, and advice for those aged 0–25 with SEND and their families.

Visit manchester.gov.uk/sendlocaloffer for information about:

- Things to do (everything from autism-friendly theatre productions to disability-inclusive BMX bike sessions),
- Places to go,
- Your legal rights,
- Your child's health or education,
- Childcare,
- Travel and transport,
- Parent support groups,
- Short Breaks,
- Money (including benefits and grants),
- And for the dates and locations of our friendly drop-in sessions (where you can chat to other parent-carers and services face-to-face!)

Or call the Local Offer team on 0161 219 2125, or email **localoffer@manchester.gov.uk**



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