**Early Help, Family Help and Community support services within Tameside**

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|  | Description | QR Code  |
| **Family Hubs**  | Family Hubs provide a warm and welcoming environment for families to access support for children, young people, parents and carers. Family Hubs are a ‘one stop shop’ that offer families Early Help support. There is a family hub in each of the four neighbourhood areas which offer different services. Family Hubs also include a virtual offer for families with children of all ages, from 0-19 or up to 25 with SEND.  |  |
| **Early Help** | Tameside’s Early Help offer aims to help families early and providing support at the right time can reduce the likelihood of problems escalating, and improve long term outcomes for children, young people and their families. |  |
| **Grow in Tameside**  | In Tameside many different organisations work and volunteer together to support families through pregnancy to children starting school. By coordinating our activities and sharing information, we can provide better services to families in Tameside. |  |
| **Parenting Offer** | Tameside’s Parenting Offer strives to support families when it is needed most. We offer a range of courses and services to suit the needs of all parents and children in Tameside. The Parenting Offer is based on a whole-family approach and all interventions will be evidence based. Our aim is to ensure families in Tameside will have the skills, information and support to build confidence, be happy, and support their children to achieve their potential. |  |
| **A logo of hands with hearts  Description automatically generatedYoung Carers**  | Young carers are people under the age of 18, who look after someone who is unwell or disabled.Tameside Young Carers project run group sessions across Tameside for young carers to attend which gives opportunity to meet other young carers who have similar roles and to make friends.  |  |
| **Youth Services****TYS Header**  | Tameside offer various projects to Children & Young People in Tameside aged 8-19 years which are centre based. |   |
| **Active Tameside** **Jobs with Active Tameside** | Active have a diverse range of fitness activities across centres in Tameside to choose from, including swimming lessons, gymnastics, group exercise classes, personal training and much more. Active have four fun family attractions in Tameside – Adventure Medlock, Hyde Leisure Pool, Bowling Zone at Tameside Wellness Centre and Soft Play Zone. |  |
| **Tameside SEND Local Offer** | The Tameside SEND Local Offer is to provide a single place where children and young people (aged 0-25) with SEND, their families, parents and carers can access information, advice, support and services. Our aim is that children and young people with SEND have the tools, resources and support they need to be fully participating members of the Tameside family. |  |
| **HandshakeFoodbanks and Food Pantries**  | Tameside has a wide range of support for people experiencing food poverty or may need support with food in some way. |  |
| **A heart in a hand  Description automatically generatedTameside Helping Hand Cost of Living Support**  | Helping Hand provides you with a one-stop-shop of local support who can assist you with finances, mental health and wellbeing, housing, employment and food banks.  |  |
| **Family Information Service / Childcare Funding.** | The Family Information Service can provide you with advice on childcare such as, Free Entitlement Funding (FEF) for 2, 3 and 4-year-olds, 30 hours of free childcare for 3- and 4-year-olds. |  |
| **The Bridges Partnership**  | The Bridges Partnership provide specialist services and refuge provision within Tameside for adults and their children at risk of domestic abuse and those causing harm. |  |
| **Employment and Skills** | Tameside Councils Employment and Skills team connects employers and skills providers with young people and adults looking for work and learning opportunities. |  |
| **Adult Mental Health Support**  | If you or someone you know are struggling with their mental health, Tameside mental health is available to call 24 hours a day, 7 days a week. For more information on other Mental Health services please scan the QR code.  |  |
| **Tameside Housing Advice Aid**  | AdviceAid offers support on rent or mortgage arears, rights when homeless, domestic violence, harassment and where to find help if facing eviction. |  |
| **Early Help Offer for Families in Temporary Accommodation**  | The QR code will provide information to enable families to access community facilities and services across Tameside. |  |
| **VCSE Spreadsheet** | Voluntary, Community, Faith, and Social Enterprise spreadsheet. This includes Domestic Abuse and relationships, Drugs and Alcohol, Employment housing and finance, Food Banks, Adult and Children Mental Health, Youth Services |  |