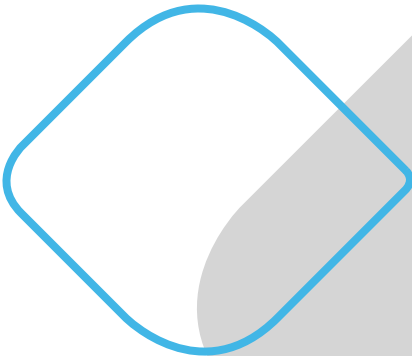


Family Wellbeing

We hope some of the resources in this booklet can help you and your family access support if you need it



Help with Income

If you are struggling to manage your money or have debt problems get support from:

Citizens Advice

Benefit advice, legal advice & more

BANES www.cab-banes.org, 0344 848 7919

Wiltshire www.citizensadvicewiltshire.org.uk

0800 144 8848

National: www.citizensadvice.org.uk



National Debt Line

Free independent debt advice over the phone and online.

0800 808 4000, www.nationaldebtline.org



Turn to Us

Help to access welfare benefits, charitable grants and other financial help. Check you are getting everything you are entitled to with their benefits calculator

www.turn2us.org.uk



Debt Free Southwest

Free independent debt advice in the South West. 0800 138 3422

debtreesouthwest.uk



Money Helper

Guidance, debt advice and tools making money choices clearer.

0800 011 3797 MoneyHelper.org.uk



The RUH, where you matter

Access Essentials

Healthy Start

If you're pregnant or have a child under 4, the Healthy Start scheme can help you buy healthy foods like milk or fruit and get free vitamins: www.healthystart.nhs.uk



Shelter

Advice, support, legal services for people struggling with bad housing / homelessness
0344 515 1430, www.shelter.org.uk



Southside

Southside supports families and individuals in Bath & NE Somerset, including domestic violence support, parenting support & much more. 01225 331243, south-side.org.uk



Refuge

Freephone, 24-hour National Domestic Abuse Helpline. 0808 2000 247, refuge.org.uk



Sure Start Maternity Grant

A sure start maternity grant is £500.
Check eligibility and apply at up to 6 months of age
www.gov.uk/sure-start-maternity-grant.



Healthcare Travel Cost Scheme

If you're referred to hospital (outpatients) you may be able to claim a refund of travel costs. [Search NHS Healthcare Travel Costs Scheme](#)

Support Wellbeing

Mind

Mental health support for young people and adults

Wiltshire: www.wiltshiremind.co.uk

Bath: 01225 316199, bathmind.org.uk.

National: 0300 123 3393, www.mind.org.uk



Off the Record

Mental health & wellbeing support for young people 11-25

BANES: 01225 312 481,

www.offtherecord-banes.co.uk

North Somerset: 0808 808 9120,

otrnorthsomerset.org.uk



Kooth

Safe and anonymous online support and counselling for young people. www.kooth.com



The Mix

Advice and support from mental health to money, homelessness, work, break-ups, drugs and more.

www.themix.org.uk



Happy Maps

Resources recommended by parents & professionals to help manage challenging behaviour, sleep problems, bullying, children's mental health and more

www.happymaps.co.uk



The RUH, where you matter

Community Wellbeing Hub

Accessing support can be difficult to do on your own. Call the community wellbeing hub to get friendly advice over the phone



Community Wellbeing Hub

Bath and North East Somerset

The Community Wellbeing Hub offers one number that residents can call to access a range of services and advice that will help you to stay well and support your health and wellbeing. We offer support for :-



Housing



Stopping smoking



Feeling isolated,
lonely or anxious



Money advice &
benefits support



Keeping active
& healthy



Achieving a
healthy weight



Accessing food
support



Employment issues
& advice

Please give us a call and we will be happy to help you



Call 0300 247 0050

Monday to Friday from 9 am until 5 pm



BATHNES.thehub@hrcrgcaregroup.com



communitywellbeinghub.co.uk

The Hub is a collaboration between Bath & North East Somerset Council, HCRG Care Group, and many third sector organisation representatives including Age UK, Bath Mind, Citizens Advice, Curo, DHI, 35G & Village Agents

Children's Centres

Children's Centres are for parents and carers with children under five. They offer a range of activities and support services to help with all aspects of parenting, through regular groups available to everyone, as well as more specialised courses and programmes.

BANES:

Scan the QR code to access registration or visit: beta.bathnes.gov.uk/childrens-centre-services



Wiltshire:

Scan the QR code to access registration or visit: wiltshirechildrenscentres.org.uk



Or search your local council website to find your nearest Children's centre

Advice for when your child is unwell

For trustworthy advice on what to do if your child is unwell we recommend the following resources

NHS Healthier Together Website

Excellent resources for child health and wellbeing available in multiple languages
Visit <https://what0-18.nhs.uk> or scan here:



HANDiApp

Advice for common childhood conditions
Search for HANDiApp in your app store or scan here to download for free:




Medicines for Children

For practical and reliable advice about giving medicines to your child
Visit <https://www.medicinesforchildren.org.uk/> or scan here:



The RUH, where you matter



Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 428331 | www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 82565

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