

Support for Children and Families over the Christmas period

Early Help Support

Early help means taking action to support a child, young person or their family. It can be required at any stage in a child's life, from pre-birth to adulthood, and applies to any problem or need that the family can't deal with alone.

For further advice please check out the following website: <https://www.shropshire.gov.uk/early-help/>

Alternatively, you can call **Early Help** on **0345 678 9021**

Other useful contacts

For concerns about a child's safety or welfare, or for family support call: **0345 678 9021**.

For concerns about a vulnerable adult's safety or welfare, or for support and advice about adult social care, call: **0345 678 9044**

For all other enquiries within Shropshire call : **0345 678 9000**

Parenting Team

Parents and carers simply need to call our office on **01743 250950** or email parenting.team@shropshire.gov.uk to arrange a consultation at a time convenient to them.

Taking the current situation into account the parenting team can support parents with :

- Managing difficult questions and worries from children due to the current situation
- Managing challenging behaviour which might be a result of the changes to their everyday lives

OsNosh

Website link : [OsNosh CIC](#)

OsNosh@gmail.com

07902 691253

Oswestry Foodbank

Website link: [Oswestry and borders Foodbank | Helping Local People in Crisis](#)

56 Beatrice Street, Oswestry, Shropshire, SY11 1QW

Phone :**01691 671940**

Email: referrals@oswestryandborders.foodbank.org

Mental Health and Wellbeing links

Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Samaritans

Website :[Contact Us | Samaritans](#)

Phone: **116 123**

Useful helplines open over Christmas

NSPCC - **0808 800 5000**

Childline - **0800 1111**

Shout – **Text 85258**

SANEline - **0300 304 7000**

Drinkline - **0300 123 1110**

Talk to Frank - **0300 123 6600**

National Domestic Abuse Helpline - **0808 2000 247**

