

## Useful contact numbers

Family Information Service  
0800 7834259

Plymouth Parent Partnership  
01752 258933

Working/ Child Tax Credits  
0845 300 3900

Child Benefit Helpline  
0845 302 1444

Citizens Advice Bureau  
08448 269717

Plymouth Domestic Abuse Service  
01752 252033

Beacon Park Police station / Non  
Urgent  
08452 777444.

Turn2 us  
Turn2us.org.uk  
0808 8022000

Money advice Plymouth  
01752 208126.

Plymouth City Council  
01752 668000.



## Where can you find us?

### POPIN CHILDREN CENTRE

St Pancras Church  
Honicknowle Lane  
Plymouth  
PL2 3QT



Phone: 01752 395302

E-mail: [admin-pi@larkcluster.co.uk](mailto:admin-pi@larkcluster.co.uk).



## Family Outreach Workers



121 SUPPORT  
AVAILABLE AT THE  
CENTRE OR IN YOUR  
OWN HOME

- ◆ Do you live in Hartley, Peverell, or Beaconpark?
- ◆ Are you an expectant parent or have a child under 5 years?
- ◆ Do you need support?

Find out more by contacting.....

Office 01752 395302  
Maria Costello 07921 841419  
Sam Cooper 07921 841342

# How can we help?

We can offer all types of support for you or your family. Have a look at what we can offer.

- \* Help to find out what's going on in your local area, and how to access groups and services.
- \* Emotional support and a listening ear.
- \* Attend groups with you and your child or appointments with other agencies.
- \* Signpost you to other organisations that can help you.
- \* Give parenting advice and support.
- \* Support with your child's health, development and behavior.
- \* Home safety assessments.
- \* Support with relationship breakdowns.
- \* Support with financial worries, budgeting and debt.
- \* Help with getting the right benefits.
- \* Me 2 Funding .
- \* Employment, training and education.
- \* Housing .



We accept referrals from doctors, health visitors or other professionals or you can self refer into our services by calling the office.

We are friendly, approachable and nonjudgmental and can be flexible in the way we support you.

If you have any problem, feel isolated or are new to the area then come into the centre or call us and we can see how we can help.

Popin Children's Centre is open

**Monday to Friday**

**9am—4pm**

**01752 395302**



Bookstart Corner is an informal course that is designed to support families that need additional help and encouragement to develop a love of stories, books and rhymes. Family outreach workers can work with you in your own home to help build on your confidence and skills. Bookstart encourages communication and positive interaction between parent and child. This supports early language development.



**Bookstart**

Est. 1992 by BOOKTRUST

You could get FREE childcare for your two-year old. Speak to Maria or Sam to see if you qualify. We can also help you to look at other benefits and give you information about local support services.

