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.

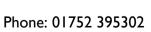




Where can you find us?

POPIN CHILDREN CENTRE

St Pancras Church Honicknowle Lane Plymouth PL2 3QT



E-mail: 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

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.

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.

