


Parent Support Guides and links


FSW Drop in Sessions are CANCELLED for the time being but our FSW DUTY LINE REMAINS OPEN

Please be aware some services may be limited at this time so make direct contact before with individual agencies for up to date information.

You may have heard already but all the family support worker team are working from home. It's a limited service as we are unable to attend meetings, visit families at their home, meet them in the Children's Centres or out in the Community.

However, our allocated families can contact us directly by phone and the Duty line is the point of contact for everyone. This is being manned by all 6 Rugby family support workers between the hours of 9am and 4pm Monday to Friday. It is the same service across the County but parents living in the Rugby District should select the Rugby option when making a call. If we are all busy their call will be transferred to another District and we will call the parent back if it's an enquiry specifically related to a Rugby Service. The contact number for the Duty Line is 01926 412412.

**CHILDREN & FAMILY SUPPORT**

**CHILDREN & FAMILY CENTRE**

**Family Support
Rugby**

Rugby Early and Help and Targeted Support Team

You can call our **Duty Family Support Line** on 01926 412412 and press **option 2** for Rugby (except on bank holidays).

This will take you through to a **Family Support Worker Monday to Friday 9am-4pm.**

Children and Family Centres
Boughton-Leigh Children and Family Centre, Wetherall Way, Brownsover, Rugby, CV21 1LT 01788 570347
Claremont Children and Family Centre, Claremont Road, Rugby CV21 3LU 01788 578488
Long Lawford Children and Family Centre, Holbrook Road, Long lawford, Rugby, CV23 9AL- 01788 561313

Family Support Drop in's
Family support drop ins are available to all parents and young people 0-19 (25 if additional needs). These are held 3 times a week in the Barnardo's Children and Family centres.
Boughton Leigh Children and Family Centre on Mondays 9:30am-11:30am
Long Lawford Children and Family Centre on Tuesdays 1:30pm-3:30pm
Claremont Children and Family Centre Wednesdays 4pm-6pm

Useful Numbers
Emergency Duty Team (out of hours children's social care)- 01926 886922
MASH- 01926 414144 (Monday to Thursday: 8.30am - 5.30pm Friday: 8.30am - 5pm)
Warwickshire Family Information Service - 01926 742274
Rugby Housing- 01788 533533
St Basils (housing support 16-25yr olds)- 02476 889571
Doorway (housing support)- 02476 345583
P3- (housing support)-01788 222827
Universal Credit line- 0800 328 5644
Citizen's Advice-01788 566 238
Samaritans- Call day or night 365 days a year on 116123 or text 07725909090

Health Numbers
Orchard Centre - 01788 551212
Health Visitors North-01788 555146
Health Visitors South- 01788 555147
IAPT- 02476 671090

Foodbanks
Rugby Methodist Church, Russelsheim Way, Rugby, CV22 7TB. Monday 12-2pm Wednesdays 1-3pm
Christ Church, Helvelyn Way, Brownsover, Rugby, CV21 1JF Fridays 10am-12pm and 130pm-330pm

<https://www.warwickshire.gov.uk/fis> Warwickshire Family Information Service

<https://www.warwickshire.gov.uk/localwelfarescheme> The Warwickshire local welfare scheme helps our most vulnerable residents at times of unavoidable crisis when they have no other means of help. The scheme provides basic and essential help for food and energy. This is given either in emergency food parcels or with credit for energy. It is not a cash benefit. **Apply from 23rd March on 0800 4081448 or warwickshirelocalwelfarescheme@warwickshire.gov.uk.** If you will be asked for your child's date of birth and full name and a contact number for yourself this must be a mobile.

<https://www.familylinks.org.uk/free-downloads-for-parents> Free downloads for parents | Family Links | Emotional health for all

<https://www.warwickshire.gov.uk/parentguides> Guides for parents - Warwickshire County Council

<https://youngminds.org.uk/> YoungMinds - children and young people's mental health charity

<https://www.compass-uk.org/services/warwickshire-school-health-wellbeing-service/> Compass | UK Charity Providing Health & Wellbeing Services

<https://rugby.foodbank.org.uk/> Rugby Foodbank | Helping Local People in Crisis

<https://www.dad.info/> DAD.INFO IS EUROPE'S LARGEST ADVICE AND SUPPORT WEBSITE FOR FATHERS.

<https://www.thechildrenssleepcharity.org.uk/leaflets.php> Sleep charity leaflets for parents

<https://www.refuge.org.uk/> domestic abuse support for women

<https://mensadviceline.org.uk/> domestic abuse support for men

- App called Holly Guard turns your mobile phone into a personal safety device
- App called Bright Sky- support for survivors of domestic abuse

<https://cwmind.org.uk/> We are Coventry & Warwickshire Mind, a local mental health charity affiliated to Mind.

<http://www.relatecoventry.org/> Relationship support