

How will I get other services – are they free?

The only charge is for day care but you can get help with the payments for this through the Working Families Tax Credit if you are on a low income.

All other services are free.

You can use services at any Children's Centre - either the one nearest your home, or in a part of the city that is more convenient for you because of work, education or other commitments. You simply register at the centre and you can use all the services.

To find out how to contact your nearest centre or for general information on Liverpool Children's Centres contact:

Liverpool Children's Information Services Free phone number 0800 085 2022

Or log on to:

www.liverpool.gov.uk/childrenscentres

for details of your nearest centre.

"I used to feel as though I was on my own, but coming to the Centre and meeting other mums and dads has changed all that".

If you would like information in another language or format, please ask us.

إذا أردت المعلومات بلغة أخرى أو بطريقة أخرى، نرجو أن تطلب ذلك منا.

যদি আপনি এই ডকুমেন্ট অন্য ভাষায় বা ফরমেটে চান, তাহলে দয়া করে আমাদেরকে বলুন।

如欲索取以另一語文印製或另一格式製作的資料，請與我們聯絡。

Pokud byste požadovali informace v jiném jazyce nebo formátu, kontaktujte nás

اگر این اطلاعات را به زبانی دیگر و یا در فرمتی دیگر میخواهید لطفاً از ما درخواست کنید

Si vous souhaitez des informations dans une autre langue ou sous un autre format, veuillez nous le demander.

ئەگەر زانیاریت به زمانیکی که یا به فۆرمیکی که دەوی تکایه داوامان لی بکه

Jezeli chcieliby Państwo uzyskać informacje w innym języku lub w innym formacie, prosimy dać nam znać.

Se deseja obter informação noutro idioma ou formato, diga-nos.

Если вы хотели бы получить информацию на другом языке или в другом формате, просим обращаться в администрацию.

Haddii aad rabtid in warar laguugu siyo hab luuqadeed o kale, fadlan na soo waydiiso.

Póngase en contacto con nosotros si desea recibir información en otro idioma o formato.

Türkçe bilgi almak istiyorsanız, bize başvurabilirsiniz.

اگر آپ کو معلومات کسی دیگر زبان یا دیگر شکل میں درکار ہوں تو برائے مہربانی ہم سے پوچھئے۔

0151 233 3007

0151 225 3275

liverpool.direct@liverpool.gov.uk



SureStart

Children's Centres

Family Support Services



How can we help you?



© Liverpool City Council 2010. All rights reserved.
091176/JJ/KK/01/10



Including Jobcentres and social security offices

What Your Family Support Worker can help you with:

A child who:

- Is a picky eater
- Doesn't need as much sleep as you
- Doesn't seem to listen to you
- You have concerns about their development
- Has Special Needs

Are you experiencing?

- Relationship problems
- Housing difficulties
- Looking after children on your own
- Difficulty attending appointments
- Anxiety about going back to work/college

"I was really nervous at first talking to staff at the Children's Centre".

"The Family Support Worker listened to my concerns and gave tips to help me with my child".



How Your Family Support Worker can help you with:

- Healthy eating menus
- Sleep routines
- Parenting skills
- Top tips to help your child
- Signpost you to specialist services

Accompany you to appointments:

- Talk to someone in confidence
- CAB/benefit agency
- One Stop Shop
- Advice/support groups
- Accompany you to appointments
- Help with Childcare

Why your Family Support Worker will help:

So your child can:

- Enjoy a healthy diet
- Enjoy a good night's sleep
- Have a better relationship with you
- Have Parents who are less stressed
- Get support from specialist services

So you can:

- Gain skills to change your circumstances
- You will understand your rights/entitlements
- Improve the quality of your home life
- Make new friends
- Be less anxious about appointments
- Know your child is in a safe environment with friends

"I am glad I spoke to the Family Support Worker as I now have a lot more confidence in my parenting!".

"It's amazing how much you can learn!"