



# Parent & Family Support

| Place/Contacts   | What they offer   | Supporting information   |
|--|---|--|
| <b>Parent Support Worker</b><br>Mrs Shelley Fitzpatrick                            | <ul style="list-style-type: none"><li>- Parenting advice</li><li>- Behaviour support</li><li>- Help with routines</li><li>- Support with referrals to other agencies</li></ul>  | In school on Tuesdays and Wednesdays.  |
| <b>Bridge Children's Centre</b><br>Lincoln Road<br>NG24 2DQ<br>01636 593520        | <ul style="list-style-type: none"><li>- Group Activities: Stay &amp; Play, Twins &amp; Multiples group, under 1's, BABEs Breast feeding support group and self-weigh your baby facilities</li><li>- Knowing about services</li><li>- Meeting other parents/carers</li><li>- Emotional Health support</li><li>- Playing with your child</li><li>- Children's behaviour</li><li>- Children's development</li><li>- Children's emotional health</li><li>- Feeding your child</li><li>- Preparing for a baby</li><li>- Understanding your child's needs</li><li>- Listening and communication</li><li>- Increasing confidence</li><li>- Domestic abuse</li><li>- Family life</li><li>- Volunteering opportunities</li><li>- How to get a job</li><li>- A range of information leaflets to support you and your family</li></ul> | In the reception area in school: <ul style="list-style-type: none"><li>- Timetable of activities for both centres</li><li>- Self-referral form</li></ul>   |
| <b>Hawtonville Children's Centre</b><br>Bowbridge Road<br>NG24 4EG<br>01636 593580 |   |  |
| <b>Bereavement Centre</b>  | <ul style="list-style-type: none"><li>- Bereavement</li><li>- Support for children and adults with a terminal illness</li></ul>   | Referral form from school<br>Telephone: 01636 551739   |
| <b>Newark &amp; Sherwood Homes (District Council)</b>                              | <ul style="list-style-type: none"><li>- Housing benefits</li></ul>  | Address: Castle House, Great North Road, Newark, Nottinghamshire, NG24 1BY<br>Telephone: 0300 500 80 80<br>Email: <a href="mailto:enquiries@nottsc.gov.uk">enquiries@nottsc.gov.uk</a>   |
| <b>Citizens Advice</b>   | They aim to provide free, confidential and impartial advice and campaign on big issues affecting people's lives.  | Address: Castle House, Great North Road, Newark, Nottinghamshire, NG24 1BY<br>Telephone: 0344 411 1444<br>Website: <a href="https://www.citizensadvice.org.uk/local/sherwood-newark/">https://www.citizensadvice.org.uk/local/sherwood-newark/</a> |

Although we have detailed a few other useful contacts, this list is by no means final or substantive. There are various other options available to you in Newark – this is your choice entirely and you will hopefully find a suitable match for your personal/family needs, situation or circumstances.

|                             |  |   |
|-----------------------------|--|---|
| Disability Living Allowance | - Online support and applications  | <a href="https://www.gov.uk/dla-disability-living-allowance-benefit">https://www.gov.uk/dla-disability-living-allowance-benefit</a> |
| Ringrose Law Solicitors     | - Free chat about family clinic (Last Friday of every month)   | Address: Sketchley House, 11 Castlegate, Newark NG24 1AZ<br>Telephone: 01636 594460   |
| School Nurse                | Among others, referral may be for: <ul style="list-style-type: none"> <li>- Diet</li> <li>- Bed wetting</li> <li>- Medication</li> </ul> | Referral form from school office  |
| Mind                        | Supporting adults to reach goals and achieve a sense of wellbeing.   | Address: The Manse, 56 London Road, NG24 1TH.<br>Telephone: 01636 650228  |
| Newark Women's Aid          | Supporting adults and children to rebuild their lives from past abuse.   | Telephone: 01636 679687<br>Email: <a href="mailto:newarkwomensaid@btconnect.com">newarkwomensaid@btconnect.com</a>                  |

### Other Useful Contacts

|                 |  |
|-----------------|--|
| Doctors         | Fountain Medical Centre: 01636 704378<br>Lombard Medical Centre: 01636 702363      |
| Dentist         | Kirkgate Dental Surgery: 01636 605731<br>Dentichex: 01636 703349                   |
| Opticians       | Specsavers in Morrisons, Newark: 01636 611599<br>Boots, Market Place: 01636 702057 |
| Health Centre   | Health Family Team: 01636 594839   |
| Newark Hospital | Address: Boundary Road, Newark, NG24 4DE<br>Telephone: 01636 681681                |

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