

RISING COSTS, PRESSURE ON FAMILIES, AND GROWING CHILD POVERTY AFFECT WELLBEING, LEARNING, AND RESILIENCE

PRACTICAL HELP FOR PARENTS & CARERS

Offer accessible advice in trusted spaces:

- Benefits and financial advice drop-ins
- Energy-saving tips and bill support
- Information hub with advice leaflets
- Back-to-school budgeting support

PARTNER WITH LOCAL ADVICE AGENCIES

FAMILY FUN & CONNECTION SESSIONS

Low-cost activities that bring families together:

- Free craft, colouring, or storytelling sessions
- Family film nights or board game afternoons
- Outdoor nature walks, treasure hunts, or park play
- Cook-along or healthy eating workshops
- Sport and family fitness

HELP CHILDREN & FAMILIES THRIVE

LEARN & GROW TOGETHER

Support learning outside the classroom:

- Homework clubs or quiet study spaces
- Reading mornings with free book swaps
- Digital skills sessions for parents and carers

SAFE SPACES FOR YOUNG PEOPLE

Create opportunities to be heard:

- Youth drop-in sessions
- Peer support or mentoring groups
- Creative expression workshops (art, music, writing)
- Confidence-building or wellbeing activities
- Invest in local play areas
- Support local childrens groups and sports clubs

SUPPORTS MENTAL HEALTH AND EMOTIONAL RESILIENCE

COMMUNITY SWAPS

Reduce costs and waste through sharing:

- Uniform, coat, and shoe swaps
- Toy, book, and games exchanges
- Baby equipment lending libraries
- School supplies donation points

GOOD FOR FAMILIES & THE ENVIRONMENT

SMALL, LOCAL ACTIONS CAN MAKE A BIG DIFFERENCE.

PROMOTE FAMILY & CHILD SUPPORT

Create a clear, simple list of local help:

- Family support services and parenting helplines
- Free childcare, play schemes, and holiday clubs
- Foodbanks, community fridges, baby banks
- School uniform and equipment support
- Early years and youth mental health services

INCLUDE A QR CODE LINKING TO SUPPORT

FOOD SECURITY & ESSENTIALS

Support community food initiatives:

- Promote and partner with community fridges and local food banks
- Champion holiday and after school meals
- Create family warm spaces with hot drinks or food
- Consider food or fruit and vegetable co-operatives

STRATEGIC ACTION

Map Local Need & collaborate:

- Use local evidence to tailor support.
- Include voices of families with direct experience
- Understand barriers to accessing services
- Advocate for families in local and national consultations

IDENTIFY GRANT FUNDING OPPORTUNITIES TO DELIVER THIS WORK

HELP ADDRESS CHILD POVERTY BY IMPROVING ACCESS TO FRESH FOOD, HELPING TO REDUCE HOUSEHOLD COSTS AND SUPPORTING WELLBEING

COMMUNITY GARDENING

Provide community garden or allotment opportunities:

- Family planting days or childrens gardening club.
- Support schemes where surplus produce is shared with families.
- Promote simple 'grow your own' activities.
- Host seed swap events

SMALL ACTIONS, BIG IMPACT

- Start with one idea and build from there
- Partner with schools, youth groups, libraries, charities
- Promote through Facebook, WhatsApp, newsletters
- Celebrate and share success stories

WE CAN MAKE LIFE A LITTLE EASIER