

Holiday Activities & Food (HAF) signposting resource

This resource is can be used during the HAF programme whereby children and families may require further ongoing support from other local services.

Topic	Organisation	Information	Audience	Link	Phone no.
Carers	PCC	Portsmouth Carers Centre service	Adults	https://www.portsmouth.gov.uk/services/health-and-care/carers/portsmouth-carers-centre/	02392 851864
Education	PCC	Educational attainment	Parents/carers	https://www.portsmoutheducationpartnership.co.uk/	-
Financial support	PCC	Directory of support for financial hardship	Adults	https://www.portsmouth.gov.uk/services/benefits-and-support/help-and-support/help-for-people-in-financial-hardship-directory/#grants	Various - see link
	PCC	Money advice	Adults	www.portsmouth.gov.uk/money	02392 794340
	PCC	Test & trace support	Adults	https://www.portsmouth.gov.uk/services/coronavirus-covid-19/advice-for-residents-coronavirus-information/test-and-trace-support-payments/	02392 616708
	PCC	Switch On Portsmouth	Adults	https://switchedonportsmouth.co.uk/contact/	0800 260 5907
Food	PCC	List of foodbanks & free takeaways available	Adults	https://www.portsmouth.gov.uk/services/coronavirus-covid-19/advice-for-residents-coronavirus-information/help-with-food/	02392 794340 - Advice Portsmouth
Health - general	NHS	A-Z of health conditions	Adults	https://www.nhs.uk/conditions/	-
	NHS	Range of wellbeing information & resources	Adults	https://www.nhs.uk/live-well/	-
	One You		Adults	https://www.nhs.uk/oneyou/	-
	NHS		ALL	https://what0-18.nhs.uk/	-
	PCC	Family information service	Parents/carers	https://www.portsmouth.gov.uk/services/health-and-care/children-and-families/family-information/	-
	PCC	Portsmouth Wellbeing Service	Adults	https://www.portsmouth.gov.uk/services/health-and-care/health/portsmouth-wellbeing-service/	02392 294001
Healthy eating & nutrition	PCC	Healthy recipes & resources	ALL	https://www.portsmouth.gov.uk/services/health-and-care/health/healthy-recipes-and-resources/	-
	PCC	Support around children's weight	Parents/carers	https://www.portsmouth.gov.uk/services/health-and-care/health/food-weight-children-young-people/	-
Housing support	PCC	Housing benefit FAQs	Adults	https://www.portsmouth.gov.uk/services/benefits-and-support/housing-benefit/housing-benefit-faqs/	02392 834556
	PCC	Homelessness support	Adults	https://www.portsmouth.gov.uk/services/housing/looking-for-a-home/if-you-become-homeless/	02392 834989

	PCC	Range of services	Adults	https://www.portsmouth.gov.uk/services/housing/#bbdf5f21	-
LGBTQ+	PCC	Support for LGBTQ+ young people	ALL	https://www.portsmouth.gov.uk/services/health-and-care/children-and-families/lgbtq-young-people-and-their-families/	-
Online safety	PCC	Beware of Lurking Trolls campaign	ALL	https://www.portsmouth.gov.uk/services/schools-learning-and-childcare/schools/beware-of-lurking-trolls/	-
Mental health	PCC	Range of mental health advice for parent/carers	Parents/carers	https://www.portsmouth.gov.uk/services/health-and-care/health/mental-wellbeing/mental-health-advice-for-parents-and-carers/	Various - see link
	PCC	Mental health support for young people	Young people	https://www.portsmouth.gov.uk/services/health-and-care/health/mental-wellbeing/mental-health-support-for-young-people/	Various - see link
	Solent Mind	Mental health charity	Adults	https://www.solentmind.org.uk/	02380 179049
	Simon Says	Bereavement support	Young people	https://www.simonsays.org.uk/	02380 647550
Physical activity	PCC	Support to get active	Adults	www.portsmouth.gov.uk/services/health-and-care/health/getting-active/	-
	NHS	Change 4 Life resources	ALL	https://www.nhs.uk/change4life	-
Safeguarding	PSCP	Safeguarding Children	Adults	https://www.portsmouthscp.org.uk/	02392 688793
	PCC	Information about keeping children safe	Adults	https://www.portsmouth.gov.uk/services/health-and-care/children-and-families/keeping-children-safe/	0300 555 1373 (out of hours)
	PCC	Terrorism/radicalisation	Adults	http://www.hampshirepreventboard.org.uk/	0845 671 0271
	PSAB	Safeguarding adults	Adults	https://www.portsmouthsab.uk/	02392 680810
	PCC	Safer Portsmouth	ALL	https://www.saferportsmouth.org.uk/	-
	SDA	Domestic abuse support	Adults	https://stopdomesticabuse.uk/	0330 016 5112
SEND	PCC	Local offer for SEND	ALL	https://portsmouthlocaloffer.org/	-
	PCC	Support for children with SEND	Parents/carers	https://www.portsmouth.gov.uk/services/schools-learning-and-childcare/early-years-and-childcare/support-for-children-with-send/	02392 841238
Sexual health	NHS	Sexual health services	ALL	https://letstalkaboutit.nhs.uk/	0300 300 2016
Signposting directories	Hive	Hive service directory	ALL	https://hiveportsmouth.org.uk/hive-directory	02392 616709
	NHS	NHS apps library	ALL	https://www.nhs.uk/apps-library/	-
	Safe4me	Safe support services	ALL	https://www.safe4me.co.uk/support-services/	See link
Substance use	PCC	Drug & Alcohol Support Service (DASS)	Young people	https://www.portsmouth.gov.uk/services/health-and-care/health/dass-drug-and-alcohol-support-service-for-young-people/	07951 497898 07557 753131
	PCC	Recovery Hub (SSJ)	Adults	https://ssj.org.uk/sub-service/recovery-hub/	02392 294573
	Talk to Frank	Honest info about drugs	ALL	https://www.talktofrank.com/	0300 123 6600



<https://www.pycportsmouth.co.uk/>