

# Support for Families



Translated into easy read  
by Ace Anglia  
[info@aceanglia.com](mailto:info@aceanglia.com)



## Home Start



Home Start in Suffolk is ready to support families through their toughest times.



Call: 01473 621104 or Email: [headoffice@ homestartinsuffolk.org](mailto:headoffice@homestartinsuffolk.org) or visit: [www.homestartinsuffolk.org](http://www.homestartinsuffolk.org)

## Healthy Start



Healthy Start provides vouchers to buy food items and vitamins for pregnant women and families with a child under four years old who are on low incomes.



Call: 0345 607 6823 or visit: [www.healthystart.nhs.uk/contact-us](http://www.healthystart.nhs.uk/contact-us)

## Support for children during school holidays



**Families who are eligible for free school meals will be contacted directly by their school.**



**They will then get support during school holidays.**



**Where a child is not eligible for free school meal, a family can get support directly from the Local Welfare Assistance Scheme.**



**For more information, visit [www.suffolk.gov.uk/costofliving](http://www.suffolk.gov.uk/costofliving)**

# Suffolk Libraries



**Suffolk Libraries can provide advice, information and signposting on a wide range of matters such as:**



**Health and wellbeing**



**Claiming benefits**



**Job applications**



**Financial assistance**



**Access to free digital skills training**



Visit [www.suffolklibraries.co.uk/advice](http://www.suffolklibraries.co.uk/advice)



All libraries run a range of free activities for all ages and provide free internet access and wifi.



For more information, visit [www.suffolklibraries.co.uk/whats-on](http://www.suffolklibraries.co.uk/whats-on)



Libraries are at the heart of their communities.



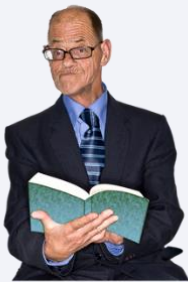
**Libraries offer a safe space for people to:**



**Meet**



**Enjoy activities**



**Access free books**



**Access free newspapers**



**Access other resources**



**Relax in a nice environment**