











**CHAMPIONS** 

SAFE

#### **EMERGENCY SERVICES 999**

If there is an emergency, call <u>999</u> and ask for an ambulance, police, or fire service. FREE and no consequences.

**SAFE CHILD TIPS** 

#### **GETTING HOUSING**

Contact your local council if you are homeless (including temporary accommodation) or will be in 8 weeks. They will try to find you somewhere to live. Find your council: <u>https://www.gov.uk/find-local-council</u>

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#### **PROBLEM WITH HOUSING**

Talk to the owner of your accommodation if there are problems with it. Normally this is your landlord or the council depending on your accommodation. Problems might be water coming in, mould, insects and vermin inside, and other things. Ask Citizen's Advice for help if not sure what to do or who to contact: <u>0800 144 8848</u>

#### **SOCIAL WORKER & SERVICES**

Social services can help if you have disabilities or other problems. They can help you make changes to your house so it is more suitable for your needs if you have a disability.

Social workers can also advise on how to get help with benefits like child welfare or extra support for children. Ask your council for details.





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#### **LEGAL ADVICE**

Talk to a lawyer for legal problems, such as being evicted or suffering from violence. A lawyer can advise you what to do. You may be able to get help to pay:

https://www.gov.uk/check-legal-aid Use this to find a legal aid solicitor: https://find-legaladvice.justice.gov.uk/

#### **ORGANISATIONS TO CONTACT FOR HELP**

Talk to Crisis, Shelter, Citizen's Advice for free and privately about lots of things with no consequences. Citizen's Advice: <u>0800 144 8848</u> Shelter emergency helpline for housing: <u>0808 800 4444</u>

UNIVER

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The Children's Society



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**CHAMPIONS PROJECT** TEMPORARY ACCOMMODATION (TA) GUIDE ON WHO TO CONTACT FOR YOUR CHILD





#### **GENERAL PRACTIONER (GP)**

Call the General Practitioner if there are health problems. How to register: <u>https://assets.nhs.uk/prod/documents/how-to-</u> <u>register-with-a-gp-homeless.pdf</u>

HEALTHY CHILD TIPS

#### **DENTIST**

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It is important to get your child's teeth checked regularly or if there is a problem. Call a dentist to book an appointment.You might have to pay a small fee. Call to find a dentist: <u>0300 311 2233</u> Find dentist: <u>https://www.nhs.uk/service-</u>

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search/find-a-dentist

#### <u>NO ID/ PROOF OF ADDRESS NEEDED FOR</u> <u>GP & DENTIST</u>

#### **HEALTHY START CARD**

For 10 weeks pregnant mothers or with a child 0-4 years old, get vouchers for healthy food and milk for children. Including cow's milk and infant formula milk, vitamins for mothers and children for free.

You can get the card if you receive some types of benefits. Use it in shops that sell food with the Mastercard symbol. Apply online: <u>https://www.healthystart.nhs.uk/</u>

#### **EMERGENCY SERVICES 999**

If there is an emergency, call <u>999</u> for an ambulanc. FREE and no consequences.

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#### **OPTICIAN**

Take your children to an optician if they need glasses. See a GP first if they have eye problems. You may be able to get free eye tests at an optician.



#### HEALTH VISITOR



Help with your child needs like education and health services & vaccinations, with no judgement. They usually visit during pregnancy until child is 5 years old. To see a Health Visitor – check online for your area locally and contact directly or ask your GP/midwife/someone at a Children's Centre.

#### **PHARMACY**

Buy some medicines without a GP prescription. For others, like antibiotics, you need to contact your GP first. Also get help for some simple medical problems if you cannot see a doctor.





#### <u>NHS 111</u>

Call <u>111</u> if it is not an emergency but you cannot go to the doctor or the dentist.They will ask about the situation and give you advice.

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#### **CHAMPIONS PROJECT** TEMPORARY ACCOMMODATION (TA) GUIDE ON WHO TO CONTACT FOR YOUR CHILD





### **EDUCATED CHILD TIPS**

#### **REGISTERING FOR A SCHOOL**

Register your child for school if you move to a new area. Talk to your council to find a school:

https://www.gov.uk/find-local-council





#### **CHILDREN'S CENTRE**

Have free advice about parenting and activities if you have a child aged 0-5 years. Talk to your local council to find them.

Some Children's Centre have career services for parents as well as health services for families.

#### <u>NURSERY</u>

Nurseries care for children aged 0-5 years and provide some early education. They are not free but you can get vouchers to help (see Free Childcare). Talk to your local council or use this to find a nursery: <u>https://www.gov.uk/find-nursery-</u> <u>school-place</u>



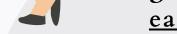


#### FREE CHILDCARE

All 3-4 years old children in England can get 570 hours of childcare free.

You may be able to get double this if you are working and make enough money (not if you are receiving benefits).

Talk to your council to find out more or go here: <u>https://www.gov.uk/find-free-</u> <u>early-education</u>



#### HEALTH VISITOR

Can introduce you to Children's Centre staff, nursery nurses, or other people who can help with your child's education. Advice, support and help with many child health issues as they grow including vaccinations, with no judgement. To see a Health Visitor – check online for your area locally and contact directly or ask your GP/midwife/someone at a Children's Centre.





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#### SURE START CHILDREN'S CENTRE

Give advice about family health, jobs and money. Some also provide day care. Contact your local council to find out more: <u>https://www.gov.uk/find-local-</u> <u>council</u>

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## CHAMPIONS PROJECT TEMPORARY ACCOMMODATION (TA) **NO RECOURSE TO PUBLIC FUNDS (NRPF)**



#### WHAT DOES NRPF MEAN?

If you need a visa or other permission to stay in the UK, there may be some benefits and help you cannot get. Do not apply for anything that could be "public funds" without asking for advice first.

#### WHAT COUNTS AS PUBLIC FUNDS?

- Universal credit
- Council tax reduction
- Carer's allowance
- Child benefit
- Accommodation from local council
- Help with homelessness from local council. See this page for more: <u>https://www.citizensadvice.org.uk/</u> immigration/are-you-subject-to-<u>immigration-control/</u>



#### WHAT AM I ALLOWED TO DO?

• Use the NHS – but you may have to pay for some things. GP is still free



- Apply for contribution-based Jobseeker's Allowance (JSA)
- Apply for contribution-based **Employment and Support** Allowance (ESA)
- Send child to state schools
- Get statutory maternity pay

#### **CITIZEN'S ADVICE**

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Talk to Citizen's Advice for free with no consequences if you have questions about what counts as public funds, how to apply, or anything else: <u>08001448848</u>



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