

Information for parents, carers and their families

Food related

Fussy eaters - [Fussy Eaters Guidance.pdf](#)

Phunky foods – healthy lifestyle ideas [Phunky Foods - Healthy Lifestyle Curriculum Activities](#)

Tesco banana cupcake recipe made in Kids Club - [Banana cupcakes | Tesco Real Food](#)

Change4life - [Home | Change4Life \(www.nhs.uk\)](#)

British Nutrition Foundation - [Children - British Nutrition Foundation](#)

Eatwell guide - [The Eatwell Guide - GOV.UK \(www.gov.uk\)](#)

Family support

Family Services directory and local offer – <https://lincolnshire.fsd.org.uk/kb5/lincs/fsd/home.page>

Childcare and family support – www.lincolnshire.gov.uk/childcare-family-support

Lincolnshire Family Information Service - [Overview - Lincolnshire Family Information Service - NHS \(www.nhs.uk\)](#)

Family lives support - [Parenting and Family Support - Family Lives \(Parentline Plus\)](#)

Financial support

Training grants and bursaries for adults – www.gov.uk/grant-bursary-adult-learners

Citizens advice – www.citizensadvice.org.uk

West Lindsey Housing – <https://homechoice.west-lindsey.gov.uk>

Lincoln City Housing – www.lincoln.gov.uk/housing-council-tax

Jobcentre Plus – <https://find-your-nearest-jobcentre.dwp.gov.uk/search.php#>

Health and Wellbeing related

Social prescribing – www.lincolnshirecvs.org.uk/social-prescribing-for-individuals/

Familylinks – centre for emotional health - <https://www.familylinks.org.uk/>

The Communication Trust - [The Communication Trust - Listen up](#)

Play related

PlayEngland-Why play is important - [Why play is important – Play England](#)

Unicef – learning through play - [UNICEF-Lego-Foundation-Learning-through-Play.pdf](#)

Word games for families (thinkingtalking.co.uk) - [Word games for families.pdf \(dropbox.com\)](#)