

Essex

ACTIVate

Family Support Booklet

Information, resources, top tips and useful contacts
to support and inspire you and your family



Household Support

We know many families are feeling the strain of rising costs, so we've brought together the services, support, and key contacts that may be able to help. This booklet is designed to point you toward the assistance you may be eligible for and the organisations ready to support you.

Cost of Living Support

The Cost of Living Help campaign brings together the government's key measures to ease everyday pressures on families. From support with energy bills and increased wages to expanded childcare, free breakfast clubs, and wider access to free school meals, it outlines practical help designed to make daily life more affordable.

 costoflivinghelp.campaign.gov.uk



Essex County Council Support

Essex County Council provides a range of guidance and support for households facing rising costs, including access to community supermarkets, warm spaces, and local food banks as well as consolidating practical guidance and financial help for families to find the necessary support.

 essex.gov.uk/helping-you-cost-living



Essex Wellbeing Services

The Essex Family Wellbeing Service offers support for children, young people, and families at every stage, from pregnancy and early years to adolescence. Through local Family Hubs, health visiting, parenting advice, and wellbeing services, it provides practical guidance and friendly, accessible help to ensure families feel supported.

 essexfamilywellbeing.co.uk



Mental Wellbeing Support

Mind offers information and support for individuals facing poor mental health by providing guidance, practical tools, and trusted advice. Their resources help residents understand mental health, find appropriate support, and feel less isolated, ensuring families know where to seek help during challenging times.

 mind.org.uk



Essex Libraries

Essex Libraries offer free, welcoming spaces for families to learn, connect, and enjoy activities together. With access to books, digital resources, homework help, parent-and-child sessions, and community events, libraries provide low-cost support for learning, wellbeing, and family life, making them a valuable hub for all ages.

 libraries.essex.gov.uk



Family Support

Additional local support is available to help families across the county, along with free advice and ideas to get the whole family active at little or no cost.

Food Banks

Food banks provide free food supplies to people who may be struggling financially. Contact your local council or Citizen Advice Bureau who will signpost you to a food bank or scan the QR below.

 trussell.org.uk



Citizens Advice

Citizens Advice offers free and impartial advice on a range of financial worries, and can provide further specialist advice if needed. Visit your local Citizens Advice branch by scanning the QR code.

 citizensadvice.org.uk



Talk Listen Cuddle

TLC is an Essex campaign helping parents, carers and families give their young children the best start to life, developing their communication skills through playful learning at home.

 tlc-essex.info



Essex Youth Opportunities

Essex offers a wide range of youth groups where children and young people can make friends, build confidence, and get involved in positive activities in their local community. The Essex Youth Map helps families easily find nearby clubs, groups, and safe spaces that support wellbeing, creativity, and personal development, giving young people opportunities to thrive outside of school.

 ecvys.org.uk/youth-groups



Community Supermarkets

Essex's community supermarkets offer good-quality food and essentials at much lower prices, with most families spending around £12.50 a week. There's no referral needed, just drop in, choose what you need, and enjoy a warm, welcoming space. With support on money, wellbeing, skills and community activities, they're here to make family life a little easier.

 essex.gov.uk/community-supermarkets



Essex

ACTIVate

Essex ActivAte is here to support your family throughout the school holidays and beyond! Our free online hub is packed with sessions, resources, guidance, and fun activities to help make time at home easier and more enjoyable for the whole family.

Scan the QR code below to discover more!



activeessex.org/children-young-people/essex-activate/support



Essex ActivAte also offers fun, exciting holiday clubs and free spaces for eligible school-aged children. Local providers across Essex and Thurrock deliver a wide range of activities, from sports, games and outdoor adventures to inflatables, crafts, baking and more, along with nutritious meals, snacks and food education to support families throughout the holidays!

Follow our social media pages to be the first to hear when clubs are live to book, or visit our website to find out more.



activeessex.org/children-young-people/essex-activate



EssexActivAte