

## Safeguarding and Wellbeing

### Family Support and Signposting for help ...



The **Barnardos** service, Healthy Steps, is available and free to families with children aged 2 – 12 years and can be found here for information, and self or professional referral.

<https://www.hampshirehealthysteps.org.uk/>

The service has a focus on the whole families' health and wellbeing by looking at eating well, sleeping well, getting active, having healthy teeth and the local community. Families are supported through group sessions run by our Family Health Coaches across Hampshire and online.

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Whether you are a Charitable, Voluntary or Community Group looking for help and advice, or a resident wanting information on community services, charities or activities, you can find all the

support you need at Basingstoke Voluntary Action. We facilitate a vibrant, sustainable, and far-reaching voluntary sector to champion the needs of Basingstoke & Deane residents.



<https://www.bvaction.org.uk/>

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### *News from the Basingstoke Foodbank.....*

News and information about the Foodbank and its work



**Foodbytes**  
Summer 25

can be found in their Summer newsletter

<https://mailchi.mp/a5eaf31df8cd/summer-2025>

If you feel that you would like to request that we refer you for Foodbank support please email to our finance officer, Mrs Philpott, who will pass on your request to Mrs Adams who will discuss this with you further. As a referring agent, we can generate e-vouchers for families to access supplies from the Foodbank.