

The following information may be helpful.

Freedom: This can be done online for £12.

<http://www.freedomprogramme.co.uk/online.php>

Family Links Nurturing programme can be done free of charge online:

<https://www.netmums.com/support/netmums-parenting-course>

Family Links resources:

<https://familylinks.org.uk/parents#free-downloads-for-parents>

<https://www.handinhandparenting.org/free-downloads/>

<https://www.thespark.org.uk/relationship-support-parents-families/free-parenting-resources/>

PACE – info for parents whose children are at risk of sexual exploitation <https://paceuk.info/for-parents/>

HENRY – top tips, free recipes, videos for families on healthy eating right from the start and growing up with healthy teeth <https://henry.org.uk/>