



## How can you contact us?

You can contact us by e-mail, or you can speak to your child's teacher, Health Visitor or Family Nurse who can help you to make a request to the Hub.

## Consent and confidentiality

The Hub team will work alongside you. To help us we need your permission/consent to talk to each other so we can make sure we get the right person, with the right skills, to get the support that is right for you.

Consenting (giving us permission) to work with the Hub Team means that you are happy for us to speak to each other and to contact you directly to talk about what is needed for you and your family.

If you are unsure or have questions, we can talk to you, to tell you a bit more about the support and help we can offer.

Please contact us via email:  
[Fitlikehubs@aberdeencity.gov.uk](mailto:Fitlikehubs@aberdeencity.gov.uk)  
and we can ring you to discuss.



### Translation and Interpretation available

Предоставляется письменный и устный

Ir iespējama rakstiskā un mutiskā tulkošana

Świadczymy usługi tłumaczeń pisemnych i ustnych

Galimi vertimai raštu ir vertimai žodžiu

提供口笔译服务

الترجمة الشفوية و الكتابية متوفرة

Email: [Fitlikehubs@aberdeencity.gov.uk](mailto:Fitlikehubs@aberdeencity.gov.uk)





## What can we do?

We offer early help when it is needed and in a way that boosts your family's strengths & helps you meet your goals.

We can help with:

- Family finance and benefits
- Family relationships and communication
- Supporting parents to cope with daily pressures
- Giving you strategies for positive emotional and mental wellbeing for you and your family
- Helping children and families talk about traumatic things that have happened

## How do we work?

We work with you at a pace comfortable for you and your family, we will help you set your own goals and support you to achieve them. This might be individually, as a family or in a group.

We will identify a key person or a team of people who can help you achieve your goals. It is important to us that you and your family feel comfortable and that you have a point of contact within the Hub team.

## Who is the Hub Team?

- Children 1st
- Health - Health Visitors, Family Nurses, School Nurses, CAMHS,
- Community Learning and Development – Family Learning, Adult Learning, Youth Work, Communities Team
- Library & Information Services
- Creative Learning
- Social Work
- Education
- Educational Social Workers
- Alcohol & Drugs Support Service (ADP)

## 'Fit Like? Family Wellbeing Hubs

'Fit like? Family Well being Hubs are a group of services working together with children, young people and families in Aberdeen to support their mental wellbeing.

We work together with families offering practical and emotional support across the city from our three Hubs, which are based in Northfield, Torry and Tillydrone.

