

**SERVICES TO SUPPORT**  
**CHILDREN AND YOUNG**  
**PEOPLE'S MENTAL HEALTH**  
**VERSION: FEBRUARY 2021**

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**BROXTOWE BOROUGH COUNCIL**

**COMMUNITIES TEAM**

## **BROXTOWE CHILDREN'S CENTRES (FORMERLEY SURESTART)**

- 1:1 Family support
- Parents Health Emotional Wellbeing Group (PHEW)

Referrals and enquiries to be sent to [cc.broxtowe@nottsc.gov.uk](mailto:cc.broxtowe@nottsc.gov.uk)

Chilwell: 0115 977 3743

Eastwood: 0115977 3742

## **BROXTOWE WOMEN'S PROJECT (BWP)**

- Broxtowe Women's Project offers a range of services for women and children affected by Domestic Abuse
- The project aims to increase awareness of Domestic Abuse alongside offering outreach support to women and their families experiencing Domestic Abuse within Broxtowe borough. Children and Young people can also access outreach support and creative arts therapies.

01773 719 111

Text: 07914 634 190

For all agency enquiries please call:

01773 718 555

[www.broxtowewomensproject.org.uk](http://www.broxtowewomensproject.org.uk)

## **BROXTOWE YOUTH HOMELESSNESS**

- Advice and signposting for homeless young people (16-25) or those threatened with homelessness
- Emergency food and toiletries for homeless young people
- Home starter packs for those moving in to their first home after homelessness
- Peer Impact training programme for young homeless people

0115 939 6760

[enquiries@broxtoweyouthhomeless.org](mailto:enquiries@broxtoweyouthhomeless.org)

## **BROXTOWE ACTIVE SCHOOLS**

The Broxtowe Active Schools Network operates across forty schools and the wider community in the Broxtowe district.

In partnership with local and national stakeholders, we are working with young people to co-create projects, and establish sustainable activity; with the aim of enhancing the

health and wellbeing of students across the district, and extending a culture of physical activity in to the wider community

07476 762 732

[info@broxtoweactiveschools.co.uk](mailto:info@broxtoweactiveschools.co.uk)

### **CARERS FEDERATION – YOUNG CARERS TRANSITIONS PROJECT**

We provide a safe and confidential space to discuss concerns and worries, and to explore and work towards the things that young carers identify as important to them, setting realistic and achievable goals as well as the opportunity to meet new people and make new friends.

If you live in Nottingham City, Broxtowe, Gedling, or Rushcliffe and would like to access the project or would like some more information, please contact Naomi Sykes (Project Coordinator) on 0115 9629335 or email [n.sykes@carersfederation.co.uk](mailto:n.sykes@carersfederation.co.uk)

### **CITIZENS ADVICE BROXTOWE (CAB)**

- All services are for 18+ year olds
- Beeston: Mind mental health recovery worker 1 day per week providing one to one support
- Eastwood: Mind mental health recovery worker 1 day per week providing one to one support
- Mental health support
- There will be regular support meetings, coffee mornings, mindfulness events, one to one sessions, arts and crafts and more. The events are aimed at helping participants reach their goals and increase confidence and resilience
- Early Intervention advice worker – Eastwood only. Participants will be allocated an advocacy worker who will stay in contact to provide help with the problems life throws at them

### **CHANGE, GROW, LIVE (CGL) LET'S GROW YOUNG PERSONS SUBSTANCE MISUSE SERVICE**

- One to one support for young people with Substance issues as well as targeted group work, drop-in and professional training
- Telephone referrals, face to face referrals or referral form

01623 703373

[Nottsyp.admin@cgl.org.uk](mailto:Nottsyp.admin@cgl.org.uk)

## **CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)**

- Community CAMHS provides support for children and young people across Nottingham City and Nottinghamshire
- We work with children and young people from the age of 0 – 18 years and their families and carers. The young people we work with may be experiencing severe or complex mental health problems and neuro-developmental disorders. These have significant impact on the child's development and can cause distress to the child and their carers.
- If you are aged between 12 and 18 years old and have a Nottinghamshire GP you can self-refer to CAMHS. This means that you can directly approach our team to ask for help.

0115 8542 299

[CAMHSSPA@nottshc.nhs.uk](mailto:CAMHSSPA@nottshc.nhs.uk)

## **DISABILITY SUPPORT TEAM**

- Youth clubs for young disabled people aged 13 – 24 years of age

Carol Greaves 0794 927 0038

[Carol.graves@nottsc.gov.uk](mailto:Carol.graves@nottsc.gov.uk)

## **EARLY HELP UNIT (NOTTS COUNTY COUNCIL)**

- The Early Help Unit provides a direct contact point for professionals and families wanting to access early help services in Nottinghamshire
- This includes services offered by Targeted Support or the Early Years and Early Intervention service and information and advice for children, young people, families and professionals on early help services in Nottinghamshire

01623 433 500

[Early.help@nottsc.gcsx.gov.uk](mailto:Early.help@nottsc.gcsx.gov.uk)

## **EQUATION**

- Equation works in partnership to prevent and reduce the harm caused by Domestic Abuse. Equation delivers healthy relationship projects to children and young people in schools and strengthens the local professional response to abuse by providing information and multi-agency training and helps keep survivors safe by distributing information about local services.

0115 962 3237

[info@equation.org.uk](mailto:info@equation.org.uk)

[www.equation.org.uk](http://www.equation.org.uk)

## **HEALTHWATCH NOTTINGHAM AND NOTTINGHAMSHIRE**

- Encouraging young people to share their experiences of using health and social care services and enabling young people to have their voice heard so that services can be improved

0115 9565 313

info@hwnn.co.uk

## **JUNO WOMEN'S AID (formerly WAIS)**

- Juno women's aid is a free, confidential and independent charity working with women and their children who have been affected by Domestic Abuse
- Freedom Programme is a 10-week Domestic Abuse awareness course that looks at tactics and behaviours used by perpetrators of Domestic Abuse and aims to show the early warning signs
- Juno Women's Aid provides a 24-hour Domestic Abuse free phone helpline for any woman affected by Domestic Abuse and is available 7 days a week, 365 days a year
- Services also include one to one and group support for children and young people and a personalised package of practical advocacy and emotional support for teenagers (male and female) aged 13 to 17 years experiencing abuse in their relationships

24-hour Freephone helpline: 0808 800 0340

Referral: 0115 947 6490

Office: 0115 947 5257

[enquiries@junowomensaid.org.uk](mailto:enquiries@junowomensaid.org.uk)

## **NOTTINGHAMSHIRE COUNTY COUNCIL - THE FAMILY SERVICE**

- The family service is part of Nottinghamshire County Council and is made up of professionals from the council, health and other agencies. The purpose of the service is to help families with children under 18 years of age who are having difficulties to make positive progress.

01623 433 500

Early.help@nottscc.gcsx.gov.uk

## **NOTTINGHAMSHIRE COUNTY COUNCIL - NOTTINGHAMSHIRE YOUNG CARERS SERVICE**

- Nottinghamshire Young Carers service works with young people between the ages of 5 and 24. These young people are currently caring for another family member due to their illness, disability, mental health issue or because they are misusing alcohol or drugs.
- The caring role will be having a negative impact on their life due to the substantial amount of care they are providing

0300 500 8080

[enquiries@nottscc.gov.uk](mailto:enquiries@nottscc.gov.uk)

## **NOTTINGHAMSHIRE COUNTY COUNCIL - SUPPORTING FAMILIES SOUTH**

- Supporting families is a service that offers help and support to 'troubled families'. These families are characterised by there being no adult in the family in work, children not being in school and family members being involved in crime and anti-social behaviour

01623 433 500

[Early.help@nottscc.gcsx.gov.uk](mailto:Early.help@nottscc.gcsx.gov.uk)

## **NOTTINGHAMSHIRE COUNTY COUNCIL – YOUNG CARERS COMMUNITY**

- Young Carers Assessments (5 – 17 year olds) to ascertain if an individual is eligible for a personal budget and to signpost to support services

01623 433 500

[Early.help@nottscc.gcsx.gov.uk](mailto:Early.help@nottscc.gcsx.gov.uk)

## **NOTTINGHAMSHIRE COUNTY COUNCIL – YOUTH SERVICE**

- The main focus of the Young People's Service is to provide access to high quality, safe and enjoyable positive activities for children and young people outside of the school day. This includes providing a structure for children and young people to voice their opinions and to shape the services on offer to them

Beeston: 01159254575

Stapleford: 0115 939 2771

Eastwood: 01773 53 6010

Kimberley: 0115 938 4349

## **NOTTINGHAMSHIRE COUNTY COUNCIL – TARGETED SUPPORT AND YOUTH**

### **JUSTICE**

- Youth work (street based)
- Face It
- What About Me (WAM)
- Missing children
- Parenting Intervention
- Housing Support
- Case Managers
- Remedi (mediation)

01623 433 500

Early.help@nottsc.ccsx.gov.uk

### **SMALL STEPS NOTTINGHAMSHIRE (NHS)**

- Part of the Healthy Families programme we provide support to families of children with concerning behaviour, for example ADHD and ASD

01623 672 152

07966 528 940

### **TRANSFORM TRAINING**

Transform's mission is to embed emotional education in all aspects of youth work and educational settings. We transform lives by helping young people to see that they can take control of their reactions by using emotional literacy and by becoming emotionally resilient. Our experienced team are either qualified youth workers or specialists in creative expressive therapies or/ & emotional education. We deliver a range of programmes within the community and school settings.

#### **Transforming Life Chances**

The TLC programme works with Young People across Nottingham City, Broxtowe, Mansfield and Ashfield between the ages of 13 and 18 who are at risk of violence, sexual or criminal exploitation. It's a 12-week programme centred on an evidence based emotional education curriculum which aims to build emotional resilience and increase young people's ability to understand and express their emotions. The process is split into two six week segments; the first, building an emotional 'tool box' and the second, working as a group to create a project. We work to empower our young people to take control of their feelings, resulting in them making positive life choices and improving their lives. This programme is delivered online and within the community.

Referral process: [charlotte.b@transformtraining.org.uk](mailto:charlotte.b@transformtraining.org.uk)

07723331225

## **Breakaway & Breakaway Futures**

**Breakaway** is a participatory arts project for young people with learning disabilities, aged 14-25. Our weekly sessions include music, dance, drama and art to explore themes that are important to them, as well as supporting the personal development and progression of the young people.

There are currently regular weekly sessions running in Beeston from 03:30pm - 06:00pm on Wednesdays (term time only) at Middle Street Resource Centre, 74 Middle Street, Beeston. NG9 2AR.

We are able to organise transport from schools to our sessions.

**Breakaway Futures** programme is an employability course is for anyone aged of 16+ and is unemployed. The course uses Transform's emotional education curriculum to help participant's personal development, increase their confidence and set a plan for the future. Sessions are based around individual goals, conflict resolution on the workplace, interview skills, budgeting and achieving a positive work/life balance.

If you are interested in any of the above programmes, please contact Siobhan on 07400242017 or email [siobhan.d@transformtraining.org.uk](mailto:siobhan.d@transformtraining.org.uk).

## **SEED – School's Emotional Education**

SEED Plus is a package of targeted support designed for students who are consistently struggling to engage with learning and find it hard to manage their emotions and behaviours. SEED offers 6-12 sessions suitable for groups of between 4 and 10 students and timed to fit in with a standard double period lesson, these programmes can dramatically change attitudes and behaviours in your most challenging students. SEED is suitable for students Year 5- Year 13.

SEED programmes are bespoke and designed with your student's needs in mind: Our curriculum is based on emotional education, especially focusing on emotional literacy and resilience. Helping students identify and understand their emotions, how this impacts them and identifying practical ways to manage them to help them build their life chances.

Topics we can cover are:

- Understanding and managing emotions e.g. Pesky Emotions
- How to express emotions effectively
- Conflict Resolution
- Making positive choices and dealing with consequences
- Self-Leadership
- Dealing with worry and anxiety
- Raising self-esteem and aspirations
- Issue based programmes addressing the impact of e.g. violent crime, being vulnerable to exploitation, risky behaviours, etc.

In addition to this we have our 'Real Talk' programme designed for teenage girls or boys to help them to navigate growing up and the challenges it presents in today's society.

For an informal discussion & to book your programme contact:  
 Sophie Forbes-Taylor  
 Mob. 07921 800 755  
 Email. [sophie.t@transformtraining.org.uk](mailto:sophie.t@transformtraining.org.uk)

## OTHER USEFUL CONTACTS:

ORGANISATION	ROLE	CONTACT
Young Minds	Information on mental health and wellbeing for young people, parents & professionals	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
Kooth.com	Online counselling and support	<a href="http://www.kooth.com">www.kooth.com</a>
Health for Teens	Everything you wanted to know about health, relationships, feelings, lifestyle and growing up	<a href="http://www.healthforteens.co.uk">www.healthforteens.co.uk</a>
Childline	Private & confidential support for children & young people up to the age of 19	<a href="http://www.childline.org">www.childline.org</a> 0800 11 11
Mind Full	Online counselling (11 to 17)	<a href="http://www.mindful.org">www.mindful.org</a>
My Camhs Choices	Information for young people on talking therapies	<a href="http://www.mycamhschoices.org">www.mycamhschoices.org</a>
Bipolaruk	Information on bipolar	<a href="http://www.bipolar.org.uk">www.bipolar.org.uk</a>
Mini – Me	Online mood tracking tool that responds to how you are feeling	<a href="http://www.mini-me.org.uk">www.mini-me.org.uk</a>
Samaritans	Confidential support for people experiencing	<a href="http://www.samaritians.org.uk">www.samaritians.org.uk</a> 08457 90 90 90 (24 hours)

	feelings of distress and despair	
Harmless	Provide services about self-harm and suicide prevention	<a href="http://www.harmless.org.uk">www.harmless.org.uk</a>
Bullying UK	Support for young people	<a href="http://www.bullying.co.uk">www.bullying.co.uk</a>
Carers Federation	Support for young people aged 5 to18	<a href="http://www.carersfederation.co.uk">www.carersfederation.co.uk</a>
Teenage Cancer Trust	Support for young people with cancer	<a href="http://www.teenagecancertrust.org">www.teenagecancertrust.org</a>
Broxtowe Youth Homelessness	Support for young people 16 to 25 at risk of homelessness	<a href="http://www.broxtoweyouthhomeless.org.uk">www.broxtoweyouthhomeless.org.uk</a>
Fearless	Non-judgemental advice about crimes that affect you	<a href="http://www.fearless.org">www.fearless.org</a>
Sane	We work to improve the quality of life for anyone affected by mental illness	<a href="http://www.sane.org.uk">www.sane.org.uk</a>
Notts Help Yourself	Directory of Nottinghamshire services	<a href="http://www.nottshelpyourself.org.uk">www.nottshelpyourself.org.uk</a>

## USEFUL APPS:

MOODTRACKERS	MEDIATION	ANXIETY	SLEEP
Moodpanda	Headspace	Mindshift	Sleep Cycle
Moodbug	Stop, Breath & Think	Sam	
Moodometer		Stress tips	