

Support, Services & Resources for Children, Young People and Families

Contents *(no page numbers as these change as resources are added/removed)*:

- Counselling, support and resources for children and young people around mental health (incl. anxiety and OCD)
- Self-esteem and Body Image
- Anger books / games for children and young people
- Self-harm
- Trauma
- Attention seeking behaviour
- Adult counselling / mental health support
- Family and parenting support (universal services) including books and resources for parents
- SEN / Disability (incl. parenting support)
- Youth Club sessions – including sessions for young people with learning difficulties / disabilities
- Respite support, short breaks, and mentoring
- Specialist disability services
- SEN / Disability books
- FYPS
- Children's Centres
- Attachment
- Parental separation, legal advice and step-parenting
- Support for Dads
- Education / NEET support
- Online / E-Safety
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- Forced marriage and honour-based violence
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- Sexual abuse and sexual trauma
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- ASB and Victims of Crime
- Food bank, Benefits and Finance
- Charities for families in need of support
- Hoarding support

**COUNSELLING,
SUPPORT AND
RESOURCES
FOR CHILDREN
AND YOUNG
PEOPLE
AROUND
MENTAL HEALTH
(incl. anxiety and
OCD)**

Face to face support

- **Health professionals – GP** (make an appointment with your surgery), **School Health Nurse** (school or GP can refer, or they may offer drop-in sessions at your school – ask your school for more information), **CAMHS** (other health professionals can refer to CAMHS, e.g. GP, Paediatrician, School Health Nurse). *Please remember that if you have immediate concerns for a child or young person's mental health it is extremely important to take them to the GP or Emergency Dept/A&E as a matter of urgency.*
- **School counsellor / mentor:** Ask your school for more information about the pastoral support available.
- **Off The Record:** Free, self-referral counselling service for young people age 11-15, who are experiencing low mood, depression, anxiety, phobias, self-harm, eating problems and/or anger. Young people can call, email or text, and services operate in Patchway, Kingswood and Yate. Also offer parent support groups and sessions. Can also see [Facebook](#), [Twitter](#) and [Instagram](#) for more information and up to date groups and activities.

Tel: 0808 808 9120. Text: 07896 880011. Website: www.otrbristol.org.uk. Email: hello@otrbristol.org.uk

- **The Resilience Lab:** Website developed by Off The Record counselling service. Website: <http://www.otrbristol.org.uk/what-we-do/resilience-lab/>
- **HELP Counselling:** Low-cost counselling for children and young people age 9-25 years old. Website: <https://www.help-counselling.org.uk/>
- **Network Counselling:** Counselling (voluntary contribution) for children and young people age 11+. Website: <http://network.org.uk/youth-counselling/is-youth-counselling-for-me/>
- **South Gloucestershire Talking Therapies:** Therapeutic interventions including counselling and group courses, in line with people's differing needs, age 16+. Self-referral via the website: <https://iapt-sglos.awp.nhs.uk/>. Tel: 0117 378 4270.
- **Bourne Family Project:** Offers parenting support courses, **play therapy** (for children aged 3-14 years, voluntary contribution to costs) for those experiencing difficulties, and adult counselling services. Free crèche facilities available for many of the services. Tel: 0117 9478441. Website: <http://www.bournefamilyproject.org/>
- **Breakthrough mentoring** - is a mentoring scheme that helps vulnerable young people develop positive life skills and emotional resilience, enabling young people to realise their full potential. Tel: 01454 864449. Email: breakthrough@southglos.gov.uk (cost involved – may be referred by 0-25, school use PP funding, parents can privately fund sessions e.g. using DLA). Website: <http://www.southglos.gov.uk/health-and-social-care/care-and-support-children-families/local-offer/local-offer-social-care/support-groups-for-children-young-people-and-families/about-breakthrough/>
- **MIM – Make It Mentoring:** Meets the needs of young people through fun, recreational activities. Tel: 07722 911902, 01454 880229 www.makeitmentoring.co.uk (cost involved) – may be referred by 0-25, school use PP funding, parents can privately fund sessions e.g. using DLA).
- **Impact Mentoring.** Impact Mentoring offers a range of services to providers, that include one-to-one, group and family mentoring services, on-site and off-site support, re-engagement with learning programmes, pick-up and drop-off services and holiday clubs. Tel: 0117 2872494, info@impactmentoring.co.uk. <http://www.impactmentoring.co.uk/>

- **Leading Lights Education and Wellbeing** work with families, children and young people. Offer one to one tuition from primary to undergraduate including specialist needs, homeschooling, mentoring, advocacy and specialist advice, and therapeutic services like counselling. Tel: 0117 3660079. Website: <https://leadinglightseducationandwellbeing.org.uk/>

Online support

- **Mind you website:** South Gloucestershire's mental health and emotional wellbeing hub for children, young people, parents/carers and professionals. <http://sites.southglos.gov.uk/mind-you/>
- **Kooth:** Free, safe and anonymous online support for young people 11-18. Monday – Friday 12pm – 10pm, Saturday – Sunday 6pm – 10pm. On Kooth you can: Chat to our friendly counsellors; Read articles written by young people; Get support from the Kooth community; Write in a daily journal. <https://kooth.com/>
- **Mood Juice:** Self-help website which helps people to work through moods, feelings and emotions. Website: <http://www.moodjuice.scot.nhs.uk/>
- **Moodcafe:** Has mental health, wellbeing and lifestyle information for young people and parents and carers. Website: www.moodcafe.co.uk
- **Moodgym:** an online self-help program designed to help users prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book which teaches skills based on cognitive behaviour therapy www.moodgym.com.au In order to undertake the exercises individuals have to register and pay a small fee
- **The Mix 'Essential support for under 25s':** Support service for young people with information about issues that may affect them, including mental health, sex and relationships, human body, work and study, housing, drink and drugs, money, crime and safety, travel and lifestyle. Website: www.themix.org.uk One to one focused support with trained worker via phone, webchat or email: Helpline 0808 808 4994 from 4pm – 11pm every day; [email](#) – they aim to respond within 24 hours; [Crisis messenger service](#) available 24/7.
- **Childline:** Free counselling via online webchat, and free support/advice available 24/7 via confidential helpline, and emails via the website. Tel: 0800 11 11. Website: www.childline.org.uk
- **Happy Maps** - A website for parents and carers. Reliable and up-to-date resources on emotional health for your children. <https://www.happymaps.co.uk/>
- **HOPEline UK (Prevention of young suicide):** Confidential helpline service and website offering support and advice to anyone age under 35 who is having suicidal thoughts, or anyone who is worried about a young person who may be having thoughts of suicide.
Tel: 0800 068 41 41. Text: 07786 209 697. Email pat@papyrus-uk.org Website: www.papyrus-uk.org/help-advice/about-hopelineuk
- **Charlie Waller Memorial Trust:** Information for young people, families and professionals on depression, raising awareness of signs in young people.

Website: www.cwmt.org.uk

- **Young Minds** national charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers. **Parents Helpline:** 0808 802 5544 Website: www.youngminds.org.uk

Young Minds Crisis Messenger Service for free 24/7 support across the UK if you are experiencing a mental health crisis. Text YM to 85258.

Anxiety – teenagers

- **Chatterminds** Managing anxiety and other emotions for 4-18 year olds using Mindfulness. Available to individuals, families and schools. Costed services. See website for more details <http://www.chatterminds.co.uk/>
- **Anxiety toolkit:** Developed to help people understand anxiety, how to manage emotions and when to ask for help. Tailored information for parents and carers, teachers and young people. www.southglos.gov.uk/.../mental-wellbeing/anxiety-toolkit
- **Anxiety UK:** Provides information and support for those living with anxiety. Website: www.anxietyuk.org.uk Text: 07537 416 905 Tel: 03444 775 774
- **Reading Well:** A list of books recommended to help people deal with a range of issues (e.g. anxiety, bullying, confidence). All books can be reserved free of charge at the library. Website: www.southglos.gov.uk – search ‘Shelf Help’
- **Free phone app:** Information and ways of managing anxiety for young people. Website: www.sam-app.org.uk
- **Headspace meditation:** <https://www.headspace.com/headspace-meditation-app>
- **Anxiety in children:** <http://www.kindlekids.org.uk/anxiety-in-children/>
- **Free phone app:** Information and ways of managing self-harm for young people.

Website: <https://calmharm.co.uk/>

- **Blog posts / info:**

<http://blogs.psychcentral.com/stress-better/2014/11/9-things-every-parent-with-an-anxious-child-should-try/>

<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/> - Insight into teenagers, with helpful information and leaflets

- <https://www.anxietybc.com/anxiety-PDF-documents>
- **Anxiety tips and techniques** 37 techniques to calm an anxious child https://www.huffpost.com/entry/37-techniques-to-calm-an-anxious-child_b_5829fe2ee4b057e23e31481f

Anxiety – younger children

Children's Books (last checked on Amazon in August 2017 and still have average 4+/5 reviews)

- *Little Meerkat's Big Panic* by Jane Evans
- *I don't want to go to school (separation anxiety)* by Nancy J Pando.
- *The Panicosaurus: Managing Anxiety in Children* by Kay Al-Ghani
- *The Huge Bag of Worries* by Virginia Ironside
- *Starving the anxiety gremlin (Aged 5-9) A cognitive behaviour therapy workbook* by Kate Collins-Donnelly
- *When my worries get too big; A relaxation book for children who live with anxiety* by Kari Dunn Buron
- *What to do when you dread your bed* by Dawn Huebner – Children's guide to overcoming sleep problems
- *What to do when you worry too much* by Dawn Huebner - Teaches school-age children cognitive-behavioural techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies. Includes introduction for parents
- *Helping your anxious child: A step-by-step guide for parents* by Ronald Rapee
- *Think good – Feel good* by Paul Stallard
- *Feelings* by Aliko for children having difficulty articulating their emotions. ISBN 0688 065 18X
- *Double dip feelings: Stories to help children to understand their emotions* by Barbara Cain ISBN 1557 988110
- **Anxiety tips and techniques** https://www.huffpost.com/entry/37-techniques-to-calm-an-anxious-child_b_5829fe2ee4b057e23e31481f

Mental health info for parents

- Anxiety in children booklet https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf
- Mental health books for children and teens <https://namipamainline.org/mental-health-books-for-children-and-teens-and-their-parents/>
- Helping children to understand mental illness <https://www.mother.ly/parenting/10-books-to-help-children-understand-mental-illness>
- Picture books for children's mental health <http://www.familyninjas.com/best-picture-books-for-childrens-mental-health/>
- How to help kids worried about 'bad thoughts' <https://childmind.org/article/how-to-help-kids-worried-about-bad-thoughts/>

- Helping anxious children manage scary thoughts <http://mamablog.teach-through-love.com/2015/05/helping-anxious-children-manage-scary-thoughts.html>
- Helping children to overcome negative thinking <https://psychcentral.com/blog/3-handy-ways-to-help-your-child-overcome-negative-thinking/>
- **Young Minds:** Confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers.
Website: www.youngminds.org.uk. Tel: 0808 8025544.
- **Reading Well for Children** booklist is targeted at children in Key Stage 2 (aged 7-11). We support children's mental health through our MindYou website www.southglos.gov.uk/mindyou which provides local help and resources to children and young people. Following the launch of Reading Well (03.02.20) there will be a dedicated page on the MindYou website listing the books and a link to reserve them at a local library.
- **The Mix 'Essential support for under 25s':** Support service for young people with information about issues that may affect them, including mental health, sex and relationships, human body, work and study, housing, drink and drugs, money, crime and safety, travel and lifestyle. Website: www.themix.org.uk One to one focused support with trained worker via phone, webchat or email: Helpline 0808 808 4994 from 4pm – 11pm every day; [email](#) – they aim to respond within 24 hours; [Crisis messenger service](#) available 24/7.

OCD

- **Information and free booklet to download for children with obsessive and compulsive behaviour:**
www.ocduk.org/childrens-ocd-guide
- *Talking Back to OCD* by John March and Christine Benton
- *What to do when your brain gets stuck: A Kid's guide to overcoming OCD* by Dawn Huebner

Parenting a sensitive child

- Parenting a sensitive child <https://www.quietrev.com/advice-for-parents-of-highly-sensitive-children/>
- Highly sensitive child test <https://hsperson.com/test/highly-sensitive-child-test/>
- Discipline strategies for parenting a sensitive child <https://www.verywellfamily.com/parenting-a-sensitive-child-8-discipline-strategies-1094942>
- Centre to parenting education: understanding emotional sensitivity <https://centerforparentingeducation.org/library-of-articles/child-development/understanding-temperament-emotional-sensitivity/>

Books for young people:

	<ul style="list-style-type: none"> • South Glos have produced a booklist of 33 titles providing quality-assured information, advice and stories to support children's mental health and wellbeing. These are all available for loan through the libraries. • Don't let your emotions run your life (teens) by Sheri Van Dijk • The anger workbook for teens: Activities to help you deal with anger and frustration by Raychelle Lohmann • Blame My Brain: the Amazing Teenage Brain Revealed (written for teenagers, but highly recommended for parents) • Get out of my life...But first take me & Alex into town. The bestselling parents' guide to the new teenager by Tony Wolf & Suzanne Franks
<p>SELF ESTEEM AND BODY IMAGE</p>	<ul style="list-style-type: none"> • 20 tips for building self-esteem in children: http://www.ricklavoie.com/esteemart.html • Book: I want your Moo: A story for children about self-esteem by Mark Weiner ISBN 0945 354657 • Book: The Affirmation Web: A believe in yourself adventure paperback by Lori Lite ISBN 1886 941 254 • https://www.amightygirl.com/blog/tag/body-image • https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/417186/Body_confidence_progress_report_2015.pdf • www.beateatingdisorders.org.uk • www.elsa-support.co.uk • Banish your body image thief https://www.jkp.com/uk/banish-your-body-image-thief.html • Change 4 life https://www.nhs.uk/change4life/activities#5iaKhByVMqMSBIII.97 • https://www.getselfhelp.co.uk/docs/BulimiaSelfHelp.pdf • https://www.getselfhelp.co.uk/docs/FoodDiary.pdf
<p>ANGER BOOKS / GAMES FOR CHILDREN AND YOUNG PEOPLE</p>	<p>Children's Books (<i>last checked on Amazon in January 2019 and still have average 4+/5 reviews</i>):</p> <ul style="list-style-type: none"> • Taking the Grrr out of anger by Elizabeth Verdick • Mad isn't bad – self-help book by Michaelene Mundy • What to do when your temper flares by Dawn Huebner • A volcano in my tummy – helping children to manage anger by Whitehouse & Pudney • I feel angry by Moses & Gordon

	<ul style="list-style-type: none"> • Starving the anger gremlin by Collins-Donnelly • Anger management games for children by Plummer
<p>SELF-HARM</p>	<ul style="list-style-type: none"> • Self-injury support: information and support for girls and women of any age who self-harm: Website: www.selfinjurysupport.org.uk Text support: 07800 472 908 (Sunday to Thursday 7-9pm). Telephone helpline support: 0808 800 8088 (Tuesday to Thursday 7-9.30pm). TESS (Text and email support services) Text: 07537 432444 For email and webchat: www.selfinjurysupport.org.uk and click on Get Support • Harmless: User led & provides support, information & training to people who self-harm, their friends and family www.harmless.org.uk • NSPCC: Tel: 0808 800 5000 https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/ - useful tips for parents • Young Minds offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers. Parents Helpline: 0808 802 5544 Website: www.youngminds.org.uk • Young Minds Crisis Messenger Service for free 24/7 support across the UK of you are experiencing a mental health crisis Text YM to 85258. • HOPEline UK (Prevention of young suicide): Confidential helpline service and website offering support and advice to anyone age under 35 who is having suicidal thoughts, or anyone who is worried about a young person who may be having thoughts of suicide. Tel: 0800 068 41 41. Text: 07786 209 697. Email pat@papyrus-uk.org Website: www.papyrus-uk.org/help-advice/about-hopelineuk • Free phone app: Information and ways of managing self-harm for young people. Website: https://calmharm.co.uk/
<p>TRAUMA</p>	<p>Children's Books (last checked on Amazon in January 2019 and still have average 4+/5 reviews):</p> <ul style="list-style-type: none"> • A terrible thing happened by Margaret Holmes • Healing Days: A guide for kids who have experienced trauma by Susan Farber Straus • The Huge Bag of Worries by Virginia Ironside • TRC (located in Bath) creative therapy for children and their carers who have experienced trauma (incl. sexual abuse) - children have therapy session whilst parents are offered a group parenting course, counselling or psychotherapy. Website: www.trc-uk.org

**ATTENTION
SEEKING
BEHAVIOUR**

Children's Books (last checked on Amazon in January 2019 and still have average 4+/5 reviews):

- Clark the Shark by Bruce Hale (focuses on boisterous enthusiasm and when to use your indoor voice)
- Millie Fierce by Jane Manning (a story about being fierce to get noticed)
- Monster be good by Natalie Marshall (picture book for 3-6 year olds, about behaviour)
- Noisy Nora by Rosemary Wells (story about a mouse who is naughty to get attention)

**ADULT
COUNSELLING /
MENTAL HEALTH
SUPPORT**

- **South Gloucestershire Talking Therapies:** Therapeutic interventions including counselling and group courses, in line with people's differing needs, age 16+.
Self-referral via the website: <https://iapt-sglos.awp.nhs.uk/>. Tel: 0117 378 4270.
- **One You South Gloucestershire:** One You South Gloucestershire is a healthy lifestyles and wellbeing service for adults to help make important, lasting improvements to their health. The service is for all adults over the age of 18 who are a South Gloucestershire resident or registered with a GP practice in South Gloucestershire. <https://oneyou.southglos.gov.uk/>
- **Bourne Family Project:** Offers parenting support courses, play therapy (for children aged 3-14 years, voluntary contribution to costs) for those experiencing difficulties, and adult counselling services. Free crèche facilities available for many of the services.
Tel: 0117 9478441. Website: <http://www.bournefamilyproject.org/>
- **Mothers for Mothers:** Post Natal Depression support – information, support groups, counselling and advice (including advice for partners/families/friends of mothers with PND).
Tel: 0117 9756006 (helpline Mon-Thurs 9.30am-12.30pm + 2.30pm-9pm) Website: www.mothersformothers.co.uk
- **PANDAS (Pandas Post Natal Group- Drop-in 9.45-11.30am at West Gate Children's Centre 21 West Walk, Yate BS37 4AX) -** <http://www.pandasfoundation.org.uk/>
- **Relate Avon:** Provides relationship, family, LGBT, psychosexual, DV and individual counselling. Cost involved (exact cost unspecified on their website, however Relate states that it is a charity and the fee charged is to cover costs of providing the service).
Tel: 0117 942 8444. Email: info@relate-avon.org.uk. Website: www.relate-avon.org.uk
- **Samaritans:** Free, confidential emotional support for those experiencing despair, distress, self-harm or suicidal feelings.
Tel: 116 123 (free, from any phone, 24/7). Website: www.samaritans.org. Email: jo@samaritans.org
- **Bristol Mind:** Mental health resource for people in Bristol and the surrounding areas, providing information, signposting, advocacy, low-cost counselling and a hate crime service. Tel: 0808 808 0330 (Wednesday-Sunday 8pm-Midnight). Website: www.bristolmind.org.uk. Transgender helpline: 0300 330 5468 (Mondays and Fridays 8pm-midnight).

	<ul style="list-style-type: none"> • HOPEline UK (Prevention of young suicide): Confidential helpline service and website offering support and advice to anyone age under 35 who is having suicidal thoughts, or anyone who is worried about a young person who may be having thoughts of suicide. Tel: 0800 068 41 41. Text: 07786 209 697. Email pat@papyrus-uk.org Website: www.papyrus-uk.org/help-advice/about-hopelineuk • The Hope Project. Short-term emotional and practical support for men, specifically those aged between 30 and 64, who are in psychological distress or have recently self-harmed, but are not currently engaged with other mental health services. Tel: 0117 9096630. Website: https://www.second-step.co.uk/wellbeing-health/hope-project • Womankind: Womankind supports women in the Bristol area with professional counselling, group psychotherapy, befriending and a helpline service. Tel: 0117 9166461 or 0345 458 2914. Website: https://www.womankindbristol.org.uk/ <p><u>Books for children re: parental mental health</u></p> <ul style="list-style-type: none"> • Wishing Wellness: A Workbook for Children of Parents with Mental Illness by Lisa Clarke (ages 6-12) (https://www.amazon.com/Wishing-Wellness-Workbook-Children-Parents/dp/1591473136) • Lists that include recommended books for explaining a parent's mental illness to a child are available at http://bpdfoundation.org.au/childrens-books.php and at http://www.baltimorepsych.com/books.htm • The Bipolar Bear Family: When a Parent Has Bipolar Disorder by Angela Holloway (ages 5+) (https://www.amazon.com/Bipolar-Bear-Family-Parent-Disorder/dp/1425929524) • The Illustrated Mum, Jacqueline Wilson ISBN 0440863686, Corgi Juvenile • The Wise Mouse, Virginia Ironside ISBN 0954512308, Young Minds • My Happy Sad Mummy by Michelle Vasiliu • The Colour Thief by Andrew Fusek Peters • Why are you so sad? Beth Andrews
<p>FAMILY AND PARENTING SUPPORT</p> <p>(Universal services)</p> <p>Including books and resources for parents</p>	<ul style="list-style-type: none"> • NHS website: Advice for parents on a range of parenting issues, including talking to teenagers, fussy eating and teenage aggression. Website: www.nhs.uk/family • South Glos Parenting courses Parenting groups/courses are a great way to get peer support and meet other families. The aim is to focus on strengths, build on what is already working and share ideas with other parents in similar situations. Courses include: Solihul (0-5 years), Parents Plus children (5-11 years), Parents Plus Adolescents (11-16 years). Further details via website: http://www.southglos.gov.uk/health-and-social-care/care-and-support-children-families/childcare-and-parenting/parenting-courses-support/ • Resound (based in Mangotsfield): run parenting courses and workshops to offer strategies in managing behaviour as well as practical support in the means of parent buddies. Courses include an SEN parenting course (no diagnosis necessary) and one on Handling Anger in the Family. Website: https://www.resoundbristol.co.uk/families

- **Parent Buddies** is a confidential, universal, one-to-one listening service offering short-term support depending on family need. Volunteers are trained to provide parents/carers with listening, and signposting to specialist services.
<https://www.parentbuddies.co.uk/>
- **Bourne Family Project:** Offers parenting support courses, play therapy (for children aged 3-14 years, voluntary contribution to costs) for those experiencing difficulties, and adult counselling services. Free crèche facilities available for many of the services. Tel: 0117 9478441. Website: <http://www.bournefamilyproject.org/>
- **Southern Brooks** – Offer a range of support for children and families, including parenting courses.
Website: www.southernbrooks.org.uk. Tel: 01454 868570.
- Parenting information and resources - <https://southernbrooks.org.uk/parenting-guides-and-resources/>
- **Homestart:** Independent registered charity that supports families with at least one child under five, living in Bristol and South Gloucestershire, including emotional and practical support in the home.
Website: www.homestartbristol.org.uk. Tel: 0117 9501170 or 9501197.
- **Young Minds** offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers.
Parents Helpline: 0808 802 5544 Website: www.youngminds.org.uk
Young Minds Crisis Messenger Service for free 24/7 support across the UK of you are experiencing a mental health crisis Text YM to 85258.
- **National Association of School Psychologists:** Range of advice and guidance for families around school-related anxiety, transitions and more.
Website: <http://www.nasponline.org/families/index.aspx>
- **Family Lives:** National family support charity offering help, advice and information in all aspects of family life. Includes Parent Channel TV and on-line parenting courses
Tel: 0808 800 2222. Website: <http://familylives.org.uk/>
- **Life Skills:** organisational skills – <http://www.scholastic.com/parents/resources/article/social-emotional-skills/12-ways-to-develop-your-childs-organizational-skills>
- **Kingsmeadow @ Made Forever:** Offer a young people and families support service.
<http://kingsmeadowmade4ever.org.uk/> Telephone: 0117 3018739, info@kingsmeadowmade4ever.org.uk Fisher Road, Kingswood, Bristol, BS15 4RQ

	<ul style="list-style-type: none"> • Leading Lights Education and Wellbeing work with families, children and young people. Offer one to one tuition from primary to undergraduate including specialist needs, homeschooling, mentoring, advocacy and specialist advice, and therapeutic services like counselling. Tel: 0117 3660079. Website: https://leadinglightseducationandwellbeing.org.uk/ • Net Mums: Parenting website offering local information, parenting advice, chat, recipes and more. Website: www.netmums.com • Is my child ready to stay home alone? https://www.nspcc.org.uk/globalassets/documents/advice-and-info/home-alone-guide-keeping-child-safe.pdf • Royal Society for the Prevention of Accidents: https://www.rospa.com/ https://www.rospa.com/campaigns-fundraising/current/keeping-kids-safe/ • Temper tamers in a jar –activities to do around anger (cards in a jar) – available from Amazon and other providers • Challenging Teenage Behaviour: http://www.nhs.uk/Livewell/family-health/Pages/coping-with-your-teenager.aspx <p><u>Setting boundaries for teenagers</u></p> <p>https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/behaviour/setting-boundaries-teenagers</p> <p>https://www.familylives.org.uk/advice/teenagers/behaviour/setting-boundaries-for-teenagers/</p> <p>https://www.tinies.com/our-favourites/setting-boundaries-for-teenagers</p> <p>Parenting Books <i>(last checked on Amazon in January 2019 and still have average 4+/5 reviews)</i></p> <ul style="list-style-type: none"> • Positive Parenting; Bringing up responsible, well behaved and happy children by John Sharry • The Incredible Years by Carolyn Webster-Stratton (For parents of 0-8 year olds) • Blame My Brain: the Amazing Teenage Brain Revealed (written for teenagers, but highly recommended for parents.)
<p>SEN / DISABILITY (Incl. parenting support)</p>	<p><u>Information and support for parents/carers</u></p> <ul style="list-style-type: none"> • Supportive Parents: Local SEN and disability information service (SENDIAS) - Information and support around Special Educational Needs and Disabilities, for children, young people and families. Tel: 0117 9897725 Mon-Fri 9.30 - 4.30 (answerphone at other times), Email: mail@supportiveparents.org.uk Website: www.supportiveparents.org.uk • South Glos Parents and Carers: Information and groups for parents who have children with a disability and/or additional needs. Offers a weekly drop in for parents and carers, support groups, workshops, counselling and events. They also run

the Parent Carer forum in South Gloucestershire to collect feedback and views from families with disabled children.
Website: www.sglospc.org.uk Email: team@sglospc.org.uk

- **Early Bird and Cygnet course:** A range of courses for parents/carers whose children have been diagnosed on the autism spectrum. Early Bird 2 - 4 yrs, Cygnet 5 -18 yrs. The courses run regularly and can be accessed via a referral or self-referral from parents.
- **Early Bird Course (up to 6 years of age)** – is accessed via a referral (self or professional referral) through to Access and Response, which will then be processed to the relevant team.
- **Cygnet course (6 years plus)** - is accessed via a self-referral. Email: training@southernbrooks.org.uk or Tel: 01454 868570 and ask to speak to Kelly. For more information please see. <https://southernbrooks.org.uk/cygnet-parenting-programme/> Complete the online form to register your interest in attending the course.
- **The Curly Hair Project:** Workshops / events / information / support for families of children with ASD. National project with local link and courses are run locally. Link person available in our area and runs courses and workshops in Bristol for parents and professionals (there is a charge for this). Website: <http://thegirlwiththecurlyhair.co.uk/events/>
- **My Aspergers child:** website offering help for parents of children with Aspergers and High functioning autism – <http://www.myaspergerschiild.com/>
- **ADHD Parenting Course:** Course run by community health and family support workers. Parents or professionals can refer, application forms available. Child must have been diagnosed with ADHD and be under Community Paediatrics or CAMHS. Please call for up to date information and course details/dates. Tel: 01454862431
- **Parenting a Child with ADHD:** This course is open to parents who have a child with ADHD or anyone interested in learning more about ADHD in children. This ADHD course also provides an opportunity for you to meet new people. You will be able to discuss and share your experiences with other parents that have a child with ADHD. Runs in Patchway and Southmead. Free for those who have less than a Level 2 qualification. Run by [Southern Brooks Community Partnership](#) email: training@southernbrooks.org.uk. Tel: 01454 868572
- **Platypus training** - Provide a range of services, workshops and training opportunities to increase awareness and support those living with neurodiversity (Autism & ADHD) through the lens of lived experience. This includes; workshops, training, one to one support work with families and individuals, parenting assessments, consultancy and advice. Cost involved but one hour's free consultation is usually offered. Six week programme includes:
 - Initial assessment, full report & support plan - £60 (can be purchased separately)

- 6 x 2 hour individual sessions, including travel, recording, emailing and follow ups - £180
- Attendance at meetings over an hour long £25 (less than an hour – travel costs only)
- Total cost for 6 week programme - £240 (plus additional meeting costs)

Families who are struggling financially can be supported with a payment plan or by looking at ways to reduce the costs. For more information or to make a referral contact Corrina Wood corrina@platypustraining.org

- **Independent Parental Special Education Advice (IPSEA):** Legally based, free, independent information, advice and support to help get appropriate education for children and young people with SEN and disabilities.
Website: www.ipsea.org.uk
- **The Carers Support Centre** provides support, information and advice to carers (including parent carers) living in Bristol and South Gloucestershire.
Tel: 0117 965 2200 Website: www.carerssupportcentre.org.uk
- **Independent Parental Special Education Advice (IPSEA):** Legally based, free, independent information, advice and support to help get appropriate education for children and young people with SEN and disabilities.
Website: www.ipsea.org.uk
- **Young Minds** national charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers. **Parents Helpline:** 0808 802 5544 Website: www.youngminds.org.uk
Young Minds Crisis Messenger Service for free 24/7 support across the UK of you are experiencing a mental health crisis. Text YM to 85258.
- **The SEND Local Offer:** Information, advice, support and services available to meet a range of needs and on a range of topics, for children and young people with SEN and disabilities, and for their parents/carers.
Website: <http://www.southglos.gov.uk/health-and-social-care/care-and-support-children-families/local-offer/>
- **The Hive (Avon):** Free learning disability information service for people with learning disabilities, their families and carers (telephone and drop in service) for those in Bristol and South Gloucestershire. Based in Kingswood.
Tel: 0117 9614372. Based in Kingswood. Website: www.avonnorthmencap.org.uk
- **Reading Well:** A list of books recommended to help people deal with a range of issues, including Autism. All books can be reserved free of charge at the library.
Website: www.southglos.gov.uk – search 'Shelf Help'
- **Cerebra** provides information for families with children affected by a neurological condition aged under 16 years (for example; neuro-genetic conditions, Cerebral Palsy, Epilepsy, Developmental Delay, Autism, ADHD, Learning Difficulties). Families can hire sensory equipment and books from their library and access advice from their sleep service.
Helpline Tel no: 0800 328 1159 or enquiries@cerebra.org.uk Website: www.cerebra.org.uk

- **Brandon Trust:** exists to enable children, young people and adults with learning disabilities and autism to live life in the way they choose. Website: <http://www.brandontrust.org/>
- **ERIC** - The Children's Bowel and Bladder charity. <https://www.eric.org.uk/> - Free Helpline: 0808 169 9949. Provides: Info on bedwetting, daytime wetting, constipation potty training etc. Local branch based at Kingswood Foundation Bristol BS15 8DB.

Groups and activities

- **Bournestream:** A unique outdoor adventure play and picnic site for disabled children and their families, friends, carers, support groups and special schools in Wotton-Under-Edge (£10 membership required).
Website: www.bournestream.org.uk - Full for 2017
- **Special Friends Club:** A charity operating throughout Bristol and South Gloucestershire and run by parent volunteers. Provide support for families of children with special needs by organising a wide range of activities that can be shared and enjoyed by the whole family. The children have a diagnosed disability which inhibits them accessing mainstream activities and venues.
Tel: 07707 632470 email admin@specialfriendsclub.org.uk Website: www.specialfriendsclub.org.uk
- **Incredible Kids:** Provide play and support services to families with a child with a disability or additional need to reduce inequality and social isolation. Christian-run charity – service is provided for everyone, regardless of faith. Current venue is Bourne Christian Centre, Kingswood.
Website: www.incrediblekids.org.uk
- **Butterflies Haven:** Support and social events for parents/carers, children and young people who are affected by autism. Based in Keynsham, however they receive enquiries from South Glos families.
Website: www.butterflies-haven.co.uk
- **Childrens Playlink funded by the council to run** holiday play schemes to disabled children and young people. The schemes run in Yate, Little Stoke, Kingswood, and Thornbury each session there is a small charge. Families can self refer to this service. <https://www.brandontrust.org/find-support/children-s-playlink/?acceptcookies=true>
- **Little Treasures Stay and Play:** South Glos Little Treasures is a parent-led play and support group for babies to preschool children with additional needs, their siblings, parents or carers to come together. Suggested donation £4 per family. Email: team@sglospc.org.uk Website: <https://www.sglospc.org.uk/hanham-stay-play-group>
- **Safe Space:** Stay and Play sessions in Little Stoke for families with children with additional needs. Email: safespacefamily@gmail.com Website: <http://www.safespacefamily.co.uk/>

- **Hop, Skip and Jump:** Non-profit organisation that provides flexible respite care for children and young adults. Open seven days a week, providing a variety of indoor and outdoor activities to engage and inspire children with disabilities and special educational needs. No condition or behavioural issue is too complex.
Website: <https://www.hopskipandjump.org.uk>
- **SWAN UK:** Syndromes Without A Name offers information and support to families of children with undiagnosed genetic conditions, also run fun, inclusive family activities. Website: www.undiagnosed.org.uk
Local contact: Louise James bristol@undiagnosed.org.uk
- **JIGSAW Thornbury** Support families who have children who are 0-25 years and have any additional needs or disability. This can be anything from learning needs such as dyslexia to complex disabilities or medical problems. Many children who come have no diagnosis. Weekly support group for parents, carers and children + training courses on a range of topics. Telephone: 01454 416381 Website: <https://www.jigsawthornbury.org.uk/>
- **Jigsaw Time to Play Course** - is a special group aimed at parents with children who may have some additional needs or may need some extra support to meet their developmental milestones. **Time to Play** hopes to: Support positive attachments, Help communication and language development, Develop fine motor skills and physical development, Support parents and reduce isolation, Develop peer relationships, Stimulate the senses, Encourage exploration, curiosity and inquisitiveness, Provide opportunities for sensory or messy play, Highlight the importance and benefits of play, particularly play that awakens the senses And most of all, have FUN! Each week we will work with and support you and your child to explore play using the five main senses. The trial of **Time to Play** will take place at the Jigsaw Thornbury Base, The Bakery Annex, 4-7 Chapel Street, Thornbury BS35 2AW on Wednesdays, 10am until 11.30am. The course will start on Wednesday 6th November 2019 Email: ceri.roper@jigsawthornbury.org.uk
- **Keynsham and District Mencap Society** Offer a variety of social and leisure opportunities. Includes Keynsham Juniors, Super Saturday Club and Boccia Club. Website: <https://www.keynshammencap.org.uk/our-clubs/>
- **MusicSpace** Charity providing music therapy for people of all ages. Use music to help people communicate and express themselves. Website: <http://musicspace.org/>
- **Warmley Wheelers Cycling** Based in Warmley. Safe cycling on specially adapted bikes for people with additional needs. Website: <http://www.milestonetrust.org.uk/what-we-offer/community-projects/>
- **Seals Starfish Club** Weekly term time swimming lessons on Saturday mornings at Starfish hydrotherapy pool. Welcome to families and children and young people with disabilities. Based in Claremont School, Henleaze Bristol.
Website: <http://www.cerebralpalsyplus.org.uk/wp-content/uploads/2012/04/SSCadvertweb.pdf>

- **Avon Riding Centre** Riding centre for people with disabilities aged 4+. Works with people living with 30+ forms of disabilities. Structured by weekly classes. Proven therapeutic benefits of horse riding for children and adults with a wide range of complex special needs. Based in Henbury Bristol. Website: <http://www.avonridingcentre.org.uk/contact-us/>
- **Buds and Suds** Large directory of sports clubs, activities and groups. Specifically targeted for those with additional needs and disabilities. Website: <http://budsandsuds.org/link.asp>
- **Gympanzees** 'pop-up' Leisure Centre - dedicated centre for children and young people with disabilities and their families. They currently run an easter and summer pop up session. Website: www.gympanzees.org.uk
- **Dimensions Autism-friendly Cinema** On Sunday mornings throughout the month, films suitable for all audiences are screened in a sensory friendly and inclusive environment. The adjustments at the cinema reduce over-stimulation and create a welcoming place for autistic people to enjoy films with their families, friends or carers. Welcome to all ages at lots of different cinemas. Website: <https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/autism-friendly-screenings-adjustments/>
- **Resound** - Community Church, Blackhorse Road, Mangotsfield. Bristol, BS16 9BP info@resoundbristol.co.uk : 0117 3050969. Provides: Parenting Courses, Time out for Parents (Children with Special Needs). Youth Groups, Toddler Group, Arts and Crafts and Camera Club.
- **Face Youth club** – Youth Centre, Elm Park, Filton, BS34 7PS. info@facefilton.org.uk : 0117 9691938. Provides regular activities/small group work for Children and Young People i.e. Messy Play Sensory session (under 5), Step Up Independence Skills 15-18 year olds with learning / social disabilities.
- **Armadillo** - Youth Venue and Café: Station Road, Yate Bristol, BS37 4FW cwhitinghays@yatetowncouncil.gov.uk : 01454 869441. Provides: a contemporary, safe environment for all young people aged between 11 and 17. They also run an evening for young people with learning disabilities on Monday evening.
- **Nothing Special** is a group who are set up to support Young people with disabilities from the ages of 14-24 they run various activities. Website <http://www.nothingspecial.org.uk>
- **Charlotte's Tandems** They lend, at no cost tandems and tag-alongs to (and only to) people with disabilities or additional needs, who are unable to ride a bike safely on their own, so that they can enjoy the wonders of cycling. <http://charlottestandems.weebly.com/>

Physical disabilities

- **National Deaf Children's Society:** A national charity that provide expert support on childhood deafness, Free helpline <http://www.ndcs.org.uk/> The family centre for deaf children provide support and information to all families with deaf children in the area, run workshops and training, provide social support and improve access to recreational facilities.
- **Family Fund:** Grants for families where a child has a disability.
Website: <https://www.familyfund.org.uk/FAQs/our-disability-criteria>
- **Ups and Downs Southwest:** Support for families where a child has Downs Syndrome. Support for professionals working with families where a child has Downs Syndrome.
Website: <https://www.upsanddowns.net/>
- **The Challenging Behaviour Foundation:** Charity providing information and support for people with severe learning disabilities.
Website: <https://www.challengingbehaviour.org.uk/>
- **Contact a family:** Supporting families of disabled children. Has a free phone helpline.
Website: www.cafamily.org.uk Tel: 0808 808 3555
- **Whizz-Kids:** For disabled young people 10-18. Youth club, wheelchair skills, work placements, leadership programmes and camps.
Tel: 020 7233 6600 Website: www.whizz-kidz.org.uk Email: info@whizz-kidz.org.uk
- **Young Sibs:** Support for Siblings of disabled children and tips for parents on supporting young siblings. Website: www.youngsibs.org.uk

ADHD

- **ADHD Foundation:** Information for parents and professionals about raising awareness and understanding of ADHD, including training courses and events for parents and professionals
Website: <https://www.adhdfoundation.org.uk/>
- **ADDISS** (Attention Deficit Disorder Information and Support Service) provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder.
Website: <http://www.addiss.co.uk>
- **Information about ADHD for parents:** helpful information and guidance - www.netdoctor.co.uk/adhd
- **ADHD Parenting Course:** Course run by community health and family support workers. Parents or professionals can refer, application forms available. Child must have been diagnosed with ADHD and be under Community Paediatrics or CAMHS. Please call for up to date information and course details/dates. Tel: 01454 862431

- **Parenting a Child with ADHD:** This course is open to parents who have a child with ADHD or anyone interested in learning more about ADHD in children. This ADHD course also provides an opportunity for you to meet new people. You will be able to discuss and share your experiences with other parents that have a child with ADHD. Runs in Patchway and Southmead. Free for those who have less than a Level 2 qualification. Run by [Southern Brooks Community Partnership](#) email: training@southernbrooks.org.uk. Tel: 01454 868572

ADHD books

- **Putting on the Brakes: Young people's guide to understanding ADHD** By Patricia O. Quinn
- **Putting on the Brakes: Activity book for young people with ADHD** By Patricia O. Quinn
- **Putting on the Brakes: Understanding and taking control of your ADD or ADHD** By Patricia O. Quinn
- **I would if I could: A teenagers guide to ADHD** By Michael Gordon
- **Survival guide: Kids with ADHD** By John F Taylor
- **ADHD and teens: A parents guide to making it through the tough years** By Colleen Alexander-Roberts
- Information for children <https://youngminds.org.uk/find-help/conditions/adhd/#what-is-adhd>
- Information for parents https://youngminds.org.uk/find-help/for-parents/tips-on-supporting-your-child/parents-guide-to-support-adhd/?gclid=EAlaIqobChMllovZ0MHV2QlVT7HtCh2e8gilEAMYASAAEgleHPD_BwE

Autism

- **National Autistic Society:** The NAS South Gloucestershire Branch offers support to parents and carers of children who have autism or Asperger syndrome. The branch runs an evening and daytime support group once a month in Bradley stoke. Please visit their website for up to date info. In addition to this they organise activities for children and young people on the autism spectrum including science club, and youth club. NAS Mailing list – can be added if awaiting a diagnosis. Websites: www.autism.org.uk/ NAS South Gloucestershire Branch: www.nasbranch.org.uk/southgloucestershire
Tel: **07767 166 324** Email: oosc@nas.org.uk
website <https://www.autism.org.uk/services/community/group/under-16s/south-west.aspx>
- **Bristol Autism Support** – providing information, support and training for parents/carers of children in Bristol and South Glos. Includes info relevant to those with or without a diagnosis. <https://www.bristolautismsupport.com/>
- **Butterflies Haven:** Support and social events for parents/carers, children and youths who are affected by autism. Website: www.butterflies-haven.co.uk
- **Early Bird and Cygnet course:** A range of courses for parents/carers whose children have been diagnosed on the autism spectrum. Early Bird 2 - 4 yrs, Cygnet 5 -18 yrs. The courses run regularly and can be accessed via a referral or self-referral from parents.

Email: corrinawood@southernbrooks.org.uk Tel: 01454 868570. <https://southernbrooks.org.uk/cygnet-parenting-programme/> Complete the online form to register your interest in attending the course.

- **The Curly Hair Project:** Workshops / events / information / support for families of children with ASD. National project with local link and courses are run locally. Website: <http://thegirlwiththecurlyhair.co.uk/events/>

Autism books

- ***My Social Stories*** by Carol Gray and Abbie Leigh White
- ***My Autism Book: A child's guide to their ASD diagnosis*** by Gloria Dura-Vila & Tamar Levi
- ***All my stripes – A story for children with Autism*** by Shaina Rudolph
- ***Noah chases the wind*** by Michelle Worthington
- ***Different like me – A book of Autism heroes*** by Jennifer Elder
- ***What's happening to Tom? Puberty book around Autism for boys*** by Kate E. Reynolds
- **The reason I jump** The Inner Voice of a 13 year old boy with Autism by Naoki Higashida & David Mitchell
- **The Aspergers Teen Toolkit** by Francis Musgrave
- **Aspergers rules: How to make sense of school and friends** by Blythe Grossberg
- **Parenting a teen or young adult with Aspergers Syndrome** by Brenda Boyd
- **Asperkids (Secret) Book of Social Rules** by Jennifer Cook O'Toole
- **Freaks, Geeks and Aspergers Syndrome: A user guide to adolescence** by Luke Jackson

- **Reading Well:** A list of books recommended to help people deal with a range of issues, including Autism. All books can be reserved free of charge at the library. Website: www.southglos.gov.uk – search 'Shelf Help'

YOUTH ACTIVITIES OFFER

(INCLUDING
SESSIONS FOR
YOUNG PEOPLE
WITH LEARNING
DIFFICULTIES /
DISABILITIES)

New Youth Activities Offer (YAO)

More than 2000 young people per year will continue to benefit from youth services in South Gloucestershire following the recommissioning of council funded youth provision. The new YAO arrangements began from 1st April 2019 and the provision is now delivered by four lead organisations:

Creative Youth Network (South)

Southern Brooks Community Partnership (North/East)

Learning Partnership West (North/West)

Diversity Trust CIC (LBGTQ+ provision).

There will continue to be centre based youth provision (open access) in each of the five priority neighbourhoods - Patchway, Yate, Kingswood, Staple Hill and Cadbury Heath , weekly sessions for young people with learning difficulties and/or disabilities in Kingswood, Yate and Little Stoke and provision for LBGTQ+ young people across the area. There are also additional centre based and some detached youth work sessions outside of priority neighbourhoods.

	<ul style="list-style-type: none"> • MIM – Make It Mentoring: Meets the needs of young people through fun, recreational activities. Tel: 07722 911902, 01454 880229 www.makeitmentoring.co.uk (cost involved) – may be referred by 0-25, school use PP funding, parents can privately fund sessions e.g. using DLA). • Impact Mentoring. Impact Mentoring offers a range of services to providers, that include one-to-one, group and family mentoring services, on-site and off-site support, re-engagement with learning programmes, pick-up and drop-off services and holiday clubs. Tel: 0117 2872494, info@impactmentoring.co.uk. http://www.impactmentoring.co.uk/ • Children’s Playlink: Offers play and youth schemes for children with additional needs. They also offer the Buddy Scheme which supports children with additional needs to attend mainstream play and leisure activities. Website: https://www.brandontrust.org/information-and-support/children-and-young-people/childrens-playlink/ • Hop, Skip and Jump: Non-profit organisation that provides flexible respite care for children and young adults. Open seven days a week, providing a variety of indoor and outdoor activities to engage and inspire children with disabilities and special educational needs. No condition or behavioural issue is too complex. Website: https://www.hopskipandjump.org.uk • Spectrum respite – Offers short breaks, residential care, respite and education for families with young people age 10-16 on the autism spectrum: Website: www.spectrumasd.org
<p>SPECIALIST DISABILITY SERVICES</p>	<ul style="list-style-type: none"> • Wecil: A range of services available including advocacy, benefits advice, creating a support plan, services for young people and a helpline. Tel: 01179 479911. Website: www.wecil.co.uk. • Aspirations Care – Supports people with mental health issues and learning disabilities with tailored services that responds to each person’s individual requirements. www.aspirationscare.com or call 01452 399190 • Milestones Trust - Supporting people with learning disabilities, mental health needs and dementia in the Bristol area to live as they choose and achieve their own 'milestones'. – www.milestonestrust.org.uk or call 01179 709300 Service for adults not C&YP
<p>SEN / DISABILITY BOOKS</p>	<p>Books (last checked on Amazon in January 2019 and still have average 4+/5 reviews):</p> <p><u>Autism/aspergers</u></p> <ul style="list-style-type: none"> • Aspergers syndrome – a guide for parents and professionals by Tony Attwood • My Social Stories by Carol Gray and Abbie Leigh White • My Autism Book: A child’s guide to their ASD diagnosis by Gloria Dura-Vila & Tamar Levi • All my stripes – A story for children with Autism by Shaina Rudolph • Noah chases the wind by Michelle Worthington • Different like me – A book of Autism heroes by Jennifer Elder • What’s happening to Tom? Puberty book around Autism for boys by Kate E. Reynolds

	<ul style="list-style-type: none"> • The reason I jump The Inner Voice of a 13 year old boy with Autism by Naoki Higashida & David Mitchell • The Aspergers Teen Toolkit by Francis Musgrave • Aspergers rules: How to make sense of school and friends by Blythe Grossberg • Parenting a teen or young adult with Aspergers Syndrome by Brenda Boyd • Asperkids (Secret) Book of Social Rules by Jennifer Cook O'Toole • Freaks, Geeks and Aspergers Syndrome: A user guide to adolescence by Luke Jackson <p><u>ADHD</u></p> <ul style="list-style-type: none"> • Putting on the Brakes: Young people's guide to understanding ADHD By Patricia O. Quinn • Putting on the Brakes: Activity book for young people with ADHD By Patricia O. Quinn • Putting on the Brakes: Understanding and taking control of your ADD or ADHD By Patricia O. Quinn • I would if I could: A teenagers guide to ADHD By Michael Gordon 1 star only • Survival guide: Kids with ADHD By John F Taylor • ADHD and teens: A parents guide to making it through the tough years By Colleen Alexander-Roberts
<p>FAMILY & YOUNG PEOPLE SUPPORT (FYPS)</p> <p>(Preventative services)</p>	<p>FYPS supports vulnerable children, young people and their families to develop the skills and resilience to make sustainable and positive changes. Priority will be given to families where there is a risk of family breakdown and/or a complex range of issues. The teams will take a whole family approach.</p> <p>Referrals to this team require a very specific outcome or aim of work and/or an active SAF assessment in place and are made by contacting the Access and Response Team: 01454 866000 (self-referral or referral from a professional).</p>
<p>CHILDREN'S CENTRES</p>	<p>Offer advice and information on a range of children/family issues, including 2 year funding for childcare. This can be both within the centre, and on a 1-to-1 basis in the home. They also run a variety of play sessions and courses for families with a child 0-5 years, (baby massage, SEN support, young mums etc.) This can all be accessed via a referral from a professional such as health visitor or midwife, or by calling the Access and Response team. Families can also contact their local centre to enquire what</p>

<p>(Preventative and Universal services)</p>	<p>universal services that can attend such as stay and play sessions – see South Gloucestershire Council website for more information or call 01454 866000.</p>
<p>ATTACHMENT</p>	<ul style="list-style-type: none"> • Website set up by a mum to 2 children with Attachment Disorder detailing sources of help and information for parents/carers, children and schools: http://www.attachmentdisorder.co.uk/index.htm <p>Books (last checked on Amazon in January 2019 and still have average 4+/5 reviews):</p> <ul style="list-style-type: none"> • Why Love Matters – Sue Gerhardt • The Boy Who Was Raised as a dog – Bruce D Perry • A Child’s Journey Through Placement – Vera Fahlberg • Building the Bonds of Attachment – Daniel Hughes • Attachment, Trauma and Resilience – Kate Cairns • The Body Keeps the Score – Bessel van der Kohk (available as a free download http://medbooksfree.com/download-pdf-body-keeps-score-brain-mind-body-healing-trauma/)
<p>PARENTAL SEPARATION, LEGAL ADVICE AND STEP-PARENTING</p>	<p>Books</p> <ul style="list-style-type: none"> • Mom’s house, Dad’s house by Isolina Ricci – the essential guide for kids on how to stay strong and succeed in life when parents separate, divorce or get married again. • No Matter What by Debi Gliori – reassurance for an insecure or anxious child that parent’ love for them is unconditional and constant, despite the circumstances. • CAFCASS: Separating parents in dispute. Information and guidance on protecting children from the impact of separation Tel: 0800 380 0040 Website: https://www.cafcass.gov.uk/?s=separation • Contact Centres: http://www.naccc.org.uk/find-a-centre • The Child Law Advice line provides legal advice and information on family, child and education law in England. The service is provided via a website packed with how to guides and and information pages. A dedicated intensive support telephone line is available for complex matters. Website: https://childlawadvice.org.uk/ • Family Rights Group provides advice and information for parents, friends, relatives when children are involved with or need children’s services because of welfare needs or concerns. Website: http://www.frg.org.uk/ Helpline: 0808 801 0366 • Gingerbread: Provides advice and practical support for single parents. Website: www.gingerbread.org.uk. Helpful section on contact arrangements: https://gingerbread.org.uk/content/2285/FAQs-Contact-arrangements – Including a number to call for advice.

	<ul style="list-style-type: none"> • Single Parents offers online support articles on parenting, benefits and online courses. As well as family support on issues such as housing, benefits, employment etc. Website: www.singleparents.org.uk
<p>SUPPORT FOR DADS</p>	<ul style="list-style-type: none"> • www.babycentre.co.uk/a549379/new-dads-survival-guide • Support for single dads: https://www.gingerbread.org.uk/information/becoming-a-single-dad/ • Dads Matter UK – supporting dads and mums suffering from anxiety, depression and post-traumatic stress: https://www.dadsmatteruk.org/support-and-services/recommended-services-and-support/ • PANDA for dads – support for individuals and their families suffering perinatal mental illness https://www.facebook.com/pandasdads • Support for new dads who are anxious or depressed about their new role or who have a partner who is experiencing antenatal/postnatal depression. Tel: 07730 367483. Email Louis@dadsinmind.org. Website: http://www.bluebellcare.org/index.php?page=dads-in-mind
<p>EDUCATION / NEET SUPPORT</p>	<p>NEET:</p> <ul style="list-style-type: none"> • DWP has a school adviser, who attends schools and works with students offering support into work or training Contact person is Wendy Shambrook 07584348285 wendy.shambrook@dwp.gsi.gov.uk • Post-16 Directory: Information to help decision making about the next phase of education or training http://www.southglos.gov.uk/documents/Post-16-Directory-Oct-2018.pdf
<p>ONLINE / E-SAFETY</p>	<ul style="list-style-type: none"> • CEOP think u know: Website: http://www.thinkuknow.co.uk/ providing information for children (differentiated by age), young people and parents. • Child Exploitation Online Protection agency website: Online safety information, advice, and how to report concerns, for parents, young people and professionals. http://ceop.police.uk/ • UK Safer Internet Centre: E-safety tips, advice and resources to help children and young people stay safe on the internet. Website: http://www.saferinternet.org.uk/ • UK Safer Internet Centre - The UK Safer Internet Centre have produced a useful guide to share with parents to help ensure safer browsing in You Tube. You can find the information – How to use YouTube in Restricted mode here https://www.saferinternet.org.uk/blog/parent%E2%80%99s-guide-youtube-restricted-mode • Nude selfies: What parents and carers need to know (video information clips and advice) Youtube search - Nude selfies: What parents and carers need to know • The Lucy Faithful Foundation: UK-wide child protection charity dedicated solely to preventing child sexual abuse. Work with entire families that have been affected by sexual abuse including online sexual behaviour: young people with inappropriate sexual behaviours; adult male and female sexual abusers; victims of abuse and other family members. Website: https://www.lucyfaithfull.org.uk/

	<ul style="list-style-type: none"> • Online Safety Guides for Parents and Carers Series of guides for social media apps and platforms from National Online Safety https://nationalonlinesafety.com/resources/platform-guides/ • Swiggle - Child Friendly Search Engine: Swiggle is a child-friendly search engine from the Online Safety experts at South West Grid for Learning. Designed to make searching the internet for images or content more than just a bit hit and miss. Swiggle can help you with your first steps on the road to better online searching. Swiggle can be used on computers in school, and at home. Website: https://swiggle.org.uk • Jessie and Friends – Internet Safety for 4-7 year olds Jessie & Friends is a series of three animations that follow the adventures of Jessie, Tia and Mo as they begin to navigate the online world, watching videos, sharing pictures and playing games. There’s also a storybook for each episode. The key message throughout Jessie and Friends is that if a child is ever worried by anything online, they should tell a grown-up they trust, who will help them. The animations and additional classroom activities give children great opportunities to learn about trust, being kind online, consent, and healthy and unhealthy behaviour on the internet. You can find out more and watch the animations on:- Website: https://www.thinkuknow.co.uk/parents/jessie-and-friends • NSPCC https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/
<p style="text-align: center;">LGBTQ</p>	<ul style="list-style-type: none"> • LGBTQ (Lesbian, gay, Bisexual, trans or questioning) Youth Cafés in Kingswood, Patchway and Yate for young people 13-19 years. Contact: 01454 869441; info@yatearmadillo.co.uk; https://www.diversitytrust.org.uk/young-peoples-services; www.facebook.com/groups/LGBTQyate; • Gender identity and sexual orientation Info from South Glos Mind You • LGBT+ Switchboard: Helpline, support and advice. Website: https://switchboard.lgbt/help/ Tel: 0300 330 0630 (10am-10pm every day) • LGBT Foundation: National charity providing support for the LGBT community. Focus on inclusivity, equality. Also offer: Mental Health programme, Substance Misuse work, Health and Wellbeing services, HIV and Sexual Health programme, Family services, Befriending and Mentoring, Women’s programme, and more. Website: http://lgbt.foundation/ Tel: 0345 3 30 30 30 (9am-9pm Monday to Friday, 10am-6pm Saturdays) • LGBTQI group for Muslims in Bristol. https://www.hidayahlgbt.co.uk/ Please note that Hidayah is run by a small team of volunteers and so there may be a short delay in getting back to you. We will try to respond to contact queries as fast as we can. We highly recommend that you contact us via email: info@hidayahlgbt.co.uk. You can contact us by phone, text or WhatsApp on 07871333889 • There is also a group run by OTR called ZAZI that is inclusive to BME LGBT https://www.otrbristol.org.uk/what-we-do/zazi/ • EACH: Educational action challenging homophobia – offers one-to-one support to individuals who have been, or continue to be, the target of homophobic, biphobic or transphobic incidents or crime in Bristol and South

	<p>Gloucestershire. Tel: EACH Helpline on 0808 1000 143. Training and consultancy services available to schools. Website: https://each.education/ Contact: 0117 9467607 email info@each.education</p> <ul style="list-style-type: none"> • Mermaids UK: Individual and family support for gender variant and transgender children, young people and their families Website: www.mermaidsuk.org.uk HELPLINE: 0808 801 0400 Monday - Friday; 9am - 9pm • Depend: A voluntary organisation whose aim is to provide support, advice and information for anyone who knows, or is related to, an adult trans person, where that person is considering or is in the process of transitioning, or has transitioned, within the UK. www.depend.org.uk • Stonewall: National organisation offering a range of training, consultancy and support services to education, local authorities and employers www.stonewall.org.uk • Families and Friends of Lesbians and Gays (FFLAG) A national voluntary organisation and charity based in Bristol dedicated to supporting parents and their lesbian, gay, bisexual and Trans sons and daughters. Confidential Helpline: 0845 652 0311 Website: https://www.fflag.org.uk/ • Book Trust (UK's largest children's reading charity) have selected a list of recommended reads. The list includes books which feature lesbian, gay, bisexual or transgender characters and relationships and is valuable to young adults who are themselves LGBT and for others to gain more empathy and understanding.
<p>SEXUAL HEALTH AND HARMFUL SEXUAL BEHAVIOUR</p>	<ul style="list-style-type: none"> • South Gloucestershire information about young people's access to relationship and sexual health services: Website: http://www.southglos.gov.uk/health-and-social-care/staying-healthy/sexual-health/sexual-health-services/sexual-health-information-and-services-for-young-people/ • Brook: Provides free confidential sexual health advice and services to young people under 20. Nearest Brook drop-in centre is in central Bristol, Plus weekly satellite clinics at schools (Patchway CC, Abbeywood, Marlwood). Website: www.brook.org.uk • Family Planning Association: Purpose is to enable people in the UK to make informed choices about sex and to enjoy sexual health. Website: https://www.fpa.org.uk/ • Marie Stopes: An international charity providing a range of information and services including abortion, contraception, screening, sexuality and puberty (there may be costs associated with these services). Website: https://www.mariestopes.org.uk/contact - range of telephone numbers for different services. • The Lucy Faithful Foundation: UK-wide child protection charity dedicated solely to preventing child sexual abuse. Work with entire families that have been affected by sexual abuse including: young people with inappropriate sexual behaviours; adult male and female sexual abusers; victims of abuse and other family members. Website: https://www.lucyfaithfull.org.uk/

	<ul style="list-style-type: none"> • Sexual Harmful Behaviour – Core Assets:- This service is now live and leaflets for professionals, parents and young people along with the referral form can be found in the EH Resource Folder. Please note the referral criteria on the leaflet for professionals, young people will need to be an open case to Social Care and be aged 12 up to 18. Core Assets will also offer a consultancy and advice service and their email details are on the attached forms.
<p>BULLYING</p>	<ul style="list-style-type: none"> • S.A.R.I (Stand Against Racism and Inequality): SARI provides support for victims of any type of hate crime including racist, faith-based, disablist, homophobic, transphobic, age-based or gender-based. Website: www.sariweb.org.uk • EACH: Educational action challenging homophobia – offers one-to-one support to individuals who have been, or continue to be, the target of homophobic, biphobic or transphobic incidents or crime in Bristol and South Gloucestershire. Tel: EACH Helpline on 0808 1000 143. Training and consultancy services available to schools. Website: https://each.education/ Contact: 0117 9467607 email info@each.education • Bullying UK: Advice and support. Website: http://www.bullying.co.uk/ • Childline: Offers lots of advice and information about bullying. Call: 0800 1111. Website: https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/ • Kidscape: Information on preventing bullying. Website: www.kidscape.org.uk
<p>YOUNG CARERS</p>	<ul style="list-style-type: none"> • Young Carers Service: Support for children aged 8-18 who look after someone in their family who has a disability, a long term illness, or is affected by mental ill health or substance misuse. Support offered includes individual and group support, as well as clubs and daytrips and the opportunity to meet others in a similar situation. Tel: 0117 958 9980. Website: https://www.carerssupportcentre.org.uk/young-carers/ • Young Carers in Education: Accessed through and in school. Offers 1-to-1 and group support for children at times when they may be worried about a parent/carer.
<p>DRUGS AND ALCOHOL</p>	<ul style="list-style-type: none"> • YPDAS (young people’s drug and alcohol service): Provide a range of services for young people who are using drugs or alcohol and would like support in stopping or making changes to their use. Referral via Access & Response Team, request a referral form by emailing: accessandresponse@southglos.gov.uk • Talk to Frank: Information and advice around substance use. Website: www.talktofrank.com Tel: 0300 123 6600 • DHI (Developing Health and Independence): DHI offer a range of specialist drug, alcohol, homelessness and criminal justice services in Bath and North East Somerset, Mendip, Wiltshire and South Gloucestershire, including: advice, outreach, day care, group sessions, counselling, resettlement, supported housing, criminal justice services, aftercare, alternative therapies, employment services and social enterprise schemes. Check website for details of services available in South Glos: www.dhi-online.org.uk Tel: 01225 478730 • Drink Aware: Website with information if you are concerned that you or someone you care about has a problem with

	<p>alcohol. Website: www.drinkaware.co.uk</p> <ul style="list-style-type: none"> • NHS alcohol / support information: http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx • National Association for Children of Alcoholics: Providing information, advice and support for everyone affected by a parent's drinking. Website: www.nacoa.org.uk Tel: 08003583456. • Non-violent Resistance: A free 10 week course for parents who have a child who is involved with drugs and/or alcohol and displays controlling or self-destructive behaviour. Contact Ramon Wilson – Ramon.Wilson@southglos.gov.uk <p>Helpful links for young people:</p> <ul style="list-style-type: none"> • http://www.childline.org.uk/explore/damagingyourself/pages/drugs.aspx • http://www.itv.com/thismorning/young-people-and-drugs-helplines • http://www.supportline.org.uk/problems/drugs.php <p>Helpful links for parents:</p> <ul style="list-style-type: none"> • http://www.familylives.org.uk/advice/teenagers/drugs-alcohol/
<p>TOBACCO / STOP SMOKING SERVICE</p>	<ul style="list-style-type: none"> • South Gloucestershire Smokefree Service – 1:1 sessions in the community, or group sessions during smokefree campaigns. http://www.southglos.gov.uk/health-and-social-care/staying-healthy/smokefree/smokefree-services-2/ This site also signposts to the Stop Smoking Midwife and Pharmacies who may be able to support you.
<p>SLEEP</p>	<ul style="list-style-type: none"> • Cerebra Sleep Service, Advice and Guidance given on Refusing to go to bed; difficulty going to sleep; not wanting to sleep alone; waking up during the night; waking up early and lots more https://www.cerebra.org.uk/help-and-information/sleep-service/ • http://www.nhs.uk/Livewell/Childrenssleep/Pages/bedtimeritual.aspx • http://www.theguardian.com/lifeandstyle/2013/jun/08/bedtime-blues-get-children-to-sleep • https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/?qclid=EA1aIQobChMloomt-r3v1QIVl5kbCh1GdwboEAAAYASAAEqJ0R_D_BwE • https://spectrumnews.org/features/deep-dive/get-children-autism-sleep • https://www.ambitiousaboutautism.org.uk/understanding-autism/health/sleep

<p>BED-WETTING, BLADDER AND BOWEL</p>	<ul style="list-style-type: none"> • ERIC (Children’s Bladder and Bowel Charity): <i>They have taken over the contract for toileting services, so School Health Nurses no longer offer this support.</i> https://www.eric.org.uk/ - Website has loads of practical advice about potty-training, toileting issues, bed-wetting. Also provide training to education professionals. There is also a section for teenagers. Helpline 0845 370 8008. Local branch based at Kingswood Foundation Bristol BS15 8DB
<p>ASYLUM SEEKERS</p>	<ul style="list-style-type: none"> • Asylum Helpline UK: Free independent advice and guidance for asylum seekers. Website: www.asylumhelpuk.org Tel: 0808 8000 630 • Refuge Action: Information (predominantly London, Manchester and Birmingham, but some wider info). Website: www.refugee-action.org.uk Tel: 0207 9521511 • Bristol Refugee Rights: Welcoming support for refugees and asylum seekers in Bristol. Website: http://www.bristolrefugeerights.org/how-we-help/welcome-centre/ Tel: 0117 9145 480 • Asylum Support information from the government: Website: https://www.gov.uk/asylum-support/overview • The Children’s Section: Information for unaccompanied children seeking asylum in the UK. Website: https://www.refugeecouncil.org.uk/what_we_do/childrens_services
<p>MODERN SLAVERY AND HUMAN TRAFFICKING</p>	<ul style="list-style-type: none"> • Unseen: Modern slavery and human trafficking charity, including helpline, emergency refuge and support for victims. Website: https://www.unseenuk.org/ • Bristol Against Violence and Abuse: Local charity providing information and signposting. Website: http://www.bava.org.uk/types-of-abuse/human-trafficking/
<p>FORCED MARRIAGE AND HONOUR-BASED VIOLENCE</p>	<ul style="list-style-type: none"> • Bristol Against Violence and Abuse: Local charity providing information and signposting. Website: http://www.bava.org.uk/types-of-abuse/honour-based-violence/ Website: http://www.bava.org.uk/types-of-abuse/forced-marriage/ • The Halo Project: Specialist support for victims. Website: http://www.haloproject.org.uk/ • Karma Nirvana: Supporting victims of honour-based abuse and forced marriage.

	<p>Website: https://www.karmanirvana.org.uk/ Tel: UK Helpline: 0800 5999 247</p>
<p>BEREAVEMENT, SUICIDE AND CHILD DEATH</p>	<ul style="list-style-type: none"> • Winston’s Wish: Offer practical support and guidance to bereaved children, their families and professionals. Specialist support around different types of loss, including suicide, illness and murder. Website: https://www.winstonswish.org/ Tel: 08088 020 021 • Cruse Bereavement Care: Offers support, advice and information to children, young people and adults when someone dies. Tel: 0808 808 1677 Website: https://www.cruse.org.uk/ • The Compassionate Friends: The Compassionate Friends is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other bereaved parents, siblings, and grandparents who have suffered the death of a child/children. Website: https://www.tcf.org.uk/ Tel: 0845 123 2304 (telephone lines answered by a bereaved parent trained as a volunteer) • The Rainbow Centre: Free and professional support to children and their families affected by life threatening illness and bereavement. Support offered includes counselling, creative arts therapies and family fun days. Website: https://rainbowcentre.org.uk/ Tel: 0117 985 3343 • Childhood Bereavement Network: Information and support for bereaved children and young people and those caring for them, including information about how children grieve. Website: http://www.childhoodbereavementnetwork.org.uk/ • Child death helpline: Free phone helpline for anyone affected by the death of a child. Phones answered by trained volunteers who are also bereaved parents. Tel: 0800 282 986 or 0808 800 6019 Website: http://childdeathhelpline.org.uk/ • Marie Curie: Information for teenagers experiencing bereavement, and also a link about supporting grieving children. Website: https://www.mariecurie.org.uk/help/bereaved-family-friends/coping-grief-teenager • Children’s books around death and grief: http://www.littleparachutes.com/category/death-bereavement/
<p>CHILDHOOD CANCER</p>	<ul style="list-style-type: none"> • South West Aftercare Service: Support with ongoing health anxiety, physical and psychological impacts of cancer and cancer treatment: http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bhoc/information-and-support/the-south-west-aftercare-service/ Patients can self-refer. • Teenage Cancer Trust: www.teenagecancertrust.org – Peer support, emotional support and activities for young adults with cancer. • CLIC Sargent: www.clicsargent.org.uk – Support for children, young people and families affected by childhood cancer. • Ellen Macarthur Cancer Trust: www.ellenmacarthurcancertrust.org – Sailing trips and activity weeks for children and young people who have experienced cancer.

<p>ILL PARENT – CANCER</p>	<ul style="list-style-type: none"> • National Cancer Institute guide for young people who have a parent with cancer: http://www.cancer.gov/publications/patient-education/when-your-parent-has-cancer • Rip Rap: Support for young people who have a parent with cancer. Website: http://www.riprap.org.uk/
<p>HOUSING</p>	<ul style="list-style-type: none"> • 16-25 Independent People: Practical housing support and advice for young people, including Floating Housing Support. Website: www.1625ip.co.uk Tel: 0117 317 8800 • Homeless or at risk of homelessness in South Gloucestershire: South Gloucestershire Home Choice Team provide a housing advice service to residents of South Gloucestershire. They offer advice and information to help you keep, or find a home. They can help you deal with issues including possible eviction, harassment, arrears, debt and repair. If you are a home owner, they can offer advice if you are in mortgage arrears, or you are threatened with repossession. Website: https://homechoice.southglos.gov.uk/ • South Gloucestershire Floating Housing Support: Predominantly a housing support service, however will support clients with wider issues, e.g. mental health, debt. Service currently provided by P3 charity. Tel: 01454 865555 Website: https://www.p3charity.org/services/south-gloucestershire-floating-support • Shelter support Services: work with families experiencing significant housing issues, such as:- rent arrears, risk of homelessness, severe overcrowding, serious disrepair, unsuitable housing due to ill health or disability, need to move due to violence/harassment. Open: Mon to Fri, 9am–5pm Address: New Bond House, Bond Street, Bristol BS2 9AG Tel: 0344 515 1430 Email: bristol_reception@shelter.org.uk Outside of office hours You can call Shelter’s free national helpline on 0808 800 4444. It’s open from 8am to 8pm on weekdays and from 8am to 5pm at weekends. • One Stop Shops: These are drop-in session and customers will be seen on a first come, first service basis. They can provide housing and benefits advice, council tax information and more. Website: http://www.southglos.gov.uk/council-and-democracy/customer-services/contact-us-in-person/ • Citizen Advice: Offers information on benefits, work, housing, debt and money, the law and your rights. Website: www.citizensadvice.org.uk Tel: 03444 111 444 South Glos website: http://www.southgloscab.org.uk/ • Home swapper: National house exchange service for social housing tenants. Website: https://www.homeswapper.co.uk/
	<ul style="list-style-type: none"> • Health professionals: GP (make an appointment with your GP surgery), School Health Nurse (school or GP can refer, or they may offer drop-in sessions at your school – ask your school for more information), CAMHS (other health professionals)

EATING / DIET AND WEIGHT MANAGEMENT

can refer to CAMHS, e.g. GP, Paediatrician, School Health Nurse). *Please remember that if you have immediate concerns for a child or young person's mental health it is extremely important to take them to the GP or Emergency Dept/A&E as a matter of urgency.*

- **Eating Disorder Association:** Charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. www.beateatingdisorders.org.uk
Website: Tel: 0808 801 0677 or youth helpline: 0808 801 0711
- **REACH:** A free programme of fun and engaging activities for families that encourages them to be fitter, healthier and happier by helping them make gradual changes to the food they eat and the physical activity they take. Group programmes for 4-11 and 7 - 11 year olds and their families.
Website: www.southglos.gov.uk/reach
- The Body Image Workbook for Teens <https://www.amightygirl.com/blog/tag/body-image>
- Bulimia <https://www.getselfhelp.co.uk/docs/BulimiaSelfHelp.pdf>

SEXUAL ABUSE AND SEXUAL TRAUMA

- **The Bridge:** Information and counselling services to support children and adults who have been affected by rape/sexual assault.
Website: <http://www.thebridgecanhelp.org.uk/> Tel: 0117 3426999
- **The Green House:** Free specialist therapy for children and young people who have experienced sexual trauma, where this has been reported to statutory services, eg police or Social Services. Support also available to their families.
Tel: 0117 9351707 Email: info@the-green-house.org.uk. Website: www.the-green-house.org.uk
- **Somerset and Avon rape and sexual abuse support:** Specialist support for people in Bristol, South Gloucestershire, B&NES, North Somerset and Somerset, who have experienced any form of sexual violence / abuse, at any point in their life.
Helpline: 0808 801 0456 (women and girls) 0808 801 0464 (men and boys) Email - support@sarsas.org.uk. Bristol Office 0117 9299556. 1:1 support and counselling. Website: <https://www.sarsas.org.uk/>
- **The Survivor Pathway:** An online resource for anyone wanting to know more about specialist sexual violence support services in the South West. Website: <http://www.survivorpathway.org.uk/>
- **TRC** (located in Bath) creative therapy for children and their carers who have experienced trauma (incl. sexual abuse) - children have therapy session whilst parents are offered a group parenting course, counselling or psychotherapy.
Website: www.trc-uk.org
- **MOSAC** – Supporting non abusing parents and carers of sexually abused children. London-based but with a national helpline number. Website: www.mosac.org.uk Tel: 0800 980 1958
- **Kinergy** – Professional and confidential counselling service for survivors of sexual abuse and rape, aged 16+.
Tel: 0117 9087712 Email: contact@kinergy.org.uk Website: www.kinergy.org.uk

	<ul style="list-style-type: none"> • The Lucy Faithful Foundation: UK-wide child protection charity dedicated solely to preventing child sexual abuse. Work with entire families that have been affected by sexual abuse including: young people with inappropriate sexual behaviours; adult male and female sexual abusers; victims of abuse and other family members. Website: https://www.lucyfaithfull.org.uk/ • Safe Link: Children and Young Persons Sexual Violence Advisors (male/female, historic or recent incidents, whether or not they are reporting to Police). Young Person's Peer Support Group (female only). Website: https://safelinksupport.co.uk/ Tel: 0333 323 1543 Email: Safe.Link@safelinksupport.co.uk
<p>DOMESTIC ABUSE</p>	<ul style="list-style-type: none"> • Next Link: Provide a range of support and advice services to anyone (women, men, children) who has been the victim of domestic abuse. Including refuges, IDVAs, outreach support and peer support services. Telephone helpline 0800 4700 280, Email: southglos@nextlinkhousing.co.uk, Head Office telephone number: 0117 925 0680 Website: https://www.nextlinkhousing.co.uk/southglos/ • Next Link - CRUSH programme: "The CRUSH programme is for 13-19 years olds <ul style="list-style-type: none"> ○ Supporting up to 10 victims in each group ○ A closed group and members have to attend each week. ○ Has prescribed focus each week – help to understand how to recognise and avoid abusive relationships, how to leave a relationship which is unsafe and how to manage any exposure to domestic abuse within your home environment ○ The programmes focus is on both emotional and practical support including; self-esteem, confidence, coping strategies, skills and competencies, building friendship network, independence, ambition." Please refer via Next Link duty team: 0117 9250680. • Julian House (Previously Survive) Children & Young people's services: Provide support for children and young people who have experienced historical domestic abuse and may need support. They offer one to one support (for children aged 4-17), the Back on Track Program (for children aged 7-11 + a group for older children) and school workshops. Services are free, confidential and non-judgemental. Telephone: 0117 9424986 (office line) or email CYP.Service@julianhouse.org.uk Website: https://www.julianhouse.org.uk/projects-and-services/domestic-abuse/children-and-young-peoples-service.htm • National Domestic Violence Helpline/Women's Aid helpline: 0808 2000 247 (24 hour, free helpline) Website: http://www.womensaid.org.uk/ • The Hideout: Created by Women's Aid to help children and young people understand domestic abuse and how to take positive action. Website: www.thehideout.org.uk • Mens advice line: Advice and support for men experiencing domestic violence and abuse. Tel: 0808 801 0327 Website: www.mensadvice.org.uk • National LGBT+ Domestic Abuse Helpline: Emotional and practical support for LGBT+ people experiencing domestic abuse. 0800 999 5428. Email: help@galop.org.uk Website: http://www.galop.org.uk/domesticabuse/

	<ul style="list-style-type: none"> • Respect: (FOR PERPETRATORS) A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner. Website: www.respectphonenumber.org.uk Tel: 0808 802 4040 Email: info@respectphonenumber.org.uk
<p>ASB AND VICTIMS OF CRIME</p>	<ul style="list-style-type: none"> • Victim Support: If you've been a victim of any crime or have been affected by a crime committed against someone you know, Victim Support aim to help you find the strength to deal with what you've been through. Website: www.victimsupport.org.uk Tel: 0808 16 89 111 • Lighthouse: Provides victim and witness care. Website: www.lighthousevictimcare.org • Anti-Social Behaviour Team: Email: asbreporting@southglos.gov.uk. • Young Victims Service 01275 88 44 88 www.youngvictims.org.uk Support for young people (aged 5-18) who need help and support having been victims of crime and antisocial behaviour. A young person can access the service even if they haven't reported it to the Police. Young people can self-refer but so can other professionals, parents and the Police.
<p>FOOD BANK, BABY BANK, BENEFITS AND FINANCE</p>	<ul style="list-style-type: none"> • Benefits advice: South Gloucestershire Council benefits advice available via website: http://www.southglos.gov.uk/advice-and-benefits/ Advisers are available by telephone and on selected days at the One Stop Shops in Kingswood, Yate and Patchway. • South Glos Welfare Grants: The Welfare Grants Scheme can help with basic essentials. For example <ul style="list-style-type: none"> ○ food for you and other members of your household ○ essential items such as nappies and formula for your baby ○ help with gas and electricity where you pay for these by topping up a prepayment meter ○ essential items of furniture such as beds ○ white goods (maximum of one per application) ○ basic equipment for cooking and eating <p>You can make an application over the telephone by contacting the Welfare Grant Team between 8:45am and 2pm Monday-Friday, on 01454 868899. For full details see website http://www.southglos.gov.uk/advice-and-benefits/welfare-rights-and-financial-advice/welfare-grant-scheme/</p> • Citizen Advice: Offer information on benefits, work, housing, debt and money, the law and your rights. Tel: Citizen's Advice Bureau Advice line 03444 111 444 Website: www.citizensadvice.org.uk • North Bristol Advice Centre Provides free and independent advice and support in North Bristol and South Gloucestershire 0117 9515751 www.northbristoladvice.org.uk

	<ul style="list-style-type: none"> • Talking Money. Provides debt advice, energy advice, benefits advice and financial education. Tel: 0800 121 4511. Email: mail@talkingmoney.org.uk Website: www.talkingmoney.org.uk • Food Banks provide food packages at time of crisis. Visit the website: www.trusselltrust.org and search for your nearest foodbank by entering your postcode. Your local food bank will be able to tell you which referral agencies they work with in your area and how you can get a food bank voucher. When you have a food bank voucher, you then visit the food bank, taking the voucher with you. Most local food banks will welcome you with a warm drink, and trained volunteers will chat with you about your situation and any further support available. They'll discuss any dietary needs you may have, and they'll exchange your voucher for a parcel of emergency food (usually enough for 3 days). Most of the local foodbank centres offer a relaxed environment and aim to provide non-judgemental support at the point of crisis. • http://www.babybanknetwork.com/ - Baby Bank Network is a charity that provides free items for babies and toddlers (up to age 3) of families in need. The family has to be referred by agencies such as health visitors, children's centres and organisations that are in contact with vulnerable families. You have to register on the website and then you can make a referral for the items that the family needs and you will be emailed once it is ready to be collected. We must take the items to the family directly as they can't collect from baby bank. They can usually source most things that a family would need for a baby and whenever they give out cots or moses baskets they provide new mattresses. They also take donations of items if families have no need of them.
<p>Charities for families in need of financial support</p>	<ul style="list-style-type: none"> • Bristol Charities – grants available for people in need, hardship or distress - White goods (washing machines, fridges/freezers, electric cookers), Small electrical equipment (vacuums and microwaves), Flooring, Basic furniture, Cots, beds and mattresses, Starter packs (kitchen crockery). Applicants must live within 10 miles radius (as the crow flies) of the centre of Bristol. Website: https://www.bristolcharities.org.uk/grants • Frank Buttle Charity - Buttle UK is a charity dedicated to helping children and young people who are in crisis reach their potential by providing small but targeted and effective interventions via our Chances for Children Grants. These grants can range from a single household item such as a bed, to larger, more comprehensive grants of up to £2,000 to help remove the material barriers to education, training or wellbeing that a child or young person may be facing https://www.buttleuk.org/

	<ul style="list-style-type: none"> • Turn 2 us Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations. www.turn2us.org.uk
Hoarding	<ul style="list-style-type: none"> • Making Space – A free service which offers practical and emotional support to people who hoard. https://www.wecr.org.uk/help_advice/making-space/ • https://hoardinguk.org/ National hoarding charity to offer support to those who hoard. • Help for hoarders – Charity set up by TV presenter, Jasmine Harman, after growing up with a Mum who hoards. Information, advice and awareness information https://www.helpforhoarders.co.uk/ https://www.helpforhoarders.co.uk/resources/

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Please note: These services / resources have been recommended to the Early Help Team by families, young people or professionals. While some checks have been completed for accuracy and any obvious concerns in the advice provided, we cannot personally recommend or confirm the quality of services / resources on this list, other than those that have been through the formal commissioning process.