

Social, Emotional and Mental Health Need

The BU Programme - Children North East

- The BU Wellbeing Course is an early intervention that supports children and young people to build resilience and develop the foundations for positive mental health and emotional wellbeing.
- Delivered in schools to small groups, the six week course offers a proven approach for supporting 7 to 16 year olds who may be struggling to communicate and manage their emotions or who are at risk of developing more severe mental health difficulties in the future.
- **Paula Hamilton** - paula.hamilton@children-ne.org.uk or 07809215387

Eating Distress North East

- Anyone 16+ who identifies as having eating distress (no diagnosis required)
- Weekly 50 minute counselling sessions for 6-8 weeks.
- Counselling is available online or face to face.
- Free counselling only available 9am – 5pm on weekdays.
- **www.edne.org.uk** or **enquires@edne.org.uk** or **0191 221 0233**

Melva Project

- 5 week series of therapeutic intervention session providing specialised additional support for small groups (8-10) of referred children at risk of engaging in harmful behaviours.
- 1 x information session with the families
- 1 x mental wellbeing and resilience CPD session for teachers
- 5 x 90 minute sessions with the children during school time
- 1 x End session with children and families
- Provided by Children North East for primary schools

Humankind

- Support young people (11-25) around gender identity and or sexual orientation.
- 1:1 sessions with team members.
- Sexual health guidance
- Support to access clinical gender identity services.
- Opportunity to meet other LGBT+ young people
- Family support
- Hate crime supporting
- **lgbt@humankindcharity.org.uk** or **01325 731 160**

The CAN Project

- Support for 16-25 year olds who may require support transitioning into adulthood or make steps towards improving confidence and reducing isolation
- Young people are connected with a mentor who can provide assistance tailored to their needs and ambitions e.g. settle into independent living, attend community activities and access support available within Newcastle system
- **Online application form** <https://newpip.children-ne.org.uk/youthlink-and-can-confident-adults-north-east-referral> or **naomi.hope@children-ne.org.uk**

Support for Neurodiverse young people and their parents/carers and families

Autism Hubs - Pre/During/Post Diagnostic Support

- For parents/carers of children (0-18) who are waiting for an autism assessment, or have a diagnosis or autism.
- They run webinars and workshops on topics like sensory needs, sleep, toileting and behaviours that challenge.
- They also offer peer support and have 1:1 appointments.
- Nunsmoor Centre - 1st Wed of the month
- Galafield Centre - 2nd Wed of the month
- Byker Sands - 3rd Wed of the month
- Fawdon Community Building - 4th Wed of the month
- **kerrie.highcock@ne-as.org.uk** or **0191 410 9974**

Premier League Kicks Neurodiversity - Newcastle United Foundation

- Specialist session for young people (11-18) diagnosed with an autism spectrum disorder or in the process of referral.
- Sessions are delivered by staff with autism spectrum disorder specific training.
- Combines football with mental wellbeing activities.
- First Thursday of every month 6pm – 7pm.
- **https://ile5o88bign.typeform.com/to/BN2BzEfw**

Adverse Childhood Experience e.g. Abuse, Neglect, Bullying and Exploitation

SCARPA - The Children's Society

- Targeted support for 10-18 year olds who go missing or are at risk of sexual exploitation.
- Support young people to be safe from harm, stop going missing, reduce risky behaviours, exit situations of exploitation and achieve positive outcomes
- Provide add on support for parents where youth support is being offered when this support for parents would improve the likelihood of successful outcomes
- **sca@childsoc.org.uk** or **0191 221 0836**

NEPACS 1:1 Support for Young People

- Dedicated 1:1 support and therapeutic listening service for young people (8-17) who are effected by the imprisonment of a parent, sibling, or grandparent.
- Minimum of 3 x 1 hour sessions with trained youth worker to help support wellbeing and reduce isolation.
- **youth@nepacs.co.uk**

Newcastle Integrated Domestic Abuse Service (NIDAS)

- Provide specialist emotional and practical support for victims of abusive relationships
- Supports to help people to leave violent situations (women and men), produce safety and support plans and where the abuse has been reported, will support victims work with the police and courts to help achieve long-term safety and access justice.
- **nidas.team@thirteengroup.co.uk**

Respect Young People's Programme

- Programme designed for families where there is child/adolescent aggression/violence towards adults.
- Delivered to the family as a whole as well as 1:1 sessions for parent/carers and young person.
- Accessed via a professional contacting the Early Help Access Point and asking for a Request for Support to be sent to the appropriate Locality
- **Early Help Access Point - 0191 211 5805**

Young Victims of Crime Counselling - Streetwise Young People's Project

- Special counselling service for 11-25 year olds if they have been a victim of a crime e.g. domestic abuse, sexual violence or hate crime.
- **Online Referral at** <https://www.streetwisenorth.org.uk/get-help/book-a-referral/>

You Only Live One Project - Northumbria Police

- Early intervention programme aimed at diverting young people on the periphery of knife crime, violence or gang affiliation away from the criminal justice system or at risk behaviour.
- Young People (8-14) with no previous convictions (not being charged to court but may be known by the youth justice system) who has been involved in (or has intel relating to) a knife crime or serious incident.
- **YOLO@northumbria.pnn.police.uk** or **0191 214 6555**

EDGE NE

- Offer mentoring packages to young people involved in or at risk of child criminal exploitation, serious youth violence, gang activity and organised crime.
- **enquires@edgenortheast.co.uk**

Odysseus

- Mentoring for children and young people (6-25) who are at risk of offending or reoffending behaviour.
- Mentors are adult volunteers.
- Engagement from young people is voluntary and lasts up to 12 months.
- **jaymee@thecoalition.org.uk**

DARE Programme (Domestic Abuse Recovery)

- Group-based, community recovery programme for children (5-16) who have experienced domestic violence and abuse.
- Safe environment for the children to be given the opportunity to move away from the violence and abuse and begin recovery in a therapeutic way
- Offer the parent group the tools and skills to confidently support their child's recovery
- **families.admin@children-ne.org.uk**

Young Victims of Crime Counselling - Children North East

- Special counselling service for 11-25 year olds if they have been a victim of a crime e.g. domestic abuse, sexual violence or hate crime.
- Can attend the service via drop in.
- **weyes.counselling@children-ne.org.uk** or **0191 273 3997** or **07720 089482**

Universal Support to Schools

4 Area Family Partner Team Leads

- **North** - Joanne Elliot (Action for Children) **joanne.elliott@actionforchildren.org.uk**
- **Outer West** - Lesley Allmond (NCC) **lesley.allmond@newcastle.gov.uk**
- **Inner West** - Deborah Ramshaw (NCC) **deborah.ramshaw@newcastle.gov.uk**
- **East** - Sandi Stark (Barnardos) **sandi.stark@barnardos.org.uk**

Family Partner Overall Lead

- **Newcastle Local Authority** - Neil Christie
- **(Neil.Christie@newcastle.gov.uk)**

Early Help

- Co-ordination of multi-agency support around families
- **Access Point - 0191 211 5805**

4 Area Early Help Advisors

- **North** - Deb Hodges - **deborah.hodges@newcastle.gov.uk** - 07816341262
- **Outer West** - Jenny Rae - **jenny.rae@newcastle.gov.uk** - 07970610457
- **Inner West** - Ashley Kirkland - **ashley.kirkland@newcastle.gov.uk** - 07970948509
- **East** - Sian Hadley - **sian.g.hadley@newcastle.gov.uk** - 07974114913

Team Around the School

- Support for all secondary and primary school.
- Aim is to create better communication between schools and other professionals by linking people together.
- 1 multiagency meeting per half term; early help, police, youth justice, family partners, 0-19 services and voluntary sector colleagues etc.
- Early triaging, having a joined-up approach when a child may show early signs of needing support

Family Partners

- Each school will be given a name and contact for an individual within the Family Partner Team (Local Authority)
- The named family partner is the initial point of access to the wider system
- Schools not already linked in should speak to Neil Christie **(Neil.Christie@newcastle.gov.uk)**

0-19 School Health Service

- Weekly Secondary School Drop In Sessions
- Access to 1:1 sessions at any point; advice for relationships, identity exploration, emotional health and wellbeing.
- **Single Point of Access - 0191 282 3319**

Getting Help Offer - Via Single Point of Access Referral

Single Pint of Access

- SPA Team transfers referrals to the most appropriate organisation based on the young person's needs
- **0330 123 1147** or **ngspaadmin@cntw.nhs.uk**

Children North East

- Provides a one to one counselling service for 9-25 year olds who are struggling with their mental health, utilising a variety of therapy techniques. Some of the things they can support with are coping with depression, anxiety, bullying, self-harming, loss and bereavement. The counsellors can meet wherever young people feel safe and are currently available evenings and Saturday mornings too.

North East Counselling

- Deliver one to one counselling using a variety of therapy techniques. It's a counselling service for ages 4+ in relation to depression, anxiety, bullying, self-harming, loss and bereavement.

Kalmer Counselling

- Kalmer are commissioned to work with children and young people with a learning disability and learning difficulty but are also commissioned to work with those that are awaiting for a Neurodevelopmental assessment.
- Provide counselling to children and young people, aged 9-25, with learning disabilities and difficulties in Newcastle.

Streetwise

- Provides early help and support to young people aged 11 - 25 who are experiencing mild to moderate mental health or emotional wellbeing difficulties, including anxiety, low mood, anger, stress, bereavement and low self-esteem.

Kooth

- Offer online counselling services for young people aged 11-18 years, providing an early response to, and identification of emotional wellbeing and mental health problems. The support is safe, online, anonymous, and self referral based so there are no waiting lists or thresholds to meet.
- The offer is centered around therapeutic choice, offering a full mental health toolkit - giving users the opportunity to choose what kind of support works for them. This includes self help resources, community support & professional support.

Barnardo's Independence Project

- Provide up to 6 month's worth of support to 12-18 year olds living in Newcastle, who are stepping down from Tier 3 Mental Health Services. Offering a young person support with the transition out of these services, as well as aiming to prevent them returning back to them. The support concentrates on emotional wellbeing through a social prescribing model and is tailored to wherever somebody feels most comfortable e.g. school, home or somewhere out in the community.

Barnardo's Orchard Mosaic

- Provides a counselling service for children and young people 5-18 who have experienced bereavement or sexual harm. They are a team of therapists who offer different types of support including talk therapy, messy play, art therapy, use of cognitive behaviour techniques and specialist support for young people diagnosed with PTSD.
- Sessions can be face to face or virtual either from the Therapy building in Newcastle or in the Community such as School or Early Help settings.
- The work is child directed which places the child or young person in the driving seat, the team help the child or young person think about positive people that can help them through tough times, helping the child or young person identify their strengths and each session will involve feedback from the child or young person to make sure they have been listened to and the sessions work for them.

Family Support

Families in Crisis - Children North East

- The Families in Crisis team work with families to address issues that are causing harm and are having an impact on the safety of the children
- Support to address issues such as alcohol misuse, mental health and domestic abuse
- Can support families where the child(ren) are at risk of or have been removed from parent's care
- **newpip.info@children-ne.org.uk** or **0191 272 7824**

Family Advice and Support Team - Skills for People

- For children and young people (up to 25) with special educational needs or disabilities and their families.
- Pass it on Parents (peer support), Family Advice Workers and Project Workers.
- Offer information and advice on how to connect with other services, support with any specific challenges or queries, offer practical advice appropriate to family circumstances, link into other agencies e.g. health, social care and education and offer planning for adulthood support.
- Offer in depth advice and support for parents/carers tailored to their family needs. E.g. helping families prepare for meetings to ensure their views are heard.
- Provide guidance on completing grant funding applications.
- **https://skillsforpeople.org.uk/support/family-advice/**

PROPS - Family Support Service

- Supporting people 11+ who have been impacted by somebody else's drug or alcohol misuse e.g. family member, friend or partner.
- Increase the young person's understanding of their current situation and the risks/challenges they are faced with, provide them with drug/alcohol support and help support them to remain positive.
- Intervention normally lasts between 6-8 sessions but can be extended depending on the needs of the young person/family.
- **props.org.uk** or **09191 226 3440**

Understanding Your Child - Solihull Approach parents course - Action for Children

- 10 week course that looks at childhood development and behaviour.
- **0191 272 4990**

Parents on the Ball

- 10 week programme running in partnership with Action for Children and the Falcons Community Foundation
- Guidance about healthy life choices and gaining confidence in parenting skills
- **parents.actionforchildren.org.uk**

Ways to Wellbeing - Children North East

- Programme delivered over 4 hours in total, usually over 2 x 2 hour sessions at venues across Newcastle.
- Aimed at raising awareness of children and young people's brain development and mental health.
- Provide a combination of; information and insight into behaviours children and young people may present with, provide practical tools to support managing issues and signposting if additional support would be helpful.
- Self referrals or referrals on behalf of a family are accepted via web link.
- **families.admin@children-ne.org.uk** or **0191 2727 824**

Parent Support Line - North East Counselling

- Confidential parent and carer support line.
- Parents can speak to a qualified counsellor Monday to Friday between 10am – 2pm. (can request call backs if outside of these hours).
- **0333 358 3040**