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Broxtowe Children's Centres

Brief outline of service:

- Parents Health Emotional Wellbeing group (PHEW Group)
- 1 1 Family Support
- New Birth Visits (this identifies isolation low mood)

Referral process:

Self-referral/ partner agencies/health professionals

Contact:

- t: 0115 993 5780
- **e:** North Broxtowe deborah.perkins@nottshc.nhs.uk South Broxtowe christine.spreckley@nottshc.nhs.uk



Organisation:

Broxtowe Women's Project Limited

Brief outline of service:

- Broxtowe Women's Project (BWP) offers a range of services for women and children affected by domestic abuse.
- The project aims to increase awareness of domestic abuse alongside
 offering outreach support to women and their families experiencing
 domestic abuse within Broxtowe Borough. Children and young people
 can also access outreach support and creative arts therapies from a HCPC
 registered Arts Psychotherapist.

Contact:

t: 01773 719 111 Text: 07914 634 190

For all agency enquiries please call:

t: 01773 718 555

w: www.broxtowewomensproject.org.uk (both lines between 9am-5pm: Mon-Thurs).

Organisation:

Broxtowe Youth Homelessness

Brief outline of service:

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

Contact:

- t: 0115 9497790
- e: enquiries@broxtoweyouthhomeless.org

Broxtowe Active Schools

Brief outline of service:

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

In partnership with local and national stakeholders, we are working with young people to co-create projects, and establish sustainable activity; with the aim of enhancing the health and wellbeing of students across the district, and extending a culture of physical activity into the wider community.

Referral process:

In-school activity

Contact:

t: 07476 762 732

e: info@broxtoweactiveschools.co.uk



Changepoint - Everyone Healthy

Brief outline of service:

 Countywide weight management service will support and assist adults, young people, children and families (including pregnant women) who would like to increase physical activity levels and eat a healthy, balanced diet.

Contact:

t: 0845 023 0341

e: info@everyonehealth.co.uk

Organisation:

Carers Federation - Young Carers Transitions Project

Brief outline of service:

- Broxtowe Women's Project (BWP) offers a range of services for women and children affected by domestic abuse.
- The project aims to increase awareness of domestic abuse alongside offering outreach support to women and their families experiencing domestic abuse within Broxtowe Borough. Children and young people can also access outreach support and creative arts therapies from a HCPC registered Arts Psychotherapist.

Referral Process:

Referral form available on Carers Federation website, or direct telephone contact

Contact:

t: 0115 962 9335 07841 067 098

e: n.sykes@carersfederation.co.uk

Organisation:

Citizens Advice Broxtowe

Brief outline of service:

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

Contact:

- **t:** 0115 949 7790
- e: enquiries@broxtoweyouthhomeless.org

CGL Let's Grow Young Persons Substance Misuse Service

Brief outline of service:

 One to one support for Y/P with Substance issues as well as targeted group work, drop-in and professional training

Referral process:

referral form, telephone referrals, face to face referrals

Contact:

t: 01623703373

e: nottsyp.admin@cgl.org.uk

Organisation:

CAMHS

Brief outline of service:

- Community CAMHS provides support for children and young people across Nottingham City and Nottinghamshire.
- We work with children and young people from the age of 0-18 years, and their families and carers. The young people we work with may be experiencing severe or complex mental health problems and neurodevelopmental disorders. These have a significant impact on the child's development and cause distress to the child and their carers.

Referral process:

If you are aged between 12 and 18 years old and have a Nottinghamshire GP, you can self-refer to CAMHS. This means that you can directly approach our team to ask for help.

The telephone number is 0115 8542 299 and it is open from 8am to 5pm, Monday to Friday. You will speak to a specially trained professional who will ask you some questions and talk to you about how they can help. If you prefer, you can ask for help by completing an online self-referral form.

If you prefer you can speak to your GP, school health nurse or an adult in school who can get in touch with us by calling or writing to us. Any other professional who works with you like a social worker, counsellor or youth worker can also contact us to find out how we can help you

If you are the parent or carer for a young person aged 0 to 18 years old with a Nottinghamshire GP, you can refer on their behalf to CAMHS. This means that you can directly approach our team to ask for help.

Contact

t: 0115 8542 299

e: CAMHSSPA@nottshc.nhs.uk



Disability Support Team

Brief outline of service:

Youth clubs for young disabled people aged 13-24 years.

Contact:

Carol Greaves

t: 0794 927 0038

e: carol.greaves@nottscc.gov.uk

Organisation:

Early Help Unit (Notts County Council)

Brief outline of service:

The Early Help Unit provides a direct contact point for professionals and families wanting to access early help services in Nottinghamshire.

This includes:-

- Services offered by Targeted Support or the Early Years & Early Intervention service
- Information and advice for children, young people, families and professionals on early help services in Nottinghamshire

Contact:

Carol Greaves

t: 01623 433 500 **f:** 01623 433 245

e: early.help@nottscc.gcsx.gov.uk

Organisation:

Equation

Brief outline of Service:

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

Contact:

t: 0115 962 3237

e: info@equation.org.uk w: www.equation.org.uk



Family Service

Brief outline of service:

 One to one support for Y/P with Substance issues as well as targeted group work, drop-in and professional training

Referral process:

referral form, telephone referrals, face to face referrals

Contact:

t: 01623 433 500 **f:** 01623 433 245

e: early.help@nottscc.gcsx.gov.uk
The Early Help Unit, Meadow House, Littleworth,

Nottinghamshire. NG18 2TB



Mansfield,

G

Organisation:

Healthwatch Nottingham and Nottinghamshire

Brief outline of service:

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

Contact

e: youth@healthwatchnottinghamshire.co.uk

w: www.healthwatchnottinghamshire.co.uk

Healthwatch Nottinghamshire Youth

HWNottsYouth





Juno Women's Aid (formerly WAIS)

Brief outline of service:

- Juno women's aid is a free, confidential and independent charity working with women and their children who have been affected by domestic abuse.
- Freedom programme, a 10 week group domestic abuse awareness course that looks at tactics and behaviours used by perpetrators of domestic abuse and aims to show the early warning signs.

Helpline:

Juno women's aid provide a 24 hour Domestic abuse Free phone helpline for any woman affected by domestic violence or abuse. Its available 7 days a week, 365 days a year.

Children and young people:

Services include one to one and group support for children and young people ages 5-16 and Escape the Trap for 13-17yr olds

Juno offer a personalised package of practical advocacy and emotional support for teenagers (male and female) aged 13 to 17 years experiencing abuse in their intimate relationships as both one to one support and group support.

Contact:

t: 24-hour freephone helpline: 0808 800 0340

Referral: 0115 947 6490 Office: 0115 947 5257

e: enquiries@junowomensaid.org.uk



NCFP Broxtowe

Brief outline of service:

Footsteps Perinatal support for parents experiencing mild/moderate mental health issues during the perinatal period. Footsteps offer a befriending service to support families when their personal circumstances mean they may be vulnerable to developing a perinatal mental illness.

The aims of the service are to:

- · Improve mental health and wellbeing
- Support a positive relationship between parents and baby
- Reduce social isolation of families
- · Increase self-confidence

We work in partnership with Health Visitors and Midwives to ensure parents receive the right support. We can help mum, dad and the immediate family throughout pregnancy and in the first year of child's life, by a Family Support Worker and then a befriender providing 1-1 support in the home or in the community. This can be things like supporting to attend local groups, visiting at the home or even going for a coffee.

Our volunteer befrienders have an understanding of emotional distress and are trained to offer emotional support to families before and after the birth of baby. All volunteers are police checked and will receive regular support and supervision.

Referral process:

Self-referral or professional referral. (forms attached).

Contact:

t: North Broxtowe 0115 993 5750 South Broxtowe 0115 993 5780

e: North Broxtowe jane.gostlow@nottshc.nhs.uk South Broxtowe teresa.herring@nottshc.nhs.uk







Nottinghamshire Young Carers Service

Brief outline of service:

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

Contact

t: 01623 433 500 **f:** 01623 433 245

e: early.help@nottscc.gcsx.gov.uk

Organisation:

Nottinghamshire County Council - Supporting Families South

Brief outline of service:

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

Contact:

t: 01623 433 500 **f:** 01623 433 245

e: early.help@nottscc.gcsx.gov.uk

Organisation:

Nottinghamshire County Council (Young Carers Community)

Brief outline of service:

Young Carers Assessments (5 - 17 years), to ascertain if an individual is eligible for a personal budget and to signpost to support services.

Contact:

t: 01623 433 500 **f:** 01623 433 245

e: early.help@nottscc.gcsx.gov.uk

O P Q R

SMALL STEPS SERVICE NOTTINGHAMSHIRE (NHS)

Brief outline of service:

Part of the Healthy Families Programme we provide support to families of children with concerning behaviour, ADHD and ASD.

Referral process:

Self-referral/ partner agencies/health professionals

Contact:

t: 01623 672 152 07966 528 940



Targeted Support & Youth Justice (Notts County Council)

Brief outline of service:

- Youth Work (street base)
- Face IT
- WAM (What About Me)
- Missing Children
- Parenting Intervention
- Housing Support
- Case Managers
- Remedi (mediation)

Contact:

- t: 01623 433 500
- **f:** 01623 433 245
- e: early.help@nottscc.gcsx.gov.uk

Organisation:

Transform Training

Brief outline of service:

Our transformational programmes are based on inspired training that creates uncommon results for young people, young adults with learning disabilities or mental ill health and the adults who work with them:

- Long term intensive support programmes for young people who face very challenging circumstances such as exclusion, worklessness, offending or substance misuse.
- Long term sports and creative arts activity programmes for young people with learning disabilities that provide life skills and resilience training.
- Emotional literacy, emotional resilience and working with challenging behaviors training for professional workers, volunteers and community organisations

Youth Development Programmes

Our courses range from 6 weeks to 12 months. Our Youth Development Programmes are designed to provide long term consistent support to young people who are facing challenges in their lives and need to know they can get through the tough times and have a future.

The foundation of our youth programmes is emotional resilience. We support young people to make sense of their circumstances and take control of their choices and actions. We train young people to understand where their feelings are coming from and how they act in response to feelings they have. We support young people to plan and make positive responses to challenges that they face and look for the support that they need to get on with life.

Contact:

Sophie Forbes Taylor

e: sophie.t@transformtraining.org.uk



Transform Training Breakaway Project aged 14 - 25 yrs

Brief outline of service:

Breakaway is a participatory arts project for young people with learning disabilities. The project brings together young people who share a common interest in music, drama, dance, and art, helping them to develop skills as artists, but also as individuals. Our weekly sessions include music, dance, drama, visual arts and live performance, but more importantly they support the personal development and progression of all the young people that attend.

Referral process:

Contact Programme Coordinator - Siobhan Drake

Contact:

t: 07400 242 017

e: Siobhan.d@transformtraining.org.uk

Organisation:

Transform Training Digi-Me. Aged 16-25 years.

Brief outline of service:

A skills opportunity for unemployed people with learning disabilities. Involving creative arts sessions, personal development and learner led podcasts.

Referral process:

Contact Programme Coordinator – Siobhan Drake

Contact:

t: 07400 242 017

e: Siobhan.d@transformtraining.org.uk

Organisation:

Transform Training Moxie. Aged 13-17 years.

Brief outline of service:

Providing 121 emotional education support for young people living in Chilwell or Beeston who regularly abscond from home or school, or are at risk of CSE.

Referral process:

Contact Programme Coordinator – Charmaine McCarthy

Contact:

t: 07383 549 913

e: Charmaine.m@transformtraining.org.uk

Transform Training GRIT. Aged 13-17 years.

Brief outline of service:

Working with young people in Stapleford who are vulnerable to extremist views/groups and have become involved in hate crime or been prosecuted already. GRIT involves weekly and the Breaking the Cycle workshop at the National Holocaust Centre. The project trains and enables young people to have a personal resilience 'tool box' to understand how to manage themselves for their whole lives by training them in the practical skills needed; empowering them to make their own choices and not be vulnerable to the extreme attitudes of others.

Referral process:

Contact Programme Coordinator – Charmaine McCarthy

Contact:

t: 07383 549 913

e: Charmaine.m@transformtraining.org.uk

Organisation:

Transform Training SEED

Brief outline of service:

SEED is a programme of short workshops, one-to-one life coaching and longer-term programmes of support for students and school staff that can contribute to a whole school approach to embedding emotional health and wellbeing within your school. Every SEED workshop is uniquely planned to ensure that the needs of the students and the school are taken into account.

SEED Plus - Specially designed for young people who are consistently struggling to engage with learning and find it hard to be around other students in class, or those who are school refusers, SEED Plus is a programme of 6 lessons that provides more intensive long term support. Suitable for groups of between 4 and 10 students and timed to fit in with a standard double period lesson, these programmes can dramatically change attitudes and behaviours in your most challenging students. Sessions cover communications skills, conflict resolution, dealing with feelings such as anger or frustration, health and wellbeing and planning for success. Students receive a bespoke package of support according to their learning needs and personal circumstances.

Referral process:

Contact Sophie Forbes-Taylor

Contact:

t: 07921 800 755

e: Sophie.t@transformtraining.org.uk

UVWX



Youth Service - (Notts County Council)

Brief outline of service:

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

How do we make referrals to your organisation?

Open access provision for children and young people

Contact:

t:	Beeston Young People's Centre	Nikki Loydall	0115 925 4575
	Stapleford Young People's Centre	Paul Bailey	0115 939 2771
	Eastwood Young People's Centre	Andy Allsopp	01773 53 6010
	Kimberley Young People's Centre	Patrick Manning	0115 938 4249
	South Locality Mobile (Motivator)	Paul Race	0115 989 9462



Other useful contacts:

Organisation	Role	Contacts	
Young Minds	Information on mental health and wellbeing for young people, parents & professionals	www.youngminds.org.uk	
Kooth.com	Online counselling and support	www.kooth.com	
Health For Teens	Everything you wanted to know about health, relationships, feelings, lifestyle, growing up	www.healthforteens.co.uk	
Childline	Private & confidential support for children & young people up to the age of 19	www.childline.org 0800 11 11	
Mind Full	Online counselling (11 to 17)	www.mindful.org	
My Camhs Choices	Information for young people on talking therapies	www.mycamhschoices.org	
Bipolaruk	Information on bipolar	www.bipolaruk.org.uk	
Mini-Me	Online mood tracking tool that responds to how you are feeling	www.mini-me.org.uk	
Samaritans	Confidential support for people experiencing feelings of distress and despair	www.samaritans.org.uk 08457 90 90 90 (24 hours)	
Harmless	Provides services about self-harm and suicide prevention	www.harmless.org.uk	
Bullying Uk	Support for young people	www.bullying.co.uk	
Carers Federation	Support for young carers aged 5 to 18	www.carersfederation.co.uk	
Teenage Cancer Trust	Support for young people with cancer	www.teenagecancertrust.org	
Broxtowe Youth Homelessness	Support for young people 16 to 25 at risk of homelessness	www.broxtoweyouthhomeless. org.uk	
Fearless	Non-judgemental advice about crimes that affect you	www.fearless.org	
Sane	We work to improve the quality of life for anyone affected by mental illness	www.sane.org.uk	
Notts Help Yourself		www.nottshelpyourself.org.uk	

Useful apps:

Moodtrackers	Mediation	Anxiety	Sleep
MOODPANDA	HEADSPACE	MINDSHIFT	Sleep Cycle
MOODBUG	STOP, BREATH & THINK	SAM	
MOODOMETER		STRESS TIPS	

Staying up to date



Sign up to our Email Me Service - subscribe to updates on the services that matter to you, all direct to your inbox.

www.broxtowe.gov.uk/
emailme









Follow us on social media for daily updates and news from across the Borough. You can find us on Facebook, Twitter, LinkedIn and YouTube.

Our Broxtowe Matters newsletter is delivered to every home and business in the Borough twice a year. It can also be read online at www.broxtowe. gov.uk/councilpublications



Visit our consultations page to see how you can have your say on Council services www.broxtowe.gov.uk/consultations

Community Action Teams (CAT) Meetings take place in the Borough and provide an opportunity to raise issues with local Councillors www.broxtowe.gov.uk/cat



The Council has Committees which make decisions about services or which have delegated powers to make decisions based on law. Most

committees are public meetings so members of the public are welcome to attend. At certain meetings, like Full Council Meetings, members of the public can ask questions by prior arrangement. Agendas, minutes and meeting dates are published on our website at www.broxtowe.gov.uk/committees and decisions for many of the committees are shared on our Twitter account @broxtowebc.

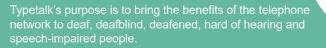
ਜੇਕਰ ਤੁਸੀਂ ਇਹ ਨੀਫਨੇਟਟ ਕਿਸੀ ਹੋਰ ਭਾਸ਼ ਜਾਂ ਫੋਰਮੈਟ ਵਿੱਚ ਨੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ 0115 9177777 ਤੋ ਸਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

如果你需要此傳單用其他的形式或文字寫成,請撥電話 0115 917 7777 奥我們 聯絡。

اگرآپ چاہیے ہیں کرریاف لیٹ آپ کواُردوزبان میں مہیا کیا جائے تو ہراہ مہریانی فون نبرز۔ 0115917777 پردابطہ کریں۔

If you need this leaflet in other formats or languages contact us on 0115 917 7777

TYPETALK - TEXT DIRECT



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For Broxtowe Borough Council telephone 18001 0115 917 7777.



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www.broxtowe.gov.uk