

## **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
- LGBTQ
- Sexual health
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- Modern slavery and human trafficking
- Forced marriage and honour-based violence
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- Sexual abuse and sexual trauma
- Domestic abuse
- ASB and Victims of Crime
- Food bank, Benefits and Finance

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

- **Mind You:** South Gloucestershire based website for young people, their families and the professionals who support them. We're here to help you explore emotional wellbeing and mental health issues and offer information about where support is available. <http://sites.southglos.gov.uk/mind-you/>
- **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.  
Tel: 0808 808 9120. Text: 07896 880011. Website: [www.otrbristol.org.uk](http://www.otrbristol.org.uk). Email: [confidential@otrbristol.org.uk](mailto:confidential@otrbristol.org.uk)
- **HELP Counselling:** Low-cost (minimum contribution £3 per session) counselling for children and young people age 9-25 years old.  
Website: <http://www.help-counselling.org.uk/whatweoffer.html>
- **Network Counselling:** Counselling (voluntary contribution) for children and young people age 11+.  
Website: <http://network.org.uk/youth-counselling/is-youth-counselling-for-me/>
- **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. Tel: 0808 808 4994 – helpline available 11am-11pm every day.  
Website: [www.themix.org.uk](http://www.themix.org.uk) – webchat with a trained worker available 11am-11pm every day. Telephone counselling may be available (dependent on current demand).
- **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.
- **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](http://www.childline.org.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/>
- **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 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.
- **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. Website: [www.papyrus-uk.org/help-advice/about-hopelineuk](http://www.papyrus-uk.org/help-advice/about-hopelineuk)
- **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](http://www.moodcafe.co.uk)
- **Moodgym:** Offers learning cognitive behaviour skills for adolescents with emotional/mental health and relationship difficulties.  
Website: [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)
- **Mind you website** [www.mindyou.org.uk](http://www.mindyou.org.uk)
- **Information and free booklet to download for children with obsessive and compulsive behaviour:** [www.ocduk.org/childrens-ocd-guide](http://www.ocduk.org/childrens-ocd-guide)
- **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](http://www.cwmt.org.uk)
- **Chatterminds** <http://www.chatterminds.co.uk/> Managing anxiety and other emotions for 3-18 year olds.
- **Anxiety toolkit:** [www.southglos.gov.uk/anxiety](http://www.southglos.gov.uk/anxiety)
- **Anxiety UK:** Provides information and support for those living with anxiety.  
Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) Text: 07537 416 905 Tel: 08444 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](http://www.southglos.gov.uk) – search 'Shelf Help'
- **The Resilience Lab:** Website developed by Off The Record counselling service.  
Website: [www.otrbristol.org.uk/resilience-lab](http://www.otrbristol.org.uk/resilience-lab)
- **Free phone app:** Information and ways of managing anxiety for young people.  
Website: [www.sam-app.org.uk](http://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/>
- **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

**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
- *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
- *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
- *Think good – Feel good* by Paul Stallard

**Books for young people (last checked on Amazon in August 2017 and still have average 4+/5 reviews)**

- *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)

	<ul style="list-style-type: none"> <li>• <i>Get out of my life...But first take me &amp; Alex into town. The bestselling parents' guide to the new teenager</i> by Tony Wolf &amp; Suzanne Franks</li> </ul>
<p><b>SELF ESTEEM AND BODY IMAGE</b></p>	<ul style="list-style-type: none"> <li>• Information about self-esteem: <a href="http://kidshealth.org/en/parents/self-esteem.html#">http://kidshealth.org/en/parents/self-esteem.html#</a></li> <li>• 20 tips for building self-esteem in children: <a href="http://www.ricklavoie.com/esteemart.html">http://www.ricklavoie.com/esteemart.html</a></li> <li>• 12 ways to raise a confident child: <a href="http://www.askdrsears.com/topics/parenting/child-rearing-and-development/12-ways-help-your-child-build-self-confidence">http://www.askdrsears.com/topics/parenting/child-rearing-and-development/12-ways-help-your-child-build-self-confidence</a></li> <li>• Information about building self-esteem: <a href="http://www.caringforkids.cps.ca/handouts/foster_self_esteem">http://www.caringforkids.cps.ca/handouts/foster_self_esteem</a></li> <li>• <i>Book: I want your Moo: A story for children about self-esteem</i> by Mark Weiner ISBN 0945 354657</li> <li>• <i>Book: The Affirmation Web: A believe in yourself adventure paperback</i> by Lori Lite ISBN 1886 941 254</li> <li>• Promoting positive body image: <a href="http://www.aboutkidshealth.ca/En/HealthAZ/FamilyandPeerRelations/AttachmentandEmotions/Pages/body-image-promoting.aspx">http://www.aboutkidshealth.ca/En/HealthAZ/FamilyandPeerRelations/AttachmentandEmotions/Pages/body-image-promoting.aspx</a></li> <li>• Promoting positive body image: <a href="https://www.indi.ie/fact-sheets/fact-sheets-on-nutrition-for-babies-children/400-promoting-a-positive-body-image-to-children-a-practical-guide-for-parents.html">https://www.indi.ie/fact-sheets/fact-sheets-on-nutrition-for-babies-children/400-promoting-a-positive-body-image-to-children-a-practical-guide-for-parents.html</a></li> <li>• 10 ways to promote healthy body image: <a href="http://www.chicagonow.com/between-us-parents/2013/04/10-ways-to-promote-healthy-body-image-in-your-home/">http://www.chicagonow.com/between-us-parents/2013/04/10-ways-to-promote-healthy-body-image-in-your-home/</a></li> <li>• Support for schools – Information about teaching about body image: <a href="http://www.berealcampaign.co.uk/assets/filemanager/documents/8121.pdf">http://www.berealcampaign.co.uk/assets/filemanager/documents/8121.pdf</a></li> </ul>
<p><b>ANGER BOOKS / GAMES FOR CHILDREN AND YOUNG PEOPLE</b></p>	<p><b>Children's Books (last checked on Amazon in August 2017 and still have average 4+/5 reviews):</b></p> <ul style="list-style-type: none"> <li>• <i>Taking the Grrr out of anger</i> by Elizabeth Verdick</li> <li>• <i>Mad isn't bad – self-help book</i> by Michaelene Mundy</li> <li>• <i>What to do when your temper flares</i> by Dawn Huebner</li> <li>• <i>A volcano in my tummy – helping children to manage anger</i> by Whitehouse &amp; Pudney</li> <li>• <i>I feel angry</i> by Moses &amp; Gordon</li> <li>• <i>Starving the anger gremlin</i> by Collins-Donnelly</li> <li>• <i>Anger management games for children</i> by Plummer</li> <li>• <a href="https://rhythmsoplay.com/15-books-to-help-kids-manage-anger/">https://rhythmsoplay.com/15-books-to-help-kids-manage-anger/</a></li> <li>• <a href="https://www.schoolcounselingfiles.com/anger-management-activities.html">https://www.schoolcounselingfiles.com/anger-management-activities.html</a></li> </ul>

	<ul style="list-style-type: none"> <li>• <a href="http://www.thehelpfulcounselor.com/35waystohelpnanangrykid/">http://www.thehelpfulcounselor.com/35waystohelpnanangrykid/</a></li> <li>• <a href="http://micheleborba.com/7-sure-fire-solutions-to-help-kids-control-their-anger/">http://micheleborba.com/7-sure-fire-solutions-to-help-kids-control-their-anger/</a></li> <li>• <a href="http://www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children">http://www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children</a></li> <li>• <a href="https://www.livestrong.com/article/96420-anger-management-techniques-children-ages/">https://www.livestrong.com/article/96420-anger-management-techniques-children-ages/</a></li> <li>• <a href="http://www.socialskillscentral.com/free/Dont_Get_Mad.pdf">http://www.socialskillscentral.com/free/Dont_Get_Mad.pdf</a></li> <li>• <a href="https://www.mother.ly/child/50-calm-down-ideas-to-try-with-kids-of-all-ages#close">https://www.mother.ly/child/50-calm-down-ideas-to-try-with-kids-of-all-ages#close</a></li> <li>• <a href="https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-angry-child/">https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-angry-child/</a></li> <li>• <a href="https://childmind.org/article/is-my-childs-anger-normal/">https://childmind.org/article/is-my-childs-anger-normal/</a></li> <li>• <a href="https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/add-adhd/adhd-and-anger-what-you-need-to-know">https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/add-adhd/adhd-and-anger-what-you-need-to-know</a></li> </ul>
<p><b>SELF-HARM</b></p>	<ul style="list-style-type: none"> <li>• <b>SISH Bristol (self-injury self-help):</b> Bristol based community organisation for 18+ for both men and women. <a href="http://www.sishbristol.org.uk">http://www.sishbristol.org.uk</a> – Run by volunteers, emails / phones checked a couple of times a week.</li> <li>• <b>Self-injury support: information and support for girls and women who self-harm:</b> Website: <a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a> Text support: 07800 472 908 (Sunday to Thursday 7-9pm). Telephone helpline support: 0808 800 8088 (Monday to Thursday 7-10pm).</li> <li>• <b>Harmless:</b> User led &amp; provides support, information &amp; training to people who self-harm, their friends and family <a href="http://www.harmless.org.uk">www.harmless.org.uk</a></li> <li>• <b>NSPCC:</b> <a href="https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/">https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/</a> - useful tips for parents</li> <li>• <b>Young Minds</b> 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. Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> Tel: 0808 8025544.</li> <li>• <b>HOPEline UK (Youth Suicide Prevention Advice):</b> 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: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>. Website: <a href="http://www.papyrus-uk.org/help-advice/about-hopelineuk">www.papyrus-uk.org/help-advice/about-hopelineuk</a></li> </ul>

<p><b>TRAUMA</b></p>	<p><b>Children's Books (last checked on Amazon in August 2017 and still have average 4+/5 reviews):</b></p> <ul style="list-style-type: none"> <li>• <i>A terrible thing happened</i> by Margaret Holmes</li> <li>• <i>Healing Days: A guide for kids who have experienced trauma</i> by Susan Farber Straus</li> <li>• <i>The Huge Bag of Worries</i> by Virginia Ironside</li> </ul>
<p><b>ATTENTION SEEKING BEHAVIOUR</b></p>	<ul style="list-style-type: none"> <li>• Look at me! Supporting children with attention seeking behaviours: <a href="http://www.talk4meaning.co.uk/wp-content/uploads/2012/11/1001.pdf">http://www.talk4meaning.co.uk/wp-content/uploads/2012/11/1001.pdf</a></li> <li>• Handling an attention seeking child: <a href="http://life.familyeducation.com/behavioral-problems/punishment/42962.html">http://life.familyeducation.com/behavioral-problems/punishment/42962.html</a></li> </ul> <p><b>Children's Books (last checked on Amazon in August 2017 and still have average 4+/5 reviews):</b></p> <ul style="list-style-type: none"> <li>• <i>Clark the Shark</i> by Bruce Hale (focuses on boisterous enthusiasm and when to use your indoor voice)</li> <li>• <i>Millie Fierce</i> by Jane Manning (a story about being fierce to get noticed)</li> <li>• <i>Monster be good</i> by Natalie Marshall (picture book for 3-6 year olds, about behaviour)</li> <li>• <i>What about me? Twelve ways to get your parent's attention without hitting your sister</i> by Eileen Kennedy-Moore</li> <li>• <i>Noisy Nora</i> by Rosemary Wells (story about a mouse who is naughty to get attention)</li> </ul>
<p><b>ADULT COUNSELLING / MENTAL HEALTH SUPPORT</b></p>	<ul style="list-style-type: none"> <li>• <b>South Gloucestershire Talking Therapies:</b> Therapeutic interventions including counselling and group courses, in line with people's differing needs, age 16+. Self-referral via the website: <a href="https://iapt-sglos.awp.nhs.uk/">https://iapt-sglos.awp.nhs.uk/</a>. Tel: 0117 378 4270.</li> <li>• <b>Bourne Family Project:</b> 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: <a href="http://www.bournefamilyproject.org/">http://www.bournefamilyproject.org/</a></li> <li>• <b>Mothers for Mothers:</b> Post Natal Depression support – information, support groups, counselling and advice (including advice for partners/families/friends of mothers with PND). Tel: 0117 9359366 (helpline), 0117 2397398 (office). Website: <a href="http://www.mothersformothers.co.uk">www.mothersformothers.co.uk</a></li> <li>• <b>Relate Avon:</b> 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).</li> </ul>

	<p>Tel: 0117 942 8444. Email: <a href="mailto:info@relate-avon.org.uk">info@relate-avon.org.uk</a>. Website: <a href="http://www.relate-avon.org.uk">www.relate-avon.org.uk</a></p> <ul style="list-style-type: none"> <li>• <b>Samaritans:</b> Free, confidential emotional support for those experiencing despair, distress, self-harm or suicidal feelings. Tel: 116 123 (free, from any phone, 24/7). Website: <a href="http://www.samaritans.org">www.samaritans.org</a>. Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></li> <li>• <b>Bristol Mind:</b> 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: <a href="http://www.bristolmind.org.uk">www.bristolmind.org.uk</a>. Transgender helpline: 0300 330 5468 (Mondays and Fridays 8pm-midnight).</li> <li>• <b>HOPEline UK (Youth Suicide Prevention Advice):</b> 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: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>. Website: <a href="http://www.papyrus-uk.org/help-advice/about-hopelineuk">www.papyrus-uk.org/help-advice/about-hopelineuk</a></li> </ul>
<p><b>FAMILY AND PARENTING SUPPORT</b></p> <p><b>(Universal services)</b></p> <p><b>Including books and resources for parents</b></p>	<ul style="list-style-type: none"> <li>• <b>NHS website:</b> Advice for parents on a range of parenting issues, including talking to teenagers, fussy eating and teenage aggression. Website: <a href="http://www.nhs.uk/family">www.nhs.uk/family</a></li> <li>• <b>Resound</b> (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). Website: <a href="http://www.resoundbristol.co.uk/family">http://www.resoundbristol.co.uk/family</a></li> <li>• <b>Bourne Family Project:</b> 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: <a href="http://www.bournefamilyproject.org/">http://www.bournefamilyproject.org/</a></li> <li>• <b>Southern Brooks</b> – Offer a range of support for children and families, including parenting courses. Website: <a href="http://www.southernbrooks.org.uk">www.southernbrooks.org.uk</a>. Tel: 01454 868570.</li> <li>• <b>Homestart:</b> 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: <a href="http://www.homestartbristol.org.uk">www.homestartbristol.org.uk</a>. Tel: 0117 9501170 or 9501197.</li> <li>• <b>Young Minds:</b> 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: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>. Tel: 0808 8025544.</li> <li>• <b>National Association of School Psychologists:</b> Range of advice and guidance for families around school-related anxiety,</li> </ul>

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.  
Tel: 0808 800 2222. Website: <http://familylives.org.uk/>
- **Kingsmeadow Community Flat:** Offer a young people and families support service. <http://kingsmeadowflat.org.uk/>  
Telephone: 0117 9048425, [info@kingsmeadowflat.org.uk](mailto:info@kingsmeadowflat.org.uk), 19 Barrington Close, Kingswood, Bristol, BS15 4QD
- **Net Mums:** Parenting website offering local information, parenting advice, chat, recipes and more.  
Website: [www.netmums.com](http://www.netmums.com)
- **Family Wise/Community Ignite:** Variety of parenting courses, Families United peer support group, cooking for families course. Some courses with free crèche. Website: <http://communityignite.org.uk/services/family-support> Tel: 0117 9604186
- **Parentchannel.tv** is an online service designed to support and encourage parents and carers of children aged 0-19, with a collection of videos addressing day-to-day questions and concerns spanning wellbeing, behaviour and learning.
- **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
- **List of websites and resources:** <https://www.kidsmatter.edu.au/families/about-behaviour/anger/helping-children-learn-manage-anger-other-resources>
- **Challenging Teenage Behaviour:** <http://www.nhs.uk/Livewell/family-health/Pages/coping-with-your-teenager.aspx>
- **Teenage Brain:** <http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>

Setting boundaries for teenagers

<https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/behaviour/setting-boundaries-teenagers>

<https://www.familylives.org.uk/advice/teenagers/behaviour/setting-boundaries-for-teenagers/>

<http://understandingteenagers.com.au/blog/what-every-parent-needs-to-know-about-setting-boundaries-for-teenagers/>

<http://teentherapycentersv.org/2014/12/30/10-ways-to-set-appropriate-boundaries-with-teens/>

<https://www.tinies.com/our-favourites/setting-boundaries-for-teenagers>

<https://www.focusonthefamily.com/parenting/teens/your-teen-needs-you/real-boundaries-for-teens>

<http://www1.cbn.com/parenting/teaching-teens-boundaries-self-control>

### Parenting Books

- *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.)

### SEN / DISABILITY (Incl. parenting support)

- **Bournstream:** 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.bournstream.org.uk](http://www.bournstream.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: 07783 322650 Website: [www.specialfriendsclub.org.uk](http://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 Whale Wharf in Littleton-Upon-Severn, Bristol, BS35 1NP.  
Website: [www.incrediblekids.org.uk](http://www.incrediblekids.org.uk)
- **National Deaf Children's Society:** <http://www.ndcs.org.uk/>
- **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: <http://www.thecbf.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:** [www.netdoctor.co.uk/adhd](http://www.netdoctor.co.uk/adhd)

- **Supportive Parents:** Information and support around Special Educational Needs and Disabilities, for children, young people and families.

Tel: 0117 9897725 Website: [www.supportiveparents.org.uk](http://www.supportiveparents.org.uk)

- **ADHD Parenting Course:** Course run by community health and family support workers. Parents or professionals can refer – Please call for up to date information and course details/dates.

Tel: 01454862431

- **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](http://www.youngminds.org.uk). Tel: 0808 8025544.

- **National Autistic Society:** The NAS South Gloucestershire Branch offers support to parents and carers of children who have autism or Asperger syndrome. The branch has two support groups, a day time one that meets on the first Wednesday of each month from 10am - 12pm and an evening one that meets on the second Wednesday of the month from 7pm - 9pm. In addition to this there are 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/](http://www.autism.org.uk/) NAS South Gloucestershire Branch: [www.nasbranch.org.uk/southgloucestershire](http://www.nasbranch.org.uk/southgloucestershire)

- **Facebook Group: Bristol Autism Support** (closed group, so non-members can't see that you're a member) – for parents/carers of children with autism, or waiting for a diagnosis, with advice on different strategies to try, and peer support.

- **Butterflies Haven:** Support and social events for parents/carers, children and youths who are or may be on the autistic spectrum.

Website: [www.butterflies-haven.co.uk](http://www.butterflies-haven.co.uk)

- **The 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 disabilities, and their parents/carers.

Website: <http://www.southglos.gov.uk/health-and-social-care/care-and-support-children-families/local-offer/>

- **Contact a family:** Supporting families of disabled children. Has a free phone helpline.

Website: [www.cafamily.org.uk](http://www.cafamily.org.uk) Tel: 0808 808 3555

- **Children's Playlink:** Offer a buddy scheme and holiday play scheme for children and young people aged between 4½ and 18 with additional needs. Schemes aim to provide a respite break for parents or carers, and a safe, fun environment for children.  
Website: <http://www.brandontrust.org/>
- **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](http://www.avonnorthmencap.org.uk)
- **Young Sibs:** Support for Siblings of disabled children.  
Website: [www.youngsibs.org.uk](http://www.youngsibs.org.uk)
- **South Gloucestershire Parents and carers:** Information and groups for parents who have children with a disability and/or additional needs.  
Website: [www.sglospc.org.uk](http://www.sglospc.org.uk) Tel: 01454 501009
- **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](http://www.whizz-kidz.org.uk) Email: [info@whizz-kidz.org.uk](mailto:info@whizz-kidz.org.uk)
- **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](http://www.ipsea.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.  
Email: [corrinawood@southernbrooks.org.uk](mailto:corrinawood@southernbrooks.org.uk) Tel: 01454 868570.
- **Safe Space:** info here (website down): <http://www.stokegiffordjournal.co.uk/2016/04/15/safe-space-celebrates-birthday-style/>
- **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.  
Website: <http://hopskipandjump.org.uk/>
- **The Curly Hair Project:** Workshops / events / information / support for families of children with ASD.  
Website: <http://thegirlwiththecurlyhair.co.uk/events/> - *Very good feedback received in ART from one parent who attended a workshop.*

	<ul style="list-style-type: none"> <li>• <b>Bristol Autism Support:</b> Website with help pages on Parent and Carer Support; Support and Help with School Issues; Activities for Autistic Children; Help for Teens and Adults; Autism and Neurodiversity. <a href="http://www.bristolautismsupport.com/">http://www.bristolautismsupport.com/</a></li> <li>• <b>Reading Well:</b> 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: <a href="http://www.southglos.gov.uk">www.southglos.gov.uk</a> – search 'Shelf Help'</li> <li>• <b>Life Skills:</b> Organisational skills – <a href="http://www.scholastic.com/parents/resources/article/social-emotional-skills/12-ways-to-develop-your-childs-organizational-skills">http://www.scholastic.com/parents/resources/article/social-emotional-skills/12-ways-to-develop-your-childs-organizational-skills</a></li> <li>• <b>Autism Life Skills:</b> <a href="http://www.education.com/reference/article/autism-life-skill-ten-essential-abilities-ASD/">http://www.education.com/reference/article/autism-life-skill-ten-essential-abilities-ASD/</a></li> <li>• <b>Daily Living Skills (ASD):</b> <a href="https://iancommunity.org/ssc/autism-adaptive-skills">https://iancommunity.org/ssc/autism-adaptive-skills</a></li> <li>• <b>Anxiety in adults with autism:</b> <a href="http://www.autism.org.uk/about/behaviour/anxiety.aspx">http://www.autism.org.uk/about/behaviour/anxiety.aspx</a></li> <li>• <b>Challenging behaviour:</b> <a href="http://www.autism.org.uk/about/behaviour/challenging-behaviour.aspx">http://www.autism.org.uk/about/behaviour/challenging-behaviour.aspx</a></li> <li>• <b>Teachers' steps to success for Aspergers:</b> <a href="http://www.researchautism.org/educators/aspergersteps/index.asp">http://www.researchautism.org/educators/aspergersteps/index.asp</a></li> <li>• <b>My Aspergers Child:</b> Effective teaching strategies for aspergers: <a href="http://www.myaspergerschild.com/2011/03/effectiveteaching-strategies-for.html">http://www.myaspergerschild.com/2011/03/effectiveteaching-strategies-for.html</a></li> <li>• Behaviour management tips for teachers – also useful for parents: <a href="http://learning.gov.wales/docs/learningwales/publications/140822-behaviour-management-handbook-for-primary-schools-en.pdf">http://learning.gov.wales/docs/learningwales/publications/140822-behaviour-management-handbook-for-primary-schools-en.pdf</a></li> <li>• Understanding and managing behaviour of children and young people with Autistic Spectrum Disorders: <a href="http://sociallyspeakingllc.com/my-mission-for-socially/free-pdfs/understanding_behavioral.pdf">http://sociallyspeakingllc.com/my-mission-for-socially/free-pdfs/understanding_behavioral.pdf</a></li> </ul>
<p><b>YOUTH CLUBS</b></p> <p><b>(INCLUDING SESSIONS FOR YOUNG PEOPLE WITH LEARNING DIFFICULTIES / DISABILITIES)</b></p> <p><b>Dates / times last checked October 2017</b></p>	<p><b>South Gloucestershire Youth Clubs:</b> Positive activities, support, info and advice for young people in a group youth work setting. Website: <a href="http://www.southglos.gov.uk/health-and-social-care/care-and-support-children-families/young-people/young-peoples-drop-in-activities/">http://www.southglos.gov.uk/health-and-social-care/care-and-support-children-families/young-people/young-peoples-drop-in-activities/</a></p> <p><b>Creative Youth Network:</b> Youth service working in Bristol and South Gloucestershire, offering a range of support, information and advice, as well as fun and creative positive activities for young people. Includes Hanham Youth Club and The Stokes Youth Club (Little Stoke) in South Glos. Hanham is open 4 nights a week and offers designated Year 7 and Year 8 nights, as well Year 9+ nights. The Stokes is open 3 nights a week and offers a Junior evening, Senior night, and a Friday evening 'All welcome' session. Website: <a href="https://www.creativeyouthnetwork.org.uk/what-we-do">https://www.creativeyouthnetwork.org.uk/what-we-do</a></p> <p><b>South Gloucestershire youth club sessions for young people with learning difficulties / disabilities:</b></p>

	<ul style="list-style-type: none"> <li>• Made For Ever Youth Club, Kingswood – Wednesday: 7-9pm, Tel: 01454 86 5746</li> <li>• Little Stoke Youth Club, Little Stoke – Tuesday: 7-9pm ‘Star Kids’ session, Tel: 01454 86 5733</li> <li>• FACE Youth Centre, Filton – Thursday: 4.30 – 5.30pm for young people 11+ with complex sensory needs, 6.00 – 7.00pm 11-15 year olds with learning or social difficulties/ASD and 7.30 – 8.30 pm Transition project for 16+ with learning or social difficulties/ASD. Tel: 0117 9691938</li> <li>• Yate Brimsham Green Youth Centre, Yate – Wednesday: 7–9pm Learning Difficulties and Disabilities night for 13 – 25 year olds, Tel: 07909 748 853</li> </ul>
<p style="text-align: center;"><b>RESPIRE SUPPORT, SHORT BREAKS &amp; MENTORING</b></p>	<ul style="list-style-type: none"> <li>• <b>Breakthrough mentoring</b> - 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: <a href="mailto:breakthrough@southglos.gov.uk">breakthrough@southglos.gov.uk</a> (cost involved – may be referred by 0-25, school use PP funding, parents can privately fund sessions e.g. using DLA).</li> <li>• <b>MIM – Make It Mentoring:</b> Meets the needs of young people through fun, recreational activities. Tel: 07722 911902, <a href="http://www.makeitmentoring.co.uk">www.makeitmentoring.co.uk</a> (cost involved) – may be referred by 0-25, school use PP funding, parents can privately fund sessions e.g. using DLA).</li> <li>• <b>Children’s Playlink:</b> 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: <a href="http://www.brandontrust.org/">http://www.brandontrust.org/</a></li> <li>• <b>Hop, Skip and Jump:</b> Non-profit organisation providing 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/or special educational needs. <a href="http://hopskipandjump.org.uk/">http://hopskipandjump.org.uk/</a></li> <li>• <b>Spectrum respite</b> – Offers short breaks, residential care, respite and education for families with young people age 10-16 on the autism spectrum: Website: <a href="http://www.spectrumasd.org">www.spectrumasd.org</a></li> </ul>
<p style="text-align: center;"><b>SPECIALIST DISABILITY SERVICES</b></p>	<ul style="list-style-type: none"> <li>• <b>Wecil:</b> A range of services available including advocacy, benefits advice, creating a support plan, services for young people and a helpline. Tel: 01179 479911. Website: <a href="http://www.wecil.co.uk">www.wecil.co.uk</a>.</li> <li>• <b>Aspirations Care</b> – Supports people with mental health issues and learning disabilities with tailored services that responds to each person’s individual requirements. <a href="http://www.aspirationscare.com">www.aspirationscare.com</a> or call 01452 399190</li> <li>• <b>Milestones Trust</b> - Supporting people with learning disabilities, mental health needs and dementia in the Bristol area to live as they choose and achieve their own 'milestones'. – <a href="http://www.trustmilestonetrust.org.uk">www.trustmilestonetrust.org.uk</a> or call 01179 709300</li> </ul>
<p style="text-align: center;"><b>SEN / DISABILITY BOOKS</b></p>	<p><b>Books (last checked on Amazon in August 2017 and still have average 4+/5 reviews):</b></p> <ul style="list-style-type: none"> <li>• <i>Aspergers syndrome – a guide for parents and professionals</i> by Tony Attwood</li> <li>• <i>Austisic spectrum disorders: practical strategies for teachers and other professionals For children on key stage 3 and 4</i></li> <li>• <i>My Social Stories</i> by Carol Gray and Abbie Leigh White</li> </ul>

- *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

Books for young people with Aspergers

**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

ADHD

**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>

	<p>Information for parents <a href="https://youngminds.org.uk/find-help/for-parents/tips-on-supporting-your-child/parents-guide-to-support-adhd/?gclid=EAlalQobChMlllovZ0MHV2QlVT7HtCh2e8giIEAMYASAAEgIeHPD_BwE">https://youngminds.org.uk/find-help/for-parents/tips-on-supporting-your-child/parents-guide-to-support-adhd/?gclid=EAlalQobChMlllovZ0MHV2QlVT7HtCh2e8giIEAMYASAAEgIeHPD_BwE</a></p>
<p><b>FAMILY &amp; YOUNG PEOPLE SUPPORT (FYPS)</b>  (Preventative services)</p>	<p><b>FYPS</b> 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 and will provide:</p> <ul style="list-style-type: none"> <li>• Individual support to families identified as having a range of problems.</li> <li>• Evidence-based parenting programmes.</li> <li>• Support to young people, particularly those who are NEET, at risk of poor outcomes or at risk of family breakdown.</li> <li>• A 'Team around the Child/Family' approach working in a coordinated way with all involved agencies and settings including specialist services such as social care, the Youth Offending Team (YOT) and Child and Adolescent Mental Health Services (CAMHS).</li> <li>• A focus on building strong links with schools.</li> </ul> <p>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 (0-3 years), Incredible Years (3-6 years), Parents Plus children (5-11 years), Parents Plus Adolescents (11-16 years).</p> <p><a href="http://www.southglos.gov.uk/health-and-social-care/care-and-support-children-families/childcare-and-parenting/parenting-courses-support/">http://www.southglos.gov.uk/health-and-social-care/care-and-support-children-families/childcare-and-parenting/parenting-courses-support/</a></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><b>CHILDREN'S CENTRES</b>  (Preventative and Universal services)</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 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><b>ATTACHMENT</b></p>	<ul style="list-style-type: none"> <li>• Book: <i>Why Love Matters</i> by Sue Gerhardt</li> </ul>

**PARENTAL  
SEPARATION,  
LEGAL ADVICE  
AND STEP-  
PARENTING**

- What your child is experiencing when you remarry: <https://www.healthychildren.org/English/family-life/family-dynamics/types-of-families/Pages/What-Your-Child-is-Experiencing-When-You-Remarry.aspx>
- *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.
- Book: *My Life Turned Upside Down, But I Turned It Rightside Up*, Field, Mary Blitzer and Hennie Share. This novel book tells the story of a young girl whose parents are divorced and how she handles the challenges of living in two places. On every other page she tells about a problem she had and when the reader flips the page, the next page tells how she solved it.
- List of books for children with separated parents: <http://kidsturn.org/kt/family-resources/kids/booksforkids/>
- **CAFCASS**: Separating parents in dispute. Staffed by social work professionals who are experienced in working with children and parents after separation and can provide advice and support on alternatives the court process, mediation and signposting to local services.  
Tel: 0800 380 0040 Website: [www.cafcass.gov.uk/sspid](http://www.cafcass.gov.uk/sspid)
- **Contact Centres**: <http://www.naccc.org.uk/find-a-centre>
- **The Coram Children's Legal Centre** is free and confidential legal advice and information service, covering all aspects of law and policy affecting children and young people.  
Tel: 0300 330 5480 / 0345 345 4345  
Websites: [http://www.childrenslegalcentre.com/index.php?page=about\\_us](http://www.childrenslegalcentre.com/index.php?page=about_us)  
<http://www.coram.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/>
- **UWE Bristol Law Court Clinic (formerly known as CLARS)** The Clinic is operated by students undertaking professional vocational law courses at UWE Bristol, the leading provider of such courses in the west and south west of Britain. They are supervised by qualified and experienced lawyers. Contact is in person only at the Civil Justice Centre in Bristol.  
<http://www1.uwe.ac.uk/bl/bls/aboutus/probonounit/lawcourtclinic.aspx>
- **Gingerbread**: Provides advice and practical support for single parents.  
Website: [www.gingerbread.org.uk](http://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"> <li>• <b>The Parent Connection</b> – support for separated/separating parents. Including advice for children, looking at the impact of arguments on the children, ways to communicate and struggles with communication when separating and also advice about parenting after separation. Also includes a forum to speak to others parents and a listening/chat room to speak to a trained mediator. Website: <a href="http://www.theparentconnection.org.uk">www.theparentconnection.org.uk</a></li> <li>• <b>Single Parent Action Network (SPAN)</b> based in Bristol, empowering and supporting one parent families. Offers online support articles on parenting, benefits and online courses. As well as family support on issues such as housing, benefits, employment etc. Website: <a href="http://www.spanuk.org.uk">www.spanuk.org.uk</a>. Email: <a href="mailto:info@spanuk.org.uk">info@spanuk.org.uk</a>. Tel: 0117 9550860 or 0117 9514231. <i>INCLUDES A Somali speaking Parent Support Worker who can offer parents 1:1 support, advocacy, information and help to access specialist services. Contact Suad Yusuf: <a href="mailto:suad@spanuk.org.uk">suad@spanuk.org.uk</a></i></li> </ul>
<p><b>SUPPORT FOR DADS</b></p>	<ul style="list-style-type: none"> <li>• <a href="http://www.newdadssurvivalguide.com">www.newdadssurvivalguide.com</a></li> <li>• <a href="http://www.babycentre.co.uk/a549379/new-dads-survival-guide">www.babycentre.co.uk/a549379/new-dads-survival-guide</a></li> <li>• <a href="http://www.dadsadventure.com">www.dadsadventure.com</a></li> </ul>
<p><b>EDUCATION / NEET SUPPORT</b></p>	<ul style="list-style-type: none"> <li>• <b>Education Post-16 Directory:</b> <a href="http://edocs.southglos.gov.uk/download/postdirectory_801.pdf">http://edocs.southglos.gov.uk/download/postdirectory_801.pdf</a></li> <li>• <b>Send out the ‘NEET Pack March 17’ provided by FYPS</b> (saved in the K Drive alongside this document)</li> </ul>
<p><b>ONLINE / E-SAFETY</b></p>	<ul style="list-style-type: none"> <li>• <b>CEOP think u know:</b> Website: <a href="http://www.thinkuknow.co.uk/">http://www.thinkuknow.co.uk/</a> providing information for children (differentiated by age), young people and parents.</li> <li>• <b>Child Exploitation Online Protection agency website:</b> Online safety information, advice, and how to report concerns, for parents and young people. <a href="http://ceop.police.uk/">http://ceop.police.uk/</a></li> <li>• <b>UK Safer Internet Centre:</b> E-safety tips, advice and resources to help children and young people stay safe on the internet. Website: <a href="http://www.saferinternet.org.uk/">http://www.saferinternet.org.uk/</a></li> <li>• <b>Nude selfies:</b> What parents and carers need to know (video information clips and advice) Youtube search - <i>Nude selfies: What parents and carers need to know</i></li> </ul>
<p><b>LGBTQ</b></p>	<ul style="list-style-type: none"> <li>• <b>LGBTQ (Lesbian, gay, Bisexual, trans or questioning) Youth Café</b> for young people 14-19 years. Last Sunday of the month 7 - 9pm. For more information please contact 01454 869 441 or email – <a href="mailto:info@yatearmadillo.co.uk">info@yatearmadillo.co.uk</a> or see the Facebook page.</li> <li>• <b>LGBT+ Switchboard: Helpline, support and advice.</b> Website: <a href="https://switchboard.lgbt/help/">https://switchboard.lgbt/help/</a> Tel: <a href="tel:03003300630">0300 330 0630</a> (10am-10pm every day)</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>LGBT Foundation:</b> 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: <a href="http://lgbt.foundation/">http://lgbt.foundation/</a> Tel: 0345 3 30 30 30 (9am-9pm Monday to Friday, 10am-6pm Saturdays)</li> <li>• <b>EACH:</b> Educational action challenging homophobia – offers one-to-one support to individuals who have been, or continue to be, the target of homophobic incidents or crime in Bristol and South Gloucestershire. Tel: EACH Actionline on 0808 1000 143.</li> <li>• <b>Mermaids UK:</b> Individual and family support for teenagers and children with gender identifying issues. Website: <a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a></li> <li>• <b>Depend:</b> Free, confidential advice and support to family members and friends of transsexual people <a href="http://www.depend.org.uk">www.depend.org.uk</a></li> <li>• <b>Stonewall:</b> <a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a></li> <li>• <b>Belong to:</b> Support for parents of LGBT children. Website: <a href="http://www.belongto.org/service.aspx?sectionid=144">http://www.belongto.org/service.aspx?sectionid=144</a></li> </ul>
<p><b>SEXUAL HEALTH AND HARMFUL SEXUAL BEHAVIOUR</b></p>	<ul style="list-style-type: none"> <li>• <b>South Gloucestershire information about young people’s access to relationship and sexual health services:</b> Website: <a href="http://www.southglos.gov.uk/health-and-social-care/staying-healthy/sexual-health/sexual-health-services/sexual-health-information-and-services-for-young-people/">http://www.southglos.gov.uk/health-and-social-care/staying-healthy/sexual-health/sexual-health-services/sexual-health-information-and-services-for-young-people/</a></li> <li>• <b>Brook:</b> Provides free confidential sexual health advice and services to young people under 20. Nearest Brook drop-in centre is in central Bristol, or some schools (Patchway CC, Abbeywood, Marlwood). Website: <a href="http://www.brook.org.uk">www.brook.org.uk</a></li> <li>• <b>Sexual Consent</b> – Range of resources and information to use with young people. Saved on the K drive as follows: K:\integrated services\new service folders\First Point\Resources\sexual behaviour</li> <li>• <b>Family Planning Association:</b> Purpose is to enable people in the UK to make informed choices about sex and to enjoy sexual health. Tel: 0845 310 1334</li> <li>• <b>Marie Stopes:</b> 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: <a href="https://www.mariestopes.org.uk/contact">https://www.mariestopes.org.uk/contact</a> - range of telephone numbers for different services.</li> <li>• <b>The Lucy Faithful Foundation:</b> Information, advice and support for young people with harmful sexual behaviour. Also work with adult perpetrators of sexual abuse, aiming to prevent further abuse. Range of services and information.</li> </ul>

	<p>Website: <a href="https://www.lucyfaithfull.org.uk/services.htm">https://www.lucyfaithfull.org.uk/services.htm</a></p>
<p><b>BULLYING</b></p>	<ul style="list-style-type: none"> <li>• <b>S.A.R.I (Stand Against Racism and Inequality):</b> Website: <a href="http://www.sariweb.org.uk">www.sariweb.org.uk</a></li> <li>• <b>EACH</b> educational action challenging homophobia 1:1 support who have or continue to have been to the target of homophobic incidents. Website: <a href="http://www.eachaction.org.uk">www.eachaction.org.uk</a> Tel: 0808 1000 143</li> <li>• <b>Bullying UK:</b> Advice and support. Website: <a href="http://www.bullying.co.uk/">http://www.bullying.co.uk/</a></li> <li>• <b>Childline:</b> Offers lots of advice and information about bullying. Call: 0800 1111. Website: <a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/</a></li> <li>• <b>Kidscape:</b> Information on preventing bullying. Website: <a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a></li> </ul>
<p><b>YOUNG CARERS</b></p>	<ul style="list-style-type: none"> <li>• <b>Young Carers Service:</b> Support for children under 18 when someone in the family is ill, disabled, or misusing substances and the child may be feeling worried about their parent/carer. Support includes individual and group support, as well as clubs and daytrips and the opportunity to meet others in a similar situation. Tel: 0117 939 2562. Email: <a href="mailto:youngc@carerssupportcentre.org.uk">youngc@carerssupportcentre.org.uk</a>. Website: <a href="http://www.carerssupportcentre.org.uk">www.carerssupportcentre.org.uk</a>.</li> <li>• <b>Young Carers in Education:</b> 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.</li> </ul>
<p><b>DRUGS AND ALCOHOL</b></p>	<ul style="list-style-type: none"> <li>• <b>YPDAS (young people's drug and alcohol service):</b> 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 &amp; Response Team, request a referral form by emailing: <a href="mailto:accessandresponse@southglos.gov.uk">accessandresponse@southglos.gov.uk</a></li> <li>• <b>Talk to Frank:</b> Information and advice around substance use. Website: <a href="http://www.talktofrank.com">www.talktofrank.com</a> Tel: 0300 123 6600</li> <li>• <b>DHI (Developing Health and Independence):</b> 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. Website: <a href="http://www.dhi-online.org.uk">www.dhi-online.org.uk</a> Tel: 01225 478730</li> <li>• <b>Drink Aware:</b> Website with information if you are concerned that you or someone you care about has a problem with</li> </ul>

	<p>alcohol.</p> <p>Website: <a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a></p> <ul style="list-style-type: none"> <li>• <b>NHS alcohol / support information:</b> <a href="http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx">http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx</a></li> <li>• <b>National Association for Children of Alcoholics:</b> Providing information, advice and support for everyone affected by a parent's drinking.</li> </ul> <p>Website: <a href="http://www.nacoa.org.uk">www.nacoa.org.uk</a> Tel: 08003583456.</p> <p><b>Helpful links for young people:</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.childline.org.uk/explore/damagingyourself/pages/drugs.aspx">http://www.childline.org.uk/explore/damagingyourself/pages/drugs.aspx</a></li> <li>• <a href="http://www.itv.com/thismorning/young-people-and-drugs-helplines">http://www.itv.com/thismorning/young-people-and-drugs-helplines</a></li> <li>• <a href="http://www.supportline.org.uk/problems/drugs.php">http://www.supportline.org.uk/problems/drugs.php</a></li> </ul> <p><b>Helpful links for parents:</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.nidirect.gov.uk/drugs-and-your-child">http://www.nidirect.gov.uk/drugs-and-your-child</a></li> <li>• <a href="http://www.familylives.org.uk/advice/teenagers/drugs-alcohol/">http://www.familylives.org.uk/advice/teenagers/drugs-alcohol/</a></li> </ul>
<p><b>TOBACCO / STOP SMOKING SERVICE</b></p>	<ul style="list-style-type: none"> <li>• <b>South Gloucestershire Smokefree Service – 1:1 sessions in the community, or group sessions during smokefree campaigns.</b></li> </ul> <p><a href="http://www.southglos.gov.uk/health-and-social-care/staying-healthy/smokefree/smokefree-services-2/">http://www.southglos.gov.uk/health-and-social-care/staying-healthy/smokefree/smokefree-services-2/</a></p> <p>This site also signposts to the Stop Smoking Midwife and Pharmacies who may be able to support you.</p>
<p><b>SLEEP</b></p>	<ul style="list-style-type: none"> <li>• <a href="http://www.nhs.uk/Livewell/Childrenssleep/Pages/bedtimeritual.aspx">http://www.nhs.uk/Livewell/Childrenssleep/Pages/bedtimeritual.aspx</a></li> <li>• <a href="http://www.theguardian.com/lifeandstyle/2013/jun/08/bedtime-blues-get-children-to-sleep">http://www.theguardian.com/lifeandstyle/2013/jun/08/bedtime-blues-get-children-to-sleep</a></li> <li>• <a href="http://www.sleepforkids.org/html/sheet.html">http://www.sleepforkids.org/html/sheet.html</a></li> <li>• <a href="https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/?qclid=EA1aIQobChMloomt-r3v1QIVi5kbCh1GdwBOEAAYASAAEqJ0R_D_BwE">https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/?qclid=EA1aIQobChMloomt-r3v1QIVi5kbCh1GdwBOEAAYASAAEqJ0R_D_BwE</a></li> <li>• <a href="https://www.cerebra.org.uk/help-and-information/sleep-service/">https://www.cerebra.org.uk/help-and-information/sleep-service/</a></li> <li>• <a href="http://www.cerebra.org.uk/help-and-information/guides-for-parents/sleep-a-guide-for-parents/">http://www.cerebra.org.uk/help-and-information/guides-for-parents/sleep-a-guide-for-parents/</a></li> <li>• <a href="http://www.cerebra.org.uk/information-and-advice/sleep-practitioner-gives-her-top-tips-for-sleep/">http://www.cerebra.org.uk/information-and-advice/sleep-practitioner-gives-her-top-tips-for-sleep/</a></li> <li>• <a href="http://www.cerebra.org.uk/tag/sleep/">http://www.cerebra.org.uk/tag/sleep/</a></li> </ul>

	<ul style="list-style-type: none"> <li>• <a href="https://www.cerebra.org.uk/help-and-information/sleep-service/sleep-cards/">https://www.cerebra.org.uk/help-and-information/sleep-service/sleep-cards/</a></li> <li>• <a href="http://www.cerebra.org.uk/whats-on/cerebra-sleep-conference/">http://www.cerebra.org.uk/whats-on/cerebra-sleep-conference/</a></li> <li>• <a href="https://spectrumnews.org/features/deep-dive/get-children-autism-sleep">https://spectrumnews.org/features/deep-dive/get-children-autism-sleep</a></li> <li>• <a href="https://www.webmd.boots.com/children/guide/helping-your-child-with-autism-get-a-good-nights-sleep">https://www.webmd.boots.com/children/guide/helping-your-child-with-autism-get-a-good-nights-sleep</a></li> <li>• <a href="https://www.ambitiousaboutautism.org.uk/understanding-autism/health/sleep">https://www.ambitiousaboutautism.org.uk/understanding-autism/health/sleep</a></li> <li>• <a href="https://www.autism.com/sleeplessness_king">https://www.autism.com/sleeplessness_king</a></li> <li>• <a href="https://autism-connect.org.uk/upload/pdf_files/1431002236_sleep%20and%20autism.pdf">https://autism-connect.org.uk/upload/pdf_files/1431002236_sleep%20and%20autism.pdf</a></li> <li>• <a href="http://asdspecialist.com/blog/?p=377">http://asdspecialist.com/blog/?p=377</a></li> <li>• <a href="https://carolinacenterforaba.com/top-ten-bedtime-strategies-child-autism/">https://carolinacenterforaba.com/top-ten-bedtime-strategies-child-autism/</a></li> </ul>
<p><b>BED-WETTING, BLADDER AND BOWEL</b></p>	<ul style="list-style-type: none"> <li>• <b>ERIC (Children’s Bladder and Bowel Charity):</b> <i>They have taken over the contract for toileting services, so School Health Nurses no longer offer this support.</i> <a href="https://www.eric.org.uk/">https://www.eric.org.uk/</a> - Website has loads of practical advice about potty-training, toileting issues, bed-wetting. There is also a helpline.</li> </ul>
<p><b>ASYLUM SEEKERS</b></p>	<ul style="list-style-type: none"> <li>• <b>Asylum Helpline UK:</b> Free independent advice and guidance for asylum seekers. Website: <a href="http://www.asylumhelpuk.org">www.asylumhelpuk.org</a> Tel: 0808 8000 630</li> <li>• <b>Refuge Action:</b> Information (predominantly London, Manchester and Birmingham, but some wider info). Website: <a href="http://www.refugee-action.org.uk">www.refugee-action.org.uk</a> Tel: 0207 9521511</li> <li>• <b>Bristol Refugee Rights:</b> Welcoming support for refugees and asylum seekers in Bristol. Website: <a href="http://www.bristolrefugeerights.org/how-we-help/welcome-centre/">http://www.bristolrefugeerights.org/how-we-help/welcome-centre/</a> Tel: 0117 9145 480</li> <li>• <b>Asylum Support information from the government:</b> Website: <a href="https://www.gov.uk/asylum-support/overview">https://www.gov.uk/asylum-support/overview</a></li> <li>• <b>The Children’s Section:</b> Information for unaccompanied children seeking asylum in the UK. Website: <a href="https://www.refugeecouncil.org.uk/what_we_do/childrens_services">https://www.refugeecouncil.org.uk/what_we_do/childrens_services</a></li> </ul>
<p><b>MODERN SLAVERY AND HUMAN TRAFFICKING</b></p>	<ul style="list-style-type: none"> <li>• <b>Unseen:</b> Modern slavery and human trafficking charity, including helpline, emergency refuge and support for victims. Website: <a href="https://www.unseenuk.org/about/the-problem">https://www.unseenuk.org/about/the-problem</a></li> <li>• <b>Bristol Against Violence and Abuse:</b> Local charity providing information and signposting.</li> </ul>

	<p>Website: <a href="http://www.bava.org.uk/types-of-abuse/human-trafficking/">http://www.bava.org.uk/types-of-abuse/human-trafficking/</a></p>
<p><b>FORCED MARRIAGE AND HONOUR-BASED VIOLENCE</b></p>	<ul style="list-style-type: none"> <li>• <b>Bristol Against Violence and Abuse:</b> Local charity providing information and signposting. Website: <a href="http://www.bava.org.uk/types-of-abuse/honour-based-violence/">http://www.bava.org.uk/types-of-abuse/honour-based-violence/</a> Website: <a href="http://www.bava.org.uk/types-of-abuse/forced-marriage/">http://www.bava.org.uk/types-of-abuse/forced-marriage/</a></li> <li>• <b>The Halo Project:</b> Specialist support for victims. Website: <a href="http://www.haloproject.org.uk/">http://www.haloproject.org.uk/</a></li> <li>• <b>Karma Nirvana:</b> Supporting victims of honour-based abuse and forced marriage. Website: <a href="https://www.karmanirvana.org.uk/">https://www.karmanirvana.org.uk/</a> Tel: UK Helpline: 0800 5999 247</li> </ul>
<p><b>BEREAVEMENT, SUICIDE AND CHILD DEATH</b></p>	<ul style="list-style-type: none"> <li>• <b>Winston's Wish:</b> 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: <a href="http://www.winstonswish.org.uk">www.winstonswish.org.uk</a> Tel: 08088 020 021</li> <li>• <b>Cruse Bereavement Care:</b> Offers support after the death of someone close. Tel: 0808 808 1677 Website: <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></li> <li>• <b>The Compassionate Friends:</b> 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: <a href="http://www.tcf.org.uk">www.tcf.org.uk</a> Tel: 0845 123 2304 (telephone lines answered by a bereaved parent trained as a volunteer)</li> <li>• <b>The Rainbow Centre:</b> Free and professional support to children and their families affected by life threatening illness and bereavement, including creative arts therapies and counselling. Website: <a href="http://www.rainbowcentre.org.uk">www.rainbowcentre.org.uk</a></li> <li>• <b>Childhood Bereavement Network:</b> Information and support for bereaved children and young people, including information about how children grieve. Website: <a href="http://www.childhoodbereavementnetwork.org.uk">www.childhoodbereavementnetwork.org.uk</a></li> <li>• <b>Child death helpline:</b> 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: <a href="http://www.childdeathhelpline.org.uk">www.childdeathhelpline.org.uk</a></li> <li>• <b>Marie Curie:</b> Information for teenagers experiencing bereavement, and also a link about supporting grieving children. Website: <a href="https://www.mariecurie.org.uk/help/bereaved-family-friends/coping-grief-teenager">https://www.mariecurie.org.uk/help/bereaved-family-friends/coping-grief-teenager</a> <a href="https://www.mariecurie.org.uk/help/bereaved-family-friends/supporting-grieving-child">https://www.mariecurie.org.uk/help/bereaved-family-friends/supporting-grieving-child</a></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Children’s books around death and grief:</b> <a href="http://www.littleparachutes.com/category/death-bereavement/">http://www.littleparachutes.com/category/death-bereavement/</a></li> </ul>
<p><b>CHILDHOOD CANCER</b></p>	<ul style="list-style-type: none"> <li>• <b>South West Aftercare Service:</b> Support with ongoing health anxiety, physical and psychological impacts of cancer and cancer treatment: <a href="http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bhoc/information-and-support/the-south-west-aftercare-service/">http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bhoc/information-and-support/the-south-west-aftercare-service/</a> Patients can self-refer.</li> <li>• <b>Teenage Cancer Trust:</b> <a href="http://www.teenagecancertrust.org">www.teenagecancertrust.org</a> – Peer support, emotional support and activities for young adults with cancer.</li> <li>• <b>CLIC Sargent:</b> <a href="http://www.clicsargent.org.uk">www.clicsargent.org.uk</a> – Support for children, young people and families affected by childhood cancer.</li> <li>• <b>Ellen Macarthur Cancer Trust:</b> <a href="http://www.ellenmacarthurcancertrust.org">www.ellenmacarthurcancertrust.org</a> – Sailing trips and activity weeks for children and young people who have experienced cancer.</li> </ul>
<p><b>ILL PARENT – CANCER</b></p>	<ul style="list-style-type: none"> <li>• <b>National Cancer Institute guide for young people who have a parent with cancer:</b> <a href="http://www.cancer.gov/publications/patient-education/when-your-parent-has-cancer">http://www.cancer.gov/publications/patient-education/when-your-parent-has-cancer</a></li> <li>• <b>Rip Rap:</b> Support for young people who have a parent with cancer. Website: <a href="http://www.riprap.org.uk/">http://www.riprap.org.uk/</a></li> <li>• <b>American Cancer Society – Information for parents with a terminal illness:</b> <a href="http://www.cancer.org/treatment/childrenandcancer/helpingchildrenwhenafamilymemberhascancer/dealingwithaparentsterminalillness/dealing-with-a-parents-terminal-illness-toc">http://www.cancer.org/treatment/childrenandcancer/helpingchildrenwhenafamilymemberhascancer/dealingwithaparentsterminalillness/dealing-with-a-parents-terminal-illness-toc</a></li> <li>• <b>CanTeen:</b> Information for young people affected by cancer in any way (themselves, siblings, friends or parents). Website: <a href="https://www.canteen.org.au/">https://www.canteen.org.au/</a></li> </ul>
<p><b>HOUSING</b></p>	<ul style="list-style-type: none"> <li>• <b>16-25 Independent People:</b> Practical housing support and advice for young people, including Floating Housing Support. Website: <a href="http://www.1625ip.co.uk">www.1625ip.co.uk</a> Tel: 0117 317 8800</li> <li>• <b>Homeless or at risk of homelessness in South Gloucestershire:</b> 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. Tel: 01454 868005 Website: <a href="https://homechoice.southglos.gov.uk/">https://homechoice.southglos.gov.uk/</a></li> <li>• <b>South Gloucestershire Floating Housing Support:</b> Predominantly a housing support service, however will support clients with wider issues, e.g. mental health, debt. Service currently provided by P3 charity. Website: <a href="https://www.p3charity.org/services/south-gloucestershire-floating-support">https://www.p3charity.org/services/south-gloucestershire-floating-support</a> Tel: 0808 164 7733</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>One Stop Shops:</b> 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: <a href="http://www.southglos.gov.uk/council-and-democracy/customer-services/contact-us-in-person/">http://www.southglos.gov.uk/council-and-democracy/customer-services/contact-us-in-person/</a></li> <li>• <b>Citizen Advice:</b> Offers information on benefits, work, housing, debt and money, the law and your rights. Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a> Tel: 03444 111 444 South Glos website: <a href="http://www.southgloscab.org.uk/">http://www.southgloscab.org.uk/</a></li> <li>• <b>Home swapper:</b> National house exchange service for social housing tenants. Website: <a href="https://www.homeswapper.co.uk/">https://www.homeswapper.co.uk/</a></li> </ul>
<p><b>EATING / DIET AND WEIGHT MANAGEMENT</b></p>	<ul style="list-style-type: none"> <li>• <b>Health professionals:</b> 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 can refer to CAMHS, e.g. GP, Paediatrician, School Health Nurse). <i>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&amp;E as a matter of urgency.</i></li> <li>• <b>Eating Disorder Association:</b> Charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. Website: <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a> Tel: 0808 801 0677 or youth helpline: 0808 801 0711</li> <li>• <b>REACH:</b> 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: <a href="http://www.southglos.gov.uk/reach">www.southglos.gov.uk/reach</a></li> </ul>
<p><b>SEXUAL ABUSE AND SEXUAL TRAUMA</b></p>	<ul style="list-style-type: none"> <li>• <b>The Bridge:</b> Information and counselling services to support children and adults who have been affected by rape/sexual assault. Website: <a href="http://www.thebridgecanhelp.org.uk/">http://www.thebridgecanhelp.org.uk/</a> Tel: 0117 3426999</li> <li>• <b>The Green House:</b> Support for 11-18 years old who have experienced sexual trauma. Tel: 0117 9351707 Website: <a href="http://www.the-green-house.org.uk">www.the-green-house.org.uk</a></li> <li>• <b>Somerset and Avon rape and sexual abuse support:</b> Specialist support for people in Bristol, South Gloucestershire, B&amp;NES, North Somerset and Somerset, who have experienced any form of sexual violence / abuse, at any point in their life. Helpline 0808 801 0456 or 0117 929 8865. Email - <a href="mailto:support@sarsas.org.uk">support@sarsas.org.uk</a>. Bristol Office 0117 9299556. Offer a helpline, 1:1 support and counselling.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>The Survivor Pathway:</b> A guide for anyone wanting to know more about independent and specialist sexual violence services in Bristol, Bath and South Glos. Website: <a href="http://www.survivorpathway.org.uk/">www.survivorpathway.org.uk/</a></li> <li>• <b>Mankind:</b> Support for men who have been sexually abused at any point of their lives. Website: <a href="http://www.mankindcounselling.org.uk">www.mankindcounselling.org.uk</a> (new website in development, keep checking)</li> <li>• <b>TRC</b> (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: <a href="http://www.trc-uk.org">www.trc-uk.org</a></li> <li>• <b>MOSAC</b> – Supporting non abusing parents and carers of sexually abused children. London-based but with a national helpline number. Website: <a href="http://www.mosac.org.uk">www.mosac.org.uk</a> Tel: 0800 980 1958 and 020 8293 9990</li> <li>• <b>Kinergy</b> – Professional and confidential counselling service for survivors of sexual abuse and rape, aged 16+. Tel: 01179 087712 Website: <a href="http://www.kinergy.org.uk">www.kinergy.org.uk</a></li> </ul>
<p><b>DOMESTIC ABUSE</b></p>	<ul style="list-style-type: none"> <li>• <b>Next Link:</b> Provide a range of support and advice services to women experiencing domestic abuse. Including refuges, IDVAs, outreach support and peer support services. Next Link's contact details for victims: Phone line 0800 4700 280 Text 07714 290011 Chat online <a href="http://www.nextlinkhousing.co.uk/southglos">www.nextlinkhousing.co.uk/southglos</a> click on live chat Email: <a href="mailto:southglos@nextlinkhousing.co.uk">southglos@nextlinkhousing.co.uk</a></li> </ul> <p>Professionals can call 0117 925 0680 Monday to Friday 8:30am to 5:30pm, Saturdays 9:30am to 1pm</p> <ul style="list-style-type: none"> <li>• <b>Survive:</b> Provide support for children and young people who have experienced domestic abuse and may need support. Services are free, confidential and non-judgemental. Telephone: 0117 961 3065 (office line) Mobile: 07725 257939 Email: <a href="mailto:rebeccat@survivedv.org.uk">rebeccat@survivedv.org.uk</a> Website: <a href="http://survivedv.org.uk">survivedv.org.uk</a></li> <li>• <b>National Domestic Violence Helpline:</b> 0808 2000 247 (24 hour, free helpline)</li> <li>• <b>Women's Aid helpline:</b> 0808 2000 247 (24 hour, free helpline) Website: <a href="http://www.womensaid.org.uk/">http://www.womensaid.org.uk/</a></li> <li>• <b>The Hideout:</b> Created by Women's Aid to help children and young people understand domestic abuse and how to take positive action.</li> </ul>

	<p>Website: <a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a></p> <ul style="list-style-type: none"> <li>• <b>Mens advice line:</b> Advice and support for men experiencing domestic violence and abuse. Tel: 0808 801 0327 Website: <a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a></li> <li>• <b>National LGBT Domestic Abuse Helpline:</b> 0800 999 5428. Email: <a href="mailto:help@galop.org.uk">help@galop.org.uk</a></li> <li>• <b>Respect:</b> (FOR PERPETRATORS) A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner. Website: <a href="http://www.respectphoneline.org.uk">www.respectphoneline.org.uk</a> Tel: 0808 802 4040</li> <li>• <b>REPROVIDE:</b> Information for professionals – Trial exploring the effectiveness of domestic abuse perpetrator programmes. For heterosexual men. If allocated a place on the trial, men <u>may</u> be allocated a place on a perpetrator programme. Email: <a href="mailto:reprovide-men@bristol.ac.uk">reprovide-men@bristol.ac.uk</a> REPROVIDE mobile: 07976 225462</li> </ul>
<p><b>ASB AND VICTIMS OF CRIME</b></p>	<ul style="list-style-type: none"> <li>• <b>Victim Support:</b> 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: <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a> Tel: 0808 16 89 111</li> <li>• <b>Lighthouse:</b> Provides victim and witness care. Website: <a href="http://www.lighthousevictimcare.org">www.lighthousevictimcare.org</a></li> <li>• <b>Anti-Social Behaviour Team:</b> Email: <a href="mailto:asbreporting@southglos.gov.uk">asbreporting@southglos.gov.uk</a>. Tel: 01454 868582.</li> <li>• <b>Young Victims Service</b> 01275 88 44 88 <a href="http://www.youngvictims.org.uk">www.youngvictims.org.uk</a> Support for young people affected by crime and antisocial behaviour in Avon and Somerset. 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. Leaflet saved in K drive (CYP: Integrated services; New service folders; First Point; Resources; Victims of crime or ASB)</li> </ul>
<p><b>FOOD BANK, BABY BANK, BENEFITS AND FINANCE</b></p>	<ul style="list-style-type: none"> <li>• <b>Benefits advice:</b> South Gloucestershire Council benefits / welfare advisors are available by telephone and on selected days at the One Stop Shops in Kingswood, Yate and Patchway. Tel: 01454 865245</li> <li>• <b>Citizen Advice:</b> 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: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></li> <li>• North Bristol Advice Centre 0117 9515751 <a href="http://www.northbristoladvice.org.uk">www.northbristoladvice.org.uk</a></li> <li>• Talking Money. Tel: 0800 121 4511. Website: <a href="http://www.talkingmoney.org.uk">www.talkingmoney.org.uk</a></li> </ul>

	<ul style="list-style-type: none"> <li>• Food Banks provide food packages at time of crisis. Visit the website: <a href="http://www.trusselltrust.org">www.trusselltrust.org</a> 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.</li> <li>• <a href="http://www.babybanknetwork.com/">http://www.babybanknetwork.com/</a> - Baby Bank Network is a charity that provides free items for babies, toddlers and families in need. The family has to be referred by a professional such as us or a midwife or health visitor. 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 items.</li> </ul>
<p><b>Charities for families in need of furniture and appliances</b></p>	<ul style="list-style-type: none"> <li>• <b>Frank Buttle Charity</b> - <a href="https://www.buttleuk.org/">https://www.buttleuk.org/</a></li> <li>• <b>Turn 2 us</b> <a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a> Financial Hardship and welfare grants</li> </ul>

**Last checked: October 2017 (Karen Sheppard)**

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