



Emotional Health and Wellbeing Framework

02/07/2018 – 30/06/2022

Directory of Approved Providers

Document 1 of 2

Version 4 – May 2019

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Intervention costs are outlined in a separate document, Schools and RCBC staff can obtain a copy of this by emailing:

becky.dale@redcar-cleveland.gov.uk

Name of organisation:	ABC Counselling, Play Therapy & Family Solutions C.I.C.
Contact name for referrals/enquiries:	Peter Lowe MBE or Karen Lowe
Contact Details:	Email ABCpeter@outlook.com - ABCkarenlowe@outlook.com Tel 01642 913060 mobile : 07971072789 - 07939922194
Website:	www.abccounsellingservices.com
Overview of services/interventions:	<p>Partnership working ABC Counselling, Play Therapy & Family Solutions and A Time 4 You Psychological Service partnered together to expand reach and share professional expertise and have provided professional counselling and play therapy across over 60 schools in the Tees valley area. We have built up excellent working relationships with key staff, children and importantly Parents to support children and young people to build resilience and use coping strategies through a range of therapeutic interventions, both short and long term, including group work.</p> <p>What we provide Support can be offered to any child or young person with emotional, behavioural or mild to moderate mental health concerns. Many of the children and young people we work with have issues manifesting from 'Early Attachment issues. This underpins the main area of our work both with the young person and within the context of the families/residential settings they are living in. All our therapists have in-depth understanding of the importance of 'early attachment' and the presenting issues this brings. For this reason, we have invested in specific training in this area and now have Dyadic Development Psychotherapy (DDP) trained counsellors and importantly two EMDR, (Eye Movement Desensitisation Reprocessing) attachment informed therapists in our team, specifically trained to work with young people presenting with either small 't' traumas or a significant traumatic event. Family Group Conferencing (FGC) is also delivered using an evidenced based strengths based model, empowering families to agree solutions to presenting problems. Our qualified FGC facilitators have a wealth of experience and success in this specialised area of practice.</p> <p>Evidence based We deliver NICE (National Institute of Clinical Evidence) recommended evidenced based interventions, which are proven to help reduce psychological distress. Many children and young people we see are referred for anger or aggression. When children find it hard to regulate their feelings, anger can then become, rage, fear, terror and sadness or despair. The PACE element of therapy (Playfulness, acceptance, curiosity and empathy) is the key training aspect of DDP. PACE focuses on the whole child, not simply the behaviour. It helps children be more secure with the adults and reflect upon themselves, their thoughts, feelings and behaviours. Through PACE children discover that they can thrive, they learn to rely on and trust adults who can keep them safe. Especially</p>

important for those children and young people on the edge of care, or who are a Looked After Child.

All therapy sessions are age appropriate and tailored to the developmental needs of each child. Theoretical models include but are not limited to:

- **Play Therapy, Cognitive Behavioural Therapy, Integrative Person-Centred Therapy, Resilience Based Therapy, Bereavement & Loss Counselling, Systemic Family intervention, Family Group Conferencing, Eye Movement Desensitization Reprocessing (EMDR), Dyadic Developmental Psychotherapy (DDP), Adoption Support Work and Attachment Informed Therapy. More recently our Online innovative skype, text base or face time therapy.**

Our work in Schools

We have Service Level Agreements with over 60 primary and secondary schools across the Tee valley area and have a proven track record of building excellent relationships with staff and parents. Providing therapy for a single referral to half/full days in school. We work in partnership when required with local **CAMHS** and have a direct referral path into this service. We also take ad-hoc referrals from any school within the borough. Importantly we provide monthly statistical information on the number of young people accessing the service, the types of issues, year groups and intervention outcomes. This supports the changes to the OFSTED common inspections framework, centred on emotional wellbeing, for e.g. for schools to be 'outstanding' young people have also to be able to make informed choices about their emotional and mental wellbeing. Our service was acknowledged in a recent OFSTED inspection report.

School Nurse referrals

We work closely with the School Nurse services to provide timely counselling and therapy interventions for children and young people who have been identified as needing emotional and mental health support. Providing regular update reports on progress made. Attending multi agency meetings when required and supporting the whole 'team around the child' service for better mental health.

As evidenced by ABC and A Time 4 You's joint work with Redcar Intensive Family Intervention service, we recognise the need to provide a responsive and proactive service outside of normal office hours. This work frequently takes place within the family home and a range of community settings to be accessible to all. This provides swift access in order to prevent an escalation of more serious mental health problems.

Early intervention and prevention has been evidenced to help children, young people and families to reach their full potential in life, be safe and enjoy their childhood which further reduces crime and antisocial behaviour. Our targeted interventions aim:

- To protect and safeguard children and vulnerable adults, and wherever possible, seek to enable a safe environment that reduces dependency on services
- To reduce the emotional distress experienced by children and young people
- To reduce child protection plans and repeat plans
- To reduce Looked After Children and improve stability of LAC placements
- To prepare children for Adoption
- To reduce first time entrants into Youth Justice System and reduce repeat Youth Offending
- To empower children and young people to lead successful and independent lives
- To be listened to and included in all aspects of decision making
- To enable children, young people and families to receive support at a time when most needed
- To work in partnership to provide measurable outcomes and demonstrate effectiveness
- To prevent longer term or more serious mental health issues

To provide a stable, safe and caring environment to meet the social, emotional and educational needs of children and young people

What we know

Early intervention supports children and young people to manage an extensive range of issues including depression, anxiety, conduct disorder, bullying, self-harm, bereavement, domestic violence, family breakdown, neglect and trauma, low confidence and self-esteem. The therapeutic interventions our professionally qualified staff delivers aim to improve children's ability to engage in learning, strengthen resilience and prevent mental health problems from escalating.

Why step in early

We know from experience that early identification and intervention support offers children and young people a way to manage a range of often complex social and emotional issues including bullying, bereavement, domestic violence, family separation, neglect, loss and trauma. If children don't receive the right intervention at the right time by age 14, they have 50% chance of developing a long term mental health condition for life (Young Minds, 2013). Therefore, the value of early therapeutic intervention cannot be underestimated.

Reputation and Recognition

Peter Lowe MBE is a qualified and registered Social Worker and qualified Play Therapist and Family Mediator, Restorative and Family Group Conference Facilitator. Peter was rewarded his MBE for services to Youth Justice in the North East.

Karen Lowe is a qualified and accredited play therapist and DDP informed practitioner. In addition Karen is a specialist EMDR trauma therapist and accredited Counsellor and Clinical Supervisor.

Karen Lowe, Peter Lowe MBE and Sandra Bell, contributed to the **Sage Handbook of Counselling Children & Young People (2nd edition)**. The Sage Handbook of Counselling Children & Young People is a primary University and learning text for professionals and students working and learning in the field of children's & young people's therapy.

Name of organisation:	A Time 4 You Child and Family Psychological Services Ltd
Contact name for referrals/enquiries:	June D'Anna - Business Development and Therapy Intake Manager
Contact Details:	Email junedannatime4you@outlook.com or sandrabeltime4you@gmail.com Tel 01642 294383 mobile : 07743 452444
Website:	www.time4youcounselling.co.uk
Overview of services/interventions:	<p>Partnership working A Time 4 You and ABC partnered together to expand reach and share professional expertise and have provided professional counselling and play therapy across over 60 schools in the Tees valley area. We have built up excellent working relationships with key staff, children and importantly Parents to support children and young people to build resilience and use coping strategies through a range of therapeutic interventions, both short and long term, including group work.</p> <p>What we provide Support can be offered to any child or young person with emotional, behavioural or mild to moderate mental health concerns. Many of the children and young people we work with have issues manifesting from 'Early Attachment issues. This underpins the main area of our work both with the young person and within the context of the families/residential settings they are living in. All our therapists have in-depth understanding of the importance of 'early attachment' and the presenting issues this brings. For this reason, we have invested in specific training in this area and now have Dyadic Development Psychotherapy (DDP) trained counsellors and importantly two EMDR, (Eye Movement Desensitisation Reprocessing) attachment informed therapists in our team, specifically trained to work with young people presenting with either small 't' traumas or a significant traumatic event. Family Group Conferencing (FGC) is also delivered using a strengths-based model, empowering families to agree solutions to presenting problems. Our qualified FGC facilitators have a wealth of experience and success in this specialised area of practice.</p> <p>Evidence based We deliver NICE (National Institute of Clinical Evidence) recommended evidenced based interventions, which are proven to help reduce psychological distress. Many children and young people we see are referred for anger or aggression. When children find it hard to regulate their feelings, anger can then become, rage, fear, terror and sadness or despair. The PACE element of therapy (Playfulness, acceptance, curiosity and empathy) is the key training aspect of DDP. PACE focuses on the whole child, not simply the behaviour. It helps children be more secure with the adults and reflect upon themselves, their thoughts, feelings and behaviours. Through PACE children discover that they can</p>

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Reputation and Recognition

In October 2017 our service director, Sandra Bell, received a special invitation to Buckingham Palace, in the presence of HRH The Duke and Duchess of Cambridge and HRH Prince Harry to acknowledge those who have made a significant contribution toward raising awareness of

mental and emotional health for children and young people and she is Deputy Chair executive member of the BACP, Children and Young People's division for the British Association of Counselling and Psychotherapy.

Sandra Bell is an accredited therapist, DDP informed practitioner level one and 2 trained and specialist EMDR trauma therapist. **Sandra Bell, Peter Lowe MBE & Karen Lowe** contributed to the **Sage Handbook of Counselling Children & Young People (2nd edition)**. The Sage Handbook of Counselling Children & Young People is a primary university and learning text for professionals and students working and learning in the field of children's & young people's therapy.

Name of organisation:	Alliance Psychological Services Limited
Contact name for referrals/enquiries:	0800 038 5756 – Alliance Children and Young People’s Duty Team
Contact Details:	CYPFamilies@alliancepsychology.com
Website:	www.alliancepsychology.com
Overview of services/interventions:	<p>Alliance Children, Young People and Families Service provide a range of NICE approved evidence based psychological interventions for children, young people and families.</p> <p>Assessment Would be a face to face or telephone appointment with the child, young person and or family and can be held at a range of venues including home or school. The assessment will aim to gather information from a variety of sources, including the child or young person, appropriate professionals and referrers and parents/carers. It will involve the use of evidence-based outcome measures which will help to agree goals of therapy. The child, young person, family and referrer will receive an outcome of assessment letter, outlining the recommended treatment plan.</p> <p>Cognitive Behavioural Therapy</p> <p>(1) Delivered at low-intensity, these are NICE evidence-based approaches that work effectively for current/new presentations of children and young people experiencing symptoms such as mild to moderate anxiety, low mood and panic disorder. These interventions treat anger, new or recent episodes of anger, social phobia and other phobias. It can also help with worry and stress management. The therapy also supports self-harm and or suicidal ideation. Length of Intervention 30-40 min sessions over a 6-8-week period</p> <p>(2) Delivered at high-intensity, these are NICE evidence-based approaches that work effectively for current or new or historic presentations for children and young people experiencing symptoms such as moderate to severe anxiety, low mood and panic disorder. In addition to working with presentations similar to LICBT, this intervention would benefit those experiencing symptoms of Post-Traumatic Stress Disorder PTSD, Obsessive Compulsive Disorder (OCD) and eating related issues. Length of Intervention: 1 hour 12 -20 sessions</p> <p>Integrative Counselling/Psychotherapy Counselling can help with a range of emotional and mental health issues such as anxiety and low mood or depression, can support young people with emotional needs relating to a physical health condition for example, childhood obesity, illness. It can also support those children</p>

who have experienced trauma and difficult life events such as impact from family breakdown, parental mental health, domestic abuse, substance misuse or other forms of abuse. Our counselling offers an integrated approach whereby parents or carers are supported and encouraged to engage with the counselling process which we believe could have improved outcomes for the child and family. It is generally provided face to face and our counsellors may use different techniques, such as creative and play therapies, art therapies and CBT techniques to help support a wider child and family centred approach. Counselling generally benefits both historic or new presentations, can help to improve self-esteem and confidence, reduce anxiety and increase mood and overall can help children build resilience and coping strategies for the future. 8-12 sessions flexibly delivered.

CBT for Parenting

This 1:1 and face to face intervention is aimed at parents who may be experiencing anxiety, low mood and stress, related to a child's conduct or behaviour. It may also be beneficial for those parents who are unable to or not confident enough to access parenting groups and for those who are struggling to implement change. Some of the key outcomes we would expect to see would be

- A reduction in anxiety or improved mood
- Improved relationships with children
- A better understanding of child's conduct or behavioural issues
- Improved confidence in implementing new strategies
- Positive management of difficult behaviours

Systemic Family Practice is an evidence-based approach to working effectively with children, young people and adults, families and individuals. It enables family members and others who care about each other to express and explore difficult thoughts and emotions safely, to understand each other's experiences and views, appreciate each other's needs, build on strengths and make useful changes in their relationships and their lives. Working therapeutically with individuals together with their families and/or significant others enables the use of individual's relationships as a resource, and reduces stress and difficulties for all family members, thus improving overall family functioning. Can be useful for;

- Families wanting to improve relationships and functioning, such as communication.
- Families facing difficulties such as drug and alcohol misuse, mental and physical illness.
- Bereavement, family conflict and trauma.
- Families worried about a child's behaviour.
- Parental separation/divorce
- Families who adopt/foster.

Living Life to The Full (5 week programme) www.fiveareas.com/l1ttf-for-young-people

Aged 5-8 – Understanding Your Feelings

Using engaging and colourful resources, we can help young children understand what they are feeling, why, and how to deal with the effects. With scenarios to talk through, feelings cards to help explain, and other well tested CBT methods, We Eat Elephants is a great way to help children learn to communicate and express their feelings.

Aged 9-12 – Making Changes to How You feel

Dealing with current issues that our children face in both school and home environments. The loss of a loved one, failing to reach targets, peer pressure and much more, these situations can be talked through and dealt with by using our tools and resources, tailored for children of this age.

Secondary School Age

Teaches young people to understand feelings and key information about what makes them tick. It challenges negative thinking and strategies to change. It helps to build assertiveness and confidence and general wellbeing including tackling sleep. The programmes help young people to tackle problems by breaking them down into chunks, tackling anger and supports with establishing wellbeing action plans.

Overcoming Anxiety and Worry in Primary School Age Children

A guided programme delivered to parents/carers of children aged 5-12yrs presenting with Anxiety. This evidenced based programme teaches Cognitive Behavioural Therapies strategies so that parents/carers can use them with their child to overcome Anxiety. Whilst it is normal for children to have some worries and fears, we might become concerned when anxiety impacts on children's general well-being.

Incredible Years Parenting Programme and Home Coaching

This programme aims to prevent, reduce and intervene in aggression and emotional problems, including Conduct Disorder. It seeks to promote the emotional and social competence of young children. It increases nurturing parenting, parent and school connectedness, and parental social skills, decreases harsh discipline. Teaching of

- How to play with their children
- Coach their children's social, emotional, and academic growth
- Effectively, praise and use incentives
- Establish and maintain household rules
- Manage mis-behaviour
- Promote a child's responsibility
- Bolster their own and their children's effective communication skills
- Manage anger and depression in themselves and their children

Mindfulness Programmes

Mindfulness is a very simple form of meditation, mindfulness brings about long-term changes in mood and levels of happiness and wellbeing. Scientific studies have shown that mindfulness not only prevents depression, but that it also positively affects the brain patterns underlying day-to-day anxiety, stress, depression and irritability so that when they arise, they dissolve away again more easily. We offer a range of unique Mindfulness Programmes aimed at teaching and support staff, professionals primary school age children and secondary school age young people. All programmes are bespoke and can be teacher-led or facilitated through an experienced Mindfulness Teacher.

- Teens Being Mindful©
- Mindfulness for Kits Primary School Age©

Family Group Conferencing (FGC's)

A family group conference is a decision making and planning process whereby the family are empowered to develop their own contact, safety and protection plan. This is a 6-8-week process and involves the whole family including their extended support network. This intervention is effective for children open to Early Help, Child in Need, Child Protection and LAC.

Name of organisation:	Barnardo's
Contact name for referrals/enquiries:	Elizabeth Phillips
Contact Details:	01642 300774 Elizabeth.phillips@barnardos.org.uk
Website:	www.barnardos.org.uk
Overview of services/interventions:	<p>Barnardo's nationally has a strong track-record of delivering Emotional Health and Well-being support to Children and Young People. In 2017 Barnardo's supported over 270,000 children, young people and families (CYPF). We operate over 1,000 services, with 182,000 CYPF attending our Children's Centres. Barnardo's Bridgeway has been providing successful therapeutic services in Redcar & Cleveland and across the Tees Valley for CYPF since 1992. Our skilled and experienced team provide a range of assessment and therapeutic interventions.</p> <p>Barnardo's Bridgeway provides high quality, effective services to ensure excellent outcomes and has extensive experience of delivering successful emotional wellbeing services. Our approach applies a co-produced assessment of need with the child or young person and parent, informed by a creative and 'what works' engagement strategy. From this we have developed a menu of interventions at individual, group and family levels to ensure maximum impact for positive outcomes. This has included, for example, the development of a tailored family based therapeutic approach and creative arts therapy groups where the vehicle for improved mental health has been creative achievement.</p> <p>As well as supporting children and young people with specific worries, concerns and issues, all the activities will include strategies to build resilience based on Seligman's work on "Positive Psychology" which describes the types of techniques and approaches children and young people can adopt to enhance a more positive outlook including:</p> <ul style="list-style-type: none"> • Strength based approach • Savouring and celebrating successes • Identifying successes and positives each day (however small) • Building more positive self-talk <p>Our team has developed skills to assist young people within a safe nurturing environment; including the use of play-based approaches using well equipped play rooms for different types of play e.g. puppetry, sand based play, creative arts etc. The team is also skilled in engaging older children and young people using media, creative arts, cognitive behavioural therapy, solution-focused approaches, diaries, personal story books etc. We can also take these approaches into the school or other settings with well-equipped play and craft boxes, working flexibly in terms of times and place in order to best meet the needs of the child or young person.</p>

The 'Future in Mind' NHS England report highlights the strong evidence of mental health problems that start before 14 years of age having a major impact in future adult life. Giving opportunities to communicate and share anxieties and concerns before they become completely overwhelming or entrenched helps the child or young person make sense of their experience; feel understood; develop coping strategies to deal with their concerns; and develop positive skills in communication, improved confidence and self-esteem by being valued and respected.

Individual work will be child-centred and non-directive. We work with the issues that the child or young person brings, at the pace that suits them, and in the way which best supports their emotional needs. It is delivered by a qualified therapist whose specific skills will be matched against the needs of individual children and young people. All work is recorded and reports will be produced detailing issues experienced and progress made by the child or young person.

Staff delivering the service, as well as being experienced counsellors, have a clear understanding that although certain children and young people are more likely to be emotionally vulnerable at different times and stages in their lives, no child is exactly the same and each child has a unique and personal emotional response to circumstances that arise. The service is always sensitive to the individual. This includes building on service experience in working with disabled children and young people, young people with learning difficulties, LGBT children and young people and those from BME communities.

Barnardo's has extensive experience of delivering both issue and activity based groups. We have experience of undertaking group work in schools, as whole class groups and as targeted student peer groups. Both activity and issue based groups will be child and young person led with a high level of choice in service shaping and delivery.

Bridgeway has large group rooms, a kitchen, a hall and garden, which offers a safe space for a variety of fun, and activity based sessions. We work, wherever possible, in partnership with universal and VCS services to deliver group activities e.g. through leisure services and sports coaching and Performing Arts initiatives so the activities can be community or school based as well as at our own facilities.

The whole family service draws on family members' skills and experiences in helping them to communicate with each other, express their thoughts and feelings and come to a whole family understanding of individual's perspectives about themselves and each other in a safe nurturing environment. This then allows for a way forward to be agreed by the whole family taking everyone's needs into account and supporting the parents/carers in helping to improve the levels of emotional support, communication and trust for the future.

Bridgeway offers an ideal venue to undertake such extended family relationship building as it offers safe play and counselling support rooms for different family members to come together in different ways. The service can also offer joint play and learning sessions with parents/carers and children in order to facilitate communication, relationship bonding and attachment in a relaxed, fun and child-centred way.

At the heart of the service is the voice of children, young people and families. We promote a firm and clear understanding that they are the experts on their lives, and we have an ethos of working with rather than to them.

Skills acquired through the activities described above will reinforce and grow self-esteem and confidence. Offering a service to the whole family to enhance communication, understanding, caring and nurturing between family members allows for a child to be understood and supported by the parent/carer. Identifying protective factors, individuals' strengths and enhancing these also promotes future wellbeing.

All of these interventions therefore help prevent the child or young person from becoming unhappy and identifies those factors of resilience to reduce health inequalities and enable the child or young person to better meet their potential.

Name of organisation:	Brook
Contact name for referrals/enquiries:	Rebecca Buckle
Contact Details:	Rebecca.buckle@brook.org.uk 07788263152
Website:	www.brook.org.uk
Overview of services/interventions:	<p>ABOUT BROOK</p> <p>Brook has been at the forefront of providing wellbeing and sexual health support for young people for over 50 years. Our education, emotional health and wellbeing work in schools and communities supports emotional development and the learning of core life skills. All of our services are co-produced and developed in consultation with young people.</p> <p>In 2016-17:</p> <ul style="list-style-type: none"> • 122,000 young people were helped through our education and wellbeing work. • We delivered education sessions in 12% of secondary schools in England • 46,000 young people were supported by the Ask Brook Digital Service • We saw young people from 73% of local authorities in England • We trained over 3,000 professionals from other organisations <p>Since 2014 Brook have successfully delivered our Emotional Health and Wellbeing (EHWB) Early Interventions (EI) (“My Life” 1:1 and group intensive support programme) to young people across several regions of the UK, including Kent, London, Cornwall, Greater Manchester and Lancashire.</p> <p>Our “My Life” early intervention services correspond to the aims and expectations of the Redcar & Cleveland Emotional Health and Wellbeing (EHWB) Framework for Children and Young People (CYP), with the objectives being to provide early intervention services to children and young people to enable them to develop confidence, self-esteem and resilience, and to enable them to fulfil their potential.</p> <p>OUR INTERVENTIONS AND ACTIVITIES</p> <p>The overarching theme throughout the “My Life” early intervention</p>

programmes is to support growth and build resilience. Our strength based approach includes enabling clients to develop life skills, problem solve, self soothe, identify and weigh up options, build confidence and self-esteem, identify and build support networks, access education and employment, manage their health better, budget effectively and find solutions to housing issues.

Brook staff build relationships of trust, identifying what is important to the child/ young person and/or families, and work with them (for no longer than necessary) to:

- Own their issues / actions and work as equal partners
- Identify goals for support
- Inspire and motivate them to see a positive future and aspire them to thrive
- Increase self-efficacy

Children and young people identify and build on their assets and strengths, find solutions to their own issues, set and achieve goals and build a strong sense of self-worth to enhance resilience, using a Goal Based Outcomes (GBO) Approach.

1:1 AND GROUP WORK SUPPORT PROGRAMMES

- 7 individual sessions of **1:1 support** per young person
- 6 **group work** sessions (maximum size 8 young people per group)

Each programme is needs led and usually follows the following format:

- Opt in and contracting – One or two sessions to enable the client to understand the programme, the commitment involved, and to decide whether they want to continue.
- Core Sessions – exploring, reflecting, completing specific motivational and behaviour change exercises with the EWB Specialist, information and advice, coaching. Clients may also complete agreed tasks between sessions.
- Final session – reflecting on learning and achievements, reviewing the client's journey.

Sessions incorporate:

- **Health Literacy** what it means to be healthy and well, how to improve health and wellbeing
- **Action Planning/ Coaching** exploring aspirations, values and setting,

- achieving and reviewing important personal goals
- **Information** accessing and critically assessing relevant health and wellbeing information
- **Support** provision of practical support

A sample six session programme is illustrated below:

Session 1 What does it mean to you to be healthy well and happy	Session 2 Exploring dreams and aspirations – what do I want to achieve in my life	Session 3 My Life as it is now; reflection and identify where I want to make changes
Session 4 Setting goals and taking action	Session 5 Reviewing achievements, setting further goals and taking more actions	Session 6 Reviewing actions, consolidating skills and learning, next steps - identifying support

EVALUATION AND FEEDBACK FROM “MY LIFE”

- 96% of participants enjoyed the sessions
- 92% said the course had ‘worked’ for them
- 88% would use the skills they had learned in the future
- 92% would tell their friends to ‘give it a go’
- Improved WEMWBS scores for 62% of clients, and an average 78% improvement

OUR ETHOS & APPROACH

Our approach is to start from where each young person is in their life, and this approach greatly helps to engage YP, build trust and ensure that they can connect to the purpose of the content and style of the programme. The process is expressed through the implementation of a Brook space which is:

- Welcoming, friendly, safe and warm.
- Open and non-judgmental.
- Two-way, interactive, collaborative, participatory.
- Constructively critical, challenging, questioning, curious, enquiring, and explorative.
- Inclusive, anti-oppressive with effective boundaries in place.
- Reflective.
- Supportive and empowering.

All activities start with a contract/ group agreement/ rules, outlining expectations and responsibilities; this includes managing predictable aspects of challenging behaviours and encourages personal responsibility.

OUR EXPERIENCE

My Life is the cornerstone of our intensive support work with young people across England. We currently run early intervention and prevention programmes in Liverpool, Milton Keynes, and Lancashire.

Professionals who work with young people have reported that once young people are engaged in My Life there is very little disengagement from the programme

Our testimonials and quotes from our My Life work evidence the impact of this intensive support programme for young people and partners:

“Before, I weren’t very confident and I was negative about myself. And now since I finished it I feel more confident and more positive about myself. Like, I don’t like the way I look and now people say I’m pretty and I realise it now and think why am I putting myself down so much?”
(Wigan Young Person)

“We have evidence of impact from your intervention in the improved attendance, behaviour and emotional stability for those worked with. Students reported that they are listened to, understood and finally feel they have someone in their corner to address their needs, concerns and help them to develop their skills and independence, when they felt there was no-one else. Your work gives our young people a sense of identity, raises self-esteem and resilience that will enable them to develop into confident and productive adults” (Kent School)

Name of organisation:	Children North East
Contact name for referrals/enquiries:	Children North East Central Admin Team
Contact Details:	enquiries@children-ne.org.uk 0191 256 2444
Website:	www.children-ne.org.uk
Overview of services/interventions:	<p>Children North East has a wide range of support services that help children and young people to improve their emotional health and wellbeing. They are:</p> <p>Group programmes supporting children and young people’s emotional health and wellbeing:</p> <ul style="list-style-type: none"> • BU programme –supports children and young people who may be struggling to manage their emotions, are becoming withdrawn, are having difficulties with confidence, self-esteem or friendships and are at risk of developing more severe mental health difficulties • Wilderness Schooling – helping to raise Primary School children’s achievements in core curriculum subjects and developing socially and emotionally through engagement with the outdoors. • Zippys and Apples Friends – helping (Year One and Two) to develop coping and social skills. • Peer mentoring - helping to improve communication and relationships between young people (aged 11 to 18 years old) and their school and families. Young people (usually aged 16 to 25) are trained to become volunteer Peer Mentors to younger children. It helps young people to strengthen their confidence and self-esteem. <p>Individual work with children and young people supporting their emotional health and wellbeing:</p> <ul style="list-style-type: none"> • Trauma Programme – helping children and young people to overcome trauma from experiences such as domestic abuse, impact of drugs and alcohol, bereavement. • Anger management programme – helping children to modify and manage their behaviour when they become frustrated to improve their impact on others and improve relationships. • One to One support for Looked after children – helping children and young people to overcome the fears and anxieties as a result of being removed from parents and looking at ways of managing

their behaviour to reduce the stress.

Group programmes supporting children and young people's emotional health and wellbeing within their family:

- ***Today's Teens and Tomorrow's Teens*** - helping families to communicate effectively, to have healthy relationships and improve their emotional health and wellbeing. This programme can work with children who are approaching teenage years and are teenagers.
- ***Safeguarding Futures Programme*** - programme for parents designed to enable them to acknowledge and address their own behaviours and issues that are impacting on the safety and emotional health and well-being of their children.
- ***Families Are Special Together (FAST)***- domestic abuse recovery and education programme for mothers, children and young people who have experienced domestic abuse and are in the recovery stages. Aimed at improving their emotional health and wellbeing.
- ***Caring Dads*** - for fathers who acknowledge their abusive behaviour and help them to understand the impact it has on their children's emotional health and wellbeing and the positive change they can make to their family's life.

Individual family work with children and young people's focused on their emotional health and wellbeing:

- ***Family Crisis intervention*** - one to one intervention where we offer a wide range of interventions to address families' complex needs. Family Practitioners use Motivational Interviewing and Cognitive Behavioural Therapy to help families to identify and alleviate problems, and offer strategies to help reframe how problems are viewed.

School Intervention:

- ***Poverty Proofing the School Day*** - enables schools to identify, understand and overcome the barriers to learning that children and young people from families with less financial resources face in school and the impact of this on their emotional health and wellbeing.

In the year 2016 to 2017 we supported 3,259 children and young people and 245 families through this range of support services. We also improved the school life of 19,393 children and young people in the North East, North Lincolnshire and Brighton through our Poverty Proofing the School Day Programme.

Children North East exists because growing up can be hard. For 127 years we have been working with children and young people in their families, schools and communities across the north east to ensure they grow up healthy and happy. Our support services focus on those periods in growing up when a little help can make a big difference to a child's life and future. They are also the periods where if things go wrong they are likely to have a far-reaching detrimental effect on the child; the transition periods are:

- Pregnancy and Babyhood
- Starting School
- Changing School
- Teenage years
- Becoming Independent

The children and young people we help are all dealing with a very wide range of problems and circumstances including financial disadvantage, family breakdown and mental and emotional wellbeing.

Children North East's ethos is outlined in our Theory of Change which sets out how we achieve our mission to help all children and young people in the north east grow up healthy and happy. The Theory describes the 'golden thread' that runs through our approach to supporting children, young people and families. The approach is flexible, we always listen without judging; collaborate and build on strengths; find solutions; and give honest feedback; we don't give up; and we don't support people indefinitely. We end our involvement when service users can solve problems for themselves i.e. they are more resilient to cope in the future.'

We believe that this positive ethos and approach to engaging children, young people and families allows for engagement that is meaningful and results in positive outcomes. This ethos allows us to tailor the support to exactly what help children, young people and parents need.

Name of organisation:	Doorways
Contact name for referrals/enquiries:	John Pearson
Contact Details:	01287 236006 / john@door-ways.co.uk
Website:	www.door-ways.co.uk
Overview of services/interventions:	<p>Doorways (<i>Enabling Change in Young People</i>) Promotes resilience, encourages prevention and delivers early intervention.</p> <p>Interventions & Activities</p> <p>The focus of our work is “5 Ways to Well-being.” Our aim is to increase people’s wellbeing, which in turn improves their Health, mental ability, sense of awareness, choices and achievement; enabling change in outlook and an ability to set positive outcomes for themselves, their families and the community.</p> <p>Early intervention is provided, within small groups, and one to one environments.</p> <p>Use of NLP (Neuro Linguistic Programming) and counselling skills are embedded in our one to one interventions. The NLP process, benefits from the use of sub modalities – an individual’s representational system, that encodes and gives meaning to their experiences and behaviours. This process enables change in beliefs and creates motivation.</p> <p>Our services are very much co-productive, drawing on the needs and motivation of our young clients. Each client is an individual and is treated as such. Progress is monitored, and client feedback is part of the process.</p> <p>Limits of scope are recognised, and individual will be referred as appropriate and in consultation with all parties. Involvement of Doctors, CAMHS, statutory and other agencies are viewed with the best interest of the individual. Co-operation of parents and carers is encouraged, whilst respecting the individual’s confidentiality.</p> <p>Doorways resources include:</p> <ul style="list-style-type: none"> • 5 Ways to Well-being (developing: Connections, Noticing, Learning, Fitness, Creativity & Play) • Mindfulness (creating peace of mind and ability to focus, accessing inner resources) • Resilience (building confidence & self-esteem through achievements) • Life skills Labyrinth (exploring choices, strategies, relationships and consequences) • BE U (discovering identity, values and beliefs – may also include employability skills) • The Hero’s Journey (Overcoming barriers – fear, guilt and limiting belief)

- Perceptions (how we make sense of our surroundings, events & behaviour)
- Reality Check (understanding Cause & Effect, taking responsibility)
- Opps Knocks (building employability skills – Reaching opportunities)

The process of change begins with understanding the situation. Through one to one initial assessment, a strategy is agreed with the individual and all involved parties (as required). The process is monitored, and feedback from the individual will inform any change in direction, a full recorded client file is also monitored. Internal project reviews monitor our programmes and ensure outcomes and quality of service “PQASSO.”

Services for:

Our staff and volunteers work with around 100 young people per year, supporting young people (13-25) living throughout East Cleveland. The project specialises in young people 13-25 years, with social & behaviour issues.

This may include: Anxiety, Depression and Risk-taking behaviour. Doorways have a detached youth team (engaging with young people on the streets, schools drop-in & youth clubs).

Outcomes:

- Overcoming barriers – Reaching opportunities
- Increasing learning ability
- Developing identity
- Gaining employment

Our project & ethos

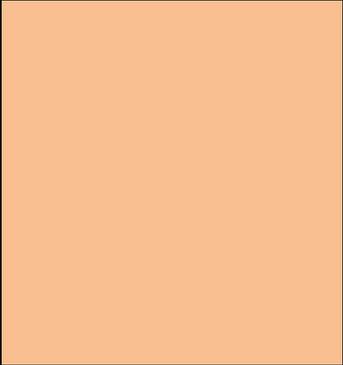
Doorways is a faith-based organisation based in Saltburn, a registered charity established in May 1998. The project has a wealth of experience, engaging effectively with young people and their emotional well-being. We can be found on the first floor, at Destinations Internet Café – next door to Barclays bank. Our hours of business are Mon-Fri 9:30 to 4 pm. Doorways has a responsive drop-in service, and may also be directly contacted via phone, text or email. A referral system is also in place.

Our ethos focuses on the individual, offering empathy, congruence and total positive regard. Our approach is non-judgmental and believes that each individual has the resource to overcome the presenting issue, our part in the process is to facilitate (unlock) those resources. Our services are very much co-productive, drawing on the needs and motivation of our young clients. Each client is an individual and is treated as such.

5 Ways to Well-being

New Economics Foundation created a report for the Governments, Foresight Project 2008; and coined the phrase “5 Ways to Well-being.”

- To Connect with others
- To take Notice of things around us
- To keep Learning

- 
- To be Active
 - Creativity & play
 - Increasing my well-being:
 - Improves my health – I have more energy
 - Greater mental ability – helps me think more clearly
 - Stronger sense of awareness – I think better of myself, this helps me to manage my Stress &, Emotions
 - Changes my outlook – I can make better choices

Name of organisation:	MATRIX Neurological				
Contact name for referrals/enquiries:	Jan Rock				
Contact Details:	T: 01642 989116 e: jan@matrixneurological.org.uk				
Website:	www.matrixneurological.org.uk				
Overview of services/interventions:	<p>MATRIX Neurological is an innovative children’s charity based in Middlesbrough, established to provide practical help and support to children, young people and their families who are living with the effects of acquired brain injury (ABI). The Founder of Matrix created the organisation because of first-hand experience of child brain injury. A Founder Trustee was also a Paediatric Consultant from JCHU.</p> <p>We were established to try to bring about significant changes for brain injured children and young people; and we know that the scale of the problem regarding childhood acquired brain injury is significant.</p> <p>Our mission is: <i>“to work to remove the health inequalities for children and young people affected by brain injury; and provide effective support to their families that makes a real difference”.</i></p> <p>Through the Councils Early Help Team, over the last year, we have seen the number of referrals of children and young people with suspected brain injury increase in the Redcar and Cleveland are and our work is having positive impact on these families. 55% of all our referrals have lived in Middlesbrough, Redcar and East Cleveland.</p> <p>An acquired brain injury is any damage to the brain that occurs after birth and is often divided into two categories:</p> <table border="1" data-bbox="488 1402 1402 1848"> <thead> <tr> <th>Type 1 Traumatic Brain Injury (TBI)</th> <th>Type 2 Non- traumatic Brain Injury (NTBI)</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> • Falls • Road Traffic Accident • Assault • Sporting head / facial injury • Concussion • Extreme sports • High velocity sports (i.e. golf) </td> <td> <ul style="list-style-type: none"> • Stroke • Brain Tumour • Encephalitis • Meningitis • Drowning/ near drowning • Cardiac Arrest • Suffocation/strangulation </td> </tr> </tbody> </table> <p>Road traffic accidents are the most common cause of ABI in older children and adolescents, whilst falls, being dropped or non-accidental injuries are more common in younger children and infants.</p>	Type 1 Traumatic Brain Injury (TBI)	Type 2 Non- traumatic Brain Injury (NTBI)	<ul style="list-style-type: none"> • Falls • Road Traffic Accident • Assault • Sporting head / facial injury • Concussion • Extreme sports • High velocity sports (i.e. golf) 	<ul style="list-style-type: none"> • Stroke • Brain Tumour • Encephalitis • Meningitis • Drowning/ near drowning • Cardiac Arrest • Suffocation/strangulation
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Advances in medical practice means more and more children are surviving serious injuries and illnesses; which leave them with complex and often hidden disabilities. As a result, disability now comes in many forms. Neurological deficits, impairments and dysfunction arising from an acquired brain injury, probably has the biggest negative impact on a child's life and long-term future.

ABI is often referred to as a 'hidden disability'. Survivors may have no physical evidence of their injury or disabilities. It may be many years post injury before their impairments fully emerge. Usually they will miss their expected development milestones and start to fall behind their peers.

The negative consequences of ABI can severely and permanently change a child's life and can impact on their ongoing development. Even the simplest of tasks can suddenly become a huge challenge for these children. Much depends on the age of the child when the brain injury was sustained, how it happened, where the brain itself was injured, and their pre-injury abilities.

All brain injuries are unique depending on the location(s) of the injury within the brain. Impairments may be permanent or temporary and may also cause partial or total disability and can affect:

- Physical abilities. i.e. motor abilities, the senses; and other difficulties such as sleep, pain, fatigue.
- Communication skills are often affected including language, expression, comprehension, dyslexia and dysgraphia for example.
- Cognitive impairment is common, including problems with memory, attention and concentration.
- Emotions and behaviour.

(The known deficits of an acquired brain injury can be viewed in more detail on our website, www.matrixneurological.org.uk/information/factsheets/deficits.....)

It is the communication, cognitive and emotional/behavioural needs that cause the biggest disruption to both family, school and community life; which are often misdiagnosed and misunderstood.

SERVICES

For children and young people who are living with the effects of an acquired brain injury, and their families we offer:

Children and Young Peoples Support

Our service works on a one to one basis with each child and is delivered consistently by the same support worker. This allows us to build up trust with both the child and the parent/carers and the programme of work is tailored to the individual need.

We have created a brain injury assessment tool based on the known deficits of acquired brain injury acknowledged by the British Society of Rehabilitation Medicine (BSRM) and the Royal College of Physicians (RCP). This helps to identify problems that children are experiencing, including issues that have been missed by other medical or community professionals. Every child we support helps us to gather an evidence base for our approach and shape future service delivery.

Our project makes a difference to the children, as, they get individual support that is tailored to their needs. Many are socially excluded; and are struggling with their recovery; particularly where the brain injury has impacted on their ongoing development and neurological functioning. We work at the pace of each child and take their views and wishes into account.

Case Management

Case management includes the assessment of the child's often 'hidden' disability needs and coordinating access to relevant support services where appropriate. The BSRM and the RCP state there are a range of known deficits that occur as the result of an acquired brain injury across four domains: Physical, Communication, Cognitive and Emotional/Behavioural.

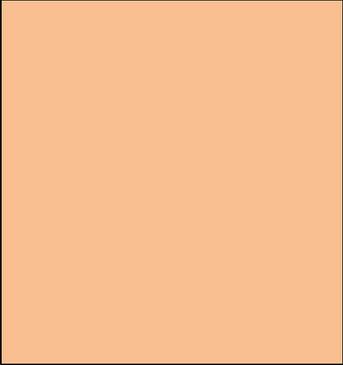
Many of the families that have been referred to us have been through the CAHMS process several times without any progress being made. Our ABI Case Management Service enables you to refer children and young people onto a different pathway and explore other support options to help deliver improved outcomes.

Family Support

Our Family Support Service for families affected by childhood acquired brain injury, includes learning and recommendations for building family resilience from other countries that appear to be delivering better outcomes for disadvantaged children. Evaluation of our service has shown it delivers:

MENTAL & PHYSICAL HEALTH	↑ ↑
PERSONAL RESILIENCE	↑ ↑
FAMILY RELATIONSHIPS	↑

This service also:

- 
- Improves the quality of life for children and young people with long term conditions by helping families to learn and understand about their child's long-term condition
 - Provides information to parents to enable them to better support and manage their child's neurological disabilities and enable them to live in their own home
 - Provides emotional support to parents/carers

Name of organisation:	Rainbows End Coaching
Contact name for referrals/enquiries:	Jenny Evans
Contact Details:	07762 932 164 jenny@rainbowsendcoaching.com
Website:	www.rainbowsendcoaching.com
Overview of services/interventions:	<p>Rainbows End support schools and the community to improve Emotional Wellbeing of young people. The way they do this is twofold. Individual focussed support and workshops.</p> <p>Rainbows End offer individual support by way of one to one coaching sessions to children and young people who have been identified as needing support in Emotional Wellbeing and Resilience. This support can focus on particular aspects relating to any risk factors identified. The sessions are supportive and solution focussed and designed to help young people face challenges and be proactive in alleviating future mental health issues.</p> <p>Rainbows End deliver our “It’s All About YOU!” workshops to groups of young people in various settings including schools and in the wider community. This workshop challenges critical issues faced by young people and is designed specifically to challenge and change the mindsets of young people who are likely to be affected by poor Emotional Wellbeing. By participating in our highly engaging, challenging and self-reflective workshops young people will achieve a fundamental shift in thinking.</p> <p>The Emotional Wellbeing and Resilience Workshop - “It’s All About You!” is tailored to building confidence and self-esteem, improving resilience, challenging negative beliefs, imbuing a sense of personal responsibility as well as developing positive attitudes towards life, work and raising aspirations.</p> <p>Jenny Evans has a BA in Business Administration along with a level 4 in Guidance and a qualification in Motivational Interviewing Techniques. She worked for 10 years as a Connexions Personal Advisor, 5 years with the Richmond Fellowship as an advisor for people with mental health issues and was also a Youth Worker in Northampton for 5 years. For the past 10 years she has jointly ran Rainbows End with friend and business partner Elizabeth.</p> <p>Jenny worked from the Durham Connexions centre for 10 years and for much of that time supported post 16s from the Durham City areas. As a Personal Adviser she helped young people with a range of presenting issues including unemployment, lack of motivation, low self-esteem, homelessness and benefit problems.</p>

Elizabeth Scott has an honours degree in Psychology from Leicester University and an MBA from Durham University Business School (DUBS). Elizabeth and Jenny have both trained with the Coaching Academy, one of the UKs foremost coaching schools. Elizabeth worked for Newcastle City Council for 13 years in the field of Skills and Employability, firstly as a community based advisor and then as a project manager. She is also an award winning Mentor at DUBS working with students and coaching staff.

Elizabeth and Jenny are founders and Directors of Rainbows End Coaching, a company that specialises in Emotional Wellbeing and Resilience. Together they have accumulated over 40 years' experience in working with this client group (0 to 25). They work in Schools, Colleges, Organisations and with individuals to change mindsets, develop resilience, bolster confidence, raise self-esteem and facilitate change in peoples' lives.

We have 10 years' experience working with children in primary school, young people in secondary school, college students and the unemployed. The lessons learned by people in our workshops are adjusted to be age and audience appropriate whilst the key messages are the same.

The continued success of Rainbows End lies in the passion and commitment that we have to help and support people to learn to manage their lives better and incorporate happiness, resilience and aspirations to help them live positive lives.

Our culture and ethos is to do our bit to improve mental health for all and although we do work with adults, much of our work is with children and young people to set good habits and positive behaviours and life skills so that people have a tool kit of coping mechanisms to aid them with life's challenges.

Dame Kelly Holmes Trust has published new research highlighting the shortage of clear aspirations and ambitions from young people in the UK. The research found an alarming proportion of young people who failed to score highly for levels of confidence, motivation, determination and resilience; with low scores on these attitudes strongly linked to low aspirations.

Studies have shown that low aspirations are particularly linked to disadvantaged groups and often the result of low levels of confidence and resilience. This can be caused by a wide range of factors and circumstances outside the control of a young person.

This can lead to poor educational attainment, employability potential

and opportunities for social mobility.

It's essential that support is available to develop the attitudes and soft skills young people need to progress in life and realise their full potential. Schools who are ensuring mental health is a priority for their young people or working towards their Wellbeing in Schools Award can demonstrate their commitment to this by implementing support from Rainbows End.

Name of organisation:	Redcar and Cleveland Mind
Contact name for referrals/enquiries:	Hannah Moloney, Children & Young People's Services Manager
Contact Details:	01642 296052 h.moloney@rcmind.org
Website:	www.rcmind.org
Overview of services/interventions:	<p>Who we are and what we do:</p> <p><u>Our Vision:</u> Good Mental Health for All.</p> <p><u>Our Mission:</u> Provide and promote a quality wellbeing, prevention and recovery service that puts people first.</p> <p><u>Our Values:</u> We believe in providing effective support for people at a time and place when they need it. We will accept them as individuals and respect their beliefs, needs and wishes. We will offer a welcoming and empowering environment, continuously working to ensure accountability, professionalism and integrity.</p> <p>Established in 1991, Redcar & Cleveland Mind has evolved from a small service-user led charity to a dynamic leader in mental health service provision across our borough and beyond. We have committed Trustees who lead us, challenge and drive us to achieve our very best. We continue to grow and develop new and innovative services that respond to the needs of our local community and have built a reputation for excellence and innovation.</p> <p>Now in our 28th year of delivering services and training across Teesside and North Yorkshire, we have grown our expertise to ensure we can support children, young people and their families to achieve the very best outcomes, whether that be; through early intervention, in our mental health recovery work, our supported housing. In addition we are committed to supporting professionals to improve their knowledge of mental health, and care of others, by delivering mental health training through Well4Work and the Tees Training Hub.</p> <p>In order to tackle inequality, in 2016 we launched our Mobile Mindspace campervan which provides a fully equipped, safe, non-stigmatising and confidential space for 1:1 interventions. We use this to deliver wellbeing services to rural communities in Redcar & Cleveland. We know that some our most isolated children, young people and families are at higher risk of developing a mental health problem, and rarely present to services prior to hitting a crisis. We want to minimise the risk of such crises and ensure they are effectively supported, irrespective of where they live. Evidence also tells us that children and young people are more likely to access provision that is not clearly</p>

identifiable as a “mental health” specific service, hence our branding for the Mobile Mindspace.

Everything we do is person-centred so that we empower children and young people to recover and stay well. We work in partnership with other agencies to maximise support for clients across our community. We aim to provide ‘**Early Interventions**’ to prevent mental health problems from escalating.

What we deliver:

Our services are provided to children and young people aged 10-25

1:1 Emotional Support

One to one interventions delivered within schools and colleges, out in the community, and via our Mobile Mindspace; wherever best suits the young person’s needs. The model we use includes a goal directed plan, developed with the young person, for those impacted upon by issues such as low mood, social anxiety and low confidence. Where appropriate evidence based interventions can be offered.

Group based interventions

Interventions delivered to small groups of 6-8 young people to tackle specific issues such as stress, anxiety, confidence and to improve resilience skills. Groups can be delivered in schools/colleges or from our Redcar base ‘Something in Mind’. We can also deliver resilience skills for parents. This can be delivered as a family intervention or as a resource specific to parents.

Youth transitions

We are aware young people can face a number of different transitions in life such as moving schools, moving from one service to another. We can provide:

- 1:1 support and groups to support Primary school - Secondary school transitions
- 1:1 support for those transitioning from CAMHS to Adult Mental Health Services.

1:1 Therapeutic Intervention/Counselling (for ages 18-25)

Delivered by a trained counsellor to support young people with more complex needs such as trauma, bereavement, and relationship breakdowns. We are also able to offer CBT for young people aged 18-25

Bespoke Mental Health training

We will also provide bespoke training to CYP staff to enable the workforce to be better equipped to spot signs of poor mental health at an early stage, and to support them in developing an organisational environment that promotes positive wellbeing.

Training can include:

- **Youth Mental Health First Aid (YMHFA),**
- **A Life Worth Living,**
- **Suicide Prevention training and Mindfulness.**
- **We can also deliver mental health awareness sessions in schools or in the workplace. These sessions can be aimed either at young people or adults.**

Within Redcar & Cleveland we have a worrying problem of young male suicide. We will ensure support is available for young people outside mainstream school or college provision to reduce the risk of young people being “missed”. We will provide children and young people with **a sense of belonging** as we know the value of this and the positive effect this can have in improving mental health.

Name of organisation:	Tees Valley Therapies
Contact name for referrals/enquiries:	Andrew Taberner
Contact Details:	07926573395
Website:	TBC
Overview of services/interventions:	<p>We are a group of therapists with a wide range of experience and knowledge working with C&YP, our passion is to work holistically with each and every child and recognise their needs and wants are part of a bigger picture. We came together and use our passion, expertise and knowledge to ensure the voice of the child is heard regardless of their circumstances or behaviours and provide an emotional health and wellbeing service for C&YP in the Redcar and Cleveland area aged 3 to 18 years of age. Our aim is to bring out the very best in every child no matter what the issue or circumstances in collaboration with their family and other providers.</p> <p>As a service we offer therapeutic interventions from a person/child centred perspective a one to one level with C&YP through various paradigms, such as;</p> <p>Play therapy, where the C&YP use play to communicate at their own level and their own pace without feeling interrogated or threatened.</p> <p>Talking therapies/counselling, which allows the C&YP to become self-aware and have the capability to think and feel emotions with clarity. It allows the young people to discuss their problems and any difficult feelings they encounter in a safe and confidential environment.</p> <p>Filial therapy, which is a non-directive play therapy involving parents and carers over a number of weeks and months providing the family with essential skills to form close and happy relationships.</p> <p>Tees Valley Therapies are a professional service working with a wide range of therapeutic interventions aimed to manage and regulate the emotional wellbeing of children and young people in the tees valley area.</p> <p>We provide a bespoke service that looks at not only the child as an individual but also the environment the child lives in and offers programmes of work that includes but is not limited to short term therapy, play therapy and family work.</p> <p>We believe that early intervention and a programme of work delivered by highly trained and motivated staff can and does change and enhance the lives and futures of C&YP in the north of England.</p>

The voice of the young person and their wellbeing are paramount and we work with the young person towards self-actualisation and being the best that they can in accordance with the Children Act 1989 and 2004

All sessions provided by the Service are child centred and the aim is to provide the C&YP with a safe place to express themselves when they cannot find the words or don't know how to say how they feel or explain or understand their difficulties, behaviours and emotions.

Our aim is to always provide proven programmes which nurture the C&YP focusing on building a positive relationship by giving them the undivided attention of a highly experienced therapist, who is trained to understand and interpret emotions and feeling and help the young person make sense of their surroundings.

We believe that with the help of therapy the C&YP can begin to explore and understand their experiences, any hurt or harm they feel together with the resulting behaviours and triggers. Understanding this enables the C&YP to feel more resourceful and confident and able to regulate and manage their emotional wellbeing.

Whilst our work is diverse we work with a large number of C&YP from specific groups including those in care and children on the Child Protection Register. We work with disabled children, young carers and young people with gender identification issues, sexuality alongside those who have been sexually abused or exploited and deal with the wide range of issues that affect young people across our region from gender and sexual identity to exam stress We believe that C&YP's emotional wellbeing and mental health is a determining factor in their physical wellbeing, educational attainment and future adult life and that with the right help and committed support even the most vulnerable children can transform their lives and fulfil their potential. We believe that early intervention for C&YP experiencing challenges in their lives can prevent future referral to stepped-up mental health services as untreated mental health issues creates distress not only for the child but all concerned. We are dedicated, as a service, to safeguard the rights of all C&YP and uphold the principles in the Service Specification and promote the welfare and emotion wellbeing of all C&YP.

Name of organisation:	The Junction
Contact name for referrals/enquiries:	Hannah Moloney
Contact Details:	Hannah.moloney@thejunctionfoundation.com
Website:	www.thejunctionfoundation.com
Overview of services/interventions:	<p>Building resilience, removing barriers, unlocking potential-A whole organisation approach to meeting the needs of children, young people and their families in Redcar and Cleveland.</p> <p>The Junction exists to make a difference to the lives of children, young people and their families in the local community presenting a determined whole organisation approach to empowering & enabling children, young people and their families to live happy and fulfilled lives.</p> <p>We provide a whole family community based approach to children and young people aged 0-25 working with parents and young parents for the benefit of children and young people.</p> <p>The Junction believes that children and young people deserve the best support we can give to empower them to rise above life's challenges, building resilience, making life better, overcoming barriers and unlocking potential. We are committed to providing high quality, inclusive, accessible, safe, outcomes focused services in our community with children and young people at the very heart.</p> <p>The Junction believes that by being specifically child and young person centred, working to an evidenced based, outcomes focused framework, through joining services and in collaboration with others we can maximise our impact and achieve significant and sustainable outcomes at low cost.</p> <p>Summary of what The Junction will deliver and an overview of service offer:</p> <ul style="list-style-type: none"> • Specialist Counselling • One to One Emotional Well Being (EWB) Support • Youth Transitions • Group Based Interventions • Whole Family Support • Young Parent Support • Intensive Family Interventions <p>Specialist Counselling Provided by fully qualified child trained counsellors for children and young people aged 5 to 25 impacted on by complex issues or experience of regular low mood, mild depression, anxiety, social anxiety, behavioural difficulties, trauma, (e.g. leaving home, bereavement, going into care, relationship breakdown etc.)</p> <p>One to One Emotional Wellbeing Support For children aged 5 to 25 impacted upon by low mood, mild depression,</p>

social anxiety, confidence and behavioural issues.

Youth Transitions

Emotional Wellbeing Support for young people aged 16 to 25, including those with multiple and complex needs.

Group Based Interventions

Friends for Life

For children aged 7 to 13 who are experiencing anxiety and mild depression.

Youth Resilience Programme

For children aged 13 to 17 who are experiencing anxiety and mild depression.

Whole Family Support

Family Group Conferencing

e.g. support for a lone parent, families struggling with alcohol or drug abuse, domestic violence, elder abuse, offending or potential offending behaviour of a young person, or problems with school attendance or behaviour.

Intensive Family Interventions

Providing a bespoke package of intensive family interventions to strive to meet the needs of families, including using a range of tools and interventions, e.g. Solihull Parenting Programme, counselling, practical and emotional support.

Assessment - Putting children and young people at the heart. - Listening and Clever Conversations

We will begin to work with children and young people by listening to them, having a conversation to begin to understand their circumstances, how they feel, the impacts on their life, to identify any risks to them or others and to start to build trust and understanding. We will seek to help with any issues that are impacting on children and young people and be a voice and advocate if they desire.

Goals and targets, building resilience

We will work with children and young people to identify the goals and targets that they want to achieve, the things that they want to change or get better. We call these Goals Based Outcomes.

We will also use Resilience Outcomes to keep track of how things are going and for children and young people to develop the understanding, skills and confidence to rise above life's challenges.

Making a difference

We will encourage and support children and young people to reflect on their progress towards achieving their Goal Based Outcomes. Sometimes things might be going great, plain sailing, other times life might just throw a curve ball and things get in the way. We are there to help children and young people to work through these times to build upon their understanding, skills and confidence to rise above life's challenges.

Our approach is built on three guiding principles:

- Children and young people at the heart of everything we do.
- Our workers are key to building strong, positive relationships.
- Working in partnership to make change happen.

Within the support we offer to children and young people we use evidence based interventions and adopted Improving Access to Psychological Therapies (IAPT) principles. This allows us to provide the highest quality of support, and to empower young people to achieve their goals. Our affiliation with the British Association for Counselling and Psychotherapy (BACP) and our commitment to meet the NICE guidelines ensures we meet exceptionally high standards within our work.

Our offer in Redcar and Cleveland is unique as The Junction provides a range of innovative services for children, young people and their families with multiple points of entry to joined up, inclusive, accessible services delivered in our community. These include Young Carers' and their Families Services, Emotional Wellbeing Services, Youth Employment Services, Early Intervention and Detached Youth services. This is complemented by our development of Home to School and Social Care Transport Service.

We are committed to creating opportunities and have a long track record of creating training and employment opportunities for young people, including recently employing 4 apprenticeships, including 3 trainees youth workers.

The Junction started over 25 years ago in Redcar and Cleveland and has continued to be an influence and shape services in the community. Having recently purchased our base on Station Road, Redcar, showing our ongoing commitment to making a difference to the lives of children and young people. In the last financial year we worked with over 1,500 children and young people, most of our work is on an outreach basis, we are acutely aware of the need to work across our communities, the problems with transport and communications, associated stigma.

Name of organisation:	The Link CIC
Contact name for referrals/enquiries:	Janine Leopard
Contact Details:	janine@redcarlink.com 01642 505580
Website:	https://www.redcarlink.com/
Overview of services/interventions:	<p>The Link (Redcar) CIC is an award-winning community interest company based in Redcar working with children and young people aged 3 to 18 years across Redcar and Cleveland with emotional well-being and emerging mental health issues. Our ethos has always been to deliver high quality interventions locally and constantly seek to revise our offer based on identified need. All funds received by the Link, be that by sales, contracts, out of area work, donations and grants, are all reinvested in the service in Redcar and Cleveland. The Link have recently developed a sister organisation 'The Link Charitable Trust', a registered charity again based in Redcar. This is being developed to deliver work with the whole family offering a drop in, information & support and engagement for parents and carers, as well as workshops on a range of issues.</p> <p>The LINK service is fully dedicated to delivering a comprehensive range of evidence-based interventions to ensure the children and young people referred to us receive the most appropriate intervention to meet their individual needs.</p> <p>The ethos of The Link is that we believe no child or family should suffer distress alone. We believe that in providing services through our values (respect, support, empowerment and trust) we can make a positive measurable difference to young people, families and our local communities.</p> <p>1:1 Therapeutic Intervention 1:1 Therapeutic Interventions are tailored to suit each individual child/young person needs.</p> <p>Drop in Service (full or ½ day) This service can also be utilised for a tailored package for each individual school incorporating staff/parent drop in and assemblies also.</p> <p>Friends Resilience Programmes <u>Fun Friends</u> is for children aged 3 - 7 years of age, it consists of 8-10 weekly sessions with parental involvement during all sessions.</p> <p><u>Friends for Life</u> is for children and young people aged 8 to 12 years of age, it consists of 8-10 weekly sessions.</p>

Friends Youth is for young people ages 13 to 17 years of age, it consists of 8-10 weekly sessions.

Special Friends is a specialist version of the FRIENDS programme for use with young people with ASD and attendant learning difficulties (age 9-13 years).

Relax Kids

Carefully structured activity classes for multiple age ranges (age 4 – 6, 7 – 10 and 11 – 16) using the unique and focussed 7 step system (movement, Games and Play, Stretching and balance, massage, breathing, affirmations, visualisation) which leads children confidently through natural energy levels, directing high energy to low energy.

DDP (Dyadic Developmental Psychotherapy)

DDP is a treatment developed by Dan Hughes who has worked with adopters and their children for many years. Central within DDP is PACE (Playful, Accepting, Curious, and Empathetic), a way of thinking which deepens the emotional connections in our relationships with others.

Theraplay

Theraplay is a child and family therapy for building and enhancing attachment. It's directive – activities are directed by the adults (at first by the therapist and then by the parent).

Art Psychotherapy

Art therapy can help children from complex and traumatic backgrounds in a range of ways. It can help to increase concentration and attention skills, improve family and social relationships and increase a child's confidence.

CBT (including Trauma Focused CBT)

CBT is a talking therapy that can help manage problems by changing the way a child or young person thinks and behaves. It is most commonly used to treat anxiety and depression, but can be useful for other mental and physical health problems.

Mental Health and Emotional Wellbeing Training

This training course has been developed in line with the British government's commitment to improving the standard of care for children/young people with mental health difficulties. The department of health's 'Future in Mind' (2015) framework focuses on promoting, protecting and improving our children and young people's mental health and wellbeing. This training was developed for and is endorsed by Healthy Schools. It can be difficult for professionals in schools, and elsewhere, to appreciate the impact mental health of emotional difficulties on a child's social, emotional, behavioural and learning needs.

Attachment & Trauma Training

This extensive course examines attachment theory; the theoretical definition(s), the mechanisms behind attachment, how to identify attachment difficulties and how practitioners can intervene in a way which promotes healing and recovery. NICE guidance (2015) states that professionals working with children /young people who have attachment difficulties should all receive appropriate training on attachment difficulties. This training includes clear guidance for front line practitioners in identifying behavioural and emotional problems associated with attachment difficulties and most importantly it offers practical, specific tools and support to aid practitioners in their interventions. This course is informed by both a theoretic and evidence-based perspectives, helping to bridge the gap between theory and practice.

Looked After Children & Adoption Training

'Looked after' and adopted children and young people often carry with them a history of trauma, loss and isolation. The challenge facing professionals is to be mindful of the far-reaching impact that traumatic early experiences and transitions one family setting to another may have on the development of a child's social, emotional, behavioural and learning needs. The latest guidance from the department of health (Future in Mind, 2015) states the that we must 'get it right' when supporting looked after and adopted children as they are among of the most vulnerable in our society. This training will act as a vital resource if you work with children who have experienced early trauma, including Looked After and Adopted children. The training will increase your level of understanding around the impact early traumatic experiences can have and how you can work to effect positive change and meet the needs of the child/young person.

Mental Health First Aid (MHFA) & Youth Mental Health First Aid (YMHFA)

Our YMHFA and MHFA Standard and Lite course is split up into 4 manageable chunks. These are:

- What is mental health?
- Suicide
- Anxiety and depression
- Psychosis

Added value

All children, young people and parents/carers who attend the LINK are invited to attend our range of activity groups which offer additional weekly support. This therefore has an increased positive impact on their longer term sustained emotional health.

The Link is embedded in the community and has two bases in Redcar, our Head Office & Therapeutic Centre on Turner Street, and Family &

Community Centre on Station Road. However much of our work is delivered directly in the community, with appointments held in schools and community centres like Sure Start. All staff and volunteers have been DBS (Disclosure and Barring Service) checked and complete a rigorous induction programme on commencement of work which includes; First Aid, Health and Safety training, Safeguarding and Mental Health training.

The Link are committed to ongoing professional development and continued improvement and ensure that our services are fit for purpose. We are active members of several professional bodies to ensure safe practice, continued personal development and access to the most up to date therapy and support. Our staff hold membership and accreditation with the following:

- Health & Care Professions Council (HCPC)
- British Psychological Society (BPS)
- Mental Health First Aid England (MHFA)
- UK Council for Psychotherapy (UKCP)
- British Association of Art Psychotherapists (BAAP)
- British Association of Behavioural Cognitive Psychotherapy (BABCP).

We have a proven track record and are registered providers for post adoption and local providers for supports services for looked after children. We are also one of the preferred providers for Redcar & Cleveland, Middlesbrough and North Yorkshire and are providers of CYP IAPT services. We work within schools across the region and accept referrals from a GPS, schools, CAMHS, social care, parents, carers and other community organisations.

Name of organisation:	The Wellbeing Centre (Saltburn) CIC
Contact name for referrals/enquiries:	Kathryn Luczakiewicz
Contact Details:	01287 204400 email : referrals@saltburnwellbeingcentre.co.uk
Website:	www.saltburnwellbeingcentre.co.uk
Overview of services/interventions:	<p>The Wellbeing Centre (CIC) provides emotional wellbeing and mental health services to people in Redcar & Cleveland and Middlesbrough areas. Many services are open to all, and not labelled 'mental health' – avoiding stigma. We work with people experiencing a variety of challenges: from shyness and lack of confidence, to stress, depression, anxiety, bereavement, distress, recovery/addictions and other mild to moderate mental health problems. Supporting children 8+, young people and adults - including veterans, families and carers - to have healthy, happy lives.</p> <p>For children/ young people (and associated adults)</p> <p>We provide early intervention services for emotional health and wellbeing, onsite or off-site, in or out of school, including:</p> <ul style="list-style-type: none"> • One-to-one Counselling, or NLP or Life-coaching for 13-25 year-olds (& families). Short-term – 8 weeks; reviewed; with possibility of extension as required. • Workshops (single session or courses) for 8- to 25-year olds (and / or families) in small groups, whole classes, or as school assemblies in areas of Wellbeing and Resilience (e.g. mindfulness, confidence, bullying, anger management) • Training sessions and courses for staff and/or parents/carers in areas of Wellbeing and Emotional Resilience • Groups (e.g. mindfulness, meditation, yoga, reiki – arts and creative writing for wellbeing, etc.) • Dyslexia and Autism coaching, workshops/training and groups – for children, young people, parents/carers and staff • One-to-one complementary therapies. • Volunteering opportunities and supported wellbeing placements (for parents / staff). <p>Additional services</p> <p>We provide the following services for all adults' emotional, physical, spiritual and mental health:</p>

- BACP-accredited Counselling
- Neurolinguistic Programming (NLP), Life Coaching, Psychotherapy, Hypnotherapy
- Dyslexia and Autism: coaching one-to-one, groups and training
- Activity groups (meditation, yoga, tai chi, low-impact exercise; art, writing, music and crafts for wellbeing)
- Complementary therapies (acupuncture, massage, reiki, nutrition)
- Personal development and mental health courses and training workshops, giving people skills, tools and techniques to help themselves (e.g. emotional resilience, confidence, assertiveness, NLP)
- Fixed-term projects (e.g. holistic wellbeing recovery college: a 6-week wellbeing course, enabling life skills, goal setting, increased confidence and self-esteem and wellbeing planning – providing tangible coping strategies to support them in the future.)
- Bespoke Employee Support packages - offering a range of interventions (counselling, coaching, complementary therapies)
- Support and empowerment groups (e.g. carers, cancer, recovery from addictions)
- Informal drop-ins
- Information, advice and guidance
- Practical support, advocacy and befriending
- Volunteer development and supported Well Being Placements (for service users)
- Staff training
- Spiritual development courses, workshops and spiritual counselling
- A small retail outlet selling Mind, Body, Spirit items, products of local craftspeople/artists and ethnic/Fair Trade goods.

Name of organisation:	Volunteering Matters
Contact name for referrals/enquiries:	Pam Robinson
Contact Details:	<p>Volunteering Matters Beresford Buildings The Greenway Thorntree Middlesbrough TS3 9NB 01642 231560 Pam.robinson@volunteeringmatters.org.uk</p>
Website:	www.volunteeringmatters.org.uk
Overview of services/interventions:	<p>Volunteering Matters is the UK’s leading volunteering charity. We develop and deliver high impact volunteer-led solutions to some of the most difficult challenges facing individuals and their communities. Founded in 1962, we focus on the needs of four distinct groups; young people, disabled people, vulnerable families and older and retired people. Last year, we supported 29,709 volunteers and over 100,000 beneficiaries.</p> <p>Our vision is of a society where everyone can participate in their local community through volunteering and social action. Our mission is to invest in people through volunteering and social action; to reduce inequalities and isolation, improve health and wellbeing and to build a stronger more inclusive society.</p> <p>Volunteering Matters is a values-based organisation. We are:</p> <ul style="list-style-type: none"> - Honest and transparent - Collaborative - Ambitious - Innovative - Inclusive <p>We propose to provide three of our established interventions for young people under this framework:</p> <p>Mind Matters Mind Matters is a youth-led service where young volunteers, aged 16 -25 design and run mental wellbeing workshops for their peers, aged 14-25 and act as ‘mental wellbeing champions’ in their school or youth setting.</p>

The programme is aimed at prevention and early intervention. For example, young people experiencing low level mental distress, who are below the threshold for CAMHS, can be referred to the workshops with the aim of preventing their condition from escalating.

Volunteering Matters recruits and inducts young volunteers and provides training in mental health and wellbeing (including Mental Health First Aid) and in skills for delivering workshops and presentations.

We support young volunteers, to arrange and run their workshops in schools, youth clubs or community settings. Each workshop involves 5 to 30 young people, (depending on the setting), runs for around 1 hour and includes information and discussion on:

- Mental Health awareness (including the facts about depression, anxiety and other mental health problems).
- How they can look after their own mental wellbeing, building resilience, coping strategies and the 5 steps to wellbeing (New Economics Foundation).
- Where to go for help and how they can support their peers.

We will support volunteers to act as Mental Wellbeing Champions in their school or youth setting. This will include:

- Acting as a point of contact for other young people who might be struggling or in distress, and signposting them to further support as needed.
- Mental health awareness raising, such as putting up information displays, posters and leaflets.
- Organising ongoing peer support groups and 'de stress' activities. E.g. mindfulness sessions.

The outcomes for young people aged 14 to 25 are:

- Increased mental resilience due to greater awareness of how to look after their mental wellbeing and what support is available.
- Greater confidence in talking about their mental health and in asking for help if needed.

Mentoring Service:

An adult volunteer mentor is matched with a young person, aged 13 to 25 years, who is experiencing (or at risk of experiencing) emotional or mental distress. This includes young people who are looked after, leaving care, carers, young people with poor school attendance, young people with low academic attainment and those with special educational needs and/or mild learning difficulties.

The mentor and mentee meet for a minimum of 1 hour every week, at a

mutually agreed and appropriate setting (such as at school or in the community – e.g. local café), and for a minimum of 6 months. Mentors build safe, positive relationships with young people, acting as a role model, supporter and challenger. The relationship provides targeted, one to one support, working towards personal goals that the young person is helped to develop and agree. Support is personal to each young person's needs and interests, and aims to draw on the potential of every young person.

The aim of the service is to improve young people's mental wellbeing and self-confidence. At the heart of the service is a nurturing relationship which provides emotional support. The mentor is someone who is in the young person's 'corner', who listens and supports without judgement. The mentor role models a positive relationship, thus building the skills of the young person to replicate this. The mentor supports the young person to progress in education, employment and training. They support them to engage in extracurricular activities in order to build their self-confidence and to build a wider social network of supportive relationships.

Befriending Service:

The befriending service is provided to vulnerable and disadvantaged children and young people aged 8 to 18.

Adult Volunteer befrienders are matched one-to-one with a young person. Our current beneficiaries include those who have experienced isolation, bullying, emotional abuse, domestic abuse, neglect, disability, low self-esteem or any combination of these.

Volunteers act as a reliable and trustworthy friend and role model, providing help to guide and support the young person in order to assist them to learn and develop new skills, engage better in education, and have more positive aspirations for their future.

The befrienders help the young people to broaden their horizons, learn new skills and ultimately have better opportunities in their lives.

After assessment, a child/young person is matched with a suitable befriender, who will spend time with them on a fortnightly basis for a period of up to one year. The meetings incorporate participating in social and leisure activities.

The outcomes for children and young people are:

- Greater self-confidence and improved self-esteem.
- Reduced feelings of isolation.
- Greater aspirations for their future.

For both the mentoring and befriending services, a Volunteer Manager

(staff member):

- Recruits, interviews, screens and trains volunteers. This includes DBS checks and take up of references, and training in a range of topics including the role of a volunteer mentor/befriender, boundaries, communication, dealing with challenging situations, mental health and disability awareness and child protection. .
- Works closely with schools and/or social services to promote the service and to facilitate referrals.
- Matching – facilitates careful pairing of each child/young person with a mentor/befriender to ensure the best probability of success.
- Mentor/befriender support – regular support and review meetings. Ensuring that mentor/befriender activities are outcome focussed.