

Early Help in your Community

Organisation	What do they offer?	Contact Details
Health (Including Mental Health)		
CAMHS	Children and Adolescent Mental Health Services provide a range of support services, with specialist mental health workers trained to work with mental health difficulties which are affecting day to day activities in children and young people across Worcestershire.	https://www.hacw.nhs.uk/camhs/ CAMHS-SPA, where you can speak with a CAMHS clinician for advice. CAMHS-SPA triages all referrals and clinic appointments are made according to level of urgency and mental health need. www.hacw.nhs.uk/CAMHS CAMHS-SPA: 01905 768300
Worcestershire Healthy Minds	Worcestershire Healthy Minds provides support to individuals aged 16 and over experiencing difficulties such as stress, anxiety, low mood and depression. This service offers a range of free confidential support including online therapy, groups and courses with the opportunity to share and learn from other people and 1.1. Healthy Minds also support individuals access resources which can complement the services they offer or may be deemed more appropriate.	https://www.hacw.nhs.uk/wwwhealthymindswhctnhsukhome/ Self-Referral https://www.healthyminds.whct.nhs.uk/self-referral Tel: 0300 302 13 13
Reach 4 Wellbeing	Aims to promote positive wellbeing, reaching children and young people in their communities to reduce the stigma of mental health. They provide short-term group programmes for children and young people aged 5-18 experiencing mild to moderate anxiety and low mood, using cognitive behaviour therapy-based principles.	https://www.hacw.nhs.uk/reach4wellbeing Email: whcnhs.reach4wellbeing@nhs.net
Worcestershire Samaritans	Worcester Samaritans is a charity made up of volunteers who offer time and space for individuals who may be struggling to cope to express their feelings, discuss their options and plan to face the future. Local Branch: 10 Samsome Place, Worcester, WR1 1UA.	https://www.samaritans.org/ Tel: 116 123 or 0330 094 5717

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PAPYRUS	<p>Suicide Prevention Charity who provide support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through their helpline, HOPELINEUK</p> <p>Call: 0800 068 4141 Text 07860 039967 Email: pat@papyrus-uk.org</p>	<p>https://www.papyrus-uk.org/</p> <p>Email: westmidlands@papyrus-uk.org launa.brooks@papyrus-uk.org Tel: 0121 437 0411</p>
The Blues Programme	<p>The Blues Programme is a six-week programme which teaches young people aged 13 – 19, emotional resilience, reduces low mood and anxious thoughts.</p>	<p>https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/blues-programme/</p> <p>Email: blues@actionforchildren.org.uk</p>
Housing		
Wyre Forest Night stop	<p>Night stop helps vulnerable young people by providing emergency accommodation homeless prevention, family mediation, life skills training and schools education.</p>	<p>https://www.wyreforestnightstop.org.uk/how-we-help</p> <p>Email: info@wfnightstop.org</p>
Redditch Night stop	<p>Redditch night delivers projects to provide emergency accommodation, support & learning to ages 16 – 35 years old.</p>	<p>https://www.redditchnightstop.co.uk/</p> <p>Tel: 01527 66036</p>
St Basils	<p>St Basils work with young people aged 16 – 25 who are homeless or at risk of homelessness, offering a range of prevention, accommodation, support and engagement services.</p>	<p>https://stbasils.org.uk/about-us/services/</p> <p>Email: youthline@stbasils.org.uk youthline@stbasils.org.uk</p>
Basement Project	<p>The Basement Project has two main areas of delivery, the Drop-in service, delivered from our main office on Hanover street; and the Floating Support service; where we go out to support young people in their homes and the community.</p>	<p>https://bromsgrovebasementproject.org.uk/contact/</p> <p>Tel: 01527 832993 Email: info@basementproject.org.uk</p>
Parenting / Family Support		

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<p>Starting Well Service</p>	<p>The Starting Well Partnership supports parents, families, children and young people across Worcestershire. We have 6 teams working out of our Family Hubs located in districts across the county.</p> <p>The service will enhance the support available to children, young people and families across the county, providing help during antenatal, post birth, the early year's stages, and throughout school life and will be delivered across health building, community venues, including schools and Family Hubs (previously known as Children's Centres) in each of our local districts. The partnership will offer family and parenting groups supporting all aspects of physical and mental wellbeing for children, young people and their families.</p>	<p>https://www.startingwellworcs.nhs.uk/</p> <p>https://www.startingwellworcs.nhs.uk/contactus</p> <p>https://www.startingwellworcs.nhs.uk/request-support</p> <p>Tel: 01905 763333</p>
<p>Starting Well Plus</p>	<p>This is a service for first-time parents in Worcestershire aged 25 and under. The Starting Well Plus intense home visiting service is prioritised for the youngest and those who have identified needs (for example; pregnant clients with safeguarding concerns, mental health worries, learning difficulties, lack of support networks etc).</p> <p>Health Visitors delivering Starting Well Plus offer intensive home visiting support for first-time young parents and aims to provide information and support around topics such as preparation for parenthood and being a positive parent, attachment, healthy living, child development & behaviour, relationships, coping strategies, life course development, housing & finances etc.</p> <p>https://www.startingwellworcs.nhs.uk/health-visitors</p> <p>This is for parents who have children under the age of 5 seeking advice on their child's health and development. This is manned by a Starting Well Practitioner between the hours of 8am – 4pm Monday to Friday.</p> <p>Tel: 0300 123 9551</p> <p>The School Health Nursing Service</p> <p>The School Health Nursing service provides support to all school age children aged 5-19 years across the County. All Schools have a named School Health Nurse who works very closely with the school to ensure the health needs of individuals are addressed and develop Health Improvement Plans, which ensures a targeted approach to the specific needs of a defined population. Regular "vulnerability meetings" are also held with schools to ensure a coordinated approach is taken to those individuals who are considered 'at risk' and a plan developed.</p> <p>https://www.startingwellworcs.nhs.uk/school-health-nursing</p>	

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	<p>Chat Health A confidential texting service known as ‘Chat Health’ is available to all young people age 11-19 years. A School Health Nurse will be available between 9am and 4pm to offer support on any issues e.g. sexual health, bullying, friendships, low mood etc. There is no need for the young person to disclose their name if they do not wish. This can be accessed by texting 07507331750.</p> <p>School drop –in’s Time 4 U Drop-in sessions are offered within most High Schools to meet the health needs of children and young people, these can be carried out face to face within the school or using a safe digital platform called WebEx.</p> <p>Community Health Connectors Our team of Community Health Connectors help to link families with children aged 0-19 years, to opportunities and appropriate support within their local area for example:</p> <ul style="list-style-type: none"> • To provide info, advice and activities/events which support the Healthy Child Programme (eg: Obesity, dental health, Post Natal Depression, bullying etc) together with appropriate partner agencies • To identify gaps in provision in local area and to work with partner agencies to develop an approach to meet these needs. • To develop the capacity of the local community to provide their own support networks. This could include volunteering and Peer Support opportunities; our Volunteer Co-ordinator would support those wanting to undertake this. <p>Parenting All parents/carers can access some form of parenting support whether that is through an online course or group. The Starting Well Partnership delivers evidence-based Parenting Programmes and support groups to improve parenting capacity. These programmes include those that are specific to parents of children with special educational needs and/or disabilities. Volunteers are recruited to support parenting and universal groups and also help local support groups to become sustainable. These include Stay and Play groups and parent carer support groups for those with special educational needs and/or disabilities. For more information on the parenting provision https://www.startingwellworcs.nhs.uk/parenting-groups</p>
Home Start	<p>Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times.</p> <p>https://www.home-start.org.uk/</p> <p>https://www.home-start.org.uk/make-a-referral</p>

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	<p>Home-Start offers support for:</p> <ul style="list-style-type: none"> - Disability and illness - Forces families - Isolation - Mental ill health and postnatal illness - Money issues - Twins, triplets and multiple children - When a relationship comes to an end 	<p>Email: info@home-start.org.uk</p>
Relate Worcestershire	<p>Relate Worcestershire offer Relationship Counselling, Family Counselling, Sex Therapy and Children's and Young People's Counselling, Training and Education and Telephone/Webcam Counselling for children and families in need across Worcestershire.</p>	<p>https://www.relate.org.uk/worcestershire Tel: 01905 28051 https://www.relate.org.uk/worcestershire/contact-us</p>
Family Learning Courses	<p>Family Learning courses are for parents and carers so they can support their child and family at home and enhance their own outcomes by improving their health and wellbeing, improving their social interactions by making friends and engaging in a group, supporting them to find volunteer opportunities or empowering them to progress to further accredited courses or into employment. Family Learning works closely with schools and communities to deliver courses that meet the needs of parents and carers. Our courses are free for anyone earning less than £17,000 per year or anyone unemployed and on benefits.</p> <p>Twitter Account to follow to see new courses: Follow @AdultLearningWR Facebook Account to follow to see new courses: @adultlearningworcestershire</p>	<p>https://www.worcestershire.gov.uk/info/20437/adult_and_family_learning_courses Email to contact the Family Learning Manager to request bespoke courses: Jharris5@worcestershire.gov.uk</p> <p>Adult Community Learning Team phone number for any enquiries: 01905-728537</p>
Early Intervention Family Support	<p>This level of support is available to children, young people and families who meet level two of the Worcestershire LSCB levels of need guidance where there is an identified level two need for a family support worker.</p> <p>EIFS works with children at primary, first and middle schools, providing practical evidence-based interventions to meet the specific family needs, support and guidance for children and their families when the needs are first identified at an early stage where a role for a</p>	<p>https://www.worcestershire.gov.uk/eifs https://www.worcestershire.gov.uk/requestfamilysupport</p>

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	family support worker is identified. The team also offers additional advice, guidance and expertise for the school in addition to its own pastoral provision, including group work with children within schools.	
Targeted Family Support	<p>A targeted family support service is delivered at Level 3 of the Levels of Need Guidance where there is an identified need for a family support worker. At this level, children and young people will have complex needs to the extent that their health, development and well-being will be impaired without.</p> <p>Targeted Family Support teams work in partnership with families who are experiencing complex issues that require a multi-agency approach and plan of intervention. These can be identified through the Worcestershire LSCB levels of need guidance.</p>	<p>https://www.worcestershire.gov.uk/info/20644/targeted_family_support</p> <p>https://www.worcestershire.gov.uk/requestfamilysupport</p>
Reducing Parental Conflict	<p>Harmony at Home is Worcestershire's approach to the Reducing Parental Conflict (RPC) initiative in partnership with the Department for Work and Pensions (DWP) and organisations from our multi-agency Reference group.</p> <p>The RPC reference group has been formed with a number of agencies across the partnership who meet every 3 months to support with the development of the project in Worcestershire.</p> <p>As part of this initiative a training has been rolled out to partner agencies and a toolkit has been made produced for practitioners to use when working directly with parents and families.</p>	<p>https://www.worcestershire.gov.uk/harmonyathome</p> <p>Email: earlyhelppartnership@worcschildrenfirst.org.uk Levans4@worcschildrenfirst.org.uk</p>
Drug and Alcohol		
Cranstoun	Support is available for adults and young people who are using drugs and/or alcohol and who are experiencing more serious difficulties associated with using drugs and alcohol. Support is also available for individuals affected by someone else using drugs and/or alcohol.	<p>https://www.cranstoun.org/services/substance-misuse/cranstoun-worcestershire/</p> <p>Tel: 0300 303 8200</p>
Education, Learning and Employment		

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<p>Hereford and Worcester Dyslexia Association</p>	<p>HWDA provide weekly workshops offering specialist teaching in literacy, math's and study skills for children with dyslexia or dyslexic – type difficulties.</p> <p>HWDA also provide free support groups for parents offering advice to help with their children's needs.</p> <p>Worcester Parents Support Group Email: lexiaworcs@gmail.com</p> <p>Bromsgrove Parents Support Group Email: hwda.bromsgrovePSG@gmail.com</p>	<p>http://hwda.org.uk/</p> <p>Email: hwda.bromsgrove@gmail.com Tel: 07546 566898</p> <p>Email: hwda.worcester@gmail.com Tel: 07768 895269</p>
<p>Dyspraxia Education</p>	<p>Dyspraxia education is a charity who supports children and young people who are affected by dyspraxia, offering training and specialist advice.</p>	<p>https://www.dyspraxia-ed.co.uk/</p> <p>Email: info@dyspraxia-ed.co.uk</p> <p>Tel: 01905 676118</p>
<p>Droitwich Community Learning Centre</p>	<p>Droitwich SPA work with individuals in the community to support development and learning.</p>	<p>http://www.droitwichcvs.co.uk/</p> <p>Tel: 01905 779115</p>
<p>Fusion – Building Better Opportunities</p>	<p>Building Better Opportunities (BBO) is designed to help local people in Worcestershire move closer to or into employment, improve lives and secure future prosperity.</p>	<p>https://www.fusionworcs.co.uk/</p> <p>Email: fusion@vestia.org.uk</p> <p>Tel: 01562 733133</p>
<p>Seek and Reach</p>	<p>The Seek and Reach project is managed by Young Solutions to support young people aged 16 – 24 who are not in employment, education or training.</p> <p>The project focuses on supporting young people overcome challenges and / or obstacles to accessing employment or training programmes.</p>	<p>https://www.youngsolutions.org.uk/our-projects/seek-and-reach/</p> <p>https://www.youngsolutions.org.uk/wp-content/uploads/2020/07/SR-leaflet-July-2020-A4-pdf.pdf</p>
<p>DWP – Troubled Families Employment Advisors</p>	<p>Troubled Families Employment advisors work with families experiencing multiple issues and help them understand the benefits of work and employment on the whole family.</p>	<p>https://www.worcestershire.gov.uk/info/20739/professionals_partners_and_providers/1946/troubled_families</p>

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JOY Project	The JOY Project is a women only community project which provides support to enable women to gain a variety of skills to enhance their confidence and empower them to make their own decisions.	https://www.worcestercommunitytrust.org.uk/joy/ Email: joy@worcestercommunitytrust.org.uk
Youth and Community Groups / Support		
Young Solutions	Young Solutions is a charity, dedicated to keeping young people within Worcestershire 'safe and involved' by providing advice and training, and supporting the work of our members, voluntary youth clubs, community groups and all organisations with the well-being of children and young people at their core.	https://www.youngsolutions.org.uk/ Email: office@youngsolutions.org.uk Tel: 01905 795098
Kidderminster Youth Trust	Kidderminster Youth Trust have built a youth club for local children and young people to access structured activities which will support with their development into adulthood.	https://www.kdyt.org.uk/ https://www.kdyt.org.uk/contact-us
Worcester Community Trust (WCT)	WCT run six community centres in Worcester, providing the facilities for community activities, projects and services to empower individuals of all ages. WCT run several community projects such as: JOY Project – enabling women to gain a variety of skills. DAWN Project – a free confidential service for women experiencing domestic abuse. Kidzplay – holiday play scheme. Youth clubs across all six community centres. Reconnections – reducing loneliness and social isolation.	https://www.worcestercommunitytrust.org.uk/ Email: enquiries@worcestercommunitytrust.org.uk
Axis Youth Hub	Axis Youth Hub delivers a centralised youth hub providing support to young people aged 13 – 25 years in crisis, axis acts as a 'one stop shop' for young people to access a range of support available across Worcestershire.	https://www.axisyouthhub.org/about-axis Tel: 01562 743 336 or 07484521019 Email: teamaxis@wfnightstop.org
Mentorlink	Mentor Link is dedicated to supporting vulnerable and distressed children and young people by providing them with a volunteer mentor. Using Safer Recruiting techniques, fully trained adults will offer listening support and guidance to these young people during difficulties in their lives, which may include self-harm, bullying, traumatic bereavement and family breakdown.	https://www.mentorlink.org.uk/ Email: enquiries@mentorlink.org.uk Tel: 01299 822336

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YSS Young Carers	YSS Young Carers provide practical and emotional support to children and young people in order to help them achieve their full potential. Many of young people YSS care for have multiple and complex needs, YSS ensure their voices are heard and needs are met.	https://www.yss.org.uk/ Email: info@yss.org.uk
Special Education Needs and / or Disabilities		
Local Offer	Worcestershire's local offer provides information to families about the provision available to children and young people with special educational needs (SEN) or disabilities across education, health and social care.	https://www.worcestershire.gov.uk/sendlocaloffer Email: localoffer@worcschildrenfirst.org.uk
SENDIASS	SENDIASS delivers free, impartial, confidential and accessible information, advice and support to parents and carers of children with a special educational need or disability and young people themselves between the ages of 0-25. In particular, the service aims to empower them, enabling children and Young People to realise their full potential throughout their educational life.	http://www.hwsendiass.co.uk/ Telephone: 01905 768153 Email: sendiass@worcestershire.gov.uk
Community Safety		
North Worcestershire Community Safety Partnership	The North Worcestershire Community Safety Partnership deliver a range of community safety initiatives whilst work alongside partner agencies to achieve the vision of keeping North Worcestershire a safer place to live, work and visit. Offering help and advice on: Anti-Social Behaviour, Child Sexual Exploitation, Online Safety, Drug and Alcohol, Domestic Abuse, Nominated Neighbour Scheme, Hate Crime, Home Security and the Safe Place Scheme. Collaboration of: Safer Bromsgrove, Safer Redditch and Safer Wyre Forest.	Telephone: 01527 534187 Email: saferbromsgrove@bromsgrove.gov.uk Telephone: 01527 534187 Email: saferredditch@redditchbc.gov.uk Telephone: 01562 732928 Email: saferwyreforest@wyreforestdc.gov.uk
Hollie Guard	Hollie Guard is a smartphone app which provides enhanced levels of protection, giving you the confidence to travel safely.	https://hollieguard.com/index.html Email: info@hollieguard.com

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	<p>Hollie Guard allows you to set your start and end destination, whilst notifies your emergency contact once you have arrived safely. An alert will automatically be triggered if you do not arrive at your destination within the time you set.</p> <p>The app provides a stealth mode which allows you to raise an alert silently, as well as a deterrent mode which makes it clear to anyone in the surrounding area an alert has been raised – the phone will display a red alert screen, capturing GPS location and audio / video evidence.</p>	
Rape and Sexual Abuse		
<p>Purple Leaf (West Mercia Rape and Sexual Abuse Support Centre)</p>	<p>WMRSASC support the survivors of all types of sexual abuse and violence providing a range of services such as advocacy, therapy, online and helpline service.</p> <p>Purple Leaf provide advice, risk assessments and interventions to young people aged 5 to 18 years old who have exhibited or are at risk of harmful sexual behaviour.</p> <p>Purple Leaf also deliver a training education programme which is designed to increase awareness and access to high quality sexual violence information and support.</p> <p>Helpline: 01905 724514</p>	<p>https://www.purpleleaf.org.uk/</p> <p>Tel: 01905 677444</p> <p>https://www.purpleleaf.org.uk/#contact</p>
Domestic Abuse		
<p>If you are a victim of domestic abuse and violence, or know someone who is, there is help available - The West Mercia Women's Aid Helpline on 0800 980 3331 is available 24 hours a day, 365 days a year and is staffed by trained workers who can offer you support, safety planning, information and advice.</p> <p style="text-align: center;">Men's Advice Line on 0808 801 0327 (Monday to Friday 9.00am to 5.00pm).</p> <p>In an emergency always dial 999 and ask for police. If you are not safe to speak - call 999 and then press 55. Guidance on the silent calls ("Silent solution"): Silent solution guide (Independent Office for Police Conduct website, opens in a new window).</p>		

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ssWest Mercia Women's Aid	<p>WMWA works with school age children to provide the appropriate support for children and young people impacted by domestic abuse.</p> <p>Choices is an email service offering 121 confidential support available for young people aged 11 to 19 years experiencing domestic abuse in their own or parents' relationships.</p> <p>24-hour domestic abuse helpline: 0800 980 3331</p>	<p>http://www.westmerciawomensaid.org/services/c-yp-services</p> <p>Email: Choices@westmerciawomensaid.org</p>
The DAWN Project	<p>The DAWN Project is a free, confidential and non-judgemental service for any individual who is experiencing or has experienced domestic abuse.</p>	<p>https://www.worcestercommunitytrust.org.uk/wct-in-action/dawn/</p> <p>Email: dawn@worcestercommunitytrust.org.uk</p> <p>Tel: 07713 200699</p>
Bereavement		
Winston's Wish	<p>Winston's Wish offer support to children and young people after the death of a parent or sibling.</p> <p>Offering a free helpline, email service and online chat.</p>	<p>https://www.winstonswish.org/about-us/</p> <p>Helpline: 08088 020 021</p> <p>https://www.winstonswish.org/about-us/contact-page/</p>
Primrose Hospice	<p>Primrose Hospice Children's Family Support Team are specially trained in listening to and supporting children. All of the staff and volunteers have a background working with children.</p>	<p>https://primrosehospice.org/family-support/family-support-service/children-young-people/</p> <p>Tel: 01527 871051</p>
Debt and Money advice		
Citizens Advice	<p>Citizen's advice support individuals by providing knowledge and confidence to move forward with problems they may be experiencing.</p>	<p>https://www.citizensadvice.org.uk/</p>
Two Pennies Money Advice	<p>Two Pennies offer local money advice for individuals having problems with debt in Worcestershire.</p>	<p>https://www.twopennies.org.uk/</p> <p>Phone: 01905 27001</p>



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