

## Services available in South Gloucestershire for Children and Adolescents in Need

<h3 style="text-align: center;">Anxiety and depression</h3>	<p><u>Useful books:</u> ‘What to do when you worry too much’ Huebner (Age 6-12)          ‘Helping Your Anxious Child’. Rapee et al.          ‘Talking Back to OCD’ March and Benton          ‘Breaking Free From OCD; a CBT guide for young people and their families. Derisley          ‘Think Good, Feel Good’ Paul Stallard          ‘What To Do When Your Brain Get’s Stuck: A Kid’s Guide to Overcoming OCD’ Huebner          ‘Think Good, Feel Good’ Paul Stallard</p> <ul style="list-style-type: none"> <li>• School Health Nurse</li> <li>• The Kingswood Bourne Family project – Play therapist works with children with many different needs. Charges apply. 0117 9478441</li> <li>• Anxiety UK – Provides information and support for those living with anxiety <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a> Helpline – 08444 775 774 Monday-Friday 09.30-5.30</li> <li>• Free phone app – Information and ways of managing anxiety. Accessed via <a href="http://www.sam-app.org.uk">www.sam-app.org.uk</a></li> <li>• Information booklet for children with obsessive and compulsive behaviours <a href="http://www.ocdkids.org/">www.ocdkids.org/</a></li> <li>• Information for young people, families and professionals on depression <a href="http://www.cwmt.org.uk">www.cwmt.org.uk</a></li> <li>• Self help guides for young people with a range of emotional/mental health difficulties <a href="http://www.moodjuice.scot.nhs.uk">www.moodjuice.scot.nhs.uk</a></li> <li>• For adolescents with emotional/mental health and relationship difficulties <a href="http://www.moodgym.anu.edu.au">www.moodgym.anu.edu.au</a></li> <li>• CALM (Campaign Against Living Miserably) Helpline for males aged 15-24 0800 58 58 58 7 days a week 5pm-midnight <a href="http://www.thecalmzone.net">www.thecalmzone.net</a></li> <li>• <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> – information on a wide range of mental health difficulties and telephone support for parents</li> <li>• Mother for Mothers – information and support for mothers suffering with post-natal depression Helpline (limited times) 0117 9756006 <a href="http://www.mothersformothers.co.uk">www.mothersformothers.co.uk</a></li> </ul>
<h3 style="text-align: center;">Attention Deficit Hyperactivity Disorder</h3>	<ul style="list-style-type: none"> <li>• Information and resources for parents and teachers <a href="http://www.addiss.co.uk">www.addiss.co.uk</a> 020 8952 2800</li> <li>• Information about ADHD for parents <a href="http://www.netdoctor.co.uk/adhd">www.netdoctor.co.uk/adhd</a></li> <li>• Practical tools for teachers and parents to help with behaviour management <a href="http://www.myadhd.com">www.myadhd.com</a></li> </ul>
<h3 style="text-align: center;">Autistic Spectrum Condition</h3>	<ul style="list-style-type: none"> <li>• Leading UK charity for people on the autism spectrum and their families <a href="http://www.autism.org.uk">www.autism.org.uk</a></li> <li>• National charity for children and young people on the autistic spectrum <a href="http://www.ambitiousaboutautism.org.uk">www.ambitiousaboutautism.org.uk</a></li> <li>• Incredible Kids – A safe &amp; supportive space to play together as a family - specific times – Christ The King Church, Bradley Stoke. <a href="http://incrediblekids.org.uk">incrediblekids.org.uk</a> 07889951114</li> <li>• Hop, Skip and Jump – respite care sessions for disabled children and children with additional needs. Charges apply 0117 9677282 <a href="http://www.hopskipandjump.org.uk">www.hopskipandjump.org.uk</a></li> <li>• National Autistic Society helpline Monday-Friday 10am-4pm 0808 800 4104 <a href="mailto:autismhelpline@nas.org.uk">autismhelpline@nas.org.uk</a></li> <li>• National Autistic Society– <a href="http://www.nasbranch.org.uk/southglos">www.nasbranch.org.uk/southglos</a></li> <li>• NAS education rights and advice service 0808 800 4102 email: <a href="mailto:educationrights@nas.org.uk">educationrights@nas.org.uk</a> They aim to get back within 7 days</li> <li>• Information from Supportive parents re sources of information and support groups for parents and carers <a href="http://www.supportiveparents.org.uk/storage/Appendix%203.doc">www.supportiveparents.org.uk/storage/Appendix%203.doc</a></li> <li>• Butterflies Haven – support and social events for parents/carers, children and youths who are or may be on the autistic spectrum - <a href="http://www.butterflies-haven.co.uk">www.butterflies-haven.co.uk</a></li> <li>• Asperger Syndrome Foundation – Promoting awareness and understanding of Asperger’s Syndrome <a href="http://www.aspergerfoundation.org.uk">www.aspergerfoundation.org.uk</a></li> <li>• Practical advice &amp; downloads for professionals and parents on topics such as dyspraxia, dyslexia, autistic spectrum conditions <a href="http://www.boxofideas.org">www.boxofideas.org</a></li> </ul>

<p><b>Autistic Spectrum Condition Cont'd/.....</b></p>	<ul style="list-style-type: none"> <li>• Information site on all stages of transition for schools, employers and parents <a href="http://www.spldtransitions.co.uk">www.spldtransitions.co.uk</a></li> <li>• Early Bird and Cygnet groups – a range of courses for parents/carers whose children have been diagnosed on the autism spectrum Contact Eryl Daniels – 01454 863623 or <a href="mailto:eryl.daniels@southglos.gov.uk">eryl.daniels@southglos.gov.uk</a></li> <li>• Young Sibs: For siblings of disabled children <a href="http://www.youngsibs.org.uk">www.youngsibs.org.uk</a></li> <li>• South Glos Children &amp; Young People’s Information Service - 01454 868008</li> </ul> <p><u>Recommended books</u> ‘The Autistic Spectrum: a guide for parents and professionals’ Lorna Wing  ‘Asperger’s Syndrome: a guide for parents and professionals’ Tony Attwood  ‘Can I tell You About Aspergers: A Guide for Family and Friends’ Jude Welton  ‘Autism: a social skills approach for children and adolescents’ Aarons and Gittens  ‘Freaks, Geeks and Asperger Syndrome: A user guide to adolescence’ Jackson  ‘Autism Spectrum Disorders: Practical strategies for teachers and other professionals’ Fulton</p>
<p><b>Bereavement</b></p>	<ul style="list-style-type: none"> <li>• Winston’s Wish – <a href="http://www.winstonswish.org.uk">www.winstonswish.org.uk</a></li> <li>• The Rainbow Centre – <a href="http://www.rainbowcentre.org.uk">www.rainbowcentre.org.uk</a></li> <li>• Information and support for bereaved children <a href="http://www.childhoodbereavementnetwork.org.uk">www.childhoodbereavementnetwork.org.uk</a></li> <li>• Cruse Bereavement Care. <a href="http://www.rd4u.org.uk">www.rd4u.org.uk</a> and young people’s helpline – Mon-Fri 9.00-5pm. 0808 808 1677</li> <li>• <a href="http://www.childdeath.helpline.org.uk">www.childdeath.helpline.org.uk</a> Freephone helpline for anyone affected by the death of a child – 0800 282 986</li> </ul>
<p><b>Bullying/Discrimination</b></p>	<ul style="list-style-type: none"> <li>• Bullywatch – 01454 318753 <a href="http://www.bully-watch.co.uk">www.bully-watch.co.uk</a></li> <li>• BeatBullying – Resources and information for young people, parents and schools. On-line support for young people <a href="http://www.beatbullying.org">www.beatbullying.org</a></li> <li>• Large Resource on school and workplace bullying <a href="http://www.bullyonline.org">www.bullyonline.org</a></li> <li>• Kidscape – Information on preventing bullying. Includes helpline for parents/carers – 08451 205 204 <a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a></li> <li>• Support Against Racism - 0117 9420060 <a href="http://www.sariweb.org.uk">www.sariweb.org.uk</a></li> <li>• Britkid - An interactive site game that deals seriously with the issues of race and racism in today’s Britain <a href="http://www.britkid.org">www.britkid.org</a></li> </ul>
<p><b>Challenging behaviour</b></p>	<p><u>Useful books:</u> ‘The Explosive Child’ Ross Greene  ‘The Incredible Years’ Webster-Stratton (For parents of 0-8 year olds)  ‘What to Do When Your Temper Flares: A Kid’s Guide to Overcoming Problems with Anger’ Huebner  ‘What to Do When You Grumble Too Much: A Kid’s Guide to Overcoming Negativity’ Huebner</p> <ul style="list-style-type: none"> <li>• Parenting groups – referral through First Point to the Family Intervention Support Service by professional. Open CAF required.</li> <li>• Behaviour Support Team (Accessed through school according to traded service agreement)</li> <li>• Southern Brooks Project. Work with children and families. Referral through CAF and self referral. Please contact office for support available 01454 868 570 <a href="http://www.southernbrooks.org.uk">www.southernbrooks.org.uk</a></li> <li>• Breakthrough – Activity-based mentoring service for children and young people. Placements require a funding source. 01454 864616 <a href="mailto:breakthrough@southglos.gov.uk">breakthrough@southglos.gov.uk</a></li> <li>• Make It Mentoring – working alongside children and young people up to 19 to build confidence and resilience, including those with special educational needs. Charges apply. 01454 299593 <a href="http://www.makeitmentoring.co.uk">www.makeitmentoring.co.uk</a></li> <li>• Online information for parents/carers on understanding and dealing with children’s behaviour – <a href="http://www.kidsbehaviour.co.uk">www.kidsbehaviour.co.uk</a></li> </ul>

<p><b>Common Assessment Framework (CAF)</b></p>	<ul style="list-style-type: none"> <li>• A CAF assessment should be considered for any child or young person with additional needs that are not being easily met. For information and advice – CAF support: First Point – 01454 866000</li> </ul>
<p><b>Counselling services for young people</b></p>	<ul style="list-style-type: none"> <li>• IAPT (Improving Access to Psychological Therapies) Lift Psychology offering 1-1 and group work for 16 years up. 0117 3784270 <a href="http://www.lift.awp.nhs.uk">www.lift.awp.nhs.uk</a></li> <li>• Network Counselling – for ages 11 and up. Contribution required. 0117 9507271 <a href="mailto:info@network.org.uk">info@network.org.uk</a></li> <li>• Individual and family counselling 0117 9424510 <a href="http://www.bridgefoundation.org.uk">www.bridgefoundation.org.uk</a> (charges apply)</li> <li>• Relate Avon. Counselling services now available for young people aged 10-18. 0117 9428444. <a href="http://www.relate-avon.org.uk">www.relate-avon.org.uk</a> (Charges apply)</li> <li>• Get Connected – Telephone and email support for under 25’s. Freephone 0808 808 4994 (1pm-11pm). Text 80849 <a href="http://www.getconnected.org.uk">www.getconnected.org.uk</a></li> <li>• Information regarding adolescent mental health <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></li> <li>• ChildLine – free helpline for children and young people to talk about any problem 24 hours a day, 7 days a week. 0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a></li> <li>• Telephone and online support from young people to young people <a href="http://www.youth2youth.org.uk">www.youth2youth.org.uk</a> (<i>Helpline temporarily closed Jan 2014</i>)</li> </ul>
<p><b>Deliberate Self-harm</b></p>	<ul style="list-style-type: none"> <li>• Indigo Project supports young people aged 13-19 who self-harm. 07790645078 <a href="http://www.indigoproject.co.uk">www.indigoproject.co.uk</a> <a href="mailto:info@indigoproject.co.uk">info@indigoproject.co.uk</a></li> <li>• National Self Harm Network – support, advice and advocacy services. Online support via <a href="mailto:support@nshn.co.uk">support@nshn.co.uk</a> (Average response time 72 hours). Helpline – 0800 622 6000 (Limited times) <a href="http://www.nshn.co.uk">www.nshn.co.uk</a></li> <li>• Information for young people, family and professionals <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></li> <li>• Harmless – User led &amp; provides support, information &amp; training to people who self harm, their friends and family <a href="http://www.harmless.org.uk">www.harmless.org.uk</a></li> <li>• Hopeline UK helpline – Resources and support for those dealing with suicide, depression or emotional distress – 0800 068 4141</li> <li>• TESS – Text &amp; email support for girls &amp; women up to 25 who self injure. Text 0780 0472908. Email – TESS</li> <li>• Information and fact sheets re self harm <a href="http://www.lifesigns.org.uk">www.lifesigns.org.uk</a></li> <li>• Reasonably priced information booklets for young people who self harm, their family and friends and for those who have been abused as children - <a href="http://www.basementproject.co.uk">www.basementproject.co.uk</a></li> <li>• Survivors of bereavement by suicide – includes support information and helpline – 0844 5616855 9am-9pm <a href="http://www.uk-sobs.org.uk">www.uk-sobs.org.uk</a></li> </ul>
<p><b>Domestic Abuse</b></p>	<ul style="list-style-type: none"> <li>• Survive 0117 9612999 <a href="http://www.survivedv.org.uk">www.survivedv.org.uk</a> – Domestic abuse service for women and children in South Gloucestershire</li> <li>• Domestic abuse service for women and children in Bristol <a href="http://www.nextlinkhousing.co.uk">www.nextlinkhousing.co.uk</a></li> <li>• The Hide Out – provides information and support for children and young people affected by domestic abuse <a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a></li> <li>• Back on Track group run by Survive for 7-11 year olds who have witnessed domestic abuse and are safe – 0117 9612999</li> <li>• Freedom Programme 16-24 run by Survive for young women who are experiencing abuse and violence in their own relationships – contact Helen Chignell on 0117 9613065</li> <li>• National Domestic Violence Helpline – 24 hour freephone - 0808 2000247</li> <li>• Support for same sex victims of domestic abuse – 0300 999 5428 - <a href="http://www.broken-rainbow.org.uk">www.broken-rainbow.org.uk</a></li> </ul>

<p><b>Drug/Alcohol Abuse</b></p>	<ul style="list-style-type: none"> <li>• Young People’s Drug and Alcohol Service - 01454 868763. Email - <a href="mailto:yppservice@southglos.gov.uk">yppservice@southglos.gov.uk</a> Confidential helpline: 0800 77 66 00 – Mon-Fri 9am-4pm.</li> <li>• <a href="http://www.talktofrank.com">www.talktofrank.com</a> Helpline – 0300 123 66000 – freephone 24 hours. Text – 82111</li> <li>• National Association for children of alcoholics <a href="http://www.nacoa.org.uk">www.nacoa.org.uk</a> 0800 358 3456</li> <li>• Drinkline - 0800 917 8282</li> </ul>
<p><b>Eating difficulties</b></p>	<ul style="list-style-type: none"> <li>• GP</li> <li>• School Health Nurse – based at the Locality Hubs</li> <li>• Eating Disorder Association – <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a> Youth helpline – 0845 6347650</li> <li>• Information about eating problems and many suggestions for coping and improving eating habits - <a href="http://www.something-fishy.org">www.something-fishy.org</a></li> <li>• REACH – Weight management programme for overweight children between 4-11 years and parent/carer. <a href="http://www.southglos.gov.uk/reach">www.southglos.gov.uk/reach</a> or 01454 868535</li> <li>• Slimming World – From aged 11 up accepted if accompanied by parent and with written permission from GP.</li> <li>• <a href="http://www.slimmingworld.com">www.slimmingworld.com</a> 0844 897 8000</li> <li>• Weight Watchers - From aged 10 up if accompanied by parent and approval letter from GP <a href="http://www.weightwatchers.co.uk">www.weightwatchers.co.uk</a> 0845 345 1500</li> <li>• Food banks give food and essential household items to individuals and families in crisis – voucher available from some schools and community Hubs – more information from First Point 01454 86 6000 <a href="http://www.resoundbristol.co.uk/community/food-bank/">http://www.resoundbristol.co.uk/community/food-bank/</a></li> </ul>
<p><b>First Point - Children and Young Peoples Services (CYPS)</b></p>	<ul style="list-style-type: none"> <li>• CAF support 01454 866000</li> <li>• Accepting referrals for Preventative services 01454 866000</li> <li>• Social Care duty desk where there are child protection concerns 01454 866000</li> </ul>
<p><b>Homelessness</b></p>	<ul style="list-style-type: none"> <li>• Locality Children and Young People’s Service: Details below</li> <li>• South Glos youth housing – Kingswood site - 0117 9352881. Yate site – 01454 325165 <a href="http://www.sgyh.org">www.sgyh.org</a></li> <li>• Independent People – Housing support and advice to young people aged 16-25 <a href="http://www.1625ip.co.uk">www.1625ip.co.uk</a></li> <li>• Housing and homeless charity <a href="http://www.shelter.org.uk">www.shelter.org.uk</a></li> </ul>
<p><b>Lesbian, gay, bisexual, trans</b></p>	<ul style="list-style-type: none"> <li>• Bristol based youth group 07900730415 <a href="http://www.wellaware.org.uk/organisations/958-freedom-youth-bristol">www.wellaware.org.uk/organisations/958-freedom-youth-bristol</a></li> <li>• EACH – educational action challenging homophobia. 1-1 support to individuals who have been or continue to be target of homophobic incidents. 0808 1000 143. <a href="http://www.eachaction.org.uk">www.eachaction.org.uk</a></li> <li>• <a href="http://www.queeryouth.net">www.queeryouth.net</a></li> <li>• <a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a></li> <li>• Individual and Family support for teenagers and children with gender identity issues <a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a></li> <li>• Gires – Provides information &amp; education to those affected by gender identity and intersex conditions. <a href="http://www.gires.org.uk">www.gires.org.uk</a></li> <li>• Depend – Free, confidential, non-judgmental advice, information and support to family members and friends of transsexual people <a href="http://www.depend.org.uk">www.depend.org.uk</a></li> </ul>
<p><b>Low Self-esteem</b></p>	<ul style="list-style-type: none"> <li>• School mentor/counsellor</li> <li>• <a href="https://moodgym.anu.edu.au/welcome/new/splash">https://moodgym.anu.edu.au/welcome/new/splash</a> - For adolescents with emotional/mental health and relationship difficulties</li> <li>• Breakthrough Project – accessed through school</li> <li>• The Site – Online guide to life for 16-25 year olds <a href="http://www.TheSite.org.uk">www.TheSite.org.uk</a></li> </ul>

<p><b>Mental Health Consultation</b></p>	<ul style="list-style-type: none"> <li>• Primary Mental Health Specialists are available to professionals for advice, support and training where there are concerns about a child's mental health for ante-natal -17 year olds: South Gloucestershire Child and Adolescent Mental Health Service (CAMHS) 01454 862431</li> <li>• Children and Adult Mental Health - List of links to other sites re mental health issues and helpline numbers <a href="http://www.mind.org.uk">www.mind.org.uk</a></li> </ul>
<p><b>Parenting Support</b></p>	<ul style="list-style-type: none"> <li>• Southern Brooks Project. Work with children and families in some areas of S.Glos. Referral through CAF 01454 868 570 <a href="http://www.southernbrooks.org.uk">www.southernbrooks.org.uk</a></li> <li>• A group for parents who have children with disability/additional needs <a href="http://www.sglospc.org.uk">www.sglospc.org.uk</a> 01454 501009 (please leave a message )</li> <li>• Parenting advice and support - <a href="http://www.familylives.org.uk">www.familylives.org.uk</a> 24 hour helpline – 0808 800 2222</li> <li>• The Kingswood Bourne Family project – Parenting courses and adult counselling. 0117 9478441</li> <li>• Resound Family Resource team – Parenting courses and Parent Buddies for parents living in BS16 area. For more information contact Resound on 0117 3050969 <a href="mailto:janh@resoundbristol.co.uk">janh@resoundbristol.co.uk</a> <a href="mailto:jayneg@resoundbristol.co.uk">jayneg@resoundbristol.co.uk</a></li> <li>• Parenting support and groups available – referral to the Family Intervention Support Service through First Point referral where there is an open CAF</li> <li>• The Children's Information Service for South Glos for parents of children aged 0-18. 01454 868008</li> <li>• Information and resources for parents and professionals <a href="http://www.zerotothree.org">www.zerotothree.org</a></li> <li>• Homestart – voluntary charity, befriending/support for parents with children under 5 who are in need. 0117 9501170 <a href="http://www.home-start.org.uk">www.home-start.org.uk</a></li> <li>• Young Minds Parents Helpline 0808 802 5544 – 9.30am-4pm Mon-Fri or email <a href="mailto:parents@youngminds.org.uk">parents@youngminds.org.uk</a></li> <li>• Parents Under Pressure – 20 week programme for parents who have a child under 2 and a half and are on a drug or alcohol treatment programme – NSPCC 0117 9543650</li> <li>• Parental Mental Health &amp; Child Welfare Network <a href="http://www.pmhcnw.org.uk">www.pmhcnw.org.uk</a></li> <li>• Details of national and local organisations offering support - <a href="http://www.lbigdatabase.org.uk">www.lbigdatabase.org.uk</a></li> <li>• Marriage Care - Catholic relationship counselling service available to individuals and couples regardless of marital status, religious beliefs or sexual orientation. Donation required <a href="http://www.marriagecare.org.uk">www.marriagecare.org.uk</a></li> <li>• Divorce Aid – advice and information for parents and children <a href="http://www.divorceaid.co.uk">www.divorceaid.co.uk</a></li> </ul>
<p><b>Private Therapy</b></p>	<ul style="list-style-type: none"> <li>• Counselling and Psychotherapy in Bristol <a href="http://www.bridgefoundation.org.uk">www.bridgefoundation.org.uk</a></li> <li>• British Association for Counselling and Psychotherapy <a href="http://www.bacp.co.uk">www.bacp.co.uk</a></li> <li>• Family Therapy and Systemic Practice <a href="http://www.aft.org.uk">www.aft.org.uk</a></li> </ul>
<p><b>Sexual health and teenage pregnancy</b></p>	<ul style="list-style-type: none"> <li>• Child exploitation online protection centre <a href="http://www.ceop.police.uk">www.ceop.police.uk</a></li> <li>• Sexual health and advice <a href="http://www.nhs.uk/worhtalkingabout">www.nhs.uk/worhtalkingabout</a></li> <li>• S.Glos C card scheme accessed through GP surgeries, youth centres, School Health Nurses and some schools</li> <li>• Brook Young People's Clinic free and confidential drop in: 1 Unity Street, Bristol. 020 7284 6040 <a href="http://www.brook.org.uk">www.brook.org.uk</a> Free and confidential information – 0808 802 1234</li> <li>• Information on sexual health and services in South Gloucestershire - <a href="http://no-worries.youthunltd.com">no-worries.youthunltd.com</a></li> <li>• No Worries drop-in clinics for young people, no appointment needed – Cadbury Heath Health Centre Mondays 6pm-8.15pm Westgate centre, Yate – Wednesdays 6.15-8.30pm Patchway Hub – Wednesdays 5.30pm-7.45pm</li> </ul>
<p><b>Sexual Abuse</b></p>	<ul style="list-style-type: none"> <li>• Information and counselling services to support children and adults who have been affected by rape/sexual assault. <a href="http://www.turntothebridge.org">www.turntothebridge.org</a> 0117 3426999</li> <li>• Avon Sexual Abuse Centre, including groups for 11-18 years olds who have experienced sexual trauma <a href="http://www.the-green-house.org.uk">www.the-green-house.org.uk</a> 0117 9351707</li> <li>• Rape and Sexual Abuse Support for women and girls <a href="http://www.sarsas.org.uk">www.sarsas.org.uk</a> Helpline: 0808 801 0456 (free from landlines &amp; most mobiles)</li> <li>• Kinergy – counselling service for survivors of sexual abuse and rape aged over 16 – 0117 9087712; <a href="http://www.kinergy.org.uk">www.kinergy.org.uk</a></li> <li>• Reasonably priced information booklets for young people who self harm, their family and friends and for those who have been abused as children - <a href="http://www.basementproject.co.uk">www.basementproject.co.uk</a></li> </ul>

<p><b>Special educational needs and disability</b></p>	<ul style="list-style-type: none"> <li>• Inclusion support – for children with a statement of educational needs – accessed via annual review process or school education officer</li> <li>• Incredible Kids – A safe &amp; supportive space to play together as a family - specific times – Christ The King Church, Bradley Stoke. <a href="http://incrediblekids.org.uk">incrediblekids.org.uk</a> 07889951114</li> <li>• Supportive Parents— Information and support line – 0117 9897725 <a href="http://www.supportiveparents.org.uk">www.supportiveparents.org.uk</a></li> <li>• Special Friends Club – Support for families with children with special educational needs by organising activities <a href="http://www.specialfriendsclub.org.uk">www.specialfriendsclub.org.uk</a> 07783 322650</li> <li>• Whizz-Kids – For disabled young people aged 10-18 years – youth club, wheelchair skills training, work placements, leadership programmes, residential camps and more. <a href="mailto:t.dowan@whizz-kidz.org.uk">t.dowan@whizz-kidz.org.uk</a> or phone 07584 134 697 for more information</li> <li>• Bournstream – A dedicated play site near Wotton-Under-Edge for children/young people with disabilities or special educational needs and their families <a href="http://www.bournstream.org.uk">www.bournstream.org.uk</a> 01453 845568</li> <li>• Practical advice &amp; downloads for professionals and parents on topics such as dyspraxia, dyslexia, autistic spectrum conditions <a href="http://www.boxofideas.org">www.boxofideas.org</a></li> <li>• A range of free information sheets about challenging behaviour <a href="http://www.challengingbehaviour.org.uk">www.challengingbehaviour.org.uk</a></li> <li>• Young Sibs: For siblings of disabled children <a href="http://www.youngsibs.org.uk">www.youngsibs.org.uk</a></li> <li>• The Yellow Book - An information resource for children &amp; young people with additional needs – <a href="http://www.southglos.gov.uk/yellowbook">www.southglos.gov.uk/yellowbook</a></li> <li>• Information on learning disabilities for parents and teachers <a href="http://www.ldonline.org">www.ldonline.org</a></li> </ul>
<p><b>Youth Services</b></p>	<ul style="list-style-type: none"> <li>• Youth Inclusion Support Service – accessed with referral through First Point or youth drop in at the locality Hubs.</li> <li>• Make It Mentoring – working alongside children and young people up to 19 to build confidence and resilience. Charges apply. 01454 299593 <a href="http://www.makeitmentoring.co.uk">www.makeitmentoring.co.uk</a></li> <li>• Kingswood Bus Project – For young people aged 11-25. Activities and support facilitated by youth workers <a href="http://www.kingswoodbusproject.co.uk">www.kingswoodbusproject.co.uk</a></li> <li>• Information for youth in S.Glos on anything from sexual health to transport to youth centres – <a href="http://www.youthunltd.com">www.youthunltd.com</a></li> <li>• Fairbridge – work with young people aged 13-25 who are difficult to engage. <a href="http://www.fairbridge.org.uk">www.fairbridge.org.uk</a></li> <li>• Information and signposting regarding young people’s mental health <a href="http://www.right-here.org.uk">www.right-here.org.uk</a></li> <li>• <a href="http://www.bristol.gov.uk/youthandplay">www.bristol.gov.uk/youthandplay</a> <a href="http://www.goplacesdothings.org.uk">www.goplacesdothings.org.uk</a> <a href="http://www.goplacestoplay.org.uk">www.goplacestoplay.org.uk</a></li> </ul>

**Updated by Angie Davey - Primary Mental Health Specialist (School-age) S.Gloucestershire CAMHS  
Details correct at time of going to press – February 2014**