

Emotional and Mental Health Well Being Hub



Southampton City Directory of Services and Support

April 2023

Version 3.8



BRS



Now includes

Additional Information

Re:Minds – [New Advice Clinic Dates](#)

Guiding Stars

Safe Havens

Sure Start [Summer Dates](#)

New Additions

Kooth

Amparo

Saints Foundation

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Adult Mental Health Services

Acute Mental Health Crisis Team

Acute Mental Health Teams provide intensive support for people experiencing an acute or 'crisis' episode during their mental illness. Also known as 'hospital at home', this service is available 24 hours a day, 365 days a year.

Referral is through Local Community Mental Health Teams

Southampton Contact Numbers: 023 8083 5535 or 023 8083 5552

<https://www.southernhealth.nhs.uk/services/mental-health/mental-health-community-services/acute-mental-health-teams/>

Community Mental Health Teams (Adult)

Southampton (Central): 02382 310726

Southampton (East): 02382 310982

Southampton (West): 02380 878040

The Lighthouse

147 Shirley Road, Options wellbeing, The Annexe, Southampton, SO15 3FH

The Lighthouse offers a safe haven for people in mental health crisis. It is staffed by mental health nurses and peer workers who themselves have experience of mental health crisis.

The Lighthouse is open from 4.30pm - midnight 365 days a year. You do not need to be referred or to book an appointment, just turn up!

The Lighthouse is an informal, non-judgmental, out-of-hours mental health drop-in for anyone over the age of 18 who requires short-term support in times of great difficulty or is struggling with poor mental health

For Southampton residents, text LIGHTHOUSE and your postcode to 07541 276010 between 4:30pm at 12am to access the service

Southampton Adult Social Care Connect

Southampton Adult Social Care Connect is available by calling 023 8083 3003 and is available 8am-8pm, 7 days a week or email adultsocialcareconnect@southampton.gov.uk

Southampton Steps to Wellbeing

Southampton Steps to Wellbeing offers a range of evidence-based therapy services for common mental health problems such as depression, stress and anxiety related disorders. People aged 18+ can self-refer using their website which also has lots of useful advice www.steps2wellbeing.co.uk

Mental Health 111 Nurses

Mental Health 111 Nurses: Help is available 24 hours a day, 7 days a week, you will speak to a mental health professional who will discuss your current mental health needs and provide access to further support if needed. Enhanced web-based mental health support is now available on the online 111 service, via www.111.nhs.uk

SO: Linked

SO: Linked is a service for adults who live in Southampton or who are registered with a Southampton GP. You can get in touch by phone, email, by filling in a self-referral form or by dropping into a "meet us" sessions across Southampton. Staff are able to support people who are living with poor mental health to access local community support.

Solent Mind

Solent Mind offer peer support, someone with lived experience who you can talk to. Peer support is currently being offered online and on the phone. Visit: <https://www.solentmind.org.uk/update/> for the latest information

Solent Mind Side by Side

Solent Mind Side by Side A Safe, Moderated Community Where You Can Share Your Experiences of Mental Health Problems. <https://sidebyside.mind.org.uk/about>

Samaritans

[Samaritans](https://www.samaritans.org) provides 24 hour confidential emotional support Call FREE 116 123 or Email jo@samaritans.org.uk or visit www.samaritans.org

Shout

Shout provides a confidential 24/7 crisis text support for times when someone needs immediate assistance Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

Campaign Against Living Miserably

Campaign Against Living Miserably (CALM) for men 5pm to midnight daily 0800 585858 They also have a web chat service visit <https://www.thecalmzone.net/>

Papyrus Hopeline UK

Papyrus Hopeline UK for under 35s call 0800 0684141 or text 07786 209697 weekdays 9am-10pm, weekends 2pm-10pm or email pat@papyrus-uk.org or visit <https://papyrus-uk.org/hopelineuk/>

Carers in Southampton

Carers in Southampton provide a service for adult informal carers who give their time, unpaid, to look after a family member, friend or neighbour with additional support needs. Offering guidance, signposting, information, carers cards, statutory carers assessments and emergency plans. <https://www.carersinsouthampton.co.uk> T:023 8058 2387

Recovery Colleges

Recovery Colleges offer educational courses about mental health and recovery designed to increase students' knowledge and skills and to help them feel more confident in self-management of their own mental health and well-being. <https://www.southernhealth.nhs.uk/services/mental-health/specialist-mental-health-services/recovery-college/>

Autism Services

Aspie Helping Hands Evening Group

Free support group for parents/carers of children and young people who are on the autistic spectrum. The group is run by parents whose children are in primary and secondary school. They meet once a month at St Anne's School, Carlton Rd, Southampton, SO15 2WZ. <https://carersinsouthampton.co.uk/aspie-helping-hands-evening-group-in-southampton>

Autism Assessment Service

Adelaide Health Centre, 2nd Floor, William Macleod Way, Southampton, S016 4XE

The Solent NHS Trust Autism Assessment Service delivers autism assessments for children and young people between the ages of 5 – 18 (up to 18th birthday)

Referrals for assessment are preferred from professionals who know the child and family well, especially education settings, but referrals from GP's, or other professionals outside of the child's school setting will also be accepted

Self-referrals can be made by parents/carers especially where a child is not in school

Every referral is triaged by the assessment team to ensure there is sufficient evidence of need to proceed with an assessment for autism

It should be noted that this service is an assessment service only and does not monitor other areas of need such as risk, safeguarding concerns or other unmet health needs

As part of the triage process the service will advise parents/carers of other support services that may be more appropriate to their needs and which they can access without a formal diagnosis of autism having been made

All referrals for consideration for assessment must be made using the service's referral form and emailed to the service via snhs.autismsouthampton@nhs.net

Children under the age of 5 should be referred to the Community Paediatric Team who will assess the child's global development alongside considering if a diagnosis of autism is indicated, referrals to that service can be made via snhs.CPMSwest@nhs.net

Autism Hampshire

Head Office, Whiteley, Hampshire, PO15 7AH

023 80 766162

information.advice@autismhampshire.org.uk

<https://www.autismhampshire.org.uk/how-we-can-help/information-advice/>

Provide information, advice and guidance for individuals on the autistic spectrum, their families and professionals pre, post and during assessment and diagnosis.

National Autistic Society

The NAS champions the rights and interests of all people with Autism. They provide local advice and support for families affected by autism with practical and emotional support.

For further information call 0808 800 4104 or email seregionalteam@nas.org.uk or access their online webpage: <http://autism.org.uk>

SASS Southampton Autism Support Service

Supporting parents, carers and families of children / young people with Autism – **Further information in appendices**

For further information call 07306411022 or email

Southamptonautismservice@gmail.com or access their online webpage:

www.southamptonautismsupportservice.com

Ambitious about Autism

Ambitious about Autism has launched the UK's first online platform for autistic young people – please find further details at <https://ambitious-youth-network.ambitiousaboutautism.org.uk/page/ambitious-youth-network>

This will offer autistic young people aged 16 to 25 a safe and moderated online space to help them understand their autistic identity and reduce isolation and loneliness that many feel. Young people will be able to take part in peer support sessions, share experiences and find volunteering, work experience and employment opportunities. There will also be opportunities for them to work together and campaign for change.

Bereavement Services

Winston's Wish

Winston's Wish is a bereavement agency for children and young people aged 6-18 who have lost a close one or who are grieving. They offer practical support and guidance to families' children and to young people to live with their grief.

Winston's Wish offers an online chat to help a person talk about their grief

For further information then please call 08452 030405 or access their website

www.winstonswish.org.uk

Simons Says- Child Bereavement Support

Offer support for young people up to the age of 18 when a significant person in their life is dying or has died. They offer information and advice, run a telephone support line and host monthly age appropriate support groups.

For further information then please call 01794 323 934 (office) or access their website

www.simonsays.org.uk

Amparo: Support after suicide bereavement



Amparo offers support for anyone affected by suicide. Amparo's specialist liaison workers provide emotional and practical support, tailored to the needs of those who they are helping; support can be provided one-to-one, to family groups, groups of work colleagues – whatever is preferred and is most appropriate to the situation.

It also offers a BACP accredited counselling service for children and young people bereaved by suicide.

Amparo is free of charge and does not have a waiting list. To refer a person who has been affected by suicide into Amparo, call 0300 088 9255 or visit amparo.org.uk

CRUSE Bereavement Centre

Offer support, advice and information to children, young people and adults when someone dies.

Contact the team on 023 8077 4900 or their national helpline 0808 808 1677

Email: southhampshire@cruse.org.uk

Information, Advice, Guidance and Counselling

Kooth

Kooth is a free online counselling and emotional wellbeing support service providing young people aged 11 - 25 years (up to their 26th birthday) in Southampton with a safe and secure means of accessing support from a professional team of qualified counsellors.

No referral required, you can access the service directly and in complete confidence, to access:

A free, confidential, anonymous and safe way to receive support online.

Out of hours' availability - counsellors are available from 12pm to 10pm on weekdays and 6pm to 10pm at weekends, every day of the year on a drop-in basis.

Online counselling from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop-in basis or via booked sessions.

Discussion boards which are all pre-moderated allow young people to access peer to peer support.

An online magazine full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.

To use the service or find out more visit www.Kooth.com

The Little Book of Sunshine

The Little Book of Sunshine (local edition) shares tips to help children and young people deal with anxiety, body image, relationships, anger, and more, plus find support services. The booklet is available in [Apple Books](#) and [Google Play Books](#).

No Limits – Information Advice and Guidance

No Limits Advice Centre, 13 High Street, Southampton, SO14 2DF

For free advice and information for young people aged between 11-25. They can provide information and help regarding: Emotional health and wellbeing, Drugs and alcohol, Family and parenting, Housing and homelessness, Money and budgeting, relationships, sexual health and sexuality, School, work and training etc.

Solent Mind- Self Harm Support Hub

The hub provides Peer Support groups available to all users with both one to one and group support available, led by those with lived experience. We also have a buddying scheme to link parents/carers with others who have had similar experiences for mutual support. Along with parent/carer specific support and activities, which will help empower you to support a young person in a stigma and judgment free environment.

If you are looking to access support, please fill out our simple referral form [below](#)

No Limits Counselling

No Limits Advice Centre, 13 High Street, Southampton, SO14 2DF

The No Limits Counselling service offers counselling and therapeutic group work to children and young people aged 5 to 18 years. Counselling can be face to face or online depending on your choice.

To access this please follow this link: www.hampshireyouthaccess.org.uk/

Think Ninja – App

The Think Ninja App is available for all young people in Southampton who are aged from 11 - 17. Think Ninja is free and available to provide mental health and emotional wellbeing support in this time of uncertainty. Young people can connect with a 'live' Healios mental health professional within the app to discuss worries and concerns. It also provides training in skills to manage stress and uncertainty.

App can be downloaded for free on all Android and Apple smartphones/tablets through the app store. Once downloaded user will be asked for their postcode, all Southampton postcodes have been added.

The Mix

Website to support young people in all aspects of life, including Sex and Relationships, Your Body, Mental Health, Drink and Drugs, Housing, Money, Work and Study, Crime and Safety, Travel and Lifestyle. Also offers Online Counselling.

<https://www.themix.org.uk/>

Young Minds Crisis Messenger

For young people experiencing a mental health crisis. They can text the Young Minds Crisis Messenger for free – 24/7

www.youngminds.org.uk

Text YM to 85258

Domestic and Sexual Abuse Services

Yellow Door

30 Brookvale Road, Southampton, SO17 1QR. Telephone: 023 8063 6312

Yellow Door offer a range of prevention and response services to adults and young people from Southampton & Western Hampshire who are at risk from or have experienced sexual or domestic abuse.

Yellow Door Helpline – 023 8063 6313

To find out more or to make a referral please go to our website <https://www.yellowdoor.org.uk/>

For information, advice or support about sexual violence/abuse call our Telephone helpline open 12.00 - 15.00 Mon-Fri :02380 636313 This line is staffed by a Polish speaking counsellor each Tuesday 12.00 – 15.00.

If you require help in another language, please let us know and we will do our best to respond.

PIPPA Helpline

Prevention, Intervention and Public Protection Alliance

Confidential helpline for professionals and victims experiencing domestic abuse, offering advice, information and support. Referrals for those who need specialist support. Helpline available Monday to Friday.

Telephone: 023 8091 7917

Website: <https://www.southampton.gov.uk/health-social-care/domestic-abuse/how-to-get-help/get-help-now.aspx>

Email: pippa@southampton.gov.uk

Southampton Domestic Abuse Service

PO BOX 644 Southampton SO15 2GF

This Service delivers support, advocacy and guidance to victims/survivors of domestic abuse and their children.

To make a referral to this service please contact: 02380 671626/07739303362 Or alternatively please email: ruth.young@homegroup.org.uk

Early Intervention in Psychosis

Early Intervention in Psychosis Services are a specialist service for people aged 14-35. The service helps assess, treat and support young people in the early stages of a psychotic illness.

Telephone: 023 8087 8040

Family Counselling

Southampton Relate

Kingsland Square, St Mary's Street, Southampton SO14 1NW

Relate Offer a range of services for couples, individuals and families to help them with their relationships. They provide family mediation, family therapy and relationship counseling. For further information about how this service and how to make a referral then please call 01962 861336 or alternatively please access their website at www.relate.org.uk

Gender Identity

Yellow Door

30 Brookvale Road, Southampton, SO17 1QR
Yellow Door provide a therapeutic group service for young people aged 11-18 who are experiencing Gender Dysphoria in addition to providing some support to parents
To make a referral or to find out more about this service please contact Yellow Door Tel: 023 8063 6312, email info@yellowdoor.org.uk or go online <https://www.yellowdoor.org.uk/>

Hoarding

Adult Social Care Connect

Offer support for anyone who is struggling to get on top of their clutter and hoarding. If the family live in in a council or housing association property then contact their housing provider for further information and support.
If the family privately rents or owns their home, call Adult Social Care Connect on 023 8083 3003 or report concerns at <http://www.southampton.gov.uk/health-social-care/adults/help-for-vulnerable-adults/>

Additional Information and Advice

Help for hoarders: <https://www.helpforhoarders.co.uk/>
Hoarding UK: <https://hoardinguk.org/>
Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/hoarding>
NHS: <https://www.nhs.uk/conditions/hoarding-disorder>

Information Services

Southampton Information Directory

This is an online resource which can help to further assist you in finding the right support that is needed for you and your family from the age 0-19. Including childcare, things to do and Sure Start centres.

To access this service then please go to the website:
<https://sid.southampton.gov.uk/kb5/southampton/directory/home.page>

LGBTQ+

Break Out Southampton

No limits Advice Centre, 13 High Street, Southampton, SO14 2DF
A support for young people who are understanding their sexuality identity and are aged between 11-21
To make a referral please contact No Limits Tel: 02380 224 224 or alternatively email enquiries@nolimitshelp.org.uk or for further information go online: <https://nolimitshelp.org>

Mermaids

<https://mermaidsuk.org.uk/>
Supports gender diverse CYP until their 20th birthday. As well as support for families and professionals
Helpline – 0808 801 0400 Mon-Fri 9am-9pm

Webchat Mon-Fri 9am-9pm (<https://mermaidsuk.org.uk/young-people/>)

Switchboard

Supports gender diverse CYP until their 20th birthday. As well as support for families and professionals.

Phoneline: 0300 330 0630 10am-10pm Everyday

Email: chris@switchboard.lgbt (typically reply within 72hours)

Parent/Carer Support

Re:Minds

www.reminds.org.uk

<https://www.facebook.com/groups/reminds>

A parent-led group for families of children with autism and/or mental health issues. Founded with mutual support in mind, and for families whose children face similar issues to meet up in an informal setting and share knowledge and talk about any issues they are facing.

Follow this link to view the latest [Newsletter](#)

To get further information please contact Gill Waring: re.mindssouthampton@gmail.com

SENDIASS

Southampton special educational needs and disability information and advice and support service

SENDIASS aims to empower children and young people with special educational needs/disabilities and their parents/carers to make informed decisions about education, health and social care. The level of service we can offer you depends on where you live within the city.

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Southampton Advice and Representation Centre (SARC)

Porchester Road, Southampton, Hampshire, SO19 2JB

SARC can support parents and families with Welfare Benefits, Advice Disability living allowance, attendance allowance, carers allowance, employment and support allowance, income support, pension credit, tax credits, housing benefit, council tax benefit and jobseekers' allowance. Employment Law Advice Unfair dismissal, all forms of discrimination (sex, race, age, sexual orientation, part-time working, pregnancy, disability), unpaid wages, redundancy, minimum wage and holidays.

To get further information then please contact 023 8043 1435.

Southampton Parent Carer Forum

The Bradbury Centre, 300 Aldermoor Road Southampton SO16 5NA

This service supports parents/carers who have children and young people with special educational needs and/or disabilities aged 0-25 years. The forum support and train parent/carers to enable them to have input and be involved with shaping services alongside the professionals who provide health, education, adult and social services.

To get further information then please contact 07410 411344 or alternatively email:

clairepritchard@roseroad.org.uk

Young Minds Parent Helpline

Offering advice to parents and carers worried about a CYP under 25. Could be about behaviour, emotional wellbeing or mental health conditions.

0808 802 5544 Call for free Mon-Fri 9:30-4:00

Email contact form (aim to reply within 3 working days) <https://youngminds.org.uk/contact-us/parents-helpline-enquiries/>

Physical Disabilities

SPECTRUM

Unity 12, 9-19 Rose Road, Southampton, SO14 6TE.

User-Led advocacy organisation. They seek to change the way Disabled People are viewed, included and valued for who they are and what they contribute to society.

To get further information then please contact 023 8033 0982 or alternatively email:

info@spectrumcil.co.uk Or visit the website at <https://spectrumcil.co.uk/>

Pregnancy Related Counselling

The Firgrove Centre

107 Firgrove Rd, Southampton

Offering support and information for an unintended pregnancy as well as pre and post abortion, post-adoption, miscarriage and baby loss counselling.

For referrals or queries telephone 023 8078 3134 or contact the service via their website

<https://www.thefirgrovecentre.org.uk/>

The Centre is open Mon, Tues, Weds and Fri

During the pandemic this Centre is currently closed until further notice and have suspended face-to-face counselling. Are responding to enquiries via the website.

SANDS

Stillbirth and Neonatal Death Charity

SANDS provide bereavement support services at both a local and national level. These include the Freephone helpline, mobile app, online community, family support packs, memory boxes and over 100 regional support groups run by trained befrienders.

Freephone helpline: 0808 164 3332 / helpline@sands.org.uk

Main website: <https://www.sands.org.uk/>

Local support group:

Phone 07970 981 550

Southampton@sands.org.uk

www.southamptonsands.org.uk

Safeguarding Concerns

Child/Young Person

The MASH in Southampton provides triage and multi-agency assessment of safeguarding concerns. It brings together professionals from a range of agencies into an integrated multi-agency team. This team protects the most vulnerable children from harm, neglect and abuse by meeting goals specifically related to safeguarding

To discuss concerns first members of the public can call 023 8083 3336. Professionals can contact the team on 023 8083 2300.

Online referral form can be located via <https://www.southampton.gov.uk/health-social-care/children/child-social-care/child-protection.aspx>

In addition, the Solent Safeguarding Team can be contacted for advice and guidance on 03001233917

Safeguarding referral flowchart can be located on SolNet.

Adult

The SCC Safeguarding Adults team run a duty advice service on 023 80834307 in office hours.

Referral is through completed referral form and emailed to

adultsocialcareconnect@southampton.gov.uk

Professional Helpline Tel: 023 8083 4307, 9am to 12noon, Monday to Friday

Southampton Educational Psychology Service

Southampton City Council

Southampton Educational Psychology Service aims to promote the learning, development and emotional well-being of all children and young people aged 0-25. Educational Psychologists (EPs) support school staff and other professionals to meet the educational needs of all children and young people by working consultatively with school staff and other professionals, using a model of systematic psychological problem solving.

Southampton City Council SEND service. We also work closely with our colleagues in health and social care to ensure a collaborative and holistic approach is undertaken when working to support and meet the educational needs of children and young people.

Further, the service continues to provide a very active and well-regarded purchased service to schools and settings in Southampton that allows our work to be accessed to support strategic, whole school and individual support in addition to our statutory service provided by the local authority. Also included in our statutory service to schools is our Critical Incident Response work.

Southampton EPs continue to provide statutory and purchased casework to Southampton schools throughout the pandemic.

In addition, during the pandemic Southampton Educational Psychology Service have continued to support colleagues, school and settings staff and their communities in several ways. This has included:

Updated Critical Incident response guidance

Bookable Telephone EP Consultations

Creation of Transition framework and access to resources via Google Drive

Launch of EBSA (Emotional Based School Avoidance) consultations

Webinars relating to Grief and Loss and Building Resilience

Coordinating and leading on the Well Being for Educational Return initiative from the DFE which will be providing training and a variety of interventions to school communities (including children and their families).

Dawn Slattery and Caroline Carpenter, Joint Principal Educational Psychologists.

Telephone: 023 8083 3272

Substance Misuse

COSMO

No Limits Advice Centre, 13 High Street, Southampton, SO14 2DF

A No Limits group for YPs aged between 11 and 18 affected by the substance use of friends or family - the COSMO group will provide a safe space for them to relax, have fun, make friends, talk about experience's and get active.

To make a referral or find out more about this service then please contact Tel: 02380 224 224 or email enquiries@nolimitshelp.org.uk Alternatively go online to gather further information <https://nolimitshelp.org>

DASH

No Limits Advice Centre, 13 High Street, Southampton, SO14 2DF.

The DASH service is run by No Limits and provides help and support for young people up to the age of 25 who would like support with their drugs or alcohol use. The team are based at the Advice Centre.

To make a referral or find out more about this service then please contact Tel: 02380 224 224 or email enquiries@nolimitshelp.org.uk Alternatively go online to gather further information <https://nolimitshelp.org>

Support for Parents and Families

Children & Families First

Families Matter, Southampton City Council, Civic Centre, Southampton, SO14 7LY

Problems can occur at any time in children's lives and our services need to be responsive to emerging needs at all ages. Children and Families First is not just aimed at preventing abuse or neglect but at ensuring the best start and improving the life chances of all children and young people, by working with their families. We have Family Hubs including three integrated Children and Families First Teams based across three localities – East, Central and West - who can provide advice and support for the whole family on issues such as:

- Parenting and behaviour management
- Emotional wellbeing
- Substance misuse
- Domestic abuse
- Financial advice and support, housing and progression to work
- Staying safe - outdoors and online

In Southampton, the early help system is made up of service users, community resources, universal service providers and targeted services working together to enable families to manage their own dilemmas and solve their own problems, making whatever changes are necessary to secure the well-being of their children, enabling appropriate risk management in the community and a proportionate response to risk and need. <https://www.southampton.gov.uk/children-families/childrens-social-care/early-help-for-families/children-and-families-first/>

The number for parents/families if they want to refer themselves directly/chat to someone is 02380 833535 or email : childrensresourceservice@southampton.gov.uk

EPEC Empowering Parents Empowering Communities

Empowering Parents, Empowering Communities (EPEC) is a method of prevention and early intervention that helps children and families get the very best start in life. EPEC parenting courses are led by local parent facilitators who have completed accredited EPEC training and receive on-going training, supervision and support from parenting specialists based in a local EPEC Hub. Each EPEC Hub provides the expertise, organisation, ethos and oversight to ensure safe, high quality, and effective practice. EPEC parenting programmes combine the latest developmental science and theory with well-evidenced parenting strategies and methods. EPEC offers the following parenting programmes:

Being a Parent, for parents of children age 2-11 years

Baby and Us, for parents of babies aged 0-1 year

Living with Teenagers, for parent of adolescents aged 12-16 years
For further information and to make a referral then please go line too:

<https://www.southampton.gov.uk/health-social-care/children/child-social-care/early-help.aspx>

Poverty Support Contacts

SCM Basics Bank tel 02380 550 435 email : office@souhamptoncitymission.co.uk

SCRATCH tel 02380 773 132 email: reception@scratchcharity.co.uk

CLEAR tel 02380 221 111 email: reception@clearproject.org.uk

For further details see appendices

EU Welcome

Provides information advice and guidance to EU citizens living and working in Southampton. We are here to help arrivals to Southampton (and beyond) from all countries of the EU. We provide advice, signposting and support

To find out more please contact Ania Krzywicka Tel: 07928 362 088/07917 879 259 or alternatively by email ania@euwelcome.org

Families First Southampton

A service to support fathers to remain involved in the care of their children. Families First Southampton seek to deliver services to all fathers and men who provide care for children in collaboration with other agencies. We will also work with other organisations to establish father friendly drop-ins and support groups

To find out further information Please text/phone 07427289813 or alternatively email nigel@familiesfirstsouthampton.org

Safe Families for Children

The Service puts volunteers from the local community around families in crisis to enable them to stay together and reduce the number of children going into care. These volunteers become Family Friends, Host Families, and Resource Friends

To find out further information please either call 023 8225 0131 or alternatively email southcoast@safefamiliesforchildren.com

Southampton Family Trust Courses

Provide information and where possible free parenting courses. This includes Strengthening families and Emotional First Aid for Parents. Couples work and one to one support for various life stages.

To find out more information and to make a referral please access the Southampton Information Directory at <https://sid.southampton.gov.uk/kb5/southampton/directory/home.page>

Childrens Resource Service

Contact details

If you are a professional you can contact the Children's Resource Service on **02380 83 2300** (Monday to Friday 8.30am to 5pm and Friday 8.30am to 4.30pm) or **02380 23 3344** (weekends, Bank Holidays and outside of office hours)

If you are a young person, parent, carer or member of the public you can contact the Children's Resource Service on 02380 83 3004 (Monday to Friday 8.30am to 5pm and Friday 8.30am to 4.30pm) or 02380 23 3344 (weekends, Bank Holidays and outside of office hours) Please use the link below for [The Children's Resource Service \(southampton.gov.uk\)](https://www.southampton.gov.uk/childrens-resource-service) you will find the criteria and online referral form

Sure Start Childrens Centre's

Sure Start offers lots of different services and activities, including: Learning through play in "come and play" and "family points" (health, help and play). Health advice from midwives, health visitors, other health professionals, family points and child health clinics within the Children's Centre's. Family

support Information and guidance on breast feeding, health and nutrition. Smoking cessation support for families with children with additional needs. Speech and language support. Advice and support for parents including dads' groups and young parents training courses. Other training courses offered throughout the City include parenting classes, ESOL, money management and healthy cooking amongst others.

More information about up to date courses on the West, East and Central Southampton Via;

<https://sid.southampton.gov.uk/kb5/southampton/directory/family.page?familychannel=2>

Young Minds

National charity for the promotion of children and young people's mental health. The charity publishes a number of guides in connection with varied aspects of children and young people's mental health including direct information for parents and carers such as Starting the Conversation - hints and tips of conversation ideas if you are worried that your child is having a hard time.

www.youngminds.org.uk

Young Carers

Carers in Southampton

A free service for adult and those young people identified as young carers. For individuals who give their time unpaid to look after family members, friend or neighbor with additional needs. They offer support, guidance, sign posting, information and statutory carers' assessments. You must be resident in a Southampton city postcode or looking after someone who lives in a Southampton city postcode. For further information please call **023 8058 2387**

HoneyPot Charity

HoneyPot works to enhance the lives of children and young carers aged 5-12 years by providing respite breaks and on-going outreach support.

Tel: 023 8089 0002

<https://www.honeypot.org.uk>

Young Carers

No Limits Advice Centre, 13 High Street, Southampton, SO14 2DF

A service for children and young people aged 0-18 that provide support and advice and activities for young people whose lives are being affected by caring for an unwell member of the family.

To make a referral please contact No Limits Tel: 02380 224 224 or alternatively email

enquiries@nolimitshelp.org.uk or for further information or go online: <https://nolimitshelp.org>

Youth Support Services

Saints Foundation



[Saints Foundation](#) youth engagement programme is aimed at young people who are between 8-18 years old. The programme offers the opportunity to play sport whilst socialising with friends.

Projects can be viewed [here](#) but include (not an exhaustive list):

Southampton Kicks – open access sessions throughout the City. Contact 07754 557852

Kicks Street Games – age 8–13 sessions run 1pm to 2.30pm, with 14+ sessions from 2.30pm to 4pm. Contact 07754 557852

Saints Switching Play – this referral-based project challenges behavior through one-to-one mentoring, group and community work, leading towards positive changes in behavior and attitude. Contact 07761755080

SaintsAbility – free open access football sessions for disabled people of all ages and abilities. Contact tholleyoak@saintsfoundation.co.uk to book on course [here](#)

Premier League Changemakers: Changemakers is a UNITAR-accredited leadership programme funded by the Premier League which aims to empower, inspire and develop leadership qualities in girls aged 11 to 16. Contact 07384469594

Board in the City

38-40 Onslow Road, Southampton, SO14 0JG Tel: 023 8178 3240

info@boardinthecity.co.uk

A tabletop gaming café that prides themselves in their all-inclusive culture

Please call before accessing to get most up to date information on how the service is running throughout the pandemic.

Fairbridge and Princes Trust

61-64 High Street, Southampton SO14 2NS

Prince's Trust centers currently offer the Fairbridge Programme which is an individually tailored personal development programme combining one-to-one support and group activities. They work with young people aged 11-30 work towards personal goals.

To make a referral or to find out more about this service please contact: 02380 231666 or alternatively please email: southamptoncentre@princes-trust.org.uk or go online to gather further information: princes-trust.org.uk

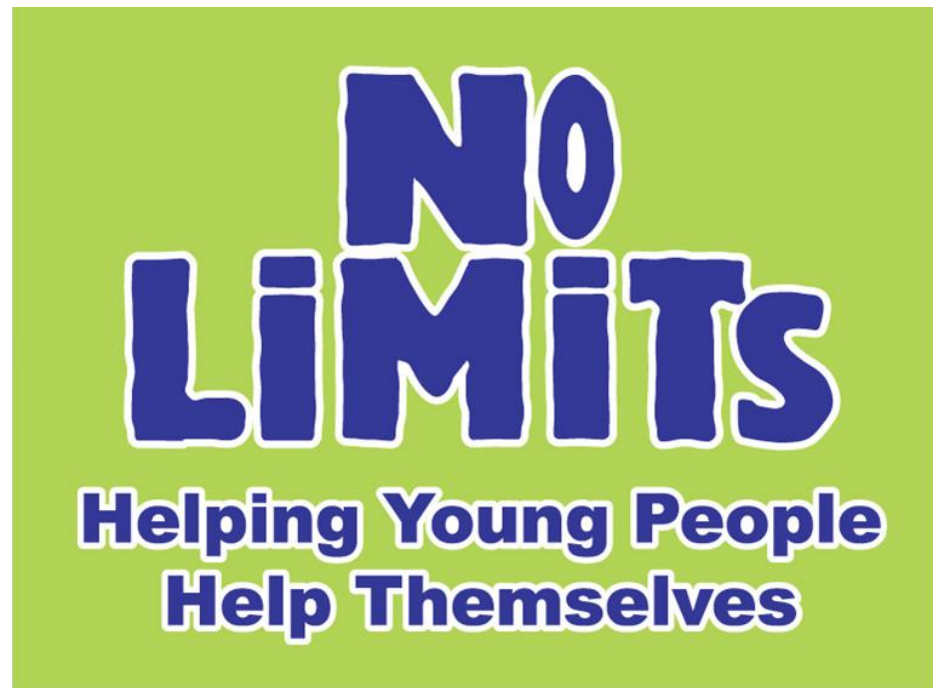
Teen Safe House

No limits Advice Centre, 13 High Street, Southampton, SO14 2DF

The No Limits Teen Safe House project is a support group for young people aged 13 to 19 suffering from confidence or anxiety issues. This can be anything from feeling different, invisible, misunderstood, hearing voices, depressed, struggling to cope, lonely, stressed or anxious.

To make a referral or find out more about this service then please contact Tel: 02380 224 224 or alternatively please email enquiries@nolimitshelp.org.uk or go online to gather further information : <https://nolimitshelp.org>

No Limits



www.nolimitshelp.org.uk

About us...



- We offer free and confidential information, advice, counselling, support and advocacy to children and young people under 26 who live in Southampton and Hampshire
- We deliver our services from our Advice Centre in Central Southampton and from our Head Office at 35 The Avenue (due to Covid-19 face to face support is currently available by booked appointment or pre-booked attendance at one of our groups)
- We offer support in schools and colleges
- We deliver our support services through one to one's and groups (face to face and via Zoom) as well as through our web chat service and email
- We have been supporting children and young people in our community since 1993

WE SUPPORT CHILDREN AND YOUNG PEOPLE WITH...



- Emotional and mental wellbeing
- Bullying
- Questions and concerns about sex and sexuality, gender and gender identity.
- Getting into education, employment, or training
- Abuse and exploitation
- Support in education
- Housing and homelessness
- Drug and alcohol issues
- Benefits, money and debt
- Being a young carer
- Leaving foster care
- Young parenthood
- Young offenders
- Young people in care
- Family support

And anything else to do with being a child or young person under 26...

6,094

Children and young people were supported by No Limits in 2021/22

75%

Felt their stress levels had improved

61%

Felt their confidence had improved

70%

Felt their feelings about the future had improved

79%

Felt their ability to deal with problems had increased

We supported...



3,955

Children and young people with emotional wellbeing



883

Children and young people with housing



2,719

Children and young people with anxiety



2,428

Children and young people with confidence and self-esteem

The number of children and young people we supported in 2021/22 changed as a result of the pandemic. We continue



1,491

At our Advice Centre



661

In schools and colleges



1,197

In Emergency Departments



1,635

Offered counselling



134

Through young carers services



443

Supported through our groups



830

Children and young people with loneliness



571

Children and young people with rights in a relationship



461

Children and young people with difficulties eating



730

Children and young people with body image issues



556

Children and young people with substance use



459

Children and young people with parenting responsibilities

to monitor how children and young people access our services to understand how this might change in the future.

No Limits Projects



- **Advice Centre Drop-In Team/Youth Workers** – For young people in Southampton aged 11-25 who need information, advice, support and advocacy.
- **PMHW (U18 partnership with CAMHS)** - Mental Health Primary Care for 11-18-year old's supporting with one to one or group work over 6 targeted interventions delivered in partnership with CAMHS, Session delivery in schools, No Limits sites, CAMHS and Solent NHS sites.
- **PMHW 18+** - Mental Health primary care for 18-26 year old's supporting with one to one or group work over 6 targeted interventions delivered at No Limits sites and in the community.
- **No Limits Counselling** - Short term (6 sessions) for young people aged 11 to 25 and Children aged 4-10 years in Southampton
- **HYA service** - short term (6 sessions) counselling across Hampshire for Children aged 4-10 years and Group therapy for 11+ (Age 11-19 delivered by partnership agencies across Hampshire)
- **Frankie Project** – a targeted tier 4 Counselling service based in HCC alongside the Willow team for children and young people aged 0-18 who are victims of CSE, CSA or FGM across Hampshire and a Play Therapist pan Hampshire.
- **DASH-** Drugs and Alcohol Support and Health Project for young people up to their 25th birthday – assessment, treatment, activities and therapeutic groups.
- **111 triaged referrals** – Accepting direct referrals from 111 for community support.
- **No Limits Xtra** - For young people aged 11 to 25, one to one support for anything that's holding you back.
- **Housing and Homelessness** - For young people aged 16 to 25, support for young people who are street homeless or at risk of becoming street homeless.
- **Breakout Youth (Southampton, Hampshire and IOW)** - For young people aged 11 to 21 (up to 25 if additional needs are identified) who identify as lesbian, gay, bisexual, transsexual, transgender or unsure of their gender or sexual identity.
- **Outreach/Detached youth work** - No Limits youth information and advice workers out in our communities Hampshire wide.
- **Sexual Health- Solent NHS partnership (Southampton, Portsmouth and Hampshire)**- Training for professionals, peer education, let's talk RSE for young people at risk of unwanted pregnancies, questions about relationships, sexual health. Specialist sexual health clinic by appointment every Thursday at the Advice Centre.
- **Barnardo's SEE, HEAR, RESPOND Programme (Southampton, Hampshire & IOW)** – For children and young people who need rapid early interventions due to adverse impact of COVID-19- (crisis support, reintegration into education, advice and support, groups, counselling) .
- **Emergency Department** - No Limits staff based in University Hospital Southampton and Queen Alexander Portsmouth ED. Supporting CYP across Hampshire who find themselves in ED. Referrals and signposting into specialist support.
- **Health & Well-being Drop In's** - Weekly sessions for children and young people based in schools & FE Colleges in Southampton and Hampshire

- **Young Carers** - Young Carers in Southampton is a project for children and young people aged 8-18 years whose lives are affected by caring for an unwell or disabled family member.
- **Social Prescribing** - Social prescribing aims to connect children and young people aged 13-25 years to community groups and statutory services for practical and emotional support.
- **Transition Support for Year 6/7** - No Limits are working in partnership with Youth Options to support individuals transitioning from primary to secondary school- group based support.
- **Community Support** - For young people aged 16 to 25, support with maintaining a tenancy, includes mediation and volunteer Homemakers
- **Safe Haven NE Hants and Farnham** – For young people aged 10-17. Offers out of hours emotional support for mental health.
- **Bright Beginnings** - Support for pregnant young people aged 17 to 25, matched with volunteer mentors for young parents.
- **Buzz** -For young people aged 11 to 16, outreach sessions, risks of and alternatives to substance use
- **Reach Out Support Group** – A 4-6-week face to face support group for survivors who have experienced abuse
- **Shine**- Women’s only support group for young women aged 18+
- **Gateway Navigators**: Partnership with the police supporting young people following first reprimand.
- **Help Us Move On**- A youth-led project that engages young people with lived experience as Social Justice Advocates for change within Southampton
- **Therapeutic groups** - Groups such as anger management and anxiety
- **Next Steps**- For young people aged 16-25 who have left, or will be leaving a Young Offenders Institute or Prison. Support with finding accommodation, benefit advice, budgeting and managing bills/debts, getting into education or employment, creating positive social networks and relationships, substance misuse, and/or to reduce the risk of re-offending.
- **Safehouse** - Supported youth group for young people 16-25 with mental health challenges
- **Teen Safehouse** - Supported youth group for young people 13-19 with mental health challenges
- **Space4U** - For children and young people in **Southampton** (up to 25) and **Isle of Wight** (11-17) who are experiencing difficulties with their mental health and who need access to instant emotional and practical support. Specialist staff available throughout all No Limits opening hours including three evenings and Saturday mornings Via Webchat.
- **Time4U** - Youth group for young people 11-18 with a learning disability / difficulty, referrals via the Buzz Network
- **Youth Affinity** - No Limits run support group for those on the Prince’s Trust Fairbridge Programme.
- **Youth Ambassadors** – Children & young people 11-25 who are keen to support the charity behind the scenes – Participation, Youth Forum, Workshops
- **Mental Health Youth Champions** – Working with MHST, schools and colleges in Southampton to train young people to become Mental Health Youth Champions.
- **Help For Parents** - Email for advice and support group
- **No Limits Trading** – sold services including workshops, training and delivery sessions. (Level 4 training providers in Youth Work and Award in Education) All profits go back into No Limits).

More information

- Phone: 02380 224224
- Email: enquiries@nolimitshelp.org.uk
- Website: www.nolimitshelp.org.uk
- Follow us: @nolimitshelp



Referral for 0-19 Integrated Early Help & Prevention Parenting, Training & Community Learning CoursesPlease complete and return form to eh&p.training@southampton.gov.uk stating course title in subject bar

Parents Name		Date of Birth	
Address		Tel Number	
		Parents Email Address	
Child's Name		Child's Date Of Birth	
Referral By		Agency	
		Email Address	
Date completed		Tel Number	
Learning History - please provide highest level qualification achieved (i.e. Level 2/GCSE 5 A-C)			
Privacy Notice			
Southampton City Council is collecting this information in order to perform this service or function, and if further information is needed in order to do so, you may be contacted using the details provided. In performing this service, the Council may be required to share your information with other organisations or departments, but it will only do so when it is necessary in order for the service to be provided.			
The Council may also share personal information for the purposes of the prevention, investigation, detection, or prosecution of criminal offences, but will not share personal information, or use it for this, or any other purpose, unless provided for by law.			
More detailed information about the Council's handling of your personal data can be found in its privacy policy, available online (http://www.southampton.gov.uk/privacy), or on request.			
Briefly outline support required			
Parents Consent			

Course Interest	Please enter the details of the advertised course you are referring this parent/family too.
Course Name:	Course Start Date:
Course Venue:	Course Start Time:

Do you require crèche places? Please provide details.				
Child's name	Date of birth			
Child's name	Date of birth			
Courses will be provided with crèche where possible.				
PLEASE NOTE: Filling in this form will <u>NOT</u> guarantee a place on this course, a member of the team will contact you and the learner to confirm their place prior to the start of the course.				
Additional needs / alerts / access requirements				
FOR EARLY HELP HUB COMPLETION ONLY	Date received		Decision (Y/N)	
Name of person receiving referral				
Course booked on				
Course details				
Informed referrer /allocated social worker or family engagement worker (Y/N & date)				
Summary of course outcome monitoring - evaluation / attendance / level of engagement / etc.				

SoCo Music Project



Southampton that uses

SoCo Music Project is a community music charity based in music to transform lives.

We develop and deliver music-making programmes based on an understanding of disadvantage and challenges that people face in their everyday lives. We work across the arts, education, youth and health sectors to develop meaningful activity and create strong partnerships. We are innovative and responsive, providing creative and sustainable solutions to challenges in society.

We aim to:

- Increase engagement
- Elevate and develop creativity
- Educate and provide life skills
- Empower communities

Our delivery programmes support; young people at risk of anti-social/offending behaviour; young people with Special Educational Needs/Disabilities, with a current focus on Early Years and Social Emotional and Mental Health; and vulnerable Adults who face challenges with Mental Health and/or substance misuse.

Why Music?

Music has the unique ability and power, when used sensitively and intuitively by experienced music leaders, to provide a release from anxiety that young people might be facing. A connection is created between the young person and facilitator that can form the foundation on which to begin to explore challenges and overcome anxieties. It provides mutuality in the relationship that underpins our work.

Musical engagement is a vital part of a young person's education and personal/social development. There exists extrinsic and intrinsic values of young people engaging with participatory music. Through proper interpretation and successful facilitation of expression through music, young people are empowered to engage in a way that's meaningful and accessible to them.

Our Music Interventions

Our music programmes are as diverse as our participants (including song writing, improvisation, drumming, urban genres, rapping and music tech) and they have impactful outcomes, such as improving wellbeing, reducing isolation, developing creativity and building strong communities. Through the COVID pandemic, we have successfully pivoted our delivery and support online, where face-to-face hasn't been possible. Paramount importance is placed on creating supportive, safe environments focussed on participant-centred music engagement, responding to individual needs, abilities and interests. Interventions provide transformative experiences supporting the musical and emotional development of children with SEN/D and/or SEMH needs. Our participant-centred approach always ensures that the participant influences and shapes music interventions, with their ideas and interests and the heart of sessions and their development. Our models centre on the social/emotional wellbeing of children, underpinned by Self Determination Theory and we are a Trauma informed organisation.

For more information contact marie@socomusicproject.org.uk / www.socomusicproject.org.uk



SOCO MUSIC PROJECT REFERAL FORM

Please provide as much detail as possible as it helps us assess whether the programme is appropriate for their needs and allows us to adjust our support as relevant for each young person.

YOUNG PERSONS DETAILS

Name:		Date of birth:
Address:		
Postcode:	Phone number:	
Email:	SOCO Programme being referred to:	

PARENT OR GUARDIAN DETAILS *(If different from the above)*

Name:		Date of birth:
Address:		
Postcode:	Phone number:	
Email:	Signature (For children under 18):	

REFERRAL AGENCY DETAILS

Referral agency:	Type of agency:
Name of worker :	Role of worker:
Address:	
Contact number:	Email:
Why do you wish to refer the young person to Soco music project:	

BACKGROUND DETAILS ABOUT THE YOUNG PERSON

Please give details of any known challenging behaviour and strategies you have found useful in recognizing triggers or dealing with such behaviour.

Does the young person have any other support needs :

Any other additional information:

Please complete this form and return to the Soco MusicTeam - Marie@socomusicproject.org.uk

GP / CONSULTANT LIST 1-17 — WEST

GPs		Dr Ramachandra	GPs		
Solent GP Surgery Adelaide Health Centre Western Community Hospital Campus William Macleod Way Southampton SO16 4XE Tel: 0300 123 6066 E-Mail SNHS.solentgpsurgery@nhs.net		Green, S Rosen, A Cotterill, A Engelke, C	Hill Lane Surgery 162 Hill Lane Southampton SO15 5DD Tel: 02380 223 086 E-Mail soccg.hilllanesurgery@nhs.net		Bentley, I S Shaw, K Keaney, M Smart, C Platt, S
Atherley House Surgery 143-145 Shirley Road Southampton SO15 3FH Tel: 02380 220 763 E-mail soccg.atherleyhousesurgery@nhs.net		Wallis, A Law, C Ahmed, S	Lordshill Health Centre Lordshill District Centre Lordshill Southampton SO16 8HY Tel: 02380 738 144 E-Mail soccg.lordshillhealthcentre.-111@nhs.net		Barnfield, M Potts, J Cordingley, K Dean, H Elhani, F Flett, J Martin, C
Brook House Surgery 98 Oakley Road, Shirley Park Southampton SO16 4NZ Tel: 02380 774 853 E-Mail soccg.brookhousesurgery@nhs.net		Simpson, R L Simpson, R M Cotterill, A (wef 01/06/15)	Shirley Avenue Surgery 1 Shirley Avenue Shirley Southampton SO15 5RP Tel: 8077 1356 E-Mail cheviotroad.edit@nhs.net		Stringfellow, M Mortimer, R Donnan, M Raafat, L Khan, H
Cheviot Road Surgery 1 Cheviot Road Millbrook, Southampton SO16 4AH Tel: 02380 773 174 E-Mail cheviotroad.edit@nhs.net		Kelpie, A G Patten, T J Whitehouse, W Boddeke, W Hattersley, M Hansford, K	Homeless HealthCare 30 Cranberry Avenue Southampton SO14 0LT Tel : 030 1233 991		
GPs		Dr Tom Schlich	GPs		
Aldermoor Surgery Aldermoor Close Southampton SO16 5ST Tel: 02380 241 000 E-Mail soccg.aldermoorsurgery@nhs.net		Obaidi, A Abdoulline, I Egbe, L Ford, A Trumpelmann, E Smith, C Hinks, N	Shirley Health Partnership Shirley Health Centre Grove Road, Shirley Southampton SO15 3UA Tel: 02380 783 611 E-Mail soccg.shirleyhealthpartnership@nhs.net		Ferguson, A Morgan, T Burgess, H Kumar, S Tang, E Faizi, S Fisher-Plum, N Bella, A Dickson, A El-Gohary, M Evans, S
Raymond Road Surgery 34 Raymond Road Upper Shirley Southampton SO15 5AL Tel: 02380 227 559 E-Mail soccg.raymondroadsurgery@nhs.net		Robinson, S Ganesan, B	Victor Street Surgery Victor Street, Shirley Southampton SO15 5SY Tel: 02380 706 919 E-Mail soccg.victorstreetsurgery@nhs.net		Gibson, D J K Rall, M H Birch, S J Jewson, T E Tongue, D Knapman, C Ward, P A'Court, S Mobley, D

WEST COMMUNITY MENTAL HEALTH TEAM
 Cannon House, Cannon Street, Shirley, Southampton SO15 5PQ
 Telephone: (023) 8087 8040

GP List East	LIVING WELL PARTNERSHIP - PINK
Dr Ben Quartsin 07785 652441	Dr Jothi Naidoo 07557 313678
Bitterne Surgery/West End Road Tel : 02380 449 162 Secure email : soccg.westendroadsurgery@nhs.net	Woolston Lodge Surgery/Hazeleigh Medical Centre Tel : 02380 446 733 / 02380 363567 Secure email : soccg.woolstonlodgesurgery@nhs.net
Thornhill Surgery Tel : 02380 448 380 Secure email : reception.westendroad@nhs.net	Spitfire Surgery Tel : 02380 420 467 Secure email : soccg.woolstonlodgesurgery@nhs.net
Bitterne Park Surgery Tel : 02380 676 809 Secure email : bitterne.park@nhs.net	Weston Lane Surgery Tel : 02380 449 913 / 02382 122 364 Secure email : docman.J82662@nhs.net
Peartree Practice (AKA Chessel Practice) Tel : 02380 443 377 Secure email : soccg.chesselpractice@nhs.net	Harefield Surgery Tel : 02380 472 816 Secure email : soccg.westonlanesurgery@nhs.net
Peartree Practice (AKA Bath Lodge Surgery) Tel : 02380 442 111 Secure email : soccg.bathlodgepractice@nhs.net	Ladies Walk Practice Tel 02380 462 492 Secure email : soccg.ladieswalkpractice@nhs.net
The Old Fire Station Surgery Tel : 02380 448 558 or 02380 446 468 Secure email : soccg.oldfirestationsurgery@nhs.net	Midanbury Surgery Tel : 02380 462 492 Secure email : soccg.ladieswalkpractice@nhs.net
St Peters Surgery Tel : 02380 438 397 Secure email : soccg.stpeterssurgery@nhs.net	Townhill Surgery Tel : 02380 472 232 Secure email : soccg.townhillsurgery@nhs.net Clinic Letters : Electronic.comms@nhs.net

CENTRAL COMMUNITY MENTAL HEALTH TEAM
College Keep, 4-12 Terminus Terrace, Southampton SO14 3DT
Telephone: (023) 8231 0726 sft.centralcommunityhteam@nhs.net

GP / CONSULTANT LIST 2-20 – CENTRAL

GPs – Dr David Dayson		GPs – Dr F Abdel-Rahman	
Solent GP Surgery 7 Belmont Road, Portswood Southampton SO17 2GD Tel: 0300 300 2020 SNHS.Solentgpsurgery@nhs.net	Amin, L Sheikh, S Regan, L Malmyha, S Thompson, R	Alma Medical Centre 68-70 Alma Road, Portswood Southampton SO14 6UX Tel: 02380 672 666 Fax: 8055 0972	Ord-Hume, G C Onyekwere, C U Jarmolowicz, J Hafeez, A Malaczynski, A
Solent GP Surgery Fanshawe Wing Royal South Hants Hospital Brintons Terrace Southampton SO14 0YG Tel: 0300 123 7651 Emergency No: 07788 581407 SNHS.Solentgpsurgery@nhs.net	Paynton, D Curtis, J Ahmed, S Ramanan, K Carter, K	SOCCG.Almamedicalcentre@nhs.net Burgess Road Surgery 357a Burgess Road, Swaythling Southampton SO16 3BD Tel: 02380 676 233 Fax: 8067 2909	Dave, B R Bhatt, H B Hall, A Silson, N Day, G Shetty, V
GPs - Dr Taiye Giwa		Mulberry Surgery 38 Highfield Road, Highfield Southampton SO17 1PJ Tel: 02380 554 549 soccg.mulberrysurgery@nhs.net	Amarapala, M Barnes, R Brett, S Sihota, K
Highfield Health 31 University Road, Highfield Southampton SO17 1BJ Tel: 02380 010 048 Fax: 8055 7036 SOCCG.highfieldhealth@nhs.net	Lowe, N Keech, P Lown, M	St Denys Surgery 7 St Denys Road, Portswood Southampton SO17 2GN Tel: 02380 554 161 soccg.stdenyssurgery@nhs.net	
St Mary's Surgery 1 Johnson Street, St Mary's Southampton SO14 1LT Tel: 02380 210 296 (Direct line) 02380 333778 soccg.stmaryssurgery@nhs.net	Reynolds, KV Hoghton, GBS Carrington, I Ah-Moye, K Mathews, M Malloch, F	Stoneham Lane Surgery City Gateway Parkville Road, Swaythling Southampton SO16 2JA Tel: 02380 555 776 SOCCG.stonehamlanegpsurgery@nhs.net	Halfpenny, S K Hamid, Y Greenfield, A D Robinson, N
Telephone House Surgery 70-75 High Street Southampton SO14 2NW Tel: 02380 233 767 Fax: 8038 1076		Walnut Tree Surgery 14 Carlton Road Southampton SO15 2HQ Tel: 02380 333 326 soccg.walnuttreesurgery@nhs.net	Goodall, P C A Lee, J Dryden, R Leung, C
University Health Service Building 48, University of Southampton Highfield Southampton SO17 1BJ Tel: 02380 557 531 soccg.universityhealthservice@nhs.net	James, C J Armstrong, S Edwards, M Bannister, S Wilson, H N		

0-19 Early Help and Prevention Service

Parenting & Community Learning Programme

We are pleased to be able to offer a range of parenting & community learning programmes as part of the 0-19 Early Help and Prevention service.

The advertisement of these courses will be via our 0-19 Early Help and Prevention Community Learning and Parenting leaflet and individual flyers for courses. These are widely distributed through our agency and community mailing lists and sent out to local community venues. Parents and professionals can access these training leaflets in all Sure Start centres. All courses are also available to see on the Sure Start Family Hub Southampton Facebook page.

Please note:

- There is not an ongoing waiting list for these training courses.
- Referrals **will only** be taken for advertised courses.
- Referrers need to assess & prioritise need & complete a referral form (attached) for the most appropriate course.
- Referrers will need to indicate which course they are referring to detailing **the date, venue and time** on the referral form. **Please do not indicate multiple courses on a single form.**
- Please give details of crèche places needed if crèche is being offered. Please note **not all courses will offer a crèche.**
- Please note that some courses have a **closing date** for referrals which will be adhered to.
- Please e-mail the referral form to eh&p.training@southampton.gov.uk
- Once the course has been advertised & the booking system opened, each referral will be considered and contacted. **Not all referrals will be guaranteed a place.**

Suggested Reading

There's a lot of evidence that using good quality self-help reading can be very effective in helping parents and carers understand their child's condition. These specially selected books and CDs are mostly aimed at parents or carers, but some are suitable for children too. For self-help reading to be the most beneficial it's important to make time to read the recommended books and try any of the suggested exercises.

These are just some suggestions and parents/carers and other professionals will have others they would recommend.

ADHD

- Step by step help for children with ADHD: A self-help manual for parents, *Cathy Laver-Bradbury et al*
- 100 Questions and Answers About Your Child's Attention Deficit Hyperactivity Disorder, *Ruth D Nass*
- Full of Beans, *Chris Wever*

Anxiety

- Getting through anxiety with CBT: a young person's guide *Ben Gurney-Smith*
- Helping your anxious child: a step-by-step guide for parents *Ronald M Rapee*
- Helping children cope with anxiety *Jill Eckersley*
- The school wobbles *Chris Wever*
- The panic book *Neil Phillips*
- Helping your Child with Fears and Worries, *Cathy Creswell and Lucy Willetts*
- Starving the anxiety gremlin, *Kate Collins-Donnelly*
- What to do when you worry too much: A kids guide to overcoming anxiety, *Dawn Huebner*

Autism Spectrum Condition

- Asperger's Syndrome: a guide for parents and professionals, *Tony Atwood*
- 1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders, *Ellen Notbohm and Veronica Zysk*
- Freaks, Geeks and Asperger Syndrome, *Luke Jackson*
- Parenting a Child with Asperger Syndrome: 200 Tips and Strategies, *Brenda Boyd*

Bereavement

- Talking with Children and Young People about Death and Dying: A workbook, *Mary Turner*

Depression

- Getting through Depression with CBT: a young person's guide, *Louise Dalton and Alice Farrington*
- Think Good, Feel Good: a behaviour therapy workbook for children and young people, *Paul Stallard*
- Starving the Depression Gremlin: A CBT Workbook, *Kate Collins-Donnelly*
- Behavioural Activation with Adolescents: A Clinicians Guide, *Elizabeth McCauley*

Eating Disorders

- Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers, *Janet Treasure*
- Anorexia and Bulimia in the Family - one parent's practical guide to recovery, *Grainne Smith*

Obsessive Compulsive Disorder

- Touch and Go Joe: an adolescent's experience of OCD, *Joe Wells*
- Up and Down the Worry Hill: a children's book about obsessive compulsive disorder and its treatment, *Aureen Pinta Wagner*
- The Secret Problem, *Chris Weaver*
- Breaking Free from OCD: A CBT guide for Young People and their Families, *Jo Derisley*
- Talking Back to OCD, *John S March and Christine Benton*

Self Harm

- What's the Harm: a book for young people who self-harm or self-injure, *Louis Arnold and Anne Magill*

Tourettes

- Tourette's Syndrome - A Practical Guide for Teachers, Parents and Carers, *Amber Carroll and Mary Robertson*

CDs for Anxiety and Low Self-Esteem

- | | |
|-------------------------------------|----------------|
| • A Children's Confidence CD | Glenn Harrold |
| • Learn how to think positively | Glenn Harrold |
| • Overcome fears and phobias | Glenn Harrold |
| • Develop a powerful memory | Glenn Harrold |
| • Build your self-esteem | Glenn Harrold |
| • Weight control | Glenn Harrold |
| • Complete relaxation | Glenn Harrold |
| • Self confidence | Glenn Harrold |
| • Successful relationships | Glenn Harrold |
| • Energy and motivation | Glenn Harrold |
| • Relax Kids: Sparkling meditations | Marneta Viegas |
| • Relax Kids: Super Heroes | Marneta Viegas |
| • Relax Kids: Nature | Marneta Viegas |
| • Relax Kids: Wizards | Marneta Viegas |
| • Relax Kids: Princesses | Marneta Viegas |

Apps

(Recommended on NHS App Library <https://www.nhs.uk/apps-library/filter/?categories=Mental%20health,Sleep>)

Be mindful

An online course to help reduce stress and anxiety using mindfulness-based cognitive therapy.
£30.00

Beat Panic

Overcome panic attacks and anxiety wherever you happen to be.
£0.99

Big white wall

Get around-the-clock support from a therapist to help you cope with stress and anxiety
Free

Calm harm

Reduce urges to self-harm and manage emotions in a more positive way.

Free

Catch it.

Learn to manage negative thoughts and look at problems differently.

Free

DistrACT.

Quick and discreet access to information and advice about self-harm and suicidal thoughts.

Free

eQuo0: emotional fitness game

use adventure games designed by psychologist to help you increase your emotional fitness.

Free, with In-app purchase.

Feeling good: positive mindset .

Use audio to help relax your body and mind and build your confidence

Free, with in-app purchase.

leso

Connect confidentiality and securely with mental health therapist using instant messaging.

Free in some areas

Meetwo

A safe and secure forum for teenagers wanting to discuss any issues affecting their lives

Free

My possible self: the mental health app

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking.

Free, with in-app purchase.

Sliver cloud

An eight- week course to help you manage stress, anxiety and depression at your own pace.

Free

Sleepio

An online sleep improvement programme, clinically proven to help you fall asleep faster.

Free in some areas.

Sleepstation

Connect with a team of sleep experts to help you fall asleep or stay asleep through the night.

Free with GP referral.

Stress and anxiety companion

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts.

Free, with In-app purchase.

Student health app

Reduce your worries, feel more confident and get the health information you need as a student.

Free.

Think ninja

Think ninja is an app that helps 10-18 year old learn about and manage their mental health.

Free during the coronavirus (Covid-19) crisis.

Thrive

use games to track your mood and teach yourself methods to take control of stress and anxiety.

Free

Worrytree

Notice, record and manage your worries using cognitive behavioural therapy techniques.

Free

Play Groups & Training

Family FUN & Games With City College

Play games & make games to take home, quiz & more. Helps improve, children's numeracy, listening skills & confidence

**To Book: Please call:
call Sure Start Thornhill
Tel: 02380 917633**

Make Bake & Take With Itchen College

Learn new skills with your children, while weighing, measuring ingredients & problem solving

**To Book:
For: Townhill Park session:
Please call Tel: 02380 915480**

**For: Clovelly session: please email:
familyhub@southampton.gov.uk**

Playdough Making With Itchen College

A great sensory activity while learning new skills with weighing & measuring the ingredients

**To book: Please call
Sure Start Weston
Tel: 02380 437866**

Stay & Play

Drop In for fun play activities in our playroom & gardens
Booking not required

Time 4 Play

Play activities & support for families of children with additional needs
Booking not required

SURE START

Speech Therapy Drop In Chatter Matters

Are you concerned about your child's speech & not already accessing the speech therapy service?

Pick up an information form from your health visitor, children's centre or call the speech therapy service. Bring your completed form with you to a Chatter Matters session & sign up for a 20-minute appointment with a speech therapist.

Sessions are limited to:
6 families per session
(Seen on a first come basis)
To families who live within the Southampton City Council Boundary or registered with a GP in the Southampton City Council Boundary
**For more information, please call the Speech Therapy Service:
Tel: 0300 300 2019**

Visit Our New

"Sure Start Family Hub" Website:
For what's on training & more
<https://www.southampton.gov.uk/health-social-care/children/family-hubs/>

Support Groups

Breastfeeding Support

Breastfeeding support & advice from a breastfeeding network counsellor & peer support

Booking not required

Stepping Stones Support Ashby Centre

Monday 1-2.30pm

Play workers offer a 6-week group of play, support, and confidence building for families with social anxieties or behaviour issues.

To book: Tel: 02380 540135

Book & Toy Libraries

Toy Library:

Sure Start Clovelly:
Sure Start Weston

Book & Toy Library:

Pickles Coppice
Please call for more information

Safeguarding

If you are worried a child may be at risk of abuse, harm, or neglect
Please call:

Childrens Resource Services
Tel: 02380 833004
Or in an emergency please
Dial 999

Venue Address & Contact Number

Ashby Centre: Stratton Road, Shirley, SO15 5QZ	Tel: 02380 540135
Pickles Coppice: 65 Windermere Ave, SO16 9QX	Tel: 02380 540135
Sure Start Clovelly: 60-68 Clovelly Road, SO14 0AU	Tel: 02380 331635
Sure Start Northam: Kent Street, SO14 5SP	Tel: 02380 331635
Sure Start Townhill Park: Cutbush Lane, SO18 2GF	Tel: 02380 915480
Sure Start Thornhill: Byron Road, SO19 6FH	Tel: 02380 917633
Sure Start Swaythling: Honeysuckle Road, SO16 3BZ	Tel: 02380 833552
Sure Start Weston: Foxcott Close, SO19 9JQ	Tel: 02380 437866

Health Visiting Team/Baby Weighing

To speak to the health visiting team & to book a baby weighing appointment: Please call: 0300 123 6661



Incredible Babies

Looks at a range of issues around the care and support that babies require, as well as providing advice on the promotion of their physical, emotional, social and language development. It also teaches you how to observe and read your baby's cues as well as learning ways to provide nurturing and responsive care including physical, tactile, and visual stimulation together with verbal communication.

For more information & to book your place: Contact Lauren Paynter:

Tel: 02380 915480

Email:

lauren.paynter@southampton.gov.uk

Understanding Behaviour

The aim of this short workshop is to provide a safe, non-judgmental environment for parents to discuss & explore their children's behavior.

- Understand why our children behave the way they do.
- Helps to empower parents to understand behaviours & feel motivated to respond in a more positive way.

For more information & to book your place: Contact Lauren Paynter:

Tel: 02380 915480

Email:

lauren.paynter@southampton.gov.uk

Course information & how to book your place, including venue

NVR (Non-Violent Resistance)

For parents/ carers with a child over 7 years of age who exhibits controlling or violent behaviours. This can include withdrawing from the relationship, isolating or hurting themselves as well as becoming outwardly angry and verbally and physically aggressive.

The course may be especially helpful for families who have tried other parenting methods and find they need a different approach.

The course will teach specific strategies using the concept of peaceful protest.

For more information & to book your place: Contact Lauren Paynter:

Tel: 02380 915480

Email:

lauren.paynter@southampton.gov.uk

Living With Teenagers

The Living with Teenagers Course is aimed at parents in Southampton who have one or more children between the ages of 11- 16 years.

The course content includes:

- Managing risk
- Family meetings
- Exploring what it is like to be a teenager today
- Parental wellbeing
- Listening and communication styles
- Expressing and acknowledging feelings
- Privilege removal
- Household rules
- Discipline

For more information & to book your place: Contact Donna Bowen:

Tel: 02380 540135

Email:

donna.bowen@southampton.gov.uk

Being A Parent

For parent/carers of children aged 2-11 years.

Learn practical communication skills to enable our children to be confident, happy and co-operative.

Includes:

- Discipline strategies
- Feelings
- Communication
- Understanding behaviour
- Valuing your children
- Non-directive play - special time

For more information & to book your place: Contact Donna Bowen:

Tel: 02380 540135

Email:

donna.bowen@southampton.gov.uk

Incredible Years

Incredible Years Programme aims to:

- Promote positive parenting
- Support parent-child relationships
- Increase use of positive strategies to enhance children's positive behaviours, including play, praise and rewards.

For more information & to book your place: Contact Lauren Paynter:

Tel: 02380 915480

Email:

lauren.paynter@southampton.gov.uk

Venue Address

Ashby Centre: Stratton Road, Shirley, SO15 5QZ

Sure Start Clovelly: 60-68 Clovelly Road, SO14 0AU

Sure Start Thornhill: Byron Road, Thornhill, SO19 6FH

Sure Start Swaythling: Honeysuckle Road, SO16 3BZ

Sure Start Weston: Foxcott Close, SO19 9JQ

Swaythling School: Mayfield Road, SO17 3SZ

Other venues to be confirmed.



University Hospital Southampton



Solent



Families Matter Southampton



SOUTHAMPTON CITY COUNCIL



SOUTHAMPTON CHILDREN & YOUNG PEOPLE'S ALLIANCE



Southampton City Clinical Commissioning Group





Supporting parents, carers and families of children / young people with Autism.

Who we are?

We provide support, guidance and advocacy for families with children/young people (4-18) with a suspected/diagnosis of Autism.

What we do:

- * Assign Autism family support workers
- * Diagnosis support (*Pre, during, post*)
- * School advocacy/representation
- * Parental EHCP application support
- * Benefit & housing support
- * Social care support
- * Life skills workshops
- * School absence support & confidence building sessions.
- * Autism workshops
- * Support groups
- * Courses-life skills, cooking, Autism ect
- * Autism friendly SEN sessions at Injoy
- * Some school drop-in groups
- * Peer - peer pairing

How?

- ◆ Refer via our website
- ◆ Join our closed Facebook group
- ◆ Like our Facebook professionals information page
- ◆ Phone or text
- ◆ Send us an email

Why?

Our volunteers have both personal and professional experience. Due to this, we know what you are going through or can relate in some way. We understand how overwhelming it is to navigate through the Autism journey.

We set up SASS to help families through the Autism Journey and challenges it comes with. We are completely self-funded so support on a non-bias platform.

Breakdown of our service

Autism Support Workers

Our one-one service assesses the family's overall need. We are completely parent led, meaning we will let the family dictate the help they receive and advise, as necessary. We break down each need and prioritise them.

Such as:

- * Advice and guidance -Through the diagnostic process, entitlements, emotional support, schooling, EHCP's, social care and housing.
- * Advocacy - Support in understanding your rights and having your voice heard at meetings with School, CAMHS, Police, Social care, housing.
- * Signposting – Informing families of relevant services within the local area.
- * Form filling—Benefits, applications, assessments

Where?

We have Adult & children's groups and one to one session's at Injoy Activity centre.

We also have support Drop ins in some school around the city please email us if you would like to know where the nearest one is to you. Or we can come to you!

www.southamptonautismsupportservice.com

Facebook Southampton Autism Support Service (closed group)

Email: Southamptonautismservice@gmail.com

Tel: 07306411022

CIC Number: 13296379



Who we are?

We are a Southampton based Autism support service.

We provide support, guidance and advocacy for families with children/young people (4-18) with a suspected/diagnosis of Autism.

We are all volunteers with both, personal and professional experience.

What we do:

- Assign Autism family support workers
- Diagnosis support
(Pre, during, post)
- School advocacy/representation
- * Parental EHCP application support
- * Benefit & housing support
- * Social care support
- * Life skills workshops
- * School absence support & confidence building sessions.
- * Autism workshops
- * Support groups
- * Peer - peer pairing

Our aim!

"To empower our families to be heard and reduce isolation.

To promote understanding and acceptance around everything Autism

To build a bridge for minorities to access support such as B.A.M.E LGBTQ+ and men in the community"

What do our families think? One-one quotes.

"Thank you for all of your support, a lot has been achieved in the couple of weeks, more than what we have achieved in six months."

Support Group online and face to face

"I feel that the support I'm getting is fantastic I'm a mum of 2 autistic boys. SASS helped me to understand things in a way that makes sense she helped me to talk to the right people in that situation I'm very lucky to have the support that I have".

"I feel that the support I'm getting is fantastic! I'm a mum of 2 autistic boys. SASS are always welcoming to the new members of the group's and the Facebook page. They have excellent knowledge of ASD and support you around all areas. As a group they have relevant guest speakers and have knowledge of the CAMHS services. They are approachable whether that be by message or in person. when I have situations that I need help with they do not judge but give advice and usually practical advice. They never make you feel silly for asking for help or support."



www.southamptonautismsupportservice.com

Facebook Southampton Autism Support Service
(closed group)

Email: Southamptonautismservice@gmail.com

Tel: 07306411022 or 07305584322

CIC 13296379



*"You are not alone,
give them some SASS"*

Supporting parents, carers and families of children / young people with Autism.



Breakdown of our service

Autism Support Workers

Our one-one service assesses your families overall need. We are completely parent led, meaning we will let the family dictate the help they receive and advise as necessary. We break down each need and prioritise them.

This includes:

- ◆ Advice and guidance -Through the diagnostic process, entitlements, emotional support, schooling, EHCP's, social care and housing.
- ◆ Advocacy - Support in understanding your rights and having your voice heard at meetings with School, CAMHS, Police, Social care, housing.
- ◆ Signposting – Informing families of relevant services within the local area.
- ◆ Form filling—Benefits, applications, assessments

We are currently offering the 1-1 service via phone, message, email, zoom or face to face.



Family support group

This is an opportunity for parent/carers and children/young people to meet with others who can understand, relate, and share experiences. This is a chance to give/receive peer support and advice. We hold group meetings on Zoom and face to face on a regular basis. To find out when our next session is please look on our Facebook page, website, or call. We often have professional speakers join us to give specific advice around Autism and support in Southampton. Helping strengthening knowledge around Autism.



We are excited to be given an opportunity to partner with Injoy in Ocean village. They have provided us with a base giving us opportunities to pursue projects for our families. This includes, life skills, sensory sessions, one – one, support groups as well as access to the entertainment SEN days and a discount for our families.



How?

- ◆ Contact us via our web chat on our website
- ◆ Refer via our website
- ◆ Join our closed Facebook group
- ◆ Like our Facebook page
- ◆ Phone or text us ◆ Send us an email

Why?

Our volunteers have both personal and professional experience. Due to this it means we know what you are going through or can relate in some way. We understand how overwhelming it is to navigate through the Autism journey.

We set up SASS to help families through the Autism struggle. We are completely self-funded so support on a non-bias platform.

ALSO...

Our Facebook support group is a closed group for parent/ carers/ family members. We do not allow access to professionals so it is a safe space where you can post anonymously or as yourself in a non-judgemental environment!

If you are a professional, then there is also a Facebook page for you!

This is a page to access any information up and coming or general information about our service.

We are always looking for volunteers to join our team, just contact us via email.

If you would like to donate or fundraise, please email us.

Specialist CAMHS Referral Criteria: Southampton City (Solent West)

Specialist CAMHS services offer support and intervention to children/young people between the ages of 5-18 years who meet the criteria laid out in the table below. Considerations will be given to the level of risk, duration and context of the presenting symptoms/ difficulties and the overall impact on the child/ young person.

IMPACT: The emotional health and wellbeing difficulties need to have noticeable and substantial impact on a number of areas of functioning e.g., home, school, work.

DURATION: Where the child/ young person has reported symptoms for less than 3 months, an intervention or targeted service should be tried first. This may include advice or consultation from CAMHS. Where a child/ young person's symptoms persist beyond this time and/or they are non-responsive to first line intervention e.g school or universal service, a referral to CAMHS should be considered.

CONTEXT: Consideration will be made to complex and/or systemic risk factors such as parental mental health, history of abuse, family disruption, care status and so on. Understandable or time limited reaction to external stresses e.g. bereavement, family breakdown, physical illness, issues of bullying, and young people with neurodevelopmental concerns their behaviour/ presentation is understood within the context of the child's current diagnosis should be addressed in universal or targeted services.

Anyone can make a referral to the CAMHS West team and we particularly welcome self-referrals from parents/carers and young people. Referral forms can be requested by contacting the team on 023 8103 0061 (CAMHS Direct Line) or 0300 123 6661 and asking for the CAMHS West team. Alternatively email the team at SNHS.CAMHSWestNewReferrals@nhs.net

Completed referral forms can be sent back via this email address or posted to; CAMHS West SPA Team, Child and family Services, 2nd Floor Horizon, Western Community Hospital Site, William Macleod Way, Millbrook, Southampton, SO16 4XE.

Standard opening hours for the service are 9:00 – 5:00, Monday to Friday.

Quick Links to Referral Criteria by presenting problem – click on text

1. Attention Deficit Hyperactivity Disorder (ADHD)	6. Eating Disorders	11. Psychosis
2. Autistic Spectrum Condition (ASC)	7. Family/ Parent Difficulties	12. School/ College Refusal
3. Anxiety Disorders Inclusive of Obsessional Compulsive Disorder (OCD) and Panic Disorders.	8. Gender Identity	13. Somatoform Disorders (also known as Psycho-somatic Disorders)
4. Bereavement	9. Overdose	14. Self-harm
5. Depression/ Low mood	10. Tourette's and Tics	15. Substance Misuse

Useful Links

[CAMHS Referral Form](#)

No.	Presenting Problem	Description	Referral Route
1.	Attention Deficit Hyperactivity Disorder (ADHD)	Mild to Moderate symptoms of inattention, hyperactivity and impulsivity.	<p>Initial route to community support agencies for parenting support and school based interventions from Special Educational Needs Co-ordinator (SENCO), Emotional Literacy Support Assistant (ELSA) and Educational Psychologist as appropriate.</p> <p>All above interventions should be accessed through individuals own school.</p> <p>Referral to Specialist CAMHS following these interventions if no change has occurred and symptoms continue to significantly impact upon the level of risk and/or functioning.</p>
2.	Autistic Spectrum Condition (ASC)	Symptoms suggestive of ASC should be referred via the appropriate referral routes.	<p>Use the following referral routes:</p> <p>Autism Assessment Service</p>

No.	Presenting Problem	Description	Referral Route
		<p>The Solent Children’s Autism Assessment Service is the service for Autism Assessments in Southampton. CAMHS is not the referral route for ASC assessments in the City.</p> <p>Autism Hampshire are the service for pre and post diagnosis autism focussed support.</p> <p>Presentation of mental health needs in addition to ASC may be referred into CAMHS based upon severity and level of impact upon risk and functioning.</p>	<ul style="list-style-type: none"> • The Solent NHS Trust Autism Assessment Service delivers autism assessments for children and young people between the ages of 5 – 18 (up to 18th birthday) • Referrals for assessment are preferred from professionals who know the child and family well, especially education settings, but referrals from GP’s, or other professionals outside of the child’s school setting will also be accepted • Self-referrals can be made by parents/carers especially where a child is not in school • Every referral is triaged by the assessment team to ensure there is sufficient evidence of need to proceed with an assessment for autism • It should be noted that this service is an assessment service only and does not monitor other areas of need such as risk, safeguarding concerns or other unmet health needs • As part of the triage process the service will advise parents/carers of other support services that may be more appropriate to their needs and which they can access without a formal diagnosis of autism having been made • All referrals for consideration for assessment must be made using the service’s referral form and emailed to the service via snhs.autismsouthampton@nhs.net • For further information or any queries please call 0300 123 6661 and ask to speak with the Autism Assessment Service or email at snhs.autismsouthampton@nhs.net • Children under the age of 5 should be referred to the Community Paediatric Team who will assess the child’s global development alongside considering if a diagnosis of autism is indicated, referrals to that service can be made via snhs.CPMSwest@nhs.net

No.	Presenting Problem	Description	Referral Route
			Referral to Specialist CAMHS if mental health presentation is significantly impacting upon the level of risk and functioning
3.	Anxiety Disorders Inclusive of Obsessional Compulsive Disorder (OCD) and Panic Disorders.	<p>Many young people will experience anxiety. Levels of impairment will determine whether Specialist CAMHS is required or whether additional support within school and from community counselling services is most appropriate.</p> <p>If anxiety is significantly impacting the school, home and social environment and other interventions have been tried and/or if there is a dramatic and sudden deterioration then a referral to Specialist CAMHS is indicated.</p>	<p>Initially access community counselling services or school based counsellors/ pastoral care workers.</p> <p>No Limits Counselling</p> <p>Phone: 02380 224 224 Email: enquiries@nolimitshelp.org.uk : https://nolimitshelp.org.uk/get-help/health-wellbeing/counselling/</p>
4.	Bereavement	Grief response following the loss of a family member or friend. Child/ young person may be experiencing significant levels of distress.	<p>Initial referrals to be made to local bereavement services. Services detailed in the local directories and below.</p> <p>Winston's Wish</p> <p>Winston's Wish is a bereavement agency for children and young people aged 6-18 who have lost a close one or who are grieving. They offer practical support and guidance to families' children and to young people to live with their grief.</p> <p>Winstons Wish offers an online chat to help a person talk about their grief</p>

No.	Presenting Problem	Description	Referral Route
			<p>For further information then please call 08452 030405 or access their website www.winstonswish.org.uk</p> <p>Simons Says- Child Bereavement Support</p> <p>Offer support for young people up to the age of 18 when a significant person in their life is dying or has died. They offer information and advice, run a telephone support line and host monthly age appropriate support groups.</p> <p>For further information then please call 01794 323 934 or access their website www.simonsays.org.uk</p> <p>CRUSE Bereavement Centre</p> <p>Offer support, advice and information to children, young people and adults when someone dies.</p> <p>Contact the team on 023 8077 4900 or their national helpline 0808 808 1677</p> <p>Email: southhampshire@cruse.org.uk</p> <p>Referrals to specialist CAMHS to be considered following interventions from bereavement services and if level of distress in child is having significant impact upon level of risk and/or functioning and mental health.</p>

No.	Presenting Problem	Description	Referral Route
5.	Depression/ Low mood	Low mood is persistent and symptoms are impacting upon daily living e.g. tearfulness, poor sleep and reduced appetite.	<p>If mild to moderate than community counselling (02380 224 224, enquiries@nolimitshelp.org.uk, https://nolimitshelp.org.uk/get-help/health-wellbeing/counselling/ or school counsellor should be accessed in the first instance.</p> <p>Severe depression which is having a significant impact upon an individual's risk and functioning should be referred to Specialist CAMHS.</p>
6.	Eating Disorders	<p>To include:</p> <ul style="list-style-type: none"> • Bulimia • Anorexia Nervosa • Other specific feeding and eating disorders (OSFED) 	<p>Early referral to Specialist CAMHS, ideally from GP so a physical health check can be carried out.</p> <p>Information to be included in referral:</p> <ul style="list-style-type: none"> • Current weight and height • History of recorded weights • Current blood pressure • Clarify eating history including vomiting and exercise. • Any physical symptoms e.g headaches, chest pain, dizziness etc.
7.	Family/ Parent Difficulties	Family conflict and or cultures which arise in emotional and behaviour difficulties for the child/ young person.	Social care and Universal services should be accessed. These include parent support services, children's centres and mediation services.

No.	Presenting Problem	Description	Referral Route
		Where there is evidence of family difficulties significantly impacting upon a child/young person's mental health then referrers are advised to contact Specialist CAMHS for an initial discussion on whether a referral would be appropriate.	Specialist CAMHS will not accept referrals for young people whose emotional and behavioural difficulties arise from ongoing family issues.
8.	Gender Identity	<p>Young person presenting with persistent and significant emotional and psychological distress regarding their biological sex e.g. they may express long standing distress related to feeling they are a boy in a girl's body.</p> <p>This is not about sexual orientation or about young people who do not conform to gender norms.</p>	<p>Referrals to Gender Identity Development Service (GIDS) https://gids.nhs.uk can be made directly by health, social care, and education professionals including GP.</p> <p>Yellow Door run a Gender Dysphoria Therapeutic Group for young people aged 12-18 who are experiencing social or psychological difficulties relating to these issues. To make a referral or to find out more about this service please contact Yellow Door Tel: 023 8063 6312, email: info@yellowdoor.org.uk or go online https://yellowdoor.org.uk</p> <p>Where there is evidence of gender identity concerns significantly impacting upon a child/young person's mental health, liaison with CAMHS is advised to discuss referral.</p>
9.	Overdose	Send directly to Emergency Department.	Immediate referral to hospital for medical treatment.
10.	Psychosis	Young person engaging in bizarre behaviour, reporting hearing voices and/or hallucinations/Delusions.	<p>Early referral to Specialist CAMHS if the child/ young person is under the age of 14.</p> <p>Referral to Early Intervention Psychosis Team (EIP) if first presenting episode and the young person is 14 years or older. South Team (Southampton) 02380 878040/07775 535109</p>

No.	Presenting Problem	Description	Referral Route
11.	School/ College Refusal	<p>Young people who are persistent non-attenders at school will primarily access interventions initially from the local education authority.</p> <p>Where there is concern that the nonattendance is due to a mental health problem this may be evidenced by high levels of distress displayed by the young person at attending school and/or significant levels of anxiety demonstrated which is preventing attendance.</p>	<p>In the first instance we recommend education services should access additional support from Education Welfare and Educational Psychology Services as appropriate.</p> <p>Schools to consult with CAMHS team for advice and consideration of referral to Specialist CAMHS or other appropriate Service.</p>
12.	Somatoform Disorders (also known as Psychosomatic Disorders)	<p>A child/young person who is experiencing persistent physical symptoms, initial referral to a paediatric service is recommended.</p> <p>Where this is having a significant adverse impact on the child's normal functioning for long periods of time and an organic cause has been excluded, a referral to CAMHS could be considered.</p> <p>Chronic physical illness would not be a reason for referral to CAMHS on its own. However, where this coexists with significant impact on mental health and</p>	<p>Referral to UHS Paediatric services, who will refer to CAMHS following the exclusion of physical causes, if considered appropriate.</p>

No.	Presenting Problem	Description	Referral Route
		affects all areas of life, a referral to CAMHS may be appropriate after consultation.	
13.	Self-harm	Self-harm describes any behaviour where someone causes harm to themselves, usually as a way to help cope with difficult or distressing thoughts and feelings.	<p>Referrals should be made to local community CAMHS provisions, such as No limits 02380 224 224, enquiries@nolimitshelp.org.uk, : https://nolimitshelp.org.uk/get-help/health-wellbeing/counselling/, School ELSAs, Emotional Wellbeing Practitioners in schools etc.</p> <p>Referrers are encouraged to contact their local specialist CAMHS team if self-harm is accompanied by significant impact on mental health which effects risk and functioning to discuss whether referral is appropriate to community CAMHS provisions or the Specialist CAMHS Team.</p>
14.	Substance Misuse	Drug or alcohol misuse.	<p>Refer to specialist misuse services, DASH, via No Limits, 02380 224224</p> <p>https://nolimitshelp.org.uk/get-help/health-wellbeing/drugs-and-alcohol/</p>
15.	Tourette's and Tics	The majority of tic disorders, including Tourette's, need little intervention. Psycho-education is often helpful and can be found at https://www.tourettes-action.org.uk/	Referrals to be made to CAMHS in cases where the tic disorder is severely impacting on functioning.

No.	Presenting Problem	Description	Referral Route
		In cases where the impact on functioning is significant and in multiple areas, a referral to CAMHS should be considered.	
16.	Trauma and Complex Trauma	Child/ Young person displaying symptoms of hyper vigilance, flashbacks and/or marked levels of distress.	<p>Contact CAMHS for advice and consideration of referral to specialist CAMHS or other appropriate service.</p> <p>For trauma related to domestic violence or sexual abuse, Yellow Door offer a range of psycho-educational, support, advocacy and therapeutic interventions. For more information and/or to make a referral go to https://yellowdoor.org.uk or tel: 02380 636312.</p>

Patients with Southampton City Centre and City West GPs

Postcodes SO14, 15, 16 and 17 send to:

Adelaide Health Centre, Western Community Hospital, William Macleod Way, Southampton,
SO16 4XE

023 80716635/36

Patients with Southampton City East GPs

Postcodes SO18, 19, SO30 & 31 (Part) send to:

Adelaide Health Centre, Western Community Hospital, William Macleod Way, Southampton,
SO16 4XE

023 8042 6344

Patients with Portsmouth City GPs

Battenburg Child Development Centre, Battenburg Ave, Portsmouth, PO2 0TA

02392 685440

Patients with Fareham and Gosport GPs

Unit A4, Alpha Court, Segensworth Business Centre, Fareham PO15 5RQ

01489 554 900

Patients with Havant and Petersfield GPs

The Old Gymnasium, Fort Southwick, James Callaghan Drive, Fareham, PO17 6AR

02392 224 535/ 02392 224 538 /02392 224 539

CAMHS Referral Form

Email* completed referrals to SNHS.CAMHSWestNewReferrals@nhs.net



Consultation line – 023 81030061 (Triage Team)

If an urgent referral, please contact us on the above number– We accept referrals and self-referrals over the telephone via our Duty or Triage Team

***Disclaimer:** Please be aware that sending by email from iCloud, Gmail, Hotmail, Live, Yahoo or other private email accounts to NHS.net is not secure. If you would prefer to send the referral form via post please send it to the relevant postal address given at the end of the document

Child & Adolescent Mental Health Service – Referral Form		
Young Person Details		
Forename	Surname	
Also known as...	Date of Birth	
Preferred pronoun He/Him She/Her They/Them	NHS No.	
Address at which the child/young person is currently living		Landline / home telephone number
Child/young person mobile number	Parent's/Carer's mobile number	
Is the Child / Young Person: (tick all that apply) –		
<input type="checkbox"/> Living with parents	<input type="checkbox"/> Living with relatives	<input type="checkbox"/> Other (please state)
<input type="checkbox"/> Child Looked After	<input type="checkbox"/> Subject to a Child Protection Plan	<input type="checkbox"/> Adopted
First language:	Interpreter required? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, which language?	

<p>Does the child/young person identify themselves to be transgender?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Sexual orientation: Gender (please give details)</p> <p><input type="checkbox"/> Heterosexual <input type="checkbox"/> Gay</p> <p><input type="checkbox"/> Lesbian <input type="checkbox"/> Bisexual <input type="checkbox"/> Prefer not to say</p> <p><input type="checkbox"/> Other</p>		
<p>Does the child / young person have a disability?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If Yes, Please specify:</p>	<p>Does the child / young person have a</p> <p>Visual impairment <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Hearing impairment <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Is the child / young person a Young Carer?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>Name of GP</p>		<p>GP surgery name</p>	
<p>GP surgery telephone number and email address</p>		<p>GP surgery address:</p>	
<p>Ethnicity</p> <p><input type="checkbox"/> Indian</p> <p><input type="checkbox"/> Any other Asian background</p> <p><input type="checkbox"/> Arab</p>	<p><input type="checkbox"/> White British</p> <p><input type="checkbox"/> White and Black Caribbean</p> <p><input type="checkbox"/> Pakistani</p> <p><input type="checkbox"/> African</p> <p><input type="checkbox"/> Any other ethnic group – please state</p>	<p><input type="checkbox"/> Irish</p> <p><input type="checkbox"/> White and Black African</p> <p><input type="checkbox"/> Chinese</p> <p><input type="checkbox"/> Caribbean</p>	<p><input type="checkbox"/> Gypsy or Irish Traveller</p> <p><input type="checkbox"/> White and Asian</p> <p><input type="checkbox"/> Bangladeshi</p> <p><input type="checkbox"/> Other Black/Caribbean/African Background</p>
<p><input type="checkbox"/> Any other mixed / multiple ethnic background – please state</p>			
<p>Religion</p>	<p><input type="checkbox"/> Agnostic <input type="checkbox"/> Atheist <input type="checkbox"/> Baha’l <input type="checkbox"/> Buddhist <input type="checkbox"/> Chinese (Taoist / Confucian)</p> <p><input type="checkbox"/> Christian <input type="checkbox"/> Hindu <input type="checkbox"/> Humanist <input type="checkbox"/> Japanese (Shinto)</p> <p><input type="checkbox"/> Jewish <input type="checkbox"/> Jainism</p> <p><input type="checkbox"/> Muslim <input type="checkbox"/> Pagan <input type="checkbox"/> Rastafarian <input type="checkbox"/> Sikh <input type="checkbox"/> Spiritualist</p> <p><input type="checkbox"/> Do not wish to disclose <input type="checkbox"/> Other <input type="checkbox"/> None</p>		

PARENT/CARER DETAILS			
Who holds parental responsibility for the child /young person?			
Forename:		Surname:	
Parent/Carers preferred pronoun			
He/Him			
She/Her			
They/Them			
Relationship:		Telephone number:	
Address:			
Forename:	Surname:		
Relationship:	Telephone number:		
Address:			
NAME OF ALLOCATED SOCIAL WORKER OR FAMILY ENGAGEMENT WORKER:			
Address			

Telephone	
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EDUCATION / NOT IN EDUCATION (NEET)

Name of School/College:	School/College address and telephone number:
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Home School/Tutor:	Please give details:
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EDUCATION

Name of School/College:	School/College address and telephone number:
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MENTAL HEALTH NEEDS AND CONCERNS

Reasons for Referral –

Please state nature of mental health difficulties, onset, frequency and duration, current presenting risk, interventions tried, impact on child and family, impact on education, and any relevant medical history:

Please comment on any significant life events or any difficulties in the child/YP's history e.g. parental relationship breakdown, domestic violence, sexual abuse

Known to previous or current CAMHs service? Yes No

If yes please give name/address of CAMHs service

What services have been accessed already and what has been the impact?

Expectations of Family/YP/Child/Carer:

(What would you like to happen as a result of this referral? What is your best outcome?)

Young Person's view of the referral and their strengths:

Results of the Young Person's physical check: Satisfactory Unsatisfactory

Height		Hearing	
Weight		Eyesight	
Blood Pressure		Medications	

Pulse			
Cardiovascular Check		Other Diagnoses	

Blood Results:

SAFEGUARDING

Please tick all relevant boxes and include information below:

Adult concerns: Historical or current parental/carer mental health:		Safeguarding children/young people concerns: (to include impact of substance misuse, domestic abuse, mental health, sexual exploitation etc Current concerns:	
Historical or current Domestic Abuse:		Risk factors:	
Historical or current Substance Misuse (including partner or significant other in household):		Protective factors/strengths	
Historical or current involvement from Adult Social/Safeguarding Team		Impact on Child/YP and others?	
Parental capacity to manage risk:			
		Current plan and actions	

Are there any concerns relating to food/weight/suspected eating disorder? Yes No If Yes, please provide details :

(current height, weight, history of weight loss, physical symptoms, current eating pattern and behaviours)

REFERRER DETAILS

Name	Name	Name	
Address			
Post Code:		Post Code:	Post Code:
Date of Referral	Date of Referral	Date of Referral	

REFERRAL CONSENT (Referral must be discussed with the young person before submission)

REFERRAL CONSENT (Referral must be discussed with the young person before submission)

Does the Parent/Carer know about the referral?	Yes	No	
Does the Parent/Carer consent to the referral?	Yes	No	
Does the Child/Young Person know about the referral?	Yes	No	
Does the Child/Young Person consent to the referral?	Yes	No	
Do we have your permission to share information with any other family member?	Yes	No	
Do we have permission to send text messages/text message appointment reminders?	Yes	No	If Yes, please write the mobile phone number here:
Has consent been discussed/agreed for CAMHS to contact Children's services, education and/or any other agency that are working with the family?	Yes	No	

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FORWARDING CONSENT		If no, please give reason	
Does the Child/Young Person/Carer give consent to forward the referral to the appropriate external agency e.g. Children’s Services, Education, Voluntary sector?	Yes	No	

Signed.....	Date.....
Title Role:	

Postal address for referrals:

CAMHS West SPA Team
 Child and Family Services
 1st Floor Horizon
 Western Community Hospital Campus
 William Macleod Way
 Millbrook
 Southampton
 SO16 4XE



SCM Basics Bank - emergency food and clothes banks

We work with our referral agents to provide emergency food and clothes for those who fall through the gaps in the benefit net, or who are facing financial hardship due to some sort of crisis. Almost all of our food and clothes are donated by churches, schools, the public and businesses. We sort, store and make it available to our service users at various venues around the City on different days of the week.

Who to contact	
Contact Name	Dave Osborne
Contact Position	SCM Basics Bank Manager
Telephone	023 8055 0435
E-mail	office@southamptoncitymission.co.uk
Website	Southampton City Mission
Social Media	Facebook Twitter
Charity number	1162099

Notes:

You can speak to our Basics Bank Supervisors on the Basics Bank mobile 07929 641755 Mon-Fri 10am-3pm.

To speak to the SCM Basics Bank Manager, please call 07793 001939, Mon - Thurs 8am-3pm

Where to go

Southampton

Children's Centre Areas

Notes

Please see the [Venues page](#) of our website for opening times and locations of our venues.

We do not give out food or clothes from our office in Millbrook.

All venues open 10am-3pm

Monday	Tuesday	Wednesday	Thursday	Friday
Food – Above Bar Church, Ogle Road, SO14 7FE	Food – St Mary's Church, St Monica Road, Sholing, SO19 8ES	Food – Old Chemist, Bitterne Triangle, SO18 1NP	Food – Shirley Baptist Church, The Carey Hall, Church Street, Shirley, SO15 5LG	Food – Lordshill Church, Lordshill District Centre, SO16 8HY
		Clothes - Ascension Church, 1 Thorold Road, Bitterne Park, SO18 1HZ		

Other Details

Availability

Referral required : Yes

Referral Details

To register as a referral agent, please visit the [referral agents page](#) of our website.

Any Other Notes : Please note that we do not run a delivery service.

SCRATCH is a registered charity founded in 1999 to relieve the effects of poverty for families and individuals with needs recognised by approved referral agencies in Southampton and surrounding areas. Located in Southampton, we provide assistance to families and individuals in Southampton and across Hampshire.

SCRATCH is committed to making a positive difference for our clients by responding to the crippling effects of poverty caused by, but not limited to:

- Unemployment
- Debt
- Family Breakdown
- Domestic Violence
- Exclusion
- Physical and Mental Illness
- Lack of skills
- Benefit issues
- Homelessness
- Financial difficulties

Example Items Scratch can help with

- Furniture & Household items
- Toys and gifts at Christmas
- Paint
- Small electrical items
- Volunteering opportunities
- Training
- Advice and guidance
- Utility vouchers*
- Domestic Appliances*

- 33 Mount Pleasant Industrial Estate,
Southampton SO14 0SP
023 8077 3132
reception@scratchcharity.co.uk
[Find us on Facebook](#)

CLEAR SEEKS TO IMPROVE THE QUALITY OF LIFE OF REFUGEES AND ASYLUM SEEKERS BY PROVIDING FREE ADVICE AND SUPPORTING PEOPLE TO ACCESS LOCAL SERVICES. WE BELIEVE IN EMPOWERMENT THROUGH EDUCATION AND IN PRACTICAL ACTION TO SUPPORT THE SETTLED AND DEVELOPING REFUGEE COMMUNITIES

BUILDING A NEW LIFE AS A REFUGEE IN THE UK IS A LONG AND DIFFICULT PROCESS. WHEN AN ASYLUM SEEKER IS GIVEN REFUGEE STATUS, THEIR SITUATION COMPLETELY CHANGES AND THEY ARE EXPECTED TO LOOK AFTER THEMSELVES VERY QUICKLY. FINDING SOMEWHERE TO LIVE, LEARNING ENGLISH AND SEEKING WORK ARE JUST THE FIRST CHALLENGES. THEY OFTEN FACE DISADVANTAGES SUCH AS:

- ECONOMIC AND SOCIAL DEPRIVATION
- POOR HOUSING AND HOMELESSNESS
- DIFFICULTIES ACCESSING SERVICES
- COMMUNITY TENSIONS
- RACIAL AND CULTURAL DISCRIMINATION AND HATE CRIME
- UNEMPLOYMENT
- POOR PHYSICAL AND MENTAL HEALTH

Welcome to

Re:Minds Re:View

The Re:Minds Group CIC monthly newsletter

Here's what we've been up to...

January 2023

January Updates!

January, the month known as the longest month of the year, seems to have flown by this time, although December and our Christmas parties feel so long ago. We spent much of December issuing food and clothes vouchers to Re:Minds families in desperate need - a 320% increase on this time last year. We were lucky enough to get some funding from Hampshire & IoW Community Fund (HIWC) which meant we could not only give food bank vouchers, we could also drop food to families who were unable to get to the food banks and we could issue supermarket vouchers to those in need. So often our families struggle to use food banks as their children have huge sensory issues around food, so being able to offer a supermarket voucher as well meant they could get the food they need. We were delighted that Rock Choir held an amazing Christmas Concert in a packed church, with Re:Minds as their chosen organisation and raised over £750 for us. This meant we could use some of the money to match the HIWC fund and offer even more vouchers, but even with all of this, within a few weeks the funds had run out. This month we are still issuing food and clothes bank vouchers and have already had families ask for help with heating their homes and affording the bus fair to get their children to school. We are really seeing the impact of the cost of living crisis.



Rock Choir Southampton

Speakers

We had a great talk about autism in girls and puberty this month with Consultant Clinical Psychologist, Laura Roughan from Southampton Specialist CAMHS. Laura addressed many of the concerns parents/carers have in dealing with these tricky years! The talk can be found on our YouTube channel.

In January we are really pleased to be able to offer a talk about ARFID from the dieticians and Speech Therapy team at University Hospital Southampton. Just after this we have a talk from CAMHS about disordered eating. These are both topics parents/carers often ask for support with so we hope they will really help to answer some of the questions they have.



Transition to Adulthood Fair 2023

We have been very busy getting ready for the Transition to Adulthood Fair which is from 10am-2pm on Friday 24th March 2023. This event is for young people with additional needs, parents/carers and professionals. Whilst we focus on Neurodiversity and mental health issues, we want the fair to be aimed at any young person with additional needs. We also want professionals to come along and find out more about what is available in the city so they can best advise the people they work with. We have at least 35 local organisations now signed up to run a stall and a number of speakers talking throughout the event. Please share the invitation with anyone you think would be interested in attending and get in touch if you would like to run a stall on the day.



New Group

We are so often asked for help from parents/carers with paperwork, so we are delighted that Hampshire & IoW Community Fund have awarded us a grant to start a new group. This pop-in group will offer peer support to parents/carers with paperwork - understanding letters, making referrals to CAMHS and checking forms. We will also be able to advise on when is the right time to make a referral and when other things could be tried first. The first group is on the 31st January.



Self Harm Workshops

In February we are linking with Georgia Jesty from the Closer2Home teams in Southampton to offer 2 workshops on self-harm. Georgia will be running one in Shirley and another in Woolston, offering practical ideas and strategies for parents/carers whose young people are self-harming. We are hoping to convince Georgia to run a virtual workshop for us too!



NFPP

We have now run the New Forest Parenting Programme for ADHD both face to face and virtually and due to the high demand we are delighted to be able to offer the guided self-help version of the course so we hope it is accessible to everyone. Please email us for more information if you would like to take part.



New links

We have really enjoyed making new links with different organisations. Just before Christmas we had a great meeting with Debbie Burns from Daybreak, a charity who offer family conferences and we hope to link with them very soon on some of our projects. We also enjoyed meeting Louise Pears from Youth Options to find out more about the fantastic work they are doing. We met with Zoe Grant from Breakout Youth, a charity supporting young people with LGBTQ+, we are crossing our fingers for some funding to be finalised which will see us linking with Breakout to deliver a lot more support for parents/carers in this area - more news next month, hopefully!

Laura, an OT from Grow Therapies also got in touch with us this month and has kindly offered to run some advice clinics and talks/workshops about Occupational Therapy. This is a much needed resource and something parents have long been asking for. More details soon!

Finding out about Re:Minds

We are now offering a monthly talk to professionals about the work that we do. We have decided to run these face to face meetings as we are so often asked for more information about our work and to induct new staff members across Solent NHS and SCC. We hope that these meetings will be a great chance to meet some of the team and learn more about our work, vision and ethos. The next meeting will be on the 6th February; if you would like to attend, please get in touch with us.

Health Education England

We were delighted to be asked to link with Health Education England last month in offering training to professionals across the city. We are working with the Anna Freud Centre and Charlie Waller Trust to give a parent's perspective for this training. As well as gathering lots of views from families, we have also set up a focus group to make sure the training really gives a Southampton parent/carer perspective.



Autism in Schools

January saw the start of the second year of the Autism in Schools project.

We are working with parent/carers from 10 new schools across the city to get their views on what is going well, and not so well in terms of autism support. We then feed this back to schools and offer parents/carers support and advice.

The schools attend fortnightly training to ensure they are doing everything they can to support those with autism. We are looking forward to presenting the parent's perspective part of the training to schools in February.

Autism in Schools

We are looking for parents/carers whose children have autism (diagnosed or not) & attend these schools so we can work with them on improving autism support in their schools. Please get in touch with us at info@reminds.org.uk

St Johns Primary
& Nursery

Portswood Primary

Tanners Brook Primary

St Marys Primary

Valentine Primary

Mason Moor Primary



Woodlands
Community
College

St George
Catholic College

Weston Secondary

Redbridge
Community
College

Cantell Secondary



Info@reminds.org.uk

[Home](#) [About](#) [Groups](#) [Dates](#) [Courses](#) [Lending Library](#) [Videos](#) [Advice](#) [Glossary](#) [News](#)

March - July 2023 Dates

Advice Clinics

These are held online, please book in for these the week before the clinic

Autism Advice Clinic

With Dr Anastassia Sedikides Principle Clinical
Psychologist at Southampton Autism Service

10.30am 19th April
10.30am 17th May
10.30am 14th June
10.30am 12th July

CAMHS Advice Clinic

With Satty Basra & Chantal Homan
from Southampton CAMHS

10.00am 17th March
7.00pm 22nd March
10.00am 21st April
10.00am 19th May
10.00am 16th June
10.00am 14th July

ADHD Advice Clinic

With Consultant Nurse & ADHD guru
Cathy Laver Bradbury

9.30am 26th April
9.30am 5th May
1.30pm 15th June
1.30pm 5th July

Adult Mental Health Advice Clinic

With Sarah Leonard
Head of community nursing

10.00am 24th March
10.00am 18th April
10am 19th May
2.00pm 8th June
11.00am 20th July

Free Legal Advice Clinic

With Hannah Adams
from Shelton Solicitors

12.30pm 23rd March
12.30pm 20th April
12.30pm 18th May

Speakers, Workshops & Support

Speaker Meetings are held online

Coming Soon!

New Forest Parenting Programme with Re:Minds

We are delighted to be able to offer a free 6-week course offering strategies and support to parents of children with ADHD aged 3-12.

We run a face-to-face, online and guided self-help course.



Please email info@reminds.org.uk for more information and to book a place
For more details go to www.reminds.org.uk



If you would like to receive our Newsletter by email, please sign up by emailing info@reminds.org.uk with the title 'Newsletter'



www.facebook.com/groups/reminds



@RemindsSoton



www.reminds.org.uk



info@reminds.org.uk



<https://www.youtube.com/remindscic>

If you would like to unsubscribe from our email please email unsubscribe@reminds.org.uk

Re:Minds ReCharge

A wellbeing and resilience course for parents



A chance for parents to think about their own wellbeing, and to talk to others in similar situations.

The course is run over 5 weeks and will cover topics including unhelpful thinking, dealing with worries, the emotions around parenting a child with additional needs, mindfulness and how to be resilient



For further information please email info@reminds.org.uk



Re:Minds Paperwork Support

10-12 Tuesday 31st January

Are you feeling overwhelmed with paperwork?

Pop in to our new group for some peer advice on:

- Writing referrals forms for CAMHS/Autism Assessment Service
- Helping you understand letters from professionals
- Checking completed PIP/DLA forms

No booking needed

Room C, St John's Road (behind St. Clare's), St John's Road, Milling, East Hampshire, GU27 0JH



See you in February 2023!



Safe Haven Southampton

Out of hours crisis support for children and young people in Southampton up to the age of 25 who are experiencing difficulties with their mental health

- Out of Hours crisis support with mental health.
- Help to explore your current situation
- Learn self-management techniques
- Enable you to make positive changes

Monday's

Group drop-in session for 15-25 year olds – 6-7:30pm
One to one sessions – 7:30-8:30pm (by appointment only)

Wednesday's

Web chat and phone support – 6-8:30pm

Friday's

Group drop-in session for 11-14 year olds – 4:30-6pm
One to one sessions – 6-7pm (by appointment only)

Saturday's

Web chat support – 10:30am-1pm

*Drop in sessions take place at 35 The Avenue, Southampton. SO17 1XN



www.nolimitshelp.org.uk
023 8022 4224

Contact us today to find out more:



35 The Avenue,
Southampton.
SO17 1XN



02380 224 224



07918 259 365



enquiries@
nolimitshelp.org.uk



SCAN ME

How to contact us:

Drop in to our Advice Centre to speak to one of our friendly youth workers face to face...



No Limits
13 High Street
Southampton
SO14 2DF


At your school or college:


Come and see us at one of our Health and Wellbeing drop-ins at your school or college.


No Limits Advice and Support Line

For 11-25 year olds living in Southampton and West Hampshire who are struggling with their mental health.

Call 023 8022 4224 during our opening hours

 023 8022 4224

 enquiries@nolimitshelp.org.uk

 www.nolimitshelp.org.uk



Equal Opportunities

All children and young people have an equal right to use our project and an equal right to respect.



Confidentiality

We believe you have a right to privacy so we offer a confidential service.

Everything you tell us can remain confidential.

This means we won't talk about any details you tell us to anyone outside of No Limits unless there is a serious risk of harm to you or another person.



How are we doing?

We want to hear what you think about our service to help us offer the best service possible. Please let us know what we are doing well and how we could improve. You can do this by talking to a worker, visiting our website or completing a form.

If you require this document in an alternative format, ie easy read, audio, Braille or another language please contact us.



Safe Havens

Safe spaces for young people who need out of hours crisis support with their emotional wellbeing and mental health

NO LIMITS
Helping Young People
Help Themselves

www.nolimitshelp.org.uk

Tel: 023 8022 4224

No Limits (South) is a registered charity in England and Wales.
Registered Charity No. 1088835



Online SEND Toolkit

Our subscription group, full of useful resources including videos, podcasts, blogs, activity ideas information sheets and more! More added every month.



Join the group for **£5 a month** at <https://www.guidingstars.net/toolkit>



Individual consultancy packages

Our 1:1 packages are devised in discussion with you, based on your child's needs and your priorities as a family. You can choose from our:

- ★ Shooting Star package (£130) - discovery call, assessments, report and follow up call
- ★ Constellation package (£60 an hour) - as above, followed by individual sessions to work on the report recommendations

We always start with a free 30 minute discovery call so we can gain an insight into your child, their needs and what you as a family are seeking and so that you can find out more about us and what we can offer.

If we decide to work together, we will begin with some initial assessments to gain in-depth knowledge of your child's strengths and difficulties. We will use this and our initial call information to put together a report for your child with recommendations and strategies in the identified priority areas of need.

Once you have received the report, we will book in a follow up call with you to give you the opportunity to ask any questions or discuss any of the resources or strategies suggested. You might then choose to consider our 1:1 sessions to work on the priority areas and the recommendations presented in the report.

Please note that we are not able to diagnose any conditions. We are specialist teachers who look specifically at the needs of each child and how they could be supported to develop skills in these areas. Any reports we produce can be used as supporting evidence for schools, paediatric referrals or any other agencies, as needed.

We would love to be able to support you. Please contact us to book your discovery call or to ask any questions.

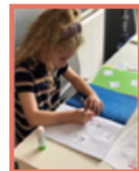


guidingstarsconsulting@gmail.com
07784136596/ 07906363793



Guiding Stars Ltd
@_guiding_stars_

Find out more on our website www.guidingstars.net



Stay and Learn

Structured play and specialist teaching
For ages 2 to 5 and their parents/carers



Holiday Club

Structured play and activities during the school holidays
For ages 5 to 9



Guiding Stars

consulting



Early intervention support for children with additional needs and their families.

Online SEND Toolkit

Mini-training videos, blogs, podcasts, resources, activity ideas and more!
For parents and carers



One to one consultancy

Assessment, report and one to one teaching sessions
For individual families



07906363793 / 0778436596



guidingstarsconsulting@gmail.com



www.guidingstars.net



Guiding Stars Ltd



_guiding_stars_



Stay and Learn sessions

Our Stay and Learn sessions are aimed at children aged 2 to 5 years who are showing developmental differences and who may find standard busy play sessions and groups challenging.

The sessions are led by specialist teachers who provide structured play and learning activities that support children to develop their early learning skills, play, attention and listening, following instructions and language and communication.

Parents attend with their child for the 45 minute session and we encourage the adults to take an active part in the activities. We hope that you will learn alongside your child, developing skills to support their development. You will also meet other families who may be experiencing similar challenges to you and you will have the chance to get advice from the Guiding Stars team.

Stay and Learn is a safe space for the child and their family, there is no judgement or pressure. We aim to encourage your child to engage through building positive relationships.

We hope to see you there! Feel free to contact us with any questions or for further information.



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Guiding Stars Ltd
@_guiding_stars_



Find out more on our website www.guidingstars.net



Cook and Eat

6 week health and nutrition cooking course

For parents/carers with children over 1 years

The course provides an opportunity to:
Learn about healthy portion sizes
Useful tips on menu planning
To produce healthy home cooked family meals on a budget
The opportunity to experiment with cooking different dishes
Practical cooking skills



Sure Start
Family Hub Southampton

Clovelly Surestart/ Family Hub

6th June to 11th July
10 to 12pm



Mansel Park Primary School

8th June to 13th July
9.15 to 11.15am

For more information please contact:

familyhub@southampton.gov.uk

Or Call Caroline on 07818 588 480

How to book your place please:

Check out our WEBPAGE:

<https://www.southampton.gov.uk/familyhubs>
where you will find everything you need to know about our Family Hubs including What's on, our parenting courses and referral form . (Click what's on tab)

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Get Outside

6 weeks course

For parents and carers of 2 years and over

Make the most of learning in outside spaces with fun activities for you and your children including stories, nature, crafts and more.



Ashby Surestart/
Family Hub

9th June to 14th July

9.30 to 11.30am

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Incredible Years

Sure Start
Family Hub Southampton

12 weeks course

For parent/carers of children aged 1-7 years

Programme aims to promote positive parenting
Support parent-child relationships
Increase use of positive strategies to enhance children's positive behaviours, including play, praise and rewards.



Clovelly Surestart/Family Hub

19th April to 12th July

Not running in half term

9.30-11.30am

FREE crèche available

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New Forest Parenting Programme

6 week course

For parent/careers with children of 5-12 years

The NFPP Program is designed to help parents whose children are displaying difficulties with their attention who are hyperactive and can be impulsive-these are the feature of ADHD. It is specifically designed to target these difficulties.

Swaythling Surestart/
Family Hub
20th April to 25th May
Time: 9.30-11.30am



Townhill Surestart/
Family Hub
8th June to 13th July
Time: 9.30-11.30am

FREE crèche available

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Surestart/Family Hubs Parenting offer

For more information regarding the courses please email us at:
familyhub@southampton.gov.uk

Monday	Living with Teenagers Online with Zoom (9 weeks) 25th April to 27th June 7 to 9pm		Being A Parent Northam Community Centre (9 weeks) 15th May to 17th July 10 to 12pm			
Tuesday	Being a Parent Online with Zoom (9 weeks) 25th April to 27th June 10 to 12pm	Project You Mansel Park School (5 weeks) 25th April to 23rd May 1 to 3pm Creche Available	Understanding Behaviour Pickle Coppice (2 weeks) 9th and 16th May 10 to 12pm	Cook and Eat Clovelly Family Hub (6 weeks) 6th June to 11th July 10 to 12pm	Project You Weston Family Hub (6 weeks) 6th June to 11th July 9.30 to 11.30am Creche Available	Understanding Behaviour Online with Zoom (2 weeks) 13th and 20th June 6.30 to 8.30pm
Wednesday		Incredible Years Clovelly Family Hub (12 weeks) 19th April to 12th July 9.30 to 11.30am Creche Available		Being a Parent together Online with Zoom (10 weeks) 3rd May to 12th July 7 to 9pm		
Thursday	NFPP Swaythling Family Hub (6 weeks) 20th April to 25th May 9.30 to 11.30am Creche Available	Cook and Eat Mansel Park School (6 weeks) 8th June to 13th July 9.15 to 11.15am	NFPP Townhill Family Hub (6 weeks) 8th June to 13th July 9.30 to 11.30am Creche Available	Understanding Behaviour Swaythling Family Hub (2 weeks) 6th July to 13th July 10 to 12pm		
Friday		Get Outside Ashby Family Hub (6 weeks) 9th June to 14th July 9.30 to 11.30am				



**Sure Start
Children's Centre**
Southampton

**Children
& Learning**
Making a difference



Project You



6 week course

Project You is a self-discovery journey, enabling parents to find themselves, take some self-care and learn coping strategies for when life gets a bit too much!



Centre: Mansel Park Primary School

Date: 25th April to 23rd May

Time: 1 to 3pm

Centre: Weston Surestart/Family Hub

Date: 6th June to 11th July

Time: 9.30 - 11.30am



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FREE crèche available

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Starts
Thursday
27th April



Fun play
activities

Time 4 Play

**Do you have a child with additional needs
age 0-5 years?**

This group is a chance for you to socialize with others while giving your child a chance to have fun with our activities with qualified staff in a friendly, supportive environment.

You are also very welcome to attend if you don't have your child with you, to share experiences or obtain information.

**Thornhill Family Hub,
Byron Road, SO19 6FH
Every Thursday 1-2.30pm**

For more
information
Tel:
02380 917633



Chat and find
support
together



University Hospital Southampton
an NHS Foundation Trust



Solent
NHS Trust



fm
FOUNDATION
MANAGEMENT



SOUTHAMPTON
CITY COUNCIL



SOUTHAMPTON CHILDREN &
YOUNG PEOPLE'S
ALLIANCE



Southampton City
Clinical Commissioning Group

