
















## Local community service provision for children, young people and families: current offer January 2021




**This document has been split into three different sections for ease of navigating:**




- Generic Child and Youth Services
- Generic Services for Parents
- Services for Specific Needs – For Children, Young People, and Families (CYP)




Colour labels are used to quickly distinguish between the core needs each service caters for. The categories are as follows:




- Generic Child and Youth Services, including wellbeing services 
- Generic Services for Parents, including parental mental health 
- Services for Specific Needs:
  - Abuse including domestic abuse and sexual abuse 
  - Bereavement 
  - Eating Issues 
  - Education / Training 
  - Employment 
  - Financial Advice 
  - Gender / Identity 
  - Housing 
  - Neurodevelopmental Needs 
  - Sexualised Behaviours 
  - Substance Abuse 
  - Young Carers 
  - Youth Diversion Service 

## GENERIC CHILD & YOUTH SERVICES



FOCUS	SERVICE	OFFER	WHERE	CHARGE	CONTACT DETAILS / REFERRAL INFO	
<b>Children and young people</b>		<p><b>Suffolk young people's health project (12-25) including 4YP counselling</b> Youth provision offering support, advice and activities</p>	<ul style="list-style-type: none"> <li>• Drop in centre, group sessions to build friendships &amp; independence</li> <li>• Online chat with youth worker</li> <li>• 4YP counselling: short term solution-focussed approach</li> <li>• Services are being completed remotely</li> <li>• No face to face services in lockdown</li> </ul>	Most of Suffolk, as far west as Newmarket	No NHS offer funding for aged 13-15 through Emotional Wellbeing Hub	Link: <a href="https://www.4yp.org.uk/">https://www.4yp.org.uk/</a> Call: 01473 252607  Email: <a href="mailto:emailenquiries@syphp.org.uk">emailenquiries@syphp.org.uk</a> Add: 14 Lower Brook St, Ipswich IP4 1AP
		<p><b>Level Two</b> Youth project for children and young people (aged 7-25)</p>	<ul style="list-style-type: none"> <li>• 1:1 Mentoring (Remote)</li> <li>• Counselling for 11+ (Remote)</li> <li>• Currently a small waiting list for the above, can take more referrals.</li> <li>• Face to face will be completed if needed</li> <li>• Youth hub – drop in and activities and advice, still open for some 1:1 with COVID assessment in place.</li> <li>• Offering open access virtual sessions online/ Whatsapp groups</li> </ul>	Felixstowe & nearby villages but will extend further if they have capacity, e.g. during lockdown	No	Link: <a href="https://www.leveltwo.org/">https://www.leveltwo.org/</a> Call: 01394 272521  Email: <a href="mailto:fydgleveltwo@gmail.com">fydgleveltwo@gmail.com</a> Add: 54 Cobbold Road, Felixstowe, IP11 7EL
		<p><b>Just 42</b> Children's work (5-11); Youth work (11-18). Aims to build confidence, self-esteem &amp; wellbeing</p>	<ul style="list-style-type: none"> <li>• Compass Mentoring (11-18) via phone / face to face if have venue</li> <li>• Currently unable to work in schools or private homes</li> <li>• Have capacity to accept new referrals</li> <li>• Planning online youth groups</li> </ul>	Farlingaye school catchment area, Woodbridge Suffolk	No	Link: <a href="#">Home page   Just 42</a> Call: 01394 380992  Email: <a href="mailto:info@just42.org.uk">info@just42.org.uk</a>





FOCUS	SERVICE	OFFER	WHERE	CHARGE	CONTACT DETAILS / REFERRAL INFORMATION
Children and young people	 <p><b>The Mix, Stowmarket</b> youth provision run by youth workers, teachers and volunteers, offering various</p>	<ul style="list-style-type: none"> <li>Coaching – 1:1 coaching and support (for 14-17s) with mental health and wellbeing.</li> <li>Under 14's referrals will be triaged to ensure suitability with additional signposting if required.</li> <li>Together Project – life skills and personal development programme (for 15-24s).</li> <li>Services are mostly online</li> </ul>	Suffolk	No	<p>Link: <a href="https://www.themixstowmarket.org/">https://www.themixstowmarket.org/</a> Call: 01449 745 130</p> <p>Email: <a href="mailto:hello@themixstowmarket.co.uk">hello@themixstowmarket.co.uk</a> Add: The Mix, 127 Ipswich Street, Stowmarket, IP14 1BB</p>
	 <p><b>Relate</b> Relationship counselling</p>	<p>Independent counsellors across Suffolk, currently only offering service over telephone or zoom.</p> <ul style="list-style-type: none"> <li>Children &amp; Young People's Counselling: help with a range of concerns from parent's separating to bullying or feeling low.</li> </ul> <p>*See additional offer under parent services</p>	Suffolk Can locate counsellor near you on website. Virtual working enables access to all	Yes, counsellors charge own fees, between £50 - £60 per session	<p>Link: <a href="https://www.relate.org.uk">Relate Norfolk &amp; Suffolk   The Relationship People www.relate.org.uk</a></p> <p>Call: 01473 254118</p> <p>Self-referral only through the website or telephone.</p>
	 <p><b>Kernos centre</b> A charity offering counselling for children and young people and adults (age 6 plus)</p>	<ul style="list-style-type: none"> <li>Currently can only offer 11+ remote counselling if appropriate for that 11 yr old</li> <li>Face to face work only according to need</li> <li>Vacant position means under 11 face to face counselling not currently available</li> </ul>	Sudbury & surrounding villages with CO postcode if registered with Sudbury GP	Contribute according to means	<p>Link: <a href="https://kernos.org/children-young-people/">https://kernos.org/children-young-people/</a> Call: 01787 882883 Email: <a href="mailto:admin@kernos.org">admin@kernos.org</a></p>



FOCUS	SERVICE	OFFER	WHERE	CHARGE	CONTACT DETAILS / REFERRAL INFO
Wellbeing	 <b>Barnardos</b> <b>See, Hear, Respond</b> (from pre-birth to 18; but up to 25 for those with additional needs)	<b>See Hear Respond</b> will contact everyone referred and offer either <ul style="list-style-type: none"> <li>• Online hub of support and information</li> <li>• Online counselling/therapy</li> <li>• Face to face support for those most affected/at risk</li> <li>• Help to reintegrate back to school</li> </ul>	England	No	<a href="#">See, Hear, Respond   Barnardo's</a> Parent helpline: freephone 0800 157 7015  <b>Referral criteria:</b> For children who are experiencing harm/increased adversity during coronavirus who aren't getting support from schools/or key agencies
	 <b>Suffolk Wellbeing Service</b> NHS provision 16+ can self-refer otherwise it would need to be a referral from GP, school nurse or other health professional or parents can apply on their child's behalf.	<ul style="list-style-type: none"> <li>• Online webinars - booked via the website</li> <li>• For parents of children aged 5-16: Parenting the anxious child, Supporting your child to sleep, Building resilience in children, Coming out of Lockdown – Parents Guide</li> <li>• For children aged 13-18: Dealing with feeling anxious / feeling down / sleep difficulties, Coming out of Lockdown, Adolescent Mental Health</li> </ul>	Suffolk	No	Link: <a href="http://www.wellbeingnands.co.uk">www.wellbeingnands.co.uk</a>  <a href="#">Courses and Online Webinars - Wellbeing Suffolk - Wellbeing Suffolk (wellbeingnands.co.uk)</a>
	 <b>Suffolk Mind</b> 18+ wellbeing and mental health service  *See additional Suffolk MIND offer in the parent mental health section of this document	<ul style="list-style-type: none"> <li>• Counselling via zoom /phone currently</li> <li>• LGBTQ+ mental wellbeing sessions. Next topics online: Sleep; Emotional needs</li> <li>• Eating Recovery Group (zoom)</li> <li>• Work Well: 1:1 remote support including for those furloughed, working from home. *See also Employment section</li> <li>• Night Owls: emotional support service for those with complex emotional needs</li> <li>• Waves: managing emotions groups (currently via Zoom). Waiting list</li> </ul>	Suffolk	There is only a charge for Counselling -variable dependant on work situation  No charge for other services	<a href="http://www.suffolkmind.org.uk">www.suffolkmind.org.uk</a> Link: <a href="#">Home - Suffolk Mind</a> Call: 0300 111 6000 Email: <a href="mailto:info@suffolkmind.org.uk">info@suffolkmind.org.uk</a> Referral forms can be accessed via website which is updated weekly  <i>Night Owls:</i> need to register to access this service. Open 7pm-1am every day of the year <i>For Waves,</i> email: <a href="mailto:waves@suffolkmind.org.uk">waves@suffolkmind.org.uk</a>

FOCUS	SERVICE	OFFER	WHERE AVAILABLE	CHARGE	CONTACT DETAILS / REFERRAL INFORMATION
Wellbeing cont.	 <p><b>Recovery College</b> NSFT 16+ educational courses produced and delivered by people with lived and learned experience of mental health challenges.</p>	<p>Provides courses to help people build an understanding of themselves, and opportunities for people to learn, grow, and plan for the future</p> <p>Coming soon: online course for young people aged 16 -25 around values, identity and strengths.</p>	Norfolk and Suffolk	No	<p>Link: <a href="https://www.norfolkand.suffolk.nhs.uk/get-involved">Get involved- Norfolk and Suffolk NHS Foundation Trust (nsft.nhs.uk)</a> Call: 01603 421169</p> <p>Email: <a href="mailto:recovery.college@nsft.nhs.uk">recovery.college@nsft.nhs.uk</a> (please state your area). Enrolment link (you will be contacted after completion) <a href="https://www.mindrecovery.net">Norfolk and Suffolk NHS Foundation Trust (mindrecovery.net.org.uk)</a></p>
	 <p><b>Noise Solutions</b> Youth work through music: to improve outcomes through improving wellbeing (Mainly ages 11 +)</p>	<ul style="list-style-type: none"> <li>• Online mentoring through music and music technology</li> <li>• Continuing with service but remotely Face to face can be delivered if needed in COVID secure environments but digital use is encouraged</li> </ul>	East Anglia region. If remotely can accept referrals nationally.	Yes funding required	<p>Link: <a href="https://www.noisesolution.org/s/">https://www.noisesolution.org/s/</a> Call: 01284 771156</p> <p>Email: <a href="mailto:info@noisesolution.org">info@noisesolution.org</a></p>
	 <p><b>Green Light Trust</b> Courses for youth (11-18) &amp; young adults (16-24) with prolonged /persistent challenges including mental health, additional needs, children in care or young carers</p>	<p>“Building health, hope, happiness through the power of nature”.</p> <ul style="list-style-type: none"> <li>• Running a Natural Alternative Provision for young people</li> <li>• Face to face sessions occurring with stringent COVID procedures and reduced group sizes.</li> <li>• New Young Female Wellness Group</li> <li>• Greenlight AIR programmes (online programmes) for young people will be reintroducing if there is a demand.</li> </ul>	Suffolk	Yes charge is £79 per session	<p>Link: <a href="https://www.greenlighttrust.org/air-courses">https://www.greenlighttrust.org/air-courses</a> Call: 01284 830829</p> <p>Email: <a href="mailto:info@greenlighttrust.org">info@greenlighttrust.org</a></p>




## GENERIC SERVICES FOR PARENTS

FOCUS	SERVICE	OFFER	WHERE AVAILABLE	CHARGE	Contact details / referral information
<b>General Parent Support Services</b>	 <p><b>Suffolk Family Carers</b> Services carried out via telephone or video call. Face to face in exceptional circumstances</p>	<ul style="list-style-type: none"> <li>• Information Workshops (currently online),</li> <li>• Carer wellbeing courses online</li> <li>• Virtual carers meetings: coffee break online,</li> <li>• Carers assessment</li> <li>• Telephone support</li> <li>• Advocacy service: to liaise with other organisations as needed-</li> <li>• Connect for health: support to anyone (not just carers) with social prescribing</li> <li>• 'At my bedside': COVID specific project</li> </ul>	Suffolk	No	Link: <a href="#">Suffolk Family Carers   Established Charity Helping Family Carers</a> Call: Information hub M-F 8-5: 01473 835477 Online chat: M-F 8-8; S&S 9-1
	 <p><b>Homestart</b> Trained volunteers support parents with children (under 12), to help children get the best possible start in life.</p>	<ul style="list-style-type: none"> <li>• Parent groups online: groups organised by child's age / additional needs</li> <li>• Support to increase parental skills and confidence, provide a listening ear and encourage connection to the wider community.</li> </ul> <p>This is currently offered by telephone or virtual platforms but home visits will resume when safe to do so. Remote working has the benefit of enabling greater flexibility around contact times. Volunteers are matched with the parent and can start to build the relationship with the parent through the remote contact</p>	Suffolk	No	<a href="https://www.homestartinsuffolk.org/">https://www.homestartinsuffolk.org/</a> Call: 01473 621104  Email: <a href="mailto:headoffice@homestartinsuffolk.org">headoffice@homestartinsuffolk.org</a>  Complete self-referral form online or through a professional  Homestart currently have capacity to respond quickly to new referrals. They encourage professionals wanting to refer to ring them first to discuss





FOCUS	SERVICE	OFFER	WHERE AVAILABLE	CHARGE	Contact details / referral information
General Parent Support Services cont.	 <p><b>EPIC dads</b> Aims to “Support Men – Empower Fathers – Transform lives”</p>	<ul style="list-style-type: none"> <li>Dad’s matter course 5-week group (online / over telephone) or 1:1 course (online)</li> <li>Walk and Talk support</li> <li>Baby Packs, Dad survival kits Dad fun club postponed during lockdown (Lakenheath primary)</li> </ul>	Initially West Suffolk but online provision means Suffolk wide	No	Link: <a href="https://www.epicdad.co.uk/">https://www.epicdad.co.uk/</a> Call: 07717744608  Email: <a href="mailto:info@epicdad.co.uk">info@epicdad.co.uk</a>  Dad’s can self-refer for support.  Has capacity for more referrals
	 <p><b>Parents &amp; Carers Together (PACT)</b> Ran by parents/carers for parents/carers of CYP with a mental health difficulty</p>	<ul style="list-style-type: none"> <li>Virtual Coffee Morning / online meets</li> <li>Usually offer some individual support</li> <li>Closed Facebook page is their main forum, can use private messages and phone also.</li> <li>Offer a closed zoom social meet-up Friday 6-7pm which can be accessed through the Facebook group.</li> </ul>	Suffolk	No	Link: <a href="https://www.parentsandcarerstgether.co.uk/">https://www.parentsandcarerstgether.co.uk/</a> Call support line: 07856 038799 (NB This is not 24/7)
	 <p><b>Suffolk Parent Carer Network</b> for CYP with additional needs / disabilities</p>	Group for those with children & young people with additional needs / disabilities. <ul style="list-style-type: none"> <li>SPCN host fun days and coffee mornings. There are also many free downloadable resources on their website to support families with children/young people with additional needs</li> </ul>	Suffolk	No	Link: <a href="https://spcn.org.uk/">https://spcn.org.uk/</a> Call: 01473 345 375 Email: <a href="mailto:admin@spcn.org.uk">admin@spcn.org.uk</a>
	 <p><b>Action for children SHR parent talk</b> for parents/carers of 0-19 affected by <b>COVID-19</b></p>	<ul style="list-style-type: none"> <li>Use chat box to ask questions and you’ll get judgement-free advice and support</li> <li>Offer a range of support from light touch signposting to more in depth therapeutic support</li> </ul>	England	No	<a href="https://actionforchildren.org.uk">Therapeutic support for parents (actionforchildren.org.uk)</a> Open variable hours: 12:30-19:30 Monday/Thursday 10:30-16:30 Tues/Wed/Fri





FOCUS	SERVICE	OFFER	WHERE AVAILABLE	CHARGE	Contact details / referral information
Parental Wellbeing & Mental Health	 <b>Suffolk Wellbeing Service 16+</b> NHS provision	<ul style="list-style-type: none"> <li>• Offer 1:1 talking therapies via telephone, video calls, and instant messaging only</li> <li>• Workshops are available online as webinars</li> <li>• Online social events in place of face to face events</li> <li>• Website has self-help resources</li> </ul>	Suffolk	No	<a href="https://www.wellbeingnands.co.uk/suffolk/">https://www.wellbeingnands.co.uk/suffolk/</a> Call: 0300 123 1503 8am – 8 pm  Referrals can be made through a GP or health or social care professional; or patient can self-refer. Forms are available online
	 <b>Suffolk MIND (18+)</b> 18+ wellbeing and mental health service	<ul style="list-style-type: none"> <li>• Mum's matter 6-week course for support around mental health for pregnant mum's and those with children under 2</li> <li>• Counselling via zoom or telephone</li> <li>• Night Owls: telephone, text and email emotional support service for those with complex emotional needs (need to register to access this service)</li> <li>• Waves: managing emotions groups</li> <li>• Work Well programme: 1:1 support including for those furloughed, isolated when working from home. (See below - Employment section for full details)</li> <li>• Not running anger/anxiety groups atm</li> </ul> <p>*See further Suffolk MIND offer for young adults in the first section of this document</p>	Suffolk	There is only a charge for Counselling This charge is variable dependant on work situation  No charge for other services	<a href="http://www.suffolkmind.org.uk">www.suffolkmind.org.uk</a> Link: <a href="#">Home - Suffolk Mind</a>  Call: 0300 111 6000 Email: info@suffolkmind.org.uk  Referral forms can be accessed via website which is updated weekly  Night Owls: need to register to access this service. Open 7pm-1am every day of the year  For Waves, email: waves@suffolkmind.org.uk
	<b>Open space drop-in</b> Weekly wellbeing drop-in group (based in libraries across Suffolk)	<ul style="list-style-type: none"> <li>• opportunities to chat, do activities and learn ways to support your wellbeing</li> <li>• not currently meeting, but some online groups planned (see link)</li> </ul>	Suffolk	No	<a href="https://www.suffolklibraries.co.uk/whats-on/social-groups/open-space">https://www.suffolklibraries.co.uk/whats-on/social-groups/open-space</a> due to recommence online in some areas whilst COVID restrictions: use link










FOCUS	SERVICE	OFFER	WHERE AVAILABLE	CHARGE	Contact details / referral information
Parental Wellbeing & Mental Health cont.	 <b>Relate</b> Relationship counselling	<ul style="list-style-type: none"> <li>Relationship counselling</li> <li>Sex therapy</li> <li>Family Counselling</li> </ul> <p>Independent counsellors across Suffolk, currently only offering service over telephone or zoom.</p>	Suffolk Can locate counsellor near you on website. Virtual working enables access to all	Yes, counsellors charge own fees, between £50 - £60 for Suffolk area	Link: <a href="http://www.relate.org.uk">Relate Norfolk &amp; Suffolk   The Relationship People www.relate.org.uk</a>  Call: 01473 254118  Self-referral only through the website or telephone
	 <b>Recovery College</b> Provide educational courses produced and delivered by people 16+ with lived and learned experience. Provides courses to help people build an understanding of themselves, and opportunities for people to learn, grow, and plan for the future	For people experiencing mental health challenges <ul style="list-style-type: none"> <li>Offer courses online through Zoom and Webinar format</li> <li>Courses are split into four categories: 'Building' 'Beginning' 'Understanding' 'Growing'</li> <li>Both workbook style and interactive courses</li> <li>Courses on but not limited to: Anxiety, OCD, Sleep and Recovery, Acceptance and Commitment Therapy, Wellness Planning, Looking After Physical Health</li> <li>Currently a course is being planned for carers of young people</li> </ul>	Norfolk and Suffolk	No	Link: <a href="http://nsft.nhs.uk">Get involved- Norfolk and Suffolk NHS Foundation Trust (nsft.nhs.uk)</a> Call: 01603 421169 Email: recovery.college@nsft.nhs.uk and a local administrator will respond (please state your area).  Enrolment link (you will be contacted after completion) <a href="http://mindrecoverynet.org.uk">Norfolk and Suffolk NHS Foundation Trust (mindrecoverynet.org.uk)</a>
<b>Abuse</b>	For all types of abuse including domestic abuse, see separate section below				
<b>Advocacy</b>	 <b>VoiceAbility</b> Support to know your rights, options and to say what you want	<ul style="list-style-type: none"> <li>Offer support when people are facing important decisions about their lives involving the local authority, health or care services or another care provide</li> </ul>	Suffolk	No	Link: <a href="http://www.voiceability.org">VoiceAbility   Suffolk www.voiceability.org</a> Call: 03000 303 1660 Email: <a href="mailto:helpline@voiceability.org">helpline@voiceability.org</a> Referral form on Website




## SERVICES FOR SPECIFIC NEEDS FOR CHILDREN, YOUNG PEOPLE AND FAMILIES (CYP)





FOCUS	SERVICE	OFFER	WHERE AVAILABLE	CHARGE	Contact details / referral information
Abuse	 <b>Tope</b> Confidential support for yp aged 13+ who are/ have experienced abuse	<ul style="list-style-type: none"> <li>• Offer confidential, specialist support to young people in Suffolk and Norfolk who are or have experienced abuse</li> <li>• Contact via phone, Whatsapp, webchat</li> <li>• Appear quite active as a service on social media platforms</li> </ul>	Suffolk & Norfolk	No	<a href="http://tope.org.uk">Tope – Silent no more</a> tope.org.uk Freephone 0808 168 1154 M-F 9am -9pm Text/whatsapp 07375 296229 M-F 9am -9pm  Webchat service M-F 6-9pm
Domestic Abuse	 <b>Lighthouse</b> Women's Aid provides emotional support to women and children experiencin domestic abuse in personal or family relationships	<ul style="list-style-type: none"> <li>• Provides temporary accommodation in safe and supportive refuges</li> <li>• Offers a range of community services, courses and counselling to support women to rebuild their lives after abuse</li> <li>• Instant messaging service</li> <li>• Survivor's handbook</li> <li>• Survivors forum</li> </ul>	Suffolk and UK	No	Link: <a href="http://www.lighthousewa.org.uk">http://www.lighthousewa.org.uk</a> Call: 01473 220770 (enquiries)  For Advice: 01473 228270  Email: <a href="mailto:admin@lighthousewa.org.uk">admin@lighthousewa.org.uk</a> Add: Westgate House, Museum St, Ipswich, IP1 1HQ
	 <b>Anglia Care Trust</b> Domestic Abuse Outreach Service	<ul style="list-style-type: none"> <li>• Helpline</li> <li>• Crisis work</li> <li>• Male victim support</li> <li>• Money Advice</li> </ul>	Suffolk	No	<a href="http://www.angliacaretrust.org.uk">www.angliacaretrust.org.uk</a> <a href="#">Home   Anglia Care Trust</a> Call: 01473 622888 Helpline 0800 9775690 (24 hr)
Sexual abuse	 <b>Fresh Start New Beginnings</b> Sexual abuse therapeutic support to children /young people	Working only virtually at the moment, so assessing CYP's capacity to engage online. <ul style="list-style-type: none"> <li>• Parents group</li> <li>• Children's groups by gender</li> <li>• 1:1 child /yp (up to 18)</li> </ul>	Norfolk and Suffolk	No	Link: <a href="https://www.fsnb.org.uk/">https://www.fsnb.org.uk/</a> Call: 01473 353355  Service offers support if abuse has been disclosed & reported/ investigated

FOCUS	SERVICE	OFFER	WHERE AVAILABLE	CHARGE	Contact details / referral information
Sexual abuse cont.	 <p><b>Suffolk Rape Crisis</b> Support girls/women 14+ who have experienced sexual violence</p>	<ul style="list-style-type: none"> <li>• Currently offer online/phone counselling</li> <li>• Range of online groups - casual chat groups, empowerment strategies group</li> <li>• Outreach services done remote for practical and emotional support and advocacy</li> <li>• Helpline</li> </ul>	Suffolk	No	Link: <a href="http://www.srchelp.org.uk/home/">http://www.srchelp.org.uk/home/</a> Call: 01473 231200 (Mon-Fri 9-5) Helpline – 0800 0850 520 currently open every Tuesday evening between 7pm and 9pm
Bereavement	 <p><b>Suffolk Cruse</b></p>	<ul style="list-style-type: none"> <li>• Able to offer a listening service – 6 sessions free of charge.</li> <li>• Continues to offer support but now over phone or zoom</li> <li>• 4 months wait currently</li> <li>• Only accept self-referral</li> </ul>	Suffolk	No	Link: <a href="https://www.suffolkruse.co.uk/">https://www.suffolkruse.co.uk/</a> Call: 01473 230888 Email: Support.suffolk@cruse.org.uk  For children and young people: <a href="https://www.hopeagain.org.uk/">https://www.hopeagain.org.uk/</a> E-mail: hopeagain@cruse.org.uk
	 <p><b>Nicky's Way</b> Hospice based grief family support programme for all local bereaved children and young people (5-18)</p>	<ul style="list-style-type: none"> <li>• Offer 1:1 counselling / support sessions</li> <li>• Currently work is via telephone, online or virtual platforms. Where children are too young for this, work is through parents.</li> <li>• Planning to run virtual groups (creative therapeutic groups / adult support group</li> <li>• Service is considering how to see those CYP where remote support is difficult</li> </ul>	For West Suffolk and Thetford	No	Link: <a href="https://stnicholashospice.org.uk/support-and-information/getting-help/counselling-and-emotional-support/living-with-bereavement/nickys-way-support-for-children/">https://stnicholashospice.org.uk/support-and-information/getting-help/counselling-and-emotional-support/living-with-bereavement/nickys-way-support-for-children/</a> Call: 01284 766133 Email: nickysway@stnh.org.uk
	 <p><b>St Elizabeth Hospice</b> LivingGrief sessions Available for all 18+</p>	LivingGrief session: online group support 1 hour session: gives information about bereavement, how to cope, connect with others and signposting to other support. Next sessions on February 3 and 24	East Suffolk	No	<a href="#">LivingGrief Sessions - St Elizabeth Hospice</a>  01473 707999.





FOCUS	SERVICE	OFFER	WHERE AVAILABLE	CHARGE	Contact details / referral information
Eating issues	 <p><b>One Life Suffolk</b> Weight management support for children (2-18) and families</p>	<p>Currently online</p> <ul style="list-style-type: none"> <li>• 20 min pre-recorded webinars for families to watch together to learn about key healthy lifestyle topics</li> <li>• Fun, interactive group sessions to encourage sustainable lifestyle change</li> <li>• Some 1:1 sessions</li> </ul>	Suffolk	Free	<p>Link: <a href="http://www.onelifesuffolk.co.uk">www.onelifesuffolk.co.uk</a> Call: 01473 718193</p> <p>Referrals accepted for children (2-18) classified as overweight</p>
	<p><i>Wednesday's Child</i></p> <p><b>Wednesday's child</b> Local eating disorder support for YP and family Main focus is 19+ Focus on family work with younger people</p>	<ul style="list-style-type: none"> <li>• Helpline</li> <li>• Online 1:1 and family therapy support</li> <li>• Telephone informal befriending support for those in recovery (18+)</li> <li>• 6-month recovery support programme online (18+) / other groups starting soon</li> <li>• 2-day parent course: emotion- focussed family therapy for eating</li> <li>• Online courses – e-learning modules for professionals / parents</li> <li>• Resources: Book: COVID &amp; Eating Disorders, Podcasts</li> </ul>	Suffolk and beyond	No, community funding	<p>Link: <a href="https://wednesdayschild.co.uk/">https://wednesdayschild.co.uk/</a> Call: helpline 0800 844 5211</p>
Education / training	 <p><b>The Mix, Stowmarket</b> youth provision run by youth workers, teachers &amp; volunteers, offering various project-based learning and individual support</p>	<ul style="list-style-type: none"> <li>• Thrive: alternative education – usually requires referral from assigned school.</li> <li>• Together project: for young people (15-24) not in education, employment or training (NEET). Provides life skills and personal development support.</li> <li>• Services being run online except for some Thrive learning</li> </ul>	Suffolk	Yes funding required	<p>Link: <a href="https://www.themixstowmarket.org/">https://www.themixstowmarket.org/</a> Call: 01449 745 130 Email: <a href="mailto:hello@themixstowmarket.co.uk">hello@themixstowmarket.co.uk</a> Add: The Mix, 127 Ipswich Street, Stowmarket, IP14 1BB</p>

FOCUS	SERVICE	OFFER	WHERE	CHARGE	Contact details / referral information
Employment	 <b>Suffolk Wellbeing Service (age 16+)</b>	<ul style="list-style-type: none"> <li>• Employment support – CV building</li> </ul> <p>Wellbeing are offering webinars around CV building and interview prep which young people can attend.</p>	Suffolk	No	<a href="https://www.wellbeingnands.co.uk">Courses and Online Webinars - Wellbeing Suffolk - Wellbeing Suffolk (wellbeingnands.co.uk)</a>
	 <b>Suffolk MIND</b> Work well (18+)	Work Well programme <ul style="list-style-type: none"> <li>• 1:1 support for those newly unemployed, furloughed or those working from home and isolated</li> <li>• 1:1 support to prepare for / stay in work.</li> <li>• Currently via phone, email, text or videochat online)</li> </ul>	Suffolk	There is only a charge for  No	<a href="http://www.suffolkmind.org.uk">www.suffolkmind.org.uk</a> Link: <a href="#">Home - Suffolk Mind</a> Call: 0300 111 6000 Email: info@suffolkmind.org.uk  Referral forms can be accessed via website which is updated weekly
	 <b>Anglia Care Trust</b> Employment Advice Service	<ul style="list-style-type: none"> <li>• Developing confidence and self esteem</li> <li>• Support with CV building</li> <li>• Liaising with training/learning providers</li> </ul>	Suffolk	No	<a href="http://www.angliacaretrust.org.uk">www.angliacaretrust.org.uk</a> <a href="#">Home   Anglia Care Trust</a> Call: 01473 622888
Financial Advice	 <b>Citizens Advice Bureau (CAB)</b> Charity offering free, impartial confidential, independent advice	Information and advice on Benefits, Work, Debt & Money, Housing, Consumer issues, Family, Law and courts, Health, Immigration. <ul style="list-style-type: none"> <li>• Citizen’s Advice website</li> <li>• Suffolk CAB Adviceline (see opposite)</li> </ul> <p>Local CAB offices are closed at present. Usual offer includes advice appointments / a debt clinic</p>	Suffolk, based in many towns across Suffolk	No	Link: <a href="https://www.citizensadvice.org.uk/">https://www.citizensadvice.org.uk/</a>  Freephone Suffolk AdviceLine: 0808 278 7868 (M-F 8am – 6pm)  Universal Credit Help to Claim: 0800 144 8 444
	 <b>Anglia Care Trust</b> Money Advice service	Money Advice service available for all <ul style="list-style-type: none"> <li>• 1:1 work, to encourage positive action and embed skills</li> </ul>	Suffolk	No	<a href="http://www.angliacaretrust.org.uk">www.angliacaretrust.org.uk</a> <a href="#">Home   Anglia Care Trust</a> Call: 01473 622888



FOCUS	SERVICE	OFFER	WHERE AVAILABLE	CHARGE	Contact details / referral information
Gender / Identity	 <p><b>Outreach Youth</b> charity that supports and works with Lesbian, Gay, Bisexual, Trans*, Queer and Questioning (LGBT*Q+) young people (under 25), their friends/ families</p>	<ul style="list-style-type: none"> <li>• Online YP Groups organised by age plus a trans, young men (under 18's), black young person's groups</li> <li>• Young women's project online</li> <li>• 1:1 for young people online chat</li> <li>• Parents /carers groups: Trans Families, exploring your child's sexuality</li> <li>• Where YP need something more specific refer to their counsellor for online work</li> </ul>	Suffolk	No	Link: <a href="https://outreachyouth.org.uk/">https://outreachyouth.org.uk/</a> Call or text: 07999 730 289 Email: <a href="mailto:info@outreachyouth.org.uk">info@outreachyouth.org.uk</a>
	 <p><b>Gendered Intelligence</b> National service to support young Trans and non-binary people* aged 8-25</p>	<ul style="list-style-type: none"> <li>• Offers guidance/ resources for YP family and professionals</li> <li>• Online youth groups by age</li> <li>• This is a national service but can offer online groups</li> </ul>	National	No	Call: 0330 3559 678 Text / WhatsApp chat options: 07592 650 496  To access online youth groups email: <a href="mailto:youthwork@genderedintelligence.co.uk">youthwork@genderedintelligence.co.uk</a> with subject 'ONLINE YOUTH GROUPS'
Housing	 <p><b>YMCA Ipswich</b></p>	<ul style="list-style-type: none"> <li>• Supported housing for 16 – 21 year olds. 16 – 18 funded by social care; 18 – 21 require housing benefit &amp; universal credit to help fund.</li> </ul>	Accepts accommodation referrals from Suffolk	Dependent on age (see offer for details)	Link: <a href="#">Ipswich - YMCA Trinity Group</a> Call: 01473 252456
Neurodevelopmental needs	<p><b>SENDIASS</b> Special Educational Needs &amp; Disability Advice &amp; Support Service. For CYP up to aged 25 with SEND, and parents/carers</p>	confidential impartial information, advice and support on SEND issues <ul style="list-style-type: none"> <li>• Online coffee mornings for carers</li> <li>• Online information sessions on support services for pupils with specific learning difficulties</li> </ul>	Suffolk	No	Call: 01473 265 210  Email: <a href="mailto:enquiries@suffolksendiass.co.uk">enquiries@suffolksendiass.co.uk</a>

FOCUS	SERVICE	OFFER	WHERE AVAILABLE	CHARGE	Contact details / referral information
Neurodevelopmental needs cont.	 <p><b>Newbold Hope</b> Independent online training / information sessions for parents &amp; professionals with children with SEND</p>	<p>Yvonne Newbold has been described as “inspirational”. She is a SEND parent, trainer and speaker. She wrote ‘Special parent’s Handbook’</p> <ul style="list-style-type: none"> <li>Fortnightly webinars this spring “for those caring for children with Special Educational Needs or Disabilities (SEND) where there are anxiety-led extreme or violent behavioural challenges”</li> </ul>	Suffolk online	NHS funded so only £2.50 per webinar	<p>Link: <a href="https://yvonnenebold.com/webinars-workshops-courses-and-books/">https://yvonnenebold.com/webinars-workshops-courses-and-books/</a></p> <p>email: <a href="mailto:webinars@newboldhope.com">webinars@newboldhope.com</a></p>
	 <p><b>Suffolk Family Carers</b> Offers support to parents where there are traits of ASD/ADHD</p>	<p><i>Neurodevelopmental pathway offer</i></p> <ul style="list-style-type: none"> <li>1:1 support for family carers and parents</li> <li>Signpost to online courses/group</li> <li>Online support programmes</li> <li>Peer sessions for those with ASD/ADHD</li> </ul>	Suffolk	No	<p><a href="#">Suffolk Family Carers   Established Charity Helping Family Carers</a> Call: 01473 835477 M-F 8-5: Online chat M-F 8-8; S&amp;S 9-1</p> <p>Referrals: no need for a diagnosis</p>
	 <p><b>Leading Lives</b> provides support for young people with learning disabilities, autism and complex needs in their home and community</p>	<ul style="list-style-type: none"> <li>Online and telephone outreach support</li> <li>Night hub: youth group (13-25) continues with COVID precautions in Stowmarket, Sudbury, Lowestoft &amp; Saxmundham Friday 6-8pm) ; Rushmere &amp; Bury St Edmunds (Thursday 6-8pm)</li> </ul>	Suffolk	Yes – must access disability living allowance	<p>Link: <a href="https://leadinglives.org.uk/">https://leadinglives.org.uk/</a> Call: 01473 406777</p> <p>Email <a href="mailto:info@leadinglives.org.uk">info@leadinglives.org.uk</a></p> <p>*Provision currently limited and unable to take new referrals</p>
	 <p><b>Autism &amp; ADHD</b> Independent organisation offering support to children and family. A diagnosis is not needed.</p>	<ul style="list-style-type: none"> <li>Offer 1:1 support sessions via Zoom, Skype, Whatsapp, FaceTime, telephone</li> <li>Have a closed Facebook group called “Autism and ADHD We’re all in this together”</li> </ul> <p>Offer Siblings Support for siblings of a child diagnosed with Autism or ADHD.</p>	Ipswich	Yes	<p><a href="https://www.autismandadhd.org/support">https://www.autismandadhd.org/support</a></p> <p>Email: <a href="mailto:info@autismandadhd.org">info@autismandadhd.org</a> - can be used to book support</p>



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Sexualised Behaviours	 <p><b>Harmful Sexual Behaviour Service</b></p>	<ul style="list-style-type: none"> <li>• Consultations to professionals concerned about behaviour of young person 0-18</li> <li>• Offers interventions with young people 8-17</li> </ul>	Suffolk	No	Link: <a href="#">Making a referral to diversion - Suffolk Youth Justice Service</a> To book a consultation: email: <a href="mailto:Karen.Martin@suffolk.gov.uk">Karen.Martin@suffolk.gov.uk</a>
Substance misuse	 <p><b>Turning Point</b>            Drugs and alcohol            Includes a specific youth service for under 25's</p>	<ul style="list-style-type: none"> <li>• 1:1 support, outreach, space to talk</li> <li>• Brief interventions/ support plan</li> <li>• Education /advice about drugs &amp; alcohol</li> <li>• Help to change: reduce, quit, gain control</li> <li>• Support to access other services</li> </ul>	Suffolk	No	Link: <a href="http://wellbeing.turning-point.co.uk/suffolk/our-services/young-people/">http://wellbeing.turning-point.co.uk/suffolk/our-services/young-people/</a> Call: 0300 123 0872
	 <p><b>Iceni</b>            Support for families affected by issues relating to addiction, dependency and abuse</p>	<ul style="list-style-type: none"> <li>• Family assessments</li> <li>• Individual and family therapies</li> <li>• Peer group sessions</li> <li>• Practical support (finance, housing, work, health, education, crisis, advocacy)</li> <li>• Stress and anger management</li> </ul>	Mainly Ipswich and surrounding area	No	Link: <a href="https://www.iceniipswich.org">https://www.iceniipswich.org</a> Call: 012473 214006 Email: <a href="mailto:admin@iceniipswich.org">admin@iceniipswich.org</a> Add: 74-78 Foundation Street, Ipswich, IP41BN
	 <p><b>Anglia Care Trust (18+)</b>            Drug and Alcohol Outreach Service</p>	<ul style="list-style-type: none"> <li>• Purpose is to support people to access treatment services -</li> <li>• Offer assessment (currently via phone)</li> <li>• 1:1 support to develop a person-centred plan to guide what services person wants help to access</li> </ul>	Suffolk	No	<a href="http://www.angliacaretrust.org.uk">www.angliacaretrust.org.uk</a> <a href="#">Home   Anglia Care Trust</a> 01473 622888



FOCUS	SERVICE	OFFER	WHERE AVAILABLE	CHARGE	Contact details / referral information
Young carers	 <p><b>Suffolk Young Carers</b> Offers support to CYP aged 5-25 who are doing more than usual due to family member's long-term condition</p>	<ul style="list-style-type: none"> <li>• Online support / activity groups</li> <li>• Information, tips etc</li> <li>• Mental Health First Aid sessions for YP</li> <li>• Peer sessions for those with ADHD/ASD</li> <li>• Online space for young carers aged 5 – 13 &amp; 14 – 25</li> <li>• Online activities continuing as planned Remote f2f over media platform</li> </ul>	Suffolk	No	<p><a href="#">Suffolk Family Carers   Established Charity Helping Family Carers</a> Call Information hub 01473 835477 M-F 8-5: Online chat M-F 8-8; S&amp;S 9-1</p> <p>Still taking referrals Clubs and in-person activities are postponed</p>
Youth Diversion with Suffolk Youth Justice Service	 <p><b>Youth Diversion Programme</b> Works with those at risk of offending 10-17</p>	<ul style="list-style-type: none"> <li>• Diversion programme gives young people support to stop them from offending and make them better equipped to stay free of crime in the future</li> <li>• For yp getting into trouble at home / in the community / at school / running away / using alcohol or substances / excluded from school / where friends are involved in anti-social behaviour or crime</li> <li>• Where parents need additional support</li> <li>• For young people exhibiting harmful sexual behaviour (see separate section above)</li> </ul>	Suffolk: bases in Ipswich, Bury, and Lowestoft & Waveney	No	<p><a href="#">What we do - Suffolk Youth Justice Service</a> <b>Ipswich:</b> 01473 260110 <a href="mailto:YOTIpswichAdmin@suffolk.gov.uk">YOTIpswichAdmin@suffolk.gov.uk</a> <b>Bury:</b> 01284 758230 <a href="mailto:YOTBuryStEdmundsAdmin@suffolk.gov.uk">YOTBuryStEdmundsAdmin@suffolk.gov.uk</a> <b>Waveney/Lowestoft:</b> 01502 674 880 <a href="mailto:YOTLowestoftAdmin@suffolk.gov.uk">YOTLowestoftAdmin@suffolk.gov.uk</a> To make a referral: <a href="#">Making a referral to diversion - Suffolk Youth Justice Service</a> Referrals accepted from CYP services, education, police &amp; parents / carers</p>