

Herefordshire Directory of Early Help Services

Useful contacts for EARLY HELP ASSESSMENT practitioners

Parents and children involved in crime and anti-social behaviour

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Child exploitation	<p>CLIMB: Children and young people (aged between 10-17yrs) at risk of being exploited or exposed to criminal activity. Individuals and gangs are threatening, grooming and forcing children and young people to work, have sex or traffic drugs. This service incorporates sports, dance, arts and music, and work with young people who are missing school or college, starting to be reported as missing, or at risk of being drawn into criminal activity.</p> <p>CLIMB Under 10's: CLIMB now have an Early Intervention Practitioner u10s in Herefordshire (Rebecca Webb). Her role is working with under 10s to reduce the risk of exploitation. This can be 1:1 sessions or group sessions with children, usually in school but she can also work with children outside of a school setting.</p> <p>Catch 22: Catch 22 are pleased to announce the launch of a specialist support and rescue service for young people and their families who are criminally exploited through county lines. Our caseworkers will provide one-to-one support to young people and their families, working closely with other agencies and professionals and tailoring the support to each young person's individual needs and circumstances. We deliver a rescue service, with "out-of-hours" capacity, to secure the safe return home, at a critical teachable moment, of young people from London, the West</p>	Direct referral	<p>Children's Society</p> <p>Contact: Rachel Barbee or Marcus O'Leary. climb@childrenssociety.org.uk</p> <p>Rebecca Webb Rebecca.Webb@childrenssociety.org.uk</p> <p>countylinessupportandrescue@catch-22.org.uk</p>

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	Midlands, Merseyside, and Greater Manchester who are identified outside of their home police force area as a result of their involvement in county lines activity. Our support and rescue service operates alongside SafeCall, a dedicated confidential county lines national helpline for young people, parents and carers across England and Wales run by Missing People.		
Child sexual exploitation	See The Branch Project – under sexual assault services. See CLIMB (above)		
PACE	Parents Against Child Exploitation - is an online resource for any practitioners working with families/ carers whose child is believed to be at risk or experiencing Child Exploitation. Pace works alongside parents and carers of children who are – or are at risk of being – sexually exploited by perpetrators external to the family. They offer guidance and training to professionals and parents on how child sexual exploitation affects the whole family. Free online training available for parents and professionals too.	Contact direct	PACE
On-line grooming information and resources	NSPCC guide for parents and professionals about social media sites NSPCC – advice on Grooming. It's Not Okay - on-line guidance and resource for children and young people, parents and professionals. St Giles -Midlands Think you Know – CEOP website containing useful resources for professionals. The Thinkuknow programme is founded on 6 values to ensure safe, effective and child-centred delivery of online safety education. BROOK Traffic Light Tool - A guide to identifying sexual behaviours and the level of risk.	Contact direct	Keeping children safe online Advice on grooming It's Not Okay St Giles Think You Know Traffic Light Tool

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	<p>Child Criminal Exploitation Toolkit for Professionals</p> <p>YouTube – Tea and Consent</p> <p>NSPCC ‘PANTS’ Resources for children aged 4 – 8 years</p>		<p>Exploitation Tool Kit</p> <p>Tea and Consent</p> <p>NSPCC PANTS</p>
Hollie-guard personal safety app	If in danger, you can shake to activate a point of contact and gives your location. Or if you go for a run and you stop it will know something is wrong.	Contact direct	Hollie-guard
Knife Crime	<p>Steer Clear: Steer Clear is a unique programme offering education and support to young people carrying weapons and their families. Our team work with young people aged between 10-18 who we believe could be exposed to knife crime and the harm associated with it. We will strive to educate and support each referred young person whilst tackling knife-related crime in order to protect our communities from harm. This voluntary programme is completely free. By getting in touch, you could help keep a young person safe from harm and assist in preventing the criminalisation associated to it.</p> <p>Live Safe knife crime advice & support: Learn the facts about UK knife crime and how it can impact your life, plus get support on how to stay away and live safely.</p> <p>No Knives, Better Lives: Knife crime prevention information and advice for young people, parents and practitioners.</p>	Contact direct	<p>steerclearherefordshire@westmercia.police.uk</p> <p>Live safe knife crime</p> <p>No Knives, Better Lives</p>
Fearless	A youth service providing the opportunity to give information on crime 100% anonymously. This can be given using an online form or be calling the Crimestoppers line.	Contact direct	<p>Fearless</p> <p>0800 555 111</p>
Fire Safety	Hereford & Worcester Fire & Rescue service Juvenile fire-setters scheme: This scheme was introduced to reduce the risk of fire-setting behaviour in our community. The aim is to change the behaviour of young people who engage in	Contact direct	Hereford and Worcester Fire and Rescue

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	<p>antisocial behaviour and fire-setting. The scheme is designed to curb fire-setting behaviour by educating and supporting children and their families.</p> <p>Staywise: Staywise is an on-line safety platform developed by the National Fire Chiefs Council in collaboration with other emergency services partners including the National Police Chiefs Council, the Association of Ambulance Chief Executives and the Royal Life Saving Society. It has a free online library packed full of educational resources and activities from the UK's leading emergency services and safety-focused organisations making it easy for you to find trusted materials that provide learning opportunities to help keep children safe.</p>		<p>Staywise</p>
Youth Justice Service	<p>Youth Justice Service engage in a wide variety of work with young offenders (those under 18) in order to achieve their aims. YOT's supervise young people who have been ordered by the court to serve sentences in the community or in the secure estate. They also arrange for Appropriate Adults to accompany under 17's after their arrest in order to advise and support the young person and observe that they are treated fairly.</p> <p>The Turnaround Project (provided by West Mercia Youth Justice Service) : Turnaround is a voluntary support programme for young people aged 10 to 17 years old and their families. The aim is to support young people and their families, who have come to the early attention of enforcement agencies.</p>	Referral via police or support worker	<p>Youth Justice Service</p> <p>01432 347120</p>
Youth Support service	<p>YSS is a regional charity, spanning the four West Mercia local authorities; Worcestershire, Shropshire, Herefordshire, Telford & Wrekin.</p> <p>In Herefordshire, YSS provides these services:</p> <p>Appropriate Adult: ARC and Divert projects: provide one to one support to 13–24-year-olds who are in, or at risk of being involved in, the Criminal Justice System. ESS is aimed at supporting and helping individuals who have indicated they want to stop offending.</p> <p>Remember Veterans</p> <p>Chrysalis which works with vulnerable women in the youth criminal justice system</p> <p>#MORSE which works with adults with a driving offence.</p>		<p>Youth Support Service</p> <p>01905 730780</p>

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Victim Support	If you have been affected by crime contact your local victim care unit who can support with bullying, online crime, burglary, gangs, street violence.		Victim Support 01905 726896

Children who have not been attending school regularly

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Education Welfare (attendance)	<p>School Attendance & Engagement Officers</p> <p>Social Inclusion & elective Home Education Officer</p>	Contact direct	schoolattendanceengagement@herefordshire.gov.uk Jo Ell Socialinclusion@herefordshire.gov.uk Home-education@herefordshire.gov.uk
Employment and Training support	<p>Hoople: Our Study programme is aimed at 16–19-year-olds who may struggle with mainstream education, and supports learns with social, emotional and mental health needs as well as special educational needs and disabilities. We help them to continue their education and build skills to gain employment, apprenticeships and life skills to develop independence, with a small group of up to 30 students per cohort. Our doors are also open for 16–25-year-olds with Educational Health Care Plans (EHCP).</p> <p>The King's Trust: offer a range of different support programmes for young people, including Team, which is a 12-week personal development initiative for 16-25-year-olds.</p>	Contact direct	Hoople Study Programme 01432 383500 study.programme@hoopleltd.co.uk King's Trust 0800 842 842


AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	<p>HVOSS NEETS: As hvoss develops a much-needed inclusive supported volunteering service across Herefordshire, called 'Be Inspired', we are working for a few months with Landau and Horizon training, who are delivering a NEETS project funded by Herefordshire Council. This project is for 15 – 25-year-olds who are not in employment, education or training, to develop the personal and transferable skills needed to move into work. The project offers mentoring and person-centered support to build confidence, self-esteem and basic skills, along with the chance to participate in certified training and employability skills, for those furthest from the labour market. Hvoss will offer support to find and sustain volunteering placements and training, along with supported travel and shadow shifts. One-to-one mentoring will help empower young people to explore options for the future to move forward. We have Engagement coordinators, Milly and Lauren working in Ross, Hereford and Leominster area, who can meet young people locally, working face to face, by phone or online.</p>		<p>Mandy.furniss@hvoss.org.uk</p> <p>hvoss 52, Broad Street, Hereford, HR4 9AB 07741741148</p> <p>Or</p> <p>Andrea Harrison at Landau: andrea.harrison@landau.co.uk 07562 625820</p>
<p>Bullying support</p>	<p>Always contact the school to discuss.</p> <p>Head teachers have the legal power to make sure pupils behave outside of school premises (state schools only).</p> <p>This includes bullying that happens anywhere off the school premises, for example on public transport or in a town centre.</p> <p>School staff can also choose to report bullying to the police or local council.</p> <p>Children First Family Mediation: If your family has been affected by peer-on-peer abuse, there is local support available. Children First Family Mediation is an</p>	<p>Contact direct</p>	<p>Useful websites:</p> <p>Bullying at school/outside school</p> <p>Bullying - definition</p> <p>Bullying at school – the law</p> <p>Preventing and tackling bullying</p> <p>Young minds – support on bullying</p> <p>Children First</p>

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	<p>independent family mediation service who offer confidential, sensitive support to Herefordshire families and individuals who have been affected by peer-on-peer abuse.</p> <p>Kidscape: Advice for parents, carers and young people on how to deal with and respond to bullying.</p>		<p>Please contact Sheena Adam at admin@childrenfirstfamilymediation.org.uk or call 01617 638793 and quote "Herefordshire".</p> <p>Kidscape</p>

Children who need additional support, from the earliest years to adulthood

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Herefordshire Children's Help and Advice Team (CHAT)	<p>The Children's Help and Advice Team is a team that can offer advice, guidance and signposting to families and professionals. They can also support professionals with the completion of an Early Help Assessment.</p> <p>The Children's Help and Advice Team also ensure that families get the right help at the right time. They can offer support and advice to families and professionals on the Early Help Assessment (EHA) process.</p> <p>They maintain records on the progress of an EHA through regular contact with families and professionals.</p>	Contact direct	<p>01432 260261 Email: CHAT@herefordshire.gov.uk</p> <p>EHA document and guidance available at: Early Help Support</p>
Herefordshire Council – Early Help family support.	<p>Work with Families to offer support and guidance with parenting. Offers mentoring, advice and buddying for parents and children aged 0-19. Intervention can be for 3-6 months.</p> <p>2 family support workers specialising in support for young carers.</p>	Early Help Assessment required See Children's Help and	Contact via CHAT (see above)

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
		Advice Team above	
Herefordshire SEN Team Disabled Children's Social Care Team	<p>SEN team - can provide support when your child is going through a statutory assessment or already has an Education, Health and Care Plan (EHCP). Every child known to SEN team have an allocated caseworker.</p> <p>Disabled Children's Social Care Team – a team of social workers and support workers who work with disabled children and their families together with a range of other professionals.</p>	Contact direct	<p>SEND support 01432 383679</p> <p>Disabled Children's Social Care Team 01432 261584</p>
Vennture	<i>The 4Family programme</i> helps families to help themselves; it carefully selects and rigorously trains volunteers to work supporting families one-to one in their home for 6 to 12 months.	Early Help Assessment required. See CHAT above	enquiries@vennture.org.uk 0330 2020730
Homestart	Work with Families to offer support and guidance with parenting. Offer mentoring, advice and buddying for parents and children aged 0-19. Intervention can be 3 months +.	Contact direct	homestart.hereford@virgin.net 01432 371212/372264
Children's Centres in Herefordshire	<p>The Children's Centre offer family support through a range of services, such as Let's Play, baby massage, speech and language groups, parents with prospects and many other specialist and outreach support sessions.</p> <p>Herefordshire Health Visitors: The Single Point of Access (advice line) service provides parents/ carers of 0–5-year-olds in Herefordshire with advice from the health visiting team about a child's health or development. Parents/carers can seek advice about a wide range of topics such as breastfeeding, bottle feeding, sleep, toileting, behaviour, eating, minor injuries/ ailments, parenting support and much more.</p>	Early Help Assessment required See CHAT above	<p>Bromyard Hope Centre 01885 488495</p> <p>Golden Valley 01432 383860</p> <p>South City 01432 383860</p> <p>North City 01432 383430</p> <p>Kington 01432 383340</p> <p>Leominster 01432 383340</p> <p>Ross 01432 260700</p> <p>Ledbury 01432 383840</p>

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
<p>Solihull On-line parenting courses (FREE)</p> <p>Triple P Parenting Courses/ NVR</p> <p>Family Lives Online Parenting courses (FREE)</p>	<p>Free online courses for parents: Understanding your child with additional needs Understanding your teenager Understanding your child's behaviour</p> <p>UNDERSTANDING YOUR CHILD</p>  <p>Non Violence Resistance training: NVR is a non-judgemental supportive programme designed to empower parents by feeling more in control and purposeful about any actions taken in response to behaviours. It is a relational approach that focusses on the interactions between the parents and their child; parents are coached to change their own responses to the young person's behaviour and to build a network of support around their family.</p> <p>Free online courses for parents: Parents together Let's Play Coping with teens Raising confident children</p>	<p>LOG-ON using Herefordshire's group log-in</p> <p>Self referral</p>	<p>Solihull On-line parenting Enter Herefordshire Access Code: APPLEHERE</p> <p>Triple P parenting course information</p> <p>Please contact: NVR@herefordshire.gov.uk</p> <p>Family Lives Parenting 08088 002222</p>
<p>CDC (Child Development Centre)</p>	<p>A specialist assessment and intervention centre for children with developmental delay and disabilities including motor, language and autistic spectrum disorders. Community paediatric outpatients, multi-disciplinary assessments and family service plan meetings are held.</p>	<p>Referrals from GPs, Health Visitors, School Nurses and other health professionals</p>	<p>01432 356438</p>

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Carer Links	<p>CarerLinks offer emotional and practical support to unpaid carers, helping them to protect their health and well-being. A carer is a person of any age, who provides unpaid support to a family member or friend who, due to illness, disability, mental health or addiction could not manage without this help. Carer advisers provide a listening ear and can link carers with services and support. Drop-in sessions in localities in Herefordshire.</p>	Referral direct from family	<p>Email: herefordshire@crossroadstogether.org.uk</p> <p>01432 663057 Crossroads Together</p>
Young Carers	<p>1:1 Support from specially trained Early Help key worker.</p> <p>Young Carers Assessment information: Our young carer service considers the whole family when making an assessment of a young carer's needs. Some of the ways we may be able to help include signposting to support organisations, support with school or college, information, guidance and advice, support for the family, help with keeping the young person and their family safe, emotional support and befriending. Contact one of our Advanced Practitioners for help or support with referrals for a young carer's assessment:</p> <p>Herefordshire Young & Young Adult Carers CIC: Herefordshire Young and Young Adult Carers CIC provides support and respite for children and young adults who are caring for a family member with an illness, disability, mental health issue or problem with drugs or alcohol.</p> <p>Sense: Support for young carers and siblings of disabled people. Sometimes, we all need space to relax and share our experiences with people who understand us. That's why we offer support and activities to young carers and siblings of people with disabilities. Your child could attend one of our virtual book clubs or</p>	Refer to CHAT for an Early Help Assessment	<p>Contact the CHAT team on 01432 260261</p> <p>Young Carers Assessment Advice</p> <p>07484 245128</p> <p>HYYACinfo@gmail.com</p> <p>Online referral form</p> <p>Sense Website</p>

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	games nights or come along to a wellbeing session if they'd like to talk. The choice is theirs!		
Young Sibs - for brothers and sisters of disabled children and adults	This service is run by Sibs, the UK charity for brothers and sisters of disabled children and adults. On-line support and advice for children who have a disabled relative living with them.	Direct online website	Young Sibs
Epilepsy Action	'Just for kids' website to support children with epilepsy.	Direct online website	Just for kids epilepsy support
Aspire	Organisation that supports adults with learning disabilities. Daytime activity clubs at the Hub- Tues-Fri. Youth Club - Thursday evenings.	Contact direct	Aspire Living 01432 269406 The Hub 01432 266881
Autism and ADHD support	<p>NAS Herefordshire: Support for people and families living with Autism. Contact for times and details</p> <p>National Autistic Society</p> <p>H.A.N.D.S Hub (Herefordshire Autism and Neuro Diverse Support Hub: Assist individuals and families with autism and other neurodiverse conditions based at 4 Berrows Business Centre, Bath Street, Hereford HR1 2HE</p> <p>Autism West Midlands: Have a helpline offering support to parents, autistic adults, carers and professionals. They can also be contacted online and hold online meetings. They also offer a range of online courses.</p> <p>Local support can also be offered by Autism West Midlands funded by the Fred Bulmer Trust through the NHS.</p>	Contact direct	<p>Herefordshire NAS 01432 340072</p> <p>National NAS</p> <p>info@hands-hub.co.uk</p> <p>Autism West Midlands Helpline: 0121 450 7582</p> <p>01432 801687 herefandworcs@autismwestmidlands.org.uk</p>

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Close House Projects	Youth Centre in Hereford. Ages 11-24, Mon-Sat. Safe, supportive and inspiring spaces for young people to socialise and access support. Drop-in support, youth club and sessions in the school holidays.	Do not take referrals	Close House 01432 274239 admin@closehouse.org.uk
Gypsy, Roma Traveller Support Services	GRT team offers advisory support to schools and professional agencies towards the improvement of outcomes for Gypsy, Roma and Traveller (GRT) children and families. Working with: Professional and voluntary sector agencies in Herefordshire. GRT children from 0 to 19. GRT families - Romany Traveller/Gypsy, Irish Traveller, New Traveller, Showman, Roma.	Contact direct	Email: grt@herefordshire.gov.uk Colin Jefferson, GRT learning mentor, Y11+: 01432 260295
HOPE Support service	Supporting young people (5-25) when a close family member is diagnosed with a life-threatening illness.	Self-referral	Hope Support Services 01989 566317 help@hopesupportservices.org.uk
Houghton Project	The Houghton Project is based within a 200-acre working farm in Bodenham, Herefordshire. It is run as a mixed farm with facilities to provide training and experience in both animal and horticultural production. Allow individuals to develop their own interests and skills. <ul style="list-style-type: none"> • Enhance service users' employability. • The development of social skills within a supportive environment. • Allow service users to develop their capacity to form friendships and relationships with a wider range of people. 	Contact Direct	Houghton Project Tel: 01568 797900
Sexual Assault Services	Horizon Sexual Assault Referral Centre- Provides people who have experienced rape and sexual assault within the West Midlands with support and advice to assist in their recovery. They provide you with information about the options available to you and will support you in the decisions that you make. WM RASASC & Purple Leaf (West Midlands Rape and Sexual Abuse Support Centre) Offers a free, confidential and non-judgemental service for survivors who have experienced any	Self-referral	Horizon 0808 168 5698 Office - 01432 266551 office@wmrsasc.org.uk

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	<p>form of rape or sexual abuse. Services available are face-to-face, telephone and email counselling for females aged 16+; telephone helpline for survivors and supporters and an Independent Sexual Violence Advisory Service (ISVA) for females and males aged 11+.</p> <p>Purple Leaf provide advice, risk assessment and interventions for children and young people (aged five to eighteen) who have exhibited or are at risk of exhibiting harmful sexual behaviour.</p> <p>Also, deliver our Purple Leaf Education Programme, which provides 10 – 25 year olds with education and information designed to increase access to high quality sexual violence information and support.</p> <p>SELFIE Project: Sexualisation Exploitation Love Friendships Information Empowerment.</p> <p>The SELFIE Project is an educational resource aimed at 11-25 year olds designed to increase young people's access to high quality sexual violence prevention and support.</p> <p>Sessions can be delivered in school as one off standalone workshops, or as part of a 7-session delivery plan. Each session lasts for an hour, and it is advisable that each session is conducted before a break or lunch period. This enables the young people to come back and discuss anything in a safe, secure and private environment.</p> <p>The Branch Project: Working with children and Young people who have experienced Child Sexual Exploitation or are worried about it.</p> <p>Paediatric Sexual Assault service - A region-wide service which provides expert care for children and young people who have disclosed sexual assault, or who may have been subject to sexual abuse. Clients are seen by an experienced Paediatrician with specialist training in forensic examination and are supported by a Crisis Worker.</p> <p>Barnardo's BEACON Project: They provide safe spaces, therapeutic services and practical support to help young people cope and recover from sexual abuse.</p>	<p>For more information, to make a referral or to arrange to speak to a Branch Project Worker</p>	<p>Help lines – 01905 724514 (Worcestershire) 01432 344777 (Herefordshire)</p> <p>Office - 01432 266551 office@wmrsasc.org.uk Help lines - 01905 724514 (Worcestershire) 01432 344777 (Herefordshire)</p> <p>Call: 01905 611655 (Worcestershire Office) / 01432 266551 (Herefordshire Office) Email: branch@wmrsasc.org.uk 0800 953 4131 Email: pSASWestMids@uk.g4s.com.csjm.net</p> <p>Barnardos Beacon</p> <p>01384 411 722</p>

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	<p>The Beacon Project is here to work with you across all 4 police areas (Warwickshire, West Mercia, West Midlands and Staffordshire) to help build capacity, create consistency and shine a light on the great work that's taking place. The main ways we will achieve this are;</p> <ul style="list-style-type: none"> • Having a website which will serve as a hub of information and support • Provide training, consultation and networking with professionals • Where there is no provision for a young person, we can provide counselling <p>NAPAC: NAPAC (the National Association for People Abused in Childhood) offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect. Supporting recovery from childhood abuse, there is a support line available and downloadable self help guides for survivors, friends and family.</p>		<p>NAPAC 0808 801 0331 support@napac.org.uk</p>
SENDIAS	Formerly Parent partnership Scheme. Information, advice and support to parents and carers of children and young people up to the age of 25 who have a disability and/or special educational needs They offer an impartial, confidential and supportive service for parents and carers.	Self-referral	<p>01432 260955 sendiass@herefordshire.gov.uk</p>
No Wrong Door (NWD)	Collective and collaborative service for young people in Herefordshire. Activities and support varies from support to access training or employment, sexual health, arts and sport, counselling, drug awareness and crime prevention.	Contact direct	<p>Contact: Will Edwards nwd@hvoss.org.uk 01432 277562</p>
Online Safety	<p>NSPCC have various online safety support available</p> <p>Online Safety Workshops that provides parents and carers with information on how to support their child in the online world. There are presentations on topics such as online bullying, mental health and social media.</p>	Contact direct	<p>NSPCC Online Safety Workshops</p> <p>NSPCC Cyberbullying</p> <p>NSPCC Online Safety</p>

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	<p>Internet Matters: Online safety experts providing parents and carers with guidance and support to keep children safe online.</p> <p>Safewise: a guide to internet safety for children on phones, watches and parental controls.</p> <p>So You Got Naked Online?: A resource that offers children, young people and parents' advice to support the issues resulting from sexting incidents.</p> <p>Childline: remove a nude image online. It can be scary finding a nude image or video of yourself that has been shared online. Report and Remove give advice on what to do in this situation.</p>		<p>Internet Matters</p> <p>Safewise</p> <p>So You Got Naked Online</p> <p>Childline Report Remove</p>
LGBTQ Support	<p>Being Gay is Okay: Offers practical advice and information for gay. Lesbian, bisexual and unsure under 25's. They can be contact Tuesdays, Wednesdays and Thursdays by phone or text.</p> <p>Mermaids: Supporting trans, non-binary and gender-diverse children, young people and their families. Call or use the web chat Monday – Friday 1pm to 8:30pm.</p> <p>Switchboard: Is a support line for anyone at any point of their journey to discuss anything related to sexuality and gender identity. Their phone line is open 10am-10pm 365 days of the year and you can also use the online chat.</p>		<p>Being Gay is Okay 0800 06 12345 Text 07451 289261</p> <p>Mermaids 0808 801 0400</p> <p>Switchboard 0800 0119 100</p>

Families experiencing or at risk of worklessness, homelessness or financial difficulties

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Families First Employment Advisor	Provides help and support to families the Local Authority is working with to return to work or training. Can help with access to support that is available to them to address barriers that they may have to this, help with benefit issues. Must be accessed through an Early Help assessment.	Refer to CHAT through an Early Help Assessment. Must be noted on the action plan	Contact a Family Community Work Coach
Building Better Opportunities	The Building Better Opportunities (BBO) Herefordshire project managed by Landau Ltd is currently offering support for those who are unemployed (not working and looking for work) and economically inactive (not working and not currently looking for work). The project utilises the support of a partnership of 8 organisations based in Herefordshire to move people closer to and into employment by providing: <ul style="list-style-type: none"> * training opportunities * practical skills learning * support with CV creation * interview skills/preparation * job searching support 	Direct referral or through EHA	bboherefordshire@landau.co.uk 01432 530041
In2 Youth Support Programme	The In2 youth support programme managed by Landau Ltd for 15-24 yrs old who are unemployed, NEET (not in education, employment or training) or at risk of becoming NEET. The programme works to progress young people into	Direct referral or through EHA	In2herefordshire@landau.co.uk 01432 530112

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	<p>employment, back into education and into traineeships/apprenticeships. Is currently offering the following online courses (see below) - alongside one to one mentoring of young people.</p> <ul style="list-style-type: none"> * Dealing with conflict * Fitter Futures * Positive Coping Mechanisms * Respecting yourself and others * Taking Charge of your Life * World of Work 		
Herefordshire Youth Employment Hub	Offer support to 16-24 year olds into employment, education or training. They can help with apprenticeships, career advice, confidence and money managing. 57-59 Blueschool Street, Hereford.	Contact direct	01432 261515 youthemploymenthub@herefordshire.gov.uk
Citizen's Advice Debt advice Service	A Citizens Advice debt adviser helps people to understand their rights and responsibilities and those of their creditors. CAB debt advice service is free, confidential and impartial. Their debt advice service is authorised and regulated by the Financial Conduct Authority (FCA).	Contact direct	Citizens Advice England - 0800 144 8848
Christians Against Poverty	Free debt advice and they are able to visit clients in their own homes, to support them in managing their own finances. For clients who cannot repay their debts, support by arranging an Individual Voluntary Arrangement (IVA) bankruptcy or Debt Relief Order (DRO), as appropriate. Where possible, work with creditors to have interest charges reduced or stopped. Self Help pack available via website of Freephone number.	Referral direct from family, Early Help Assessment Key Professional or self-referral	Christians Against Poverty 0800 328 0006

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
NILS (no interest loans scheme)	Provides zero-interest loans and/or grants for people experiencing acute financial problems of up to £500. They do not provide cash sums to individuals but purchase essential items on people's behalf direct from local suppliers, having first assessed whether they are eligible for a loan or a grant which depends upon their circumstances, and their situation: Example: a small loan repayable over a period up to 2 years which gives a sense of control and improves self-confidence, to buy, for example: a household appliance, equipment to start a job or school uniforms.	Direct referral of via a professional	NILS 07904 488492
Community Care Award (CCA). Exceptional circumstances award (ECA).	<u>Emergency welfare support</u> . Supporting vulnerable individuals to live independent lives by supporting moves and providing essential equipment, e.g. Care leavers or those at risk of homelessness.	Must be over 16. Referral via application form	Emergency Welfare Support 01432 383838
Herefordshire Community Fund	<p>Fund development to give local communities an improved quality of life. Handle funds on behalf of Government, Big Lottery Fund and other national organisations. Can give Government-funded grants and get Gift Aid on donations destined for small organisations not registered as charities, who would otherwise be ineligible.</p> <p>While grants just for individuals or families can't be awarded, provisions such as emergency food parcels can be purchased and distributed to beneficiaries. For example, foodbanks that are low on supplies of specific items</p> <p>WHO CAN APPLY FOR GRANTS?</p> <p>Voluntary and community organisations, including, but not limited to...</p> <ul style="list-style-type: none"> •Registered charities, including charitable incorporated organisations. •Constituted organisations and non-registered charities 	Online application Form	Herefordshire Community Fund 01432 272550

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	<ul style="list-style-type: none"> •Community interest companies and community benefit societies (Community Foundations can use their own policy). •Parish and town councils (if the funded activity is not deemed part of their statutory duties). •Parent Teacher Associations (PTAs). •Churches and other religious organisations (if the funded activity is not deemed to be proselytising). 		
Better Off Herefordshire	A service for people living in Herefordshire providing information on benefits, applying for jobs and completing claim forms.	Contact direct	Better Off Herefordshire
Keep Herefordshire warm Advocacy service	<p>If you are aware of a person struggling to pay energy bills, this service. Energy Advocate works as part of Keep Herefordshire Warm covering Monday to Thursdays.</p> <p>The Keep Herefordshire Warm service is a partnership between Severn Wye Energy Agency and Herefordshire Council. It provides free local home energy advice to households across Herefordshire.</p> <p>By offering everything from simple home energy advice and tariff switching, to helping households access grants for insulation, heating, boilers and renewable energy – we help reduce bills, improve wellbeing and prevent avoidable illness.</p>	Contact direct	Advocacy Service 01452 835060
Herefordshire Community Reuse and Recycling group	Clothing, bedding, toys & books, furniture including beds, sofas, chairs, fridge, cooker, microwaves all donated free to help create new homes for struggling families.	Contact direct	contactus@herefordreuseandrecycle.co.uk or Via Facebook
Herefordshire Housing	Herefordshire Home Point: Welcome to Herefordshire Home Point the choice based letting scheme set up in partnership between Herefordshire Council and the main housing associations who have properties available to let across	Self-referral	Herefordshire Home Point

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	<p>Herefordshire. The aim is to give you more choice in deciding where you want to live.</p> <p>Connexus Young Person Service</p> <p>Connexus are delighted to have successfully tendered to provide the new Young Person's accommodation-based and floating support service in Hereford. Connexus will be delivering high-quality supported accommodation in Hereford City Centre and outreach support across Herefordshire for young people aged 16 to 25 years from 1st March 2021. Providing training opportunities, offering residents the opportunity to learn new skills at Connexus' Brierley Court learning hub, with both in-house initiatives and the opportunity to take up formal educational qualifications. Residents will be housed in high-quality accommodation with 24/7 support.</p>		<p>01432 260300 open 10am- 3pm Monday- Wednesday.</p> <p>herefordypp@connexus-group.co.uk for completed referrals or for more information.</p> <p>Connexus – online referral form</p>
<p>Homelessness</p>	<p>If you are homeless or think you are going to be, we can provide much needed support at what is a frightening and traumatic time.</p> <p>We can advise you of your housing rights and provide advice on any welfare support you can get, including housing benefits. We can also negotiate with your landlord or friends and family to help you stay in your accommodation. We can help you with your housing options so you can secure accommodation that meets your needs.</p> <p>If you are under 18 and homeless, please call our Multi Agency Safeguarding Hub (MASH) team on 01432 260800 and ask to speak to the duty social worker. Please tell us if you are a care leaver.</p>	<p>Self-referral</p>	<p>Homeless - support</p> <p>01432 261546 or 01432 261547 01432 261600 (emergency)</p> <p>Herefordshire Council Homeless advice</p>

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	The Living Room: a charity to provide help with homeless people suffering with food poverty. They have a café, a community larder and offer a safe community space.		01432 381838 Email – thelivingroomhereford@ethos.uk.com

Families affected by domestic abuse

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Women's Aid (West Mercia)	WMWA exists to support women and children affected by domestic abuse in Herefordshire, Worcestershire and Shropshire working with victims of domestic abuse. Courses are for women that are victims of domestic abuse.	Referral direct from family or Early Help Assessment Key Professional	West Mercia Women's Aid Herefordshire & Shropshire 0800 783 1359 Worcestershire 0800 980 3331
VESTA	Polish Domestic Violence Helpline. Help for Polish victims and perpetrators of domestic abuse to reduce their fear of speaking up about their experiences and guide them to the most appropriate support. Help them understand the nature of abuse, its impact on their children and empower them to move forward with their lives. On-line guidance, specialist family support, signposting to other organisations with Polish speaking professionals	On-line advice Contact direct	Vesta Polish Domestic Violence
Men's DV helpline	West Mercia Men's Domestic Abuse helpline	Contact direct	West Mercia DA support for men 0800 0149082

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	If you are a male and experiencing domestic abuse and need information, advice or support. The Helpline can be contacted 24/7, it is free and completely confidential.		
DRIVE	<p>Men & Masculinities - A New Domestic Abuse Perpetrator Service</p> <p>The Cranstoun Group is a charity empowering people to live healthy, safe and happy lives. They work with service users, families and communities, helping them to make positive changes.</p>	Self- referral	<p>Men & Masculinities Support</p> <p>MMreferralsH&W@cranstoun.org.uk</p>
Cranstoun Herefordshire Male Victims Service	Provides male domestic abuse support for males aged 11+ in Herefordshire experiencing abuse. They offer a 24-hour support line, emergency refuge and a specialist service for children and young people.	Contact direct	Cranstoun
DV Assist	<p>Domestic Violence Assist is available to provide immediate emergency help to victims of domestic violence.</p> <p>can help you:</p> <ul style="list-style-type: none"> • Arrange & Apply for either a: <ul style="list-style-type: none"> ○ Non-Molestation Order ○ Occupation Order ○ Prohibited Steps Order • We will confirm your eligibility for Legal Aid and you will need to produce some documents <ul style="list-style-type: none"> • Direct you to a specialist Legal Aid Agency approved solicitor. 	Self-referral via Website	<p>Domestic Violence Assist</p> <p>0300 0040375</p>
CDA S (Run by West Mercia Women's Aid).	<p>CRUSH is a structured programme of group support and empowerment for young people in the age range of 13 – 19 who have witnessed, experienced or are at risk of domestic abuse.</p> <p>CRUSH aims to help young adults gain the skills, knowledge and tools to be able to avoid abusive relationships and exit an abusive relationship safely. The CRUSH Programme is suitable for young people of both sexes and can be helpful to those</p>	On line referral form	<p>West Mercia Women's Aid Support for children and young people</p> <p>0800 014 9094</p>

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	<p>who are vulnerable to domestic abuse and also for those who are beginning to show signs of controlling behaviour.</p> <p>Helping Hands is a preventative education programme for primary school aged children at key stage two and three. The overall aim of the programme is to: Increase children's understanding of feeling safe and to explore and promote behaviours which will contribute to a safe environment</p> <p>1:1 support (formerly Children's Independent Domestic Violence Advisor). DV support for children and young people that are unable to attend group for a specific reason such as having low resilience & protective factors vs high vulnerability and adversity.</p>		
TSB Emergency Flee Fund for Domestic Abuse Victims	TSB provide domestic abuse victims up to £500 to pay for essentials to make leaving possible, no need to pay it back. You can book a video appointment or drop into a branch.	Contact direct	TSB Flee Fund

Parents and children with a range of health problems

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
CAMHS (children and adolescent)	Operate specialist services that offer assessment and treatment for children and young people (0 - 17 years of age) and their families who have complex mental	Referral through GP.	CAMHS 01432 378940

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
mental health services)	health needs. These problems may be emotional or behavioural and may include difficulties in developing and forming relationships.		
Melo - Onside	<p>Melo CLD provides an innovative and flexible approach to improving the emotional wellbeing and mental health of children and young people between the ages of 0 – 25 years. They offer:</p> <ul style="list-style-type: none"> • Individual Support • Targeted Group Support <ul style="list-style-type: none"> • Group Support • Specialist Support 	Self referral or a referral from a professional accepted.	Melo support Hereford 01432 800809 Worcester 01905 673549 www.cldyct.org
CLD Strong young minds	The SYM Project is for young people (10 - 24yrs) who are disenfranchised, distressed, unemployed, at risk of social isolation, poor achievement & ill health, due to poor mental health and wellbeing such as anxiety, depression, eating disorders, self-harm, bullying, cyberbullying, relationship breakdown, employability, low self-esteem, body image & loss.	Referral direct from family	Strong Young Minds 01432 269245 Strong Young Minds referral form
WEST & School Nursing Team	<p>Wellbeing & Emotional Support Teams (WEST): Wellbeing & Emotional Support Teams (WEST) is a new NHS service for children and young people aged 5-18 in Herefordshire and Worcestershire. It is an all-year-round service that is delivered in schools and/or virtually. The service was designed to keep children and young people at the heart of mental health care within specific education settings that are familiar to them. Education Mental Health Practitioners (EMHP) are qualified in delivering low intensity cognitive behavioural therapy (LICBT) informed interventions. The interventions are delivered in either 1:1 or in a group work format over 6 – 8 sessions.</p> <p>School Nursing service: School nurses are able to support parents, children, young people (age 5 to 19)and families when they need extra help. Some examples include support with specific parenting issues and depression, asthma, emotional difficulties and bullying.</p>	<p>School referral</p> <p>School/ professional referral</p>	<p>07813451034 or 01432 363940 schoolnurse.service@nhs.net</p>
KOOTH	An on-line mental well-being service commissioned by Herefordshire Council for 11-18 year olds. Kooth is a transformational digital mental health support service.	Contact direct to	KOOTH

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support, no waiting lists, no thresholds, no cost and complete anonymity.	register online	
Tree of Life counselling	Tree of Life offers one-off, short term or longer term, individually tailored approaches to individuals and youth organisations. Works with 16 -85+ with issues such as depressions, addiction, DV, sexuality, bereavement and health issues such as chronic pain.	Available through 'No Wrong Door' or direct	Tree Of Life Linda.treeoflife@outlook.com 07411 348327
Beat Services	Support for people with an eating disorder providing information and online support groups.	Contact direct	Beat Services 0808 801 0677 – 3pm-8pm Mon-Fri
Adults Mental Health Helpline	24-hour/365 day mental health support in Herefordshire – the service provides telephone and support, guidance and advice for people of all ages experiencing emotional distress or anxieties.	Contact direct	0808 196 9127
Health care services for children	Our Health visiting teams offer support for families with health, child development and parenting related issues.	Contact direct or Via Key Professional	Health care services for children
Hereford recovery Service (Turning Point)	Offer information, advice and support for people with drug and alcohol issues. There is a young people's service for those aged 11+. To support people to overcome their issues and develop the skills necessary to go on to live a fulfilling life in recovery. Also support the families of people with substance misuse issues.	Referral direct from family or Professional referral (CHAT)	Turning Point 0300 5550747 herefordshire@turning-point.co.uk
We are With You	Charity that provide support with drug, alcohol and mental health issues. There also offer support for young people.	Contact direct	We Are With You
Talking Therapies	<p>Talking Therapies - If you live in Herefordshire or Worcestershire and feeling anxious, worried or stressed you can contact the Talking Therapies Team. They offer free and confidential support including:</p> <ul style="list-style-type: none"> • Online therapy 	Referral from GP or self-referral	Talking Therapies 0300 0135727

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Herefordshire MIND	<ul style="list-style-type: none"> Groups and Courses where you can share (as much or as little as you wish) and learn from other people Or more traditional 1:1 support Employment support <p>Herefordshire Mind is a local mental health charity. They are there to support you if you are stressed, depressed or worried about yourself or someone else. They will listen, give support, and fight your corner.</p>		Herefordshire Mind 01432 271643 info@herefordshire-mind.org.uk
Qwell	<p>Qwell provides anonymous free, instant support with no judgement for adults.</p> <ul style="list-style-type: none"> Chat online Community support Personal development tools 	Contact direct	Qwell
Hereford Men's Mental Health Group	This is a peer support group for men with or at risk of or recovering from mental ill health. It is an informal group run by volunteers with lived experiences of mental health.	Contact direct	HMMHgroup1@gmail.com 07376727280
We are Farming Minds	Support for the Herefordshire agricultural community around mental health in the farming community. 24 hour, 365 days a week helpline. They offer counselling, training and hold training events.	Contact direct	We are Farming Minds 0808 802 0070 or text 07786 203130
Op Courage	Support to help Armed Services Personnel who are due to leave the service, reservists, veterans and their families with a range of support and treatment, both mentally and physically.	Contact direct	Op COURAGE
Herefordshire Samaritans	If you are struggling and need help the phoneline is available 24 hours a day 365 days a week.	Contact direct	Herefordshire Samaritans 116 123

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Perinatal Mental Health Team	<p>The perinatal service is for woman aged 16 or over who are planning a pregnancy, currently pregnant or are within a year of having a child. You could benefit from this service if you have:</p> <ul style="list-style-type: none"> • Been treated for a mental health problem previously and you are planning another pregnancy or are already pregnant • Your GP, midwife or healthcare professional feels that you may be unwell and would benefit from some support • There is a family history of mental health problems, bipolar affective disorder or postpartum psychosis 	Referral from Midwife, GP, Health Visitor or healthcare professional	Perinatal Mental Health 01432 220445
Beacon Maternal Mental Health Service	<p>Assess and treat patients who have a moderate-severe/complex mental health difficulties which are linked to the following:</p> <ul style="list-style-type: none"> • Post Traumatic Stress Disorder following birth trauma or perinatal loss <ul style="list-style-type: none"> • Baby loss at any stage (miscarriage, still birth, neonatal death, termination of pregnancy <ul style="list-style-type: none"> • A severe fear of childbirth 	Referral by GP, Midwife or other health/social care professional	Maternal Mental Health
ICON – Infant crying support	<p>Remember – This phase will stop! Be an ICON for your baby and cope with their crying. Babies Cry, You Can Cope!</p> <p>I Infant crying is normal and it will stop</p> <p>C Comfort methods can sometimes soothe the baby and the crying will stop</p> <p>O It's OK to walk away if you have checked the baby is safe and the crying is getting to you</p> <p>N Never ever shake or hurt a baby</p>	Self-referral Contact health Visitor for more information	ICON CRY-SIS National Help Line: 0800 4480737 Lines open 7 days a week, 9am-10pm Remember – if you are concerned that your baby may be unwell, contact your GP or NHS 111 (go to 111.nhs.uk or call 111- the service is available 24 hours a day, 7 days a week). In an emergency, ring 999

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Bereavement Support and Advice	<p>CRUSE - Bereavement support offered free and confidential provided by trained volunteers –</p> <p>Phoenix -Advice, guidance and support for children aged 5 to 21 years old throughout Herefordshire</p> <p>St Michael's Hospice –Support for families experiencing emotional, social, practical and financial difficulties through bereavement</p> <p>SANDS – provide emotional support from the early hours following the loss of a baby through to the weeks, months and years ahead.</p>	Self-referral	<p>CRUSE 01432 359469</p> <p>Phoenix 01432 264555</p> <p>St Michael's Hospice 01432 851000</p> <p>SANDS 0808 164 3332</p>
Speech and language	Children centre services can provide support through Bookstart, Let's talk with your baby and various other sessions to promote communication.	Through an Early help assessment	<p>Bromyard Hope Centre 01885 488495 Golden Valley 01432 383860 South City 01432 383860 North City 01432 383430 Kington 01432 383340 Leominster 01432 383340 Ross 01432 260700 Ledbury 01432 383840</p>
Speech and language	BBC Tiny Happy people. Online support and activities to promote pre-school children with communication skills.	No referral	Tiny Happy People

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Healthy Lifestyle Trainer Service	<p>The Healthy Lifestyle trainer service is a free, confidential service offering practical advice and support to people who want to – lose weight, get fitter, cut down on alcohol, eat healthier and stop smoking.</p> <p>The Healthy Lifestyle trainers offer one-to-one support to help people who are struggling to make changes to their lifestyle.</p>	Self-referral	Healthy Lifestyle Service 01432 383567
Marches Family Network	<p>Marches Family Network provides activities, services and short breaks for children and young people, aged 0-25 years, with a wide range of disabilities. All of the sessions we run are group sessions, so the young people are able to socialise with their peers and develop friendships. We also welcome siblings, where places are available. Our youth team are trained to meet the varied and complex needs of the children and young people who attend our sessions</p>	Contact Direct	Marches Family Network 01568 614908
DMWS – Medical Welfare Service	<p>Welfare support for members of the armed forces community. DMWS Welfare officers are highly trained professionals, often from a military background providing support to families of frontline workers.</p>	Contact direct	Defence Medical Welfare Service Herefordshire families welfare officer Lee Bayley Email: lbayley@dmws.org.uk Tel: 07384 826929
Martha House Trust	<p>Martha House provides life long, residential and respite care for profoundly disabled children and adults. Activities within the community to ensure our residents have a good quality of life. Hydrotherapy pool. Physiotherapy including pastoral and facial oral track therapy. Sensory therapy.</p>	Contact Direct	Martha Trust 01432 279314
Mediation	<p>Provides support to families experiencing emotional difficulties in regard to separation and divorce and offers a mediation service to support families to discuss and resolve their difficulties and disputes. This service is only free to those families eligible for Legal Aid.</p> <p>Wye Valley Mediation Mediation Hereford Talk mediation</p> <p>Relate: We're the largest provider of relationship support in England and Wales and we help millions of people every year to strengthen the relationships that</p>	Contact Direct	Wye Valley Mediation 01432 806222 Mediation Hereford 01432 264087 Talk mediation 01432 344666

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
	mean the most to them. We have centres across England and Wales and a network of licensed local counsellors offering in counselling in person, over the phone and online. And if you're not quite ready to speak to anyone yet, we have loads of self-help resources to get you started on your journey. Our services include relationship counselling for individuals and couples, family counselling, counselling for children and young people and sex therapy. We are governed by a Board of Trustees, all of them volunteers, who are committed to helping everyone have healthy and happy relationships.		Relate
Megan Baker House	Provide conducive education for children with motor disorders from 0 to 19 years of age. Provide support through mentoring for parents. Provide training i.e. specific disabilities, supporting children in classroom setting. Work experience setting. Intensive 'block therapy' sessions in holidays.	Contact Direct	Megan Baker House 01531 633840 01568 616179
Multiple Sclerosis Support	Herefordshire based HMSST can help by being an additional provider of financial assistance for those in the local community who face living with MS. Looks at all level of support, including educational grants for young people in secondary education, including those with family members affected by MS.	Self-referral	MS Support 08452 576778
SENDIAS	Formerly Parent partnership Scheme. Information, advice and support to parents and carers of children and young people up to the age of 25 who have a disability and/or special educational needs They offer an impartial, confidential and supportive service for parents and carers.	Self-referral	01432 260955 sendiass@herefordshire.gov.uk
Sexual Health services	Advice on sexual health and sexually transmitted diseases. They provide free sexual health screening for anyone concerned about sexually transmitted infections. They also offer free condoms and free medication.	Self-referral	Sexual Health Services 01432 483693
The Cart Shed The Young Cart Shed	A charity that offers opportunities to try something new and improve well-being; to find a place of calm in a supportive environment. Run by tutors and occupational therapists. The Young Cart Shed for younger children. Team of Young Cart Shed tutors, health professionals and volunteers work with schools, health professionals and parents of home-educated children to provide a space to share in activities and gain appropriate support as and when needed.	Contact Direct	The Cart Shed 07522 872749 01544 318231

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Portage	Herefordshire Portage service: The Portage Early Education Programme, is a home teaching scheme for families with a pre-school aged child, between 0 and 4 years old, who may have special educational needs or disabilities. A portage worker from Herefordshire Council, will liaise with parents to identify long term goals, before starting to take small steps to support the child with their development. The aim of each home visit, is to decide on a play-based activity, which is grounded in everyday situations, which the whole family can enjoy and practice together, to provide fun and success for the child.	Professional referral	Portage 01432 383166 earlyyears@herefordshire.gov.uk To find out more about portage, take a look at the National Portage Association website