

Herefordshire Directory of Early Help Services

Useful contacts for EARLY HELP ASSESSMENT practitioners.

AGENCY	DESCRIPTION	METHOD OF REFERRAL	CONTACT DETAILS
Parents and children involved in crime and anti-social behaviour			
Child exploitation	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.	Direct referral	https://www.childrengroup.org.uk/what-we-do/our-services/climb Contact: Rachel Barbee or Marcus O'Leary. climb@childrengroup.org.uk
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 on line training available for parents and professionals too.		https://paceuk.info

<p>On-line grooming information and resources</p>	<p>NSPCC guide for parents and professionals about social media sites</p> <p>NSPCC – advice on Grooming</p> <p>It’s Not Okay- on-line guidance and resource for children and young people, parents and professionals</p> <p>St Giles -Midlands</p> <p>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.</p> <p>BROOK Traffic Light Tool- A guide to identifying sexual behaviours and the level of risk</p> <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>https://www.net-aware.org.uk/</p> <p>https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/</p> <p>https://www.itsnotokay.co.uk/</p> <p>https://www.stgilestrust.org.uk</p> <p>https://www.thinkuknow.co.uk/professionals/</p> <p>https://www.enhertscg.nhs.uk/sites/default/files/Sexual-Behaviours-Traffic-Light-Tool.pdf</p> <p>https://www.childrenssociety.org.uk/sites/default/files/2021-01/exploitation-toolkit.pdf</p> <p>https://www.youtube.com/watch?v=pZwvrXVavnQ</p> <p>https://learning.nspcc.org.uk/research-resources/schools/pants-teaching</p>
<p>Hollie-guard personal safety app</p>	<p>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.</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>	Referral via police or support worker.	01432 347120
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><u>Appropriate Adult; ARC and Divert</u> 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;</p> <p>ESS is aimed at supporting and helping individuals who have indicated they want to stop offending;</p> <p><u>Remember Veterans</u></p> <p><u>Chrysalis</u> which works with vulnerable women in the youth criminal justice system</p> <p><u>#MORSE</u> which works with adults with a driving offence.</p>		01905 730780 https://www.yss.org.uk/

Children who have not been attending school regularly

<p>Education Welfare (attendance)</p>	<p>Direct work with individual pupils and their families to improve school attendance on a case by case basis.</p> <p>This may include, Letters to parents, home visits, attending relevant meetings, attendance panels, referral to other agencies, evidence gathering, liaison with Herefordshire Council’s Education Legal Officer and Compilation of legal case files for any necessary prosecutions under the Education Act 1996 Section 444 (1(a))</p>		<p>Karen Millington Education Welfare Officer Attendance Solutions Herefordshire Tel 07983399059 kmillington@attendancesolutionsherefordshire.com</p> <p>07443 505 307 joellis103@gmail.com</p>
<p>Nova Training</p>	<p>Provides high quality education and training apprenticeship opportunities in Motor Vehicle, Construction, Hospitality, Business Administration, Retail, Warehousing, Sales, Customer Service & Hair and Beauty.</p>	<p>Referral from School or 16+ team</p>	<p>01432 275900 www.novatrainng.co.uk</p>
<p>Bullying support</p>	<p>Always contact the school to discuss. Head teachers have the legal power to make sure pupils behave outside of school premises (state schools only). This includes bullying that happens anywhere off the school premises, for example on public transport or in a town centre. School staff can also choose to report bullying to the police or local council</p>		<p>Useful websites: https://www.gov.uk/bullying-at-school/bullying-outside-school https://www.gov.uk/bullying-at-school/bullying-a-definition https://www.gov.uk/bullying-at-school https://www.gov.uk/government/publications/preventing-and-tackling-bullying</p>

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

Herefordshire Early help Hub	The Early Help Hub is a helpline to offer advice, guidance and signposting to families and professionals. They can also support professionals with the completion of an Early Help Assessment.		Contact: 01432 260261 Email: earlyhelphub@herefordshire.gov.uk
Early Help Assessment team	The Early Help Co-ordinators work with the Early help hub to ensure that families get the right help at the right time. They can offer support and advice to professionals on the Early Help Assessment (EHA) process. They maintain records on the progress of an EHA through multi-agency group (MAG) meetings.	Contact direct. To register an Early Help Assessment-visit Herefordshire website	Email: earlyhelp@herefordshire.gov.uk EHA document and guidance available at: https://www.herefordshire.gov.uk/support-schools-settings/behaviour-support/3
Herefordshire Council – Early Help family support.	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. 2 family support workers specialising in support for young carers .	Early Help Assessment required. See early help assessment team above.	Contact via Early Help Hub (see above)
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 early help assessment team 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 +.	Early Help Assessment required. See early help assessment team above.	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>Early Help Assessment required. See early help assessment team above.</p>	<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</p>
Solihull On-line parenting courses (FREE)	<p>Free on-line courses for parents. Understanding your child with additional needs Understanding your teenager Understanding your child's behaviour</p>  <p>UNDERSTANDING YOUR CHILD S O L I H U L L A P P R O A C H</p>	<p>LOG-ON using Herefordshire's group log-in.</p>	<p>www.inourplace.co.uk Enter Herefordshire Access Code: APPLEHERE</p>
CDC (Child Development Centre)	<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>
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>	<p>Referral direct from family.</p>	<p>Email: herefordshire@crossroadstogether.org.uk Tel: 01432 663057 https://www.crossroadstogether.org.uk/our-services/carerlinks/carerlinks-herefordshire</p>

Young Carers	1:1 Support from specially trained Early Help key worker.	Refer to Early Help Co-ordinator through an Early Help Assessment.	Jake Fosterjohn. Email: Jake.fosterjohn@herefordshire.gov.uk Elyse Chamberlain. Email: Elyse.chamberlain@herefordshire.gov.uk
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 on line website	www.youngsibs.org.uk
Epilepsy Action	'Just for kids' website to support children with epilepsy	Direct on line website	www.epilepsy.org.uk/info/children
Aspire	Organisation that support adults with learning disabilities. Daytime activity clubs at the Hub- Tues-Fri. Youth Club - Thursday evenings.	Contact direct	01432 269406 http://aspireliving.org.uk The Hub 01432 266881
Autism and ADHD support NAS (National Autistic Society)	Contact for times and details NATIONAL = https://www.autism.org.uk	Direct	01432 340 072 https://nas-herefordshire.co.uk
Close House Projects	Youth Centre in Hereford. Ages 13-25, Mon-Sat. Safe, supportive and inspiring spaces for young people to socialise and access support.	Do not take referrals	01432 274239
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 (11-25) when a close family member is diagnosed with a life-threatening illness.	Self-referral	01989 566317 help@hopesupportservices.org.uk

Houghton Project	<p>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</p> <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	<p>01568 797900 http://www.houghtonproject.co.uk</p>
Ledbury Youth Activities	<p>A social drop- in is based in the centre of Ledbury at the BBI building (the clock tower building). Open two evenings each week. Mondays from 6-7.30pm for Years 7-8 (11-13 year olds), Wednesdays from 6.30-8.30pm for Years 7-11 (11-17 year olds). A safe social meeting place for youngsters, incorporating free Wi-Fi, Pool, Table Tennis, Music, Art and other activities.</p>	Contact Direct	<p>ledburyyouth@outlook.com</p>

Sexual Assault Services

Mountain Healthcare 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 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+.

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.

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

SELFIE Project

Sexualisation Exploitation Love Friendships Information Empowerment.

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.

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.

The Branch Project

Working with children and Young people who have experienced Child Sexual Exploitation or are worried about it.

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.

Barnardo's BEACON Project

They provide safe spaces, therapeutic services and practical support to help young people cope and recover from sexual abuse.

The Beacon Project is here to work with you across all 4 police areas (North Warwickshire, 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;

- Having a website which will serve as a hub of information and

Self-referral

0808 168 5698
www.westmidscyps.co.uk/

Tel: 01432 266551
Email: office@wmrsasc.org.uk
01905 724514 (Worcestershire)
01432 344777 (Herefordshire)

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Email: office@wmrsasc.org.uk
01905 724514 (Worcestershire)
01432 344777 (Herefordshire)

For more information, to make a referral or to arrange to speak to a Branch Project Worker.

Call: 01905 611655 (Worcestershire Office) / 01432 266551 (Herefordshire Office)

Email: branch@wmrsasc.org.uk

0800 953 4131
Email:
pSASWestMids@uk.g4s.com.csjm.net

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 Email: sendias@herefordshire.gov.uk
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	Contact: Will Edwards will.edwards@hvoss.org.uk 01432 277562

Families experiencing or at risk of worklessness, homelessness or financial difficulties			
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 Early Help Co-ordinator through an Early Help Assessment. Must be noted on the action plan.	sara.howe@dwp.gov.uk 07876 216509

Building Better Opportunities	<p>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:</p> <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 Tel: 01432 530041
In2 Young people's programme	<p>The In2 young peoples' 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 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 	Direct referral or through EHA	See No Wrong Door above
Citizen's Advice- Debt advice Service	<p>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).</p>		England - 0800 144 8848 Online - www.citizensadvice.org.uk
Christians Against Poverty	<p>Free debt advice and 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.</p>	Referral direct from family, Early Help Assessment Key Professional or self-referral.	www.capuk.org 0800 328 0006

NILS (no interest loans scheme)	Provides zero-interest loans and/or grants for people experiencing acute financial problems of up to £400. They do not provide cash sums to individuals but purchase essential items 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	https://nils.org.uk/
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	01432 383838
Herefordshire Community Fund	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 GiftAid on donations destined for small organisations not registered as charities, who would otherwise be ineligible. 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 WHO CAN APPLY FOR GRANTS? Voluntary and community organisations, including, but not limited to... <ul style="list-style-type: none"> •Registered charities, including charitable incorporated organisations. •Constituted organisations and non-registered charities •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). 	On-line application Form	https://www.herefordshirecf.org 01432 272550

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. 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>	Direct	<p>Web: Keepherefordshirewarm.co.uk/refer</p> <p>Email advocate@severnwye.org.uk</p> <p>Phone 0800 677 1432</p>
Herefordshire Community Recycling and reuse group	<p>Clothing, bedding, toys & books, furniture including beds, sofas, chairs, fridge, cooker, microwaves all donated free to help create new homes for struggling families.</p>	Direct	Via Facebook
Herefordshire Housing	<p>Support and guidance for tenants. Range of services available, such as debt management.</p>	Self-referral	0300 777 4321 http://www.hhl.org.uk
Homelessness	<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. 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>	Self-referral	<p>https://www.homeless.org.uk/homeless-england/service/herefordshire-council-housing-solutions-team</p> <p>https://www.herefordshire.gov.uk/housing-3</p>

Families affected by domestic abuse			
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	http://westmerciawomensaid.org/ 0800 783 1359 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	https://www.vestasfs.org/domesticviolence
Men's DV helpline	West Mercia Men's Domestic Abuse helpline 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		Tel: 0800 0149082
DRIVE	Men & Masculinities - A New Domestic Abuse Perpetrator Service 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.		www.cranstoun.org/drive-worcestershire

<p>CDA S (Run by West Mercia Women's Aid).</p>	<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. 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 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> <p>Inspiring Families Programme. Intervention programme that provides opportunities for both parties to consider their behaviour in the context of the domestic abuse within the relationship and provides exercises that give both parties the opportunity to contemplate change in their relationship. The program is based on the ACEs theory of trauma in early life impacting on beliefs and behaviours in adult life.</p>	<p>On line referral form</p>	<p>0800 014 9094 http://westmerciawomensaid.org/</p> <p>InspiringFamilies@WMWA.cjsm.net</p> <p>Referral form available from early Help co-ordinators</p>
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Parents and children with a range of health problems			
CAMHS (children and adolescent mental health services)	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 health needs. These problems may be emotional or behavioural and may include difficulties in developing and forming relationships.	Referral through GP.	01432 378940
CLD Youth Counselling Trust	CLD provides a specialist therapeutic counselling service for young people (10 – 25 years old) and some adults, who have a range of mental health, social, emotional or behavioural concerns.	Referral direct from GP accepted. Referral from Social care or Early help must be sent with a purchase order number. Charges are £54.50 per session	01432 269245 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	http://www.thesymproject.org 01432 269245

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. 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 on-line	https://www.kooth.com
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	Linda.treeoflife@outlook.com 07450187916
Adults Mental Health Helpline	24-hour mental health support in Herefordshire – the service provides telephone and support, guidance and advice for people of all ages experiencing emotional distress or anxieties.	Direct	0808 196 9127
Health care services for children	Support for families with health, child development and parenting related issues.	Direct or Via Key Professional	https://www.wyevalley.nhs.uk/services/community-services/health-visiting.aspx
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 Early Help Assessment Key Professional	01432 802487 www.turning-point.co.uk/herefordshire

<p>Now We're Talking (for healthy minds)</p> <p>Herefordshire MIND</p>	<p>Now We're Talking (previously known as Let's Talk)</p> <p>If you live in Herefordshire or Worcestershire and feeling anxious, worried or stressed you can contact the Healthy Mind team. They offer free and confidential support including:</p> <ul style="list-style-type: none"> • Online therapy which you do at your own pace and in your own time • 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 • For more details visit the Now We're Talking website <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>	<p>Referral from GP or self-referral</p>	<p>01905 763333</p> <p>https://www.healthyminds.whct.nhs.uk/home</p> <p>https://herefordshire-mind.org.uk/</p> <p>01432 271643</p> <p>info@herefordshire-mind.org.uk</p>
<p>Perinatal Mental Health Team</p>	<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. They must also meet one of the following criteria</p> <ul style="list-style-type: none"> • They are severely mentally unwell during pregnancy or within one year of childbirth • Have a past history of severe mental illness • Have a past history of perinatal mental health illness • Have a family history , in a first degree relative , or bi polar affective disorder • Have the above presentation and would like to attend a preconception counselling session 	<p>Direct or from Midwife</p>	<p>01432 842200</p> <p>2gnft.perinatalmentalhealthhereford@nhs.net</p>

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>	<p>Self- referral</p> <p>Contact health Visitor for more information</p>	<p>CRY-SIS National Help Line: 08451 228669</p> <p>Lines open 7 days a week, 9am-10pm</p> <p>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).</p> <p>In an emergency, ring 999.</p> <p>www.iconcope.org</p>
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>Self-referral</p>	<p>01432 359469</p> <p>01432 264555</p> <p>01432 851000</p>
Speech and language	<p>Children centre services can provide support through Bookstart, Let's talk with your baby and various other sessions to promote communication.</p>	<p>Through an Early help assessment</p>	<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>
Speech and language	<p>BBC Tiny Happy people. Online support and activities to promote pre-school children with communication skills</p>	<p>No referral</p>	<p>https://www.bbc.co.uk/tiny-happy-people</p>

Healthy Lifestyle Trainer Service	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. The Healthy Lifestyle trainers offer one to one support to help people who are struggling to make changes to their lifestyle.	Self-referral	01432 383567 www.herefordshire.gov.uk/health-improvement
Marches Family Network	Provide term time and holiday Play days, Summer Play Schemes or the After School Buddying – our programmes and dedicated carers cater exclusively for the needs of the children and young people in our care. Providing social opportunities, respite and help for disabled children and assistance, friendship and advice for their families in Herefordshire and South Shropshire.	Contact Direct	01568 614908 http://www.marchesfamilynetwork.co.uk/
DMWS – Medical Welfare Service	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.	Contact direct	Herefordshire families welfare officer Lee Bayley Email: lbayley@dnws.org.uk Tel: 07384 826929
Martha House Trust	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	Contact Direct	01432 279314 http://www.marthatrusthereford.co.uk
Mediation	Provides support to families experiencing emotional difficulties in regards 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. Wye Valley Mediation. Mediation Hereford Talk mediation	Contact Direct	01432 806222 www.wyevalleymediation.co.uk Mediation Hereford 01432 264087 Talk mediation 01432 344666
Megan Baker House	Provide conductive 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	01568 616179 http://www.meganbakerhouse.org.uk/

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	084502576778 www.hmsst.org
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 Email: sendias@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	http://www.knowyourstuff.nhs.uk/herefordshire/clinics 01432 266908
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	07796 421373 http://www.thecartshed.co.uk/