

# Where to get help?

## Information for Children, Young People and their Families in South Gloucestershire

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# Anxiety and Depression

## **Recommended Books:**

‘What to Do When You Worry Too Much’ by Dawn Huebner (Ages 6-12)

‘Helping Your Anxious Child: A Step-by-step Guide for Parents’ by Ronald Rapee

‘Talking Back to OCD’ by John March and Christine Benton

‘Breaking Free from OCD: A CBT Guide for Young People and Their Families’ by Jo Derisley

‘Think Good - Feel Good’ by Paul Stallard

‘What To Do When Your Brain Gets Stuck: A Kid’s Guide to Overcoming OCD’ by Dawn Huebner

## **Services Available:**

School Health Nurse

Contact details from child’s school and locality Hubs:

Patchway 01454 862442 / Kingswood 01454 862441

The Kingswood Bourne Family project: Play therapist works with children with many different needs. Charges apply. 0117 9478441

bfp@bournechristiancentre.org

[www.bournechristiancentre.org](http://www.bournechristiancentre.org)

## **Useful Websites / Telephone Numbers**

Anxiety UK – Provides information and support for those living with anxiety [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Helpline 08444 775 774 Monday-Friday 09.30-5.30

## Anxiety and Depression continued...

Information, books and some free downloads to support children who are anxious [www.relaxkids.com/uk/homepage](http://www.relaxkids.com/uk/homepage)

Free phone app: Information and ways of managing anxiety for young people. Accessed via [www.sam-app.org.uk](http://www.sam-app.org.uk)

Information and free booklet to download for children with obsessive and compulsive behaviour <http://www.ocduk.org/childrens-ocd-guide>

Information for young people, families and professionals on depression [www.cwmt.org.uk](http://www.cwmt.org.uk)

Self-help guides for young people with a range of emotional/mental health difficulties [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

Information for adolescents with emotional/mental health and relationship difficulties [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

Cognitive behavioural therapy resources and downloads for young people and adults [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

Information and worksheets suitable for older young people and adults on a variety of topics including self-esteem, assertiveness, anger, anxiety & depression [www.cci.health.wa.gov.au/resources/consumers.cfm](http://www.cci.health.wa.gov.au/resources/consumers.cfm)

CALM (Campaign Against Living Miserably) Helpline for males aged 15 up 0800 58 58 58 - 7 days a week (5pm-midnight) [www.thecalmzone.net](http://www.thecalmzone.net)

Mindfulness information and apps [www.smilingmind.com.au](http://www.smilingmind.com.au) and [www.headspace.com](http://www.headspace.com)

Young Minds: Information on a wide range of mental health difficulties and telephone helpline for parents [www.youngminds.org.uk](http://www.youngminds.org.uk)  
0808 802 5544

## **Anxiety and Depression continued...**

Mother for Mothers: Information and support for mothers suffering with post-natal depression. Helpline (limited times) 0117 9756006

[www.mothersformothers.co.uk](http://www.mothersformothers.co.uk)

# Attention Deficit Hyperactivity Disorder

## Useful Websites / Telephone Numbers

Information and resources for parents and teachers [www.addiss.co.uk](http://www.addiss.co.uk)  
020 8952 2800

Information about ADHD for parents [www.netdoctor.co.uk/adhd](http://www.netdoctor.co.uk/adhd)

Practical tools for teachers and parents to help with behaviour management [www.myadhd.com](http://www.myadhd.com)

## Services Available

Parent groups for parents of children and young people with a diagnosis  
– further information from child's CAMHS worker/Paediatrician

# Autistic Spectrum Condition

## **Recommended Books**

'The Autistic Spectrum: A Guide for Parents and Professionals' by Lorna Wing

'Asperger's Syndrome: A Guide for Parents and Professionals' by Tony Attwood

'Can I Tell You About Asperger Syndrome?: A Guide for Friends and Family' by Jude Welton

'Autism: a social skills approach for children and adolescents' by Maureen Aarons and Tessa Gittens

'Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence' by Tony Attwood and Luke Jackson

'Autism Spectrum Disorders: Practical Strategies for Teachers and Other Professionals' by Northumberland County Council Communication Support Services UK

## **Useful Websites / Telephone Numbers**

The National Autistic Society: Leading UK charity for people on the autism spectrum and their families [www.autism.org.uk](http://www.autism.org.uk)

Email: [autismhelpline@nas.org.uk](mailto:autismhelpline@nas.org.uk)

Helpline - Monday-Friday 10am-4pm 0808 800 4104

National Autistic Society South Gloucestershire branch

<http://nassouthgloucestershirebranch.webeden.co.uk/>

NAS Education Rights and Advice Service - aim to get back within 7 days  
0808 800 4102 email: [educationrights@nas.org.uk](mailto:educationrights@nas.org.uk)

## Autistic Spectrum Condition Continued...

Ambitious About Autism: National charity for children and young people with autism [www.ambitiousaboutautism.org.uk](http://www.ambitiousaboutautism.org.uk)

Incredible Kids: A safe & supportive space to play together as a family. Specific times. Christ The King Church, Bradley Stoke  
[incrediblekids.org.uk](http://incrediblekids.org.uk)

Information from Supportive Parents: Sources of information and support groups for parents and carers in South Gloucestershire  
[www.supportiveparents.org.uk](http://www.supportiveparents.org.uk)

Asperger's Syndrome Foundation: Promoting awareness and understanding of Asperger's Syndrome [www.aspergerfoundation.org.uk](http://www.aspergerfoundation.org.uk)

Practical advice & downloads for professionals and parents on topics such as dyspraxia, dyslexia, autism [www.boxofideas.org](http://www.boxofideas.org)

Information site on all stages of transition for schools, employers and parents [www.spldtransitions.co.uk](http://www.spldtransitions.co.uk)

### Services Available

Early Bird and Cygnet groups: A range of courses for parents/carers whose children have been diagnosed on the autistic spectrum.  
Contact Eryl Daniels 01454 863623 or [eryl.daniels@southglos.gov.uk](mailto:eryl.daniels@southglos.gov.uk)

Butterflies Haven: Support and social events for parents/carers, children and young people who are or may be affected by the autistic spectrum - [www.butterflies-haven.co.uk](http://www.butterflies-haven.co.uk)

Young Sibs: For siblings of disabled children [www.youngsibs.org.uk](http://www.youngsibs.org.uk)

South Glos Children & Young People's Information Service - 01454 868008



## Bereavement

Winston's Wish – practical support and guidance to bereaved children, their families and professionals [www.winstonswish.org.uk](http://www.winstonswish.org.uk)  
Helpline – 08452 03 04 05

The Rainbow Centre – Free and professional support to children and their families affected by life threatening illness and bereavement  
[www.rainbowcentre.org.uk](http://www.rainbowcentre.org.uk)

Information and support for bereaved children and young people  
[www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

Cruse Bereavement Care – website designed by young people for young people [www.rd4u.org.uk](http://www.rd4u.org.uk)  
Young people's helpline - Mon-Fri 9.00-5pm 0808 808 1677

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk) Free phone helpline for anyone affected by the death of a child – 0800 282 986 or 0808 800 6019 if calling from a mobile. Open every day at specific times

## Bullying and Discrimination

Bullywatch: Information and support for young people, parents/carers and schools [www.bully-watch.co.uk](http://www.bully-watch.co.uk)

Large Resource on school and workplace bullying [www.bullyonline.org](http://www.bullyonline.org)

Kidscape: Information on preventing bullying [www.kidscape.org.uk](http://www.kidscape.org.uk)

Support Against Racism: 0117 9420060 [www.sariweb.org.uk](http://www.sariweb.org.uk)

Britkid: An interactive site game that deals seriously with the issues of race and racism in today's Britain [www.britkid.org](http://www.britkid.org)

# Challenging Behaviour

## Recommended Books

‘The Explosive Child’ by Ross Greene

‘The Incredible Years’ by Caroline Webster-Stratton  
(for parents of 0-8 year olds)

‘What to Do When Your Temper Flares: A Kid’s Guide to Overcoming Problems with Anger’ by Dawn Huebner

‘What to Do When You Grumble Too Much: A Kid’s Guide to Overcoming Negativity’ by Dawn Huebner

Parenting Groups: Referral through First Point to the Family Intervention Support Service by professional.

Behaviour Support Team: Accessed through school (according to traded service agreement)

Southern Brooks Project: Support for children and families. Referral via professionals and self-referral. Please contact for more information 01454 868 570 [www.southernbrooks.org.uk](http://www.southernbrooks.org.uk)

Breakthrough: Activity-based mentoring service for children and young people. Placements require a funding source. 01454 864616 [breakthrough@southglos.gov.uk](mailto:breakthrough@southglos.gov.uk)

Make It Mentoring: Working alongside children and young people up to 19 to build confidence and resilience, including those with special educational needs. Charges apply. 01454 299593 [www.makeitmentoring.co.uk](http://www.makeitmentoring.co.uk)

Online information for parents/carers on understanding and dealing with children’s behaviour [www.kidsbehaviour.co.uk](http://www.kidsbehaviour.co.uk)

## Counselling Services for Young People

IAPT (Improving Access to Psychological Therapies) LIFT Psychology offers free 1-1 and group work for 16 years up.

0117 3784270 [www.lift.awp.nhs.uk](http://www.lift.awp.nhs.uk)

Off The Record: Free, face to face counselling for 11-15 years

[www.otrbristol.org.uk](http://www.otrbristol.org.uk) 0808 808 9120 or text 07896 880 011

Network Counselling: For ages 11 and up. Contribution required. 0117

9507271 [network.org.uk](http://network.org.uk)

Individual and family counselling 0117 9424510

[www.bridgefoundation.org.uk](http://www.bridgefoundation.org.uk) (charges apply)

Relate Avon: Counselling services now available for young people aged 10-18 0117 9428444 [www.relate-avon.org.uk](http://www.relate-avon.org.uk) (Charges apply)

Get Connected: Telephone and email support for under 25's

Freephone 0808 808 4994 (1pm-11pm) Text 80849

[www.getconnected.org.uk](http://www.getconnected.org.uk)

ChildLine: Free helpline for children and young people to talk about any problem 24 hours a day, 7 days a week.

0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

Samaritans: If something is troubling you get in touch on 08457 90 90 90 or 0117 9831000

[www.samaritans.org/branches/bristol-samaritans](http://www.samaritans.org/branches/bristol-samaritans)

## Self-Harm

National Self Harm Network: Crisis support, advice and information

[www.nshn.co.uk](http://www.nshn.co.uk)

Online support [support@nshn.co.uk](mailto:support@nshn.co.uk) (Average response time 72 hours)

Papyrus: Information for young people, family and professionals

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Confidential help and advice 0800 068 41 41

Harmless: User led & provides support, information & training to people who self-harm, their friends and family

[www.harmless.org.uk](http://www.harmless.org.uk)

Self-injury support: information and support for girls and women who self-harm

TESS: Text & email support for girls & women up to 24 who self-injure

Helpline – 0808 800 8088

Text 0780 0472908 [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Information, fact sheets and moderated message boards regarding self-harm [www.lifesigns.org.uk](http://www.lifesigns.org.uk)

Survivors of bereavement by suicide: Includes support, information and helpline 0300 111 5065 9am-9pm

[www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

## Domestic Abuse

Survive 0117 9612999 [www.survivedv.org.uk](http://www.survivedv.org.uk) – Domestic abuse service for women and children in South Gloucestershire

Back on Track groups run by Survive for 7-11 and 11-18 year olds who have witnessed domestic abuse and are safe – 0117 9612999

Freedom Programme 16-24 run by Survive for young women who are experiencing abuse and violence in their own relationships – contact 0117 9612999

Domestic abuse service for women and children in Bristol  
[www.nextlinkhousing.co.uk](http://www.nextlinkhousing.co.uk)

The Hide Out Provides information and support for children and young people affected by domestic abuse [www.thehideout.org.uk](http://www.thehideout.org.uk)

National Domestic Violence Helpline: 24 hour free phone - 0808 2000 247

Information and support for same sex victims of domestic abuse – 0300 999 5428 (limited times) and online chat [www.brokenrainbow.org.uk](http://www.brokenrainbow.org.uk)

## Drug and Alcohol Abuse

Young People's Drug and Alcohol Service: 01454 868750

Email [ypservice@southglos.gov.uk](mailto:ypservice@southglos.gov.uk)

Confidential helpline: 0800 073 3011 Mon-Fri 9am-4pm

[www.talktofrank.com](http://www.talktofrank.com) Helpline: 0300 123 6600

Free phone 24 hours. Text 82111

National Association for Children of Alcoholics [www.nacoa.org.uk](http://www.nacoa.org.uk) 0800 358 3456

Parents Under Pressure: NSPCC 20 week support for parents who have a child under 5 and are on a drug or alcohol treatment programme

0117 9543650

[www.nspcc.org.uk/fighting-for-childhood/our-services/services-for-children-and-families/parents-under-pressure/](http://www.nspcc.org.uk/fighting-for-childhood/our-services/services-for-children-and-families/parents-under-pressure/)

## Eating Difficulties

School Health Nurse: Contact details from child's school and locality  
Hubs: Patchway - 01454 862442 Kingswood - 01454 862441

For concerns about eating and weight please contact your GP

Eating Disorder Association: [www.b-eat.co.uk](http://www.b-eat.co.uk)

Helpline – 0845 634 1414 Youth helpline – 0845 6347650

Information for parents of children with an eating disorder

[www.maudsleyparents.org](http://www.maudsleyparents.org)

Information on anorexia nervosa and managing meal times

[www.gosh.nhs.uk/medical-information/search-for-medical-conditions/anorexia-nervosa/anorexia-nervosa-information/](http://www.gosh.nhs.uk/medical-information/search-for-medical-conditions/anorexia-nervosa/anorexia-nervosa-information/)

REACH: Weight management programme for overweight children  
between 4-11 years and parent/carer [www.southglos.gov.uk/reach](http://www.southglos.gov.uk/reach)  
01454 868006

Slimming World: From aged 11 up accepted if accompanied by parent  
and with written permission from GP

[www.slimmingworld.com](http://www.slimmingworld.com) 0844 897 8000

Weight Watchers: From aged 10 up if accompanied by parent and  
approval letter from GP [www.weightwatchers.co.uk](http://www.weightwatchers.co.uk)



## **First Point - Children and Young Peoples Services (CYPS)**

First Point: Information on local services and the 'Single Assessment Framework' for early help (SAF-eh)

01454 866000 [Firstpoint@southglos.gov.uk](mailto:Firstpoint@southglos.gov.uk)

Social Care duty desk where there are child protection concerns 01454 866000

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## **Homelessness**

South Glos Youth Housing: Kingswood 0117 9352881

Yate 01454 325165 [www.sgyh.org](http://www.sgyh.org)

Independent People: Housing support and advice to young people aged 16-25 [www.1625ip.co.uk](http://www.1625ip.co.uk) 0117 317 8800

Housing and homeless charity [www.shelter.org.uk](http://www.shelter.org.uk)

## Lesbian, Gay, Bisexual, Transgender

Bristol based youth group 07814 250751

[www.wellaware.org.uk/organisations/958-freedom-youth-bristol](http://www.wellaware.org.uk/organisations/958-freedom-youth-bristol)

EACH: Educational Action Challenging Homophobia. 1-1 support to individuals who have been or continue to be target of homophobic incidents 0808 1000 143 [www.eachaction.org.uk](http://www.eachaction.org.uk)

Individual and Family support for teenagers and children with gender identity issues [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

Gires: Provides information & education to those affected by gender identity and intersex conditions. [www.gires.org.uk](http://www.gires.org.uk)

Depend: Free, confidential, non-judgmental advice, information and support to family members and friends of transsexual people [www.depend.org.uk](http://www.depend.org.uk)

## Low Self-Esteem

MoodGYM: For adolescents with emotional/mental health and relationship difficulties

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

Breakthrough Project: Sports based mentoring project that supports 5-18 year olds - accessed through school

The Site: Online guide to life for 16-25 year olds [www.TheSite.org](http://www.TheSite.org)

Mind: Mental health charity includes information and links to other sites re mental health issues and helpline numbers [www.mind.org.uk](http://www.mind.org.uk)

Text 86463

Information Line 0300 123 3393

Link to 7 apps/websites created by young people to support young people's mental health [www.innovationlabs.org.uk/the-seven-apps-websites/](http://www.innovationlabs.org.uk/the-seven-apps-websites/)

Free, online education training for adults working with children, young people and families to support positive mental health

[www.minded.org.uk](http://www.minded.org.uk)

Information and worksheets suitable for older young people and adults on a variety of topics including self-esteem, assertiveness, anger, anxiety and depression [www.cci.health.wa.gov.au/resources/consumers.cfm](http://www.cci.health.wa.gov.au/resources/consumers.cfm)

SupportLine: Confidential and emotional support for children, young people and adults. Online information and lists of agencies that provide support on a wide range of issues [www.supportline.org.uk](http://www.supportline.org.uk)

Helpline for all ages 01708 765200

Email - [info@supportline.org.uk](mailto:info@supportline.org.uk)

Mood Café: Information and resources relevant to a range of psychological problems and some physical conditions for children and adults [www.moodcafe.co.uk](http://www.moodcafe.co.uk)

## Parental Support

Southern Brooks Project: Work with children and families in some areas of South Gloucestershire. Professional and self-referral 01454 868570  
[www.southernbrooks.org.uk](http://www.southernbrooks.org.uk)

South Gloucestershire Parents and Carers: Information and groups for parents who have children with disability/additional needs  
[www.sglospc.org.uk](http://www.sglospc.org.uk)  
01454 501009 (please leave a message )

Family Lives: Parenting advice and support [www.familylives.org.uk](http://www.familylives.org.uk)  
24 hour helpline 0808 800 2222

The Kingswood Bourne Family Project: Parenting courses and adult counselling and children's play therapy - 0117 9478441  
[www.bristolcommunitychurch.org/community/bourne\\_family\\_project/](http://www.bristolcommunitychurch.org/community/bourne_family_project/)

Resound Family Resource team: Parenting courses and Parent Buddies for parents living in and around BS16 area. For more information contact Resound on 0117 3050969  
[www.resoundbristol.co.uk](http://www.resoundbristol.co.uk)

Parenting support and groups available in South Gloucestershire. Referral via First Point by a professional. For more information contact First Point on 01454 866000  
Firstpoint@southglos.gov.uk

The Children's Information Service for South Gloucester for parents of children aged 0-18. 01454 868008

Information and resources for parents and professionals of babies up to age 3 [www.zerotothree.org](http://www.zerotothree.org)

Homestart: Befriending/support for parents with children under 5 who are in need. 0117 9501170  
[www.home-start.org.uk](http://www.home-start.org.uk)

## Parental Support Continued...

Young Minds Parents Helpline 0808 802 5544 9.30am-4pm Mon-Fri  
email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk) [www.youngminds.org.uk](http://www.youngminds.org.uk)

Parents Under Pressure: NSPCC 20 week support for parents who have a child under 5 and are on a drug or alcohol treatment programme  
0117 9543650  
[www.nspcc.org.uk/fighting-for-childhood/our-services/services-for-children-and-families/parents-under-pressure/](http://www.nspcc.org.uk/fighting-for-childhood/our-services/services-for-children-and-families/parents-under-pressure/)

Details of national and local organisations offering support:  
[www.1bigdatabase.org.uk](http://www.1bigdatabase.org.uk)

Relate relationship counselling. Charges apply.  
[www.relate-avon.org.uk](http://www.relate-avon.org.uk) 0117 9428444

Marriage Care: Catholic relationship counselling service available to individuals and couples regardless of marital status, religious beliefs or sexual orientation. Donation required [www.marriagecare.org.uk](http://www.marriagecare.org.uk)  
Appointments 0800 389 3801

Divorce Aid: Advice and information for parents and children  
[www.divorceaid.co.uk](http://www.divorceaid.co.uk)

Information on where to play and in Bristol [www.goplacestoplay.org.uk](http://www.goplacestoplay.org.uk)

Food Banks: Provide food and essential household items to individuals and families in crisis. Voucher available from some schools and community Hubs. More information from First Point 01454 86 6000  
<http://www.resoundbristol.co.uk/community/food-bank/>

ChildcareLink: Information about child care and early years services in your local area  
Free helpline 0800 234 6346 [www.childcarelink.gov.uk](http://www.childcarelink.gov.uk)

## Private Therapy

Counselling and Psychotherapy in Bristol. Charges apply 0117 9424510  
[www.bridgefoundation.org.uk](http://www.bridgefoundation.org.uk)

British Association for Counselling and Psychotherapy: For a list of local counsellors [www.bacp.co.uk](http://www.bacp.co.uk)

Family Therapy and Systemic Practice: For a list of local therapists  
[www.aft.org.uk](http://www.aft.org.uk)

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## Single Assessment Framework (SAF eh)

A Single Assessment for Early Help (SAF - eh) should be considered for any child or young person with additional needs that are not being easily met. For information and advice contact First Point – 01454 866000  
[Firstpoint@southglos.gov.uk](mailto:Firstpoint@southglos.gov.uk)

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## Internet Use, Sexual Health and Teenage Pregnancy

Child Exploitation Online Protection Centre: Information and advice for professionals, parents and young people [www.ceop.police.uk](http://www.ceop.police.uk)

Resources for safer internet use for school staff and professionals working with school-aged children [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

Sexual health and advice for young people  
[www.nhs.uk/worhtalkingabout](http://www.nhs.uk/worhtalkingabout)

South Gloucestershire C card scheme accessed through GP surgeries, Youth Centres, School Health Nurses  
Free and confidential information about sexual health 0117 342 6900  
[no-worries.youthunltd.com](http://no-worries.youthunltd.com)

Information for under 25's on relationships and sex.  
Brook young people's clinic free and confidential drop in available:  
[www.brook.org.uk](http://www.brook.org.uk) 0117 929 0090

## Sexual Abuse

Information and counselling services to support children and adults who have been affected by rape/sexual assault [www.turntothebridge.org](http://www.turntothebridge.org)  
0117 3426999

Avon Sexual Abuse Centre, counselling and also groups for 11-18 years olds who have experienced sexual trauma  
[www.the-green-house.org.uk](http://www.the-green-house.org.uk) 0117 9351707

Rape and Sexual Abuse Support for women and girls aged 13 +  
[www.sarsas.org.uk](http://www.sarsas.org.uk)  
Helpline: 0808 801 0456 (free from landlines & most mobiles)

Kinergy: Counselling service for survivors of sexual abuse and rape aged over 16 - 0117 9087712 [www.kinergy.org.uk](http://www.kinergy.org.uk)



## Special Educational Needs and Disability

Inclusion support: For children with a Statement of Educational Needs or an Education and Health Care Plan. Accessed via annual review process or school education officer

Incredible Kids: A safe and supportive space to play together as a family. Christ The King Church, Bradley Stoke [incrediblekids.org.uk](http://incrediblekids.org.uk)

Supportive Parents: Information and support line for parents of children with any type of disability or special educational need 0117 9897725 [www.supportiveparents.org.uk](http://www.supportiveparents.org.uk)

Special Friends Club: Organised activities for families and children with special educational needs [www.specialfriendsclub.org.uk](http://www.specialfriendsclub.org.uk) 07783 322650

Whizz-Kids: For disabled young people aged 10-18 years. Youth club, wheelchair skills training, work placements, leadership programmes, residential camps and more. [t.dowan@whizz-kidz.org.uk](mailto:t.dowan@whizz-kidz.org.uk)  
07584 134 697

Bournstream: A dedicated play site near Wotton-Under-Edge for children/young people with disabilities or special educational needs and their families [www.bournstream.org.uk](http://www.bournstream.org.uk) 01453 845568

Practical advice & downloads for professionals and parents on topics such as dyspraxia, dyslexia, autistic spectrum conditions [www.boxofideas.org](http://www.boxofideas.org)

A range of free information sheets about challenging behaviour in children with learning disabilities [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

Mencap: Information and support about a wide range of issues. 0117 9614372 [www.avonnorthmencap.org.uk](http://www.avonnorthmencap.org.uk)

## Special Educational Needs and Disability Continued...

Young Sibs: For siblings of disabled children [www.youngsibs.org.uk](http://www.youngsibs.org.uk)

Children & Young People Information Service (CYPIS): Information about childcare, schools, health services, child and family support, activities, children's education, grants and tax benefits, voluntary organisations and housing can be found at:

Telephone: 01454 868008.

Information on learning disabilities for parents and teachers  
[www.ldonline.org](http://www.ldonline.org)

IPSEA: Legally based (free) information and advice and support to help get right education for children and young people with special educational needs and disabilities [www.ipsea.org.uk](http://www.ipsea.org.uk)

Contact a Family: Help for parents and families who care for children with any disability or special need  
0808 808 3555 [www.cafamily.org.uk](http://www.cafamily.org.uk)

## Youth Services

Youth Intervention and Support Service (YISS): One-to-one support for young people aged 13-19 (up to 25yrs with special educational needs) or group work. Accessed with referral through the Access and Referral Team (via First Point 01454 866000) or at the drop-in at Kingswood Youth Hub (The Old Park School, High Street, Kingswood) on Tuesdays, 11.00am – 1.00pm and Yate library Wednesdays 2-4pm

Make It Mentoring : Working alongside children and young people up to 19 to build confidence and resilience. Charges apply. 01454 299593  
[www.makeitmentoring.co.uk](http://www.makeitmentoring.co.uk)

Information for youth in South Gloucestershire on anything from sexual health, transport to youth centres [www.youthunltd.com](http://www.youthunltd.com)

Fairbridge: Work with young people aged 13-25 who are difficult to engage [www.fairbridge.org.uk](http://www.fairbridge.org.uk)

Information and signposting regarding young people's mental health  
[www.right-here.org.uk](http://www.right-here.org.uk)

Website for 13-19 year olds to find out where to go in Bristol  
[www.goplacesdothings.org.uk](http://www.goplacesdothings.org.uk)

**South Gloucestershire CAMHS**  
**Details correct at time of going to press – April 2015**