

## EARLY HELP SERVICES

### Early Help Emotional Wellbeing, Counselling and Therapeutic Services

Provider	Description	EHA needed	Who to contact to make referral	Will work with families open to social care	Named contact for CBC services only
Schools	Schools provide a varied range of support for children including counselling, nurture groups etc.	No	School	Yes	
School Nurse (5-19)	Specifically trained and skilled to deliver and lead on public health for school-aged children (5-19) Providing holistic, individualised and population health assessments. Regular drop in's at upper/secondary schools and schools with students of secondary school age (year's 7 and 8 ). To improve health and well being, stopping smoking, promote healthy weight, reduce misuse of drugs and alcohol, and provide support at times of anxiety such as exams. The nurse will signpost to other agencies if they assess that this is required.	No	Direct referral to designated School Nurse	Yes	
CHUMS	Tier 2 Emotional wellbeing service (4 sessions) for mild to moderate mental health issues	Yes	Through Early Help or via GP	Yes	
CAMHS	CAMHS are specialist NHS children and young people's mental health services. They offer assessment and treatment when children and young people have emotional, behavioural or mental health difficulties. Children and young people and their families can be referred to CAMHS if children are finding it hard	Direct to CAMHS or EHA	CAMHS or through Early Help if on EHA or GP	Yes	

	to cope with family life, school or the wider world. If these difficulties are too much for family, friends or GPs to help with, CAMHS may be able to assist. Free and comprehensive source of information for young people, parents and professionals about the range of mental health difficulties and disorders that may be encountered during childhood and adolescence.		<a href="http://camh.org.uk">http://camh.org.uk</a>		
Relate	Relate Bedfordshire and Luton confidential, face-to-face counselling service to children and young people aged 10 – 18 years & play therapy for children aged 5-10 years. The children's play therapy and young people's counselling services focus on relationship, emotional and behavioural issues	No	Direct referral by calling 01234 356350 and making an appointment.		
Parenting Team (in-house)	Protective behaviours work with school aged children (5 -18) <ul style="list-style-type: none"> <li>• Help children develop a positive sense of self and wellbeing</li> <li>• Develop an awareness of personal safety</li> <li>• Identify and express feelings</li> <li>• Increase resilience, make choices to help problem solve.</li> </ul>	Yes	Through Early Help	Yes	Lisa Baker
MIND BLMK	Provide information on a range of topics including: <ul style="list-style-type: none"> <li>•types of mental health problem</li> <li>•where to get help</li> <li>•medication and alternative treatments</li> <li>•advocacy &amp; local support groups</li> </ul>	No	Direct referrals <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> 0300 123 3393	Yes	
Aquarius (alcohol, drugs and gambling support)	For children and young people who are affected by alcohol, drugs and gambling	Yes	Through Early Help	Yes	
Bedfordshire Wellbeing Service	The Bedfordshire Wellbeing Service is a free and confidential service for local people 17 yrs. and above. Learn ways to manage the way you think about things, to improve your mood and your	No	<a href="mailto:Elt-tr.BedfordshireWellbeingService@nhs.net">Elt-tr.BedfordshireWellbeingService@nhs.net</a> 01234 880400	Yes	

**Central Bedfordshire Council** [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

	approach to the issues you face in life.				
Open Door	Bedford Open Door is a charity providing FREE and confidential counselling to young people. 13-25 yrs Counselling is provided by a team of fully trained, experienced and friendly volunteer counsellors.	No	<a href="mailto:counselling@bedfordopendoor.org.uk">counselling@bedfordopendoor.org.uk</a> 01234 360388	Yes	

## EARLY HELP PARENTING AND FAMILY SUPPORT SERVICES

Provider	Description	EHA needed	Who to contact to make referral	Will work with families open to social care	Named contact for CBC services only
Children with Disabilities Team (CWD)	In order to be eligible for a service from the specialist CWD team the child must be under 18 and live in CBC with permanent and substantial disability.	No	<a href="mailto:CWD.Duty@centralbedfordshire.gov.uk">CWD.Duty@centralbedfordshire.gov.uk</a> 0300 300 8314	Yes	
Health Visitors	Health Visitors work with families and communities to improve access, experience, outcomes and reduce health inequalities. They complete universal health reviews: between antenatal and 2.5 years. Support with transition to motherhood, maternal mental health, breastfeeding, healthy lifestyle, managing minor illness & accident prevention, healthy 2 year old and school readiness.	No	Direct referrals	Yes	
Home Start	The team provide support for families with children under 5 with routines and boundaries and also can provide practical and emotional support for parents. Work is outcome focussed and not time limited. Volunteers support families in their own home for 2-3 hours a week.	Directly or an EHA	Through Early Help or to Home Start directly	Yes	
Locality Parent Support Advisors based within CBC Parenting Team (in house)	Individual parenting support (5-18) To enable parents and carers to gain new knowledge and skill's to increase confidence in implementing effective behaviour boundaries and consequences.	Yes	Through Early Help	Yes	Lisa Baker

PEIP Team (in house)	Triple P - 7 week evidence based group work programme supporting parents of children aged 3 - 12 to improve relationships with their children, set boundaries and develop effective responses for misbehaviour	Yes	Through Early Help	Yes	Julia Overton
PEIP Team (in house)	Triple P Teen - 7 week evidence based group work programme supporting parents of young people aged 12 - 16 to improve relationships with their teenagers, reduce problem behaviour, help their teenager minimise or avoid risky situations with their peers	Yes	Through Early Help	Yes	Julia Overton
PEIP Team (in house)	Strengthening Families 10 - 14 - a 7 week evidence based family programme engaging both parents and their young people supporting families to achieve their goals, gain a better understanding of one another, use rules and consequences, support young people to make positive choices, protect young people from drug and alcohol problems and improve communication within the family	Yes	Through Early Help	Yes	Julia Overton
PEIP Team (in house)	Mellow Bumps - a 6 week antenatal programme for mothers to be between 20 - 30 week gestational period designed to improve maternal mental health and well being, support mothers understanding of the developing baby and enabling mothers to get the right support in pregnancy and after the birth of their baby	Yes	Through Early Help	Yes	Julia Overton
PEIP Team (in house)	Mellow Babies - Intensive 14 week programme designed to support the relationship between mother and baby, improve maternal mental health and well being and enabling mothers to care for baby's emotional and physical health needs	Yes	Through Early Help	Yes	Julia Overton
First Place Training	Young Mums to Be and Parents with Prospects for young parents and parents to be.	No	Angela Killeen on 01582 690 954	Yes	
Children's Centres	Parents as First Teachers programme delivered to parents of young children in the family home – programme provides parents with the support and encouragement needed to help their child develop optimally during the crucial early years of life.	Yes	Children's Centres	Yes	

**Central Bedfordshire Council** [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

Children's Centres	Parent Puzzle (The Nurturing Programme) - 10 week evidence based group work programme supporting parents of children aged 0 – 5 to get the best out of family life. Based around self-awareness and self-esteem, appropriate expectations, positive discipline and empathy.	Yes	Children's Centres	Yes	
Outside In	Offer advice and support group's for parents of children with ADHD / Autism. Children do not require a 'diagnosis'.	No	Direct to Outside In 01462 813 282 <a href="http://outsidein-solutions.org.uk">outsidein-solutions.org.uk</a> <a href="mailto:enquiries@outsidein-solutions.co.uk">enquiries@outsidein-solutions.co.uk</a>	Yes	
The Avenue	The Avenue is a positive, friendly, organisation that understands the highs and lows of living with autism. Our positive support groups are relaxed and friendly, children with autism and their siblings are welcomed .	No	By phone or text: 07425 551110 (Calls answered Monday-Friday 09:00-17:00) <a href="mailto:theavenuesupport@outlook.com">theavenuesupport@outlook.com</a>	Yes	
L.O.A.F (Loads Of Autistic Fun)	L.O.A.F. is a Saturday morning activity group which the whole family can attend. It runs fortnightly during term time from 10am to 1pm and provides an inclusive environment where all children up to age 12 (those with A.S.C. and their siblings) and their parents/carers are welcome and supported by trained staff and volunteers.	No	01234 214871 <a href="http://www.autismbedfordshire.net">www.autismbedfordshire.net</a>  <a href="http://www.autismbedfordshire.net/childrens-services/loads-of-autistic-fun-loaf/">www.autismbedfordshire.net/childrens-services/loads-of-autistic-fun-loaf/</a>	Yes	
Families United Network (F.U.N)	Support for any family that have a child with special needs/disability	No	<a href="http://www.familiesunitednetwork.co.uk">www.familiesunitednetwork.co.uk</a>		
Advisory Service	The ASD is for pupils with a diagnosis on the Autistic spectrum only. They support schools in developing their understanding of ASD and give advice on strategies in managing the needs of individual pupils.	No	Ivel Valley School <a href="mailto:lisa.charters@ivelvalley.beds.sch.uk">lisa.charters@ivelvalley.beds.sch.uk</a> <a href="mailto:hanneke.lee@ivelvalley.beds.sch.uk">hanneke.lee@ivelvalley.beds.sch.uk</a> The Chiltern School <a href="mailto:Sstephenson@chiltern.beds.sch.uk">Sstephenson@chiltern.beds.sch.uk</a>		
CBC SEND Parent, Children & Young Person Partnership Service	This is a statutory service, working at arm's length from the authority and offers a free confidential support service for parents and carers of children with special educational needs.	No	03003008088 <a href="mailto:cbcsendpypps@centralbedfordshire.ov.uk">cbcsendpypps@centralbedfordshire.ov.uk</a>	Yes	

**Central Bedfordshire Council** [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

SEND support team	The SEND Support Team are responsible for overseeing and implementing all procedures which relate to Education, Health and Care (EHC) plans. This includes: dealing with requests for EHC needs assessments carrying out EHC needs assessments transferring statements and Learning Difficulty Assessments (LDAs) to EHC plans managing the annual review process	No	0300 300 8304 <a href="mailto:statass@centralbedfordshire.gov.uk">statass@centralbedfordshire.gov.uk</a>		
Teenage parent support advisors (in-house)	Personalised support for teenage parents to be through pregnancy into parenthood	No	Through Teenage Parent Pathway	Yes	Louise Jarvis
Family Nurse Partnership	Young pregnant mothers (19 years and under) expecting their first child. Mothers are <b>not</b> eligible for the programme if they are over the age of 20 years, are over 28 weeks gestation, this is not their first pregnancy, plan to put the baby up for adoption or plan to leave the area within three months or for a period of three months or longer	No	Through Teenage Parent Pathway - Debbie Shulver	Yes	
Family Meeting Service (previously Time to talk - co-ordinated in-house)	A meeting for family and friends to discuss what is currently happening. It could be to find support, find out how everyone feels, and to look at ways to change things to make them work better and to help sort out any problems. It helps the referrer understand who is in the family and how they will support you.	Yes	Through Early Help Gill Wall	Yes	Gill Wall / Karen Shiels
CAN YP	MPACT is an evidence based group programme for families living with substance misuse	No	Direct to CAN YP	Yes	
Freedom Programme - co-ordinated in-house	The program is open to all woman who wishes to learn more about the reality of domestic violence and abuse	No	Tracy Mintern on 0300 300 4360 <a href="mailto:relay@centralbedfordshire.gov.uk">relay@centralbedfordshire.gov.uk</a>	Yes	Tracy Mintern
Pattern Changing	Pattern Changing is a ten week programme for two hours (nine weeks with a one week follow up after two months). The purpose of the course is to help women regain confidence and self-esteem, explore personal	No	Via Linda Johnson on 01582 660061 or email <a href="mailto:linda@home-startcentralbeds.org.uk">linda@home-startcentralbeds.org.uk</a>	Yes	

	experiences and learn practical strategies to gain empowerment and to change negative patterns of behaviour into positive ones.				
Bedfordshire Change Project	Bedfordshire Change Project is a Community Domestic Abuse prevention service for men or women who want to take positive steps to change the way they behave in relationships. The programme and assessment sessions are currently delivered in Central Bedfordshire and Luton.	No	Direct referrals <a href="mailto:beds@thechange-project.org">beds@thechange-project.org</a>  08453 72 77 01	Yes	
The Star Project	One to one therapeutic intervention to children and young people aged 5-25 year who have experienced abuse or trauma	No	Direct referrals via <a href="mailto:info@sortedbedfordshire.org.uk">info@sortedbedfordshire.org.uk</a> 01582 891 435		
Supporting Families programme – in house	Supporting Families programme is a free service funded through CBC. Families that meet the <u>agreed criteria</u> will receive support from a Family Partner who will work with the whole family to bring about the positive changes that are important to them.	Yes	Through Early Help	Yes	
Carers in Bedfordshire	Support for family members caring for a child with a disability	No	0300 111 1919 <a href="mailto:contact@carersinbeds.org.uk">contact@carersinbeds.org.uk</a>	Yes	
Young Carers Support (in house)	One to one support for children aged 5 - 17 undertaking significant caring responsibilities within the family home	Yes	Through EHA	Yes	Clive Black
Support for children affected by parental mental illness (in house)	One to one support for children aged 5 - 17 affected by parental mental illness	Yes	Through EHA	Yes	Jason Parker
Kidstime - co-ordinated in-house	A monthly workshop for parents and their children / young people who are affected by parental mental health in their family.	No	EHA or Julia Overton <a href="mailto:Julia.Overton@centralbedfordshire.gov.uk">Julia.Overton@centralbedfordshire.gov.uk</a>	Yes	Julia Overton



**Central Bedfordshire Council** [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

Central Bedfordshire Council Youth Support Service	Track young people's participation in education or training to identify which young people are likely to need additional support to ensure they continue in education or training post-16.	No	<a href="mailto:Tracey.Smith@centralbedfordshire.gov.uk">Tracey.Smith@centralbedfordshire.gov.uk</a>		Tracey Smith
Citizens Advice	We aim to provide the advice people need for the problems they face and improve the policies and practices that affect people's lives. We provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities.	No	Directly to local CAB	Yes	
Ormiston Families - The Unite Programme	Works with prisoners and their families to minimise the impact of imprisonment on their children. The service support family relationships to continue developing throughout the sentence, which plays a critical role in helping to reduce reoffending rates.	No	Direct referrals 01234 373219 <a href="mailto:wendy.davies@ormiston.org">wendy.davies@ormiston.org</a>	Yes	
Ormiston Families	Breaking Barriers- Prison Outreach Our prison outreach service 'Breaking Barriers' supports children and young people affected by imprisonment in schools and the community.	No	Direct referrals Bedford Community Outreach- <a href="mailto:bryony.black@ormiston.org">bryony.black@ormiston.org</a> 01234 373219 or 07951 495778	Yes	
The Need Project	1.Providing food packages to support individuals and families who are experiencing food deprivation. 2.Providing other items to meet immediate and essential needs, as resources allow. 3.Developing other forms of support to meet immediate need and alleviate financial hardship	No	Only take referrals from statutory bodies (e.g. Social Services, GP units, Children's Centres etc.) or recognised community groups (e.g. local churches and other religious organisations, schools, etc).  Not able to take self referrals, from families. <a href="mailto:admin@theneedproject.co.uk">admin@theneedproject.co.uk</a> Gordon Hamilton 07952 765302	Yes	
Gateway Housing Support	Supporting people to remain independent and live within their own home. Budgeting, general support, signposting to other organisations, helping find work or accessing the right benefits.	No	Direct referrals <a href="mailto:gatewayhousingsupport@centralbedfordshire.gov.uk">gatewayhousingsupport@centralbedfordshire.gov.uk</a> or telephone 0300 300 6745 to request a referral Drop ins throughout Central Beds.	Yes	

**Central Bedfordshire Council** [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

Sorting out Separation	<p>A list of services to support parents in working together to resolve disputes and help them focus on the interests of their children. The 'Help Near You' page will help parents to locate services available both locally and nationally that may support them to resolve disputes with their ex-partner.</p> <p>These services include...</p> <ul style="list-style-type: none"> <li>• Accredited Specialists &amp; Mediation Services</li> <li>• Child contact centres &amp; Relationship counselling</li> <li>• Collaborative lawyers &amp; Separating Parents Information Programme's</li> </ul>	No	<a href="http://www.sortingoutseparation.org.uk">www.sortingoutseparation.org.uk</a>	Yes	
Advice Central	<p>Your Open Door to Advice in Central Bedfordshire <b>FREE &amp; CONFIDENTIAL</b></p> <p>People living in Central Bedfordshire now have a single source of information on a vast range of topics including: Benefits, debt, disabilities, education, health, housing, immigration, employment &amp; legal</p>	No	<a href="http://advicecentral.org.uk/">http://advicecentral.org.uk/</a> 0300 303 6666	Yes	

## EARLY HELP CHILDREN'S CENTRE AND EARLY YEARS AND CHILDCARE SERVICES

Provider	Description	EHA needed	Who to contact to make referral	Will work with families open to social care	Named contact for CBC services only
Children's Centre support	Children's centres are part of the government's strategy to provide high quality services to children, young people and their families, in order to give every child the best start in life. Families can access a range of support services through their local children's centre	No	Children's Centres or Lesley Talbot <a href="mailto:Lesley.talbot@centralbedfordshire.gov.uk">Lesley.talbot@centralbedfordshire.gov.uk</a>	Yes	Lesley Talbot
Speech & Language Therapy	The Speech and Language Therapy (SLT) Service provide support and interventions for children with speech, language and communication concerns. The Early Communication Support Team provides early advice for children and families through advice sessions in Children's Centres, Chattertots group, home visiting and Talk Together At Home programme. School age is direct referral; children go on a waiting list to be offered a 1:1 assessment appointment. Pre-school and under generally access through drop in at Children's Centre. .	No	School or Children's Centre directly	Yes	
Childcare information	Information on childcare	No	Anita Stronge	Yes	Anita Stronge
Free 2 Year Funding	15 hours for 2 years and over	No	Business Support Team (CPEI admin)	Yes	Business Support Team

## EARLY HELP HEALTHY LIFESTYLES AND REDUCING RISKY BEHAVIOURS SERVICES

Provider	Description	EHA needed	Who to contact to make referral	Will work with families open to social care	Named contact for CBC services only
Cambridge County Council - Sexual Behaviour Unit	Cambridgeshire Sexual Behaviour Service (CSBS) works with children and young people exhibiting sexualised or harmful sexual behaviour that is causing concern, and falls outside behaviour, considered developmentally appropriate for a child or young person of that age. We provide 1:1 intervention support from 6/7 years to 17 years old but can provide advice and consultation regarding safeguarding plans from a younger age.	Yes	Through Early Help	Yes	
CAN YP	Drug and alcohol service for children and young people	EHA or direct to CAN YP	Through Early Help	Yes	
Brook	Contraceptive and sexual health service for under 25s and one to one education programme for those at risk of early/unwanted pregnancy, sexual exploitation, poor relationships, perpetrator behaviour	EHA or direct to Brook	Referrals to <a href="mailto:emma.McLaven@brook.org.uk">emma.McLaven@brook.org.uk</a>	Yes	
My Life Programme	Brook offers the following three options; 6 session My Life Group Programme, 6 session My Life 1-1 programmes, and none time limited needs led My Life Health and Wellbeing Programmes which include information and support sessions. The Programmes are delivered in a variety of locations; our own clinics and centres, schools, colleges and young people's organisations.	No	Referrals to <a href="mailto:emma.McLaven@brook.org.uk">emma.McLaven@brook.org.uk</a>		

Groundwork	They offer a 12 week programme for children aged 10-18 years. They offer group and 1:1 support. They cover team building, education and learning and aspirations, confidence and self esteem, CSE, choices and behaviour, risky behaviours and sexualised behaviours.	Yes	Through Early Help	Yes	
School nurse	They offer school drop ins and one to one work around general and specialist health related issues	No	Through school nurse linked to school	Yes	
Child Development Centre	The Child Development Centre is committed to helping children with disabilities and special needs live their lives to the full. Child Development Centre Hill Rise, Kempston, MK42 7EB	No	Referrals can be made via any health professional, school or GP  01234 310278	Yes	
Edwin Lobo Centre	Union Street Clinic Bedford MK40 2SF  Redgrave Gardens, Luton, LU3 3QN		01234 310103  01582 700300		
Youth Action	Youth Action will support young people (13-19 years) with opportunities in volunteering including information, advice, encouragement and guidance	No	Directly to Youth Action <a href="mailto:info@youthactioncentral.org">info@youthactioncentral.org</a> 01234 213100 or 07508 113009	Yes	
TACTIC Teenage Advice and Information Centre – Leighton Buzzard	Our team of Youth Workers are always on hand to give confidential advice and support on nearly all the issues that affect life. We'll deal with your concerns in a friendly, caring and confidential manner. 12-19 yrs	No	Direct referrals 01525 373838  <a href="mailto:tactic@leightonlinlade-tc.gov.uk">tactic@leightonlinlade-tc.gov.uk</a>	Yes	
A4S Outdoors	A4SOutdoors offers a wide range of term-time and holiday activities for young people in Bedfordshire, Northamptonshire and the surrounding counties. Our aim is to promote a sense of wellbeing and purpose so they feel better equipped to progress, move on and lead fulfilling lives; a stepping stone to a brighter future.	No	Direct referral to <a href="mailto:Info@ProgressAbility.org">Info@ProgressAbility.org</a> or 01234 272101	Yes	

Seeds of Change	Seeds of Change work in partnership with horses, delivering learning and skills across a variety of industries. •Anger management and dealing with anger related issues •Handling bereavement •Selective mute disorder •Young offenders •Victims or perpetrators of bullying •Victims of family breakdown •Those who are on individual tuition or cannot work in groups •Those with poor self-image / addiction / health issues	No	01234 881871 <a href="mailto:enquiries@theseedsofchange.co.uk">enquiries@theseedsofchange.co.uk</a>		
Beezee Bodies	A wide range of services and support to help children & adults manage their weight.	No	Directly to Beezee Bodies <a href="mailto:info@beezeebodies.co.uk">info@beezeebodies.co.uk</a> 01234 363774		
NSPCC	PANTS song and animation to help protect children from sexual abuse, aimed at children aged 4-8 years	No	<a href="http://www.nspcc.org.uk/pants">http://www.nspcc.org.uk/pants</a>	Yes	
Stop Smoking Service	Stop smoking advisors offer a free, non-judgemental and supportive service. The service offers: • group sessions • one to one sessions • telephone support • specialist pregnancy support  Our friendly advisors are made up of professional and qualified staff who will offer support and advice to help you quit for good. Thousands of people have quit for good with our help and studies show that you are up to four times more likely to quit if you use a combination of stop smoking medication and help and support from your local Stop Smoking Service.	No	Direct referrals 0800 013 0553 and press 1 for Central Bedfordshire or online via CBC website.	Yes	

**Amended: 14<sup>th</sup> November 2016**

**Review date: 14<sup>th</sup> January 2017**