

Directory of Services





**Plymouth Directory of Services**

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| **Early Years & Education** | |
| Children’s Centres | |
| **Action for Children - Manor Street**  25 Manor Street  Stonehouse  PL1 1TL  01752 208650 & 07971094826  **Action for Children – Green Ark**  Fore Street  Devonport  Plymouth  PL1 4DW  07921 491876 & 07971 094826  <https://services.actionforchildren.org.uk/green-ark-manor-street-childrens-centres/?_ga=2.137448054.770460337.1646305339-470196701.1646305338> | Our Children's centres play an essential role in giving children and families the early support they need  We are open to your whole community on a regular basis. We work in partnership with other agencies such as health visitors, midwives and local schools.  To help under-fives get ready for school our services include: child and family health services; parenting programmes and antenatal support; early year’s education services, such as ‘stay and play’ sessions; speech and language support and family learning.  In addition we offer support for parents with adult learning and employment support. This may include language, literacy and numeracy support, family learning, access to apprenticeships and volunteering opportunities as steps toward employment and links to Jobcentre Plus. This is supported by good quality, inclusive childcare.  For more information about what’s on at each Children’s Centre and about the courses and groups they run click [here](https://services.actionforchildren.org.uk/green-ark-manor-street-childrens-centres/learning-hub/) |
| **Barnardo’s Plymouth**  Please call your local children's centre for more details or follow [Barnardo's Plymouth on Facebook](https://www.facebook.com/barnardosplymouth/).   * Fourwoods Children's Centre, 01752 366795 * Nomony Children's Centre, 01752 261844 * The Barn Children's Centre, 01752 362320 * DELL Children's Centre, 01752 788992 * Tamar FOLK Children's Centre, 01752 361052 * Plymstock Children's Centre, 01752 407496 * Plum Tree (Rees Centre), 01752 340550 * Whitleigh Children's Centre, 01752 875933   [plymouthchildrenscentres@barnardos.org.uk](mailto:plymouthchildrenscentres@barnardos.org.uk)  [Believe in children | Children's charity | Barnardo's (barnardos.org.uk)](https://www.barnardos.org.uk/) | Barnardo's Plymouth are a group of Children & Young People Services that are operated by Barnardo's within Plymouth. This includes Children's Centres, Independent Visiting & Advocacy Services, and a Young Carers Service.  We know parents want the best for their children.  And we know how hard it can be to cope sometimes, especially if you're a young parent, a single parent or are experiencing hardship.  Our children’s centres provide a fun, friendly safe space where mums, dads, parents-to-be, carers and children can learn and develop in a supportive environment.  Every centre is different because we listen to the needs of the families in each community we serve. But all offer the opportunity to meet other parents​ and access a range of information and classes in areas such as:   * antenatal and postnatal care * parenting advice * parent/child bonding * sensory play for children   For activities and groups at each Children’s Centre check out [Barnardo's Plymouth on Facebook](https://www.facebook.com/barnardosplymouth/) or information on the [Plymouth Online Directory](https://www.plymouthonlinedirectory.com/childrenandfamilies/childrenscentres) |
| **LARK Children’s Centre**  LARK Children's Centre: 01752 313293  Morice Town Children's Centre: 01752 208600  Popin Children's Centre: 01752 313293  <https://www.larkchildrenscentre.co.uk/> | LARK Children's Centre is here to support Parents/Carers with children up to the age of 4 years old.  Our team of friendly staff can help and support you with any concerns you may have. Some examples of what we can offer help on include;  Financial Support / Benefit Take up  Housing  Concerns around child's behaviour/development  Breastfeeding / Weaning / Healthy Eating / Weight / Dental Health  Access to Nursery settings for your child and eligibility for free childcare for 2 year olds  Wanting to go back to work / training / volunteering  Support to Quit Smoking  Access to Healthy Start Vitamins  Access to Ante-Natal Programmes  If you are worried about anything else that we have not mention here or on our website please feel free to contact us to discuss any issues further.  **Find out more:**   * [Our Community](https://www.larkchildrenscentre.co.uk/Our-Community.php) * [Groups](https://www.larkchildrenscentre.co.uk/Our-Groups.php) * [Timetables](https://www.larkchildrenscentre.co.uk/Timetables.php) * [Courses](https://www.larkchildrenscentre.co.uk/Courses.php) * [Pregnancy and Birth](https://www.larkchildrenscentre.co.uk/Pregnancy.php) * [Healthier Lifestyles](https://www.larkchildrenscentre.co.uk/Healthier-Lifestyles.php) * [Bookstart](https://www.larkchildrenscentre.co.uk/Bookstart.php) * [Safeguarding](https://www.larkchildrenscentre.co.uk/Safeguarding.php) * [Financial Support](https://www.larkchildrenscentre.co.uk/Financial-Support.php) |
| Schools | |
| **For information on individual schools in Plymouth please check out the** [**Plymouth Online Directory**](https://www.plymouthonlinedirectory.com/article/685/School-and-childcare-service-articles) | |
| Post-16 Education and Training | |
| **Achievement Training**  01752 202266  [admissions@achievementtraining.net](mailto:admissions@achievementtraining.net)  <https://achievementtraining.com/> | Achievement Training are a training provider offering Courses and Apprenticeships in Plymouth.  Our objective is to develop a quality training company, ensuring stability for staff and learners and provide a professional service delivery at all levels. To promote the love of learning, encourage the pursuit of excellence, and to establish the concept of education as a lifelong process. |
| **City College**  01752 305300  [info@cityplym.ac.uk](mailto:info@cityplym.ac.uk)  <https://www.cityplym.ac.uk/> | We’ve been helping students to get the skills and qualifications they need since 1887! We’re now one of the leading providers of vocational, professional and technical training in the South West.  We can offer you:   * 100s of courses to choose from * tutors that have real experience in the industry they’re teaching * nationally recognised qualifications * hands-on experience * great facilities, from our multi-million-pound Regional Centre of Excellence for STEM, to a day spa and restaurant * help with funding * the support you need, from childcare to careers advice * and a lot more …   We work with employers to make sure you get the skills, knowledge and training you need to succeed in your chosen career. From hospitality and catering, to performing arts, we can help make your dream a reality. |
| **Careers South West Group**  Poseidon House,  Neptune Park,  Cattedown,  Plymouth,  PL4 0SJ  0800 97 55 111  [contact@cswgroup.co.uk](mailto:contact@cswgroup.co.uk)  [Home - CSW Group Ltd.](https://cswgroup.co.uk/) | For over 25-years, CSW whilst uncovering learning and work opportunities for thousands of people, has adapted to meet market demand and changing government policies to develop a broad portfolio of provision ranging from intensive support to families, volunteers into the community, non-medical support to universities and inspiration to young people around the STEM curriculum. We are a not-for-profit organisation delivering our services across the South West.  We aim to provide longer-term support that goes way beyond one-off contact. It is this commitment and dedication that has allowed us to achieve such fantastic results.  CSW is contracted by the Local Authorities of Devon County Council, Cornwall Council, Plymouth City Council, Torbay Council and Somerset County Council to assist them in meeting their Statutory Duties under the Education and Skills Act 2008. These duties relate to the provision of services to encourage, enable or assist young people in effectively participating in education or training.  This includes the [#Focus5](https://www.cswfocus5.co.uk/) project which provides unique, flexible, one-to-one support to young people aged 15-18 across Devon, Plymouth, Torbay and Somerset, who may be struggling to move forwards in life.  We’re funded to support those who are not in education, employment or training (NEET) or at risk of becoming so. For young parents returning to learning or employment, childcare funding is available whilst they’re working with us. |
| **CTSW Skills Ltd**  Unit 10 Burrington Business Park,  Honicknowle,  Plymouth,  PL5 3LX  01752 782046  <https://www.ctswskillsltd.co.uk/> | CTSW Skills Ltd is a private training organisation located in Plymouth who offer a wide range of qualifications including apprenticeships, NVQs, Diplomas and short courses in Bricklaying, Plastering, Carpentry and Joinery, Painting and Decorating and Commis Chef for learners of all ages, backgrounds and abilities.  ​CTSW Skills supports learners to achieve within the sectors in which they are working in, as well as ensuring they are developing the skills they need to maintain a positive and proactive approach to learning.  CTSW Skills offer a range of flexible vocational training courses to young people, many of whom have significant personal and/or educational barriers, which would potentially adversely affect their attendance and achievement in education setting.  We work closely with key employers throughout the Southwest and have a dedicated team, all of whom have industry experience and knowledge within their own trade areas. |
| **Plymouth Marjon University**  01752 636700  [Plymouth Marjon University](https://www.marjon.ac.uk/) |  |
| **Plymouth University**  01752 600600  [University of Plymouth](https://www.plymouth.ac.uk/) |  |

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| **Work & Benefit Support** | |
| **Citizens Advice**  Advice Plymouth Drop in service,  Ernest English House,  Buckwell Street,  Plymouth  PL12DA  08082787910 or 0333309043  <https://citizensadviceplymouth.org.uk/> | **We help people find a way forward**  We can all face problems that seem complicated or intimidating. At Citizens Advice we believe no one should have to face these problems without good quality, independent advice.  That’s why we’re here: to give people the knowledge and the confidence they need to find their way forward - whoever they are, and whatever their problem.  **We give advice to millions of people**  Our network of independent charities offers confidential advice online, over the phone, and in person, for free. When we say we’re for everyone, we mean it. People rely on us because we’re independent and totally impartial.  **Debt Advice** – we can:   * Explore your financial circumstances and the nature of your debts * Provide advice on the options that may be available to you * Signpost and refer you to other services that could help you   **Universal Credit**  Citizens Advice Plymouth has launched a new service called “Help to Claim” for those who need help to apply for Universal Credit across Plymouth.  People will now be able to get support from the charity as they submit their Universal Credit application to get their first full payment.  Help will be tailored to the individual and available, face-to-face, over the phone on 0800 144 8 444 and online through webchat and advice content <https://www.citizensadvice.org.uk/helptoclaim/> may include assistance with the online application form or help with providing evidence like childcare costs.  We also give advice on consumer rights on our consumer helpline, support witnesses in courts through the Witness Service and give pension guidance to people aged over 50. |
| **Careers South West Group**  Poseidon House,  Neptune Park,  Cattedown,  Plymouth,  PL4 0SJ  0800 97 55 111  [contact@cswgroup.co.uk](mailto:contact@cswgroup.co.uk)  <https://cswgroup.co.uk/> | Planning for the future can feel a bit overwhelming, especially when there are so many things to consider. We hope that these pages will answer many of your questions and point you towards a range of useful information.  If you’re aged 16 -19 there are a wide variety of learning and work options that you can think about. Don’t forget, if you’re under 18 you are required to continue in either full-time or part-time learning at least until your 18th birthday.  CSW offers a range of services to help guide you through your choices, provide information and offer support, from a quick chat to more intensive, long-lasting support.  We also have self-help resources and information from other partners on our resources page.  If you are a Child/Young Person, agency, or parent/carer you can use [this form](https://cswgroup.co.uk/wp-content/uploads/2021/03/Transitions-Support-Referral-Form.docx) to request support, or you can call us on 0800 97 55 111. |
| **CTSW Skills Ltd**  Unit 10 Burrington Business Park,  Honicknowle,  Plymouth,  PL5 3LX  01752 782046  <https://www.ctswskillsltd.co.uk/> | CTSW Skills Ltd is a private training organisation located in Plymouth who offer a wide range of qualifications including apprenticeships, NVQs, Diplomas and short courses in Bricklaying, Plastering, Carpentry and Joinery, Painting and Decorating and Commis Chef for learners of all ages, backgrounds and abilities.  ​CTSW Skills supports learners to achieve within the sectors in which they are working in, as well as ensuring they are developing the skills they need to maintain a positive and proactive approach to learning.  CTSW Skills offer a range of flexible vocational training courses to young people, many of whom have significant personal and/or educational barriers, which would potentially adversely affect their attendance and achievement in education setting.  We work closely with key employers throughout the Southwest and have a dedicated team, all of whom have industry experience and knowledge within their own trade areas. |
| **DWP Clinics**  **Call 01752 788992 for more information** | Various sites across the city   * Every Monday Frederick Street 10:00 – 14:00 * Every Tuesday Rees Centre Plympton 10:00 – 15:00 * Every Wednesday Salvation Army Hall Whitleigh 12:00 – 16:00 * Every Thursday Salvation Army Hall Devonport 09:00 – 12:00 * 1st Thursday in month Plymstock United Church 10:15 – 12:15 * Every Thursday Sunflower Centre 12:30 – 14:30 (Women only) * Every Thursday Dell Children’s Centre 12:00 – 16:00 * Every Friday Oasis Centre (foodbank) 11:00 – 13:00 * Also some Wednesday am’s & Friday am’s / pm’s we may have availability in the Exeter Street Jobcentre |
| **Job Centre Plus**  Devonport Job Centre Plus  Queens House  St Levans Road  Devonport  Plymouth  PL2 3BD  Plymouth Old Tree Court Jobcentre Plus  Old Tree Court  64 Exeter Street  Plymouth  PL4 0AJ  0800 169 0190 | For a variety of support including:   * **Benefits** * **Education & learning** * **Finding work & apprenticeships** * **Pensions**   <https://www.gov.uk/browse/benefits> |
| **JETS (Job Entry Targeted Support)**  Seetec Pluss  If you are interested in finding out more about the Work and Health Programme – JETS, you will need to speak to an advisor in your local Jobcentre Plus. | If you have been out of work for 13 weeks or more and are in receipt of benefits, Work and Health Programme – Job Entry Targeted Support (JETS) is designed to help you get back into employment… FAST!  Our support includes:   * Personal assessment – support to identify goals, develop a return-to-work plan and access additional help if needed. For example, mental health, debt or housing support * Job support – help with job search, building confidence, virtual interview preparation, CV building and e-learning * Career options – support to identify new career options, develop transferrable skills and gain sector specific training * Self-employment – coaching to develop business plans, set up and manage the first six months of operation. |
| **Project | SEARCH**  <https://www.cityplym.ac.uk/courses/skills-development-project-search/> | Project | SEARCH, is a pioneering programme that supports adults with learning disabilities in getting paid employment.  The programme is run by City College Plymouth, Plymouth Hospitals NHS and Pluss.  Trainees work alongside hospital staff, learning how to do clerical work, reception work, street cleaning, mail delivery, being a porter and even checking medical equipment. As well as working in the hospital, you will be expected to complete related coursework. Experienced teaching and employment advisory staff will support you. On successful completion, you may progress into paid employment, Apprenticeships or further individualised vocational training. |
| **Restart Scheme**  Seetec Pluss  <https://www.seetecpluss.co.uk/programme/restart-scheme/> | If you’re out of work, our Restart scheme will help you build your confidence, skills and move back into work.  Your personal employment advisor will work closely with you, creating a tailored plan to help you reach your work and life goals, including:   * 1:1 coaching, advice and guidance; * Job search, CVs and interviews; * Support to enhance your health and wellbeing; * Priority access to local services, such as Citizens Advice * Meeting local and national employers   Once you’re in work, we’ll help you settle into your new role and can assist with benefits, training, career progression… and much more.  Help with life’s ups and downs…  If you feel life is holding you back in any way, we’ll put you in touch with specialists who can help.  From money, housing or travel worries to health, wellbeing, family or lifestyle concerns, whatever your circumstances, we’ll support you to feel good and get life back on track. |
| **Shekinah**  Bath Street  Plymouth  24 Stonehouse Street  Plymouth  01752 203480  [reception@shekinah.co.uk](mailto:reception@shekinah.co.uk)  <https://shekinah.co.uk/what-we-do/practical-training-services/> | Wherever people are, the Shekinah teams encourage individuals to visualise a future and find their purpose. Shekinah’s award-winning training and employment programmes offer people an opportunity to re-engage with learning in a safe, nurturing, fun and motivating environment.  As well as therapeutically-based personal development programmes, Shekinah also run a construction skills programme in Plymouth and horticulture programme in Torbay. Shekinah’s multi-skilled teams offer wrap around support throughout engagement and finding your reason for ‘being’ is at the heart of what is achieved. When interested, individuals are encouraged to explore volunteering and employment options. There are also opportunities to participate in work trials with one of Shekinah’s business partners as well as engaging with Shekinah’s social enterprise and charity shops. |
| **Work Choice** | Work Choice can give you support to get a job and keep it, if you are disabled and have had problems finding work. Work Choice can also help to support you in a job.  You can join Work Choice at the Jobcentre Plus. You need to telephone the job centre and ask to speak to the Disability Employment Adviser. |

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| **Groups** | |
| Adult Groups | |
| **Assert Yourself!** | Contains information about communication styles, how they develop; and how they affect our ways of thinking and our beliefs about how we behave as human beings.  We will firstly look at how we have become unassertive; then at what prevents us from being assertive; before measuring our assertiveness in different situations, then looking at ways we can choose to be more assertive in real life.  There are ten modules; the concepts and strategies have been developed from evidence based psychological practice, primarily Cognitive-Behaviour Therapy (CBT).  ***Women need to have completed the Freedom Programme before registering for this group.*** |
| **Better Futures**  Improving Lives Plymouth  156 Mannamead Road  Plymouth  Devon  PL3 5QL  01752 776775  07305 065521  [betterfutures@improvinglivesplymouth.org.uk](mailto:betterfutures@improvinglivesplymouth.org.uk)  <https://www.improvinglivesplymouth.org.uk/> | Better Futures was founded over 30 years ago and is a service for adults age 18+ with a learning disability and or autism.  We provide support, information and advice on day to day issues and help individuals to develop the skills to further independence through a range of groups, workshops and activities.  Our friendly social hub provides a safe place where individuals can meet up, make friends, use computers and chat to staff and volunteers, thereby preventing isolation and improving their general well-being.  Better Futures actively supports members to consider a healthier lifestyle and provides guidance on healthy eating, weight, exercise, and awareness sessions on health and staying safe.  Support is also provided with letters, bills and form filling and we can support individuals to find work and volunteering opportunities. |
| **Circle of Security**  LARK Children’s Centres  Check out [Facebook](https://www.facebook.com/LARK-Childrens-Centre-164420790367521) for more information | Helps us understand our child’s emotional needs and behaviours.  Rolling timetable through the year. |
| **Eat Talk Thrive**  LARK Children’s Centres  Check out [Facebook](https://www.facebook.com/LARK-Childrens-Centre-164420790367521) for more information | Want to learn more about healthy eating? Dealing with fussy eating? Then this 6 week rolling programme could be for you. Friday afternoons. |
| **Family Support Worker Drop Ins**  For more information contact Fran Sampson:  Fran@friendsandfamilies.org.uk  01752 204369 | We are currently offering Parents and Carers the opportunity to access a Parent Support drop in service at Virginia House. The Drop ins run fortnightly throughout the year for 2 hours, offering parents an opportunity to meet with others in a safe, confidential environment to share ideas and concerns and gain emotional support. Alongside the support group there is also an opportunity to meet with a member of the team one to one in a private space. These sessions are facilitated by a Support Worker from the Advocacy Team. For further details, please check the website. |
| **Freedom Programme**  Freedom Programme Referral form – sent to [Targetedsupport@plymouth.gov.uk](mailto:Targetedsupport@plymouth.gov.uk) | The Freedom Programme is a free information giving programme about domestic abuse that runs for 11-12 weeks.  The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed. |
| **Great Expectations** | 4 week Antenatal programme (can also be offered on a 121 basis if parent finds it difficult to access group setting)  A place for mums, partners, friends and family wanting some useful tips, guidance and advice to prepare for the birth of their baby, whether this is their first baby or not.  Throughout the various courses run by Great Expectations they cover topics such as;   * Having a healthy pregnancy & baby * Preparation for parenthood, birth and beyond * Communicating with your bump and baby * Getting your baby off to the best start * How babies grow and develop * Maternity benefits and money issues * Services and groups available to you and your supporting partner once your baby is home.   Great Expectations courses runs across the City. To find out more details visit [www.eventbrite.co.uk/d/united-kingdom/great-expectations-antenatal/](http://www.eventbrite.co.uk/d/united-kingdom/great-expectations-antenatal/) . Here you can book onto a course or alternatively you can contact LARK direct to see if we have any extra spaces available. |
| **Incredible Years**  If you would like to ask any questions about our Incredible Years Parenting Programmes, please call: 01752 258933.  Alternatively you can email us at: [pias@plymouth.gov.uk](mailto:pias@plymouth.gov.uk) | Incredible Years is an internationally recognised Parenting Programme that has been shown to work in Plymouth for a wide range of families. The Incredible Years programme is divided into various age groups and designed for parents of babies, toddlers, pre-school and primary school age children.  Plymouth Information, Advice and Support for SEND offer Incredible Years parenting courses at various venues across the city for the following age groups:   * [Incredible Years Babies: 0-12 months](https://www.plymouthias.org.uk/parenting-programmes/incredible-years/incredible-years-babies/) * [Incredible Years Toddlers: 12-36 months](https://www.plymouthias.org.uk/parenting-programmes/incredible-years/incredible-years-toddlers/) * [Incredible Years Basic: 3-6 years](https://www.plymouthias.org.uk/parenting-programmes/incredible-years/incredible-years-basic/) * [Incredible Years School Age: 7-12 years](https://www.plymouthias.org.uk/parenting-programmes/incredible-years/incredible-years-school-age/) * [Incredible Years Autism Spectrum and Language Delay: 2-5 years](https://www.plymouthias.org.uk/parenting-programmes/incredible-years/incredible-years-autistic-spectrum-and-language-delay/) |
| **Latch On**  Action for Children  Lark - Run at Sure Start Community Room, Rear of Ham Drive Nursery  01752 313293 or [email](mailto:donna.vinecombe-pi@larkcluster.co.uk)  Barnardo’s | Latch On group supports you through the early days of breast feeding.  See individual Children’s Centre’s for days/times |
| **Little Steps Together**  Friends and Families of Special Children  See dates and book online [here](https://www.friendsandfamilies.org.uk/events/categories/parent-carer/) | Are you a parent or carer of a child with a disability or waiting a diagnosis aged 0-5?  Come along to our welcoming parent support group facilitated by our family support worker Holly. Meet other parents and carers, gain some information and advice, or come along for a cup of tea or coffee and relax!  We will being inviting other professionals to come and talk to you such as Jess from our Lending Library, PIAS (Plymouth Information Advice and Support for SEND), Occupational Therapists and more. |
| **Mini Mix**  LARK Children’s Centres  Check out [Facebook](https://www.facebook.com/LARK-Childrens-Centre-164420790367521) for more information | A group for parents run by parents.  This group prides itself on making sure all new parents are made to feel welcome and included from day one. |
| **REAL Man (Re-Educate and Liberate)**  Group Programme (being Piloted) – 6 weekly sessions  1:1 – 6 week programme  Evening workshop – 2 evenings – condense version  Referral form - sent to [Targetedsupport@plymouth.gov.uk](mailto:Targetedsupport@plymouth.gov.uk) | The REAL man course raises awareness and seeks to liberate men from these social precepts and to explore ways of promoting positive and meaningful relationships for men with both their children and partners. A relationship that does not need to conform to, or perpetuate Toxic Masculinity and the pressure of conforming to this.  The course will also seek to explore practical techniques for promoting positive attachment and positive parenting for men, especially for those who may not have experienced these in their own childhood.  The aim is to promote ways of encouraging men in nurturing + bonding with their children and being the positive role model their children need and deserve.  Simultaneously it will look to support men in being a respectful and considerate partner -or ex-partner in the case of separated families. |
| **Solihull Parenting Programme**  LARK Children’s Centres  Check out [Facebook](https://www.facebook.com/LARK-Childrens-Centre-164420790367521) for more information | Rolling timetable through the year on Tuesday afternoons.  Offers skills to build a positive relationship with your child. |
| **Take 3**  Take 3 referral form. Send into [Targeted.Support@plymouth.gov.uk](mailto:Targeted.Support@plymouth.gov.uk)  Next programme starting week of 2nd May | Take 3 used to be called “Parent Talk Group”. It’s a course for mums and dads who find it difficult, sometimes, to manage their children’s behaviour.  The course was developed to support parents of “At risk” or “vulnerable” young people (aged between 10 and 18), and whose challenging behaviour is causing problems for their parents and/or in the community. However the skills and strategies from the course would be of benefit to any mum or any dad. |
| **Young Parents Support Group**  **Community Café**  Southway Youth & Community Centre  Hendwell Close  PL6 6TB | Every Tuesday from 12.30-2.30pm  This group is a tailored to the individual and the group’s needs; we also welcome expecting mothers and fathers to the group.  The group is designed specifically for young parents (under 25) and offers a space to feel valued and positive about becoming parents. We offer a safe, non-judgemental space, in our Youth and Community Centre in Southway.  A project where young parents can socialise, build support networks and gather information and advice about becoming / being a parent, alongside wider issues and concerns that may affect them as young people. The group also assists in supporting children learn how to gain social interaction skills and help with childhood development. This is a partnership project between Community Connections youth workers and Barnardo’s. |
| Baby & Toddler Groups | |
| **Action for Children** | Baby Group  Baby Massage  Stay & Play  Step by Step |
| **Barnardo’s**  For more information on any groups check out Plymouth Barnardo’s [Facebook Page](https://www.facebook.com/barnardosplymouth/?ref=page_internal) or their website [Believe in children | Children's charity | Barnardo's (barnardos.org.uk)](https://www.barnardos.org.uk/) | Baby & Toddler Groups  Baby First Aid – Various sessions at different sites across the city and includes such topics as CPR, recovery and choking for all ages. Sessions are also opened up to learners to address any particular concerns they may have which usually includes burns, sprains, seizures etc.  Baby Pathway – 12 week rolling programme with themed sessions for you and you baby including:   * Treasure baskets * Sensory play * Early communication through books * Five to Thrive * And more   Service Families Group – Thursday’s at the Radford Centre, Plymstock.  Step by Step – this group is for any child 0-5 with additional needs of any kind.  The activities in these sessions range from messy to physical to fine motor and more. It offers parents the chance to meet other parents, ask any questions and do different activities with their child to help support their development. You must book as these sessions are in high demand. Various days at different sites across the city  Twins Group – every 2nd and 4th Wednesday of the month at the Rees Wellbeing Hub, Plympton. |
| **LARK Children’s Centres**  Check out [Facebook](https://www.facebook.com/LARK-Childrens-Centre-164420790367521) for more information | Baby Buds – Suitable from birth; promotes skin to skin contact and bonding with your baby. Will incorporate techniques from Baby Massage.  Caterpillars/Welcome to the World – encourage social networks and child development  Latch On – provides breastfeeding support from pregnancy and beyond & a bra fitting service.  Little Squirrels – (Friday mornings) A session that will encourage baby to explore and communicate from an early age. Babies welcome from birth.  Paediatric First Aid Awareness – 1 off sessions (see [Facebook](https://www.facebook.com/LARK-Childrens-Centre-164420790367521) for more information)  Step by Step – a group for parents who have concerns about their child/ren’s (0-4 years) development. Supported by LARK & Portage Service.  Weaning workshops  Welcome to the World – (Thursday afternoons) A session that will encourage baby to explore and communicate from an early age. Babies welcome from birth. |
| Children & Young People Groups | |
| **4MMF (For Me & My Friends)**  Efford Youth Centre  Blandford Road,  PL3 6HU  01752 307695 or 312503  [4meandmyfriends@plymouth.gov.uk](mailto:4meandmyfriends@plymouth.gov.uk) | 4 Me & My Friends, is a youth group aimed primarily at young people with young people on the Autistic spectrum, aged 10 to 25 years of age. The group also work with young people with Global delay syndrome, Sensory processing disorder, Asperger’s, ADHD, OCD, Generalised anxiety disorder, Attachment disorder and Swan (syndrome without a name), we are now much more than just a group for autism. The project offers young people the opportunity to have fun, have a voice, learn new skills and make new friends.  The group is broken down into two sessions by “age”, the first being 10-14 years old at 4:30-6pm and the second being 14-19 years old at 6.30-8pm. All sessions take place on Wednesdays at the Efford Youth Centre.  A young person can attend the group after making contact with ourselves, initial contact can be made be; their school, the young person themselves, parents, doctor or any other service. We are a closed group, so people can’t just walk in off the streets. Once contact has been made and a date is set for your young person to attend we will ask for an in-depth form to be completed either by the young person or the parents/carer, depending on the depth of knowledge of the young person. We are more than happy to arrange a meeting or visit beforehand to help settle any young person if this is needed. |
| **Fun & Freedom Club**  For more information contact Abby Williams:  [Abby@friendsandfamilies.org.uk](mailto:Abby@friendsandfamilies.org.uk)  01752 204369 | Young Carers do lots to help someone in their family. You may help a parent to get up, to get washed and dressed or to get around in wheelchair. You may have to do lots of the household chores like shopping, cleaning, cooking and maybe look after younger brothers and sisters too.  You may be the brother or sister of a disabled child and have to help them with things, or it may be difficult to enjoy family outings. Do you do some of these things for someone in your family?  The Fun and Freedom Club can offer you:   * Lots of fun with weekend clubs, days out, trips away, activities * A chance to make new friends in a similar situation to you * Someone who will listen when you need it, who is on your side * Information and advice for the whole family   JOINING THE CLUB IS FREE AND ALL OUR ACTIVITIES ARE SUBSIDISED  We organise all sorts of activities and trips such as Dartmoor Zoo Rangers, bowling, theme parks, tobogganing and skiing, abseiling, gorge walking, pottery, horse riding, water sports and activity weekends.  We also give you the opportunity to tell us what activities you would like us to run.  Fun and Freedom Club run regular meetings, allowing you time to meet other young carers and have some fun away from your caring role. |
| **No Limits**  Southway Youth Centre | No Limits is a youth club that is open for young people aged 11-24, who identify as having an additional need. The project offers young people with additional needs the opportunity to experience youth work provision and to socialise with their peers in a safe and welcoming environment. Aiming to provide a safe, welcoming space offering fun interactive activities, group work, informal education and personal development. |
| **Out Youth Group**  Frederick Street Centre  Frederick Street West  Stonehouse  PL1 5JW  07774 336 616 or email [outyouth@plymouth.gov.uk](mailto:outyouth@plymouth.gov.uk) | OutYouth is a youth group designed specifically for young people ranging in age 11 – 25 years of age who identify as Lesbian, Gay, Bisexual and Trans.  We open weekly from a city centre location offering two back to back groups depending on age. Young people are able to meet with their friends, make new friends and socialise in a comfortable, inclusive space with the freedom to identify without judgment or discrimination.  Staffed by qualified youth workers and volunteers young people have opportunity to seek information and advice, and support as required. We provide a rotation of activities for example art, craft, board games, cookery, sports and opportunities for young people to influence and participate in wider projects and consultations. |
| **Respect Young people’s Programme (RYPP)**  Currently Targeted Support are looking to facilitate the RYPP as a group; a communication will be going out shortly with further details.  Targeted support referral form to be completed and sent to  [Targetedsupport@plymouth.gov.uk](mailto:Targetedsupport@plymouth.gov.uk) | The Respect Young People's Programme (RYPP) is recognised by the Youth Justice Board Effective Practice Unit and is currently delivered across a number of Local Authorities and Police Crime Commissioner area’s in England.  The RYPP is a programme for families where children or young people aged between 10 and 17 are abusive or violent towards the people close to them, particularly their parents or carers.  The programme avoids blame and works together with both the parents/carer’s and the young person seeing them all as part of the solution. The programme is designed to enable families to identify negative behaviour patterns and work towards positive outcomes.  The RYPP practitioners provide support, insight and simple solutions to help to improve family relationships via weekly structured sessions and takes about 3 months to complete, longer where there are barriers to engagement  APV is also considered to be domestic abuse. There are number of practitioners within Targeted Support who have been trained to deliver this specific programme of work. Where this is present within families; referrals may be made to AST unless supported by other services. |
| **Young Carers**  Honicknowle/Efford Youth Centre  [Time4U@plymouth.gov.uk](mailto:Time4U@plymouth.gov.uk) | Plymouth Young Carers Project is a part of [Time 4 U](https://www.plymouthonlinedirectory.com/article/1815/Time-4-U) - A young carer is an individual child or young person under the age of 18, who provides unpaid help and support on a regular basis to a family member, friend or relative. They may provide practical help, care, physical or emotional support to a person who is vulnerable for a wide variety of reasons, whether through age, physical or mental illness, disability or other issues such as substance misuse.  A young carer becomes vulnerable when the level of care giving and responsibility to the person in need of care becomes excessive or inappropriate for that child, risking impacting on his or her emotional/ physical wellbeing or educational achievement and life chances.  The Young Carers Group is a citywide project providing youth sessions for all young carers aged from 8 years up to 19 years of age. The overall aim the project is to give young carers a break, meet up with other carers, and have opportunities to engage in positive fun activities and to feel supported. |
| **Young Parents Support Group**  **Community Café**  Southway Youth & Community Centre  Hendwell Close  PL6 6TB | Every Tuesday from 12.30-2.30pm  This group is a tailored to the individual and the group’s needs; we also welcome expecting mothers and fathers to the group.  The group is designed specifically for young parents (under 25) and offers a space to feel valued and positive about becoming parents. We offer a safe, non-judgemental space, in our Youth and Community Centre in Southway.  A project where young parents can socialise, build support networks and gather information and advice about becoming / being a parent, alongside wider issues and concerns that may affect them as young people. The group also assists in supporting children learn how to gain social interaction skills and help with childhood development. This is a partnership project between Community Connections youth workers and Barnardo’s. |
| **Youth Adventures**  (Friends & Families of Special Children)  For more information contact Abby Williams:  [Abby@friendsandfamilies.org.uk](mailto:Abby@friendsandfamilies.org.uk)  01752 204369 | Youth Adventures is a group for young people aged 14 – 25, with a disability, to socialise with other young people in a safe environment, promoting independence and fun! You may want to gain confidence in going out with a group of people, or to gain some new life skills as you get a bit older. Or just to be in a safe space where you can chill out with other young people!  We offer a range of activities including drop in youth nights, visits to sports matches, day trips, workshops and so much more. It is an opportunity to make friends, learn skills and try something new!  Joining Youth Adventures is FREE and all of our activities are heavily subsidised.  We meet once a month on a Friday evening or Saturday daytime, and once a week during school holidays. All of our sessions are staffed on a one to one basis, so there will always be someone there to support and listen to you. |

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| **Health - Physical** | |
| Disability Services | |
| **Community Health & Support Unit**  Westbourne Unit  Scott Business Park  Beacon Park Road  Plymouth  PL2 2PQ  01752 434033 | The Community Health and Support Unit have qualified learning disability community nurses and support workers, who can help you gain better health and keep yourself well. |
| **The Feelings Team**  The Therapy at The Veranda  Mount Gould Hospital  Mount Gould Road  Plymouth  PL4 7QD  01752 435250 | The Feelings Team help people with learning disabilities who are feeling distressed.  This could be because something really bad has happened, such as:   * someone has died * they have been abused * the person has a mental illness   The team try to help people feel better. |
| **Friends & Families of Special Children**  Peacock Lane  Plymouth  PL4 0DQ  Telephone: 01752 204 369  [info@friendsandfamilies.org.uk](mailto:info@friendsandfamilies.org.uk)  <https://www.friendsandfamilies.org.uk/>  Facebook: @FriendsAndFamiliesOfSpecialChildren  Twitter: @FAFplymouth | We are a non-profit organisation unique to Plymouth, providing information, support and services for families with disabled children, many of whom describe us as a life saver. Our services give families opportunities to network and create bespoke training and educational environments. We offer individual family support and give advice on relevant issues.  We run social and leisure events allowing,”time-out to have fun” away from the stresses and punishing regime of caring. This allows a vital ‘recharge of batteries’, relieving isolation and time for young carers to have fun. Integrated activities enable children with disabilities opportunities to experience a huge diversity of sports, arts, crafts and music not elsewhere available to them or their families.  Our group is friendly, informal and supportive. We encourage everybody to share their valuable information and experiences. We do not have an emphasis on any specific condition or disability but suggest that, regardless of the type of additional need, each family experiences similar concerns. |
| **Improving Lives Plymouth**  Headquarters Address:  Improving Lives Plymouth  Ernest English House  Buckwell Street  Plymouth  PL1 2DA  01752 201900 / 01752 201766  [ilp@improvinglivesplymouth.org.uk](mailto:ilp@improvinglivesplymouth.org.uk)  <https://www.improvinglivesplymouth.org.uk/> | We run information, advice and support services for people with disabilities and long-term health conditions.  We currently have 50 paid staff and over 80 volunteers across our services.  We are based in two main locations in Plymouth in the City Centre and Mannamead. |
| Learning Disability Parenting Team  16/16a Anstis Street  Stonehouse  Plymouth  PL1 5JU  01752 304656  [www.plymouth.gov.uk](http://www.plymouth.gov.uk) |  |
| **Learning Disability Support Services – OT**  Occupational Therapy  Westbourne Unit  Scott Business Park  Beacon Park Road  Plymouth  PL2 2PQ  01752434040 | Occupational Therapists help people to manage better in their day-to-day life.  This may be helping people to:   * learn practical skills to do everyday things * become more confident and get on better with others * work out the best way to do things to be more independent. |
| **Lending Library**  (Friends and Families of Special Children)  For more information contact Jess Butland  [Jess@friendsandfamilies.org.uk](mailto:Jess@friendsandfamilies.org.uk)  01752 204369 | Do you have a child with a disability? Our Toy and equipment lending Library creates opportunities for families to play and interact together as well as providing access to expensive specialist equipment.  Toys by their nature are often short-lived items with a limited lifespan of interest. Our Lending Library will enable your child to have access to a greater variety of play and practical resources, consequently allowing more stimulation opportunities.  Benefits  We can provide you with an opportunity to trial a toy or piece of equipment before committing to an expensive purchase for your home.  We can give you access to wide range of sensory, play and therapy equipment, encouraging all areas of development. |
| **Plymouth Information, Advice and Support for SEND (PIAS)**  Jan Cutting Centre  Scott Business Park  Beacon Rd  PL2 2PQ  01752 258933 0800 9531131  <http://www.plymouthias.org.uk/>  [pias@plymouth.gov.uk](mailto:pias@plymouth.gov.uk) | Plymouth Information, Advice and Support for SEND (PIAS) provides information, advice and support relating to Special Educational Needs and Disabilities (SEND) for parents, carers, children and young people within the Plymouth Local Authority area.  PIAS provides parents, carers of children and young people with SEND and also the children and young people independently with:   * support at meetings * support around education and training issues. |
| Drug & Alcohol Services | |
| **Al-Anon Family Groups**  57B Great Suffolk Street  London  SE1 0BB  08000086811 or office 02075932070  <https://www.al-anonuk.org.uk/>  [helpline@al-anonuk.org.uk](mailto:helpline@al-anonuk.org.uk) | Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking.  Our members provide meetings in all major towns and cities and are committed to being there for you when you need help. Whatever your relationship with the drinker, you will find other people who have similar stories to tell. You will realise that you are not alone. Listening to the shared experiences of others may help you find the confidence you need to deal with the effects of someone else's drinking. You will find it is possible to rediscover happiness, whether the alcoholic is still drinking or not.  Your anonymity is protected by using first names only. You will not be asked to reveal your surname or any other details about your identity or that of the drinker. Anything discussed within an Al-Anon meeting is treated as confidential, including your presence at the meeting. |
| **Alcoholics Anonymous**  08009177650  <https://www.alcoholics-anonymous.org.uk/>  [help@aamail.org](mailto:help@aamail.org) | Support if you have, or think you have, a problem with alcohol.  Free national helpline and local meetings. |
| **FRANK**  0300 1236600  Text 82111  <https://www.talktofrank.com/> | Honest information about drugs including support if you are concerned about a child or friend, dealing with peer pressure, what to do in an emergency. |
| **Hamoaze House**  Mount Wise  Plymouth  PL14JQ  01752 566100  <https://hamoazehouse.org.uk/> | If you are struggling with problematic alcohol or drug use and want help to change your life, to leave the chaos behind, we can help you.  We offer day support rehabilitation facilities for people in the community affected by problematic use of drugs and/or alcohol, and for their families and associated persons.  Our youth programme based in Seymour House provides alternative education for young people who have struggled to engage with the mainstream education system. We provide a service that has the capability to engage young people throughout the term time, across the whole academic year. We deliver a targeted set of positive activities, workshops and informal social education experiences that will engage young people on all levels (emotional, physical and intellectual) helping them to empower themselves as individuals with the capacity to make both positive contributions to their communities and to enjoy and achieve within their own lives. |
| **Harbour – Alcohol Services**  Harbour Drug & Alcohol Services,  Hyde Park House,  Mutley,  Plymouth,  PL4 6QG  01752 434343  [harbourcentre@harbour.org.uk](mailto:harbourcentre@harbour.org.uk)  <https://harbour.org.uk/> | Services for adults who wish to make changes to their alcohol use by reducing the harm or working towards becoming alcohol free. A variety of approaches are offered by the multi-disciplinary team, dependent on individual assessed need.  Services offered include:   * Assessment / Information * Brief Intervention * Structured Intervention * Detox (home or residential) * Referral to other services |
| **Harbour – Safer Injecting Service**  Harbour Drug & Alcohol Services,  Hyde Park House,  Mutley,  Plymouth,  PL4 6QG  01752 434343  [harbourcentre@harbour.org.uk](mailto:harbourcentre@harbour.org.uk)  <https://harbour.org.uk/> | Harbour Community Access Safer Injecting Service can provide:   * Confidential information or advice regarding IV drug use and the impact on physical/mental health * Overdose avoidance and management information/advice * Free supplies of injecting equipment (aalso available from some pharmacies in Plymouth) * Safe disposal of used injecting equipment * Access to a specialist Blood Borne Virus nurse * Access to Blood Borne Virus testing and vaccination services * Referral to Hepatology services   For details of pharmacies offering a free confidential needle-exchange and/or sharps box service to any needle user, see: [www.harbour.org.uk/services/drug-services/pharmacy-exchanges/](http://www.harbour.org.uk/services/drug-services/pharmacy-exchanges/) |
| **Harbour – SHARP Young People’ Service**  Harbour Drug & Alcohol Services,  Hyde Park House,  Mutley,  Plymouth,  PL4 6QG  01752 434343  [harbourcentre@harbour.org.uk](mailto:harbourcentre@harbour.org.uk)  <https://harbour.org.uk/> | Harbour Young People's Service offers help and support to people up to age 18 who may be experiencing, or are at risk of experiencing, harm because of their substance use.  The support we offer can include:   * Advice and information on reducing harm from substance use * Help to stop, or reduce, substance use * Prescribing, if appropriate * Needle exchange * Support to access other services * Working with families * Multi-agency working * Time limited tailored and holistic interventions * Sexual health support and advice * Consultation for professionals * Training on using Drug Use Screening Tool (DUST) |
| **Jasmine Mother’s Recovery**  29 Sutherland Road,  Plymouth,  PL4 6BW  01752 255758  <https://trevi.org.uk/> | Residential rehabilitation unit offering treatment to women with alcohol and/or drug related problems. Offer supported detox and a structured rehabilitation programme mixed with flexible residential programmes arranged to facilitate the transition to an independent life, free from substance dependency. Residents are able to live at Trevi with their children.  Due to the unique funding of the dual Rehabilitation and Residential Programme, invoicing can be split between two referring departments; Adult Social Care for the mother and Children’s Social Care for the child(ren). All residents require a Full Financial Assessment prior to admission. |
| **National Association for Children of Alcoholics (NACOA)**  0800 3583456  [helpline@nacoa.org.uk](mailto:helpline@nacoa.org.uk)  [www.nacoa.org.uk](http://www.nacoa.org.uk) | Providing free, confidential information, advice and support for anyone affected by a parent’s drinking. |
| **Narcotics Anonymous**  03009991212  [www.ukna.org](http://www.ukna.org) | If you have a problem with drugs, we are recovering drug addicts who can help you get and stay clean.  Narcotics Anonymous is a community of people who support each other to achieve and maintain a drug free life. The only requirement for participation in NA is a desire to stop using drugs. There are no membership fees, and each group is self-supporting. NA is not allied with any religion, institution or other organisation. NA exists solely so that its members can support each other to stay drug free and to help others achieve and maintain a drug free recovery and lifestyle.  You can search for a face to face meeting or online meetings. |
| NHS Services | Various throughout the city. You can search for GPs, dentists, opticians, pharmacies and hospitals online.  To find the nearest service to you search by postcode [Search for NHS Services near you](https://www.plymouthonlinedirectory.com/healthandwellbeing/nhs/services) |

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| **Health - Mental** | |
| **Bereavement Counselling Service (SW)** Falcon House  3 Eagle Road  Langage Business Park  Plymouth  PL7 5JY  01752 349769  <https://www.bcsplymouth.co.uk/>  [enquiries@bcsplymouth.com](mailto:enquiries@bcsplymouth.com) | The Bereavement Counselling Service (BCS) is a charity which offers specialist bereavement counselling in response to complicated grief and traumatic loss.  Our counsellors are trained to help clients manage the wide range of emotions and responses to loss and bereavement. We help to find a way of coping with life without the loved one and to find a more manageable way to grieve. |
| **Children and Adolescent Mental Health**  Professionals advice line: 01752 431613  Operates Monday – Friday, 12:30 – 13:30pm  <https://www.livewellsouthwest.co.uk/childrens-services/camhs> | The role of Child and Adolescent Mental Health Services (CAMHS) is to promote the mental health and psychological well-being of children and young people. Almost half of all mental health problems occur before age 14, so making sure the right services – tailored to the needs of younger people and children – are in place to support them is really important.  Livewell Southwest’s CAMHS has multidisciplinary teams that offer a high quality service to all children and young people between the ages of 5 – 18 who are experiencing difficulties with their mental health. This includes mental health nurses, social workers, psychologists and psychiatrists whose priority is to work quickly to provide an effective assessment, treatment plan and therapeutic support for individuals, and their families.  We have dedicated CAMHS teams for different treatment pathways, including at Plym Bridge House, a tier 4 tertiary unit that supports 12 to 18 year olds with serious mental ill-health from across Devon and Cornwall. Plym Bridge House is a 12 bed, purpose-designed general adolescent psychiatric unit at the Plymouth International Business Park which opened in June 2011. |
| **CAMHS Infant Mental Health Team**  Tamar Folk Children’s Centre  St Budeaux  Plymouth PL5 1RH  Tel: 01752 434615  Referrals are accepted by any professional working with families and are sent via Devon Referral Support Service at [crt.plymouth@nhs.net](mailto:crt.plymouth@nhs.net)  <https://www.livewellsouthwest.co.uk/infant-mental-health> | The Infant Mental Health team is part of the Child and Adolescent Mental Health Services.  Infants and young children (up to the age of 5 years) may be referred to the team for a variety of reasons including actual or potential attachment difficulties, behavioural difficulties in the context of social, emotional or developmental difficulties, or Child Protection concerns impacting on the emotional wellbeing of children.  Intervention/therapy includes observation carried out in both home or educational settings and work with parents in understanding their child. This work may take place over a short number of sessions. Psychotherapy is available for longer term difficulties which might be located in either the parent or child. In addition, group work such as ‘Safety in Numbers’ (a therapeutic post-natal depression group), and a parent-infant psychotherapy group are also offered. We also offer consultation to any professionals working with infants and young children individually or in groups. The Infant Primary Mental Workers also deliver bespoke training to the universal services.  The Infant Mental Health Team focus on parent-infant mental health, inclusive of early intervention prior to birth. The team are able to respond when a parent or carer is distressed or anxious about their unborn child or newborn, and where staff in universal services have been unable to help that parent to feel less anxious or distressed. Psychotherapy for expectant women is available in individual or group work to help them address issues before the birth of their baby. |
| **CAMHS Neuro-developmental team (NDT)**  The Terraces  Mount Gould Hospital  Plymouth PL4 7QD  Tel: 01752 434476  <https://www.livewellsouthwest.co.uk/camhs-neuro-developmental-team> | The CAMHS Neuro-developmental team (NDT) offers assessment to children and young people aged from 5 to 18 years who are suspected to have autism, ADHD or Tourette’s Syndrome.  These assessments may take place in clinic, at school, and at home. If we are unable to assess a young person in this way then we may refer them to the Children’s Day Programme (CDP). The CPD is an intensive 8 day assessment that occurs 2 days a week, over 4 weeks. The child/young person will attend the CDP on Tuesdays and Wednesdays instead of going to school.  If a diagnosis is made we offer parenting support and intervention.  We also have a crisis team who provide short term support for young people who have a diagnosis and are open or have previously been open to CAMHS. |
| **CAMHS Outreach Team (COT)**  8am – 8pm, 7 days a week  Tel: 01752 435122  <https://www.livewellsouthwest.co.uk/outreach-team> | The CAMHS Outreach Team (COT) can provide the following services:   * A specialist and intense community response to young people between the ages of 5 and 18 years whose mental health state requires an urgent response. These young people may not be previously known to CAMHS. This can be a 24 hour response or a P2:7 day response according to clinical need and risk. * A full psycho-social assessment to children and young people who have presented via Derriford Hospital Emergency Department within 24 hours, once they have been declared medically fit. * Acute assessment and treatment in the community of young people between the ages of 5 and 18 years who are currently engaged with the I-TASC team where there is acute clinical escalation that may bring the team to consider a possible inpatient admission to an adolescent psychiatric unit.   The team provide risk assessments and management plans, intensive input in the community setting and monitoring of the young person’s mental state and also support the network around the young person. One of the functions of providing intensive support in the community is to prevent hospital admission by educating and supporting the network. This may also include monitoring of medication and liaison with doctors. |
| **Childline**  24 hours a day, 7 days a week  0800 1111  <https://www.childline.org.uk/> | Childline is a counselling service for young people up to their 19th birthday provided by the NSPCC. They deal with any issues which cause distress or concern; some of the most common issues include child abuse, bullying, mental illness, parental separation or divorce, teenage pregnancy, substance misuse, neglect, and psychological abuse.  Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards. |
| **Family Matters**  46-48 Devonport Road,  Stoke,  Plymouth  PL3 4DF  01752 606826  <http://www.familymatters-plymouth.co.uk/wp-site/>  [familymatters@nhs.net](mailto:familymatters@nhs.net) | Family Matters is dedicated to providing a service to individuals and families who want safe and professional support for their relationship difficulties and who are registered with a Plymouth GP.  Situations where we can help…   * Being a carer * Bereavement and loss * Child and teenage behaviour * Communication difficulties * Couple issues * Drugs, alcohol & other addictions * Fostering and adoption * Illness and disability * Mental health problems * School and college * Separation, divorce & stepfamily life * Trauma and domestic abuse |
| **Home-Start South & West Devon**  The Rees Centre,  Mudge Way,  Plympton,  Devon  PL7 2PS  01752 249740  [homestart.shpt@gmail.com](mailto:homestart.shpt@gmail.com)  <https://www.home-start.org.uk/>  [www.homestart-southandwestdevon.org.uk/](http://www.homestart-southandwestdevon.org.uk/) | Being a parent has never been easy. It can be lonely, frustrating, heart breaking and over-whelming.  Life-changing events can happen to anyone. That is why Home-Start is ready to support families through their toughest times.  Every Home-Start volunteer is trained to help them work alongside you to overcome the challenges you are facing. We work with you to build on your strengths and give you the support that you tell us that you need, including support with:   * isolation * mental ill health & postnatal illness * money issues * twins, triplets & multiple children * disability and illness * when a relationship ends |
| **Jeremiahs Journey**  Unit 10, HQ Business Centre  237 Union Street  Plymouth  PL1 3HQ  01752 424348  <https://jeremiahsjourney.org.uk/> | A Plymouth-based charity that provides free support to children, young people and their parents/carers who have or are about to experience the death of someone special.  Currently, we support approximately 350 grieving children each year and have supported an estimated 5,500 children, young people and their families, since our founding in 1996. The demand on the charity has grown steadily over the last five years and now, nearly half of the children and families that we support are bereaved through sudden and often traumatic causes of death, like suicide and road traffic accidents. Nearly a third of the children that we support, are bereaved through long term illnesses, such as cancer. Sadly, almost 50% of those in our care have lost or are facing the loss of a parent. |
| **KOOTH**  <https://www.kooth.com/> | Online counselling and support platform.  Our live counselling functionality allows children and young people to receive professional support through either booked or drop in sessions as and when a session is required. Our qualified practitioners are real people, not bots, with significant experience in working with children and young people. |
| **The Zone**  14-16 Union Street  Derry's Cross  Plymouth  PL1 2SR  Monday - Friday: 10am - 5pm  01752 206626  [info@thezoneplymouth.co.uk](mailto:info@thezoneplymouth.co.uk)  <https://www.thezoneplymouth.co.uk/> | If you’re struggling with how you’re feeling, you're not alone. We can all struggle with our mental health at times.  At The Zone we have a number of projects that can support you with your mental health.   * You can talk to our youth support volunteers, in [confidence](https://www.thezoneplymouth.co.uk/confidentiality), about how you are feeling and anything that may be worrying you. They are here throughout the week to listen and offer you [support](https://www.thezoneplymouth.co.uk/support-and-wellbeing). They can also put you in touch with other services or organisations that can help you. * Our [counselling service](https://www.thezoneplymouth.co.uk/mental-health-and-wellbeing/counselling) can support you are aged 13 - 25 and you’ve been the victim of a crime * [Icebreak](https://www.thezoneplymouth.co.uk/mental-health-and-wellbeing/icebreak) can support you if you are aged 16 - 22 and experiencing severe emotional distress * [Insight](https://www.thezoneplymouth.co.uk/mental-health-and-wellbeing/insight) can support you if you are aged 18+ and experiencing symptoms indicating the early onset of psychosis. * We also offer [Emotional Health and Wellbeing in Schools](https://www.thezoneplymouth.co.uk/mental-health-and-wellbeing/progeny) providing help and support to students, parents and carers and school based staff.   We can also provide information and help to get the support you need if our projects aren’t the right place for you.   * Please also visit our [self help](https://www.thezoneplymouth.co.uk/self-help/help-for-young-people/mental-health-wellbeing) section for resources and details of local and national support. |

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| **Money & Housing** | |
| **Café Connect**  The Barn  Kitt Hill Crescent  Barne Barton  PL5 1EJ | 10.00am – 2.00pm Wednesdays  Join us for a midweek Starbucks coffee and help us tackle food waste by taking away donated food from M&S, Lidl & Tesco.  Upcycle clothing – bring something you no longer need or take something you could use.  Safe & friendly environment where all ages are welcome. Plus children’s activities in the morning. |
| **Citizens Advice**  Advice Plymouth Drop in service,  Ernest English House,  Buckwell Street,  Plymouth  PL12DA  08082787910 or 0333309043  https://citizensadviceplymouth.org.uk/ | We help people find a way forward  We can all face problems that seem complicated or intimidating. At Citizens Advice we believe no one should have to face these problems without good quality, independent advice.  That’s why we’re here: to give people the knowledge and the confidence they need to find their way forward - whoever they are, and whatever their problem.  We give advice to millions of people  Our network of independent charities offers confidential advice online, over the phone, and in person, for free. When we say we’re for everyone, we mean it. People rely on us because we’re independent and totally impartial.  Debt Advice – we can:  • Explore your financial circumstances and the nature of your debts  • Provide advice on the options that may be available to you  • Signpost and refer you to other services that could help you |
| **Food Bank**  The Oasis Project  28 Manor Street  Plymouth  PL11TW  01752 254981  <https://plymouth.foodbank.org.uk/>  [info@plymouth.foodbank.org.uk](mailto:info@plymouth.foodbank.org.uk) | We don’t think anyone in our community should have to face going hungry. That’s why we provide three days’ nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK. |
| **Money Advice Plymouth**  Devonport Guidlhall  Ker Street  Plymouth  PL1 4EL  Tel: 01752 208126  We have a 24 hour answer phone so please do leave a message and we will get back to you as soon as we can.  [enquiries@moneyadviceplymouth.org.uk](mailto:enquiries@moneyadviceplymouth.org.uk)  <https://www.moneyadviceplymouth.org.uk/> | Funded by the Money Advice Service to provide free, independent, impartial and confidential support across Plymouth, South Hams and Teignbridge.  Each free, impartial appointment starts by conducting a full income and expenditure assessment so that we can fully understand your individual circumstances. You will therefore need to have all of your latest wage slips and benefits information, bills, statements and any other records so that we can build up an accurate picture to assist you to the fullest extent. When you make an appointment to see one of our advisors, we will write to you to confirm the date and time of the appointment.  Working with you in full confidentiality, we will build up a financial statement which summarises your financial situation and debts; we will then discuss with you what your options are. We will work with you independently to establish fair and affordable repayments to your creditors and can negotiate with them on your behalf if required. Whatever your situation, we will support you throughout the process of helping you to become debt free.  ​Our independent advisors are able to come to you but we do have a room we can use near our offices if you would prefer, just ask when the appointment is being made.  ​ |
| **Provide Devon**  [info@providedevon.org.uk](mailto:info@providedevon.org.uk) | Provide Devon is a Christian charity providing food and other essentials to local people at crisis point. Using a combination of fresh produce and donated food from retailers, businesses and the local community, a food parcel can be provided to referral agents within hours. We provide a rapid response, as often the people we are feeding will have been experiencing food insecurity for some time. Requests for support may be due to finances, mental health conditions, crime or violence, bereavement or a sudden change to circumstances. Our aim is to give individuals, the majority of which are children and young people, immediate relief from hunger when they have no other options available.  We ONLY work with trusted referral agencies and are unable to give food directly to the public. This allows us to offer anonymity to anyone in need of our support and also allows the referral agent to maintain a relationship with their client while longer term support is investigated. |
| **Shekinah Mission**  Bath Street  Plymouth  Or  24 Stonehouse Street  Plymouth  01752 203480  [www.shekinahmission.co.uk](http://www.shekinahmission.co.uk) [reception@shekinah.co.uk](mailto:reception@shekinah.co.uk) | Shekinah provides opportunities for people who are experiencing all forms of homelessness and other challenges they may be currently facing. A passionate and dedicated team of staff and volunteers ensure people are given a variety of opportunities to help them progress.  Working with key strategic partners, Shekinah supports people to make meaningful changes in their lives and receive specialist support to address any health issues, find and support you in a home of your own and learn new skills that could lead to employment. |
| **The Zone**  14-16 Union Street  Derry's Cross  Plymouth  PL1 2SR  01752 206626  Monday - Friday: 10am - 5pm  [info@thezoneplymouth.co.uk](mailto:info@thezoneplymouth.co.uk)  <https://www.thezoneplymouth.co.uk/housing-and-homelessness/zap> | We are a charity which provides free confidential information & support to young people. On average we support over 5500 different young people each year through our different projects.  Supported by a dedicated team of volunteers, we offer young people emotional support and information around housing, sexual health and mental health and the options available to them. We can also offer information about, and make referrals to, specialist services, both within The Zone and elsewhere.  **Housing and Homelessness**  Are you sleeping on the streets or on a friend’s sofa? Worried about losing your tenancy or how to go about finding your own place? Not sure where to go next or who to turn to?  Our ZAP (Zone Accommodation Project) team can help. We can give you information and advice about housing and homelessness to help support you in your situation. We can talk with you about your options and help you find accommodation either with family or friends, in supported housing or in the private rented sector.  You can contact us to arrange to talk with someone about your situation and we can also offer ongoing one-to-one support if you are at risk of homelessness or want support settling into or maintaining a tenancy.  Together with your worker you will be able to look at your housing and support needs and together draw up a support plan. |

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| **Parenting/Behaviour Support** | |
| **Argyle PL Kicks**  To find out more about this programme, please feel free to contact Kadus on [kadus.smith@pafc.co.uk](mailto:kadus.smith@pafc.co.uk) or by contacting 01752 562561 ext.5 | A programme which links to the core Premier League Kicks programme, ‘Breaking the Cycle’ is a one-to-one targeted mentoring programme which is funded by the Premier League Charitable Fund and Children in Need. Locally, Devon and Cornwall Police is our key referral partner.  The programme targets 11-16 year old young people who are at risk of becoming young offenders and have suffered from adverse childhood experiences. Our lead targeted youth mentor, Kadus, works with mentees providing regular contact and engagement as well as developing individual development plans that help build pathways for young people who face additional challenges in their development.  Argyle Community Trust is extremely proud to be a part of this new and exciting provision and hope to remain part of the local youth working framework for a long time to come. |
| **Befriending Service**  (Offered by Friends & Families of Special Children)  Telephone: 01752 204 369  [info@friendsandfamilies.org.uk](mailto:info@friendsandfamilies.org.uk)  <https://www.friendsandfamilies.org.uk/> | The Face 2 Face befriending service is a unique one to one befriending service offering emotional support to Parent/Carers discovering their child has a disability.  Every Face 2 Face befriender is a Parent too, someone whose own child has a disability. |
| **Children’s Centres** | Our local Children’s Centres offer a wide variety of parenting support including activities, parenting programmes, Dad’s Groups and individual family support. For more information go to [Children’s Centres](#_Children’s_Centres) |
| **Friends & Families of Special Children**  Peacock Lane  Plymouth  PL4 0DQ  Telephone: 01752 204 369  [info@friendsandfamilies.org.uk](mailto:info@friendsandfamilies.org.uk)  <https://www.friendsandfamilies.org.uk/>  Facebook: @FriendsAndFamiliesOfSpecialChildren  Twitter: @FAFplymouth | We are a non-profit organisation unique to Plymouth, providing information, support and services for families with disabled children, many of whom describe us as a life saver. Our services give families opportunities to network and create bespoke training and educational environments. We offer individual family support and give advice on relevant issues.  We run social and leisure events allowing, ”time-out to have fun” away from the stresses and punishing regime of caring. This allows a vital ‘recharge of batteries’, relieving isolation and time for young carers to have fun. Integrated activities enable children with disabilities opportunities to experience a huge diversity of sports, arts, crafts and music not elsewhere available to them or their families.  Our group is friendly, informal and supportive. We encourage everybody to share their valuable information and experiences. We do not have an emphasis on any specific condition or disability but suggest that, regardless of the type of additional need, each family experiences similar concerns. |
| **Harmful Sexual Behaviour Support Service**  03442550623  <https://swgfl.org.uk/harmful-sexual-behaviour-support-service/>  [hsbs@swgfl.org.uk](mailto:hsbs@swgfl.org.uk) | The Harmful Sexual Behaviour Support Service is for education and safeguarding professionals and will provide:  1. Advice on individual cases or incidents of harmful sexual behaviour, to ensure an appropriate response both for children displaying this behaviour and others affected by it  2. Guidance on policy development on tackling harmful sexual behaviour  3. Relevant resources, best practice and contacts around harmful sexual behaviour, both locally and nationally |
| **Health Visiting**  **Livewell**  1st Floor Windsor House,  Tavistock Road,  Derriford  PL6 5UF  <https://www.livewellsouthwest.co.uk/childrens-services/health-visiting> | Health visitors are qualified nurses or midwives with additional training in public health. They work in local communities, mainly with children aged up to five and their families, to ensure every child gets the best possible start in life.  In our teams we have a mix of staff who deliver a programme of care to the local community. The teams are made up of Health Visitors, Community Public Health Nurses, and Family Health Workers.  We work with families and predominantly children under the age of 5, supporting in the delivery of the Healthy Child Programme. Our role within the community is to identify health and developmental needs of children and support families at key points in children’s early years.  We work in partnership with many other agencies and workers in the community; our aim being to support parents/carers of children to meet their potential. Across the city are child health clinics where families with children can easily drop in and access the Health Visiting service.  Our model of working allows us to improve the care we deliver and how we communicate with key partners, families, carers, local community, GP’s, children’s centres, other health professionals. We can develop services in response to local need, therefore tackling inequalities at a community level. We work in partnership with communities to identify areas of change and help to build the community capacity to make the changes happen. |
| **Livewell**  1st Floor Windsor House,  Tavistock Road,  Derriford  PL6 5UF  01752 435502  <https://www.livewellsouthwest.co.uk/>  [customerservicespch@nhs.net](mailto:customerservicespch@nhs.net) | Livewell Southwest is a recognised provider of integrated health and social care services operating across South Hams, West Devon and Plymouth, with additional responsibilities for delivering specialist services to people living in certain parts of Cornwall and Devon. Integrating health and social care means that we can deliver care for people in new ways which are more efficient, with professionals who would have previously worked in individual teams now working together. This way of working helps us to deliver the right care to people, in the right place, at the right time.  Our award-winning services are diverse and include: community nursing; services for people with learning disabilities; physiotherapy; community mental health services; social work; wellbeing and health improvement services; services for children and young people and community pharmacies. We provide these services either within the person’s home, or from one of 12 locations based across the southwest.  One particular provision is the **Family Nurse Partnership (FNP)**, it is an intensive support programme for girls and women up to age 19 who are pregnant and are sometimes facing a range of difficult circumstances, such as homelessness, social isolation, mental health issues, or unhealthy relationships.  Our Family Nurses build a therapeutic relationship with clients in order to support their transition to parenthood and help young people become the best parents they can be. They focus on every aspect of parenting, from what to expect in pregnancy, infancy and toddlerhood to breastfeeding, smoking cessation, healthy relationships, managing minor illness and reducing accidents, and supporting child development. |
| **NSPCC Service Centre – Plymouth**  Holborn Street  PL4 0NN  01752 422577  <https://www.nspcc.org.uk>  [plymouth.servicecentre@nspcc.org.uk](mailto:plymouth.servicecentre@nspcc.org.uk)  | **Services NSPCC Plymouth provide**  **Letting the Future In**  [Letting the Future In](https://learning.nspcc.org.uk/services-children-families/letting-the-future-in/) provides therapeutic work for children and young people who have been affected by sexual abuse. The age range is from 4 to 17. All the work is delivered at the child's pace and aims to be child focused and non-directive although several key themes are explored within the work. Help is also provided to the child's parent/ carer.  **Turn the Page**  [Turn the Page](https://learning.nspcc.org.uk/services-children-families/turn-the-page/) is based on current best practice in work with young people with harmful sexual behaviour. It aims to manage their behaviour and reduce the risk of repeat offences by addressing underlying factors.  **Together for Childhood**  Putting families at the heart of Ernesettle. [Together for Childhood](https://nspcc.org.uk/together) is a place based initiative, launched in Plymouth to prevent child sexual abuse. We are working together with the Ernesettle Community.  **In Ctrl**  In Ctrl offers targeted support for school children to understand healthy and unhealthy relationships, while also offering tailored guidance for carers to help them manage children's screen time amid the pandemic.  The free service will now be offered virtually on a one-to-one basis to more schools across Plymouth for students aged between nine and thirteen.  As part of the service children and young people will work with NSPCC staff to explore themes such as boundaries, pressure and expectation online, self-care, body image, and sexting.  For more information, please get in touch. |
| **Plymouth Information, Advice and Support for SEND (PIAS)**  Jan Cutting Centre  Scott Business Park  Beacon Rd  PL2 2PQ  01752 258933 0800 9531131  <http://www.plymouthias.org.uk/>  [pias@plymouth.gov.uk](mailto:pias@plymouth.gov.uk) | Plymouth Information, Advice and Support for SEND (PIAS) provides information, advice and support relating to Special Educational Needs and Disabilities (SEND) for parents, carers, children and young people within the Plymouth Local Authority area.  PIAS provides parents, carers of children and young people with SEND and also the children and young people independently with:   * support at meetings * support around education and training issues. |
| **Respect Young people’s Programme (RYPP)**  Currently Targeted Support are looking to facilitate the RYPP as a group; a communication will be going out shortly with further details.  Referral is made by completing a the Targeted Support referral form | The Respect Young People's Programme (RYPP) is recognised by the Youth Justice Board Effective Practice Unit and is currently delivered across a number of Local Authorities and Police Crime Commissioner area’s in England.  The RYPP is a programme for families where children or young people aged between 10 and 17 are abusive or violent towards the people close to them, particularly their parents or carers.  The programme avoids blame and works together with both the parents/carer’s and the young person seeing them all as part of the solution. The programme is designed to enable families to identify negative behaviour patterns and work towards positive outcomes.  The RYPP practitioners provide support, insight and simple solutions to help to improve family relationships via weekly structured sessions and takes about 3 months to complete, longer where there are barriers to engagement  APV is also considered to be domestic abuse. There are number of practitioners within Targeted Support who have been trained to deliver this specific programme of work. Where this is present within families; referrals may be made to AST unless supported by other services. |
| **Solihull Approach (Online)** | The Solihull Approach aims to improve emotional health and wellbeing by supporting relationships ([www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)). The courses are written by Child and Adolescent Mental Health Service (CAMHS) professionals with other health and education workers. They are evidence based and accredited by the Department of Education.  Devon Local Maternity Services have purchased a multi-user licence for four Solihull Approach online courses for all parents and parents-to-be.  Free online courses for residents of Devon, Torbay and Plymouth:   * Understanding your pregnancy, birth, labour and your baby * Understanding your baby * Understanding your child * Understanding your teenagers brain   This means that every single resident in Devon, Torbay and Plymouth can access the courses completely free of charge.  Link to the courses – [www.inourplace.co.uk](http://www.inourplace.co.uk) – use the code TAMAR to access courses for free |
| **Targeted Support** | Find more information at [Targeted Support](#_Targeted_Support) |

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| **Relationship Support** | |
| **Ahimsa**  16 Creykes Court,  5 Criagie Drive,  The Millfileds,  Plymouth  PL1 3JB  01752 213535 or 07851 192660  [enquiries@ahimsa.org.uk](mailto:enquiries@ahimsa.org.uk)  <https://www.ahimsa.org.uk/> | Specialist programme for perpetrators of domestic violence and abuse.  Ahimsa have been running as a charity since 1990 challenging and supporting perpetrators of abuse to cease their violent and abusive behaviour to become responsible and loving human beings.  As part of our service we deliver the integrated partner support service, providing in-depth Counselling, safety advice, and information on other services. We also provide bespoke training to agencies to promote engagement with perpetrators and their families. |
| **DA - Individuals who perpetrate abusive behaviours**  **RESPECT Programme & Starting Point**  Nomination form - sent to [Targetedsupport@plymouth.gov.uk](mailto:Targetedsupport@plymouth.gov.uk) | 1:1 support.  DA worker will attend CIN/ Core group meeting and form part of multi-agency planned support |
| **DA – Victim/Survivor Support**  Referral form – sent to [Targetedsupport@plymouth.gov.uk](mailto:Targetedsupport@plymouth.gov.uk) | 1:1 support provided in the home/ community.  DA worker will attend CIN/ Core group meeting and form part of multi-agency planned support. |
| **Family Matters**  46-48 Devonport Road,  Stoke,  Plymouth  PL3 4DF  01752 606826  <http://www.familymatters-plymouth.co.uk/wp-site/>  [familymatters@nhs.net](mailto:familymatters@nhs.net) | Family Matters is dedicated to providing a service to individuals and families who want safe and professional support for their relationship difficulties and who are registered with a Plymouth GP.  Situations where we can help…   * Being a carer * Bereavement and loss * Child and teenage behaviour * Communication difficulties * Couple issues * Drugs, alcohol & other addictions * Fostering and adoption * Illness and disability * Mental health problems * School and college * Separation, divorce & stepfamily life * Trauma and domestic abuse |
| **First Light**  <https://www.firstlight.org.uk/>  ***Plymouth Counselling and Therapy***  Cattedown Primary Care Centre,  8 Cattedown Road,  Plymouth,  PL4 0BZ.  [Referral – Plymouth Counselling 11-18 – First Light](https://www.firstlight.org.uk/plymouth-counselling-11-18-referral/)  [Referral – Plymouth Counselling Adult – First Light](https://www.firstlight.org.uk/plymouth-counselling-adult-referral/) | First Light is a charity supporting people in Cornwall, Devon and Wiltshire who have been affected by domestic abuse and sexual violence. In 2017 Twelves Company and Skoodyha merged to become First Light. We are independent of statutory agencies, including the Police, and every year we help thousands of adults and children in the South West to lead safer lives, free from violence and abuse.  *Plymouth Counselling and Therapy*  Our Sexual Violence Therapy and Counselling service is provided weekdays 09:00-17:00, is free of charge and accessible to anyone regardless of gender.  For adults affected by Sexual Violence or Assault, we can support you with integrative [counselling.](https://www.firstlight.org.uk/support-and-counselling-for-adults/)  The criteria for this is   * 18+ * Has experienced sexual violence in their lives, including incidents in childhood   For children affected by sexual violence or assault, we offer talking therapy for children between 11 – 18 years old.  The services aim to help children and young people gain a better self image, improve relationships with their family/friends and have better resilience to move beyond abuse. |
| **Galop**  LGBT+ Domestic Abuse Helpline  0800 999 5428  Conversion Therapy Helpline  0800 130 3335  LGBT+ Hate Crime Helpline  020 7704 2040  <https://galop.org.uk/>  <https://galop.org.uk/get-help/children-young-peoplev/> | Our team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.  Our helplines are open to anyone LGBT+ in the UK, as well as friends, family members, and professionals who may be concerned about an LGBT+ person who is facing abuse.  You can refer yourself into our services, or you can refer someone to us if you are a professional working with someone who might need our help.  Support for children & young people  Galop provides free, confidential and independent support for LGBT+ young people aged 13 to 25.  We support young people who are experiencing or worried about abuse:   * at home or from their families and communities * from friends and other young people, whether at school, online or in other ways * from boyfriends, girlfriends, partners or people they are in a relationship or having sex with * from older adults, whether LGBT+ or non-LGBT+ * from neighbours and members of the public   We actively include all lesbian, gay, bi, pan, queer, ace, aro, trans, non-binary, genderqueer, gender fluid and intersex young people. We work with young people who aren’t sure about their identity. |
| **Men’s Aid**  0333 567 0556  [Help@MensAid.co.uk](mailto:Help@MensAid.co.uk)  <http://www.mensaid.co.uk/> | Formed in 2006 to help provide practical advice and support to men who have been abused, Men’s Aid has grown to represent the views of many individuals both male and female and is committed to helping those who have suffered from bias in the legal system, Family Courts or any other areas. Men’s Aid strives to remove bias and prejudice from all parts of our Society and focuses on providing help and assistance to anyone, regardless of gender or sexual orientation, who may need it, but in particular males. |
| **Opoka**  0300 365 1700  Freephone Helpline in Polish:  Mon-Fri 9am -5pm  0117 427 0012  General Enquiries:  Mon-Fri 9am-5pm  [info.opoka@chrysalishousing.co.uk](mailto:info.opoka@chrysalishousing.co.uk)  [www.opoka.org.uk](http://www.opoka.org.uk) | National helpline in Polish language.  Opoka helps women and children in the Polish community to improve health, wellbeing and happiness by stopping domestic violence.  We offer safe and specialist support to help survivors of domestic violence to improve their lives and build a better future. Our services are delivered by highly trained specialist bilingual domestic violence experts, who are very experienced at providing this kind of support.  We provide opportunities to help women and children to move forward to begin their recovery free from violence and abuse. We achieve this by tailoring our services to meet the needs of the women we support. We do this by assessing and managing risk and where needed bringing together a multi-agency, multi-tiered collaborative approach to reduce and eliminate risks. |
| **Relate**  3 Blenheim Road  Plymouth  Devon  PL4 8LJ  Services offered   * Relationship Counselling * Family Counselling * Children and Young People's Counselling   01752 213131 or 07522 288 426  [relateplymouth@googlemail.com](mailto:relateplymouth@googlemail.com)  [http://www.relateplymouth.co.uk](http://www.relateplymouth.co.uk/) | We’re the UK's largest provider of relationship support, and last year we helped over two million people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.  Our services include [Relationship Counselling](https://www.relate.org.uk/relationship-help/help-relationships/relationship-counselling) for individuals and couples, [Family Counselling](https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/family-counselling), [Children and Young People's Counselling](https://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling) and [Sex Therapy](https://www.relate.org.uk/relationship-help/help-sex/sex-therapy). We also provide friendly and informal [workshops](https://www.relate.org.uk/relationship-help/workshops) for people at important stages in their relationships.  We have a network of [Relate Centres across the UK](https://www.relate.org.uk/find-your-nearest-relate) and a group of licensed local counsellors that provide face-to-face counselling and support. We also provide [phone](https://www.relate.org.uk/relationship-advice/talk-someone/telephone-counselling), [email](https://www.relate.org.uk/email-counselling) and [Live Chat](https://www.relate.org.uk/relationship-help/talk-someone/live-chat-counsellor) counselling so you can choose the support that works for you.  Our [relationship help pages](https://www.relate.org.uk/node/1671) offer practical tips, guides and videos to help you manage common relationship issues such as sex, separation and divorce, and parenting. Whatever the issue, we can help. |
| **Safe Partnership**  <https://www.safepartnership.org/> | The Safe Partnership has been working hard with the help of our staff and trustees to help victims of domestic violence and sexual abuse in England and Wales.  What we do:  **Target Hardening** - Securing the homes of victims of domestic violence.  **Safe Rooms and Sanctuaries** - We are recognised as being the lead provider of Safe Rooms and Sanctuary installations.  **SafeDATE** - a free healthy relationship programme for young people across the UK.  Domestic abuse is still a 'hidden' issue in our society, even more so for young people, who experience as much relationship abuse as adults, but who are more likely than adults to normalise or minimise the situation. They need the knowledge to be able to judge when a relationship is unhealthy or abusive, to improve their wellbeing and to avoid establishing lifelong abuse patterns. |
| **Women’s Aid** | Women’s Aid is a grassroots federation working together to provide life-saving services in England and build a future where domestic abuse is not tolerated.  Get help on housing, safety planning, dealing with police and more.  Speak to other women in our supportive community of survivors. |

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| **Targeted Support** | |
| **Adolescent Support Team (AST)**  Frederick Street Centre  Frederick Street West  Plymouth  PL1 5JW  [TargetedSupport@plymouth.gov.uk](mailto:TargetedSupport@plymouth.gov.uk) | The AST will provide a timely and intensive targeted intervention that is coordinated and focussed on the young person and family, reducing risks and improving relationships to support the child/young person remaining at home or being reunified back to their family.  AST is relationship based and interventions are agreed with the family. The family have one lead professional who will be supported by other members of the team to deliver interventions.  **AST provide priority allocation** to reunification planning and will support the social worker to undertake the necessary assessment and interventions to assist with decision making.  Support available:   * Child Exploitation specialist support * Harmful Sexual Behaviour (HSB) interventions - staff are trained in AIM 3 Assessments and interventions, and will work alongside NSPCC colleagues * Independent living skills * Keep Safe work (including drug & alcohol) * Parenting support * Prevention of offending work, using YJS based tools, e.g. Stop/Think, Knife-based crime awareness, thinking skills, developing specific contextual safeguarding interventions in conjunction with the Child Centred Policing team. * Domestic Abuse/ Healthy relationship focussed interventions * Will support young people with engaging in education, training and wider positive community resources |
| **Early Help, Advice and Support Team (EHAST)**  Frederick Street Centre  Frederick Street West  Plymouth  PL1 5JW  [EHAST@plymouth.gov.uk](mailto:EHAST@plymouth.gov.uk) | Providing advice, guidance and practical support to families and partner agencies with particular focus on Early Help Assessment (EHATs) and whole family early help provision below a statutory threshold. This team will deliver:   * Advice and support to families and the partnership regarding initiating and undertaking Early Help Assessments (EHATs) taking a whole-family approach to assessments and planning interventions to sustain change. * Short-term work to engage families and negotiate support within the partnership. * Team around the School – practitioners are working with individual schools to identify themes and develop programmes of work to support specific needs * Youth Groups |
| **Family and Community Solutions**  Frederick Street Centre  Frederick Street West  Plymouth  PL1 5JW  01752 306861  [FamilyGroupConferenceTeam@plymouth.gov.uk](mailto:FamilyGroupConferenceTeam@plymouth.gov.uk) | The Family and Community Solutions team offer:   * Family Group Conferences (FGC) * Mediation   A Family Group Conference (FGC) is a tool for planning and works well as an early intervention. It can also be used in Child in Need, Child Protection and when considering alternative carers for a child. The conference is a decision making meeting in which the child and the child's wider family network makes a plan about the future arrangements for the child, ensuring that the child is safe and his/her well-being is promoted.  We are also able to offer mediation between parents, carers, and young people and between parents and or family members, promoting the best outcome for their children. Mediation can help young people and their families to work through the difficult issues that they are experiencing, understand the issues causing the breakdown in their relationship or the dispute and then try to find solutions together. Mediation aims to clear up misunderstandings from the past and resolve communication difficulties from the present, promoting healthier relationships.  [More information about the service](https://www.plymouthonlinedirectory.com/relationships/medation/familygroupconferencing) |
| **Family Intervention Project**  Floor 1  Midland House  Notte Street  Plymouth  PL1 2EJ  [TargetedSupport@plymouth.gov.uk](mailto:TargetedSupport@plymouth.gov.uk) | The Family Intervention Project are an intensive family support team who work with family’s for around 12 months. To receive a service from us there must be evidence of chaotic behaviour and/or dysfunctional parenting which is having a significant and adverse impact on family life due to:  **Eligibility**  There is evidence of chaotic and/or dysfunctional behaviour and/or erratic neglectful parenting which is having a significant adverse impact on family life and the local community  There are multiple concerns/ vulnerabilities that may include;  - Poor health; Physical/ mental – unmet health needs, poor diet,  - Housing – poor conditions; overcrowding, tenancy concerns  - Education concerns – non-school attenders, low attendance, poor relationships with school  - Domestic Abuse, Adolescent to Parent Violence  - Finances – Debt, poor money management  - Anti-social behaviour & Offending  Please note all referrals will be reviewed at the Targeted Support Panel whereby a decision is made as to which Targeted support team/ other organisation would be most appropriate to offer support.  Any referrals received whereby recommendations for FIP intervention have been made without prior agreement with FIP managers will be subject to discussion at Panel and as above a decision made on the appropriateness for a FIP intervention.  Expectation of Social Worker if FIP accept a referral  - Initial visit to family with practice manager so to discuss FIP intervention, the methods and expectations and understand what support the family need  - FIP 8 week reviews need will need to be incorporated within CIN/ Core Group meetings  Regular liaison between FIP key worker so risks can be managed in a timely manner |
| **Intervention Team**  Floor 1  Midland House  Notte Street  Plymouth  PL1 2EJ  [TargetedSupport@plymouth.gov.uk](mailto:TargetedSupport@plymouth.gov.uk) | The Intervention Teams work with young people and families comprises of direct work and assessment-based interventions. As a team our work will contribute to the social work assessments and their overall decision making; our work is not completed in isolation.    Family Management Skills Assessment (FMSA)  • This is an evidence based assessment tool  • Family Support Workers will contribute to complex pre-birth assessments  Direct Work  • Work will take place within the family home, in schools, youth centres and within the community. Keep safe work in terms of sexual abuse, PANTS, risk taking behaviour, domestic abuse and on-line safety etc. will involve sessions with both the child and parent to ensure messages have been shared, understood and retained.  Work around healthy relationships and domestic abuse focusing on the impact of the child and safety planning is carried out as a short-term piece of work.  Parenting work is undertaken using the principals of Take 3 and the Incredible Years parenting program  Youth Work  • Youth work intervention is very much person centred and will endeavour to improve outcomes for the young people using a strength based and solution-focused approach.  Crisis Support  • The team will also respond to crisis situations and unplanned work. These requests are responded to immediately due to the nature of the requests. |
| **Group Work** | Targeted Support also run, in conjunction with partners, a number of different groups:  Take 3  Freedom Programme  Assert Yourself  REAL Man  Respect Young People’s Programme  See [Groups](#_Groups) |

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