

# EARLY HELP SERVICES

## EARLY HELP EMOTIONAL WELLBEING, COUNSELLING AND THERAPEUTIC SERVICES

Provider	Description	EHA needed	Who to contact to make referral
School Nurse (5-19)	Regular drop ins at upper/secondary schools and schools with students of secondary school age.  To improve health and well-being, stopping smoking, promote healthy weight, reduce misuse of drugs and alcohol, and provide support at times of anxiety such as exams.	No	Direct referral to designated School Nurse  The nurses will signpost to other agencies if they assess that this is required.
CHUMS	Mild to moderate mental health and emotional wellbeing service (4 sessions).  Group and family work  Downloadable resources on the CHUMS website. Easily accessible for parents and young people, with really clear and useful information.  <a href="http://chums.uk.com/downloads/">http://chums.uk.com/downloads/</a>	Direct or EHA	CHUMS or GP (can also be referred on an EHA)  <a href="http://www.chums.uk.com/referral-form/">http://www.chums.uk.com/referral-form/</a>
CAMHS Child and Adolescent Mental Health Services	A multidisciplinary team supporting children and young people who are experiencing difficulties with their emotional or behavioural wellbeing including: mental health diagnosis, self-harm for 5-18-year-olds.	Direct or EHA	Referral through EHA or Delivery Plan  or GP, schools, Children's Centres and health professionals  <a href="http://camh.org.uk">http://camh.org.uk</a>



<p>CAMHS Parent-infant Psychotherapy</p>	<p>The service provides assessment and treatment for parents/ caregivers who have concerns about the well-being of their infant or young child (up to 18 months of age).</p> <p>The service offers early intervention and preventative work for infants and their caregivers where there are emerging difficulties in regulation and relationships.</p>	<p>No</p>	<p>Referral form – contact Community Partner for form</p>
<p>Relate</p>	<p>1-2-1 therapeutic counselling sessions for 5 – 21-year-olds</p> <p>Practical sessions around the following topics: relationship counselling (adults), sex therapy (adults), children and young people’s counselling, family counselling and telephone counselling.</p> <p>TalkTime offers counselling and support for young people aged 10 – 18 years who are experiencing issues because of family problems.</p>	<p>No</p>	<p>Direct referral:  <a href="http://relatebedsandluton.org.uk">http://relatebedsandluton.org.uk</a>            Central Bedfordshire 01234 356350            Leighton Buzzard 01525 373838            Sessions in Dunstable, Leighton Buzzard, Flitwick and Luton</p>
<p>Sorted Counselling Services</p>	<p>Sorted offer FREE counselling service for young people aged between 10 and 25 years. They offer approximately 9-12 sessions and their waiting times are variable.</p> <p>Expertise in specialist areas – play therapy, cognitive behavioural therapy, sexual and domestic abuse, self- harm, bereavement and trauma.</p>	<p>No</p>	<p>Self-referrals  <a href="mailto:info@sortedbedfordshire.org">info@sortedbedfordshire.org</a>            01582 891435</p>



Protective Behaviour Workshops	<p>Protective behaviours workshops with school aged children (5 -18)</p> <ul style="list-style-type: none"> <li>• Help children develop a positive sense of self and wellbeing</li> <li>• Develop an awareness of personal safety</li> <li>• Identify and express feelings</li> <li>• Increase resilience, make choices to help problem solve.</li> </ul>	Yes	Through Early Help via EHA, Delivery plan or Single Service Request form.
Aquarius (alcohol, drugs support)	<p>1-2-1 psychosocial support, family sessions, group work, the service supports 5 to 19-year-olds.</p> <p>The service supports those impacted by substance misuse whether this be parental or own use.</p>	Yes	<p>Direct referrals or through Early Help via EHA or Delivery plan</p> <p><a href="mailto:YPBedfordshire@aquarius.org.uk">YPBedfordshire@aquarius.org.uk</a></p> <p>0330 008 3925</p>
Bedfordshire Wellbeing Service	<p>A range of free and confidential talking therapies and specialist support to help you feel better for those aged 17+ (16+ if NEET)</p> <p>Psychological therapy to help support and treat common mental health problems such as depression and anxiety, through CBT, DBT, workshops and individual therapy.</p>	No	<p>Self-referral either via the online referral form or phone: <a href="https://bedfordshirewellbeing.nhs.uk/get-started/">https://bedfordshirewellbeing.nhs.uk/get-started/</a> or 01234 880400</p> <p>Talk to your doctor and they can refer onto the service</p>
Open Door	<p>Bedfordshire – sessions take place in Bedford (Ages and areas covered are subject to funding)</p> <p>Up to six sessions of 1-2-1 therapeutic counselling sessions for 13 – 25 -year-olds</p>	No	<p>Direct referrals via – <a href="mailto:enquiries@bedfordopendoor.org.uk">enquiries@bedfordopendoor.org.uk</a></p> <p>Drop-ins – Saturday morning between 10.30-12pm or Tuesday evening between 4-6pm in Bedford</p> <p>01234 360388 – phone</p>



	The service works with a wide range of concerns including anxiety, depression, bereavement, loneliness, self-esteem, difficulties in relationships, self-injury and eating problems.		07922 105 200 – text
OCD Action	Website includes support that is available to anyone affected by OCD. In extreme cases of OCD referrals to CAMHS will be more appropriate.	No	Online forums of support including support for family and friends, OCD, intrusive thoughts, related OCD spectrums <a href="https://www.ocdaction.org.uk/forum/">https://www.ocdaction.org.uk/forum/</a> 0845 390 6232
Bedford Open Door – Counselling Service	(Ages and areas covered are subject to funding) Up to six sessions of 1-2-1 therapeutic counselling sessions for 13 – 25 -year-olds The service works with a wide range of concerns including anxiety, depression, bereavement, loneliness, self-esteem, difficulties in relationships, self-injury and eating problems.	No	Direct referrals via – enquiries@bedfordopendoor.org.uk Drop-ins – Saturday morning between 10.30-12pm or Tuesday evening between 4-6pm in Bedford 01234 360388 – phone 07922 105 200 – text
KOOTH – online support for young people	Online mental health services for children, young people and adults. Online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.	No	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
Childline – Online and phone support	The service supports anyone under the age of 19. Childline is a free, private and confidential service where young people can talk about anything.	No	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a> 0800 1111 Email- 1-2-1 counselling chat service



for young people	Online advice for subjects including bullying, self-esteem, friends and relationships, school, home and families.		<a href="https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/">https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</a>
The Counselling Foundation – Counselling Service	Free service for those who are 16 – 17 years old through the NHS with a set amount of sessions.  Support for transition between school and college or college and university, exam stress, unemployment, entering new relationships.	No	Self-referral through online form - <a href="https://counsellingfoundation.org/personal-counselling/counselling-for-young-people/">https://counsellingfoundation.org/personal-counselling/counselling-for-young-people/</a>
Young Minds – Crisis Messenger, text advice service	The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK.  The crisis messenger service can help with urgent issues such as: <ul style="list-style-type: none"> <li>• Suicidal thoughts</li> <li>• Abuse or assault</li> <li>• Self-harm</li> <li>• Bullying</li> <li>• Relationship issues</li> </ul>	No	If a young person is experiencing a mental health crisis and need support, they can text YM to 85258.  A free and confidential to text our service from the following major networks: EE, O2, Three and Vodafone.
Samaritans – Step by Step	A Samaritans service that provides practical support to help schools prepare for and recover from a suspected or attempted suicide. The service support organisations working with young people so that they can respond effectively following the suspected or attempted suicide of	No	School to self-refer - <a href="https://www.samaritans.org/how-we-can-help/schools/step-step/contact-step-step-team/">https://www.samaritans.org/how-we-can-help/schools/step-step/contact-step-step-team/</a>



	someone from within their community; taking practical steps to reduce the risk of further deaths in the area		
The Survivors Trust - supporting survivors of rape, sexual violence and/or childhood sexual abuse	The Survivors Trust (TST) is a UK-wide national umbrella agency for 130 specialist organisations for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland.	No	Free, confidential helpline and signposting: 08088 010 818 - Monday - 10am-7:30pm - Tuesday - 10am-12pm & 1:30pm-7:30pm - Wednesday - 10am-7:30pm - Thursday - 10am-4pm & 5pm-7:30pm - Friday - 10am-2pm
Changing Faces – Body Disfigurement	Support and advice available to children, young people and adults. Changing Faces Changing Faces is the leading UK charity that supports and represents people who have disfigurements to the face, hand or body from any cause. They have trained Skin Camouflage Practitioners at clinics across the UK.	No	Support and Information Line 10-4pm 0300 012 0275 or Online support via - <a href="https://www.changingfaces.org.uk/about-us/enquiry">https://www.changingfaces.org.uk/about-us/enquiry</a>

## EARLY HELP SUPPORT SERVICES FOR YOUNG PEOPLE WITH ADDITIONAL NEEDS

Provider	Description	EHA needed	Who to contact to make referral
Children with Disabilities Team (CWD)	<p>CWD are a specialist service that offers support to children with disabilities aged 0 to 18 and their families.</p> <p>The service comprises of a small specialist team of social workers and assistants who have relevant knowledge, experience and skills. We work closely with other services such as health, education and community organisations.</p> <p>The Children with Disabilities team now have the option to complete Early Help assessments as well as Child and Family assessments. The team manager will typically recommend which assessment is completed based on the information on the initial referral. There are no changes to the threshold criteria for the team.</p>	No	<p><a href="mailto:CWD.Duty@centralbedfordshire.gov.uk">CWD.Duty@centralbedfordshire.gov.uk</a></p> <p>0300 300 8314</p>



	<p>Early help assessments can typically be completed for children who are tier 3 (<a href="https://www.centralbedfordshire.gov.uk/info/13/children_with_disabilities/121/children_with_disabilities_service/4">https://www.centralbedfordshire.gov.uk/info/13/children_with_disabilities/121/children_with_disabilities_service/4</a>) with no safeguarding concerns. Child and Family assessments will continue to be completed for children who are presenting with the highest level of need and for cases where there are safeguarding concerns.</p>		
CAMHS – Neurodevelopmental Team	<p>Children and young people that have a neurodevelopmental diagnosis who displaying mental health needs.</p> <p>Criteria for the service:</p> <ul style="list-style-type: none"> <li>• A diagnosis of Learning Disability</li> <li>• Challenging Behaviour / Moderate to severe Mental Health problems</li> <li>• Under 18 years-old</li> </ul>	No	Referral form – contact Community Partner for form
Autism Bedfordshire	<p>Autism Bedfordshire’s services help break down the barriers to social participation for autistic people and their families by providing places where they can go and feel comfortable, accepted and not judged by society.</p>	No	<p>Helpline is open 9am-5pm, Monday to Friday for information, advice and guidance on all aspects of Autistic Spectrum Conditions and associated problems - 01234 350704.</p> <p><a href="mailto:enquiries@autismbeds.org">enquiries@autismbeds.org</a></p>
Outside In	<p>Outside-iN is a community interest company dedicated to supporting and educating families, adults and professionals living with or working</p>	No	<p>All support is at a cost – more details to be found on the link below:</p>





	<p>with Attention Deficit Hyperactivity Disorder (ADHD), Autistic Spectrum Conditions (ASC) and associated conditions.</p> <p>Outside-iN offers one-to-one coaching, life skills sessions, exclusion support, EHCP support for young people; plus, training opportunities for parents.</p>		<p><a href="https://outsidein-solutions.com/portfolio-item/children-and-young-people/">https://outsidein-solutions.com/portfolio-item/children-and-young-people/</a></p> <p>or</p> <p>Helpline - 07824 634762</p>
The Avenue	<p>Run by families for families.</p> <p>The Avenue is a positive, friendly, organisation that understands the highs and lows of living with autism. The Avenue in Biggleswade, Bedfordshire is a not for profit organisation for parents/carers, grandparents and other relatives who have a child with autism in their family.</p> <p>The Avenue offers services that actively support the family, where our positive support groups are relaxed and friendly, where children with autism and their siblings are welcomed and where knowledge, ideas and experiences are shared.</p>	No	<p>By phone or text: 07425 551110          (Calls answered Monday-Friday 09:00-17:00)</p> <p><a href="mailto:theavenuesupport@outlook.com">theavenuesupport@outlook.com</a></p>
Families in Focus CIC	<p>Support, information &amp; learning groups for parents caring for children with special educational needs and/or disabilities – no need to book. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share.</p>	No	<p>Biggleswade Mornings – 9.30am to 11.30am at The Hub, Ivel Valley School, The Baulk, SG18 0PT</p> <p><a href="http://www.familiesinfocus.co.uk/big-news/">http://www.familiesinfocus.co.uk/big-news/</a></p> <p>01442 219 720</p>



<p>L.O.A.F (Loads of Autistic Fun)</p>	<p>L.O.A.F. is a Saturday morning activity group which the whole family can attend. It runs fortnightly during term time from 10am to 1pm and provides an inclusive environment where all children up to age 12 (those with A.S.C. and their siblings) and their parents/carers are welcome and supported by trained staff and volunteers.</p>	<p>No</p>	<p>01234 214871  <a href="http://www.autismbedfordshire.net">www.autismbedfordshire.net</a>   <a href="http://www.autismbedfordshire.net/childrens-services/loads-of-autistic-fun-loaf/">www.autismbedfordshire.net/childrens-services/loads-of-autistic-fun-loaf/</a></p>
<p>Families United Network (F.U.N)</p>	<p>Families United Network (FUN) is a registered Charity and membership organisation based in Luton which supports children, young adults living with additional needs and disabilities throughout Bedfordshire.</p>	<p>No</p>	<p><a href="http://www.familiesunitednetwork.co.uk">www.familiesunitednetwork.co.uk</a>          01582 420800          Monday to Friday from 9.00am to 3.00pm</p>
<p>Special Needs Out of School Club</p>	<p>Special Needs Out of School Club (SNOOSC) is a registered charity providing leisure opportunities for children and young adults aged from 9 to 25 years who have a special educational need and/or disability.</p>	<p>No</p>	<p><a href="http://www.snoosc.co.uk">www.snoosc.co.uk</a>           01582 868244   <a href="mailto:Snoosc1@gmail.com">Snoosc1@gmail.com</a></p>
<p>Advisory Service</p>	<p>The ASD service is for pupils with a diagnosis on the Autistic spectrum only. They support schools in developing their understanding of ASD and give advice on strategies in managing the needs of individual pupils.</p>	<p>No</p>	<p>Ivel Valley School  <a href="mailto:lisa.charters@ivelvalley.beds.sch.uk">lisa.charters@ivelvalley.beds.sch.uk</a>  <a href="mailto:hanneke.lee@ivelvalley.beds.sch.uk">hanneke.lee@ivelvalley.beds.sch.uk</a>          The Chiltern School  <a href="mailto:Sstephenson@chiltern.beds.sch.uk">Sstephenson@chiltern.beds.sch.uk</a></p>



CBC SEND Parent, Children & Young Person Partnership Service	This is a statutory service, working at arm's length from the authority and offers a free confidential support service for parents and carers of children with special educational needs.	No	0300 300 8088 <a href="mailto:cbcsendpypps@centralbedfordshire.gov.uk">cbcsendpypps@centralbedfordshire.gov.uk</a>
Educational services to support in the Early Years	This service supports children under 5 who have additional needs that may affect their development and educational progress. The support includes advice and assessment of needs.	No	Early Years Support Team Dunstable 07809343789 Early Years Support Team Biggleswade 01767 310540 / 0300 300 4364
SEND support team	The SEND Support Team are responsible for overseeing and implementing all procedures which relate to Education, Health and Care (EHC) plans. This includes: <ul style="list-style-type: none"> <li>• dealing with requests for EHC needs assessments</li> <li>• carrying out EHC needs assessments</li> <li>• transferring statements and Learning Difficulty Assessments (LDAs) to EHC plans</li> </ul> managing the annual review process	No	0300 300 8088 <a href="mailto:statass@centralbedfordshire.gov.uk">statass@centralbedfordshire.gov.uk</a>
SNAP Special Needs Action Panel	SNAP PCF are a Parent Participation Forum enabling parent carers to participate in developing and influencing local services. They work with service providers, individuals and organisations to bring a real-life perspective and experience to the	No	07984 545044 <a href="mailto:info@snapcentralbeds.org.uk">info@snapcentralbeds.org.uk</a>



	planning and development of the services that families use.		
Family Fund	Family Fund provide grants to families raising disabled and seriously ill children aged 17yrs and under.	No	01904 550055 <a href="mailto:Info@familyfund.org.uk">Info@familyfund.org.uk</a> <a href="http://www.familyfund.org.uk">www.familyfund.org.uk</a>
Carers in Bedfordshire	Parents Together Group - provides support for parents who are caring for a child with additional needs. An experienced support worker runs the session providing information, guidance and one-to-one support. You can also share information and experiences with other parents. They meet on the second Thursday of every month from 10.00am-12.00pm at the Hub, Ivel Valley School.	No	<a href="https://www.carersinbeds.org.uk/">https://www.carersinbeds.org.uk/</a> Contact directly for other groups and support for adults caring for a young person with additional needs <a href="mailto:contact@carersinbeds.org.uk">contact@carersinbeds.org.uk</a> or 0300 111 1919 For young carers support can be accessed via the Young Carers Team <a href="mailto:young.team@carersinbeds.org.uk">young.team@carersinbeds.org.uk</a>
Young Carers Group	Group support for children aged 5 - 17 undertaking significant caring responsibilities within the family home.	Yes	Through Early Help via EHA, delivery plan or Single Service Request form
Child Development Centre	The Child Development Centre provides services to children with development needs and disabilities.  Child Development Centre Hill Rise, Kempston, MK42 7EB Union Street Clinic Bedford MK40 2SF	No	Referrals can be made via any health professional, school or GP  01234 310278



Edwin Lobo Centre	The Edwin Lobo Centre is a base for the Community Paediatric Service providing specialist secondary care services for children living in Luton and Central Bedfordshire presenting with developmental, physical and learning disabilities. Redgrave Gardens, Luton, LU3 3QN		01582 700300
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## EARLY HELP PARENTING AND FAMILY SUPPORT SERVICES

Provider	Description	EHA needed	Who to contact to make referral
Triple P (parents)	Triple P - 7-week evidence-based group work programme supporting parents of children aged 3 - 12 to improve relationships with their children, set boundaries and develop effective responses.	Yes	Through Early Help via EHA, delivery plan or Single Service Request form
Triple P Teen (parents)	Triple P Teen - 7-week evidence-based group work programme supporting parents of young people aged 12-16 to improve relationships with their teenagers, reduce problem behaviour, help their teenager minimise or avoid risky situations with peers	Yes	Through Early Help via EHA, delivery plan or Single Service Request form
Strengthening Families 10 – 14	Strengthening Families 10 - 14 - a 7-week evidence based family programme engaging both parents and their young people supporting families to achieve their goals, gain a better	Yes	Through Early Help via EHA, delivery plan or Single Service Request form



(parents & young person)	understanding of one another, use rules and consequences, support young people to make positive choices, protect young people from drug and alcohol problems and improve communication within the family		
Mellow Bumps (parents)	Mellow Bumps - a 6-week antenatal programme for mothers to be between 20 - 30-week gestational period designed to improve maternal mental health and well-being, support mothers understanding of the developing baby and enabling mothers to get the right support in pregnancy and after the birth of baby	Yes	Through Early Help via EHA, delivery plan or Single Service Request form
Mellow Babies (parent & child)	Mellow Babies - Intensive 14-week programme designed to support the relationship between mother and baby, improve maternal mental health and well-being and enabling mothers to care for baby's emotional and physical health needs	Yes	Through Early Help via EHA, delivery plan or Single Service Request form
Parent as First Teachers (PAFT)	Parents as First Teachers programme delivered to parents of young children in the family home – programme provides parents with the support and encouragement needed to help their child develop optimally during the crucial early years of life.	Yes	Delivered at local Children's Centres referrals through Early Help via EHA or delivery plan
Parent Puzzle (The Nurturing Programme)	Parent Puzzle (The Nurturing Programme) - 10-week evidence-based group work programme supporting parents of children aged 0 – 5 to get the best out of family life. Based around self-	Yes	Delivered at local Children's Centres referrals through Early Help via EHA or delivery plan



	awareness and self-esteem, appropriate expectations, positive discipline and empathy.		
Family Lives	Family Lives recognise that the best way to support families is to provide professional, non-judgmental support and advice. Support is provided through the helpline, advice on the website, befriending services, and parenting/relationship support groups.	No	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>  0808 800 2222 Free confidential helpline Monday to Friday 9am – 9pm Saturday and Sunday 10am – 3pm  <a href="mailto:parentsupport@familylives.org.uk">parentsupport@familylives.org.uk</a>
Family Meeting Service	A meeting for family and friends to discuss what is currently happening. It could be to find support, find out how everyone feels, and to look at ways to change things to make them work better and to help sort out any problems. It helps the referrer understand who is in the family and how they will support you.	Yes	Through Early Help via an EHA or delivery plan
Sorting out Separation	<p>A list of services to support parents in working together to resolve disputes and help them focus on the interests of their children. The 'Help Near You' page will help parents to locate services available both locally and nationally.</p> <p>These services include...</p> <ul style="list-style-type: none"> <li>• Accredited Specialists &amp; Mediation Services</li> <li>• Child contact centres &amp; Relationship counselling</li> </ul>	No	<a href="http://www.sortingoutseparation.org.uk">www.sortingoutseparation.org.uk</a>



	Collaborative lawyers & Separating Parents Information Programme's		
Parentline – text messaging advice for parents/carers	Confidential text messaging advice and support line for parents and carers for children aged 0-19-years-old  The service offers advice and support on a range of issues such as weaning, sleep, behaviour, incontinence and emotional health or how to make an appointment with their local health visitor.	No	07507331456 – text
Advice Central	Open Door to Advice in Central Bedfordshire FREE & CONFIDENTIAL  A single source of information on a vast range of topics including: Benefits, debt, disabilities, education, health, housing, immigration, employment & legal.	No	<a href="http://advicecentral.org.uk/">http://advicecentral.org.uk/</a> 0300 303 6666
Child Law Advice	Providing specialist advice and information on child, family and education law to parents, carers and young people.	No	<a href="http://childlawadvice.org.uk/">http://childlawadvice.org.uk/</a>
Citizens Advice	Providing advice people need for the problems they face and improve the policies and practices that affect people's lives.  Providing free, independent, confidential and impartial advice to everyone on their rights and responsibilities.	No	Directly to local Citizens Advice  Adviceline: 03444 111 444  Text relay: 03444 111 445  Adviceline's available 9am to 5pm, Monday to Friday





Ormiston Families	Breaking Barriers- Prison Outreach Our prison outreach service 'Breaking Barriers' supports children and young people affected by imprisonment in schools and the community.	No	Direct referrals Bedford Community Outreach- <a href="mailto:Kara.manning@ormistonfamilies.org.uk">Kara.manning@ormistonfamilies.org.uk</a>  07951495778
The Need Project	Providing food packages and household items to individuals and families who are experiencing poverty or financial hardship.	No	Referrals only from statutory bodies (e.g. Social Services, GP units, Children's Centres etc.) or recognised community groups (e.g. local churches and other religious organisations, schools, etc).  Not able to take self-referrals, from families. <a href="mailto:admin@theneedproject.co.uk">admin@theneedproject.co.uk</a> Gordon Hamilton 07952 765302
Food Rescue Hub	A food boutique where unsold food, otherwise destined for destruction, is rescued and diverted from the bin, and offered to the community. Uncooked food is recovered from local food-based businesses' and is offered on a pay-as-you-feel (PAYF) basis making it accessible and encouraged to all members of the community.	No	Church House, Churchyard, Hitchin SG5 1HP  10am – 1pm Thursday
NOAH Enterprise (adults)	NOAH Enterprise is a charity which; <ul style="list-style-type: none"><li>provides food, clothing, medical and dental care, outreach support and specific advice on accessing accommodation and income support, as well as linking with other specialist agencies</li></ul>	No	Luton Welfare Centre – Day Care services and Outreach – 01582 728416  The Welfare Centre is open all year round



	<ul style="list-style-type: none"> <li>• running training courses in basic and life and employable crafts skills, as well as preparation for employment</li> <li>• providing the opportunity for our people and others who are long-term unemployed to gain work experience and training in employable skills.</li> </ul>		
CBC Independent Living Service (adults)	Supporting people to remain independent and live within their own home. Budgeting, general support, signposting to other organisations, helping find work or accessing the right benefits.	No	Direct referrals <a href="mailto:ILPrevention@centralbedfordshire.gov.uk">ILPrevention@centralbedfordshire.gov.uk</a> or telephone 0300 300 6745 to request a referral Drop ins throughout Central Beds.
MIND BLMK (for adults)	Provide information on a range of topics including: <ul style="list-style-type: none"> <li>•types of mental health problem</li> <li>•where to get help</li> <li>•medication and alternative treatments</li> <li>•advocacy &amp; local support groups</li> </ul>	No	<a href="mailto:info@mind.org.uk">Direct referrals info@mind.org.uk</a> 0300 123 3393
Impact Mental Health Peer Support C.I.C. (adults)	Impact Mental Health Peer Support is a peer-led Community Interest Company experienced in delivering uniquely designed Mental Health Peer Support and Training. They help individuals who are experiencing a range of mental health challenges, which can affect their mental, physical, social professional, spiritual and emotional wellbeing.	No	<a href="mailto:enquiries@impactmh.org.uk">enquiries@impactmh.org.uk</a> <a href="http://www.impactmh.org.uk/you">www.impactmh.org.uk/you</a> 01582 797596



<p>Path to Recovery (P2R) (Adults)</p>	<p>P2R is a one-stop confidential service for advice, support and treatment for adults 18+ living in Bedford Borough and Central Bedfordshire who are affected by drug and alcohol use.</p> <p>Bedford 21 The Crescent Bedford MK40 2RT</p> <p>Dunstable 67 High Street North, Dunstable LU6 1JF</p>	<p>No</p>	<p>No appointment needed to access the drops in.</p> <p>01234 263670  <a href="mailto:elt-tr.p2rbedford@nhs.net">elt-tr.p2rbedford@nhs.net</a></p> <p>01582 501780  <a href="mailto:Elt-tr.p2rdunstable@nhs.net">Elt-tr.p2rdunstable@nhs.net</a></p>
<p>Stop Smoking Service (Adults)</p>	<p>Advisors offer a free, non-judgemental and supportive service. The service offers:</p> <ul style="list-style-type: none"> <li>• group sessions</li> <li>• one to one session</li> <li>• telephone support</li> <li>• specialist pregnancy support</li> </ul> <p>Friendly advisors are made up of professional and qualified staff who will offer support and advice to help you quit for good. Thousands of people have quit for good with our help and studies show that you are up to four times more likely to quit if you use a combination of stop smoking medication and help and support from your local Stop Smoking Service.</p>	<p>No</p>	<p>Direct referrals 0800 013 0553 and press 1 for Central Bedfordshire or online via CBC website or</p> <p><a href="http://www.thestopsmokingservice.co.uk/">http://www.thestopsmokingservice.co.uk/</a></p> <p>“My Quit Route” FREE new app</p>
<p>Café Connect (Adults)</p>	<p>Free weekly drop in sessions provide opportunities for residents to meet socially and benefit from peer support.</p>	<p>No</p>	<p>Café Connect is delivered at venues in: Biggleswade, Flitwick, Leighton Buzzard and Sandy.</p>



	Community Action Bedfordshire are running the project and aim to offer talks, activities and resources in response to the interests, issues and concerns raised by participants. The purpose is to build strong, healthy, interconnected communities and alleviate loneliness and social isolation.		Please contact Gina Croxford 01525 850559 or 07825 665038 <a href="mailto:gina@cabeds.org.uk">gina@cabeds.org.uk</a>
The Housing Network	The Housing Network aims to make a positive difference to people's lives by improving their housing circumstances. They are committed to providing quality properties that meet an agreed standard supporting clients housing demands.	No	01582 343284 <a href="mailto:info@thehousingnetwork.co.uk">info@thehousingnetwork.co.uk</a> 9am-5.30pm

## EARLY HELP CHILDREN'S CENTRE AND EARLY YEARS

Provider	Description	EHA needed	Who to contact to make referral
Children's Centre support	Families can access a range of support services through their local children's centre.	No	For Drop in and groups contact your local Children's Centre



	<ul style="list-style-type: none"> <li>• Access and signposting to further sources of help such as health visitors, speech and language, alcohol and drug misuse services, smoking cessation, home safety.</li> <li>• Home visits.</li> <li>• One-to-one support to access groups and local activities.</li> <li>• One-to-one support to parents making lifestyle changes</li> <li>• Parenting classes and one-to-one support.</li> <li>• Access to courses for parents including English &amp; Maths for you or to support your child at school.</li> <li>• Job Centre Plus sessions.</li> </ul>		1:1 and home visits referrals through Early Help via EHA or delivery plan
Home Start	The team provide support for families with children under 5 with routines and boundaries and also can provide practical and emotional support for parents. Work is outcome focussed and not time limited. Volunteers support families in their own home for 2-3 hours a week.	Directly or an EHA	Through Early Help via an EHA or delivery plan or to Home Start directly <a href="mailto:office@home-startcentralbeds.org.uk">office@home-startcentralbeds.org.uk</a> 01582 660061
Health Visitors	Health Visitors work with families and communities to improve access, experience, outcomes and reduce health inequalities. They complete universal health reviews: between antenatal and 2.5 yrs. Support with transition to motherhood, maternal mental health, breastfeeding, healthy lifestyle, managing minor	No	Direct referrals to the local 0-19 team



	illness & accident prevention, healthy 2 year old and school readiness.		
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## EARLY HELP HEALTHY LIFESTYLES AND REDUCING RISKY BEHAVIOURS SERVICES

Provider	Description	EHA needed	Who to contact to make referral
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<p>Cambridge County Council - Sexual Behaviour Unit</p>	<p>Children and young people aged 7 - 17 who are presenting with problematic or harmful sexual behaviour.</p> <p>The service provides assessments and interventions for children and young people aged 7 - 17 presenting with problematic or harmful sexual behaviour.</p> <p>Advice and support for professionals is available for lower age ranges.</p> <p>Support is intended to be short term unless the young person is subject to a court order for behaviour of a sexual nature.</p>	<p>Yes</p>	<p>Referrals via an Early Help Assessment or Delivery Plan</p>
<p>4 YP</p>	<p>4YP offer impartial, intensive support and mentoring, youth work and training services.</p> <p>Professional specialist resource available to schools, local authorities, further education institutions, companies and individuals.</p>	<p>No</p>	<p>Direct referrals - <a href="mailto:gillboydell@4ypuk.com">gillboydell@4ypuk.com</a>          07903 202703</p> <p>4YP can be commissioned or spot purchased to provide intensive support and mentoring for young people currently experiencing a difficult time.</p>
<p>National Citizen Service (NCS)</p>	<p>National Citizen Service (NCS) is a government subsidised programme for Young People aged 15-17, which builds skills for life and aids social integration</p>	<p>No</p>	<p>Referrals to Kris Lingwood          NCS Recruitment  <a href="mailto:klingwood@hear2listen.org.uk">klingwood@hear2listen.org.uk</a>          01767 319505</p>
<p>TACTIC</p>	<p>TACTIC (12-19 years) give confidential advice and support on nearly all the issues that affect life.</p>	<p>No</p>	<p>Direct referrals 01525 373838  <a href="mailto:tactic@leightonlinlade-tc.gov.uk">tactic@leightonlinlade-tc.gov.uk</a></p>



<p>Teenage Advice and Information Centre – Leighton Buzzard</p>			
<p>A4S Outdoors</p>	<p>A4SOutdoors offers a wide range of term-time and holiday activities for young people in Bedfordshire, Northamptonshire and the surrounding counties.</p>	<p>No</p>	<p>Direct referral to <a href="mailto:Info@ProgressAbility.org">Info@ProgressAbility.org</a> or 01234 272101</p>
<p>Seeds of Change</p>	<p>Supporting 5-19-year-olds who have encountered trauma in either their past or present, young people who are disengaged from mainstream education and require an intervention that supports them in overcoming barriers to learning and anyone with negative stereotypes, low aspirations or low self-worth.</p> <p>The Seeds of Change create an emotionally and physically safe environment where individuals can come and have their emotional needs supported. Working in a non-judgemental, non-confrontational way, using horses as co-coaches.</p> <p>Mainly working outdoors in natural surroundings, allowing a sense of connection and participation without the negative connotations usually associated with learning or therapy.</p>	<p>No</p>	<p>To enquire and make a referral contact directly – 01234 881871</p>





NSPCC	<p>Support to protect children and prevent abuse</p> <p>Talking PANTS (with the help of a friendly dinosaur called Pantosaurus) is a simple way to teach children how to stay safe from abuse.</p>	No	<p><a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a></p> <p>0808 8005000</p> <p><a href="http://www.nspcc.org.uk/pants">http://www.nspcc.org.uk/pants</a></p>
Groundwork	<p>Approx. 6 sessions 1-2-1 support via a mentor for ages 13 +</p> <p>Individually tailored mentoring sessions for young people with low-medium social and emotional needs, challenging behaviour or those at risk of becoming NEET</p>	No	<p>Referrals made directly to <a href="mailto:youthreferrals@groundwork.org.uk">youthreferrals@groundwork.org.uk</a></p> <p>Groundwork can be commissioned, or spot purchased to provide intensive support and mentoring for young people currently experiencing a difficult time.</p> <p>For further information contact – <a href="mailto:Diana.Hedley@groundwork.org.uk">Diana.Hedley@groundwork.org.uk</a></p>
Groundwork – Domestic Abuse Project	<p>Youth clubs in Houghton Regis and Biggleswade</p> <p>Weekly youth club (two back-to-back sessions in one evening – victims/perpetrators) and targeted 1-2-1 support via a mentor for ages 13+ (mentoring is limited)</p> <p>Supporting those who are victims or living in a household where there is domestic abuse, and for those young people who are exhibiting unhealthy relationship behaviours.</p>	No	<p>Referrals made directly to <a href="mailto:diana.hedley@groundwork.org.uk">diana.hedley@groundwork.org.uk</a></p>
Link to Change	<p>Link to Change is an independent charity offering support for children and young people aged 12 to 26 who are involved in, or at risk of Child Sexual Exploitation (CSE). We provide a</p>	No	<p>For more information see website: <a href="http://www.linktochange.org.uk">www.linktochange.org.uk</a></p>

	<p>safe environment in which young people can access support and explore the possibilities for change.</p> <p>Training to young people and professionals can also be provided, please refer to website for more information</p>		<p>Please complete a CSE risk identification tool and refer to both</p> <p><a href="mailto:Jacqui.harnett@centralbedfordshire.gov.uk">Jacqui.harnett@centralbedfordshire.gov.uk</a></p> <p>&amp;</p> <p><a href="mailto:Slavica.tobdzic@centralbedfordshire.gov.uk">Slavica.tobdzic@centralbedfordshire.gov.uk</a></p>
Signpost to Support Bedfordshire	Signpost to Support provides easily accessible information, advice and links to local and national support services.	No	<p><a href="http://www.signpostforbedfordshire.com/victim-counselling-support-bedfordshire">http://www.signpostforbedfordshire.com/victim-counselling-support-bedfordshire</a></p> <p>Bedfordshire on 0300 303 0165</p>
Caraline	Caraline is committed to promoting understanding and insight into the issues faced by people living with eating disorders.	No	<p><a href="https://www.caraline.com/young-peoples-service">https://www.caraline.com/young-peoples-service</a></p> <p>01582 457474</p>
BEAT eating disorders	<p>Support's people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.</p> <p>A variety of support services including, helplines, one-to-one web chat, Echo Peer Coaching and online support groups.</p>	No	<p>Youthline – 0808 801 0711</p> <p><a href="https://www.beateatingdisorders.org.uk/support-services">https://www.beateatingdisorders.org.uk/support-services</a></p>
Changing FACES	Supporting young people and families to understand the risks of and exit child sexual exploitation.	No	<p><a href="mailto:jo@facesbedford.org">jo@facesbedford.org</a></p> <p><a href="http://www.facesbedford.org">www.facesbedford.org</a></p> <p>01234 270601</p>



	Support for young people who have been identified as vulnerable to child sexual exploitation		
MoreLife	<p>FREE adult and child weight management service available for individuals and families who live in Bedford Borough, Central Bedfordshire or Milton Keynes, and who meet the eligibility criteria.</p> <p>The 10 Week Family programmes, invite the whole family to learn more about the importance of healthy eating and physical activity, supporting you all to set and achieve realistic goals that will see you in achieving a healthier lifestyle that can be maintained.</p>	No	<p>0808 208 2340</p> <p><a href="mailto:beds-mk@more-life.co.uk">beds-mk@more-life.co.uk</a></p> <p><a href="https://www.more-life.co.uk/what-we-do/our-services/in-your-area/bedford/">https://www.more-life.co.uk/what-we-do/our-services/in-your-area/bedford/</a></p>
Embrace – Child victims of crime	Supporting children, young people and families who are victims of serious crime. Enabling them to cope with what has happened, support their recovery and provide services that enable them to put events behind them, move on and fulfil their life’s potential.	No	<p>Referrals via the Police or sign-post HUB of Bedfordshire police</p> <p>Self-referral for the Day’s Put Scheme</p> <p><a href="https://embracecvoc.org.uk/theme-park-tickets/">https://embracecvoc.org.uk/theme-park-tickets/</a></p>
Grand Union – Mentoring Service	1-2-1 or group mentoring support via a mentor for 8 – 24-year-olds	No	Referrals for EBD, low aspirations/self-esteem, at risk of becoming NEET or exploited, low school attendance, employment/training needs. <a href="mailto:Nicola.king@guhg.co.uk">Nicola.king@guhg.co.uk</a>
Hope Programme –	A telephone helpline and counselling for women and girls, men and boys, over 10 years old who		<p>Self-referral – 03003651045</p> <p><a href="http://www.hopeprogramme.com/">http://www.hopeprogramme.com/</a></p>



Victim of sexual violence	<p>have suffered rape and sexual violence including child sexual abuse.</p> <p>The services are also available to victims non-offending family members, partners and carers.</p>		
Emerald Centre – Sexual Assault Referral Centre	<p>A range of support services to anyone aged 13 or over, living within the Bedfordshire area, who has experienced sexual abuse or sexual violence, either recently or in the past.</p> <p>Services for children aged 12 and under are provided by specially trained paediatricians.</p> <p>Clients can access services without involving Police or other agencies. However, clients also have the option to access the centre via the Police and other professionals.</p>	No	<p>By appointment only - 01234 897504 (9am-5pm) 24-hour answer phone</p> <p>Out of Hours Help Line: 0330 223 0099</p>
Mermaids – Gender identity	<p>Mermaids support young people that feel at odds with their birth gender, as well as parents or carers with a child who feels this way.</p> <p>Support can be accessed through a variety of channels including: a helpline, an email support service, a parent’s forum and a separate teens forum, plus multiple residential weekends per annum, and several support groups.</p>	No	<p>For more information contact directly:            0808 801 0400 Monday - Friday; 9am - 9pm</p> <p>or</p> <p><a href="https://mermaidsuk.org.uk/">https://mermaidsuk.org.uk/</a></p>
Chat Health – text messaging	Confidential advice and support for young people aged 11-19 years-olds.	No	07507331450 – text



advice for young people	The service is typically used to provide advice about sensitive issues including: stress and anxiety, bullying, self-harm, alcohol and drugs, sex, contraception and relationships.		
Self-Injury Support – Support for women and girls	Self-injury Support is a national organisation that supports girls and women affected by self-injury or self-harm. Young people can get support by using TESS, which is a national text and email support service for girls and young women between ages of 11-25 who are affected by self-injury.	No	All services open Tuesday, Wednesday and Thursday from 7pm – 9.30pm Phone – Call 0808 800 8088 Text – Message 07537 432444 <a href="https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/web-chat-support">https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/web-chat-support</a>
PAPYRUS – Suicide Prevention	Support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person	No	0800 068 4141 – phone 07786209697 – text <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>
OCD Action – Online support for OCD	Website includes support that is available to anyone affected by OCD. In extreme cases of OCD referrals to CAMHS will be more appropriate.  Online forums of support including: support for family and friends, OCD, intrusive thoughts, related OCD spectrums	No	<a href="https://www.ocdaction.org.uk/forum/">https://www.ocdaction.org.uk/forum/</a> 0845 390 6232
Hope Again (Cruse) – Young	Cruse is a national charity that provides support, advice and information to children, young people and adults when someone close to them dies.	No	To speak to a trained volunteer contact either – <a href="mailto:hopeagain@cruse.org.uk">hopeagain@cruse.org.uk</a>



people living after loss			Free phone helpline on 0808 808 1677 Monday-Friday, 9:30am – 5:00pm.
UP! – Unlock your Potential!	1-2-1 and group activities course for young people aged between 16-18.  One day a week, 10-week course building on self-esteem, confidence, team work and the future – including IAG support.		Direct referrals – <a href="mailto:angela.dallaris@groundwork.org.uk">angela.dallaris@groundwork.org.uk</a>
The Mix – online and phone support for young people	Service is available to under 25's including a variety of topics including, mental health, homelessness, sex and relationships, drug and alcohol and crime.  The service offers crisis support for anyone experiencing emotional pain or in crisis via text support.	No	Young people can text free and anonymously from EE, O2, Vodafone 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus  Support can be accessed via the following methods: <ul style="list-style-type: none"> <li>• 0808 808 4994</li> <li>• <a href="https://www.themix.org.uk/get-support/speak-to-our-team/email-us">https://www.themix.org.uk/get-support/speak-to-our-team/email-us</a></li> <li>• 24/7 crisis support across – text THEMIX to 85258.</li> </ul>
No Panic – Anxiety Support	Telephone or email support for 13-20 year olds.  No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers.	No	0844 967 4848 – 3pm and 6pm Monday to Friday and 6pm and 8pm Thursday and Saturday  or  <a href="mailto:info@nopanic.org.uk">info@nopanic.org.uk</a>
The Hideout – Domestic abuse	Women's Aid have created this space to help children and young people to understand	No	<a href="http://thehideout.org.uk/">http://thehideout.org.uk/</a>



support for young people	domestic abuse, and how to take positive action if it's happening to them.  Online resources for children and young people to access enabling them to have a greater around the topic of domestic abuse.		
Sorted -Fortis	Specific counselling service for children who have experienced domestic abuse.	No	Direct referrals <a href="http://sortedbedfordshire.org.uk">sortedbedfordshire.org.uk</a> <a href="mailto:info@sortedbedfordshire.org">info@sortedbedfordshire.org</a> 01582 891435
First Place Training	This service provides comprehensive training, advice, information, advocacy and community outreach services to socially excluded young people in Bedfordshire.	No	Dunstable contact number: 01582 690954
Kick Ash	The programme is an award-winning young person led smoking prevention programme.  Year 10 pupils train as Kick Ash Mentors and support their peers, acting as smoke free role models and helping young people to recognise what may influence their decision to smoke and how to combat this.	No	To register your interest in the programme please contact: Sian Reece Everyone Health 01480 278660 <a href="mailto:sianreece@everyonehealth.co.uk">sianreece@everyonehealth.co.uk</a>
Respect Not Fear	A website for young people to discuss healthy and unhealthy relationships	No	<a href="http://respectnotfear.co.uk/">http://respectnotfear.co.uk/</a>

## DOMESTIC ABUSE SUPPORT SERVICES

Provider	Description	EHA needed	Who to contact to make referral
MARAC (Multi Agency Risk Assessment Conference)	<p>Each month a number of partner agencies such as Bedfordshire Police, Social Services, voluntary sector services and housing providers are made aware of high-risk cases of domestic abuse.</p> <p>This may be through victims telling them, or professionals being aware of incidents where domestic abuse has occurred.</p>	No	<p>With reported domestic abuse there will always be a Police DASH/RIC completed.</p> <p>DASH stands for Domestic Abuse, Stalking and Harassment and Honour Based Violence Risk Model. RIC stands for Risk Indicator Checklist.</p> <p>If the score is 14 or more (victim answers yes to 14 or more of the questions) and it has come from the Police, the Police will make a referral to MARAC.</p>





	<p>These cases are referred into the MARAC to agree a safety plan to reduce the risk to the victim and any children.</p> <p>Information sharing at the MARACs takes place within the confines of a strict Information Sharing Protocol and under the bounds of a confidentiality agreement.</p> <p>The Bedfordshire Domestic Abuse Partnership coordinates two MARACs each month - one for Central Bedfordshire and one for Bedford Borough.</p> <p>SIG marker (Safety Notice Marker placed on address) this can be requested through the MARAC process.</p>		<p>If <b>you</b> have completed the checklist and the score is 12 or more, it will be your responsibility to ensure the case is referred. A case can also be referred to MARAC for scores less than 14 on professional judgement or due to risk of escalation.</p> <p>MARAC Officer Tene Edwards</p> <p><a href="mailto:MARACenquiries@centralbedfordshire.gov.uk">MARACenquiries@centralbedfordshire.gov.uk</a></p>
<p>Inspiring Families</p>	<p>IF is for families who have experienced domestic abuse or unhealthy relationships and the parents want to remain together, or are separated but plan to get back together or if they are separated but have joint responsibility for the children. The programme looks at the impact that the parent's relationship has upon the child/ren. IF is a ten-week programme for both parents who attend at different times; both groups do similar work and have homework to complete.</p>	<p>No</p>	<p>Referrals to <a href="mailto:bdap@centralbedfordshire.gov.uk">bdap@centralbedfordshire.gov.uk</a></p>

<p>Pattern Changing</p>	<p>Pattern Changing is a ten-week programme for two hours (nine weeks with a one week follow up after two months). The purpose of the course is to help women regain confidence and self-esteem, explore personal experiences and learn practical strategies to gain empowerment and to change negative patterns of behaviour into positive ones.</p>	<p>No</p>	<p>Referrals directly to Home start          01582 660061  <a href="mailto:office@home-startcentralbeds.org.uk">office@home-startcentralbeds.org.uk</a></p>
<p>Bedfordshire Change Project</p>	<p>Bedfordshire Change Project is a Community Domestic Abuse prevention service for men or women who want to take positive steps to change the way they behave in relationships.</p>	<p>No</p>	<p>Direct referrals          Outreach Perpetrator worker – Lucy Stewart  <a href="mailto:Lucy.Stewart@centralbedfordshire.gov.uk">Lucy.Stewart@centralbedfordshire.gov.uk</a>          07872541985</p>
<p>Stepping Out</p>	<p>Support for women who are 16+ who are victims of abuse or are vulnerable in other ways. Offer support to cope and recover from emotional trauma, build confidence and enable women to move forward positively with their lives.</p> <p>1-2-1 support, advice and advocacy for victims, help women to keep themselves safe, remove themselves from harmful situations and understand their legal rights. A variety of drop ins around Central Bedfordshire by appointment only, one specific for young people - Central Bedfordshire College – Tuesdays 11.30am – 3.30pm</p>	<p>No</p>	<p>Self-referrals - 01582 457114 or  <a href="mailto:steppingoutreferrals@steppingstonesluton.org.uk">steppingoutreferrals@steppingstonesluton.org.uk</a></p> <p><a href="http://www.steppingstonesluton.co.uk/cenral-beds/">www.steppingstonesluton.co.uk/cenral-beds/</a></p>



<p>The Hideout – Domestic abuse support for young people</p>	<p>Women's Aid have created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to them.</p> <p>Online resources for children and young people to access enabling them to have a greater around the topic of domestic abuse.</p>	<p>No</p>	<p><a href="http://thehideout.org.uk/">http://thehideout.org.uk/</a></p>
<p>Sorted -Fortis</p>	<p>Specific counselling service for children who have experienced domestic abuse.</p>	<p>No</p>	<p>Direct referrals  <a href="mailto:info@sortedbedfordshire.org">info@sortedbedfordshire.org</a>            01582 891435</p>
<p>Victim Support for low to medium victims</p>	<p>Providing safety advice and support via two trained volunteers - unreported low/medium victims can still access support</p>	<p>No</p>	<p>Agency referrals via your Community Partner</p>
<p>The Freedom Programme</p>	<p>The Freedom Programme is offered through Central Bedfordshire. It is a weekly support programme for women who are in abusive relationships, or who have survived abusive relationships.</p> <p>It is a 12-week programme, but women can join at any point.</p> <p>Freedom is designed to help women recover from the emotional abuse of an unhealthy relationship, rebuild self-esteem and assist women to recognise the signs of an abusive relationship to help protect them in the future.</p>	<p>No</p>	<p>Victims and survivors can self-refer into the programme or professionals can make referrals on their behalf</p> <p>Contact <a href="mailto:Earlyhelp@centralbedfordshire.gov.uk">Earlyhelp@centralbedfordshire.gov.uk</a> 0300 300 8585</p> <p>Shelley Choudhury            Elizabeth Badu            Cheryl Tuffnell</p>



<p>Pattern Changing</p>	<p>Pattern Changing is a ten-week programme for women living in Central Bedfordshire and is a follow on to Freedom.</p> <p>The programme is designed to help women regain confidence and self-esteem, explore personal experiences and learn practical strategies to gain empowerment and to change negative patterns of behaviour into positive ones.</p> <p>A crèche is provided, and taxi tokens are available if transport is an issue.</p>	<p>No</p>	<p><a href="mailto:office@homestartcentralbeds.org.uk">office@homestartcentralbeds.org.uk</a></p> <p>01582 660061</p> <p><b><i>Pattern Changing is not suitable for everyone. If you feel you have somebody who would benefit from attending the programme, please get in touch with us to discuss further.</i></b></p>
<p>Central Bedfordshire Refuges – provided by YMCA</p>	<p>If a victim is considering Refuge they need to leave the area they live in otherwise this will compromise their safety and other clients’ safety, plus staff. YMCA’s Central and South Bedfordshire Refuges are committed to reducing the impact of homelessness and social disadvantage by providing both specialist housing with care and support to women and children fleeing domestic violence.</p>	<p>No</p>	<p>North Refuge – 0300 323 0145</p> <p>South Refuge – 0300 323 0164</p> <p><a href="http://www.refuge.org.uk">www.refuge.org.uk</a></p> <p>National Domestic Violence Helpline and other Refuge options 0808 2000 247</p>
<p>Bedford Refuge</p>	<p>Butterfly House provides safe, secure, emergency accommodation for ten women and their children, who are at risk of domestic abuse. Staff provide advice, support and information services to develop the capacity to live independently. They believe that everyone has a right to live in safety and to have a future without fear. They are working to end domestic abuse against women</p>	<p>No</p>	<p>01234 353592</p>



	and children and to help give them their lives back.		
Bedfordshire Asian Women's Refuge	<p>Santosh Asian Women's Refuge has spaces for six women and their children. Each family have their own bedroom but share other facilities and look after themselves.</p> <p>The aim of the project is to give practical and emotional support to women and children, thus enabling them to make informed decisions about their future and to build self-esteem so that they are able to maintain their independence. Assistance / translation is available for those families whose first language is not English.</p>	No	01234 261228
Luton Women's Aid	<p>Luton Women's Aid has been in operation since 1975 when their first safe house was opened. LWA provides four Refuges in Luton and provide accommodation for up to 19 women and their children.</p> <p>One of the Refuges is a specialist Asian Women's Refuge. They have designated Asian workers who have specialist skills in Immigration law, Domestic Abuse Services and Housing Law. They form part of the core team of support workers who are skilled specialist workers in the area of Domestic and Sexual abuse services.</p>	No	01582 391856



	<p>LWA has an outreach facility in the centre of Luton, Brenda House. Various groups are run out of this provision, including the Freedom Programme on a Tuesday morning and a Tuesday evening, confidence building courses, I.T. facilities and the 'Shanti' group, for Asian women seeking advice, guidance and life skills</p>		
<p>Luton All Women's Centre</p>	<p>Luton All Women's Centre...a centre for Women run by Women.</p> <p>They provide a safe and accessible Women only environment - a resource centre allowing easy access to all the services available for women. They're a focal point for women's issues, campaigns and have a range of cultural, educational and recreational activities on offer.</p> <p>The following services are available:</p> <ul style="list-style-type: none"> <li>▪ Forced Marriage Service</li> <li>▪ Domestic Abuse Service</li> <li>▪ Parenting Programme's</li> <li>▪ Support Groups</li> <li>▪ Counselling Service</li> <li>▪ Recreational Activities</li> <li>▪ Drop-in Service - Monday to Friday Morning or Appointments Only in the afternoon.</li> </ul>	<p>No</p>	<p>01582 416783</p>



	▪ Volunteering Opportunities		
SafeLives	<p>SafeLives is a national charity dedicated to ending domestic abuse. Previously called Co-ordinated Action Against Domestic Abuse (Caada), they chose their new name because they are here for one simple reason: to make sure all families are safe.</p> <p>Their experts find out what works to stop domestic abuse. Then they do everything they can to make sure families everywhere benefit. It works: after getting the right help, more than 60% of victims tell them that the abuse stops.</p>	No	<p>For general enquiries, please call their Bristol office on: 0117 403 3220 or email <a href="mailto:info@safelives.org.uk">info@safelives.org.uk</a></p> <p>Unfortunately, SafeLives does not provide direct support or advice to victims of domestic violence.</p> <p>For more information, please visit:  <a href="http://www.safelives.org.uk/">http://www.safelives.org.uk/</a></p>
DeafHope – The Deaf Health Charity (Sign Health)	<p>DeafHope is the UK’s only sign language based service to help deaf women and children affected by domestic abuse. Deaf women are more at risk of domestic abuse than hearing women. When sign language is the main way you communicate, it can be very hard to get help.</p> <p>If someone is being abused, the DeafHope team can help them. They will help to find the victim and their children a safe place to stay, and then give them the help they need to rebuild their life and regain their confidence.</p>	No	<p>Text: 07970 350366</p> <p>Voice/minicom: 020 87723241</p> <p>Fax: 020 8772 3242</p> <p>Email: <a href="mailto:deafhope@signhealth.org.uk">deafhope@signhealth.org.uk</a></p>
One Voice for Travellers Limited	<p>Working with and supporting members of the Gypsy Traveller and Roma communities who are</p>	No	<p>01945 430724</p> <p><a href="mailto:onevoice4travellers@hotmail.com">onevoice4travellers@hotmail.com</a></p>



	in conditions of need, hardship or distress caused by or associated with violence.		<a href="http://onevoice4travellers.wixsite.com/mysite">http://onevoice4travellers.wixsite.com/mysite</a>
The Hope Programme	<p>Help, support and counselling for rape and sexual violence victims and survivors in Bedfordshire.</p> <p>The Hope Programme is an independent registered charity, with a telephone helpline and and free 1-1 counselling for people aged over 13 years who have suffered rape and sexual violence, including sexual assault, child sexual exploitation and stalking. Their services are also available to their non offending family members, partners and carers.</p>	No	<p>Confidential Helpline on:</p> <p><b>0300 365 1045</b> - Monday to Saturday, 10am to 6pm, with a 24 hour answerphone service.</p> <p><a href="http://www.hopeprogramme.com/">http://www.hopeprogramme.com/</a></p>
ManKind	This confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner). This can range from actual violence or object throwing to mental abuse such as constant bullying or constant insults.	No	<p>The charity welcomes calls from mothers, sisters and friends of male victims seeking information. They also receive calls from support organisations, charities and statutory agencies such as local authorities and police forces</p> <p>Website: <a href="http://www.mankind.org.uk/">http://www.mankind.org.uk/</a>  01823 334244</p>
Men's Advice Line	<p>Help and support for male victims of domestic abuse</p> <p>Their focus is to increase the safety of men experiencing domestic abuse (and the safety of their children).</p>	No	<p><a href="http://www.mensadviceline.org.uk">www.mensadviceline.org.uk</a>  0808 808 0327</p>





Galop (LGBT DA Support)	Emotional and practical support for LGBT people experiencing domestic abuse. Abuse isn't always physical- it can be psychological, emotional, financial and sexual too. Speak out, don't suffer in silence	No	<a href="http://www.galop.org.uk/domesticabuse/">www.galop.org.uk/domesticabuse/</a> 0800 999 5428
TALK:4M	A peer group programme aimed at empowering men to cope and recover from domestic abuse.		<a href="mailto:safeguarding@familiesfirstbedfordshire.org.uk">safeguarding@familiesfirstbedfordshire.org.uk</a> 01234 341977
Helping Hands	A domestic abuse awareness educational programme run through Homestart to support Primary Schools with healthy awareness of relationships	No	<a href="mailto:office@home-startcentralbeds.org.uk">office@home-startcentralbeds.org.uk</a> 01582 660061
Crime Reduction Safety scheme (bobby van)	Providing courtesy home security service for elderly and vulnerable victims of crime in Bedfordshire.	No	<a href="http://www.bedspolicepartnership.org">www.bedspolicepartnership.org</a>
24 Hour National Domestic Violence Helpline	The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.	No	0808 2000 247
National Centre for Domestic Violence	The National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation	No	0800 970 2070



National LGBT Domestic Abuse Helpline	Emotional and practical support for LGBT people experiencing domestic abuse.	No	0800 999 5428
Forced Marriage Unit	Single point of confidential advice and assistance for those at risk.	No	0207 008 0151
Freecall Message Home	This is a confidential, non-traceable service for those who have left home but want to pass on a message to family and friends without communicating directly. Women escaping domestic violence can use this service without having to give details of where they are. This is a free service.	No	0500 700 740
Respect Phonenumber	Confidential helpline for domestic violence perpetrators. They offer information and advice to support perpetrators to stop their violence and change their behaviours.	No	0808 802 4040
Muslim Women's Helpline	This is a confidential help line that offers information and advice for Muslim women of any ethnicity.	No	0208 9048 193 or 0208 9086 715
Rape Crisis Centre	Helpline for women and girls who have been raped or sexually abused	No	0808 802 9999



Rights of Women	Telephone advice lines providing vital free and confidential legal advice to women.	No	<a href="http://rightsofwomen.org.uk/get-advice/">http://rightsofwomen.org.uk/get-advice/</a>
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**As paper documents can become out of date fairly quickly, for further information and to keep up to date with support services regarding domestic and sexual abuse, please visit the Bedfordshire Domestic and Sexual Abuse Partnership website: [www.bedsdv.org.uk](http://www.bedsdv.org.uk)**

**Contact us...**  
by telephone: 0300 300 8585  
by email: [customers@centralbedfordshire.gov.uk](mailto:customers@centralbedfordshire.gov.uk)  
on the web: [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)  
Write to Central Bedfordshire Council, Priory House,  
Monks Walk, Chicksands, Shefford, Bedfordshire SG17 5TQ