

Summary of services in North Tyneside that support our children and young people's mental health and emotional wellbeing

Service Name:	Barnardo's The BASE Orchard Mosaic		
Contact information:	Carla Franchi (The BASE)	0191 253 2127	Carla.franchi@barnardos.org.uk
	Carol Butler (Orchard Mosaic)	0191 212 0237	Carol.butler@barnardos.org.uk
Services offered:	<p>The BASE provides individual support interventions and group engagement programmes to improve the emotional well-being of vulnerable children aged 13+yrs, enabling them to build confidence & self-esteem, develop positive relationships & resilience, address risk taking behaviours & bullying, develop coping strategies with support around key transitions.</p> <p>Orchard Mosaic services include running therapeutic groups for quiet and withdrawn children to build confidence and self-esteem (Pyramid), and introducing/supporting a peer massage programme designed to reduce bullying, build friendship groups, increase confidence and self-esteem and reduce noise levels in the classroom (MISP) Both of these are for Primary Schools. We provide Counsellors into Primary and Secondary schools. Bespoke programmes can be tailored to the needs of Primary and Secondary schools around Mental Health and Emotional Wellbeing. Referrals can be made directly to the service.</p> <p>We have a contract to delivery Bereavement Support to Young People under 18yrs who are affected by a sudden and traumatic death of someone close to them.</p>		
Is there a charge for services:	<p>The BASE is currently funded 1-5pm Monday to Friday for access to individual support and provides some after-school/evening group sessions for eligible groups. Bespoke interventions and programmes can be developed to meet specific needs with costs individually agreed</p> <p>The bereavement service is contract and requires a referral by the GP.</p> <p>Pyramid costs £400 for 10 children for 10 x 90 minute groups. All costs included.</p> <p>MISP costs £300 for 3 x half days to teach up to 6 classes. Plus additional cost for ongoing support.</p> <p>Counsellors can be supplied from half a day to several days a week. Please contact for costs.</p> <p>Bespoke interventions and programmes can be developed to meet specific needs with costs individually agreed.</p>		

Summary of services in North Tyneside that support our children and young people's mental health and emotional wellbeing

How to refer:	Contact the service directly
Criteria:	Please contact the service for more information about criteria for the different services
Website/ further information:	www.barnardos.org.uk

Service Name:	CAMHS: North Tyneside Child And Adolescent Mental Health Service	
Contact information:	0191 219 6685	Albion Road Clinic, Albion Road, North Tyneside NE29 0HG
Services offered:	Child and Adolescent Mental Health Service (CAMHS) provides a comprehensive service for children and young people with mental health problems. Specialist mental health assessment and treatment for young people up to the age of 18 with moderate to severe mental health difficulties. Early intervention and prevention work is provided by primary mental health workers (PMHWs) in partnership with locality multi agency teams.	
Is there a charge for services:	No	
How to refer:	Referrals are accepted from GPs, School Nurses, Head teachers, SENCOS	
Criteria:	Accessibility criteria on website (see below)	
Website/ further information:	www.northumbria.nhs.uk/our-services/childrens-services/child-and-adolescent-mental-health-service-camhs	

Summary of services in North Tyneside that support our children and young people's mental health and emotional wellbeing

Service Name:	Care & Connect
Contact information:	0191 643 7474 care&connect@northtyneside.gov.uk
Services offered:	<ul style="list-style-type: none"> • Information and advice about local care, support, groups, activities and services • Managing your home, maintaining your tenancy • Meeting new people and participating in your community • Help with parenting and your child's behaviour • Finding paid and voluntary work, helping others, training or learning • Working with the local community to develop groups
Is there a charge for services:	No
How to refer:	Via telephone or email. There is also the option for the individual to meet with a community navigator at a place in the community, for example, Wallsend Customer First Centre or a local children's centre.
Criteria:	We work with individuals, families, children and young people.
Website/ further information:	http://www.northtyneside.gov.uk/browse-display.shtml?p_ID=534437&p_subjectCategory=1408

Service Name:	Community Learning Disabilities Team
Contact information:	0191 643 2487
Services offered:	The Community Learning Disability Team (CLDT) is a multi-disciplinary team who provides specialist healthcare for individuals (both adults and children) with a learning disability and their families living in North Tyneside. CLDT provides support to mainstream health services and provides specialist services. Our multi-disciplinary team consists of Learning Disability nurses, Psychologists and a Psychiatrist.

Summary of services in North Tyneside that support our children and young people's mental health and emotional wellbeing

Is there a charge for services:	No
How to refer:	Referrals can be made by requesting our referral form or by letter; referrers can also contact the team and request advice from our duty worker.
Criteria:	CLDT provides services to adults and children living in North Tyneside who have an identified learning disability and an identified need for support to maximise their health and well-being.
Website/ further information:	www.northumbria.nhs.uk/our-services/mental-health-services/community-learning-disability-service

Service Name:	Early Help/Supporting Families
Contact information:	Central 0191 643 8899 Coast 0191 643 8804 South West 0191 643 2229 North West 0191 643 2110
Services offered:	Support for children and families with school, boundaries, relationship worries, anti social behaviour, financial problems, feeling that you are not able to cope with stresses and pressures. Assessment of need Early Help Assessment (EHA) carried out with the whole family to identify areas of need and support that can be offered. A lead worker who will work with the family and agree a plan to support and improve outcomes for the family.
Is there a charge for services:	No
How to refer:	Please see website or call 0345 2000 109
Criteria:	See website below for further detail
Website/ further information:	http://my.northtyneside.gov.uk/category/500/early-help

Summary of services in North Tyneside that support our children and young people's mental health and emotional wellbeing

Service Name:	Education Psychology		
Contact information:	Service Manager Rachel Hughes	(0191) 643 8739/8740	Riverside Children's Centre, Minton Lane, North Shields, NE29 6DQ
Services offered:	<ul style="list-style-type: none"> • Critical incident support. • Thrive ® Lead Practitioner training for adults in schools supporting CYP with social, emotional and mental health needs. Staff training on a wide range of themes relating to CYP's mental health. • Integrative therapy play based or essentially a talking therapy with the optional use of creative media; Theraplay ®; Video Interaction Guidance ®; bereavement, loss or separation counselling. • Bespoke group work to address issues such as: bullying; internet usage and psychological wellbeing; importance of sleep; managing worries and anxiety; managing peer group pressures; relationships in adolescence; managing friendship difficulties; social skills training. • Evidence based group interventions for CYP including: Friends for Life (ages 8 – 11) and My Friends Youth (ages 12-15), endorsed by World Health Organisation as interventions for the prevention and treatment for anxiety and low mood; Mindfulness in Schools (MiSP programmes for primary and secondary aged pupils); Group Theraplay ® for developing relational connection across the age range • Bespoke group intervention and training for parents and/or school staff, again on a wide range of themes e.g. conflict management using restorative approaches; mindful parenting • Assessment / identification of special educational needs and disabilities; targeted intervention planning in relation to an individual's assessed needs. • Action research or evaluative research activity at a school or partnership level to explore and enhance the impact of intervention. 		
Is there a charge for services:	<p>A day of SLA time (6 hours) costs £450. The Educational Psychology SLA and the associated terms and conditions can be located on the www.educationservices.org.uk website.</p>		
How to refer:	<p>For schools buying into the Service SLA, referrals can be made via the school's link EP. Referrals can only be accepted from a Headteacher or SENCO.</p>		

Summary of services in North Tyneside that support our children and young people's mental health and emotional wellbeing

Criteria:	No set criteria, as schools determine their own priorities for EP involvement
Website/ further information:	http://www.educationservices.org.uk/Services/2953

Service Name:	Family Gateway (formerly Tyne Gateway) Improving Futures and Independent Support		
Contact information:	Chaz Digpal	chaz@tynegateway.co.uk	07715 651702
Services offered:	<p>Improving Futures – provision of whole family support for hardest to reach families with complex needs where the home environment is impacting the child's education.</p> <p>Workshops and activities – a range of activities and workshops for the hardest to reach families and most disadvantaged children, including money management for children, Comic Capers</p> <p>Independent Support for parents / carers undergoing transition to Education Health Care Plans</p>		
Is there a charge for services:	<p>Improving Futures is paid for via an SLA (flexible); one off interventions for £1500 each.</p> <p>Workshop costs vary. Independent Support currently fully funded by DfE</p>		
How to refer:	Referrals to Chaz Digpal or contact us for a discussion		
Criteria:	Disadvantaged children, hard to reach, multiple and complex needs,		
Website/ further information:	www.tynegateway.co.uk		

Service Name:	Healthwatch North Tyneside		
Contact information:	0191 263 5321	info@healthwatchnorthtyneside.co.uk	

Summary of services in North Tyneside that support our children and young people's mental health and emotional wellbeing

Services offered:	<p>We are here to make sure your views on health and social care services in North Tyneside are heard.</p> <p>We work with users of local NHS and social care services to hear about your experiences, identify any issues or problems and help bring improvements.</p> <p>We gather and represent the views of adults, young people and children living or using services in North Tyneside. We want to know what's working well and what needs to be changed.</p>
Is there a charge for services:	No
How to refer:	Via telephone or email
Criteria:	None
Website/ further information:	www.healthwatchnorthtyneside.co.uk

Service Name:	Language and Communication Team	
Contact information:	(0191) 643 2947	languageandcommunicationteam@northtyneside.gov.uk
Services offered:	<p>The Language and Communication Team works with pupils aged 4-19 with speech, language and communication needs, including those with an autism spectrum disorder, providing: statutory and non-statutory assessment, support (advice and recommendations), monitoring, targeted interventions and development of resources; as well as providing training opportunities for school professionals, parents and other agencies.</p>	
Is there a charge for services:	<p>As a North Tyneside commissioned service, there is no charge for referrals to our team, training from our core training programme or our two parent programmes. There may be a charge for some of the additional training we offer to schools/educational settings.</p>	
How to refer:	<p>Referrals for children/young people to our team can only be made by North Tyneside schools. Invitations to attend our parent programmes (EarlyBird Plus and Cygnet) are offered following a diagnosis of ASD by relevant health professionals. Parents apply for these programmes if they</p>	

Summary of services in North Tyneside that support our children and young people's mental health and emotional wellbeing

	wish to attend.
Criteria:	Young people aged 5-19 people can be referred to our team if they are attending a North Tyneside school and have a speech, language and communication need which is impacting on the pupil's social and academic progress. Schools can also request classroom based support for their reception year group. To access parent programmes the child must have a diagnosis of ASD and either be resident in, or attending a school in North Tyneside. Our services cannot be accessed by those outside of North Tyneside.
Website/ further information:	http://bentondeneschool.schooljotter2.com/language-and-communication-team

Service Name:	Mind Tyneside & Northumberland - Big Umbrella	
Contact information:	Head Office (Gateshead) 0191 477 4545	Doug Hill CYP Development Co-Ordinator 07983 461439
Services offered:	With the aid of a DfE grant Mind developed Big Umbrella; a school-based early intervention and prevention programme. Designed for and with students aged 10-18 years old. Big Umbrella takes a whole-school approach and includes both universal (assemblies and workshops) and targeted elements (1-2-1 support sessions) designed to; increase students' awareness and understanding of mental health problems, knowledge of where to go for help and support, confidence to support their own and others' mental health and wellbeing, and targeted support for individual students struggling with mild to moderate mental health problems.	
Is there a charge for services:	Pricing is subject to schools individual requirements.	
How to refer:	Schools can contact Mind for further information	
Criteria:	Contact the service for further information	
Website/ further information:	https://www.tynesidemind.org.uk/ A mood tracker app is also available at: https://www.tynesidemind.org.uk/help-support/tyneside-mind-mood-tracker.aspx	

Summary of services in North Tyneside that support our children and young people's mental health and emotional wellbeing

Service Name: North Tyneside Carers' Centre Young Carers Project	
Contact information:	<p>Address: North Tyneside Carers' Centre 3rd floor YMCA building Church Way North Shields NE29 0AB</p> <p>Telephone: All enquiries (0191) 643 2298</p> <p>E-mail: enquiries@ntcarers.co.uk</p> <p>Referrals by family and professionals can be made at: www.NTyoungcarers.org</p>
Services offered:	Group, one to one and family support to young carers age 5-18 providing practical and/or emotional care to a family member because of illness, disability, mental health or substance misuse issues. Support aims to reduce the amount of care young people are providing, build resilience and promote their own emotional well-being.
Is there a charge for services:	Services are provided free of charge
How to refer:	Online referral at www.NTyoungcarers.org
Criteria:	<ul style="list-style-type: none"> • The child or young person must be a young carer; therefore they are providing <u>unpaid</u> care for a person who has a long-term or terminal illness, a disability, mental health difficulty or misuses alcohol/substances • Their caring responsibilities are impacting upon their lives. This may be socially, emotionally, educationally or physically. Not all young carers' require support and many cope very well without support from external agencies • The child or young person must be 18 or under (If they are over 18, they may wish to seek support from our adult carers' service) • They must live in North Tyneside or be undertaking their caring role in North Tyneside
Website/ further information:	<p>www.NTyoungcarers.org</p> <p>Unsure about making a referral? Please call to talk to one of the Young Carers' project team.</p>

Summary of services in North Tyneside that support our children and young people's mental health and emotional wellbeing

Service Name:	Phoenix Detached Youth Project (PDYP)		
Contact information:	14 Front Street, Chirton, North Shields, NE297QW	Telephone:0191 258 5806	Email: staff@pdyp.org
Services offered:	<p>The PDYP works on a voluntary basis with young people. We can offer support and guidance around mental health, sexual health, employment, training and education as well as offering both group work and one to one support around the needs of the individuals. We also offer a Helping Hands service in partnership with Connexions, which looks at mental health, and emotional wellbeing, this service is for all of North Tyneside. Helping Hands supports young people through group work, one to one support and activities that look at helping young people build coping strategies and improve their mental health around issues they identify including but not limited to: anxiety, bullying, social isolation and dealing with negative emotions. There is no set limit on how long a person can attend Helping Hands so they can access it for as long or as short a time as needed. Please contact us if you think you may have a young person suitable and would wish for a referral form or find out more</p>		
Is there a charge for services:	There is no charge for our services		
How to refer:	Young people either can come into the office or have an informal chat or we are happy to meet young people where they feel comfortable. There is no formal referral process.		
Criteria:	Young people must be between the ages of 12 and 25yrs old and live in Meadowell, Percy Main, East Howdon, The Royal Quays and Chirton.		
Website/ further information:	www.pdyp.org		

Summary of services in North Tyneside that support our children and young people's mental health and emotional wellbeing

Service Name:	RHELAC Team
Contact information:	Jane Pickthall, Head of The Virtual School jane.pickthall@northtyneside.gov.uk 0191 643 8366
Services offered:	The RHELAC Team (Raising Health and Education of Looked After Children), and The Virtual School that sits within it, provide a support service for children in the care of North Tyneside Council. It also provides advice and signposting for post-care children in adoptive placements or with SGOs living in North Tyneside. We provide academic support from teachers and a teaching assistant, emotional support from a counsellor and advice and signposting from a clinical psychologist. We also have access to educational psychologists to help unblock barriers to learning, improve school stability and provide direct support. The Lead Nurse for Looked After Children also sits within the team and we have access to paediatric support around the health assessments. We also provide advice, training and signposting to other services.
Is there a charge for services:	Services are free for children looked after by North Tyneside Council. Pupil Premium Plus is partly used to provide education support and counselling.
How to refer:	Contact the team direct via email or telephone.
Criteria:	Service for children in care.
Website/ further information:	http://www.ntcpd.org.uk/courses/rhelac