Recreational Therapeutic Service

Our Recreational Therapeutic Service supports children and young people aged 9 to 18. It is available to those children and young people accessing our Mentoring and Young Carers Services as well as young people who have found it hard to engage with traditional talking therapies and/or are finding it hard to engage in education.

Individual modules can be facilitated in individual schools or children/young people are able to join our ongoing programme. Modules of support include football, outdoor activities, creative arts and music. Each module will develop skills in team work, leadership, independent thinking as well as building self worth and confidence.

Other Information

CHUMS provides training for professionals on a variety of topics.

Private Practice – schools, other agencies and families are able to commission CHUMS services.

Trained volunteers are an essential resource for our services, we are always happy to speak to people who would like to volunteer.

Our Trauma Service for bereaved children is only possible through fundraising and donations.

CHUMS

If you think we may be able to help you please do contact us:

Phone: 01525 863924
Email: info@chums.uk.com
Website: www.chums.uk.com

CHUMS,
Wrest Park Enterprise Centre,
Wrest Park,
Silsoe,
Beds,
MK45 4HS

The office is open 9am - 5pm Monday to Friday.

The service is free and confidential

CHUMS is a social enterprise, a community interest company, whose profits are reinvested back into the service

/ChumsCharity @CHUMSCharity

Services delivered on behalf of the NHS

MEMBER OF SOCIAL ENTERPRISE UK

Child Bereavement
Trauma & Emotional Wellbeing Service

Sharing the Journey in Luton
**Bereavement/Trauma**

The Bereavement Service supports children and young people aged 3-18 and their parent or carer following the death of someone close to them, whoever that may be and however they may have died, whether a recent death or some time ago.

Death is an overwhelming experience which can often leave children/young people feeling isolated and alone.

Support includes telephone support and advice for families and professionals, initial home visit for the whole family, individual support at home or in school, group support for the family, ongoing support in a variety of ways.

Our Stillbirth and Neonatal Bereavement Service offers ongoing support to families where a baby has sadly died.

CHUMS Trauma Service offers additional specialist support where required to children/young people who have been bereaved by murder, suicide or other sudden death and/or where there are signs and symptoms of PTSD.

The Trauma Service is also able to support other child based trauma including sexual abuse, witness to domestic violence or witness to another traumatic event.

**Mentoring**

The Mentoring Service supports children and young people aged 5-18 who are facing a variety of challenges in their lives. Support is offered throughout the year by individual support with a mentor, group work on a variety of topics, social events and a drop in facility. Children/young people supported by the Mentoring Service are also able to access the recreational therapeutic programme to gain new experiences and develop their self worth, resilience and team working skills.

Mentors are trained to offer practical and emotional support, a listening ear and help the child/young person define individual goals. They are a positive role model, offering a sustained and trusting relationship. Children and young people are encouraged to improve social skills, build confidence in independent thinking and unlock their true potential.

Children/young people suitable for referral into this service may be struggling with family challenges, school engagement, health concerns, social isolation, friendship difficulties and/or low self esteem.

**Young Carers**

Our Young Carers Service supports children and young people aged 5-18 who are caring for someone with a disability, chronic or serious illness, mental health condition, learning difficulty etc. Young carers often experience social isolation because of their responsibilities at home. Support is offered throughout the year with group work on a variety of topics, social events and a drop in facility. Support is also available for parents. Young carers are able to access the recreational therapeutic programme to help them develop their skills and experience whilst increasing their confidence and resilience. Individual support is also available where appropriate to enable the child/young person to build a trusting relationship with another adult.