

Overview of Services in Newham

Concern (in alphabetical order)	Services
ASD	<ul style="list-style-type: none"> • National Autistic Society Newham branch
Bereavement	<ul style="list-style-type: none"> • Child Bereavement UK
Community engagement	<ul style="list-style-type: none"> • Fight for Peace • Community Links • HeadStart
Counselling	<ul style="list-style-type: none"> • KOOTH (online for 10-16) • Newham Talking therapies (16+ if NEET) • School counsellor • HeadStart (for mentoring in schools)
Domestic Violence	<ul style="list-style-type: none"> • New Day • Hestia
Drug and Alcohol	<ul style="list-style-type: none"> • CGL (Change, Grow, Live)
Family Support / Parenting	<ul style="list-style-type: none"> • Triple P • Families First • SOFT group (for parents with a mental illness) • HeadStart Peer Parenting Course
Forced Marriage	<ul style="list-style-type: none"> • Forced Marriage Unit (FMU)
LGBTQI	<ul style="list-style-type: none"> • Queer Newham • Aston Mansfield - Paris
Neurodevelopmental	<ul style="list-style-type: none"> • CDS
PTSD	<ul style="list-style-type: none"> • National Victim Support
Refugee / Migrant	<ul style="list-style-type: none"> • Baobab Centre for Young Survivors in Exile • Children's Society – New Londoners • Hope for the Young • Project RISE
Roma	<ul style="list-style-type: none"> • Roma Support Group
Sexual Abuse / Rape	<ul style="list-style-type: none"> • Newham One Stop Shop • Nia Project • East London Rape Crisis Service • London Black Women's Project
Sleep Difficulties	<ul style="list-style-type: none"> • Scope
Young Carer	<ul style="list-style-type: none"> • Newham Carers Network

Detailed Information about Services and Referral Information

Service Name (in alphabetical order)	Description	Contact Information
Aston Mansfield - Paris	Aston Mansfield – Paris provides support to LGBTQ youth living in Newham. Using an integrated and community focused approach, the service aims to make long-lasting change, offering opportunity, community, and inspiration to children, families, and young people. The service puts on a weekly support group for LGBTQ youth and their allies.	https://www.themix.org.uk/get_involved/events/paris-lgbtq-youth-group-aged-13-19-2017-08-17
Baobab Centre for Young Survivors in Exile	The Baobab Centre works with child, adolescent and young adult asylum seekers and refugees who have experienced humiliation, violence, trafficking and violation in their home countries and/or on their often prolonged journeys into exile in the UK. The Baobab Centre offers a mixture of psychotherapeutic and therapeutic help. This means everybody who attends has the possibility of accessing individual psychotherapy, group psychotherapy, practical casework and social work support and a variety of group-based therapeutic activities, including regular music workshops, a philosophy discussion group and individual and group English classes as well as holiday projects and an annual summer therapeutic retreat.	https://baobabsurvivors.org/ Referral form online: https://baobabsurvivors.org/content/referrals 0207 263 1301
CGL (Change, Grow, Live)	Newham Young People's Service is a free drug and alcohol service for young people aged between 11 and 18. The service is for young people living in Newham who have questions or concerns about drugs or alcohol and would like information or advice. We will travel to a location convenient for you to meet face to face or we are available via the phone, email, Facebook or Twitter to talk with you.	Call us on 07741 196424 or email us on NewhamYP@cgl.org.uk https://www.changegrowlive.org/young-people/newham-young-peoples-service
Children's Society – New Londoners	Service offers advice, advocacy and case work support for young migrants, asylum seekers and refugees, who are destitute or at risk of destitution, across London. Helps young unaccompanied refugees & asylum seekers aged 13-19.	0208 221 8200 Refugee and Migrant Services 21-23 Broadway London E15 4BQ United Kingdom
Child Bereavement UK	We think the family may benefit from accessing bereavement support from Child Bereavement UK. Their Newham based centre, located in Stratford, provides offers free face to face support for families where a baby or child has died or where children and young people, up to the age of 25, are bereaved. For further details about the service please visit their website: https://childbereavementuk.org/families/support/newham-east-london/	https://childbereavementuk.org/families/support/newham-east-london/
Child Development Service (CDS)	An integrated specialist service which supports the development and inclusion of disabled children in Newham from birth to 5 years old but also through school years. The consultants, associate specialists and staff grade paediatricians carry out multidisciplinary initial assessment, and diagnostic and review services for children with complex	GPs, Special Education Needs coordinators, consultants, child and family consultation services can refer to CDS.

	and multiple developmental needs. School aged children (12 and under) suspected of having autism spectrum disorders are seen by CDS.	020 8250 7314 https://www.elft.nhs.uk/service/195/Newham-Child-Development-Service
Community Links	Community Links is a community charity providing support and opportunities to people in Newham. Its mission is to support people in coming together, overcoming barriers, building purpose, and making the most of the place they live in. It offers development programmes for minorities, support for YP aged 18-24 to find employment, education, or training, and community activities, including the chance to volunteer at a community hub and receive professional development and training opportunities.	105 Barking Road Canning Town London E16 4HQ info@community-links.org 020 7473 2270
East London Rape Crisis Service	The East London Rape Crisis Service provides free, confidential specialist help for women and girls who have been raped or experienced any other form of sexual violence. Services are for women of all ages including young women over the age of 14, whatever the assault and whenever it occurred. The women who work and volunteer at Rape Crisis London offer confidential and independent support. Services include emotional and practical support, one-to-one counselling, group support and advocacy.	If you would like to access the service or would like more information call the service at 0800 1601036. http://www.niaendingviolence.org.uk/rape/
Families First	The Families First service provides intensive intervention to families with a range of needs. The service includes an in-house team plus additional commissioned services for intensive support. Support is delivered in a setting where the family is comfortable; for example in the home, at flexible times, two to three times a week. Examples of help and support provided by Families First include organising daily routines at home, improving progress and attendance at school, managing behavioural changes and ways to change it, helping young people or adults get into work or training, help and advice around budgeting and finances. To access, follow the link below: https://azcareportal-live.newham.gov.uk/aztrriageportal/jsp_mash/admin/login.jsp and register in order to complete a referral form. Additional support is available on 020 3 373 4600.	https://azcareportal-live.newham.gov.uk/aztrriageportal/jsp_mash/admin/login.jsp 020 3 373 4600
Fight for Peace	Fight for Peace combines boxing and martial arts with education and personal development to realise the potential of young people in communities affected by crime, violence and social exclusion. Fight for Peace provides young people with the tools and support structures they need to become life champions and create positive futures for themselves. Fight for Peace supports young people directly and equips partner organisations with the knowledge and resources to better support young people in their communities.	http://fightforpeace.net/
HeadStart	HeadStart is a National Lottery funded mental health service improving lives for young people and families in Newham. Working closely with schools and the community, HeadStart offers young people and their families opportunities to	https://www.headstartnewham.co.uk/

	recognise the strengths they already have and develop new skills so they're able to overcome challenges and bounce back from tough circumstances. HeadStart is for 10-16 year olds living in Newham who would benefit from additional support to improve their mental health. They offer a variety of services to children in HeadStart schools. Services include peer mentoring programmes, community activities, parenting programmes.	
Hestia	Hestia provides community based domestic and sexual violence services for Newham. Hestia supports men, women, and children, including victims of modern slavery, victims of domestic abuse, young care leavers, individuals with learning disabilities, and older people. Services include providing safe housing, supporting people to get mental health treatment, providing art therapy, yoga, IT, gardening, cooking, befriending, fundraising, supporting people with learning disabilities or physical disabilities to live independently, helping people recently released from prison to re-integrate into the community, and providing drug and alcohol support.	24/7 Phone Number: 0808 196 1482 ReferralsNewhamDSV@hestia.org InfoNewhamDSV@hestia.org https://www.hestia.org/domestic-abuse
Hope for the Young	Hope for the Young provides mentors for young refugees and asylum seekers in the YK. It offers support to young people aged 16 to 25. Mentors support young people to overcome obstacles by working on mutually agreed targets tailored to the young people's needs. Young people receive 2-3 hours a week with their dedicated mentor who will offer 1:1 support as appropriate through language development, enrolment advice, study skills, confidence building, emotional support, and increased access to services.	https://hopefortheyoung.org.uk/mentoring/ To apply, download the referral form available at the above website and email it to mentoring@hopefortheyoung.org.uk
KOOTH	If X would like to access counselling support, we can recommend Kooth. Kooth is a free, safe and anonymous online counselling service for young people aged 10-16. It provides support from qualified counsellors via mobile, tablet and desktop computer. Young people can access support directly without needing a referral by joining Kooth online at www.kooth.com .	www.kooth.com .
London Black Women's Project	Supports women and girls who have been victims of violence by providing information and helping with housing and homelessness, safe space, healing and recover through art, advice and advocacy, keyworking, and therapeutic support. Offers a free 24 hour national domestic violence helpline, free legal services, and emergency accusation for women and children.	Free Domestic Violence Helpline: 0808 2000 247 661 Barking Road London E13 9EX T: 020 8472 0528 E: info@lbwp.online
National Autism Society	The National Autism Society has a Newham branch which supports parents and carers of a child with autism. If you have not signed up already we would recommend doing so. Further details including their contact details are available on their website: http://nasnewhambranch.webeden.co.uk/	http://nasnewhambranch.webeden.co.uk/
National Victim Support	National Victim Support (VS) is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales. VS provides free and confidential support 24 hours a day, 365 days a year for people affected by crime and traumatic events – regardless	Call the Support line for free on 08 08 16 89 111 or request support online:

	of whether they have reported the crime to the police. VS offers information and advice, immediate emotional and practical help, longer term emotional and practical help, advocacy, peer support and group work, restorative justice, personal safety services, and help in navigating the criminal justice system. VS provides a wide range of specialist services that help people affected by all types of crime from burglary, hate crime, fraud and theft to domestic abuse, child sexual exploitation and terrorism.	https://www.victimsupport.org.uk/help-and-support/get-help
New Day	<p>New Day is Newham's domestic abuse innovation programme, established to tackle the effects of domestic abuse on children and young people who access statutory social care services. With the help of professionals such as social workers, family therapists, and teachers, New Day aims to offer families the opportunity to make changes to their lives and live free from abuse.</p> <p>Offers therapy sessions for children, family therapy sessions, linking into school, and inter-parental relationships work to help parents work through conflict, plan for safety, and improve family relationships,</p>	<p>Refer for NewDay social care interventions through their families first practitioner or social worker. Teachers can refer a child for the schools and learning offer as well.</p> <p>NewDay@newham.gov.uk</p> <p>https://www.newham.gov.uk/Pages/ServiceChild/NewDay.aspx#Contactusnbsp</p>
Newham Carers Network (NCN) (for young carers)	Newham Carers Network (NCN) is running an Integrated Carers Support Service, this means they offer support to all Carers from the age of 5 and upwards. Any carers who would like support can refer themselves, or they may be referred by a school or professional who knows the family. NCN will provide different levels of support to Carers based on their needs, but the support available includes: information and advice, advocacy, peer support groups, including young carers in transition and parents of young carers, support to access universal services (including youth provision) in Newham, an empowerment programme of activities.	<p>0208 519 0800</p> <p>info@newhamcarers.org.uk</p> <p>https://adultsocialcare.newham.gov.uk/pages/young-carer.aspx</p>
Newham One Stop Shop and Nia Project	<p>The Newham One Stop shop supports victims of domestic and sexual violence (including victims experiencing forced marriage, honour-based violence, female genital mutilation and those who require support to exit sex work). Offers a 24 hour support line, counselling, and empowerment group work.</p> <p>The Nia Project is part of Newham One Stop Shop and is an independent domestic and sexual violence advocacy service. It provides one to one casework for victims of sexual violence who are over 16.</p>	<p>Call 0845 451 2547 or 020 3384 9412 for advice and support. This line is available 24 hours a day, 7 days a week.</p> <p>Professionals referral form is available online. Referrals should be emailed to referrals.idva@aanchal.cjsm.net. Victims must be aware of the referral and give consent.</p>
Newham Talking Therapies	Young people older than 18 or 16 if not in full time education, training, or employment can access Newham Talking Therapies, an adult talking therapies service for support. X can read more about Newham Talking Therapies and self-refer on their	http://www.newhamtalkingtherapies.nhs.uk

	website: http://www.newhamtalkingtherapies.nhs.uk	
Project RISE	RISE is a free service to help refugees find jobs. It offers free English lessons, help applying for jobs, support from a friendly adviser, help with benefits and housing, mentoring support, fun events, activities, and social opportunities. RISE is for refugee or asylum seekers with the right to work in the UK or people who have been granted humanitarian protection, discretionary leave to remain, or have had a family reunion application approved.	http://www.renaisi.com/riise/ +44 (0) 20 7033 2600 info@renaisi.com
Queer Newham	Queer Newham raises awareness about gender equality and supports the wellbeing of the LGBTQA+ community in Newham. Queer Newham aims to challenge prejudice and dismantle hate through raising awareness on LGBTQ issues, putting on events, creating partnerships with organisations (including educational institutions and faith groups), promoting open conversations between residents and providing information on gender and sexual diversity.	https://queernewham.weebly.com/ https://www.facebook.com/queernewham/
Roma Support Group	Provides support for the Roma community. Conducts face-to-face health advocacy sessions, assisting patients in communication with health professionals, understanding referrals, and requesting interpreters. Also provides information on mental health issues and signposting to relevant services. Offers a monthly peer support group for community members to learn about and discuss mental health issues.	Daria Ferranti – Mental Health Advocacy Coordinator daria@romasupportgroup.org.uk 07445548279
SCOPE	We think X would benefit from specialist support for his sleep difficulties. Therefore, we recommend X and his family access SCOPE, a specialist sleep service. X's parents can complete an online application form for SCOPE at https://www.scope.org.uk/sleep-service , and a member of the sleep service team will get in touch with them.	https://www.scope.org.uk/sleep-service
Supporting of Families Together (SOFT) (Run by Newham CAMHS)	The group is for parents, children and young people aged 7-14, who are affected by mental health issues in their family. We aim to improve coping with mental illness and its impact on family relations, by providing support and activities that promote stronger and more successful relationships between young people and their parents. The groups will be running on the second Monday of the month from 4.30 pm to 7.30 pm. Families are welcome to attend as many (or as few) as they like.	Contact current facilitators (Veronica and Caroline)
Triple P (PPP)	We recommend X's parents attend a Triple P parenting group. These groups support parents to develop effective strategies for managing challenging behaviour and also enable parents to meet other parents facing similar challenges. There are a number of free local courses parents can access more information and sign up to courses online by following this link: www.earlystartgroup.com/parenting	www.earlystartgroup.com/parenting

Other places you can go for help:

- **111 NHS Tel:** 111 www.111.nhs.uk
- **Asylum Help** UK 0808 8000 630
- **British Red Cross International family tracing** 020 7704 5686
- **Care Leavers' Foundation** 01678 540 598 www.thecareleaversfoundation.org
- **Catch** 22 020 3700 0385 www.catch-22.org.uk
- **Citizens Advice Bureau** 020 8525 6377 www.eastendcab.org.uk
- **Coram Voice** 0808 800 5792 www.coramvoice.org.uk
- **Crisis – Newham out of hours service** – 020 7540 6782
- **FRANK** 0300 123 6600 www.talktofrank.com
- **Money Advice Helpline** 0800 138 7777
- **Money House/My Bank** 020 3581 9920 www.info@mybnk.org
- **Newham – One Stop Shop** 0845 451 2547
- **Newham Housing** 020 8430 2000
- **Newham MoneyWorks** 0208 430 2041
- **Newham Talking Therapies Phone:** 020 8821 0821
www.newhamtalkingtherapies.nhs.uk
- **Newham Virtual School** 020 3373 1336
- **NIA Project** 020 7683 1270 www.niaendingviolence.org.uk
- **Princes Trust** 0800 842 842 www.princes-trust.org.uk
- **Samaritans** 116 123 www.samaritans.org
- **Shelter** 0808 800 4444
- **Student Finance company** 0300 100 0607
- **The Rees Foundation** www.reesfoundation.org