

Trafford Professionals Children and Young People support guide



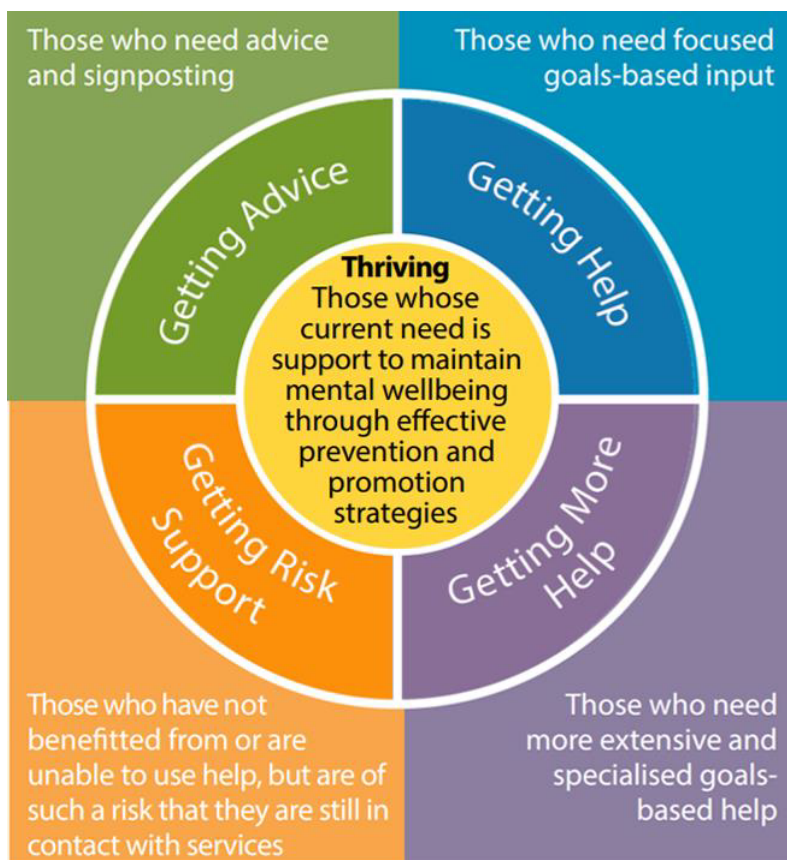
Welcome

Trafford Professionals Children and Young People (CYP) support guide has been developed to support anyone working or volunteering with children, young people and families in Trafford. The guide will provide you an overview of the local support and services available to children, young people and families.

The guide has been designed to reflect the THRIVE model which has been adopted by Trafford to deliver services under the following headings:

- **Getting advice** - pages 4-5
- **Getting help** - pages 6-13
- **Getting more help** - pages 14-15
- **Getting risk support** - pages 16

The support guide has been produced by Trafford Council CYP Public Health and Commissioning Team and is a dynamic document that will be updated on a six-monthly basis. You can contact the team: phadmin@trafford.gov.uk





GETTING ADVICE

Chat Health in Trafford (ages 11-16)

A confidential NHS text messaging service, which offers advice and support on a range of health and wellbeing issues for young people in Trafford. To start a conversation with a School Nurse text: Chat Health to

07312 263 056

The service operates Monday to Friday 8:30am-4:30pm.

Visit: bit.ly/trafford-chat-health



Trafford Sunrise Parent Workshops (parent support)

Trafford Sunrise deliver workshops to Trafford parents with children aged between 5-12 years on a range of topics, including anxiety, challenging behaviour and bullying. The workshops are delivered online and face-to-face in the community.

Visit: bit.ly/traffordsunrise



Parent line Trafford (parent support)

A confidential NHS text messaging service, offering advice and support on a range of health and wellbeing issues for Trafford parents and carers of children aged 0-5.

To start a conversation text:

Parent Line to

07312 263 056

The service operates Monday to Friday 8:30am-4:30pm.

Visit: bit.ly/parent-line



Kooth (ages 10-25)

Free online support and advice for young people, accessible 24/7, 365 days a year. Young people can track their mood with a goals tracker and note their thoughts in an online journal. Kooth also provides peer support via fully moderated forums and the opportunity to contribute to self-help articles/content. Visit: kooth.com



TDAS - Drama workshop with teacher training (ages 13-16)

TDAS are working in partnership with the MaD Theatre Company to deliver a drama-based intervention to Trafford Schools for Year 9-11 pupils. It explores healthy relationships and aims to prevent and support the early identification of domestic abuse amongst young people, their peers, families and networks. The project also includes awareness training for teachers.

Visit: tdas.org.uk/traffordcyp





School CAMHS Information Line (SCIL)

Offer advice and information about early mental health difficulties to Trafford school staff.

Contact: mft.Trafford.CAMHS-SCIL@nhs.net



Gambling harms and awareness sessions (ages 13-18)

Lancashire Cricket Foundation and Gambling with Lives are delivering free education assemblies and workshops in schools to pupils in Year 9-13. The programme aims to raise awareness of gambling-based behaviours whilst covering gaming, mental health, addictive behaviours, online safety and social change. Contact:

James@gamblingwithlives.org



Proud Connections (all ages)

Digital 1:1 support for LGBT+ young people and adults supporting them. The confidential messaging service is free and can be accessed 12pm-6pm every Tuesday, Wednesday and Thursday. Visit:

theproudtrust.org/proud-connections/



Street Talk - youth work team (up to 18 years)

Street Talk work with young people on the streets, in parks and community venues and run young person led projects and activities across the borough. Youth workers deliver informal education which builds on young people's interests and strengths to support their personal and social development.

Visit: bit.ly/streettalk-trafford



GETTING HELP

Trafford Health Visiting Team (ages 0-5) - 0-19 Healthy Child Programme (HCP)

Trafford Health Visiting Team work together with parents and carers to ensure that children have the best start in life and can achieve their full potential. The service offers holistic support to all families, which includes post-natal and emotional wellbeing screenings, developmental reviews, and information and guidance to support parenting and healthy choices.

Contact your locality team:

- North - mft.TraffordNorthAreaSchoolNursingTeam@nhs.net
- Central - mft.TraffordSchoolNurseTeamCentral@nhs.net
- South - mft.TraffordSchoolNurseTeamSouth@nhs.net
- West - mft.WestSchoolNurses@nhs.net

Visit: bit.ly/trafford-health-visiting



Trafford School Health Team (ages 5-19) - 0-19 Healthy Child Programme (HCP)

Trafford School Health team service promotes the health and wellbeing of children (5-19). The service delivers a range of health promotion activities and interventions across primary and secondary education settings. School health provide information, advice, drop-in support, and referral on a range of health-related issues, including mental health and wellbeing, sexual health, and weight management.

Contact your locality team:

- North - mft.TraffordNorthAreaSchoolNursingTeam@nhs.net
- Central - mft.TraffordSchoolNurseTeamCentral@nhs.net
- South - mft.TraffordSchoolNurseTeamSouth@nhs.net
- West - mft.WestSchoolNurses@nhs.net

Visit: bit.ly/trafford-school-nursing



Children's Weight Management Service (ages 2-18)

Dietitians work with families to support children and young people to become a healthier weight through changing habits as a family. The six-month programme uses a lifestyle approach and provides practical ideas, information and direct support on healthy eating and local activity sessions.

Visit: bit.ly/cyp-weightmanagementservice





STI testing - Chlamydia & Gonorrhoea (ages 16-24)

Free STI testing for chlamydia and gonorrhoea for young people in Trafford aged 16-24 years. Brook's STI testing is confidential and can be ordered online. Kits are posted within two days and results within five to seven days after test is received.

Visit: bit.ly/brook-trafford



The Northern at Urmston Clinic – Sexual Health (all ages)

A sexual health services that provides a one stop shop for sexual health needs in the community, including contraceptive advice and supplies, STI testing and treatment, pregnancy tests, termination of pregnancy information, general health advice & referrals. The service provides free and confidential advice for all ages including under 16's.

Visit: thenorthernsexualhealth.co.uk/



Trafford Young Carers (up to 16 years)

Trafford Carers Centre support young carers (under 16 years) including 1:1 support and offering young carers a break from their caring role. A young carer is someone who cares for a friend or family member who needs their support due to illness, disability, mental health or addiction. They also work with schools to help identify and support young carers.

Visit: bit.ly/youngcarers-trafford



Calm Connections (family support)

Calm Connections provide support to families going through tough times. They work with the whole family on calm, positive relationships and maintaining good mental health. Face-to-face parent led workshops run fortnightly on Thursday evenings 5:30pm-7:30pm at Stretford Mall. Topics covered include anxiety, school, behaviour, additional needs and friendships.

Visit: calmconnections.org/



Holding Families (family support)

The Holding Families programme provides family support for children (under 18) and family members affected by parental substance use. The programme gives the whole family the opportunity to talk about any problems caused by drugs and alcohol and to allow the children's voices to be heard. It aims to empower families to make positive decisions and changes to help improve family life.

Visit: bit.ly/holding-families-programme





Early Help Hubs

(ages 0-11 and their families)

Baby clubs have started at both Partington and Stretford hubs, providing parents and babies with the opportunity to enjoy baby massage and meet other new parents and babies. Stretford Early Help Hub will be delivering Toddler Incredible Years course starting in September. Trafford's Early Help Hubs offer telephone advice and support and signposting to other key agencies.

Visit: bit.ly/early-help-hubs



Baby Stay & Play (ages 0-1)

Babies Stay & Play is available for children (aged 0-1) held every Wednesday 10am-11.30am at both Stretford Children's Centre & Partington's Children's Centre.

Visit: bit.ly/early-help-hubs



Trafford Team Together (TTT) (ages 5-18 and their families)

Trafford Team Together (TTT) finds support for children (5-18 years) and their families living in Trafford or attending a Trafford school, preventing small worries turning into bigger problems. They also find support for children and families recovering from crisis. Currently available in Trafford North, West and South areas.

Visit: bit.ly/trafford-team-together



Triple P Online (parent support)

Triple P Online can help parents: build a stronger relationship, negotiate boundaries and expectations, deal calmly with conflict, survive the emotional rollercoaster, prepare for risky situations, and equip their children to handle life's problems.

Visit: bit.ly/TripleP-online



Solihull Parenting Programme (parent support)

The Solihull Approach aims to improve emotional health and wellbeing by supporting relationships. The courses are written by CAMHS professionals with other health and education workers. Visit: inourplace.co.uk/ (When prompted enter the access code: WATERPARK)



**Oral Health Improvement Service
(all ages)**

The service delivers oral health awareness sessions and training, including practical tips and advice to children, parents, professionals and volunteers across Trafford.

Contact: bchft.gmoralhealth@nhs.net

**Trafford Infant Parent Service (TIPS)
(ages 0-5)**

TIPS provides therapeutic interventions and support for babies and children under 5 and expectant parents/carers who are struggling to adjust in their transition to parenthood. TIPS focuses on building nurturing, responsive and caring relationships between infants and their caregivers. Contact:

mft.traffordinfantparentservic@nhs.net

**TLC - Young peoples programme -
adolescent to parent violence (APV) and
encouraging healthy relationships
(ages 10-21)**

Family interventions supporting young people who are displaying unhealthy behaviours in their relationships with their parents/carers.

Also provide 1:1 sessions to young people in school who are displaying unhealthy behaviours in relationships with others, including intimate relationship and siblings.

Visit: talklistenchange.org.uk

**CFC - Family Counselling
(family support)**

Family counselling helps to address and support families with difficulties they may be having in their family relationships. It is flexible and tailored to the needs of the family, it deals with all stages of lifecycles, including the arrival of a new baby, children, divorce and coping with bereavement or loss.

Visit: thecfc.org.uk/families-counselling

**CFC - Children and Young People
Counselling (ages 5-17)**

Counselling helps support young people who may be struggling, offering a safe space for the young person to understand what's happening and how to move forward. It can help with a range of concerns including anxiety, bullying, loneliness and depression.

Visit: thecfc.org.uk/children-young-people

**TLC & TDAS - Make a Change
(family support)**

The programme delivers support to those using abusive behaviour in their intimate relationships and also offers support to partners/ex-partners and their children.

Visit: bit.ly/make-a-change-trafford



Mental Health Support

Kooth - online counselling (ages 0-25)

Kooth provide free, anonymous counselling sessions every day, 12pm-10pm, 365 days per year. Delivered by qualified counsellors through chat-based messaging drop-in or booked sessions. Young people can also track their mood with a goals tracker and note thoughts in a journal. Kooth also provides peer support via fully moderated forums and the opportunity to contribute to self-help articles/content. Visit: kooth.com



Trafford Sunrise (ages 5-12)

Children needing goal-based input can be referred to Trafford Sunrise who provide Early Support groups and Working Together groups. The child and parent group interventions focus on techniques to support emotional difficulties and coping with stress. The service also has a small resource to support children on a 1:1 basis.

Visit: bit.ly/traffordsunrise



42nd Street (ages 13-25)

Free confidential counselling, 1:1 and group support services for CYP experiencing stress and mental health problems. Young people, parents/carers and professionals are able to self-refer to this service via 0161 549 6456, email or in person.

Visit: 42ndstreet.org.uk/



THRIVE in Education - Primary Schools (ages 5-11)

Place2be provide Mental Health Support Teams (MHST), supporting 5-11 year olds with mild-moderate mental health issues through 1:1 and group work. Place2be also support schools to develop their whole school approach to mental health.

Visit: bit.ly/place2be-schools



THRIVE in Education - Secondary Schools (ages 11-18)

MFT CAMHS provides Mental Health Support Teams (MHST), supporting 11-18 year olds with mild-moderate mental health issues through 1:1 and group work. MFT CAMHS also support schools to develop their whole school approach to mental health. Contact: mft.traffordthrive.education@nhs.net



Qwell (ages 18+)

Anonymous online counselling, advice, and mental health support for adults. Fully moderated forums and self-help materials available 24/7. Qualified counsellors and therapists available Mon-Fri: 12pm-6pm and Sat-Sun: 6pm-10pm.

Visit: qwell.io/



Other Wellbeing Services

Home-Start (ages 0-18) (up to 25 with SEND)

Home-Start support any family living in Trafford with a child of any age who may be going through difficulties. Their support workers and volunteers deliver family support in the home and community venues. The service focuses on families experiencing or being at risk of domestic abuse, separation, imprisonment, debt and food poverty, isolation as a result of cultural/ language barriers.

Visit: bit.ly/homestart-trafford



SENSE (ages 5-18)

SENSE provides a holiday group offer for children and young people aged 5 – 18 years with a diagnosis of autism/additional needs. It provides respite for both parent/carers and children in a fun, safe and social environment with activities including messy play, crafts, sensory play, outdoor activities, music and more. The sessions take place at St Johns Church, Urmston and run for three days a week during school holidays.

Visit: sense.org.uk/



Sport Works (ages 5-11)

Sport Works provide a Saturday club for children aged 5–11 years during term time and during the week in school holidays. The group is for children with additional needs and provides respite for both parent / carers and children in a fun, safe and social environment. Activities include sport, craft, and drama. The sessions take place at Gorse Hill Studios.

Visit: bit.ly/sportworks-trafford



Sport Works

(ages 11-18) (up to 25 years with SEND)

Sport Works provide a Sunday club for children aged 11–18 years. The group is for children with additional needs and provides respite for both parent/carers and children in a fun, safe and social environment. Activities include sport, craft, and drama. The sessions take place at Gorse Hill Studios. Visit:

bit.ly/sportworks-trafford



Sports Works - Tuesday and Saturday Challenge sessions (ages 11-18) (up to 25 with SEND)

An inclusive youth groups for young people based at Gorse Hill Studios. Sessions include sports, activity, cooking, nutrition, drama, and creative arts to allow maximum choice for the young person. Visit: sportworksltd.co.uk/



Rainbow Reflections

(ages 13-19) (up to 25 with SEND)

Weekly support group at Talkshop Trafford for LGBT+ young people and those questioning their gender or sexuality.

Visit: bit.ly/prouddtrust-group



Sleep Tight Trafford (ages 2-18)

Provides 1:1 sleep clinics for Trafford parents and carers of children aged 2-18 years. The sleep practitioners work with families to create a personalised sleep plan for their child who is struggling to sleep.

Visit: togethertrust.org.uk/sleep-tight-trafford



Foundation 92 (F92) (ages 5 -15)

Foundation 92 supports children aged 5-15 years and their families to better understand nutrition, mental health, resilience, and the benefits of physical activity. The six-week programme has been designed to empower and influence families to make better lifestyle choices.

Contact: daniel.clegg@foundation92.co.uk



Trafford Domestic Abuse Services (TDAS) (ages 5 -18)

TDAS offers support to individuals and families living or working in Trafford who are suffering or who have suffered domestic abuse. TDAS offers a range of services that support children and young people (5-18) who have been exposed to domestic abuse or who are in an unhealthy relationship.

They also have 1:1 and group-based programmes that offer emotional support and education.

Visit: tdas.org.uk/traffordcyp



Early Break - Substance misuse service (ages 11-21)

Service for young people providing access to specialist treatment interventions.

Interventions are tailored to the individual, including social and health care support.

They help young people to strengthen their resilience through education, training, employment, good health, and positive relationships.

Visit: earlybreak.co.uk/



Trafford Talkshop

(ages 11-19) (up to 25 with SEND or care leavers)

Youth workers provide advice, support and information for young people. Every Monday and Wednesday young people can access a sexual health clinic, as well as 'young bumps' and 'butterflies' peer support groups.

Visit: bit.ly/talkshop-trafford



Trafford Carers Chatty Café (parent/carers)

Parent carers in Trafford are invited to a friendly coffee morning, meet other people, get information and advice, and take a break. Every 1st and 3rd Thursday of each month at The Life Centre, Sale.

Visit: bit.ly/trafford-chatty-cafe



Mentoring Services

Salford Foundation - Engage Mentoring Service (ages 8-18) (up to 25 years with SEND)

Engage Trafford provides 1:1 intensive mentoring and group activity sessions. The mentors work with children and young people to reduce risk factors and raise aspirations through a personalised support package for up to 16 weeks.

Visit: bit.ly/engage-mentoring



Foundation 92 (F92) - Sports Based Activity Mentoring Programme (ages 11-18)

Foundation 92 provides a sport based physical activity mentoring programme for young people aged 11-18 who are at risk of violence.

Contact:

violencereduction@trafford.gov.uk



Salford Foundation - STEER 1:1 Mentoring (ages 10-17)

STEER provides 1:1 mentoring for young people at risk of serious youth violence and child criminal exploitation. Through personalised interventions mentors help young people to improve resilience, motivation and reduce risk taking behaviours.

Visit: bit.ly/steer-mentoring



Tuf*C - ACE mentoring and personal resilience support programme (ages 16-19)

The programme is designed to assist and support young people in Trafford who may have suffered from adverse childhood experiences (ACEs).

The eight-week course will develop the young people's resilience skills, supporting their transition into adulthood. They will be assigned a mentor who will help with various training and development opportunities. A personal resilience fund is provided to support with activities or training.

Visit: bit.ly/TufC-ACEs



Power2 Advance Mentoring (ages 16-25)

Power2 supports care experienced young people aged between 16-25 years with wellbeing, independent living, education, employment, and training. It is youth led and focused on supporting individuals through 1:1 mentoring and group activities to enable them to take steps towards independence and building resilience.

Visit: power2.org/power2-advance



GETTING MORE HELP

Child and Adolescent Mental Health Services (CAMHS) (ages 0-18)

CAMHS is an NHS specialist multidisciplinary service for young people up to 18 years who may be suffering from a range of complex emotional and mental health difficulties such as depression, anxiety and eating disorders. CAMHS Trafford offer a range of assessment and treatment options for children and young people experiencing mental health difficulties and offer parent/carer online mental health topic workshops for families.

Visit: bit.ly/CAMHS-trafford



Community Eating Disorders Service (CEDS) (ages 8-18)

Community-based service providing specialist support for young people with an eating disorder.

Offering advice and support to families, carers and professionals who work with a child or young person. The service also provides intensive community-based treatment, parent and carer support group, training for schools, GPs, and other professionals.

Visit: bit.ly/MFT-CEDS



Trafford Children's First Response (Safeguarding) (up to 18 years)

Trafford's single point of contact for all professionals and members of the public to report concerns, request advice and share information about a child and/or family. Members of the public who have a concern for a child/young person, who IS NOT at immediate risk of harm, call 0161 912 5125 during office hours (Mon - Fri, 8:30am - 4:30pm) or 0161 912 2020, out of hours (Emergency Duty Team). Professionals should assess the CYP Levels of Need to determine the kind of support a child or family requires.

Visit: bit.ly/trafford-first-response



Holding Families + (family support)

Holding Families+ Project works with children (under 18) and families with alcohol and substance using parents who are involved with the criminal justice system. They also work with families with parents who are on a community order with probation. The programme aims to empower families to make positive decisions and help improve family life.

Visit: bit.ly/holding-families-project



Community Paediatrics (ages 0-18)

Community paediatricians are specialist children's doctors with training and expertise in developmental paediatrics and disability, palliative care, social paediatrics (including child protection and children in care), educational paediatrics and public health for children. Children managed by community paediatrics often have long term conditions, which require prolonged follow up in community settings.

Visit: bit.ly/community-paediatrics-trafford



Trafford Early Development Service (TEDS) (ages 0-3)

Trafford Early Development Service (TEDS) is part of Trafford's Complex Needs Service and can support children and their families through portage developmental play sessions at home, in Early Years settings or in targeted group sessions, depending on needs. TEDS can support preschool children who have a significant delay in two or more areas of their development and who have a Trafford GP.

Visit: bit.ly/TEDS-trafford





GETTING RISK SUPPORT

Greater Manchester Rapid Response Team (GM RRT) (up to 18 years)

The GM RRT is a team of mental health professionals who provide rapid assessments and brief intensive support (up to 72 hours) to children and young people under 18 years who present in a mental health crisis at A&E, PANDA, Urgent Care Centres.

Visit: gmmh.nhs.uk/rapid-response-team



Dynamic Support Database (DSD) (up to 18 years)

Used to identify children and young people with Autism (diagnosed) and/or learning disabilities who present with challenging behaviour and are at significant risk of admission to a Tier 4 hospital and/or residential placement. Parents/carers, professionals from health, social care or education can put a child or young person's name on this database (consent needed). The DSD is used by clinicians and commissioners to monitor risk and offer support to children, young people, and their families.

Visit: bit.ly/dynamic-support-database



MH Liaison Service (ages 16+)

A Mental Health Liaison Service is based in your local hospital. They assess people aged 16 and over who are inpatients, in Intermediate Care, or have presented in the Emergency Department and are experiencing problems with their mental health. The team of mental health practitioners and psychiatrists cover the hospital 24 hours-a-day, seven days-a-week.

Visit: gmmh.nhs.uk/mental-health-liaison



Crisis Care helpline (all ages)

If a young person is presenting in a mental health crisis and needs urgent help and support, please contact the free 24/7 crisis helpline on 0800 953 0285, available 365 days per year, 7 days a week.

Visit: gmmh.nhs.uk/crisis-care



Safe Zones (ages 13-18)

Provides short term interventions for young people and is available seven days a week across four GM locations. To access safe zones, young people must be referred to the team via crisis care pathways partners (RRT/CAMHS/MH liaison).

Visit:

penninecare.nhs.uk/gmccp/safe-zones



Referral Information

Please see below information about the services featured in this guide and the referrals that are accepted.

Service	Young Person (self, sibling, or friend)	Parent/carer	Professional (social care, education, health etc)	GP
42 nd Street	✓	✓	✓	✓
Brook – STI testing	✓	✓	✓	✓
Calm Connections		✓	✓	✓
CFC - counselling	✓	✓	✓	✓
Child and Adolescent Mental Health Services (CAMHS)	✓	✓	✓	✓
Children's Specialist Weight Management Service	✓	✓	✓	✓
Community Eating Disorders Service (CEDS)	✓	✓	✓	✓
Community Paediatrics			✓	✓
Dynamic Support Database (DSD)		✓	✓	✓
Early Break	✓	✓	✓	✓
Early Help Hubs		✓	✓	✓
Foundation 92	✓	✓	✓	✓
Foundation 92 – sports based mentoring programme	✓	✓	✓	✓
Greater Manchester Rapid Response Team (GM RRT)			✓	
Holding Families		✓	✓	✓
Home-Start		✓	✓	✓
MH Liaison Service			✓ Hospital crisis only	
Power 2 mentoring	✓	✓	✓	✓
Rainbow Reflections	✓	✓	✓	✓
Safe Zones	✓	✓	✓	✓

Salford Foundation – Engage mentoring service			✓	✓
Salford Foundation – Steer 1:1 mentoring			✓	✓
SENSE	✓	✓	✓	✓
Sleep Tight Trafford		✓	✓	✓
Sport Works	✓	✓	✓	✓
The Northern at Urmston Clinic	✓	✓	✓	✓
Thrive in Education (Secondary schools)			✓ Only MHST schools	
Thrive in Education (Primary schools)			✓ Only MHST schools	
TLC – young people’s programmes	✓	✓	✓	✓
TLC and TDAS - Make a Change		✓	✓	✓
Trafford Children’s First Response (Safeguarding)		✓	✓	✓
Trafford Domestic Abuse Service (TDAS)	✓	✓	✓	✓
Trafford Early Development Service (TEDS)			✓	✓
Trafford Health Visiting Team		✓	✓	✓
Trafford Infant Parent Service (TIPS)			✓	✓
Trafford School Health Team	✓	✓	✓	✓
Trafford Sunrise			✓	✓
Trafford Talkshop		✓	✓	✓
Trafford Team Together			✓ School referral only	
Trafford Young Carers	✓	✓	✓	✓
Trafford Young Carers	✓	✓	✓	✓
Tuf*C – ACE mentoring	✓	✓	✓	✓



**To find out more about these services
and any latest updates please visit:
trafforddirectory.co.uk/**