



Intervention Provisions Menu

This document aims to outline support and intervention services currently available in Buckinghamshire.

It has been separated into sections depending on the person's needs and outlines current support services for:

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- SEND (Special Educational Needs and Disabilities)
- Sexual Health
- Mental Health
- Support for those who have been through the CJS
- Drug & Alcohol Support.

Please also see information around available uniformed youth services, national citizen service and the Bucks Online Directory/BFIS

<https://www.tvru.co.uk/>



NB: This is a living document that will aim to be updated every 3 months. The support services/programmes were correct at time of writing however funding does change. If you find that a service outlined here is no longer running, please make contact. Alternatively, if you know of a service/programme you feel should be included please contact us with relevant details. Contact Alyssandra.ord@buckinghamshire.gov.uk

Last updated February 2023

TACKLING VIOLENCE IN OUR COMMUNITIES

The below interventions are appropriate for those believed to be vulnerable to Domestic and/or Sexual abuse. Each intervention outlines the work carried out, agency, location and contact details.

▪ **Aylesbury Vale and Milton Keynes Sexual Assault and Abuse Support Service (16+)**

Provides support, information, advice and guidance to anyone affected by sexual assault and abuse, including non-recent, childhood sexual abuse, FGM and forced marriage. (males & females)

Helpline: 01296 719772

Email: support@avmksaass.org.uk Website: www.avmksaass.org.uk

Location: Aylesbury and Milton Keynes

• **BSHaW (Buckinghamshire Sexual Health and Wellbeing)**

Offers a free, confidential service to meet the sexual health needs of all.

Web: <https://sexualhealthbucks.nhs.uk/> Tel: 0300 303 2880.

Location: Countywide

▪ **Independent Domestic Violence Advisers (18+)**

Provides independent, professional and confidential crisis support and information for high or medium cases of domestic violence.

Wycombe:

Web: www.wycombewomensaid.org.uk/idva-2

Tel: 07483 159153 / 01494 461367

Email: enquiries@wycombewomensaid.org.uk

Aylesbury:

Web: www.aylesburywomensaid.org.uk/idva/ Tel: 01296 437777

Email: enquiries.awaid@outlook.com

Locations: High Wycombe & South Bucks. Aylesbury Vale and the Chilterns

(NOTE - agency referrals only as DASH must be completed)

▪ **ManKind Initiative**

Provides support for male victims of domestic abuse/violence as well as family/friend/associates.

Web: <https://www.mankind.org.uk/>

Tel: 01823 334244

▪ **NAPAC - National Association for People Abused in Childhood (18+)**

Offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect.

Web: www.napac.org.uk

Tel: 0808 801 0331 Email: support@napc.org.uk

Location: National

▪ **National Domestic Abuse Helpline**

Web: <https://www.nationaldahelpline.org.uk/> Includes Live Chat.

Tel: 0808 2000 247

▪ **National Centre for Domestic Violence (all ages)**

A free, fast emergency injunction service to survivors of domestic abuse and violence regardless of their financial circumstances, race, gender or sexual orientation.

Web: www.ncdv.org.uk/

Tel: 0800 970 2070

Email: office@ncdv.org.uk

Location: National

▪ **Rape & Sexual Abuse and Support Service (16+)**

Support women and girls aged 16 years+ who may have been raped, sexually assaulted or sexually abused in their childhood. Provide free, confidential support and information to female survivors.

Web: <https://rsass.org.uk/> (Includes web referral form)

Email: rsass.helpline@gmail.com

Tel: 01494 462222

Tel: 07528 245304 (Asian Women's Helpline).

▪ **SWAAY (18+)**

A specialist provider of care for boys and young males who have displayed sexually harmful behaviour. They provide holistic, care through three services – therapy, education and residential homes, providing safety and to inspire growth for young people who have suffered trauma and perpetrated sexual harm.

Web: <https://www.swaay.co.uk/>

Tel: 01189 261 010

Email: info@swaay.co.uk

Location: Thames Valley.

▪ **WOMEN'S AID**

Women's Aid is a grassroots federation working together to provide life-saving services and build a future where domestic violence is not tolerated.

Web: <https://www.womensaid.org.uk/>

Email: helpline@womensaid.org.uk.

• **Family information service:**

Content: <https://familyinfo.buckinghamshire.gov.uk/advice-and-support/domestic-abuse/>

Directory: <https://directory.familyinfo.buckinghamshire.gov.uk/?categories=domestic-violence-and-abuse&collection=advice-and-support&page=1>

Domestic and Sexual Abuse

Early Intervention (activities)

▪ **Action4Youth (Under 18)**

Provides various programmes to support children and young person, regardless of background or ability, to ensure that they have the chance to enter adulthood as positive, confident members of the community. Projects include Inspiration Programme, National Citizens Service, DOE, Breakout Programme.

Web: <https://www.action4youth.org/>

Tel: 0300 003 2334 Email: office@action4youth.org

▪ **Community Youth Ventures**

Projects to inspire young lives through innovative and diversionary activities, that aim to empower young people to make positive choices, enhance their opportunities and widen their horizons including the impact and support within the community around them.

Web: www.communityyouthventures.com/

Tel: 07591065584

Email: cyv.cic@gmail.com

▪ **UK Youth (Under 18)**

Delivers a range of national programmes to provide opportunities to young people ranging from outdoor learning, online safety, money management & mental health.

Web: <https://www.ukyouth.org/> Email: London.office@ukyouth.org

Tel: 020 4526 8371

Location: National

• **Wycombe Wanderers - Primary Future Goals**

Primary Future goals focuses on positive engagement with young people who are in years 5 & 6. The project targets pupils who are disengaged with education, disruptive at school, and who outside school may be low attaining/low achieving, have poor attendance, less inclined to complete homework, have low self-esteem and self-worth.

Weekly delivery includes whole class PHSE sessions, small group mentoring with the targeted participants on a group basis (as agreed with the school)

Contact paul.withams@wwfc.com

Khepera Community Interest Company (16+)

Geographical remit: County Wide

Offer cooking workshops in the community for the past 7 years.

They have a new community based kitchen in the Wycombe Town Centre.

- Help young people understand the link between physical, emotional and mental health and the food they eat.
- Teach plant-based cooking to introduce healthy meals on a budget
- Participants learn reading, food sustainability, maths, money management, environmental issues and other skills alongside cooking
- Have worked with other partners e.g. Wycombe Youth Action and leaving care team.
- Achieve good health, anti-social behaviour and confidence outcomes.

Freed Programme

- Focus groups for teens about eating disorders.
- Programme run previously in Oxfordshire, looking to replicate in Bucks.

To find out more about the opportunities Khepera can offer or to make a referral please contact Charmaine Fyffe

Tel: 01494 211170 or email Khepera_org@outlook.com

www.khepera.org.uk/community-projects

The Princes Trust Programme: a 12 week, re-engagement programme for NEET young people aged 16 – 24 years.

This is a fantastic opportunity for any NEET young people / those at risk of NEET who you may be working with.

It's an action packed 12 week programme including –

- Gaining an employment qualification
- Getting involved in the local community
- Building confidence and self esteem
- A chance to meet other young people
- Team building activities
- Support with future EET plans and goal setting
- Preparing for work
- Options for further education/training

They also offer financial help with travel. More info online -

www.adviza.org.uk/princes-trust-team-programme

The programme lead is John Baker and can be reached at JohnBaker@adviza.org.uk

• **Wycombe Wanderers - Premier League Kicks**

To encourage sports participation in youngsters from some of the most high-need areas within local communities.

The initiative offers free workshops and football and sports sessions to provide kids with the opportunities and support to reach their full potential.

and authorities reporting significant reductions in anti-social behaviour in the same area.

Aims:

- To increase playing, coaching and officiating opportunities in football and a range of sports between the ages of eight to eighteen years.
- To enhance physical and mental wellbeing, including self-esteem, ambition, and social skills.
- To strengthen communities with a culture of volunteering, social action, and positive role models – supporting education, training, and employment pathways (focusing on 16-25 years).
- To work in partnership with young people, the police, and other stakeholders to support the younger generation with the societal challenges they face and to improve community safety.
- To inspire young people to develop positive, supportive relationships with one another and the authorities.
- To promote integration and champion equality, diversity and inclusion.

Year 4 - Year 8

Where: Highcrest Academy, HP13 7QN (Sports Hall)

When: Fridays 5:30pm – 7:00pm

Year 9 - Year 13

Where: Cressex Football Centre, HP12 4QA (AstroTurf)

When: Saturday 5-7pm

Early Intervention

- **BFIS and e-safety offer (e-safety aspect under development) (all ages)**

Free, impartial service providing information, advice, and guidance for young people, families and professionals from childcare, local services, education and family centres, health, money and Special Educational Needs and Disabilities (SEND).

Web: www.bucksfamilyinfo.org/

Telephone: 01296 383 065 Email: familyinfo@buckscc.gov.uk

Location: Online and countywide

- **Bucks Youth (11-19 or 25 SEND)**

Works with young people at an early stage before issues escalate to a level where specialist support may be required. Supports also available for those already having a specialist intervention, to enable them to move forward once the programme is completed.

Email: bucksyouthreferrals@buckscc.gov.uk

Telephone: 01296 382583

Location: Countywide

- **Reach Every Generation**

To enable young people caught up in gang culture to instigate change for a better future, to instigate change and to empower those working with young people to make a difference.

Web: www.reacheverygeneration.co.uk/home (Online web contact form)

Tel: 0800 0016862

Email: gavin.mckenna@reacheverygeneration.com

Location: National

- **Together with Migrant Children (All ages)**

Provide support primarily to migrant and refugee children, young people and families across the UK. Aiming to empower and support individuals, families and communities through advocacy, specialist assessment, family & youth work, social work and mentoring

Web: www.togethertomigrantchildren.org.uk

Tel: 01865 528 658

Email: hello@togethertomigrantchildren.org.uk

- **Connection Support (16+)**

Provide a variety of support through life's challenges e.g. homelessness unable to keep up with rent payments, loneliness, isolated in older age, advocacy, advice to complete a form for benefits.

Web: www.connectionsupport.org.uk/buckinghamshire

Tel: 01296 484322

Email: bucksenquiries@connectionsupport.org.uk

- **Inspiration Project (Under 18)**

Designed to broaden the horizons, thinking and experience of young people, to make them aware of how our society works and help them understand what their place in it is and can be. The one-year Inspiration Programme provides direct experiences and real interactions with motivational individuals and organisations.

Web: www.action4youth.org/the-inspiration-programme

Tel: 0300 003 2334

Email: Emily.Davis@action4youth.org / tracy.palmer@action4youth.org / Gareth.drawmer@buckinghamshire.gov.uk office@action4youth.org

Location: Bucks - Various settings according to the programme

- **Firewise Programme (under 18)**

Aimed at children and young people (and occasionally adults) who: have been involved in or at risk of fire setting behaviour, considered to have an 'unusual' or 'unhealthy' fascination with fire or have any other specific issue related to fire or fire setting

Web: www.bucksfire.gov.uk/service/firewise-scheme

Email: fis@bucksfire.gov.uk

Location: Countywide

- **SAFE! (part of Victims First for under 18s) (ages of 5-18 (25 SEND)**

Provides support to children and families who have been affected by crime or abuse through one-to-one and group sessions (protective behaviours and restorative approaches). Information/resources/advice for YP, parents and professionals.

Web: www.safeproject.org.uk/index.php

Tel: 0800 133 7938 Email: safe@safeproject.org.uk

Location: Thames Valley

- **The Mix (Under 25)**

Support service for young people, offering support and advice for a variety of challenges including mental health, money, homelessness, work, relationships, drugs - via their free confidential helpline, counselling service, online community or social media.

Web: <https://www.themix.org.uk/> Email: www.themix.org.uk/get-support/speak-to-our-team/email-us

Tel: 0808 808 4994 Text: THEMIX to 85258.

Location: National

The below interventions are appropriate for those believed to require early intervention support. Each intervention outlines the work carried out, agency, location and contact details.

Early Intervention

(helplines/information)

- **Buckinghamshire Family Information Service (0 to 19 or up to 25 years with SEND)**

The Buckinghamshire Family Information Service (BFIS) provides information, advice and guidance to families with children aged 0 to 19 or up to 25 with SEND. The website and directory of organisations, activities and childcare is always available allowing you to find; local support available to help with issues affecting your family, what's on at family centres, things to do and holiday activities, support and inclusive activities if your child has SEND, childcare and early years providers.

Information and Outreach Officers can help with sending information and providing advice via the email and phone number below.

Web: <https://familyinfo.buckinghamshire.gov.uk/>

Directory: <https://directory.familyinfo.buckinghamshire.gov.uk/>

Telephone: 01296 383293 Email: familyinfo@buckinghamshire.gov.uk

Location: Online and countywide

- **Muslim Youth Helpline (Under 18)**

A free and confidential Helpline, available nationally via the telephone, email, live chat and letters. The service uses male and female volunteers trained in basic counselling skills to respond to client enquiries.

Web: www.myh.org.uk

Tel: 0808 808 2008

Live Chat: www.myh.org.uk/helpline

Email: help@myh.org.uk

Location: National.

- **Buckinghamshire Family Support Service**

Provides a range of support for parents and children aged up to 19 years (or up to 25 years for young people with special educational needs and disabilities). Family centres across the county provide a range of open-access sessions and universal health services to families with children.

The service can offer short term, small group and, where needed, individual targeted support for parents and young people. We offer a range of groups reflecting the emerging needs of our communities (Level 2). If a family are experiencing multiple or complex issues, we can offer more focused support for up to 6 months. We'll work with the family and other relevant agencies to support the family through a coordinated, agreed family plan (Level 3). Families and young people must give informed consent to the referral and request for support from the service.

Request Level 2 support on our website using the '[request for support](#)' form.

Request Level 3 support on our website using the '[report a concern](#)' form (MARE).

Web: familyinfo.buckinghamshire.gov.uk/familysupport

Telephone: Telephone: 01296 383293 Email: familyinfo@buckinghamshire.gov.uk

- **Childline (Young people)**

Childline is a free and confidential listening and counselling service for children and young people

Web: <https://www.childline.org.uk/>

Phone: 0800 1111

Early Intervention (mentoring)

- **Caudwell Youth**

CY provides support that changes the lives of at-risk young people aged 11-24 yrs. They work across Hertfordshire, Buckinghamshire, Luton, and Milton Keynes.

Young people are referred to local partners including local authorities, schools/colleges, youth offending teams, exploitation hubs, social workers, families, NHS (inc. CAMHS and AMHS), DWP, multi-agency safeguarding hubs, leaving care teams and charity partners.

They provide a package of 1-2-1-person centred mentoring and support to empower young people to build upon their strengths and resilience and fulfil their potential.

Through a trauma informed approach, they enable effective transition from isolation, exclusion, trauma, low self-esteem and harmful associations to positive choices, re-engagement with education, training, independent living, employment, building resilience and making a positive contribution to communities.

Web referral: <https://www.caudwellyouth.org/>

Email: Referrals@caudwellyouth.org

- **New Leaf Mentoring Scheme**

Offer face-to-face mentoring programme which aims to support to young people that are at risk of exclusion and/or are currently within the criminal justice system.

Referral form: <https://www.tvvru.co.uk/project/new-leaf/>

Email to: judith.baker@newleaf.cjism.net

- **My Future Self Matters**

My Future Self Matters are experts in engagement and building relationships with young people.

Our one-to-one mentoring builds self-esteem and resilience in young people. Our mentoring programme is tailored to the specific needs of the young person, we set goals in collaboration and start their journey towards achieving them. Our mentoring programme has a clear vision, to make young people healthier, happier and reaching their full potential.

Throughout their mentoring programme focus will be placed upon various topics including:

- The link between thoughts, feelings and behaviour
- Identifying strengths
- Raising confidence
- Developing support networks
- Positive relationships
- Healthy coping strategies
- Recognising and dealing with stress

Every individual referred into our mentoring programme will be offered the opportunity to get involved in local sports, apprenticeships and community-based projects.

Web: www.myfutureselfmatters.com

Email info@myfutureselfmatters.com

Tel@ 07941 007877.

- **YOS Multi-Agency Partnership (Age 10-18)**

Early intervention mentoring to young people (YP) identified as being vulnerable to be drawn into criminality, with a focus on those at risk of permanent exclusion.

Restorative training techniques for Schools/other professionals working with young people in an education/care environment.

Web: <https://familyinfo.buckinghamshire.gov.uk/advice-and-support/imprisonment-and-offending-support/support-young-people-and-crime/>

Tel: 01296 434 624

Email: yos@buckinghamshire.gov.uk

Youth Clubs

▪ Youth Concern

Youth Concern is an independent youth charity that supports young people, aged 13-25 in Aylesbury Vale and beyond. Provides a safe place for young people to meet and access support. The Uptown Coffee Bar (open by appointment 12 – 6pm Tuesday to Friday, open from drop-in sessions every Tuesday and Friday afternoon) provides a range of activities including pool, music studio and IT suite. Offers a range of additional support services, these include emotional support, counselling, employment, education and training support, and practical assistance to deal with homelessness.

Web: <https://www.youthconcern.org.uk/>

Location: Aylesbury

▪ The Junction

Action4Youth's youth club at High Wycombe Library. Offers weekly activities (boxing, yoga, HIIT, nutrition advice), a space for socialising and leisure activities (pool tables, PlayStation, hang out spots), Crisis support clinics – providing advice, help and support.

Web: <https://www.action4youth.org/the-junction/>

Email: emily.davis@action4youth.org

Phone: 0300 003 2334

Location: The Library, 5 Eden Place, High Wycombe HP11 2DH

▪ East Side Youth Centre (4 – 13)

Youth centre for young people in the grounds of Highcrest Academy.

Web: <http://www.eastsideyouthcentre.org/>

Email: info@eastsideyouthcentre.org

Location: The Highcrest Academy

▪ Misbourne Area Youth (11-18)

Interesting, exciting and challenging activities that enhance young people's individual growth. Access to information, sound advice or counselling on a range of personal matters including health issues, drug & alcohol abuse, sexual relationships, work, housing etc.

Web: www.mayouth.org.uk (online contact form)

Tel: 01494 865657

Email via web form: mayouth.org.uk/contact-us

Location: The Misbourne School - every Monday in term time, after school until 4:30pm.

Prestwood Community Centre - Every Monday in term time (free entry) - 7.00 - 9.00pm.

School setting intervention

▪ Equaliteach

EqualiTeach provide free critical thinking workshops to school pupils in a safe and structured environment to help them think critically, reject prejudice and build resilience to extreme narratives and propaganda. Also provide staff training to support schools to work with young people on controversial issues.

Web: <https://equaliteach.co.uk/>

equaliteach.co.uk/free-critical-thinking-workshops-for-primary-and-secondary-schools

Tel: 01480 470660 Email: enquiries@equaliteach.co.uk

Location: National

▪ Growing Against Violence (Under 18)

GAV is a charity that aims to prevent youth violence and protect young people against exploitation by gangs and grooming both on the streets and online. GAV delivers age-appropriate workshops into schools and colleges for both pupils and teachers.

Web: www.growingagainstviolence.org.uk

Email: operations@growingagainstviolence.org.uk

Location: Nationwide

• St Giles SOS+ service

Delivers early intervention work to children, young people, parents and professionals in educational settings, youth clubs, youth offending teams and police forces. Offering preventative sessions on violence, our award-winning approach using trained professionals with lived experience of the criminal justice system to de-glamorise gang involvement and expose the harsh realities of crime and violence.

London/SE area contact: sosplusadmin@stgilestrust.org.uk

▪ One-Eighty (Age 4-18)

An organisation which seeks to re-integrate vulnerable young people back into education or back onto a positive journey with learning, through working on patterns of thinking, behaviours and emotions that hinder learning.

Web: www.one-eighty.org.uk

Tel: 01865 236 869

Email: enquiries@one-eighty.org.uk

Referrals: [/one-eighty.org.uk/referrals](http://one-eighty.org.uk/referrals)

Location: Buckinghamshire & Oxfordshire

• Wycombe Wanderers - Premier League Primary Stars Programme

The Premier League's flagship schools programme, aiming to provide support to schools in PE, PSHE Numeracy and Literacy through the lens of football.

The programme consists of one full-day of school support per week, providing bespoke classroom support for pupils and a detailed 10-week mentoring programme for teachers.

WW Foundation aims to provide children and teachers with the mentoring and engagement they require to thrive in a school and sporting environment, through the power of the Premier League brand.

We at WW Foundation want to be flexible with your school's needs and circumstances. To do this, the Premier League Primary Stars Programme can be constructed to fulfil your school's needs and to support where we can.

For more information contact mark.guildea@wwfc.com

• Wycombe wanderers - Employability Days

Workshops led by club staff to give children a deeper insight into the range of roles involved behind the scenes within a football club. Students will have an opportunity to attend a range of workshops throughout the stadium and ask questions to members of the team that have included: Sports Science, Grounds Maintenance, Stadium Safety, Club Marketing, Club operations, Security, Food and coaching.

To book an employability day for your school or find out more, contact mark.guildea@wwfc.com

Education And Employment

▪ **Bucks College Group (Above school age)**

Education facility offering full time and part time courses, higher education courses, online courses and apprenticeships.

Web: www.buckscollegegroup.ac.uk

Location: Colleges in Aylesbury, Wycombe, Amersham:

▪ **Camelia Botnar Foundation (16 - 19 yr old (must of left school))**

Provides residential training and work experience, to help either disadvantaged young people or those in a problematic situation to learn a skilled trade, embark on a useful career path and successfully make their own way in life.

Web: www.cameliabotnar.com/

Email: enquiries@cameliabotnar.com

Location: West Sussex base (National)

▪ **Chiltern Rangers (Various age groups)**

Work with communities to provide practical habitat management in Bucks and the wider Chilterns. Offers a variety of education and training opportunities to individuals and organisations to help make a difference including work experience/ placements, DOE & NEETS.

Web: www.chilternrangers.co.uk

Tel: 01494 474 486

Email: info@chilternrangers.co.uk

Location: Countywide

Skills Up Bucks: (17+)

Provides Bucks residents with support to find employment.

Support is offered through a range of activities such as employer visits, recruitment events, 1:1 mentoring and work experience. Skill Up Bucks aims to:

- Develop local talent and skills
- Develop employability skills and confidence
- Support young people to make positive decisions for their future
- Help employers identify and nurture future talent
- Help young people to discover opportunities in their County

<https://www.adviza.org.uk/skill-up-bucks>

▪ **People Plus (Young people)**

Provides a number of services including employment support, skills training, apprenticeships, independent living, and prison education on behalf of the government, as well as recruitment, training and development and wellbeing solutions to employers. For those who may face challenges in finding and staying in employment.

Web: www.peopleplus.co.uk Email: customer.services@peopleplus.co.uk

Tel: 0800 34566

Location: National

• **Building Futures**

<https://www.buildingfuturesbucks.org.uk/> - offer NEET support - One to one guidance, support and employability skills.

• **New Meaning / Toolshed (16+. 24 with an EHCP)**

Geographical remit: County wide, based in Central High Wycombe

New Meaning offers alternative training programmes for young people, aged 16+ who would otherwise not be in employment, education or training.

Experienced tutors help young people to work out what they want to do and then get them started with real, on-the-job learning. This includes a mix of work experience along with 1:1 tuition on employability skills and to get those crucial Maths and English qualifications.

<https://www.newmeaning.co.uk/new-meaning-bucks-herts>

▪ **Do-It Volunteer Opportunities (all ages)**

UK's national volunteering database.

Web: <https://do-it.org/>

Location: National

• **Central Training Aylesbury: 16-18 (up to 24 years with an EHCP)**

Geographical remit – County wide, based in Central Aylesbury

Skills for Employment, Training and Personal Development Programmes are designed to help to prepare young people for the world of work, further education and training and, if needed, how to live independently.

The programme is designed to prepare you for employment and is tailored around the individual young person.

Courses run from Entry Level 1 up to a Level 2 and young people can work towards their chosen career path by adding one of the following units to their qualification: Business Administration, Catering, Child Care, Construction, Health and Social Care, Independent Living Skills.

Enrichment activities are also offered at a 6-acre small holding near to Aylesbury, to take part in animal care activities and horticulture projects, as well as driving theory and CSCS.

Also offered is the **Work and Study Programme** which is designed to support those young people who are not able to attend the centre in Aylesbury.

This programme comprises of 2/3 days in a work experience placement each week, and 1:1 tuition for: functional skills Maths and English, Skills for Employment Training and Personal Development.

With the option of being able to work towards their driving theory and CSCS card.

Students can apply for the Bursary payment on all of the above courses.

To out more/make a referral - Call 07909 657306 or email karencox@centraltraininggroup.com or karen.cox@kcwex.com

Education And Employment

- **The Oasis Partnership (18+)**

Geographical remit: County wide, based in High Wycombe and the Bagnell Centre in Chesham

The Oasis Partnership offers support through the following programmes: Routes to Work, Health and Wellbeing, Volunteering and Tech Launchpad across Buckinghamshire.

Support is for people aged 18+ to develop a sense of wellbeing and community, providing knowledge, advice and skills development which helps people get involved, and move towards employment.

To find out more/make a referral call 0300 6662747 or email info@oasispartnership.org
<https://oasispartnership.org/services/routes-to-work/>

- **Karima - Get Ahead Project (18+)**

Geographical remit: Based in High Wycombe and serving the Wycombe area.

The 'Get Ahead Project' includes: Guidance to find employment, help with CV's,

- help to complete application forms, interview prep and techniques, 1:1 support from a named case worker, support to develop 'soft skills' that will aid a return to work and mentoring from experienced professionals, as well as access to a range of sports and social activities.

For more information and/or to make a referral please call: 07916 658 476

Or visit karima.org.uk/getahead

- **Workpays (16+)**

Geographical remit: Aylesbury Vale area only

Workpays deliver training and employment support programmes that enable individuals to build careers with local employers. Support includes:

- employability skills development,
- job search support,
- and interview preparation.

Support is delivered via a mix of virtual learning with tutors online and face to face at one of their training centres.

To find out more or to make a referral call: 0800 1979 826

email: enquires@workpays.co.uk

For information on dates and venues for up-coming training programmes head online
www.workpays.co.uk/individuals/qualifications

- **Buckinghamshire Schools and learning**

Web: <https://www.buckinghamshire.gov.uk/schools-and-learning/>

- **Buckinghamshire Adult learning**

Web: <https://www.adultlearningbc.ac.uk/>

- **Bucks Inspired Traineeship provided by the Family Support Service**

<https://directory.familyinfo.buckinghamshire.gov.uk/service/581>

Content:

<https://familyinfo.buckinghamshire.gov.uk/education-and-learning/>

<https://familyinfo.buckinghamshire.gov.uk/youth/post-16-education-and-training/>

<https://familyinfo.buckinghamshire.gov.uk/send/education-and-send/>

<https://familyinfo.buckinghamshire.gov.uk/send/preparing-adulthood/school-college-and-university/>

<https://familyinfo.buckinghamshire.gov.uk/send/preparing-adulthood/training-work-experience-and-getting-job/>

<https://familyinfo.buckinghamshire.gov.uk/send/money-and-benefits/education-benefits-young-people-send/>

Directory: <https://directory.familyinfo.buckinghamshire.gov.uk/?collection=education-and-learning&page=1>

- **Horizons, Buckinghamshire Council (16+)**

Geographical remit: County Wide

Developed in response to the success of Kickstart – focus on supporting individuals with barriers to employment, offering wrap-around 1:1 support during first six months and running employability sessions.

Programme to offer supported employment opportunities to help combat barriers to employment – criteria will include those who have been out of employment for 3 months or longer; those who are brand new to a career; those who are making a complete career change; those referred to us via partnering employment schemes.

Wrap around support, which is tailored, based on individual needs and skills assessment. Access to 1:1 support from career development consultant, bespoke training, networking opportunities developed for those on programme.

Employability support - ongoing employability support with the aim of retaining employees beyond the 12 months where placements are a success. If this is not possible, we will work with the employee to find alternative employment. Employability support will be offered as a blend of in-house and with external providers.

For questions / queries email horizons@buckinghamshire.gov.uk

Family Intervention

- **Family Centres & Family Support Service (Families with children aged 0 - 19 (or up to 25 for those with SEND)).**

Offer a range of open-access sessions and universal health services for families with children aged 0 to 19 years (or up to age 25 for those with SEND).

<https://familyinfo.buckinghamshire.gov.uk/familycentres/>

Location: Countywide. Check contact details for timetables and locations

- **Mediation Bucks (All ages)**

Mediation is a way of resolving disputes and improving relationships between people who come into regular contact with each other such as neighbours, family members, students, work colleagues, business customers, and businesses. They facilitate discussions that lead to jointly agreed solutions.

Web: www.mediationbucks.org.uk

Tel: 01494 520821 (10am - 3pm)

Email: mediation@mediationbucks.org.uk

Location: Countywide

- **MOSAC (Non-abusing parents and carers)**

MOSAC supports the non-abusing parents and carers of children who have been sexually abused with the help that they need to move on positively with their lives, from counselling and emotional support through to legal advocacy, training and workshops.

Web: www.mosac.org.uk

Tel: 0800 980 1958

- **National Family Mediation (All ages)**

Family mediation for those affected by family breakdown especially separation, divorce and dissolution of civil partnership.

Web: www.nfm.org.uk

Tel: 0300 4000 636

Email: general@nfm.org.uk

Location: National

- **National Youth Advocacy Service (NYAS) (Children & Young People)**

Children and vulnerable adults in care who require advocacy and legal representation – including children subject to child protection plans, care leavers, children and young people with disabilities.

Web: www.nyas.net/contact-us

Tel: 0808 808 1001

Email: help@nyas.net

Family Contact sessions: main@nyas.net

Legal: legal@nyas.net

Location: National

- **Prisoners Families Helpline/Website (Families who have come into contact with the CJS)**

Provides advice and support to families who have come into contact with the Criminal Justice System to make a fresh start and minimise the harm that can be caused by imprisonment.

Web: www.prisonersfamilies.org

Helpline: 0808 808 2003

Opening hours: Mon – Fri 09.00am - 8.00pm. Saturdays and Sunday: 10.00am - 3.00pm

Email: info@prisonersfamilies.org

Location: National

- **Relate (All ages)**

Anyone facing difficulties in a relationship or looking to strengthen their relationships, people of all ages, backgrounds, sexual orientations and gender identities. Offers: Relationship counselling, Family counselling, Mediation, Children and Young People's Counselling, Sex Therapy.

Web: www.relate.org.uk

Tel Chesham - 01494 791 180. Wycombe- 01628 625320. Princes Risborough/ Aylesbury - 01296 427973

Email: enquiries@relatemb.co.uk

Location: Chesham - Chiltern Hills Academy. High Wycombe - Kite Ridge Centre. Princes Risborough - Wellington House Surgery. Aylesbury - 2A Pebble Lane.

- **One Recovery Bucks - Specialist Family and Carers Service** One Recovery Bucks offers a range of support for people who are affected by someone else's substance misuse. You can get the right help for you and your family. The service offers face-to-face, telephone and email information advice and support, Support groups for carers and family members, Information and advice specific to drugs and alcohol addiction, enable families and carers to form and access community networks, signposting carers to services for a specialist carers assessment where appropriate

CONTACT One Recovery Bucks for Specialist Family and Carer support referral

Web [Family & Carers - One Recovery Bucks](#)

Tel: 0300 772 9672 (ask for Family Worker)

Email: ORB@mpft.nhs.uk

Location: County wide service excluding Milton Keynes.

- **Here4Youth –Hidden Harm Service offer - Support for children and young people aged 10-18, experiencing the impact of parental or other family member drug/alcohol use, - The service offers, one to one support for children effected by parental substance misuse – in partnership with One Recovery Bucks (adult substance misuse service)**

Web: [Referral Form - Cranstoun](#)

Tel: 01494 527 000

Email: switchbucks@cranstoun.org.uk switchbucks@cranstoun.org.uk.cjsm.net

Location: Countywide service excluding Milton Keynes .

- **Family Centres & Family Support Service (Families with children aged 0 - 19 (or up to 25 for those with SEND)).**

Offer a range of open-access sessions and universal health services for families with children aged 0 to 19 years (or up to age 25 for those with SEND).

<https://familyinfo.buckinghamshire.gov.uk/familycentres/>

<https://familyinfo.buckinghamshire.gov.uk/familysupport/>

Location: Countywide. Check contact details for timetables and locations

The below interventions are appropriate for those believed to require financial intervention support. Each intervention outlines the work carried out, agency, location and contact details.

▪ **StepChange (Anyone)**

A charity offering free, impartial debt advice to those suffering from financial difficulties.

Web: www.stepchange.org

Tel: 0800 138 1111

Email: client.service@stepchange.org

Location: National

▪ **The Smallwood Trust (All ages)**

Charity that enables women to become financially resilient. Grants available to organisations and individuals that help women overcome financial adversity and to improve their social and emotional well-being.

Web: www.smallwoodtrust.org.uk

Tel: 0300 365 1886

Email: info@smallwoodtrust.org.uk

Location: National

▪ **Turn2Us (All ages)**

Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.

Web: www.turn2us.org.uk

Contact Forms (to get specific departments): www.turn2us.org.uk/About-Us/Contact-us

Location: National

• [Buckinghamshire Housing Support Service - P3 \(p3charity.org\)](http://p3charity.org)

(Freephone) 0808 164 1810

bucks@p3charity.org

County-wide floating support service is for people who need support to manage and maintain their accommodation if it is at risk. Can offer a bespoke package of support for up to 6 months including:

Managing your tenancy, Housing advice, Budgeting, Accessing financial support, Improving social networks, employment, education & training opportunities, health & wellbeing (including being safe) and signposting to other local support services. Can support if you are aged 16+, live in Buckinghamshire and you have a significant risk of homelessness or you are struggling to manage your home independently or you need support to start a new tenancy.

- BFIS directory search for services <https://directory.familyinfo.buckinghamshire.gov.uk/?collection=advice-and-support&page=1>
- Link to advice and support content <https://familyinfo.buckinghamshire.gov.uk/advice-and-support/>

The below interventions are appropriate for those believed to require housing support. Each intervention outlines the work carried out, agency, location and contact details.

- [Buckinghamshire Housing Support Service - P3 \(p3charity.org\)](https://www.p3charity.org)

(Freephone) 0808 164 1810

bucks@p3charity.org

County-wide floating support service is for people who need support to manage and maintain their accommodation if it is at risk. Can offer a bespoke package of support for up to 6 months including:

Managing your tenancy, Housing advice, Budgeting, Accessing financial support, Improving social networks, employment, education & training opportunities, health & wellbeing (including being safe) and signposting to other local support services. Can support if you are aged 16+, live in Buckinghamshire and you have a significant risk of homelessness or you are struggling to manage your home independently or you need support to start a new tenancy.

- **Connection Support – Reedham House and Havenfield (Padstones)**

Service provides support and accommodation to young people aged 16-25 who are homeless or at risk of homelessness

web - padstones@connectionsupport.org.uk Tel - [01628 660472](tel:01628660472) Location – High Wycombe and Burnham

- **Housing Interaction Trust (16-25)**

Our HIT service provides support and accommodation to young people aged 16-25 who are homeless or at risk of homelessness

Web: <https://www.connectionsupport.org.uk/buckinghamshire/projects/housing-interaction-trust/>

Tel: 01296 484322

Email: HIT@connectionsupport.org.uk

Location: Chiltern District – Chesham, Amersham and surrounding areas.

- **Riverside - Bearbrook Place** – Bearbrook Place provides support and accommodation to people aged 16-49 who are homeless or at risk of homelessness. Web - [Bearbrook Place | Riverside](#) Customers will need to be assessed as “statutorily homeless” and referred to Bearbrook Place by local authority. Riverside will then assess based on risks, support needs and either offer accommodation or signpost to more suitable accommodation. Location - Aylesbury

- **Riverside – Old Tea Warehouse** – Old Tea Warehouse provides support and accommodation to people aged 18-65 who are homeless or at risk of homelessness. Web - [Wycombe Projects | Riverside | Support for single homeless](#) If you’re a single, homeless man or woman or at serious risk of becoming homeless and are aged 18 to 65 with local connections to the area, you can be referred by the Local authority. You can also self-refer. T: 01494 753920 Location – High Wycombe

- **RESET offender housing project**

Offers support for ex-offenders to access accommodation to assist in creating positive life choices. Finds individuals accommodation and provides intensive tenancy sustainment support. Assists in accessing benefit entitlements, getting into employment, accessing training/education. Helping set up utilities and pay bills. Links individuals into community services to avoid isolation. Support to access help with physical or mental health issues and drug/alcohol issues.

Web: <https://www.connectionsupport.org.uk/buckinghamshire/projects/reset/> (Includes web referral form).

Tel: 01296 484322

Email: reset@connectionsupport.org.uk.

- **Streetlink (18+)**

StreetLink is a website, mobile app and phone service for England and Wales, which enables people to send an alert when they see someone sleeping rough to connect that person to local support services that can help to end their homelessness.

Web: www.streetlink.org.uk

Tel: 0300 500 0914

App: StreetLink’ on Apple iTunes / Google Play store

Location: National

- **Signposts:**

Provides temporary accommodation with support for people who are unable to obtain appropriate accommodation to meet their needs

Web: <https://www.signpostssso.org/> (Includes online referral form)

Phone: 01582 722629

Email: admissions@signpostssso.org

One YMCA – One YMCA – One YMCA provides support and accommodation to young people aged 16-35 who are homeless or at risk of homelessness. Web - [High Wycombe Hostel - One YMCA](#) T: 01494 465 700 E: highwycombehousing@oneymca.org – Location High Wycombe

- **BFIS directory search**

<https://directory.familyinfo.buckinghamshire.gov.uk/?categories=homelessness-and-housing&collection=advice-and-support&page=1>

The below interventions are appropriate for those believed to require support for SEND

SEND

▪ **Bucks SENDIAS Service**

Provides free, confidential, impartial information, advice and support on all matters relating to special educational needs and disability for children and young people aged 0 to 25 and their parents/carers. Can direct children, young people and parents to additional advice and support. Services offered via email, telephone or face to face and through work with groups or in training. Can offer individual casework and representation.

Web: <https://www.buckscc.gov.uk/services/education/bucks-sendias-service/>

Tel: 01296 383 754

Email: sendias@buckinghamshire.gov.uk

Location: Local and National

▪ **Talkback**

Talkback provides autism and learning disability support and service programmes designed around all key stages of life, to provide the opportunity for continued personal development.

Web: www.talkback-uk.com

Tel: 01494 434 448

Email: talkback@talkback-uk.com

Location: Offices in Amersham, Wycombe & Aylesbury

• **Local Offer**

The Buckinghamshire special educational needs and disabilities (SEND) local offer sets out the support available in Buckinghamshire for children and young people aged 0 to 25 with SEND. This includes children and young people with or without an education, health and care (EHC) plan.

[Local Offer for SEND in Buckinghamshire | Family Information Service](#)

• **ACHIEVE Lifeskills Programme**

This is an entry-level course designed to support young people to develop independent living skills. Participants work towards a diploma in independent living skills. The service is open to anyone aged 16 to 25 who has an EHCP and/or is in receipt of benefits.

<https://thomley.org.uk/visit-us/achieve-lifeskills-programme/>

• **Supported Internship Programme**

Supports young people with disabilities leaving education and entering employment. Provides training opportunities and a range of different work placements. Examples of the types of roles available include administration, hospitality, catering, portering, animal care.

Organisation: **Buckinghamshire Adult Learning**

Type: **Supported employment and training**

Cost: **Free**

Eligibility

The programme is suitable for anyone who is aged 18 to 24, has a learning disability or autism, has an Education, Health and Care plan (EHC plan) & has an entry-level qualification in English and Maths

Contact: Christie Lavery (Supported Employment Manager)

01494 762538/07814 305444

clavery@stonydean.bucks.sch.uk

• **MacIntyre – No Limits**

Work in Partnership with further education and independent specialist colleges to provide an inclusive and flexible model of education for young people aged 16 and over.

The MacIntyre No Limits approach enables young people with autism, Special Education Needs and Social, Emotional and Mental Health Needs to continue their education and develop skills in preparation for adulthood.

Learners are enrolled directly at their local college and receive an individualised and engaging programme of education facilitated and overseen by MacIntyre No Limits.

They can work with learners from their home, and in their own town.

No Limits works with young people and their families and will work collaboratively to identify and achieve long term goals in a way that is engaging and makes sense to them.

Further information is available online –

<https://www.macintyrecharity.org/for-children/further-education/>

• **Autism in the workplace**

The Autism Teaching Company provide support to young people with autism to build skills for the workplace. This includes working with employers to support the recruitment and retention of employees with autism.

Type: Supported Employment

Cost: Covered by the EHC Plan

Eligibility: Young people with Autism.

<http://autismteachingcompany.org.uk/autism-in-the-workplace/>

The below interventions are appropriate for those believed to require support for SEND

SEND
(2)

- **Reach4Work**

This remote work programme is designed to support anyone aged 16 or over with a long-term condition or disability to develop job skills. Participants can expect to work on important projects within the charity, Work with modern software such as Microsoft Teams and Office 365, Individualised programme, Flexible and inclusive environment, training and support to learn new skills.

Available to anyone over aged 16 with a long-term condition or disability
<https://buckskillshub.org/career-seeker/resources/bucks-disability-service-reach4work-programme>

- **Mission EmployAble**

Mission EmployAble work in partnership with Buckinghamshire College Group to offer an annual supported internship programme, which runs from September to July. It focuses on giving young people with learning disabilities the skills needed for a variety of jobs, including hospitality and catering, outdoor work, retail, social care, administration.

Available to anyone aged 18-24 with an EHCP. Entry level 2 in Maths and English is a desired criterion. Applicants should be able to travel independently, work as part of a small team and undertake basic manual tasks.

<https://www.buckscollegelgroup.ac.uk/employability-programmes/1984-supported-internship-programme-mission-employable#:~:text=This%20course%20is%20a%20collaboration,hospitality%20and%20related%20transferable%20skills.>

- **Thrift Farm**

Eligible adult social care clients are supported and guided to learn new skills and knowledge. The main paid employment opportunities include animal care, horticulture, crafts and catering.

Cost: Free for those entitled to a service from adult social care

Eligibility: Adults with eligible care and support needs.

<https://www.thrift-farm.co.uk/adult-care/>

- **Social Enterprise**

The charity offers training and work experience in horticulture for young people and adults with learning disabilities. Activities include beekeeping, animal care, gardening, landscaping.

Eligibility: Adults with eligible care and support needs.

<https://www.sunnysideruraltrust.org.uk/about-us/who-we-are-and-what-we-do/>

- **The Hub**

Workaid provide opportunities for people with mild to moderate learning support needs to develop basic workshop skills. These include cleaning and refurbishing hand tools, sorting and packaging haberdashery, crafts and wool, general administrative tasks.

The Hub operates 10am to 3:30pm on Mondays and Tuesdays.

Cost: There is a small fee per participant. This may be funded by the council

Eligibility: Adults with eligible care and support needs.

<https://workaid.org/the-hub>

- **Missenden Walled Garden**

The Missenden Walled Garden charity provide day services for people with disabilities or mental health issues. Typical skills development activities include garden maintenance, music, art.

Cost: Free if in receipt of a service from adult social care

Eligibility: Adults with eligible care and support needs.

<https://missendenwalledgarden.org/about-us/>

- **Animal Antiks training and supported employment services**

Works in partnership with Haddon Training to provide further education courses, These consist of a range of training and teaching placements. The courses cover animal and equine care, employability units (levels 1 to 3) and functional skills in English and Maths. Work experience placements (from a day per week up to 2 full weeks) are also available.

Cost: Covered by the EHC Plan

Eligibility: Suitable for young people who struggle to learn in a structured classroom environment.

<https://www.animalantiks.co.uk/education/>

The below interventions are appropriate for those believed to require support for Sexual health. Each intervention outlines the work carried out, agency, location and contact details.

- **bSHaW (Buckinghamshire Sexual Health and Wellbeing)**
Offers a free, confidential specialist sexual health service which includes testing and treatment of sexually transmitted infections and provision of contraception. It also includes Just ask bSHaW which is a dedicated service for under 25's offering free confidential advice from sexual health professionals. Booked appointments and walk-ins are available at clinics across Buckinghamshire.
For more information: <https://sexualhealthbucks.nhs.uk/>
Tel: 0300 303 2880
Location: Countywide.
- **Terrance Higgins Trust**
The largest voluntary sector provider of HIV and sexual health services in the UK, running services out of local centres across Great Britain.
Web: <https://www.tht.org.uk/>

The below interventions are appropriate for those believed to require support for Mental Health. Each intervention outlines the work carried out, agency, location and contact details.

▪ **FCAMHS – Forensic CAMHS**

covering Oxfordshire and Buckinghamshire for CYP where there are mental health concerns and show high risk behaviours towards other. Justice systems may or may not be involved.

Contact: 01865 902613 or Email: fcamhs.team@oxfordhealth.nhs.uk

▪ **Gamblers Anonymous**

Support meetings for those suffering from a gambling addiction.

Web: www.gamblersanonymous.org.uk

Tel: 0330 094 0322

Email: info@gamblersanonymous.org.uk

Location: Aylesbury - Holy Trinity Church (Weds 20:00 - 21:30).

High Wycombe - Bakers House (Sun 20:00 - 22:00)

Beaconsfield - The Fitzwilliam Centre (Weds 20:00 - 22:00).

▪ **HOPELINEUK (Thoughts of Suicide - under 35. Anyone concerned about a young person)**

A helpline for young people struggling with thoughts of suicide and anyone worried about a young person - offers confidential support and advice.

Web: www.papyrus-uk.org/hopelineuk/ Email: pat@papyrus-uk.org

Tel: 0800 068 4141. Text: 07860039967.

Location: National

• **Liaison and Diversion**

Team covering Oxfordshire and Buckinghamshire where the CYP is suspected of a criminal offence, aiming to identify and assess CYP at the earliest stage of coming into contact with the justice system.

▪ **Men's Sheds association**

Community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun.

Web: <https://menssheds.org.uk/>

• **NHS urgent mental health helpline 111**

NHS 111 is here to make it easier and quicker for patients to get the right advice or treatment they need, be that for their physical or mental health.

24 hours a day, 7 days a week.

To get help from NHS 111, you can:

Go online to www.111.nhs.uk (for assessment of people aged 5 and over only).

Call 111 for free from a landline or mobile phone.

▪ **No Panic (All ages)**

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 Tranquilizers. Also provides support for the carers of people who suffer from anxiety disorders.

Web: www.nopanic.org.uk

Youth Helpline: 0330 606 1174. Helpline: 0844 967 4848

Email: info@nopanic.org.uk. Location: National

• **Oxford Health NHS website**

provide physical, mental health and social care for people of all ages across Buckinghamshire.

Web: Welcome to Oxford Health NHS Foundation Trust - Oxford Health NHS Foundation Trust

▪ **Samaritans**

A charity listening service dedicated to helping those who is struggling to cope, feels suicidal, depressed or isolated.

Web: www.samaritans.org/ Email: jo@samaritans.org

Helpline: 116 123. Location: National.

▪ **Shout (All ages)**

24/7 text service, offering support to anyone who is struggling to cope or is in crisis - a trained Crisis Volunteer (CV) will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better. (free on all major mobile networks)

Web: <https://giveusashout.org/> Email: info@giveusashout.org

Text: SHOUT to 85258. Location: National

▪ **South Bucks Counselling (All ages)**

A team of skilled therapists with a variety of experiences, so they can provide the right person to work with those in need.

Web: www.southbuckscounselling.org/ Email: enquiries@southbuckscounselling.org

Tel: 01494 440199. Location: The Hub - High Wycombe

• **Bucks Healthy Minds**

Offer a range of free NHS psychological therapies to help with low mood, anxiety, worry, stress, long term health conditions & employment support.

Web referral form: <https://www.oxfordhealth.nhs.uk/healthyminds/contact/>

Text: 'TALK' to 07798 667169

Phone: 01865 901 600

Will also accept referrals from healthcare professionals.

Mental Health

Oxford Health - commissioned provider to deliver all age mental health services

Mental Health

Oxford Health - commissioned provider to deliver all age mental health services

▪ Space

Aylesbury based charity offering support for people who are going through difficult times e.g. relationship difficulties, depression, bereavement, unemployment, mental health problems, loneliness, or any combination of these issues. They offer: drop-ins, counselling, social groups, events, webinar.

Web: www.spaceaylesbury.org

Tel: 01296 432769

Email: project-coordinator@spaceaylesbury.org. Location: St. Mary's Church - Aylesbury

▪ The Tomorrow Project (All ages)

A confidential suicide prevention project set up to support individuals and communities to prevent suicide. The Project currently delivers a suicide crisis service and a police-referral suicide bereavement service.

Web: www.tomorrowproject.org.uk/ Web contact:

www.tomorrowproject.org.uk/contact

Text: 07594 008 356

Email: info@tomorrowproject.org.uk.

Location: National

▪ Victims First (18+)

Provides free emotional and practical support to all victims/witnesses of crime, as well as family members of victims, including support, advice, counselling, Support through the criminal justice system (if you have reported the crime to the police) and advocacy, including, help to access other services such as sexual health clinics, drug and alcohol services and legal services.

▪ Web: <https://www.victims-first.org.uk>

▪ Tel: 0300 1234 148

▪ Location: Buckinghamshire, Berkshire and Oxfordshire.

• MIND

Offers help through information, advice and signposting to local services. Phone line open Monday-Friday, 10am-6pm.

Web: www.mind.org.uk

Tel: 0300 123 3393

Location: National

BFIS Content: <https://familyinfo.buckinghamshire.gov.uk/advice-and-support/health-and-wellbeing/mental-health/>

BFIS Directory: <https://directory.familyinfo.buckinghamshire.gov.uk/?categories=mental-and-emotional-health&collection=advice-and-support&page=1>

• Adult Community Mental Health (18-65)

Provides core mental health services in the community to adults with mental health problems, ranging from schizophrenia, bipolar disorder, postnatal depression and other depressive disorders, to enduring anxiety and personality disorders.

Web: https://www.oxfordhealth.nhs.uk/service_description/adult-community-mental-health-teams/

Location: Buckinghamshire

• Safe Haven (18+)

Offers a safe and supportive alternative to A&E for adults experiencing a mental health crisis. Mix of face to face and phone support based on preference. Aylesbury base open Sunday-Wednesday, High Wycombe base open 7 nights a week. Service operates from 6pm-midnight. Referrals via e-mail (for professionals) or the phone lines (self-referrals).

Web: https://www.oxfordhealth.nhs.uk/service_description/buckinghamshire-safe-haven/

Tel: 01296 453017 (Aylesbury), 01494 218098 (High Wycombe)

Email: buckssafehaven@oxfordhealth.nhs.uk

Location: Buckinghamshire (physical bases in Aylesbury and High Wycombe)

• Urgent Care Mental Health Centre

24/7 "Mental Health A&E" is available at the Whiteleaf Centre in Aylesbury. For residents that are deemed physically fit but require urgent intervention for their Mental Health.

• CALM Campaign Against Living Miserably

Provides advice about mental health issues on their website. Confidential chats via web chat and phone line (5pm-midnight, 7 days a week) offering practical suggestions for life's problems, e.g. anxiety, relationship concerns, health worries, money worries, suicidal thoughts.

Web: www.thecalmzone.net

Tel: 0800 585858

Location: National

• Kooth (11-18)

Online counselling service supporting young people's emotional wellbeing and mental health. Young people register anonymously on the site, giving them access to drop-in or booked online chats with [British Association for Counselling and Psychotherapy](http://www.bacp.co.uk) certified counsellors, psychotherapists and emotional wellbeing practitioners.

Web: <https://www.kooth.com/>

Location: Buckinghamshire

• CAMHS: Children and Adolescent Mental Health Services (up to 18)

Helps children and young people who are finding it hard to cope with everyday life because of difficult feelings, behaviours or relationships. Can provide Cognitive Behavioural Therapy (CBT), Dialectal Behavioural Therapy (DBT), Family Therapy, Psychotherapy and Solution Focused Practice. Phone line open Monday-Friday 9am-5pm.

Web: <https://www.oxfordhealth.nhs.uk/camhs/contacts/bucks/>

Phone: 01865 901 951

Email: BucksCAMHSSPA@oxfordhealth.nhs.uk

Location: Buckinghamshire

The below interventions are appropriate for those believed to require support for Mental Health. Each intervention outlines the work carried out, agency, location and contact details.

- **Carers Bucks**

Supports the health and wellbeing of unpaid carers by providing information, advice and guidance, support groups, and a listening ear. Open Monday-Thursday 9am-5pm, Friday 9am-4:30pm.

Web: <https://carersbucks.org/>

Tel: 0300 777 2722

Email: mail@carersbucks.org

Location: Buckinghamshire

- **Buckinghamshire Educational Psychology Service (BEPS) (up to 19)**

Works with schools to promote inclusion, psychological well-being and raise standards for children and young people, across the full range of abilities. They also offer a consultation service to Buckinghamshire Maintained schools, academies and specialist settings, for example, where learning and/or development is giving significant cause for concern despite early intervention.

Tel: 01296 383219 (Aylesbury office)

Tel: 01494 732187 (Wycombe office)



PPEP Flyer

2022-2023 (002) Final

- **PPEPCare: Psychological Perspective in Education and Primary Care**

Training for staff in primary care and education to recognize and understand mental health difficulties in children and young people, and offer appropriate support and guidance to children, young people and their families using psycho-education and relevant psychological techniques (e.g. using a cognitive behavioural framework).

Training is delivered by appropriately qualified staff from local CAMHS services. The courses are free of charge for professionals to attend, above attachment provides further information, course dates and how to book.

- **Primary Care (accessed via 111 out of hours)**

Primary Care will support all adults with their mental health conditions. The GP should be the first point of call, unless there is an imminent risk of significant harm or death, in which case the emergency services would be more appropriate. The GP will refer to other services such as secondary mental health care where the adult meets the criteria, as well as signposting to national groups and online support. Where an adult is referred to another service, they will continue to work with the adults and will work in partnership with those other agencies to support the adults with their healthcare needs.

Social Prescribers: GPs can refer to social prescribers who work within their surgeries, who can connect people to the community groups and statutory services for practical and emotional support.

Professionals Meetings: The GP can organise a “professionals” meeting to which any agency known to be working with the individual can be invited.

Bereavement Support

- **Cruse Bereavement Support**

Offers emotional support to anyone affected by bereavement through an online chat function (9am-9pm Monday-Friday) and helpline (Monday & Friday: 9:30am-5pm; Tuesday-Thursday: 9:30am-8pm; Saturday & Sunday: 10am-2pm)

Web: <https://www.cruse.org.uk/>

Tel: 0808 808 1677

Email: helpline@cruse.org.uk

Location: National

- **Winston's Wish**

Provides support for children and young people following the death of a parent or sibling. Can be accessed by grieving young people, parents, teachers, and anyone who is supporting a grieving child. Phone line is open Monday-Friday 8am-8pm.

Web: <https://www.winstonswish.org/>

Tel: 08088 020 021

Email: ask@winstonswish.org

Location: National

- **Survivors of Bereavement by Suicide (SoBS) (18+)**

Provides a network of national peer support groups for adults who have been bereaved by suicide. Phone line is open Monday and Tuesday 9am-5pm.

Web: <https://uksobs.org/>

Tel: 0300 111 5065

Email: email.support@uksobs.org

Location: National

- **Organisations providing mental health support, including telephone helplines:** <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

- **Every Mind Matters provides information and guidance on mental health issues:** <https://www.nhs.uk/every-mind-matters/>

Mental Health

Oxford Health - commissioned provider to deliver all age mental health services

The below interventions are appropriate for those believed to require support for Mental Health. Each intervention outlines the work carried out, agency, location and contact details.

Other Buckinghamshire urgent care mental health services

- **Psychiatric Liaison Service (PLS) (16+)**

Provides support, assessment or treatment for people aged over 16 with mental health needs who access A&E, or who are inpatients on other wards within the hospitals. This includes assessment of mood disorders, psychotic illness, cognitive impairment, risk assessment and discharge planning. Mental Health Act assessments and/or admission to inpatient psychiatric facilities will be facilitated if it is deemed necessary.

Operating hours: 7am-9pm, 7 days a week

- **Crisis Resolution and Home Treatment Team**

Offers emergency (within 4 hours) and urgent (within 7 days) assessments to those referred into the mental health service, and crisis and home treatment options for new and existing patients. The aim of the team is to offer a safe alternative option to hospital admission for service users entering a mental health crisis, or to safely discharge service users from hospital at the earliest opportunity when it is safe to do so. Interventions are provided by a multi-disciplinary team including Consultant Psychiatrist and Psychologist, Mental Health Nurses, Social Workers and Occupational Therapists.

- **Street Triage**

Service involves a qualified mental health nurse working alongside the local police force out on call to make sure that people who need mental health treatment receive it as quickly as possible. An immediate assessment is carried out to determine whether the person should be held under Section 136 of the Mental Health Act and if not, whether any follow up is needed from mental health, social or substance misuse services.

**Mental
Health**

Oxford Health -
commissioned
provider to
deliver all age
mental health
services

The below interventions are appropriate for those believed to require support for Mental Health. Each intervention outlines the work carried out, agency, location and contact details.

- **You Matter**

Provides quick, free and confidential online and phone support for NHS and social care employees who are struggling with their wellbeing. The service is run by care professionals and aims to make sure help and support received is flexible to fit around your work patterns and specific needs. The phone line is open Monday-Friday, 8am-4pm.

Web: <https://youmatter-bob.nhs.uk/>

Tel: 0800 145 6568

Email: youmatter@oxfordhealth.nhs.uk

Location: Buckinghamshire, Oxfordshire & Berkshire

- **Our Frontline**

Provides round-the-clock mental health and bereavement services for those working in health and social care. There are a range of other resources on the website, but primarily provides phone and text lines to contact.

Web: <https://www.mentalhealthatwork.org.uk/ourfrontline/>

Tel:

0300 303 4434 (8am-8pm, 7 days a week): for trauma and bereavement support from Just B

0800 069 6222 (7am-11pm, 7 days a week) if you're in England, to talk to Samaritans' confidential staff support line

116 123 (7am-11pm, 7 days a week) if you're elsewhere in the UK, to talk to Samaritans' confidential staff support line

Text: FRONTLINE to **85258**

- **Additional Resources**

- Self-help guidance from Oxford Health: <https://www.oxfordhealth.nhs.uk/healthyminds/covid/wellbeing/>
- Guide for social workers on developing emotional resilience and wellbeing: <https://markallenassets.blob.core.windows.net/communitycare/2020/04/Community-Care-Inform-emotional-resilience-guide.pdf>
- Bite-size e-learning for staff around mental health: <https://mindedhub.org.uk/>
- NHS and the LGA have collaborated on health & wellbeing information for care staff: <https://www.local.gov.uk/sites/default/files/documents/workforce%20-%20wellbeing%20social%20care%20-%20Health%20%20Wellbeing%20Information%20for%20Social%20Care%20Staff.pdf>
- The Care Workers' Charity offers financial and health and wellbeing support for care workers: <https://www.thecareworkerscharity.org.uk/>

**The below interventions are appropriate for those believed to require support following going through the Criminal Justice System.
Each intervention outlines the work carried out, agency, location and contact details.**

▪ **NACRO (18+)**

They house, educate, support, advise, and speak out for and with disadvantaged young people and adults, especially those who have been in contact with the criminal justice system

Web: www.nacro.org.uk

Tel: 0300 123 1999

Email: helpline@nacro.org.uk

Location: National

▪ **New Leaf (18+)**

Provides help and support to offenders who plan to resettle in Oxfordshire, Berkshire or Buckinghamshire incl. MK. Through mentoring, we aim to help people re-settle effectively and address any issues and challenges they may have.

Web: www.newleafproject.co.uk

Tel: 01844 202 001

Email: info@newleafproject.co.uk

Location: Oxfordshire, Berkshire and Buckinghamshire.

▪ **Pathways to Employment (18+)**

To rehabilitate adults released from prison to reduce reoffending through holistic support; advocacy, employment and personal development, opportunity brokerage (including into paid employment), navigation of services and peer support.

Web: www.aspireoxfordshire.org/offender-rehabilitation (Online referral form)

Tel: 01865 204450

Email: info@aspireoxford.co.uk

Pilot project in Oxfordshire, Milton Keynes, Buckinghamshire and Berkshire.

▪ **RESET offender housing project**

Offers support for ex-offenders to access accommodation to assist in creating positive life choices. Finds individuals accommodation and provides intensive tenancy sustainment support. Assists in accessing benefit entitlements, getting into employment, accessing training/education. Helping set up utilities and pay bills. Links individuals into community services to avoid isolation. Support to access help with physical or mental health issues and drug/alcohol issues.

Web: <https://www.connectionsupport.org.uk/buckinghamshire/projects/reset/> (Includes web referral form).

Tel: 01296 484322

Email: reset@connectionsupport.org.uk.

▪ **Trailblazers (Age 18-25)**

National charity set up to mentor young offenders (18-25), with the primary objective of helping to reduce their re-offending, through weekly 1 hour, 1:1 mentoring sessions – both inside prisons and “through the gate” once they are released. With the aim to educate, encourage and inspire our mentees to change their future and make a positive impact on their communities.

Web: www.trailblazersmentoring.org.uk

Tel: 0800 193 4046

Email: info@trailblazersmentoring.org.uk

Location: National

▪ **YMCA (18+)**

Provider of services promoting health and wellbeing in England. Training & Education YMCAs offer a range of education, skills-based training, placement and apprenticeship schemes including work with prisons and probation services, providing citizenship and training opportunities pre-release.

Web: www.ymca.org.uk

Tel: 020 7186 9500

Email: enquiries@ymca.org.uk

Location: National

○ **BFIS Content:** <https://familyinfo.buckinghamshire.gov.uk/advice-and-support/imprisonment-and-offending-support/>

○ **BFIS**

Directory: <https://directory.familyinfo.buckinghamshire.gov.uk/?categories=offending-and-imprisonment&collection=advice-and-support&page=1>

Support for those who have been through the Criminal Justice System

Drug & Alcohol support

The below interventions are appropriate for those believed to require support for Drug and Alcohol Use. Each intervention outlines the work carried out, agency, location and contact details.

- **One Recovery Bucks service** - the integrated adult drug/alcohol treatment service in Buckinghamshire. The service is for people aged 18 or over who have substance misuse issues and/or who are affected by someone else's substance misuse. The service offers a range of interventions and support with the aim of enabling individuals to recover from their substance misuse: Support includes.
 1. Information and advice, Needle Exchange, Brief interventions
 2. Clinical service providing Opiate Substitute Treatment, Detoxification (Drugs and alcohol)
 3. Assessment for inpatient detox and residential rehabilitation
 4. Health & Wellbeing Checks, BBV screening (Hep C & C), Hep B vaccinations, Treatment pathway for Hep C
 5. Psycho-social Interventions, Online access to psycho-social therapy, access to counselling.
 6. Assertive Outreach –delivery of Blue light Project
 7. Practical support (access to housing, ETE, finance and debt advice)
 8. Peer support and facilitated access to mutual aid

Enhanced Recovery Network The Recovery Network creates a soft safe landing from structured support, with the aim of decreasing risk of relapse and representation. Activities include delivery of daily Recovery Club: (peer support, art / gardening groups, walking group etc, additional access to mutual aid in the day, complimentary therapy / mindfulness , kitchen / cooking clubs (training service users in level 2 food & hygiene & barista practice, who would then be offered the chance to work in our cafes to gain valuable work experience).

CONTACT One Recovery Bucks for referral

Web: <https://onerecoverybucks.org/>

Tel: 0300 772 9672

Email: ORB@mpft.nhs.uk

Location: County wide excluding Milton Keynes.

- **One Recovery Bucks - Specialist Family and Carers Service** One Recovery Bucks offers a range of support for people who are affected by someone else's substance misuse. You can get the right help for you and your family. The service offers face-to-face, telephone and email information advice and support, Support groups for carers and family members, Information and advice specific to drugs and alcohol addiction, enable families and carers to form and access community networks, signposting carers to services for a specialist carers assessment where appropriate

CONTACT One Recovery Bucks for Specialist Family and Carer support referral

Web [Family & Carers - One Recovery Bucks](#)

Tel: 0300 772 9672 (ask for Family Worker)

Email: ORB@mpft.nhs.uk

Location: County wide excluding Milton Keynes.

- **Here4Youth–Support for children and young people aged 10-18 (up to 25 in exceptional cases) experiencing drug/alcohol issues, at risk of developing problematic drug /alcohol use , or are impacted by parental or other family member drug/alcohol use, - The service offers** One to one and group support ,Information and Advice for parents/carers , Support to reduce harm caused by the misuse of substances, Professional drug and alcohol training in relation to children and young people's substance use and misuse for partner agencies ,General Health and well-being support, Hidden Harm Support for children effected by parental substance misuse – in partnership with One Recovery Bucks (adult substance misuse service) Supported access to pharmacological and needle exchange support in partnership with One Recovery Bucks (adult substance misuse service) ,Accredited (AQA) Life skills programme . Supported access to local activities.

Web:[Referral Form - Cranstoun](#)

Tel:01494 527 000

Email: switchbucks@cranstoun.org.uk

switchbucks@cranstoun.org.uk.cjism.net

Location: County wide excluding Milton Keynes

- **UK Narcotics Anonymous (All ages)**

Anonymous drug support service which offers group support to achieve and maintain a drug free life. (N.B - this is NOT a counselling service) The only requirement for participation in NA is a desire to stop using drugs. There are no membership fees, and each group is self supporting.

Web: <https://ukna.org>

Tel: 0300 999 1212

Email: webcom@ukna.org

Location: National

- **BFIS Content:** <https://familyinfo.buckinghamshire.gov.uk/advice-and-support/health-and-wellbeing/alcohol-drugs-and-addiction/>
- **BFIS Directory:** <https://directory.familyinfo.buckinghamshire.gov.uk/?categories=addictions&collection=advice-and-support&page=1>

Uniformed Youth Services

Uniformed Youth Services

An umbrella charitable incorporated organization with 11 voluntary member youth organisations operating in Buckinghamshire & Milton Keynes.

Contact:

Web: <https://www.bucksuniformedyouth.com/>

Email: bucksuniformedyouth@gmail.com

Phone: 01296 655386

BFIS Directory: <https://directory.familyinfo.buckinghamshire.gov.uk/?categories=clubs-and-groups&collection=things-to-do&page=1>

▪ Buckinghamshire Girl guiding:

- Rainbows
- Brownies
- Guides
- Rangers
- Inspire (18-30)

▪ Buckinghamshire Scouts

▪ Buckinghamshire Fire & Rescue Cadets

▪ Herts & Bucks Air Training Corps (RAF Air cadets)

▪ St Johns Ambulance Cadets

▪ Royal British Legion Youth

▪ Stowe School Combined Cadet Force

▪ TVP Volunteer Police Cadets

▪ Oxon & Bucks Sea Cadets.

National Citizen Service

NCS was designed for 16 and 17 year olds.

They aim to engage, unite and empower young people. The project will allow young people to mix with other peers, take on challenges, gain independence and pick up new skills.

It gives young people a platform to get their voice heard, pursue a passion project and create a lasting impact in their local community.

Web: <https://wearencs.com/>

Access the NSC website and search for the young person's school to find out what projects are currently on in their local area.

Bucks Council Directories

Bucks Online Directory (BOD) (aimed at 18+) enables users to find activities and organisations in Buckinghamshire. It allows for the search to be narrowed depending on identified vulnerabilities, access needs, ages and days the activities run.

The BOD includes sections for general 'things to do', advice and support, education and learning, staying active and environment.

Link: <https://directory.buckinghamshire.gov.uk/>

BFIS Directory - find childcare, things to do for families, local services and organisations for families, children and young people aged from birth to 19 years (up to 25 years with a disability/additional need) on the [Family Information Directory](https://directory.familyinfo.buckinghamshire.gov.uk/)
<https://directory.familyinfo.buckinghamshire.gov.uk/>