

Gosport Directory of Services

November – April 2023

The purpose of this directory is to aid professionals in referring or signposting victims, vulnerable individuals and perpetrators to appropriate supporting agencies and services.

If you know of any support services that are not included in this directory, please email details of the service or organisation to carly.perry@gosport.gov.uk

Please note the directory will be updated and circulated to partners twice a year (May and November)



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ALCOHOL AND DRUGS

Organisation **Catch 22 Hampshire 24/7**

Description Specialist substance misuse treatment for young people under the age of 25 who feel that their drug or alcohol use is problematic. Psychosocial interventions, access to Needle Exchange, Specialist Harm Reduction, Relapse Prevention, prescribing service, access to mentors and aftercare.

Referral Process Anyone can refer to the service (including parents/young people) but the young person **MUST** consent to the referral. When referrals are received they will be triaged and an appointment will be offered for an assessment. Timescales for an assessment currently vary dependent on risk and need. Following assessment, the young person will be allocated a keyworker.

Referral forms, eligibility and referral criteria available on request.

Contact **Call 0845 459 9405 or email 247hants@catch-22.org.uk**

Organisation **DrugFAM**

Description At DrugFAM we are passionate about supporting those who are affected or bereaved by somebody else's addiction to drugs, alcohol, or gambling. We understand how easy it is to be drawn into the chaos that surrounds addiction and to be overwhelmed by feelings of helplessness, guilt and shame. All our support services are free of charge, although we welcome donations. Our aim is to help families, friends and partners throughout the country find ways of coping better with their situations, so that they can regain control of their lives and focus on their own health and well-being.

1 to 1: We also run weekly peer to peer support groups which are currently held online. For more information on these please do contact our Helpline or fill in the contact form on our Website. We offer pre-arranged one-to-one support sessions, either online, via video chat or over the phone.

Referral Process Self-referral

Contact **Helpline: Our telephone helpline is available from 9.00am to 9.00pm seven days a week 365 days a year. Many of our clients feel a huge sense of relief at being able to talk to our trained support team and realise that they no longer have to cope on their own.**

0300 888 3853 from 09:00 – 21:00 7 days a week, 365 days a year

Email support@drugfam.co.uk

Website: www.drugfam.co.uk/contact

ALCOHOL AND DRUGS continued

Organisation **Inclusion Recovery – Fareham Hub**

Description Providing a range of interventions including advice and support, harm minimisation service and medical and psychological support. The service is for anyone aged 25* years and over who is using drugs and/or alcohol or experiencing any of the problems that are associated with this.
Located at Fareham Health Centre.

Referral Process Self-referral or via other agencies

Contact Call 0330 124 0103 or email f.inclusion@nhs.net

Organisation **Inclusion Recovery – Gosport Hub**

Description Providing a range of interventions including advice and support, harm minimisation service and medical and psychological support. The service is for anyone aged 25* years and over who is using drugs and/or alcohol or experiencing any of the problems that are associated with this.
Located at 5-6 The Precinct, South Street, Gosport.

Referral Process Self-referral or via other agencies

Contact Call 0300 124 0103 or email g.inclusion@nhs.net
www.inclusionhants.org

*Catch 22 is working with Inclusion Recovery offering help to individuals aged 25 and under. For further information call 0845 459 9405 or email 247hants@catch22.org.uk
www.inclusionhants.org/support-for-under-25

Organisation **NHS Alcohol Support**

Description Information on alcoholism, binge drinking and caring for someone with an alcohol problem.

Contact www.nhs.uk/live-well/alcohol-support

Organisation **Talk to FRANK**

Description National helpline providing advice and information about drugs.

Contact www.talktofrank.com

AUTISM

Organisation

Ask About Autism

Description

Service for families across Hampshire and the Isle of Wight to help at every stage whether you feel your child may be autistic, to diagnosis and beyond. Offering free workshops and training, get togethers for parents/carers and advice line signposting.

Contact

Email emmaholmes@hpcn.org.uk
<https://www.facebook.com/hpcn.org.uk>

Organisation

Autism Hampshire

Description

Offering information and advice for adults, young people and children on the autism spectrum, their parents, carers and professionals. The service is available free of charge. Information Advice and Guidance Officers are available on the telephone, by email or appointments at the Whiteley and Portsmouth offices.

Autism Hampshire is currently unable to offer face to face resources or the lending library

Contact

Please follow this link as we appreciate your valuable feedback, the form takes less than 2 minutes to complete:

<https://forms.office.com/Pages/ResponsePage.aspx?id=y05nEtBI6kChXiyzh2XiqiZXW70H3dlHpJXa68gT2mRUNDJESlhCM1Q0TUdWMFNIVU9GUEZMRU5GUS4u>

Call 02380 766162 or information.advice@autismhampshire.org.uk
www.autismhampshire.org.uk

AUTISM continued

Organisation

Hampshire Specialist Parenting Support Service

Description

Commissioned by the NHS to deliver evidence based parenting programmes across Hampshire for parents/carers with children aged 5 to 17 years old who:

- Have symptoms which are suggestive of Attention Deficit Hyperactivity Disorder (ADHD) or have received a formal diagnosis
- Have behaviours which are suggestive of an Autism Spectrum Condition or have received a formal diagnosis
- Are teenagers displaying anti-social behaviour including child to parent violence
- Have or are at risk of developing a conduct disorder

Referral Process

At least one of the parents/carers or child must be registered with a GP surgery within the 5 Hampshire CCG's. Parents can self-refer or be referred by an agency who is working with the family. A link to our referral form and more information can be found at www.barnardos.org.uk/hspss

Contact

Email hampshireparenting@barnardos.org.uk

BEREAVEMENT

Organisation **Cruse Bereavement Support**

Description Free confidential support for adults, children and young people after the death of someone close. Support is provided via telephone, email or via the internet. There is also a live chat service available; details can be found at <https://www.cruse.org.uk/get-help/crusechat>

Contact **Call 0808 808 1677 (Monday and Friday 09:30 – 17:00, Tuesday, Wednesday and Thursday 09:30 – 20:00 and weekends 10:00 – 14:00) or email helpline@cruse.org.uk www.cruse.org.uk/**

Organisation **Simon Says Child Bereavement Support**

Description Bereavement support for children, young people and their families in Hampshire. Local group is based at Nimrod Community Centre, Nimrod Drive, Gosport, PO13 8AA.
Simon Says offers a helpline; support groups for children under 11 years and young people aged 11 – 17 years; befriending and counselling; information, resources and advice.
Groups are currently running but will reflect current government advice, please contact us for further information

Referral Process Self-referral and referrals from professionals accepted.

Contact **Call 02380 647550 email info@simonsays.org.uk www.simonsays.org.uk**

Organisation **Winston's Wish**

Description Providing support, information and guidance for children and young people when someone important in their life has died.

Contact **Call 08088 020 021 (Free phone number on landlines and mobiles. Open Monday - Friday 09:00-17:00 excepting National Holidays) or email ask@winstonswish.org See details of other support available on the "Get Support" section of the website: www.winstonswish.org**

COUNSELLING

<u>Organisation</u>	ABC (Anorexia & Bulimia Care)
Description	ABC is a national UK eating disorders organisation with over 30 years of experience providing on-going care, emotional support and practical guidance for anyone affected by eating disorders, those struggling personally and parents, families and friends. ABC works tirelessly to increase awareness and understanding of eating disorders through talks, training and campaigns for change.
Contact	Call 03000 111213 (Option 1 Support Line, Option 2 Family and friends) or email support@anorexiabulimiare.org.uk or familiesandfriends@anorexiabulimiare.org.uk www.anorexiabulimiare.org.uk

<u>Organisation</u>	Barnardo's Talk 2 Service
Description	Services supporting children and young people's emotional health and wellbeing. We have centres where children and young people can visit and have a trained worker they can trust and talk to. We help them build their confidence and get to the root of their difficulties.
Contact	Call 01983 865657 or email talk2@barnados.org.uk www.barnados.org.uk

<u>Organisation</u>	CALM – Campaign Against Living Miserably
Description	Support for men in the UK, of any age, who are down or in crisis via a helpline, webchat and website.
Contact	Call 0800 585 858 (17:00 – 00:00 365 days a year) www.thecalmzone.net

<u>Organisation</u>	CIS'ters (Childhood Incest Survivors)
Description	Providing emotional support for women aged 18 and over who were raped and/or sexually abused/exploited, as female children, by a member of their immediate or extended family.
Referral Process	Self-referral
Contact	Call 02380 338080 or email helpme@cisters.org.uk www.cisters.org.uk

COUNSELLING continued

Organisation **Frankie Workers**

Description Frankie workers provides therapeutic counselling for children and young people up to the age of 18 who have been victims of sexual abuse, sexual exploitation and female genital mutilation (FGM).

Referral Process Please contact the team to ask for a referral form on the number or email below. Consent for the referral to be made to the service must be gained from the child, or their family, prior to contact being made.

Contact **Call 03707 793512 or email frankie@hants.gov.uk**

Organisation **italk**

Description A free NHS service helping people to improve their mental wellbeing. The service offers a range of support including workshops to help with relaxation and managing day to day stress, guided self-help to empower you to move forward from feeling low or overwhelmed, and treatments for conditions such as depression, anxiety, obsessive compulsive disorder, phobias and post-traumatic stress disorder. Tailored treatments to help people with long-term physical health conditions like COPD, chronic pain and diabetes to build resilience and live well are now offered.

Referral Process Self-refer online at <https://www.italk.org.uk/self-referral/> or over the telephone by calling 02380 383920. Alternatively, GPs and other healthcare professional can submit referrals on behalf of their patients by visiting <https://www.italk.org.uk/contact-us/professional-referral/>

Contact **Call 02380 383920 (Monday – Thursday 08:00 – 18:00 and Friday 08:00 – 16:30) or email info@italk.org.uk**
www.italk.org.uk

Organisation **MOSAC**

Description Supporting all non-abusing parents and carers whose children have been sexually abused. Providing various types of support and information for parents, carers and professionals.

Contact **Helpline: 0800 9801958 (Monday to Friday 10:00 – 14:00 and Tuesday 16:00 – 18:00) or email enquiries@mosac.org.uk**
www.mosac.org.uk

COUNSELLING continued

Organisation **Moving on Project**

Description Counselling service supporting young people aged 11 – 25 years old from Fareham and Gosport. Also available is a private counselling service for those with complex needs who need to be seen urgently and do not fit into the free counselling criteria.

We offer counselling by telephone, virtual appointments and face to face counselling

Referral Process Self-referral or via agency (agency referral must have consent of young person before referring). Call the office (leave message if no reply) and details will be taken and initial assessment booked for the young person.

Contact **X-perience Youth Centre, Trinity Street, Fareham, PO16 7SJ**
01329 822331 or email info@the-mop.org or visit www.the-mop.org

Organisation **PARCS - Portsmouth Abuse and Rape Counselling Service, Family Action**

Description Providing free specialist counselling to survivors of sexual and/or domestic abuse (all genders, who are residents in South East Hampshire). Working within local communities to support and educate about sexual violence, with an aim to prevent and disrupt occurrences.

Contact **To make a referral please call 02392 669513 (Monday – Thurs 09:00 – 17:00 Fri 09:00-12:00) or email parcs@family-action.org.uk with any enquiries.**

Organisation **Relate**

Description Relationship Counselling, Family Counselling, Children and Young People Counselling and Sex Therapy.

Only offering appointments via Zoom or telephone at present

Referral Process Self-referral via email or telephone, or using the self-referral forms on the website - www.relate.org.uk

Contact **Call 02392 827026 (Monday – Thursday 08:00 – 18:00, Friday 08:00 – 14:00 and Saturday 09:30 – 13:00) subject to change or email appointments.hampshire@relate.org.uk**

DOMESTIC ABUSE

Organisation

ADAPT (Accredited Domestic Abuse Prevention Training)

Description

The ADAPT programme is a 20-week face-to-face programme covering the same modules, however, we do up to 26 sessions. Before starting the 20-week programme, we complete some work with our clients beforehand. Pre-group work is used to help individuals gain some information and tools while they are waiting for a start date for our ADAPT programme, also to provide more of an understanding of the behaviours they will be focussing on during group sessions. They will be introduced to the repeatable tools we offer to help implement change which can be used as coping strategies for negative emotions

This programme is for men aged 18+ who want to change their abusive behaviour towards a partner.

The programme is split into two sections, an initial 2 week virtual Skills Pathway programme which are awareness raising sessions, focussing on the impact of their behaviour. Once this is completed the second sections is a 20 week face to face programme, which addresses physical, sexual, trust and emotional respect and the affects domestic abuse has on children.

Referral Process

Self-referrals or individuals can be referred by agencies or Social Services via the website. Please be aware the current waiting lists are longer than usual.

Contact

Call 02380 009898 or email adapt@hamptontrust.org.uk

Organisation

Galop

Description

Providing support to lesbian, gay, bisexual and transgender people experiencing domestic violence.

Contact

National LGBT+ Domestic Abuse Helpline 0800 999 5428 (Mon - Fri 10:00 – 17:00, Weds - Thurs 10:00 – 20:00) or email help@galop.org.uk
www.galop.org.uk

DOMESTIC ABUSE continued

Organisation Hampton Trust – Caring Dads

Description Caring Dads is a 17 week trauma informed programme for 18-35 year old fathers who have also used abuse in their intimate relationships. The group is currently running again and looking for referrals.

Referral process A minimum of 12 referrals are required to set up a group. This is a pilot funded by the Home Office.

Referrals forms are available from adapt@hamptontrust.org.uk

Contact Call Tracy Kent on 02380 009898 or email

tracy.kent@hamptontrust.org.uk or adapt@hamptontrust.org.uk

Organisation iMatter Programme

Description Victim Support's iMatter programme is for women aged 16+ who have been or are currently victims of domestic abuse. It is suitable for clients who are not high risk. Delivered across 10 weeks via Zoom, each session is designed to last around 90 minutes.

Contact Call 0300 303 5881 or email iMatterprogramme@victimsupport.org.uk

Organisation Karma Nirvana

Description Specialist charity for victims and survivors of Honour Based Abuse in the UK.

Contact Call 0800 5999 247

www.karmanirvana.org.uk

Organisation ManKind Initiative

Description Confidential helpline for male victims of domestic abuse and domestic violence.

Contact Call 01823 334244 (Weekdays 10:00 – 16:00)

www.mankind.org.uk

Organisation Men's Advice Line

Description Advice and support for men experiencing Domestic Violence or Abuse.

Contact Telephone support 0808 8010327 (Monday – Friday 10:00 – 20:00)

Webchat (Wednesdays 10:00 – 11:30 and 14:30 – 16:00)

Email Support via info@mensadviceline.org.uk (Monday – Friday 09:00 – 20:00)

www.mensadviceline.org.uk

DOMESTIC ABUSE continued

Organisation

National Stalking Helpline

Description

National Stalking Helpline advisors can assist someone who is being made to feel harassed or intimidated by another person by offering information and guidance on the law in relation to stalking and harassment in the UK. Reporting stalking or harassment, effective gathering of evidence, ensuring personal safety and that of family members and friends and practical steps to reduce the risk

Contact

Call 0808 802 0300 (Monday, Tuesday, Thursday, Friday 09:30 – 16:00 and Wednesday 09:30 – 20:00)

<https://www.suzylamplugh.org>

Organisation

Respect - Phoneline

Description

Respect Phoneline is a confidential helpline, email and webchat service for domestic abuse perpetrators and those supporting them. We support men and women who are using abuse in same-sex or heterosexual relationships. The helpline is for anyone who's concerned about their use of violence and abuse towards their partner, and for those supporting them: concerned friends or family members, Frontline Workers assisting abusers, are all welcome to call us for information and support.

Contact

Telephone support 0808 8024040

Webchat www.respectphoneline.org.uk (Thursdays 2pm-4pm)

Email support via info@respectphoneline.org.uk

www.respectphoneline.org.uk

Organisation

SignHealth

Description

Domestic Abuse service support for deaf people in British Sign Language.

Contact

WhatsApp or FaceTime 07970 350366

Call 0203 9472 601 or email da@signhealth.org.uk

DOMESTIC ABUSE continued

Organisation

Stop Domestic Abuse

Description

Stop Domestic Abuse offers a confidential support service to everyone affected by domestic abuse.

- Refuge accommodation
- Community based one-to-one for adults
- Specialist children and young people service providing one-to-one and group work
- Up2U – Behaviour change programmes for those using abusive and unhealthy behaviour
- Target Hardening
- Specialist Child Sexual Exploitation Worker
- Adult group work – currently delivered via Zoom
- Harmful Cultural Practices Specialist

Stop Domestic Abuse also offer training for professionals about domestic abuse, female genital mutilation and harmful cultural practices.

Contact

Advice Line for victims and professionals: 0330 0165112 (Monday – Thursday 09:30 – 17:30 and Friday 09:30 – 17:00) or email advice@stopdomesticabuse.uk

Organisation

The Hideout

Description

Women's Aid have created The Hideout, a space to help children and young people to understand domestic abuse and how to take positive action if it is happening to them.

Contact

[http://thehideout.org.uk/](http://thehideout.org.uk)

Organisation

The National Association for People Abused in Childhood (NAPAC)

Description

NAPAC provides a national Freephone support line for adults who have suffered any type of abuse in childhood.

Contact

**Call 0808 801 0331 (free from mobiles or landlines) or email support@napac.org.uk
www.napac.org.uk**

DOMESTIC ABUSE continued

Organisation **Turnaround – Hampton Trust**

Description Turnaround provides a supportive and safe environment for young people aged 8 – 12 years who have been affected by domestic abuse. Course sessions last one hour and 30 minutes and are based on the Isle of Wight.
This programme is currently not funded – please email to find out cost and further details

Referral Process Schools to identify and refer students/young people.

Contact Call 02380 009898 or email tracy.rutherford@hamptontrust.org.uk

Organisation **Youth Options**

Description 10 weekly practical parent group session providing non-violent resistance strategies and guidance for parents/carers with children who show violent, aggressive, controlling or self-destructive behaviour (aged 5 – 17 years).

Contact Call 02394 213678 or email jemmacowley@youthoptions.org.uk

EATING DISORDERS

Organisation **Beat – Eating disorders**

Description We are a champion, guide and friend to anyone affected by eating disorders, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered.

Contact **0808 801 0677 – Helpline help@beateatingdisorders.org.uk**
(Helplines are open 365 days a year from 9:00 – 00:00 during the week and 16:00 – 00:00 on weekends and Bank Holidays)
General enquiries info@beateatingdisorders.org.uk
www.beateatingdisorders.org.uk

Organisation **Male Voice ED**

Description Charity which recognises and values the lived experience of males who have experienced, or are experiencing, eating and exercise related difficulties.

Contact **<https://www.malevoiced.com/>**

Organisation **Talk ED**

Description National charity supporting anyone affected by any eating disorder or eating distress. Offering 1:1 and nutritional guidance calls and peer support groups.

Contact **<https://www.talk-ed.org.uk/>**

EDUCATION

Organisation **Bay House School & Sixth Form**
Description Secondary School and Sixth Form based in Alverstoke.
Contact **Secondary School 02392 587931 and Sixth Form 02392 505276 or email enquiries@bayhouse.qfmat.org**

Organisation **Bridgemary School**
Description Secondary School located on Wych Lane.
Contact **Call 01329 319966 or email school@bridgemary-tkat.org**

Organisation **Brune Park Community School**
Description Secondary School located on Military Road.
Contact **Call 02392 616000 or email enquiries@brunepark.qfmat.org**

Organisation **Hampshire County Council Skills and Participation - SEND Employability Hubs**
Description A pilot programme of SEND Employability Hubs developing and delivering a programme focusing on supporting SEND young people to gain the skills, confidence and experience needed to gain independent and positive progressions into employment. Hubs are delivered for young people from Year 12 with an EHCP via four college sites across Hampshire, St Vincent College are currently a Hub site for Gosport.
Referral Process Through contact directly with the hub or through discussions with SEN worker at EHCP annual review.
Visit the link below for more details:
<https://www.hants.gov.uk/educationandlearning/hampshirefutures/send-employability-hub>
Contact: **Contact St Vincent mwilliams@stvincent.ac.uk or iwandless@stvincent.ac.uk or Skills and Participation Toni-Marie.Leaf@hants.gov.uk**

EDUCATION continued

Organisation **Hampshire County Council Skills and Participation - Supported Internship**

Description Supported Internship is a flexible programme for young people with an Education Health Care Plan (EHCP) that supports and prepares them for the world of work and aims to move them into paid employment at the end of the programme. Whilst on the programme the intern is supported to develop appropriate behaviours for work, improve their Maths and English and helping them learn skills for independence. Interns are supported both in class and in the workplace by Skills Coaches who help prepare them for independence in the workplace.

Contact Call 01962 846193 or email jon.tebbutt@hants.gov.uk

Organisation **Lord Wilson School**

Description Education for secondary aged boys with Behavioural, Emotional and Social Difficulties (BESD)

Referral Process Need Statement of Special educational Needs for BESD, referral through Hampshire Children's Services (Education).

Contact Call 01489 582684 or email enquiries@lordwilson.org.uk

Organisation **Plan B**

Description Supporting young adults who are unable to engage with mainstream education. Delivering vocational education as a route to employability based around the diverse local marine industry with transferable skills into other industries. Supporting curriculum based core subjects such as Maths and English by applying them to everyday life

Contact Call 02394 008561 or email info@theplan-b.org
www.theplan-b.org

EDUCATION continued

Organisation **Primary Behaviour Service**

Description The Primary Behaviour Service primarily works with Hampshire mainstream primary schools. This includes children who live in a bordering local authority but attend a Hampshire primary school.

By providing early, targeted support through a child-centred approach, the service aims to:

- remove barriers to learning
- help children get the most from their education
- reduce exclusion

Referral Process Access to the service is only available via a referral from a Hampshire Primary School.

Contact Call Sarah Cobb 01329 281890 or email sarah.cobb@hants.gov.uk

Organisation **St Vincent College**

Description College located on Mill Lane, PO12 4QA.

Contact Call 02392 588311 or email info@stvincent.ac.uk

Organisation **The Key Education Centre**

Description Offers education to children who are temporarily unable to attend school because of the following:

Permanent exclusions;

At risk of being permanently excluded;

Emotionally vulnerable

Facing an absence of 15+ continuous school days due to ill health.

Referral Process Made by Head teachers.

Contact 02392 528653 or email adminoffice@thekey.hants.sch.uk

EMPLOYMENT

Organisation **Hampshire Futures – Traineeship Plus**

Description Traineeship Plus is an 18 week long programme designed to help 16-24 year olds (or 25 year olds with an Education, Health Care plan – EHCP) to enable them to gain appropriate skills and experience towards achieving an apprenticeship or employment. A traineeship is an excellent way to prepare young people for an apprenticeship or for entry into employment. At a time when young people face even more challenge and competition in the labour market from older and more experienced workers, a traineeship can be the step up that they need to launch their career and enter the labour market. It is desirable for trainees to have a minimum grade of 3-9 or A-D GCSE in English and/or Maths, or a Functional Skills at Level 1 or above. However, if an individual does not meet this entry requirement the application needs to come with a supporting statement, which demonstrates motivation and determination to achieve these during the programme.

Referral Process ***Not currently taking on new referrals***

Visit <http://www.hants.gov.uk/traineeships> for more details

Contact Call 07701 020612 or email skills.participation@hants.gov.uk

Organisation **IGNITE Project**

Description If someone is struggling to find the motivation to kick start their career path then the IGNITE programme can offer individualised support and guidance. Available for anyone aged 16 – 99 years who is not in education, employment or training.

The IGNITE programme will help break down the barriers that prevent individuals from getting the most out of their life. For 3 to 6 months a mentor will build a brilliant working relationships and, through focused conversations, shine light on any hurdles individuals may be experiencing that are holding them back.

Contact **Call the Motiv8 office on 02392 525026**

EMPLOYMENT continued

<u>Organisation</u>	National Careers Service
Description	Offering free and impartial information, advice and guidance to help to support and enable people to make informed decisions about careers, courses and work. The service offers help to individuals to: <ul style="list-style-type: none">• Explore options and career aspirations• Understand the local job market• Develop or enhance CVs• Search and apply for jobs• Apply for apprenticeships, training and learning• Identify key strengths and skills• Develop an action plan to help individuals achieve their goals
Contact	Call 0800 100 900 or visit https://nationalcareers.service.gov.uk/ for further information
<u>Organisation</u>	Supporting Families Employment Adviser
Description	One to one support for individuals within the Supporting Families Programme around employment, apprenticeships, training and volunteering. Providing advice and support to Local Authorities and partner organisations on the eligibility, referral processes, support packages and benefits of Jobcentre Plus mainstream employment provision.
Referral Process	Referrals should be made to the Adviser.
Contact	Call 07767298849 or email karen.gamblin@dwp.gov.uk
<u>Organisation</u>	The YES Hub
Description	Providing support for beneficiaries aged 18-24 year olds seeking education, employment or training.
Referral Process	Attend the Nimrod Community Centre between 10:00 – 13:00 on Mondays, Wednesdays and Thursdays to access the services or find out more information.
Contact	Call Kim on 02392 503433 or email yes@rownercommunitytrust.org https://www.rownercommunitytrust.org/event/gosport-yeh/2022-03-17/
<u>Organisation</u>	Your Future
Description	Help for young adults who have left school, to realise their skills and abilities, support with job application forms and CV's, help with applying for jobs and apprenticeships and finding training courses.
Contact	https://www.hants.gov.uk/educationandlearning/yourfuture

ENFORCEMENT

Organisation **Fareham & Gosport Environmental Health Partnership**

Description Statutory enforcement of neighbour nuisance issues e.g. noise including loud music, dog barking and other anti-social noise.

Contact **Call 01329 824399 or email gosportehsupport@fareham.gov.uk**
Out of hours: 0800 374485

Organisation **Neighbourhood Police Teams**

Description **Gosport East** covers Alverstoke, Anglesey, Town, Christchurch and Hardway.

Gosport Central covers Elson, Forton, Brockhurst, Leesland and Privett.

Gosport West and Lee covers Rowner and Holbrook, Peel Common, Bridgemary, Grange and Lee-on-the-Solent.

Contact **Call 101 or email gosport.police@hampshire.police.uk**

Organisation **Streetscene**

Description Statutory enforcement of littering, fly tipping, dog fouling, smoking in vehicles, trade waste agreements and waste carrier licences under the Clean Neighbourhoods Act.

Contact **Call 08000 198598 or email streetscene@gosport.gov.uk**

FAMILY SUPPORT/PARENTING

Organisation

ACE's Recovery Toolkit

Description

The 10 week course has been created to inform and educate parents about the impact of Adverse Childhood Experience's (ACE's) on them and their children. The programme works with people who have experienced ACEs that have resulted in emotional trauma, the course aims to assist parents at looking at ways of developing positive lifestyle changes.

The course aims and outcomes are:

- Understanding the impact that living with ACEs has on the individual and their children
- Participants to develop strategies for building resilience for themselves and their children
- For individuals to have an increased understanding and implementation of healthy living skills
- For participants to develop the tools to mitigate the impact of ACEs on themselves and their children
- For participants to have increased self-esteem
- For participants to develop strategies to continue to develop their families resilience

Courses will be delivered virtually

Referral Process

By referral only.

Contact

Call 0370 779 0300 or email f&g.earlyhelp@hants.gov.uk

Organisation

Elizabeth Foundation

Description

The Elizabeth Foundation facilitates early diagnosis for babies and pre-school children with all degrees of deafness and provides comprehensive education and support services for them and their family.

Referral Process

Self-referrals or referrals from professionals.

Contact

Call 02392 372735 or email julie.hughes@elizabeth-foundation.org

FAMILY SUPPORT/PARENTING continued

Organisation **Family Links Nurturing Programme**

Description Ten week nurturing programme to develop emotional and mental well-being which is crucial for effective relationships and family life. The course aims is to help parents understand their emotions in order to manage feelings and behaviour of children. The family will become more positive and nurturing in their relationships with their children and each other.

Courses will be delivered virtually and face to face

Referral Process By referral only.

Contact Call 0370 779 0300 or email f&q.earlyhelp@hants.gov.uk

Organisation **Family Lives**

Description Providing support around all aspects of family life. Parenting advice and an online parenting course are available by accessing the Family Lives website. Online chat available that service users can access every weekday from 10:30 – 21:00. The forum is open to anyone who needs support from other parents.

Contact Call 0808 800 2222 Monday to Friday 09:00 – 21:00 and Saturday and Sunday 10:00 – 15:00 or email askus@familylives.org.uk
www.familylives.org.uk
<https://www.familylives.org.uk/how-we-can-help/welsh-language-helpline/>

Organisation **Gingerbread**

Description Charity that helps single parent families with expert advice, practical support and campaign for single mums and dads. Gingerbread offers ways to connect with other people going through the same thing.

Contact **Single parent helpline 0808 802 0925 or email**
peersupport@gingerbread.org.uk (this email address is only for enquiries about the single parent friendships group and the online forum. If single parents need advice they should contact the single parents helpline or use the web chat service on the website).
www.gingerbread.org.uk

FAMILY SUPPORT/PARENTING continued

Organisation **Gosport Family Support Service**

Description The service will offer targeted interventions using a whole family approach through voluntary engagement to bring about positive, sustainable change through a multi-agency approach.

Referral Process Through completing the Inter Agency Referral form via HCC.

Contact Call 0370 779 0300 or email f.g.fssadmin@hants.gov.uk

Organisation **Gosport and Fareham Multi-Academy Trust, Children and Family Services**

Description Offering a range of children and family services to meet the bespoke needs of local young people and their families including:

- Advocacy and championing support
- Proactive family support using strength based approach
- Specialist and therapeutic professional services
- Access to educational and training programmes
- Support with developing resilience and independence
- Short term response to 'crisis' education scenarios for young people

Contact Call 02392 505233 or email familysupport@gfmat.org
<https://gfmat.org/children-and-families-services/>

Organisation **Hampshire Parent Carer Network, Futures in Mind**

Description **Future in Mind CAMHS Workshops:** These friendly and informal sessions are for parent/carers of children or young people who struggle with their mental health and / or are attending CAMHS. A CAMHS Clinician attends every session to discuss a different topic.

All sessions currently take place via Zoom

Get Together Sessions: These friendly and informal sessions are for any parent/carer of children or young people who have any additional needs. A Hampshire SENDIASS attends every session to provide Educational advice and there are also frequent speakers.

Contact E-mail marybaldwin@hpcn.org.uk or visit www.hpcn.org.uk

FAMILY SUPPORT/PARENTING continued

<u>Organisation</u>	Hampshire SENDIASS
Description	An impartial Special Educational Needs and Disability Information, Advice and Support Service in Hampshire The service offers a single point of contact for children and young people with special educational needs and/or disability (SEND) and their parents and carers. Links to further information, advice and support can be found on their website or by contacting Hampshire SENDIASS directly.
Contact	Call 0808 164 5504 or email info@hampshiresendiass.co.uk https://www.hampshiresendiass.co.uk

<u>Organisation</u>	Hampshire Specialist Parenting Support Service
Description	Delivering evidence based parenting programmes across Hampshire for parents/carers with children aged 5 - 17 years old who: <ul style="list-style-type: none">• Have symptoms which are suggestive of ADHD or have received a formal diagnosis• Have behaviours which are suggestive of an Autism Spectrum Condition or have received a formal diagnosis• Are teenagers displaying anti-social behaviour including child to parent violence• Have or are at risk of developing a conduct disorder
Referral Process	At least one of the parents/carers or child must be registered with a GP surgery within the 5 Hampshire CCG's. Parents can self-refer or be referred by an agency who is working with the family. A link to our referral form and more information can be found at www.barnardos.org.uk/hspss
Contact	Email hampshireparenting@barnardos.org.uk

<u>Organisation</u>	Healthier Together
Description	Developed by healthcare professionals the website details clear information on common childhood illnesses, including advice on what 'reg flag' signs to look out for, what you should do to keep a child comfortable, how long a child's symptoms are likely to last and where to seek help.
Contact	www.what0-18.nhs.uk

FAMILY SUPPORT/PARENTING continued

<u>Organisation</u>	Home Start Hampshire
Description	Support for any parent living in Gosport that has one or more child under the age of eleven and would like help during a difficult time in their life including post-natal depression, bereavement, isolation, feeling exhausted, coping with an illness or disability and relationship difficulties.
Referral Process	Referrals can be made by phone, email or by downloading a referral form from the website.
Contact	Call 0330 1242095 (Monday – Friday 09:00 – 16:30) or email familysupport@hshants.org.uk www.home-starthampshire.org.uk

<u>Organisation</u>	Life with your teenager
Description	Targeted four week course aimed at families with teenagers. *Courses will be delivered virtually*
Referral Process	By referrals only.
Contact	Call 0370 779 0300 or email f&q.earlyhelp@hants.gov.uk

<u>Organisation</u>	Portage
Description	<p>Portage is for Early Years children who have a significant developmental delay (by approximately one third of the child's age). There must be a delay in at least two different skill areas, one of which must include communication and interaction, cognition or learning, social, emotional and mental health</p> <p>For example, this could be:</p> <ul style="list-style-type: none">• a child with social, communication and interaction difficulties and no expressive language.• a child with moderate or severe global developmental delay.• a child who requires intensive support with challenging behaviours, significantly above those you would expect for a child of that age and which may indicate an unmet special educational need. <p>The service will be delivered through Portage visits into the home and/or the child's Early Years Setting. All work will be carried out in coproduction with parents.</p>
Contact	Requests for Portage support will only be accepted online: https://forms.office.com/Pages/ResponsePage.aspx?id=tdiBPwfuF0yGnB20OQGNmxVLJEhMgZ9HIZvtcXvzryxUNIZONEIYMUZQNFZGVzdNTUEwMThYMDVfVi4u

FAMILY SUPPORT/PARENTING continued

Organisation **RAISE Project**

Description RAISE is a pilot project supporting families in Gosport who are in need of long-term, light touch support. These are often families who ‘bounce’ in and out of high level support. This is often but not always due to an undiagnosed learning disability for one or both parents. We work closely with the Early Help Team in Gosport.

Referral process Referrals will be accepted from Hampshire Social Care and where appropriate Gosport Borough Council.

Contact **Call 02392 296919 or email info@robertscentre.org.uk**
www.robertscentre.org.uk

Organisation **The Roberts Centre – Adult and Family Intervention Project (AIP/FIP)**

Description The service works intensively with council tenants at risk of losing their home due to anti-social behaviour or issues which impact on their tenancy including: neighbour issues, substance misuse, mental health, domestic abuse, financial pressures, school attendance and parenting difficulties. Key workers support clients to work through their issues and remain engaged to empower clients to make permanent and positive changes in their lives.

Referral process Referrals will be accepted from Gosport Borough Council.

Contact **Call 02392 296919 or email info@robertscentre.org.uk**
www.robertscentre.org.uk

Organisation **Tots Talking**

Description 10 week virtual programme developed with parents to improve the language skills of two year olds:

- Aim of getting parents to talk more to their two-year olds so that their children will talk more and so be ready to do well at nursery and school.
- Encouraging parents to use more contingent language behaviours by following the child’s lead, using commentary on activities rather than asking questions and giving instructions.

Courses will be delivered virtually

Contact **Call 0370 779 0300 or email f&g.earlyhelp@hants.gov.uk**

FOOD PROVISIONS

Organisation **Caring Hands Food Bank**

Description Supporting individuals and families with food hampers and signposting them to other agencies/projects who can help improve their current situation.

Contact Call 0300 302 0090 or email caringhands.gosport@family.church
<https://family.church/foodbank-gosport/>

Organisation **Crisis Food Gosport**

Description Supporting local families and those in need with food hampers which include ingredients to help make healthy meals.

Referral Process Hampers are available Thursday afternoon for collection and Friday for delivery.

Contact Call Charlotte Blake 07474 019418 or email
crisisfoodgosport@gmail.com
www.crisisfoodgosport.com

Organisation **Gosport Basics Bank**

Description Provides short term practical support to anyone in crisis or emergency situation. We aim to do this without creating dependency and so that we can help as many people as possible. Collect food parcels from premises located at Unit 1, The Old Railway, Spring Garden Lane, Gosport, PO12 1FQ. Open Monday, Wednesday, and Friday 11am to 2pm. There is no charge for this service.

Referral Process To access the service a voucher is required. Contact Gosport Citizen's Advice Bureau (on 02392 520112) or your support worker.

Contact Call 07826 305900 or email enquiries@friendsofthehomeless.org.uk
<https://www.friendsofthehomeless.org.uk>
www.facebook.com/farehamandgosportbasicsbank

FOOD PROVISIONS continued

Organisation

Gosport Food Pantry

Description

Community Pantry is aimed at people struggling to feed themselves. People apply to be a member and can then shop once a week. They can select from the food available (using some parameters) and pay £5 with food valuing approx. £15.

Operating from Gosport Borough Football Club in Privett Road, the pantry is open Wednesday 10:00 – 14:00 and Friday 09:00 – 13:00.

Contact

Call 07868 089757 or email gbfcfeedafamily@gmail.com

Organisation

The Store Cupboard

Description

The Jacob's Well Store Cupboard is open most days (closed on Wednesday). The Store Cupboard is more than just food and they try to keep a store of other products to hand, if you're in need of something, please ask a member of staff.

Based at Jacob's Well Care Centre, Unit 1 Toronto Place, Gosport, PO12 4UZ.

Referral process

No referral system and no registry of recipients.

Contact

Call 02392 583 050 or e-mail enquiries@jacobswellcarecentre.co.uk
www.jacobswellcarecentre.co.uk/store_cupboard.html

FORCES/VETERAN SUPPORT

Organisation **Alabaré Homes for Veterans**

Description Alabaré aim to end homelessness for Veterans by providing a pathway of accommodation and support to enable a successful transition to civilian life. Alabaré provide quality accommodation, key worker support, help accessing employment, training and voluntary work, help with drug and alcohol misuse and volunteer befrienders.

Contact **Call 01722 322882 or email veterans@alabare.co.uk**

Organisation **Alabaré RNRM Veterans Outreach Programme**

Description In addition to the Supported Housing we provide through our RNRM Veterans Outreach programme, we offer specialist care and guidance to vulnerable Veterans who have served in the Royal Navy, Royal Marines or Royal Fleet Auxiliary and are over 55. This service is also available to those in receipt of a full pension and includes those who are currently living in their own homes.

Contact **Call 01722 322882 or email veterans@alabare.co.uk**

FORCES/VETERAN SUPPORT continued

Organisation

FirstLight Trust

Description

Charity for Veterans, those leaving the Armed Forces and Emergency Services offering assistance with:

- Housing, Benefits/Debt problems
- Rehabilitation and support for drug and alcohol problems
- Pensions/Allowances
- Volunteering work, Writing CV's and getting back to work
- Support in getting the right medical treatment

For any support, please contact Sam Fry on 07881 232597 to book an appointment

Weekly activities for veterans to cut down on isolation and loneliness for improved well-being and mental health:

- Monday - Cookery session 13:00 – 15:00
- Tuesday - allotment project Gaining Growth for veterans 10:00 – 12:30
- Tuesday - Model club 13:00 – 15:00
- Wednesday - Coffee and chat 10:00 – 11:30
- Every 3rd Wednesday of the month – Walking group at 13:00
- Thursday - Cycle sessions 10:00 – 12:00
- Thursday (last Thursday of the month) – Alternate quiz and bingo 18:30 – 20:00.

All activities are pre book only

If you would like to attend any of these activities please call Riah Bunce on 07388954967

The FirstLight Trust hub in Gosport is based at 68 High Street, Gosport.

Contact

Call 02392 583099 or email enquiries@firstlighttrust.co.uk

Organisation

Forces for families

Description

Free and confidential advice for armed forces families provided by Citizens Advice. Advice can cover any area such as Benefits and tax credit, universal credit, debt, housing and family matters. Also offering video consultations if requested.

Contact

Call 0808 2787864 (Monday – Friday 09:00 – 17:00) or email joiningforces@hartcab.cabnet.org.uk or <http://citizensadvicehart.org.uk/joining-forces-for-families/>

FORCES/VETERAN SUPPORT continued

Organisation

OP Courage (TILS)

Description

TILS is a specialist military informed community service offering assessment and support for armed forces veterans experiencing a variety of challenges post-discharge. The primary goal is to quickly and accurately assess what support you might need and then to liaise with the services who can give that support.

Some issues TILS can support with include the following:

- Mental Health difficulties
- Housing, Financial and Employment
- Onward referral to other services/charities
- Referral into TILS complex treatment services if appropriate
- Provide information to families and carers

TILS can offer short-term interventions, guidance and support while waiting for other services.

TILS / CTS are primarily offering video consultations due to COVID-19 restrictions, however there is scope for face-to-face appointments if required

Referral process

For a referral into TILS, veterans must:

- Be a resident in England;
- Have served in the UK Armed Forces (regular or reserve) for a least one day (regardless of when they left) and be able to provide their military service number or another form of acceptable proof of eligibility;
- Be registered or able to register with a GP practice in England.

Those currently serving in the armed forces must:

- Have a discharge date from the Ministry of Defence within 3 months of the referral and have an identified mental health difficulty.

Link below to the TILS service and online referral form:

<https://www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/veterans-mental-health-and-wellbeing-service-op-courage/>

Contact

Call 0118 214 3262 (Monday - Friday 09:00 – 17:00) or email sc.veterans@nhs.net

FORCES/VETERAN SUPPORT continued

Organisation

SSAFA

Description

Lifelong support for our Forces and their families. There are two criteria for assistance: eligibility and need. The charity has volunteer caseworkers who can make home visits if Covid restrictions allow. They provide practical and financial support, such as requesting help to purchase essential items, assistance with relocation costs, help with education and training course costs and personal support.

Contact

Email Gosport.division@ssafa.org.uk giving full contact details, and details of what assistance is being requested or call 02392 523401 (local office answerphone) or call regional hub on 02045 669126.

www.ssafa.org.uk

Organisation

SSAFA Stepping Stone Home

Description

SSAFA's Stepping Stone Home based in the South of England provides short-term supported accommodation, help and advice to female service or ex-serving personnel, the female spouses or partners of serving or ex-serving personnel, and their dependent children. Support is also provided to women without children or whose children may be living elsewhere temporarily, those seeking accommodation due to welfare needs and Foreign & Commonwealth cases. Outreach support to women in the community (military) who may require advice and support is also provided.

Each case will be considered individually. Suitable candidates will have no serious or violent criminal convictions and no alcohol or substance dependencies/misuse. These are female only facilities and do not permit male residents over the age of 18.

Referral Process

Applications will be considered on an individual basis.

Contact

Call 0208 4210866 or email steppingstones@ssafa.org.uk

Organisation

Seafarers Link

Description

Free group telephone calls for anyone aged 60 years and over who would benefit from a friendly chat and has a seafaring background or is connected to seafaring in some way. Calls take place each week and are facilitated by a trained volunteer. Calls are 45 minutes long and offer a free, safe and friendly environment.

Contact

Call 0800 434 6105 or email groupfriendship@ageuk.org.uk

HOUSING

Organisation

Abri

Description

Hampshire based housing association.

Contact

Call 0300 123 1 567 or email Claire.Rhodes@abri.co.uk

Organisation

Gosport Borough Council – Hostel Team

Description

The team support single (16+) and families who have been placed in emergency / temporary accommodation by GBC Homeless Service under Gosport Borough Councils statutory homelessness function. The team help and support in many areas including resettlement, helping you to achieve independent living, life skills, budgeting advice, debt advice, & any other areas identified in a support plan.

Clients aged 16/17 years will be initially advised to approach Children's Services for assistance.

Clients need to contact the Town Hall Housing Advice Team (Monday – Friday 9am-5pm) on 02392 545476 for consideration of accommodation

Referral Process

Automatic allocation to a support officer (B&B or hostel placements only).once assessed for accommodation via the Housing Advice Triage

Contact

Call 07932 068573 or email hostelteam@gosport.gov.uk

Organisation

Gosport Borough Council – Housing Advice

Description

Offering advice to residents aged 16 and over in relation to any aspect of housing including homelessness.

Contact

Call 02392 545476 or email HousingAdviceTeam-mbx@gosport.gov.uk

Organisation

Gosport Borough Council - Operational Services

Description

All aspects of general need housing including tenancy management, estate management and referrals to supporting agencies where applicable.

Contact

Call 02392 584242

Organisation

Gosport Borough Council – Tenancy Management

Description

Neighbourhood Housing Officers managing all Gosport Borough Council housing stock.

Contact

Call 02392 545665 to speak to a duty officer

HOUSING continued

Organisation

Hitting the Cold Spots

Description

Hitting the Cold Spots Advisors can help people keep warm in their homes and reduce energy bills. Advisors can offer: home visits offering advice and practical support, help to access funding, support with temporary electric heaters, eligibility check for the Warm Home Discount and local energy efficiency schemes, assistance to switch energy providers, signposting and referrals to other organisations

Contact

Call the Advice Line on 0800 804 8601 or email

enquiries@environmentcentre.com

<https://environmentcentre.com/hitting-the-cold-spots/>

Organisation

Home Group

Description

Hampshire based housing association providing general needs housing and supported housing services.

Contact

Call 0345 141 4663

Organisation

Hyde Housing

Description

Hampshire based housing association.

Contact

Call 0800 3282282 (Monday – Friday 08:00 – 20:00) or email

asb@hyde-housing.co.uk

www.hyde-housing.co.uk

Organisation

Local Energy Advice Programme

Description

LEAP (Local Energy Advice Programme) is a free energy advice service available to all Gosport residents. It offers tailored advice and support based on your needs, including any onwards referrals. It offers energy saving advice, help with finding a cheaper energy deal, and can fit free energy-saving kit such as LED lightbulbs, radiator panels and draught-proofing.

The eligibility requirements of LEAP are designed to target households that either are already in, or are at risk of falling into fuel poverty. It is open to all typed of households-homeowners, private renters and social housing tenants.

Contact

Residents cannot apply directly, but instead need to be referred into the scheme. Residents should contact their rent or housing officer if relevant, or Citizens Advice Gosport.

HOUSING continued

Organisation **Parity Trust**

Description Non-profit organisation providing flexible and affordable mortgage products and loans. Working in partnership with Gosport Borough Council, we offer secured home improvement loans for homeowners whose properties require essential repairs, improvements or adaptations.

Contact **Call 02392 375921 or email mail@paritytrust.org.uk**
www.paritytrust.org.uk

Organisation **Southern Housing Group**

Description Hampshire based housing association.

Contact **Email servicecentre@shgroup.org.uk**

Organisation **Street Link**

Description National website for reporting rough sleepers. If you are concerned about someone sleeping rough, use Street Link to report the location and they will pass this information onto the local support services.

Contact **Call 0300 5000914**
www.streetlink.org.uk

Organisation **The Guinness Partnership**

Description All aspects of tenancy management and estate management within Guinness Partnership's housing stock

Contact **Call 02392 794533 (Housing Manager) or email**
daniel.taylor@guinness.org.uk

Organisation **Two Saints - 101 Hostel, 101 Gosport Road, Fareham PO16 0PZ**

Description 18 bed direct access hostel for male and females aged between 18-59 years. Working with individuals who are homeless to access support specific to their needs. Sourcing appropriate move on accommodation whilst aiming to work towards independent living.

Referral Process Referrals can be made in person or over the phone. Other agencies can also send referrals to **peirsF&G@twosaints.org.uk**

Contact **Call 01329 281995**

HOUSING continued

Organisation **Two Saints - Acton Lodge**

Description Stage 2 Supported accommodation 10 bed homeless hostel for single homeless people aged 18 years and over with the expectation that service users move on within 12 months having established independent living skills and the confidence to live independently.

Priority will be given to clients being reconnected from Stage 1 services.

Referral Process Please contact the hostel directory for referral information.

Contact **Call 01329 281995 or email peirsF&G@twosaints.org.uk**

Organisation **Two Saints - Outreach Service**

Description The outreach service is a small dedicated team of support workers who are able to assist those living on the streets in Fareham and Gosport. Offering advice and guidance for street homeless people aged 18 years and over in accessing accommodation or returning back to area of original residence. Signposting to relevant agencies such as housing, substance misuse, benefits and health.

Referral Process Direct referral either by phone or by presenting at 101 Gosport Road Fareham PO16 0PZ.

Contact **Call 07734 557801 / 07818 093758 / 01329 281995 / 07809 342125
or email Fareham&gosportoutreach@twosaints.org.uk**

Organisation **Two Saints - Prevention, Early Intervention and Resettlement Services (PEIRS)**

Description A flexible and responsive service which supports people aged 18 years and over who are at risk of homelessness.

The service is short term our support is focused on homelessness prevention, tenancy management, and signposting to relevant agencies and specialist services in the local community. The service will support service users to develop an action plan to manage identified support needs address crisis and achieve independent living at the earliest appropriate stage.

Contact **Call 02392 511062 – Community Support or email
PeirsF&G@twosaints.org.uk**

HOUSING continued

Organisation **Utilita Community Services**

Description Offering support to all energy customers with a face to face service in their own homes or in the hub at 67 High Street, Gosport for groups of 6 or under. Discussing how to save energy, wear warm and high 5 (making five simple changes in the home).

Contact **Call 02392 526215**

Organisation **VIVID Homes**

Description Hampshire based housing association.

Contact **Call 02392 896833**

INTERNET SAFETY

Organisation **Childnet**

Description Childnet's mission is to work with others to help make the internet a great and safe place for children.

Childnet works directly with children and young people from the ages of 3-18 years, as well as parents, carers, teachers and professionals, finding out about their real experiences online and the positive things they are doing. Providing helpful information and guidance on a range of key online safety topics.

Contact <https://www.childnet.com/>

Organisation **Internet Matters.org**

Description Supporting families online providing expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.

Contact <https://www.internetmatters.org/>

Organisation **Safe4Me**

Description Hampshire Constabulary website providing educators, service providers and parents with information and resources to help educate, guide and support children and young people to keep safe.

Contact <https://www.safe4me.co.uk/>

Organisation **ThinkUKnow**

Description The National Crime Agency's CEOP Education Team aim to help protect children and young people from online child sexual abuse. Providing education programmes, training, resources and information to professionals working with children, young people and their families.

Contact <https://www.thinkuknow.co.uk/>

LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBT)

Organisation

Description

Mermaids

Mermaids supports children and young people up to 25 years old who are gender diverse, their families, and professionals involved in their care.

Contact

Email info@mermaidsuk.org.uk or call the helpline on 0808 8010400 (Monday – Friday 09:00 – 21:00)

www.mermaidsuk.org.uk

Organisation

Description

Switchboard

A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. Supporting people to explore the right options for themselves.

Contact

Call 0300 3300630 daily from 10:00 – 22:00

<https://switchboard.lgbt/>

Organisation

Description

Y Services - LGBT

For young people who identify as LGBT or are questioning their sexuality or gender identity.

Contact

Call 07503 353636 or email dawn@yservices.co.uk

MENTAL HEALTH SUPPORT SERVICES

Organisation **Hampshire Specialist Child and Adolescent Mental Health Service (CAMHS)**

Description CAMHS is an NHS service that aims to help young people up to the age of 18 years old who are finding it hard to manage their emotional and psychological health, and who are suffering with acute, chronic and severe mental health problems. CAMHS have community teams of staff across the Hampshire area that have expertise in working with children/young people with complex mental health difficulties and their families/carer's.

Referral Process Young people can self-refer by calling the number below or completing a form available at <https://hampshirecamhs.nhs.uk/> or referrals can be made by a GP, teacher or social worker.

Contact **Call 0300 304 0447**

Organisation **Kooth**

Description Free, safe and anonymous online support and counselling for young people aged 11-25 years. Access to Kooth is immediate. There is no need for a referral, no waiting list. Counselling hours are 12:00 – 22:00 on weekdays and 18:00 – 22:00 on weekends.

Contact www.kooth.com

Organisation **Safe Haven**

Description A safe place for those that are in self-defined mental health crisis (feeling at breaking point). The service provides a supportive and confidential space for anyone aged over 18 at The Hub Café, Havant 6-10pm every day. Receive immediate access to safe and confidential 1:1 emotional support from staff on shift which consists of two Havant and East Hants MIND Crisis workers, a drug and alcohol support worker from Inclusion and on call Mental Health practitioners from SHFT.

Contact **Attend face to face, call 0300 3031560 or email adultsafehaven@easthantsmind.org for information**

Organisation **SHOUT**

Description Confidential 24/7 crisis **text** support for times when someone is feeling anxious, stressed or overwhelmed.

Contact **Text 'SHOUT' to 85258 (free 24/7 text service)**
www.giveusashout.org

MENTAL HEALTH SUPPORT SERVICES continued

Organisation **Solent Mind, Fareham and Gosport Wellbeing Service**

Description Local service providing information, advice and support.
For information on drop in times and locations please call the number below.

Contact Call 01329 281445 or email AFG@solentmind.org.uk
www.farehamandgosportmind.org.uk

Organisation **The Harbour**

Description Informal, non-judgemental, out of hours mental health service for anyone over the age of 18 in Portsmouth, Fareham, Gosport, Havant and East Hampshire who needs short term support in times of great difficulty or is struggling with poor mental health.

The Harbour is not an A&E department for those in need of medical attention.

Contact Telephone support 023 8017 9049 (Weekdays 09:00 – 19:00 and Weekends 10:00 – 14:00)

Organisation **VIVID Wellbeing Service**

Description Wellbeing workers work closely with the NHS to support customers with poor mental health to continue living independently in their own home.
The Wellbeing Service will help to improve wellbeing and provide support in times of crisis when extra help or support may be required.

Referral Process Self-referral for VIVID tenants

Contact Call 0800 652 0898

Organisation **Young Minds**

Description UK's leading charity committed to improving the wellbeing and mental health of children and young people.

Contact Parent Helpline 0808 802 5544 free from mobiles and landlines (Monday – Friday 09:30 – 16:00)
YoungMinds Textline - Text YM to 85258 (free 24/7 text service)
<https://youngminds.org.uk>

MODERN SLAVERY

Organisation

Migrant Help

Description:

Protecting people affected by displacement and exploitation, helping them thrive as individuals and recover from their trauma. Supporting those most in need and least likely to find support elsewhere whilst aiming to bridge community gaps and bring services and support together.

Contact

Call the free asylum helpline on 0808 8010503

<https://www.migranthelpuk.org/>

Organisation

Modern Slavery Helpline

Description:

Modern Slavery and exploitation helpline.

Contact

<https://www.modernslaveryhelpline.org/>

Organisation

Moving On Project

Description:

Delivered by Medaille Trust the project provides women and their children with help and support if they have been affected by human trafficking and modern slavery.

Help is offered through one to one and group support and guidance to other services available.

Contact

Email movingonenquiries@medaille-trust.org.uk

www.medaille-trust.org.uk

OLDER PERSONS SUPPORT

<u>Organisation</u>	Adults' Health and Care
Description	Local authority adult social care department which provides services to adults who have been assessed as having eligible care needs. Can offer advice and help in relation to protecting adults from abuse.
Contact	Call 0300 555 1386 (Mondays 08:30 – 17:00, Tuesdays – Thursdays 09:30-17:00, Fridays 08:30 – 16:30 (Out of hours: 0300 555 1373) or visit https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/contact For information, advice and services to help you manage your own care and wellbeing and to stay independent, visit www.connecttosupporthampshire.org.uk

<u>Organisation</u>	Advocacy Service
Description:	<p>The advocacy service aims to help older and vulnerable residents of Gosport to access information that they may need, or go with you to meetings or interviews in a supportive role. You may want your advocate to support you with your paperwork, or speak for you in situations where you don't feel able to speak for yourself.</p> <p>Advocacy is a process of helping people, particularly those who are most vulnerable, to:</p> <ul style="list-style-type: none">• Access information and services (e.g. care packages, benefit checks, housing, staying independent)• Be involved in decisions about their lives• Explore choices and options• Defend and promote their rights and responsibilities• Speak out about issues that matter to them <p>Our Advocates are volunteers, who have undergone training and a DBS check and are supported by the Advocacy Project Co-ordinator.</p>
Referral Process	Anyone can make a referral. If making a referral on behalf of someone else please make sure you have their verbal consent.
Contact	Laura Drew 02392 604686 or email laura.drew@gva.org.uk or advocacy@gva.org.uk

OLDER PERSONS SUPPORT continued

Organisation

Age Concern Hampshire (ACH)

Description

Age Concern Hampshire are passionate about supporting people over 50 to live well independently for longer. We use our knowledge and experience to respond to the needs of local people throughout their ageing journey. Our organisation has been providing services to the older community of Hampshire since 1985. The charity currently deliver support at our Care & Wellbeing Centres throughout the county, as well as Help at Home, Information Hub services offering free information, Foot care clinics, Hospital to Home Services, Community Information Volunteers and a variety of other activities. Our family of staff and volunteers come from all walks of life to offer friendship, support and information to our service users.

Address: Age Concern Hampshire

Centre Way

Locks Heath

Southampton

SO31 6DX

Contact

Call 01962 868545 or email enquiries@ageconcernhampshire.org.uk

Organisation

Age UK Portsmouth

Description

Age UK Portsmouth is a local charity working in the community to support older people, their families and carers. Age UK Portsmouth provides a range of services and activities designed to help older people maintain their independence and make the most of later life. They can help with free information and advice, help at home, handyperson service, gardening, veterans support, socialisation support, foot care, hairdressing and IT sessions. Age UK Portsmouth is now covering Fareham, Gosport, Titchfield, Stubbington, Wickham and Bishops Waltham.

Contact

Call 023 9286 2121 or email enquiries@ageukportsmouth.org.uk
www.ageuk.org.uk/portsmouth

OLDER PERSONS SUPPORT continued

Organisation

Bobby Scheme

Description

The Blue Lamp Trust Bobby Scheme provides practical help to the elderly (aged 65+), disabled and those who have been or are at risk of being victims of domestic abuse, burglary or a repeat victim of crime.

The Bobby Scheme, to reduce the likelihood of becoming a repeat victim, will:

- Offer reassurance by a uniformed fitter linked to Police and Fire,
- Give advice and signpost where necessary,
- Provide free of charge safety and security fittings such as locks, spy holes, door chains, smoke and carbon monoxide alarms
- Supply and fit key safes (at a cost of £75)
- Crime prevention advice.

Referral Process

Referrals can be made by agencies by completing a referral form at <https://www.bluelamptrust.org.uk/bobby-scheme-landingpage/> or by an individual or their friends or family.

Contact

Call 0300 7770157 or email bobby@bluelamptrust.org.uk

Organisation

Brendon Care

Description

Brendon Care clubs are friendship and wellbeing clubs dedicated to providing older people with opportunities for social interaction and to meet new friends in a welcoming and supportive environment.

Contact

Click on the following links for clubs available in Gosport

www.brendoncare.org.uk/clubs/map

Call 01962 857099

Organisation

CHAT2Us

Description

Friendship, help and support group running from the Henry Cook Centre, South Street on Mondays from 11:00 – 13:00. Attendees can chat and participate in crafts, listen to speakers or invited activities. Fortnightly a retired NHS nurse assists with 'Movement to Music' and once a month there is a light buffet lunch. Members pay £2 to help towards the extras provided. CHAT2Us also helps local residents with benefit forms, applying for jobs and teaching the basics of emails and internet shopping.

Contact

Call or text Jeanette on 07450 028410

OLDER PERSONS SUPPORT continued

Organisation

Connect to Support Hampshire

Description

A website, commissioned by Hampshire County Council, aimed at keeping people independent, well and connected to their communities. Residents and organisations are able to find community groups, local activities, care homes and care providers near them. It is an online resource to help people regain or maintain their independence and get the support they need – a one-stop shop for care and support information.

Contact

www.connecttosupporthampshire.org.uk

Organisation

Cyber Bobby

Description

The Blue Lamp Trust Cyber Bobby scheme provides free home visits to the over 65s, disabled, and any previous victims of cyber-crime giving advice and guidance about basic IT security and how to avoid being affected by a cyber-crime or a cyber-enabled crime. All of the Blue Lamp Trust advisors are police vetted and carry ID cards to reassure local residents that they are genuine – they will not be offended if you ask to see their ID to validate their identity.

Our Cyber Advisor will discuss issues such as:

- What is cyber-crime?
- Cyber and scam prevention advice
- How to check privacy settings
- Signposting to other advice and resources
- How to report issues
- How to recognise scam emails and text messages

Referral Process

Referrals can be made by agencies by completing a referral form at <https://www.bluelamptrust.org.uk/cyber-bobby/> or by an individual or their friends or family.

Contact

Call 0300 7770157 or email cyber@bluelamptrust.org.uk

OLDER PERSONS SUPPORT continued

Organisation

Dustbusters

Description

A non-profit making domestic help service provided and managed by GVA to enable older or vulnerable residents of Gosport who are unable to do their own housework to continue living independently in their homes. Service includes general housework, laundry and ironing, changing of bed linen, vacuuming and dusting. Shopping can also be included.

Referral Process

Anyone can make a referral. If making a referral on behalf of someone, please ensure you have their verbal consent to do so. There is a cost associated with this service and a minimum requirement of 1 hour per week.

Contact

Call 02392 601314 or email jessica.gant@gva.org.uk

Organisation

FirstStop Advice

Description

Elderly Accommodation Counsel (EAC) FirstStop Advice provides information and advice to older people and their families on housing options in later life. If you would like to find out more about the options available to you, we recommend using our self-help Housing Options for Older People (HOOP) tool, which can be accessed at <http://hoop.eac.org.uk/hoop/start.aspx> We also maintain the Housing Care website, which lists details for 25,000 specialist housing schemes, 13,000 care homes and almost 10,000 home services for older people. This can be accessed here at www.housingcare.org

Contact

Call 0800 377 7070 or email info@firststopadvice.org.uk

Organisation

Gosport Community Alarm Service

Description

An alarm service which operates 24 hours a day 365 days a year providing assistance to older and vulnerable people in their own homes. The service is run by Gosport Borough Council and works via a special alarm unit connected to a telephone line.

Contact

Call 02392 529308 or email communityalarms@gosport.gov.uk

OLDER PERSONS SUPPORT continued

Organisation **Gosport Voluntary Action Befriending Service**

Description This service is for older people aged 55+ who have become socially isolated or are lonely. We offer a Visiting Service and a Telephone Service (the CHAT group is no longer running) - referrals are now open to everyone. **There is a waiting list for telephone befriending and home visits due to high demand**

Referral Process A referral can be received from any source. If making a referral on behalf of someone, please ensure they are aware and you have their verbal consent to do so. Referrals can be received over the telephone but not on the answer phone.

Contact **Laura Drew 02392 604686 email: laura.drew@gva.org.uk**
<https://www.gva.org.uk/individuals/support-services/befriending/>

Organisation **Mend & Tend**

Description Providing a service enabling older and vulnerable residents to continue living independently in their homes. The service offers painting and decorating, handy work repairs and general gardening work.

Referral Process Anyone can make a referral. If making a referral on behalf of someone else please make sure you have their verbal consent. There is a cost associated with this service.

Contact **Call 023 9260 4686 or email laura.drew@gva.org.uk**

Organisation **Pathways Project**

Description 12 week programme aimed at residents currently not in employment to develop their digital and employability skills and provide the confidence needed for modern employment and active job searching. We can also offer specific training for those wishing to become self-employed.

The course is delivered at the Discovery Centre in the Solent Room and at the Citizen's Advice Office.

Contact **Call 02392 604605 or email pathwaysdo@gosport.cabinet.org.uk**

OLDER PERSONS SUPPORT continued

Organisation

Steady and Strong

Description

Falls prevention classes are designed to help people aged 65+ to improve strength and balance, and are delivered by instructors who are specifically trained.

Classes are currently postponed due to Covid. As classes restart they will be relisted at www.hants.gov.uk/betterbalance

Organisation

The Silver Line

Description

Free confidential helpline for older people (55+) across the UK. Offering telephone friendship where volunteers are matched with older people based on their interests, facilitated group calls and help to connect people with local services in their area.

Contact

Call 0800 4 70 80 90 (open 24 hours a day, 7 days a week)

www.thesilverline.org.uk

SAFETY

<u>Organisation</u>	Hampshire and Isle of Wight Fire & Rescue Service – Fire Wise Programme
Description	Programme for young people aged 4 – 18 years old who have been involved with fire setting or arson providing educational intervention either at home or in school
Referral Process	Any Fire Setter referrals or enquiries are all done through the Fire Setters email inbox in the first instance: fast@hantsfire.gov.uk
Contact	Melanie Owen melanie.owen@hantsfire.gov.uk
<u>Organisation</u>	Hampshire and Isle of Wight Fire & Rescue Service – Safe and Well visits
Description	Person-centred home fire safety visit based upon an individual’s health needs, behavioural factors and home environment. Through interactions with people in the home, HIWFRS are able to provide advice, support and guidance to individuals (including partner agencies responsible for providing care and support services), in the reduction and management of presenting fire risks.
Referral Process	If the person you have in mind fits one or more of the characteristics below, we would advise that you make a referral by clicking on the following link: https://www.hantsfire.gov.uk/keeping-safe/loveyourhome/safeandwell/ <ul style="list-style-type: none">• Over 65 years of age• Has a physical and/or learning disability• Has any sensory impairment• Is known to be substance or alcohol dependent• Is unable to protect themselves from harm• Is experiencing domestic abuse• Is returning from hospital and there are fire risk concerns identified, for example burn marks on bedding, furniture or carpets; electrical faults in the home; unsafe practices with fire, cooking or heating; hoarding; the occupier smokes; no fire detection is present in the property.
Contact	Call 02380 644000 or email community.firesafety@hantsfire.gov.uk Partner/agency Safe and Well training: www.hantsfire.gov.uk/partner-working www.hantsfire.gov.uk/safeandwell

SAFETY continued

<u>Organisation</u>	Hampshire and Isle of Wight Fire & Rescue Service - Schools Education Team
Description	Set programme in conjunction with Education Authority but can deliver programmes on Arson, Hoax Calls and Road Safety to Youth Organisations to KS1-4 in schools in Hampshire.
Contact	http://www.hantsfire.gov.uk/kidzone-and-schools

SEXUAL HEALTH SERVICES

Organisation **Brook**
Description Free and confidential sexual health and wellbeing for the under 25s.
Contact **Call 0808 802 1234**
 <https://www.brook.org.uk/>

Organisation **Community Sexual Health Team**

Description A team of sexual health specialist nurses and practitioners who work in the community, often with partner agencies, providing a range of services to improve sexual and reproductive health outcomes for members of vulnerable groups. Our community team provide Sexual Health care to vulnerable young people and adults. This includes those at risk of unintended pregnancy and sexually transmitted infections. We work with populations who are at increased risk of poor sexual health. Some of the services we offer are:

For Professionals – <https://www.letstalkaboutit.nhs.uk/professionals/>

<https://www.letstalkaboutit.nhs.uk/>

Youth Services – [https://www.letstalkaboutit.nhs.uk/other-](https://www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/)

[services/support-for-young-people/](https://www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/)

Referral Process: For statutory, non-statutory and voluntary organisations working with vulnerable young people and adults, please check the website for the referral criteria and download a form, complete and return to the appropriate service via email.

<https://www.letstalkaboutit.nhs.uk/referrals>

GP and Practises nurses: A professional email for clinical advice:

SNHS.SexualHealthAdvice@nhs.net

Contact **Email SNHS.sexualhealthpromotion@nhs.net**

SUPPORT FOR YOUNG PEOPLE

Organisation Hampshire County Council Skills and Participation -
Employment and Skills Hub

Description Skills and Participation offers a sold service to schools and education providers, sourcing Work Experience placements and carrying out Health and Safety checks as part of our Careers Service. We also offer to link up Employers looking to offer Work Experience placements and careers interactions with relevant people and organisations.

Referral Process Email esh@hants.gov.uk

Contact James Maw james.maw@hants.gov.uk

Organisation **HENRY – Health, Exercise and Nutrition for the Really Young**

Description This is a targeted 10 week course, delivered virtually, by referral only, exploring together what makes a healthy family lifestyle and giving the parents the tools and skills to give their child a healthy start and to deal with some of the challenges along the way. It offers practical support for parents and carers to help develop their confidence, boost their self-esteem and build on their strengths. “Let’s get Healthy with HENRY” offers practical strategies to help families change old habits, eat more healthily and become more active. It is a family intervention based on building trust, respect and doing things *with* families rather than *to* them. Working within a strength based and solution-focused approach the key elements of “Let’s get Healthy with HENRY“ are:

- Parenting skills
- Eating patterns and behaviour
- Healthy eating
- Physical activity
- Emotional wellbeing

Courses will be delivered virtually

Contact henry.queries@hants.gov.uk

Organisation **Kidscape**

Description Advice and practical tips on how to build confidence to move past bullying for good.

Contact <https://www.kidscape.org.uk/advice/advice-for-young-people/>

SUPPORT FOR YOUNG PEOPLE continued

Organisation **KIDS Young Carers**

Description Provides support to young carers between the aged of 8 – 18 years whose lives are restricted in some way because they are supporting a person who is ill, has a disability, mental illness or is misusing a substance. This could be a parent or sibling. Further information and our referral form can be found here [Fareham and Gosport Young Carers | KIDS](#)

Contact Call 01329 312312 or email young.carers@kids.org.uk
www.kids.org.uk/fareham

Organisation **LifeSIGNS – Self injury Guidance and Network support**

Description User-led small charity creating understanding about self-injury and support.

Contact Email hello@lifesigns.org.uk
www.lifesigns.org.uk

Organisation **LINX, Hampton Trust**

Description Twelve week group work programme for young people aged between 13 – 18 years who have suffered adverse childhood experiences. LINX takes young people through an interactive, structured, therapeutic, yet fun twelve week programme. The aim of which is to support young people to understand ‘their own story’, address the impact of their adverse childhood experiences, support them to interact in a positive way and develop resilience and goals for the future.

This programme is currently not funded – please email to find out costs and further details.

Referral Process Schools opt to run LINX as an in-house programme, identify and refer students/young people.

Contact Call 02380 009898 or use the online contact form on <https://hamptontrust.org.uk/program/linx-4/>

SUPPORT FOR YOUNG PEOPLE continued

Organisation

Military Mentors

Description

Military Mentors run College Courses for 16-19 year olds who aspire to joining the Army, Navy, Air Force and Royal Marines. We are based in Bridgemary and work with Fareham College to provide a Level 1 or 2 Diploma in Entry into the uniformed services. The courses are one year in duration and taught by ex-armed forces personnel. The programme is very active and there are no exams to worry about. Students carry out sport and physical training every day and get fit very quickly whilst having fun at the same time. Courses run from Monday – Thursday and students get every Friday off. If you are interested in taking a look at what we do, we are now running guided tours of the college. Just call on the mobile number below to book yours. Our website (www.militarymentors.co.uk) also has a 2 minute video showing exactly what we do and what you can expect if you join.

Military Mentors also provide:

- Schools Outreach Programme for 14-16 year olds on day release from school
- Careers advice for schools
- Team building and fun outdoor sessions for groups of any size and any age, including schools, businesses, groups etc.
- First Aid Training for individuals, colleges, teams, companies etc

Contact

Call Tony on 01329 239001/07856 975379 or email

tony@militarymentors.co.uk

SUPPORT FOR YOUNG PEOPLE continued

Organisation **Motiv8**

Description Motiv8 is a registered charity that engages and supports young people aged 9-19 years and up to 25 with learning difficulties and disabilities. We provide a range of services, including 1:1 support and group work, to improve life chances for young people.

Referral Process Please email for a request for support form.

Contact **Email** kirsty.robertson@motiv8south.org.uk
www.motiv8south.org.uk

Project **Motiv8 1:1 Support and Supporting Families**

For young people and families who require additional support. Support is aimed at helping everyone achieve their full potential, gain qualifications, improve confidence and self-esteem, learn new skills, gain employment and build positive relationships.

Project **Motiv8 Detached and Outreach Service**

Detached and Outreach Service, days and times determined by local need.

Project **Motiv8 DIVERT programmes**

12 week diversionary group work for young people displaying anti-social behaviour in a specific area. Young people can participate in diversionary activities, targeted sessions including victim impact, custody visits, prison visits, equality and diversity and community resolutions.

Project **Monday Youth Hub 7-11 years @ Rowner Youth Centre 17:00 – 18:00 and 18:30 – 19:30**

Youth work provision delivered by qualified youth support workers offering a range of information, targeted interventions, games, activities and FUN!

Project **Chill out Tuesdays & Sexual Health Advice 13+ years @ Toronto Place 15:30 – 17:00**

Sexual health and wellbeing drop in service. Youth work provision delivered by qualified youth support workers offering a range of information, advice and guidance on Tier 2 Sexual health, contraception, pregnancy, Chlamydia testing and condom distribution.

SUPPORT FOR YOUNG PEOPLE continued

Project **Tuesday Wellbeing Hub (via referral) @ Toronto Place** anytime drop in (via referral)
Youth work provision delivered by qualified youth support workers offering a range of information, advice and guidance to young people aged 13+ on how to improve their emotional wellbeing.

Project **Wednesday Youth Hub 9 – 12 years @ Toronto Place 17:30 – 19:00**
Youth work provision delivered by qualified youth support workers offering a range of information, targeted interventions, games, activities and FUN!
Outside agencies regularly visit to give support and advice.

Project **Thursday Progression Hub @ Toronto Place 11:00 – 16:00** via referral
Employment and skills service for young people aged 16+. Youth work provision delivered by qualified youth support workers offering a range of information, advice and guidance. Young people can access a number of accreditations in relation to their skills and personal development.

Project **Thursday Youth Support Hub Creative Writing 14+ @ Toronto Place 16:30 – 18:00**
Youth work provision delivered by qualified youth support workers. Young people that access the project are budding Creative Writers and want to develop their skills in writing.

Project **Thursday Music Hub 13+ years @ Rowner Youth Centre 18:30 – 20:00**
Youth work provision delivered by qualified youth support workers offering a range of information, targeted interventions, games, activities and FUN!

Project **Friday Support Hub for Parent/Carer Appointment Service @ Toronto Place 12:00 – 18:00.**
Appointment service for Parents and Carers the first Friday of the month to discuss their support needs and gain advice and support.

Project **Friday Parent/Carer coffee morning @ Toronto Place 09:30 – 11:00, the first Friday of the month**

Project **Motiv8 SHAPE Parenting Workshops**
These workshops run across the year. Parents/carers must attend two 2.5 hour workshops to complete. Contact the main office directly for dates/times.

SUPPORT FOR YOUNG PEOPLE continued

Project

Motiv8 STEPS Alternative Education Programmes

Alternative education programmes for schools and colleges delivery Level 1 certificates and awards to young people at risk or poor outcomes or exclusion at school.

Project

Motiv8 Young Workers

Young people are training as young workers to work with young people 11-13 year old at Rowner and Brune Park Hubs. If you are interested or know of a young person that would be interested please contact the office for more details.

Project

Motiv8 Youth Forum – young people meet to discuss current areas of need, evaluate Motiv8 services and discuss emerging themes.

Four meetings a year, please contact the main office for details.

Organisation

No Limits

Description

The No Limits Advice Centre is an informal, friendly 'one stop shop' for you to get help with any issues you may be facing including homelessness, relationships, sexual health, sexuality, alcohol and drugs, health and well-being matters, domestic violence or abuse, education, employment, finances and energy advice. No appointments needed. You can get in touch via phone, email, webchat or by dropping into the Advice Centre (13 High Street, Southampton) for face-to-face support. Opening times are listed on the website.

Contact

Call 02380 224224 or email enquiries@nolimitshelp.org.uk
<https://nolimitshelp.org.uk>

SUPPORT FOR YOUNG PEOPLE continued

Organisation **NO PANIC - National Organisation for Phobias, Anxiety Neuroses, Information and Care**

Description No Panic offers advice, support, recovery programmes and help for young people aged between 13 - 20 years who suffer with anxiety disorders, panic attacks, phobias, OCD, exam stress or family anxiety.

Contact **Call 0300 772 9844 (Daily 10.00 – 22:00) or email info@nopanic.org.uk**
24 hours crisis line 01952 680835
Youth Helpline (under the age of 18) 0330 606 1174 (Monday, Tuesday, Wednesday and Friday 15:00 – 18:00, Thursday 15:00 – 20:00 and Saturday 18:00 – 20:00)
<https://www.nopanic.org.uk/>

Organisation **Ocean Youth Trust South**

Description Service allocates voyage places to vulnerable young people via bursaries. Bookings also accepted from young people who do not require bursaries. More information here: <http://www.oysouth.org>

Referral Process Self-referrals or referrals from professionals

Contact **Call 02392 602278 or email office@oysouth.org**

Organisation **PAPYRUS – Prevention of young suicide**

Description National charity for the prevention of young suicide. Papyrus provides confidential help and advice to young people and anyone worried about a young person.

Contact **Call 0800 0684141 (daily 09:00 – 00:00)**
Text 07860 039967
Email pat@papyrus-uk.org
<https://www.papyrus-uk.org>

Organisation **Teentalk**

Description Free weekly drop-in support and advice offered to those young people aged 13 years and above taking place on Friday's from 18:00 – 20:00 at Seafield Community House.

Contact **Hayley Pretlove 07388 524227**

SUPPORT FOR YOUNG PEOPLE continued

Organisation **The Mix**

Description Providing judgement free information and support to young people aged 13 – 25 on a range of issues including mental health problems. Young people can access support via phone, email, peer to peer and counselling services. They also offer a 1:1 online chat service and crisis messenger service.

Contact **Freephone 0808 808 4994**
www.themix.org.uk

Organisation **UPTURN**

Description UPTURN supports young people aged 14 - 25 years who may be suffering with stress, anxiety, low self-esteem, depression or any other mental health issues. Advice and guidance, signposting 1-1 and group support.

Assessments and support is delivered via phone and face to face

Referral process **Self-referrals welcome**
[https://www.solentmind.org.uk/assets/uploads/Upturn%20Service%20Self-Referral%20Form%202020%20\(1\).pdf](https://www.solentmind.org.uk/assets/uploads/Upturn%20Service%20Self-Referral%20Form%202020%20(1).pdf)

Contact **Call 01329 281445 (Mondays and Thursdays 09:00 – 16:00, Tuesdays 11:00 – 20:00, Wednesdays 11:00 – 16:00) or email**
efg@solentmind.org.uk
<http://farehamandgospportmind.org.uk/upturn.html>

SUPPORT FOR YOUNG PEOPLE continued

Organisation **Wessex Dance Academy**

Description Wessex Dance Academy is based in Winchester and is a unique, alternative provision which is open to vulnerable young people, who are not in education, training or employment (NEET) aged 15 years to 24 years old living in Hampshire. The Academy provides a nurturing and safe environment for young people with complex issues to spend 10 weeks to learn to dance and improve physical and mental health, confidence, self-esteem and team working skills. The Academy aims to support young people to successfully re-engage with education, training and employment. It is a full-time programme from Monday – Friday 10:00 – 15:30 (14:00 on Wednesday). Breakfast and lunch are provided every day and the young people complete a qualification during their time with us. Young people do not need any previous dance experience to join us!

Our next cohort dates are:

Cohort 31 – 18th January – 30th March 2023

Cohort 32 – 3rd May – 20th July 2023

Referral Process For an informal discussion about the programme, or to discuss a potential referral, please contact Lorna Digweed. If you feel you and your team/ organisation would like to find out more about what we do please do also get in touch as we are happy to attend meetings and provide further information about our service.

For school aged young people the school/ education provider they are on roll with must agree to a referral being made and they will be asked to make a contribution towards the cost of the place and the travel costs for the young person. We are unable to accept young people who are Electively Home Educated.

Contact **Call 01962 850127 or email lorna.digweed@hants.gov.uk**
www.wessexdanceacademy.org

SUPPORT FOR YOUNG PEOPLE continued

Organisation

Y Services for Young People

Description

Targeted and open access support for young people aged 13 - 19 years in the local area.

Project

Detached Youth Team Gosport Area

Youth workers visit open spaces, parks and where young people gather to offer support and advice. Linking in with Police and Gosport Borough Council to reduce ASB and provide signposting opportunities.

Phil Eades phil@yservices.co.uk

Project

Elson Youth Club

A safe place for young people with access to games, crafts and support from trained youth workers.

Monday from 15:30 – 17:30 for school years 5, 6 and 7.

Monday from 18:00 – 20:00 for school years 8+.

Freedom Church, Netherton Road, Gosport PO12 4PH.

Email tina@yservices.co.uk

Project

LGBT+ Youth Support Project

Working with young people aged 13 – 19 who are lesbian, gay, bisexual and transgender. Running an evening youth group in Gosport every Thursday evening. For more information regarding venue and timings please contact Dawn.

Call Dawn Tracy on 07503 353636 or email dawn@yservices.co.uk

Project

One to one bespoke

1-2-1 mentoring for young people focussing on confidence, self-esteem, school attendance, bullying, NETT etc. Mentoring is delivered by qualified youth workers who are available daytimes and evenings. Quotation available on request.

Email info@yservices.co.uk

Project

Y Aspire

1-2-1 mentoring focusing on confidence, skills and reducing barriers for young adults aged 18+, supporting them into education or employment.

Email lorna@yservices.co.uk

SUPPORT FOR YOUNG PEOPLE continued

Organisation **Youth Crime Prevention (YCP)**

Description 1:1 support for young people at risk of entering the criminal justice system.
Any young person aged 10-16 years (inclusive), who is at risk of offending
and anti-social behaviour.

Referral Process A referral can be made by any professional body, e.g. Police, School, Social
Worker, Early Help Hub and the form must be signed by the young person
and the parent/carer.

The time frame for decision making is dependent on the size of the waiting
list.

Contact **Call 01962 794712 or email CJSM.HampshireYOT@hants.gov.uk**

Organisation **Youth Afloat**

Description The aim of this activity is to allow young people aged 10 years and over to get
involved with sailing and the yachting world and allow families to have the
experience with the young people.

Youth Afloat only sails from April to the end of October.

There is no charge for this programme however donations are appreciated.

Contact **Email jstallard67@hotmail.co.uk or raa53@hotmail.co.uk**

Victim Support

Organisation **ASB Help**

Description ASB Help is a registered charity in England and Wales set up to provide advice and support to victims of anti-social behaviour.
ASB Help aims to provide information and advice to interested parties and members of the public involved with and suffering from ASB.

Contact Email admin@asbhelp.co.uk
<https://asbhelp.co.uk/>

Organisation **Victim Care Service**

Description The service provides free, confidential help and support to residents across Hampshire and The Isle of the Wight aged 4 upwards. With an aim to empower people to move beyond crime, in a way that suits them, regardless of whether or not they have reported to the police. Crime can impact people in many different ways, which is why the support is tailored and based on an individual's needs. You can use the service if you have been impacted by crime, even if you are not the direct victim. Support is available for any type of crime and they have dedicated Domestic Abuse and Children and Young People Teams.

Referral Process Clients can self-refer directly. Partner agencies may refer clients as long as consent is given, referral form is available on the website.

Contact Call Freephone on 0808 1781641 or email
hub.hiow@victimsupport.org.uk

