



## Bassetlaw Integrated Care Partnership –Children and Young People’s services, December 2018

Name of service	Service details	Who the service is for	How to access the service/ refer	Generally Well	LTC/Social Needs	Complex
<b>Weight management</b>						
Alive N Kicking from Everyone Health	New programme for Child Weight Management, under the name of ‘Alive N Kicking’. The course will run all year round for children and their families to access, in local communities.	The programme will run in each district for children aged 5-17 (split between 5-11 and 12-17). There is no upper limit in BMI for children to access the service, however some children may require assessment on a case by case basis to assess their suitability for the programme, including co-morbidities and appropriateness for group intervention.	<a href="http://www.everyonehealth.co.uk/nottinghamshire-county-council/">http://www.everyonehealth.co.uk/nottinghamshire-county-council/</a> or call 0333 005 0092	✓	✓	✓
<b>Mental health and wellbeing</b>						
Kooth Counselling	Kooth.com is a children and young people’s online counselling service – it is a safe,	Available to all children and young people aged 11-25 within	No referral is required for this service with young	✓	✓	

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	<p>confidential and non-stigmatised way for young people to receive free counselling, advice and support on-line. This includes:</p> <ul style="list-style-type: none"> <li>• A chat function for a young person to drop in to speak to a readily available counsellor</li> <li>• A messaging function for young people to contact the service</li> <li>• A schedule function to provide booked sessions with a named counsellor on a regular basis</li> <li>• A range of forums, all of which are pre-moderated, to offer facilitated peer support for young people.</li> <li>• Live discussion groups, run by professionals (with all comments moderated), to enable groups of young people to interact with each other in a safe environment</li> <li>• An online magazine with full content moderation, creation and editing which includes opportunities for young people to submit their stories or write articles, all of which is moderated.</li> <li>• Information, activities and self-care tools and resources on the site for young people to download</li> </ul>	<p>the Nottinghamshire and Bassetlaw area.</p>	<p>people being able to register and seek support directly via <a href="http://www.kooth.com">www.kooth.com</a>  Staffed by fully trained and qualified counsellors and available Monday to Friday from 12 noon until 10pm each night, and weekends from 6pm to 10pm, 365 days per year, it provides a much needed confidential and instant access service for young people.</p>			
<p>Child and Adolescent Mental Health Services (CAMHS)</p>	<p>Child and Adolescent Mental Health Services</p>	<p>Children and young people up to 18yrs old</p>	<p>GP or Professional referral. For more information please call 0115 8440 520. Parents/carers and young people can also self-refer for CAMHS support using our <a href="#">online</a></p>	<p>✓</p>	<p>✓</p>	<p>✓</p>

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			<u>form</u> or by calling 0115 854 2299.			
Talkzone	Provides a range of services for young people including counselling	Up to the age of 25	Self-referral and professional referral. Refer online at <a href="http://www.centreplace.org.uk/refer.htm">http://www.centreplace.org.uk/refer.htm</a>	✓	✓	
CASY COUNSELLING	CASY provides a confidential counselling service to young people aged from 6 to 25 within Nottinghamshire and Lincolnshire. We now cover Nottinghamshire and Lincolnshire and provide counselling in many schools throughout both counties. We also deliver counselling from our main office in Newark and various community venues. We also deliver training, workshops and talks for young people, parents and carers, therapists and school staff.	8-25 YR OLDS	NEIL HUNTER <a href="mailto:neil.hunter@casey.org.uk">neil.hunter@casey.org.uk</a>	✓	✓	
FREED-Beeches	FREED-Beeches is a free service for adults and adolescents aged 14+ who are suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and OSFED. (We are unfortunately unable to offer a service to under 18's suffering with Binge Eating Disorder).  FREED-Beeches is an innovative Eating Disorders Service providing Counselling, Cognitive Behavioural Therapy, Psychotherapy, Relaxation Therapies, Weekly Eating Disorder Therapy Group, Psycho-Educational Support, Dietetic Advice, Training for Professionals, Talks to	Adults and adolescents aged 14+	FREED-Beeches 39 Park Street Worksop Nottinghamshire S80 1HW 01909 479922 <a href="mailto:info@freedbeeches.org.uk">info@freedbeeches.org.uk</a>		✓	✓

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	School Children, Drop in Centre, Carers Group, Self-help Manuals and Library.					
<b>LGBT+</b>						
LGBT+ Service Notts	Provides a range of services for young people Including LGBTQ support, young parent counselling	Up to the age of 25	Self-referral and professional referral. Refer online at <a href="http://www.centreplace.org.uk/refer.htm">http://www.centreplace.org.uk/refer.htm</a>	✓	✓	
<b>Substance misuse</b>						
Substance Misuse Service <i>(Provider is NHT until end September, CGL from October)</i>	<ul style="list-style-type: none"> <li>• Community based drug and alcohol services (for young people)</li> <li>• Blood borne virus testing and vaccination</li> <li>• Specialist Needle Programmes</li> <li>• Community pharmacy substance misuse services (needle and syringe programmes and supervised consumption services)</li> <li>• Substance misuse prescribing costs</li> <li>• The training and development of the wider workforce to raise drug and alcohol awareness and deliver drug and alcohol interventions</li> <li>• Youth justice substance misuse services</li> </ul>		0115 896 0798 or email us on <a href="mailto:notts@cgl.org.uk">notts@cgl.org.uk</a> . Or refer online at: <a href="https://www.changegrowlive.org/content/cgl-new-directions-nottinghamshire-newark-mansfield-worksop-hucknall-broxtowe-rushcliffe">https://www.changegrowlive.org/content/cgl-new-directions-nottinghamshire-newark-mansfield-worksop-hucknall-broxtowe-rushcliffe</a>		✓	✓
<b>General/ public health</b>						
Healthy Family Teams, provided by NHT	This service brings together care provided by the Specialist Public Health Practitioners (formally known as Health Visitors and School Nurses) and their teams plus the Family Nurse Partnership Programme (for young parents), so that a joined up service can be offered to all families in Nottinghamshire.  In addition to routine health checks at	Parents with children aged 0 to 19, expectant mums, and young people under 19 living or attending school in Nottinghamshire.	Bassetlaw Advice and Appointment Line: 01777 274422 <a href="http://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams">www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams</a>	✓	✓	✓

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	<p>defined ages, appointments may be offered in community venues, schools or at home. A range of health support is offered. For example:</p> <ul style="list-style-type: none"> <li>• One to one support with emotional health and wellbeing for new parents, children and young people at school</li> <li>• Support and advice on a range of health issues such as breastfeeding, formula feeding, minor ailments, eating, parenting issues and continence</li> <li>• A dedicated scheme for first time mums under 19 years and their partners through the Family Nurse Partnership</li> <li>• Work in schools on specific health issues</li> <li>• Referral or signposting to other services who will be able to provide ongoing help</li> <li>• Parents and young people can refer themselves to the service at any time by using the contact details on the front of this leaflet.</li> </ul> <p>There are 3 Healthy Family Teams in Bassetlaw .</p>					
Schools Health Hub	<p>The Schools Health Hub's (SHH) aim is to support schools to improve health, wellbeing and educational outcomes, resulting in safe, healthy, happy, resilient children and young people who are able to achieve their potential.</p> <p>The Hub provides information, advice &amp;</p>	All Nottinghamshire (secondary and primary) schools	No referral required. The service is available to all Nottinghamshire schools although a targeted approach is taken for direct support	✓		

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	<p>guidance for schools in relation to:</p> <ul style="list-style-type: none"> <li>· policy development,</li> <li>· PSHE planning</li> <li>· training (including signposting to existing service and resources)</li> <li>· implementing evidence based interventions</li> <li>· identifying local health and wellbeing priorities (e.g. developing school health profiles) and supporting schools to address identified needs</li> </ul> <p>Resources will be co-produced with our key stakeholders including schools, parents and children.</p>					
Health for Teens	<p>Health for Teens, the first Young People's Health &amp; Wellbeing focused website for Nottinghamshire, was launched in January 2017. The website aims to support young people aged 11 and over with their emotional and physical health and wellbeing.</p> <p>The website provides bite-sized information about health and wellbeing and clearly directs young people to the most appropriate local services and sources of support. The website features interactive content, films and quizzes written by experts and includes topics as wide ranging as exam stress to anger management, and from managing spots to alcohol.</p>	Available to all young people who access it but aimed at young people aged 13-19 within Nottinghamshire.	No referral is required for this service with young people being able to access the website via <a href="https://www.healthforteens.co.uk/">https://www.healthforteens.co.uk/</a>	✓		
Focus on Young People in Bassetlaw	Supporting young people's needs	Young people	Self-referral. Tel: 01909	✓		

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			531504  Email: support@foypib.org.uk			
Notts Youth Service	Youth Services providing a range of support for young people	8- 18 years	Self-referral and professional referral. Call <u>Call us on 0300 500 80 80</u>	✓	✓	✓
Chat Health	Part of the Healthy Family Team offer, Chat Health is an easy way for young people to confidentially ask for hep about a range of issues, or make an appointment with a health practitioner. You can also find out how to access other local services including emotional support or sexual health services.	The testing service is available to all young people aged 11-19. The service is available Monday to Friday 9 to 4.30.	Text 07507 329 952	✓	✓	
<b>Sexual health</b>						
Emergency Hormonal Contraception	<ul style="list-style-type: none"> <li>Free service for females of all ages 12 years and above</li> <li>Pharmacists offer a user-friendly, non-judgmental, client-centred and confidential service.</li> <li>Where the client is under 16 the Pharmacist will assess the client as to whether she is Fraser Competent to consent to treatment using Fraser Competency guidelines</li> <li>Provides appropriate support and advice to the client on emergency hormonal contraception, regular contraception, sexually transmitted infections and as appropriate consult/refer/signpost to their medical practitioner or Integrated Sexual Health Service (SHS) or out</li> </ul>	Females of all ages (12 years and above)	Via Pharmacy.	✓	✓	

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	of hours service provider as appropriate.					
C - Card	The C Card scheme is a free condom and sexual health service for young people aged 13 – 25. It allows young people to gain access to condoms, lubricants and advice on sex, STI's and relationships.	Available to all young people aged 13-25 within Nottinghamshire.	Self-referral <a href="http://www.ccardnottinghamshire.co.uk">www.ccardnottinghamshire.co.uk</a>	✓	✓	
<b>Smoking cessation</b>						
ASSIST Adolescent Smoking Prevention Programme	The aim of the programme is to reduce adolescent smoking prevalence in Nottinghamshire by encouraging new norms of smoking behaviour by training influential Year 8 students in mainstream secondary schools to work as 'Peer Supporters' and to contribute to tackling inequalities in health through promoting and supporting the benefits of being smoke free.	Year 8 students attending schools in areas across Nottinghamshire with high smoking prevalence	There are 22 schools across Nottinghamshire eligible to take part in the programme who will be contacted by the ASSIST Co-ordinator	✓	✓	
Smokefreelife	Nottinghamshire is the free Stop Smoking Service operating throughout Nottinghamshire. You are 4 times more likely to quit smoking with professional support. We are here to help	All ages	0800 2465343   0115 772 2515 text QUIT to 66777	✓	✓	
<b>Oral health</b>						
Oral Health Promotion	The Oral Health Promotion Team work across Nottinghamshire and Bassetlaw areas promoting oral health Oral Health Resource Kits are available to loan free of charge to share key oral health messages. The Oral Health Promotion Team supply oral health toothbrushing kits	The service is for Nottinghamshire and Bassetlaw Areas.	Contact the Oral Health Team: Base: Stapleford Care Centre. Tel: 0115 9931485 Email: <a href="mailto:oralhealth.promotionteam@">oralhealth.promotionteam@</a>	✓	✓	



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	<p>and oral health passports to the Healthy Families Team to share with local families at the 1 year and 2 year health reviews.</p> <p>The Oral Health Website:  <a href="http://www.nottinghamoralhealth.com">www.nottinghamoralhealth.com</a>  is free to access and has lots of information and resources to access.Oral Health Training sessions run throughout the year and are free to access for staff working in the Bassetlaw and Nottinghamshire areas.</p> <p>Teeth Tools For Schools is an educational resource full of information, activities and lesson plans aimed at children aged 3 – 11 years. Every school has at least one copy on site but it is now also available to download free of charge off the website.</p>		<a href="http://nottshc.nhs.uk">nottshc.nhs.uk</a> Twitter: @OHPtoothfairies			
<b>Concerning behaviours</b>						
Small Steps	This is now a County-wide service (including Bassetlaw) and is run as part of the Healthy Families Programme to provide universal plus/tier 2 level support to children, young people and families where there are concerns regarding behaviour which may be indicative or characteristic of ASD/ADHD. The service will provide early support where there is no diagnosis and also support following a diagnosis of ASD/ADHD. The referral route to access the service is through the Healthy Families	The service will accept referrals where the following are present: <ul style="list-style-type: none"> <li>• Evidence of persistent behavioural needs which may be indicative or characteristic of ASC/ADHD which are detailed comprehensively during the collation of information</li> <li>• Evidence of a brief behavioural intervention carried out and evaluated by a tier 1/universal service, which has been</li> </ul>	Referrals should go through the relevant Healthy Families Team, unless it is a referral for post-diagnostic support following a diagnosis of ASD/ADHD in which case a clinic letter identifying the needs can go directly to Small Steps. Schools can also refer directly to Small Steps, but referrals will only be		✓	

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	<p>Teams who will ensure that a universal brief intervention has been carried out and evaluated prior to onward referral to Small Steps. A specialist practitioner will oversee cases where it's felt a specialist assessment for ASD/ADHD may be required and will collate information and liaise with community paediatricians/CAMHS as required prior to onward referral. In Bassetlaw, this referral will not go via the GP as part of the current pilot of direct referral for specialist assessment.</p>	<p>deemed not to meet their needs. For 0-5s this would include intervention from children's centres</p> <ul style="list-style-type: none"> <li>The child/young person aged 0-18 is registered with a Nottinghamshire County GP, resident within Nottinghamshire County or attends a school located within Nottinghamshire County boundaries</li> <li>Evidence of parental or carer consent prior to referral, and the young person where appropriate</li> </ul> <p>An exception to the second listed criteria would be where the behavioural presentation or need of the child/young person clearly exceeds the capability of a tier 1/universal brief intervention. Or where there are clear red flags indicating a need for specialist assessment (i.e. developmental regression or significant development delay).</p>	<p>accepted where a completed Getting To Know Me form details evidence of a minimum of at least two term's intervention and action planning, including observations carried out in school and evidence of using the Graduated Response appropriately.</p>			
<b>Learning disabilities and difficulties</b>						
Paediatric Learning Disability Nurse	<ul style="list-style-type: none"> <li>The service will provide specialist intervention to families of disabled children where the child's behaviour is experienced as challenging</li> <li>Where the CYP has a moderate to severe learning disability</li> </ul>	Families of disabled children where the child's behaviour is experienced as challenging	Referral via the Hurst			✓

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	<ul style="list-style-type: none"> <li>• Offer consultation for other professionals working with such families</li> <li>• Enable learning disabled children and their families to achieve as much as they are able within their local communities</li> <li>• Build upon existing service provision and improve social inclusion opportunities</li> <li>• To achieve maximum physical and mental health</li> </ul>					
S.A.N.D Sports Club	<p>The S.A.N.D clubs aim and philosophy is to provide out of school hours, sporting and learning opportunities for pupils in special schools. We also aim to focus on and encourage abilities of young people with additional needs attending mainstream schools. We welcome parents/Carers to all our S.A.N.D sports club sessions and value your support.</p>	3-18 years old	<p><b>Self-referral. Play With A Purpose Swimming Lessons</b></p> <ul style="list-style-type: none"> <li>• Contact Jo Hinton for details</li> <li>• Tel: 01302 743979 option 2</li> <li>• Email: jo.Hinton@bpl.org.uk</li> </ul> <p><b>SANDance</b></p> <ul style="list-style-type: none"> <li>• Wednesday 6pm - 7.30pm (Term Time only)</li> <li>• at Outwood Academy Valley Drama Studio</li> <li>• Tel: Sali on 07830 317 021</li> <li>• Email:</li> </ul>			✓

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			Sali_angel@icloud.com			
Dukeries Autism Centre, Worksop	The Dukeries Autism centre offers access to regular activities, respite for families and support for families and siblings	3-19 years old	Referral – call 01909 509400		✓	✓
TRANSFORM /BREAKAWAY	Breakaway is a participatory arts project for young people with learning disabilities. Our weekly sessions include music, dance, drama, visual arts and live performance, but they also support the personal development and progression of the young people.	14-25 YR OLDS	SOPHIE FORBES – TAYLOR <a href="mailto:sophie.t@transformtraining.org.uk">sophie.t@transformtraining.org.uk</a>			✓
<b>Paediatric nursing and therapies</b>						
Paediatric Community Nurses	The children's community nursing element of the service will provide high quality, responsive community based nursing care, which includes holistic health needs assessments with the implementation of individualised nursing care plans for children and young people with acute and additional health needs including disability and complex needs and those requiring palliative and end of life care	Children and young people with acute and additional health needs including disability and complex needs and those requiring palliative and end of life care including at St Giles Continence Offer -The service will accept or provide intervention for continence needs only where other needs exist that place children on the caseload	Referral via SPA at Hurst			✓
Paediatric Community Occupational Therapy	The core purpose of the Paediatric Occupational Therapy (OT) element of the service is to respond to the needs of children and young people who have disabilities or disorders of movement or function which may be improved or controlled by therapeutic input and use of	Children and young people who have disabilities or disorders of movement or function which may be improved or controlled by therapeutic input	Referral via SPA at Hurst			✓

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	equipment by providing interventions to facilitate the child/young person to reach their maximum functional potential.					
<b>Other</b>						
NCT - Bassetlaw Branch of the National Childbirth Trust	Provides support to mothers and mothers to be	All ages	Self –referral	✓	✓	
Notts Women’s Aid	Support and Counselling for families impacted by domestic violence	All ages	self- referral		✓	✓
New Roots	Provides supported accommodation to vulnerable young people who have no safe place to live. Drop in and cafe	Young people are eligible for our services if they are between the age of 16 – 21, or 16-19 for young parents. In exceptional circumstances we will support young people up to the age of 25.	Referrals from all sectors of our community.		✓	