

Support Organisations and Services

*This document is **READ ONLY**- If there are any edits/additions you would like to make please email **Canice Stephen** - canice.stephen@youthfirst.org.uk directly and the information will be updated accordingly.

**Further Information - for reference proposes only. Some information is quoted directly from the respective websites and therefore the copy is under the ownership of said organisation/service and not YF.

***Any text that is **highlighted in yellow** refers to a limited time, e.g., specific events, services, funding etc.

Type of service offered	
Bereavement Support	Green
Mental Health & Wellbeing Services/ SEN Support/ Therapies/ Carers Support	Blue
Addiction, Drugs & Alcohol	Orange
NHS Advice & Liaison Services	Yellow
Self-harm Support & Suicide Prevention	Red
Relationships & Counselling / Advice & Advocacy Services/ Family Support/ LGBTQ+/ Youth advocacy/ Youth Voices- champions/mayors/leaders, etc/Sexual Health Services/ Youth Services	Purple
Job/Finance / Education/ Food/ Housing support/ Hospitality & Facilities services	Grey
Children's Safety & Welfare, Social Services - affiliations across agencies Police/MASH/ Early Intervention, etc.	Black
Mentoring Services	Pink
Abuse Support	Dark Green
Creative Art Services/ Youth Sports/ Youth leisure & Lifestyle activities/ Music/ Digital Services	Light Green
Funding, Grants & Partnerships	Brown

Helpful numbers at a glance:

****Medical advice**

- NHS 111 by dialling 111 (England and Wales, all-age)

Domestic abuse and sexual violence

- [Rape Crisis](#) call 0808 802 9999 / [online chat](#) (16 and over)
- [Victim Support](#) call 0800 123 6600 / [online chat](#) (all-age)
- [GALOP](#) call 0800 999 5428 (LGBTQ+, all-age)
- [The Survivors Trust](#) call 08088 010 818 (all-age)

Emotional support and mental health

- [Childline](#) call 0800 1111 / [email](#) / [online chat](#) (under 18s)
- [Samaritans](#) call 116 123 / [email](#) / [visit](#) (all-age)
- [CALM](#) call 0800 58 58 58 / [webchat](#) (all-age)
- [Switchboard](#): call 0300 330 0630 / [online chat](#) / email chris@switchboard.lgbt (LGBTQ+, all-age)
- [Shout](#) text Shout to 85258 (all-age)
- [The Mix](#) call 0808 808 4994 / [email](#) / [online chat](#) (under 25s)

Name	Address	Telephone	Email	Website link	Further Information **	Key	
A							
Actissist – Active Assistant for Psychological Therapy	The University of Manchester Oxford Rd Manchester M13 9PL UK Main Offices	Professor Investigator - Tel: +44 (0)161 306 0422 Switch Board: +44 (0) 161 306 6000	Principal Investigator Professor Sandra Bucci Email: sandra.bucci@manchester.ac.uk	Actissist The University of Manchester	National clinical guidelines recommend a treatment known as cognitive behavioural therapy (CBT) for people who have experienced psychosis. To help increase access to helpful strategies, we have developed a CBT-informed mobile phone app (Actissist) for people who have experienced a first episode of psychosis		
AFRIL - Action for Refugees in Lewisham	Action For Refugees In Lewisham F3 Leemore Central Community Hub Bonfield Road Lewisham SE13 5ES	0208 297 4111	Email: info@afiril.org.uk Or get in touch via: Contact Us – AFRIL	AFRIL – Action for Refugees in Lewisham – A charity for refugees in Lewisham	AFRIL mainly support refugees to working with a more diverse group of families who have complex needs relating to insecure immigration status. They also work with resettled refugee families, and newly arrived asylum seekers in local hostels. AFRIL works with other local and national organisations to ensure that they can maximise resources locally. There is also support with ESOL, employment, advice and training.		
Anxiety UK	Anxiety UK, Nunes House, 447 Chester Road, Manchester M16 9HA	Support channel details: Helpline:03444 775 774	admin@anxietyuk.org.uk	National charity helping people with Anxiety - Anxiety UK	Anxiety UK – Anxiety UK is a national registered charity formed in 1970, by Katharine and Harold Fisher, for those affected by anxiety, stress and anxiety-based depression.		

		Text:07537 416905 (open Mon-Fri 09:30-17:30) Other contact details: Admin:0161 226 7727 operates 11am-1pm and 2pm-4pm.			Anxiety UK delivers a wide range of services including: Therapy service Helpline & text service Courses & Groups Research Fund Webinars Anxious Times magazine The charity also operates a popular membership scheme. Accessible through all social media networks	
ATHENA Service – Domestic Violence Information and support – part of Refuge	3rd Floor One America Square 17 Crosswall London EC3N 2LB Registered office 020 7395 7700 – Head office	0800 112 4052 For community-based users only Mon-Fri Outreach Vietnamese service Mon-Fri 9am-5pm: 020 8469 0864 Other contact details Refuge referrals: 24hr: 07920 769470	Athena service by Refuge email lewishamvawg@refuge.org.uk	Lewisham Council - Support for people experiencing gender-based violence (Athena service) Refuge – For women and children. Against domestic abuse.	The Athena service, run by Refuge, provides confidential, non-judgmental support to those living in the London Borough of Lewisham who are experiencing gender-based violence.	
B						
Bank of Things – Lewisham	Lewisham Shopping Centre SE13 7HB,		info@bankofthingslewisham.org	www.bankofthingslewisham.org	The Bank of Things is a new Young Mayors Project working in partnership with Lewisham Local aimed at Young People aged 11 to 25 living in Lewisham. Former Young Mayors have	

	General enquiries Contact Lewisham Local Lewisham Local PLACE/Ladywell - Unit C 261 Lewisham High Street London, SE13 6NJ	0208 488 9224	hello@lewishamlocal.com		used their budgets to develop the Bank of Things to address the issue of poverty and lack of resources for young people in the borough. We now supply everyday necessities to any young person facing hardship living in Lewisham.	
Baseline Drop-in Service	Unit 19, Lewisham Shopping Centre, SE13 7HBLewisham Services	0208 852 9790 Monday to Friday 10am-5pm 07824 694 786 or 07880 456 769 Monday to Wednesday 10am-4pm 07880 439 879 or 07824 801 542 Thursday and Friday 10am-4pm	Email: baseline@lewisham.gov.uk	Lewisham Council - Baseline drop-in service	Baseline provides support and advice for young people aged 16 –18 (up to 25 years old for those with additional needs) not in employment, education, or training (NEET). Services include getting into further education, training, and employment, learning and volunteering opportunities, your CV and job applications, free condoms and sanitary products. They also work in partnership with organisations supporting young people.	
BBC Children in need	Fundraising & Appeal By post BBC Children in Need Appeal PO Box 648 Salford M5 0LB	Call: 0345 609 0015 – select option 1 Calls cost the same as you would pay to call any standard landline number beginning 01 or 02	Email: pudsey@bbc.co.uk	Together we can change young lives - BBC Children in Need Grants - BBC Children in Need	BBC Children in Need believes that every child should have the chance to thrive and be the best they can be. They are committed to being there for children across the UK when they need us the most. Together with the BBC and our partners, we inspire the nation to support this work.	

	Grants & Programmes By post Grants BBC Children in Need PO Box 649 SALFORD M5 0LD	Call: 0345 609 0015 – select option 2	Email: pudseygrants@bbc.co.uk			
Believe Inspiring the next generation of female leaders	372 Brockley Rd London SE4 2BY	0203 372 5779	Info@beleveuk.org	Home • Beleve (beleveuk.org)	BelEve is a girl-focused charity working with 8 to 22 year olds. It is crucial to inspire and empower girls and young women to maximize their potential and celebrate their achievements. Believe offer a mentoring service, fully funded. Workshops, events and programmes to educate and encourage.	
Bipolar UK	Bipolar UK, 32 Cubitt Street, London, WC1X 0LR – Head office	-	Contact Us Bipolar UK see the contact link page for different access points to get help and support, e.g., chatbot for direct enquires relating to bipolar disorders and Bipolar UK Activities. Join the 24/5 eCommunity, FB, Local and national support groups email us: supportgroups@bipolaruk.org or info@bipolaruk.org for peer support line.	Bipolar UK National UK Charity	Bipolar UK provides peer support services to empower people affected by bipolar to live well.	


<p>Blueprint for All Helping Young People Start Their Own Business</p>			<p>Contact Nici Email: content@blueprintforall.org</p>	<p>Entrepreneurship and Innovation</p>		
<p>Brook Your free & confidential sexual health & wellbeing experts</p>	<p>Sexual Health Clinic Near Me - Brook & NHS Services – Brook Find a local service</p>		<p>Available on all popular social media platforms If you need to find a sexual health service, our service directory All other enquiries relating Brook as an organisation please contact us on admin@brook.org.uk</p>	<p>Sexual Health & Wellbeing - Brook – Fighting for healthy lives</p>		
<p>Bromley, Lewisham & Greenwich Mind</p>	<p>Lewisham Community Support</p>	<p>General enquiries: BLG Mind Tel: 01689 811222 Lewisham Community</p>	<p>Email all queries to BLG using the online contact form Contact Bromley, Lewisham & Greenwich Mind (blgmind.org.uk)</p>	<p>Bromley, Lewisham & Greenwich Mind mental health & dementia services (blgmind.org.uk)</p>	<p>BLM is an established and highly regarded mental health and dementia charity in South East London. They offer Mental Health and Dementia training, regular job postings and volunteering positions, and relevant groups targeted group services. Recently BLG have been awarded funding by Lewisham CCG to extend our *** perinatal wellbeing support programme to provide a</p>	

<p>Already using the service contact the staff member and office directly.</p>	<p>Service & Peer Support 91 Granville Park, Lewisham, SE13 7DW Tel: 020 3228 0760</p> <p>Lewisham MindCare Dementia Support 91 Granville Park, Lewisham, SE13 7DW</p> <p>There are many other centres see link for full list Centres & Offices - Bromley, Lewisham & Greenwich Mind (blgmind.org.uk)</p>	<p>Support Service & Peer Support Tel: 020 3228 0760 Monday to Friday, 10am – 5pm (excluding Bank Holidays).</p> <p>Tel: 020 3228 5960</p>	<p>To access support from Lewisham Community Wellbeing, refer someone to the service or general enquiries, please use the details and form on the online Contact form Contact Us - Bromley, Lewisham & Greenwich Mind (blgmind.org.uk)</p> <p>Email: lewisham@dementiahub.org.uk <</p>		<p>targeted group for young mums (16-22 years) in recognition of the additional stresses they may experience perinatally.</p> <p>. Young Mindful Mums - Bromley, Lewisham & Greenwich Mind (blgmind.org.uk)</p>		
C							
<p>Calm – Campaign Against Living Miserably</p>	<p>CALM, 5 Wootton Street, London, SE1 8TG</p>	<p>Helpline 0800 58 58 58 5:00pm- Midnight 365 days/year</p> <p>Webchat available</p>	<p>For general enquires complete the contact form Get in touch Campaign Against Living Miserably (CALM) (thecalzone.net)</p>	<p>Homepage Campaign Against Living Miserably (CALM) (thecalzone.net)</p>	<p>Catered Predominantly for men. CALM stand together with everyone who’s struggling with life, no matter who they are, where they’re from or what they’re going through. And they do it through life-saving services, national campaigns, and by building communities.</p>		
<p>Calm Harm – developed by</p>	<p>Online</p>	<p>Online</p>	<p>Stem4 email: admin@stem4.org.uk</p>	<p>Home - Calm Harm App</p>	<p>Calm Harm is a free App that helps a YP manage or resist the urge to self-harm. For 13 years</p>		

Stem 4 supporting Teenage Mental Health Charity					plus. Downloadable through Google App and AppStore. Accessible via FB, Instagram & Twitter. Calm Harm offers promotional materials & resources.		
CAMHS Lewisham	78 Lewisham Park, London SE13 6QJ	020 3228 1000	Contact us - South London and Maudsley (slam.nhs.uk)	Home - South London and Maudsley (slam.nhs.uk) Find out about CAMHS services for children and young people in Lewisham (slam.nhs.uk)	Lewisham CAMHS offers therapeutic interventions to children and young people up to the age of 18 who experience enduring moderate to serious/complex mental health concerns that impact on day-to-day life.		
Catbytes Digital Community	Ewart Community Hall 44 Wastdale Road Forest Hill SE23 1HN	Tel: 0208 314 4702	Email: info@catbytes.com munity	Catbytes Community	Catbytes is a Community Interest Company based in and primarily serving the borough of Lewisham. Catbytes caters to those whose ability to access the internet and other digital technologies is limited. They provide digital education, recycled computer equipment and ongoing support. Main services: -Digital drop-ins - social environments where people can learn more about how to use devices and applications. -Device Loaning - Being alienated from the world of technology isn't just a matter of lacking skills. It can also be a result of not having the resources to afford equipment. Catbytes collects donations of equipment from		

					the public, fixes them, and distributes them to people in need.	
Champions of Inclusion – Lewisham Young Mayor Project	37 Bromley Rd, London SE6 2TS Mondays at 5.00pm - 7:00pm	Advisors to the Young Mayor: Katy Brown Jacob Sakil Tel. 0208 314 6313 Mobile. 07957198312	If you're a young person living in the borough of Lewisham, and you would like to get involved contact: katy.brown@lewisham.gov.uk	Champions of Inclusion B-involved Website (lewishamyongmayor.com)	The programme enables young people, politicians, council officers and partners to work together to develop ideas, while also addressing issues of concern and interest. In doing so, young people's active and effective participation in democratic processes and local governance is genuinely enhanced.	
Change Grow Live – Counselling and Mental Health	26-32 High Street, Bromley BR1 1EA	Tel: 020 8289 1999	Contact the specific service directly here: Find a Change Grow Live service near you	Change Grow Live Charity We can help you change your life	A nationwide charity that helps tens of thousands of people each day. Offering Advice and Information, help many to find support, mentors and groups, peer mentoring, support with drugs & alcohol, housing and Mental Health. chat to expert practitioners. It also overs crisis information, helplines and useful support websites.	
Chester Zoo (Chester Virtual Zoo)	Chester CH2 1EU Getting here Chester Zoo	Call 01244 380280	Contact us Get in Touch Phone Email Chester Zoo	Chester Zoo Start Your Adventure Creating Unforgettable Experiences Virtual Zoo Chester Zoo	Watch Chester Zoo original LIVE Virtual Zoo Days . LIVE on Facebook and YouTube pages for a WHOLE DAY of amazing animal antics! Packed full of fantastic facts... it's the PERFECT way to learn.	
Childline	Childline is a service provided by NSPCC Weston House, 42 Curtain Road, London EC2A 3NH. Main Offices	For under 18s needing confidential advice call ChildLine on 0800 1111 7:30am–3:30am	Login Childline Access link to set up an account and use email contact form. Login also for 1-2-1 counsellor chat Childline	Get Support Childline	Direct help and support for young people. For further Support and advice YP can also write a letter to Sam Ask Sam a question Childline	

Child Bereavement UK	<p>East London: Child Bereavement UK, Stratford Advice Arcade, 107-109 The Grove, London E15 1HP</p> <p>West London: Child Bereavement UK, Beethoven Centre, 174k Third Avenue, London W10 4JL</p>	0800 028 8840	<p>enquires@childbereavement.org (general enquires)</p> <p>londonsupport@childbereavementuk.org</p>	Support for bereaved young people Child Bereavement UK	This App is designed to provide support and sign-post services & information for YP who have experienced bereavement.	
Circle Collective	<p>Lewisham Store</p> <p>South Mall, Lewisham Shopping Centre, London, SE13 7HB</p> <p>Other stores include: Canary Wharf and Dalston</p>	<p>Telephone (UK): 0208 852 2498</p> <p>Telephone (International): +44 208 852 2498</p>	<p>Email: retail@circlecollective.org</p> <p>For information on our charity or work with young people, please contact Matt Lewendon on 0207 249 2442 or email matthew@circlecollective.org</p>	circlecollective.org/pages/the-circle-story	<p>Circle Collective supports young people experiencing a range of barriers to find permanent, life-changing work. The charity, Circle Community, runs our successful #BackYourFuture programme, through the social enterprise, Circle Collective, runs three streetwear stores that serve as a training ground for our young people. Circle Collective aim is for all profits from our stores to be fully reinvested back into the training of young people and #BreakingTheCircle of youth unemployment.</p> <p>Everything you buy Circle Collective our stores and website will help a young person into work. Giving people and brands a purpose.</p>	
Citizen's Advice Lewisham	Leemore Community Hub, Bonfield Road London SE13 5EU.	<p>Freephone Advice 0800 231 5453</p> <p>Mon-Fri: 9:30am -12:30pm and 1:30pm -4:00pm</p>	<p>Online Form</p> <p>Click to use our online FORM to make an email enquiry. Referral Form</p>	Citizens Advice Lewisham - Citizens Advice Lewisham	<p>CA in Lewisham is a registered charity affiliated with the Citizens Advice network, offering people, especially the most vulnerable, the advice and support they need on a range of issues including:</p> <ul style="list-style-type: none"> Benefits Debt 	

			<p>Partner organisations can refer a client to us using this FORM. Please see Notes for Referring Agencies before making a referral.</p> <p>Self-Help Click use our Self-Help tools and get information 24/7.</p>		<p>Housing Employment Consumer Immigration It's free, open and accessible service for Lewisham residents.</p>		
<p>Coda – Children Overcoming Domestic Abuse part of AVA (Against Violence & Abuse) – Against Violence Abuse</p>	<p>AVA (Against Violence & Abuse) The Foundry 17 Oval Way London SE11 5RR</p> <p>The Foundry, 17 Oval Way, London, SE11 5RR Registered offices. London Communities include:</p> <ul style="list-style-type: none"> - Your Sanctuary - Monument Way East, Woking GU21 5LY, UK - ESDA High Street, Redhill RH1 1RJ, UK 	<p>Tel: 020 3752 5536</p> <p>Tel: 01483 776822</p>	<p>General: info@avaproject.org.uk</p> <p>Training: training@avaproject.org.uk</p>	<p>CODA - Children Overcoming Domestic Abuse - AVA - Against Violence & Abuse (avaproject.org.uk)</p>	<p>CODA is a multi-agency 12-week group work programme for women and children who have experienced domestic violence and abuse.</p> <p>CODA is for children, young people and their mothers who have experienced domestic violence.</p> <p>They provide a community-based setting to share and talk about their experiences.</p> <p>Please also refer to the Directory of Domestic Abuse Support Services, for alternative services both local and national that may support the families you work with, located on our website: https://www.lewishamcfc.org.uk/domestic-abuse-information-and-support/</p> <p> Safer Space Plus referral form (UPDATI</p>		

Come Correct	30A Willesden Lane, London NW6 7 See Link for Outlets in Lewisham borough Lewisham - Come Correct		Kit Bithell (them/they) – Education and Wellbeing Specialist M 07824114655	Home - Come Correct	Come Correct (or C-Card) scheme provides access to free condoms in a variety of locations (called Outlets) across London. Once registered YP can collect condoms or get advice from any Outlet displaying the Come Correct logo.		
Construction Youth Trust	HEAD OFFICE Construction Youth Trust London Scottish House 95 Horseferry Road London, SW1P 2DX	Tel: 0207 467 9540	Email: hello@constructionyouth.org.uk	Construction Youth Trust 	Construction Youth Trust run a targeted support programme for NEET (Not in Education, Employment, or Training) individuals aged 16 to 30. As part of the program, they provide personalized one-on-one employability support. Participants have the opportunity to complete the Level 1 Health & Safety qualification, take the CSCS test, and obtain the CSCS card, all fully funded and facilitated by the Trust. Additionally, there are opportunities for young people to gain work experience, visit construction sites and offices, meet industry volunteers, participate in practical projects, and more.		
Cooper's Amateur Boxing Club	Bellingham Leisure & Lifestyle Centre, 5 Randlesdown Rd, London, SE6 3BT	Opening 7:00am-8:30pm Mon, Wed & Fri	Email: Bsandford68@gmail.com	Coopers Boxing Academy	Classes available – Gym Training. One-2-One, Youth 8-21yrs, Adult 21+. Boxing is a great way to tackle mental health. CVA's dedicated to supporting its community and providing a way of improving both physical and mental h		





Rolling NEETs - Flyer.pdf




Rolling NEETs - Referral Information.p

					ealth.	
Cruse Bereavement Support – (See Hope Again for the Youth Website of Cruse Bereavement Support)	PO Box 800, Richmond, Surrey TW9 1RG – Head Office	0808 808 1677 (Free Helpline)	General enquires online contact form General enquiries - Cruse Bereavement Support	Home - Cruse Bereavement Support	F2F, telephone, email and website support for bereavement. CruseChat is available to speak to online expert counsellors for over 18s 9am-9pm. CruseChat Chat online with a grief counsellor . Social media contacts include FB, Instagram & Twitter.	

D

Depaul Charity Homelessness has no place.	Central Office: Endeavour Centre, Sherborne House 34 Decima Street London SE1 4QQ UK Contact Us - Depaul UK	Tel: 0207 939 1220	Email: depaul@depaulcharity.org.uk	Youth homeless charity UK - Depaul UK  Prevention Through Education.pdf  Reconnect Referral Form New.docx	For more than 30 years Depaul UK has worked to support people facing homelessness. We are a homelessness organisation with specialism in supporting young people. Depaul Charity offers emergency accommodation and longer-term housing and accommodation services for young people who are homeless or at risk of becoming homeless. They provide support and mediation to keep families together. And opportunities for young people to access education, training and employment opportunities.			
--	--	--------------------	--	---	--	--	--	--

				 Depaul_FamilySupport&Mediation_Flyer_02I			
Drum lessons & Creative Production	CONTACT SIMON BRUNEL		Email: simonbrubru@gmail.com	WELCOME SIMON BRUNEL	<p>Simon offers individual or small group Drum lessons, Creative Production lessons and Percussion.</p> <p>I completed the national Conservatoire of Nantes in Drum and Classical Percussion, and graduated from Goldsmiths, in Popmusic Degree.</p> <p>I would relish the chance to explain how I could contribute to your school and community.</p> <p>You can watch some videos:</p> <p>Drum Solo (for drum) Off to the Luna Trio (for drum) Electronic Solo Project (for creative production)</p> <p>For more, you can go on my website : www.simonbrunel.com</p>		
Drumbeat School and ASD Service	Downham Site Roundtable Road Downham Bromley BR1 5LE Brockley Site Revelon Road Brockley London SE4 2PR Turnham site	Tel: 020 8698 9738 Tel: 020 7635 9022	Email: admin@drumbeat.lewisham.sch.uk	Drumbeat School and ASD Service - Home (drumbeatasd.org)	Drumbeat School and ASD Service is a 4-19 special needs school for autism in the London Borough of Lewisham. The teachers lead their class team through shared goals which are informed by parents, families, NHS Therapists, CAMHS professionals, and the Multi-agency Support Team.		

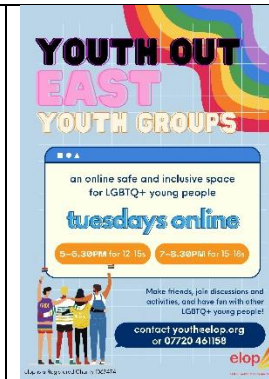
	Turnham Road, London SE4 2HH	Tel: 020 3143 1431					
--	------------------------------------	-----------------------	--	--	--	--	--

E

Early Years Alliance – Lewisham Children and Family centre- Systemic Family Practice	50 Featherstone Street, London, EC1Y 8RT	Call, text or leave a message on: 07377 72424	Email: enquiries@lewiishamcfc.org.uk Referrals for our Family Practitioner Service, can be completed online via our professionals referral form or a word copy can be sent to our secure email Lewisham.Secure@eyalliance.org.uk where the EYA Family Services Panel will assess the referral and place it within the correct service or programme to meet the family's needs.	Home Landing Page - Lewisham Children & Family Centre (lewishamcfc.org.uk)	Family Therapy - psychological therapy established with the NHS/Social Care, Voluntary and Private Sectors. Early Years Alliance are delivering a limited and small-scale Tier 2/Getting help service to families, using an Early Intervention approach for children and young people from 10-18yrs. The purpose of this approach is to be able to offer families support before they reach crisis point or a referral to CAMHS. Children must be 10-18, with low mood, depression or thoughts of self-harm, presenting with distressing behaviour/conduct issues		
--	--	---	---	--	--	--	--

			Parents can self-refer onto the programme by Contact Us - Lewisham Children & Family Centre (lewishamcfc.org.uk)				
Eastern European Resource Centre	East European Resource Centre Room 18 238 - 246 King Street London W6 0RF	Phone: 020 8741 1288 Phone: 0800 121 4226 (free enquiry line) Polish/English: 07521857415; Romanian/English: 07730021986; Ukrainian/English/Russian: 07718 612 218 Phone lines open Monday to Thursday, 10:00 – 16:00	For General advice: info@eerc.org.uk For all Ukrainian advice: ukraine@eerc.org.uk For EUSS questions: euss@eerc.org.uk	eeac.org.uk/#/	EERC supports CEE migrants who experience poverty, exploitation, and social exclusion. Resources cover areas such as: <ul style="list-style-type: none"> - Poverty & Destitution - Naturalisation & British Citizenship - Labor Exploitation and Modern Slavery - Hate Crime & Advocacy Support - EUSS centre (Settled & Pre-Settled Status) - Domestic Abuse support 		



<p>EET Group – Employment Education Training Group</p> <p>Main Office Ground floor</p>	<p>Main Office: Ground Floor 4 Balls Pond Road London United Kingdom E8 2BA</p>	<p>Tel: 0208 0641 577</p>	<p>Email the team at hello@eetgroup.co.uk</p>	<p>Employment Education and Training Eet Group England</p>	<p>Employment Education Training Group is an education consultancy, employability, and training service provider. They have in-depth knowledge and experience in successfully delivering learning and employment opportunities to young people and adults. Helping thousands of people, businesses, education providers, not-for-profit organisations, and government departments to engage, develop and support learners across the UK.</p>		
<p>ELOP- LGBT Mental Health Youth Services</p>	<p>Head Office: 56-60 Grove Road, London E17 9BN</p>	<p>Tel: 07720 461158.</p> <p>General Enquires: 020 8509 3898</p>	<p>Email: youth@elop.org</p> <p>Email: info@elop.org</p>	<p>elop: LGBT Mental Health & Wellbeing (consortium.lgbt)</p>  <p>The poster features the title 'LGBTQ+ YOUTH MENTORING' in bold, colorful letters. Below the title, it lists benefits: 'Free 1-to-1 mentoring for LGBTQ+ young people aged 12-24', 'Explore your LGBTQ+ identity', 'Find support in coming out', 'Build confidence & self-acceptance', 'Deal with discrimination', 'Improve your wellbeing', and 'Info on LGBTQ+ rights'. It also includes a contact box: 'to refer yourself or a young person contact youth@elop.org or 07720 461158'. The elop logo and 'SUPPORTED BY MAYOR OF LONDON' are at the bottom.</p>	<p>elop is an award-winning LGBT+ mental health and wellbeing charity with over 26yrs years' experience of providing high quality, professional, LGBTQ+ affirmative mental health and wellbeing services to LGBTQ+ communities across London and Essex borders; along with advocating and providing LGBTQ+ voice, consultation, awareness raising, and dedicated LGBTQ+ education programmes and training services to professionals, schools & education, and the non-profit, public, health and corporate sectors.</p> <p>Email the team to find more about the mentoring service can offer to LGBT+ young people and Online Youth Group.</p>		



					 		
eMoods – The easiest way to track your moods Online or Offline	Online	-	General enquires email: info@emoodtracker.com or complete contact form Contact - eMoods (emoodtracker.com)	eMoods - Track Your Moods, Improve Your Wellbeing (emoodtracker.com)	Free Mood tracking APP- With various other packages available at a cost. eMoods is a user-friendly app for patients to track symptom data relating to Bipolar I and II disorders, Depression, PTSD, and anxiety disorders. Also, identify triggers and patterns to help prevent relapses, and enhance doctor's visits with detailed data exports.		
England Football					Open to all ages, genders and abilities, clubs up and down the country provide regular competitive matches and training sessions.		


<p>England Football For Women/Girls</p>				<p>Club football - Play & Participate England Football</p> <p>Female Football at Your Club England Football</p>	<p>From 11-a-side to Futsal, from small-sided to walking football, your club journey starts now.</p> <p>EVERYTHING YOU NEED TO DEVELOP WOMEN'S AND GIRLS' CLUB FOOTBALL</p>	
<p>Excel at Life – Self Help App</p>	<p>18593 Business 13 Ste. 206-3273 Branson West, MO 65737</p>	<p>314-843-0080 St Louis, United States</p>	<p>Contact Info (excelatlife.com) – Complete online form</p>	<p>Excel At Life Self-Help Apps</p>	<p>The purpose of this website is to provide to the public research-psychological based information in a usable format to assist with everyone's pursuit of understanding and personal growth. The belief of Excel at Life is that everyone should have access to these resources.</p>	
<p>F</p>						
<p>Family Fund</p>	<p>Post: Unit 4 Alpha Court, Monks Cross Drive, York, YO32 9WN</p>	<p>Helpline: 01904 550055 We are open 9:30am to 5:00pm, Monday to Friday, not</p>	<p>Email: info@familyfund.org.uk Website e-form: Contact us here.</p>	<p>Family Fund</p>	<p>Your Opportunity supports disabled and seriously ill young people, aged 18-24 years old, who are living at home. Young people cannot apply on their own, the application must come from the parent or carer.</p>	


		including public holidays.			<p>Funding for Your Opportunity is limited, and they will accept applications from families on a first-come, first-served basis until the funding is fully allocated. Grants are available across the UK.</p> <p>Applications are for those that are: The main parent or carer of a disabled or seriously ill young adult aged 18-24, who lives at home. For a low household income, or if a benefit is received such as Universal Credit, Working Tax Credit, Child Tax Credit etc.</p>	
Family Lives	15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ - 020 7553 3080 Head Office	<p>Helpline on 0808 800 2222</p> <p>London South East/South Offices 020 3727 3571</p>	<p>askus@familylives.org</p> <p>Live Online chat family support Family Lives.</p> <p>Mon – Fri 10:30am – 9pm closed during the weekends & bank holidays.</p> <p>Email: katied@familylives.org for the London (South/ East/South)</p>	<p>Parenting and Family Support - Family Lives (Parentline Plus) Family Lives</p>	<p>Family Lives listen and give a YP the space to talk, helping them to explore their situation and identify the way forward. Some questions may be asked to help fully understand a situation and explore the YP feelings. They will help the YP consider specific organisations which may be able to them.</p>	
Family Thrive	Third Floor, Laurence House, 1 Catford Road, SE6 4RU	<p>Tel: 0208 314 7333 Monday to Friday, 9am to 5pm</p>	<p>Email: EHCFamilyThrive@Lewisham.gov.uk</p> <p>Direct contact with YF:</p>	<p>Lewisham Council - Early Help Services</p>	<p>Prevention & Early Help Services Lewisham Council.</p> <p>The THRIVE Framework is an integrated, person-centred, and needs-led approach to delivering mental health services for children, young people, and families. For all children and</p>	


			<p>Ms Billie Murdoch (She/her) -Group Manager</p> <p>Email :EHCFamilyThrive@l ewisham.gov.uk and we will send out the link for this session. <a href="mailto:EHCFamilyThrive@l
ewisham.gov.uk">EHCFamilyThrive@l ewisham.gov.uk</p>		<p>young people aged 0–25 within a specified locality, all families and carers of YP aged 0-25.</p> <p> Team Around School Approach.pdf</p> <p> TALKING TEENS FLYER amended1 (00)</p> <p>Talking Teens is a course that offers an opportunity to understand what’s going on in the adolescent brain and how to understand your teens feelings and behaviours using an authoritative parenting style. Sessions will focus on relationships within the family, communication, negotiation, decision-making and strategies to reduce conflict.</p> <p>Family Thrive are running a free course for parents or carers of teenagers and pre-teens who are looking to better understand and communicate with their child. This course offers an opportunity to understand what’s going on in the adolescent brain and how to understand your teens feelings and behaviours using an authoritative parenting style. Sessions will focus on relationships within the family, communication, negotiation, decision-making and strategies to reduce conflict. Who would be eligible to attend this course?</p>		
--	--	--	---	--	---	--	--

					<ul style="list-style-type: none"> • Parents and carers of pre-teens and teenagers who are currently in years 6 & 7 (Consideration will be given to children in years 5 & 8) • If no physical or extremely challenging behaviour is present in or outside of the family home. • Family must reside in Lewisham borough 		
FEISMSP Lewisham	Lewisham Hospital Lewisham High Street, London SE13 6LH	(24 hours) on 020 8314 6000 Automated switch board for Lewisham services	Please download and email the completed referral forms to: FEISMSP@lewisham.gov.uk	Lewisham Council - Families affected by drugs and alcohol	Family Early Intervention Support Pathway. FEISMSP is a universal referral method for families affected by substance misuse. It can be used by anyone to refer residents of Lewisham who want specialist information and a targeted introduction to support offered by substance misuse services.		
Folly Farms Webcams	Folly Farm Begelly Kilgetty Pembrokeshire SA68 0XA How to get to Folly Farm in Pembrokeshire by Car, Train & Bus (folly-farm.co.uk)	Tel: 01834 812731	Email: info@folly-farm.co.uk	Zoo Webcams & Barn Cam • Live Animal Webcams at Folly Farm (folly-farm.co.uk)	Folly Farm live zoo and farm webcams mean YP can peek at some of the zoo's most popular animals, wherever you are.		
Frank	Affiliated to various support centres – see link for local areas Results ordered by nearest to "se26 3tt" 	0300 123 660 24hrs/day 7days/wk. Text 8211	Email Frank FRANK (talktofrank.com)	Honest information about drugs FRANK (talktofrank.com)	Alcohol and drugs friendly confidential advice. A-Z list of drugs. News. Help and advice available.		



	<p>FRANK (talktofrank.com)</p> <p>Including:</p> <ul style="list-style-type: none"> - PCRS part of HumanKind -Forest Hill - Insight Lewisham - CGL- New Directions Lewisham - 999 Centre Deptford 						
Freedom Programme	Online training	<p>Contact Us</p> <p>Urgent contact- The National Domestic Violence 24 hour helpline number is 0808 2000 247</p>	<p>Helpdesk Email</p> <p>help@freedomprogramme.co.uk</p> <p>Business Email: info@freedomprogramme.co.uk</p> <p>Please direct all enquiries about training to training@freedomprogramme.co.uk</p>	<p>The Freedom Programme. Learn about domestic violence and abuse</p>	<p>Freedom Programme is a domestic violence programme which was created by Pat Craven who holds the copyright (all rights reserved) and evolved from her work with perpetrators of domestic violence It lasts 11 or 12 weeks for FREE. programme. Information service only, not therapy.</p> <p>The Programme was primarily designed for women, provided as an intensive two day course, It is also suitable for men, whether abusive and wishing to change their attitudes and behaviour or whether victims of same sex domestic abuse themselves.</p>		







Future MEN	37 Clements Road, London, SE16 4EE	Tel: 0207 237 5353 Paul McDaniel Project Coordinator – Father Development	General enquires use the online from Contact - Future Men to send an email.	www.futuremen.or g Details of the online programme for Future Dads and how to book onto it can be found at the website on: www.futuremen.or g	Through a front-line delivery of practice-led services, FD work with boys and men to help them become dynamic and healthy future men. From structured school programmes and youth hubs to individual one-to-one sessions and outreach work. They provide the vital support and advocacy that changes boys and men’s 13- 30 years lives for the better.  FD A5 flyer.pdf	
G						
Gambler’s Anonymous	The Wellness Centre, 45 Montrose Avenue, Intake, Doncaster, DN2 6PL Head	Information Line National 0330 094 0322 North-East 07771 427 429 North-West	General Enquiries <a href="mailto:info@gamblersanonymou
s.org.uk">info@gamblersanony mous.org.uk Public Relations	Gamblers Anonymous	Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problems and help others do the same. Unity Programmes,	

	office	07974 668 999 Ulster (028) 7135 1329	nat.pro@gamblersanonymous.org.uk		Recovery Programmes, Safeguarding, Gam-Anon and where to find a local meeting.	
Gender Intelligence	VAI, 200a Pentonville Road, London N1 9JP Head Office	Tel: 020 7155 1302	Click to be redirected to specific area of need for email – Support for the individual & family, training & consultancy, professional queries, info & advice. Email Us Gendered Intelligence	Youth Groups Gendered Intelligence	Gendered Intelligence, established in 2008, is a registered charity that works to increase understandings of gender diversity and improve the lives of trans people. Gendered Intelligence runs trans youth groups in London and Leeds for a range of ages from 7 to 30. They also run a peer-led support group in London for those aged 18-30. Mainly self-referrals but the service providers will be able to liaise between an organisation and a YP if needed.	
Global Skills Apprenticeships	Head office: Hawcko House 35 Horn Lane, Ealing W3 6NS	Tel: 020 896 2889 Mon to Fri: 09:00-17:30	Email: info@global-skills.com	Apprenticeships – Global Skills (global-skills.com)	Online service providing the latest information about apprenticeships. Find out about top courses and apprenticeships. High quality courses delivered in a classroom environment.	
Grandmentors Lewisham Mentoring Young People	Volunteering Matters, 18 24 Lower Clapton Road, London, E5 0PD	For more info call Nayotia or Bernadette on 07983 945 511 / 07377 692 429	Email: grandmentors.lewisham@volunteeringmatters.org.uk To make a referral click online form: VolunteeringMatters	Grandmentors - Volunteering Matters	The Grandmentors Programme is an award winning, intergenerational mentoring programme for care experience young people aged 16-24years old.  GM Lewisham Info June 2023.pdf	

					 <p>VOLUNTEERING MATTERS Grandmentors Lewisham Mentoring Young People</p> <p>Aged 50+ and think you can make a difference to a young person's life?</p> <p>Working in partnership with the Borough of Lewisham we are looking for volunteers who are:</p> <ul style="list-style-type: none"> ▶ Aged 50+ (not necessarily exclusive) ▶ Willing to mentor a young person leaving the care system ▶ Committed to meeting regularly with a young person (face to face or remotely) ▶ Keen to support a young person set goals & make plans for the future <p>His belief and focus have gone through the roof... I couldn't be prouder. Grandmentor Volunteer, Wintonia</p> <p>We want our projects to reflect the breadth & diversity of the communities we work with so we seek for diverse members of the community to apply.</p> <p>Training & expenses provided.</p> <p>If you want to make a difference in a young person's life, we'd love to hear from you. Call 07983 945 511 or email grandmentors.lewisham@volunteeringmatters.org.uk</p>	
Grassroots Suicide Prevention – Stay Alive	Online To make a referral to the King's Cross, Brockley or High Wycombe clinics use the referral form link.	Online	Urgent support – Grassroots has signposted key agencies here Urgent support (stayalive.app)	About Grassroots Suicide Prevention - Grassroots Suicide Prevention (prevent-suicide.org.uk) The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. StayAlive - Essential suicide prevention for everyday life	Grassroots Suicide Prevention empowers people to help save lives from suicide through connecting, educating, and campaigning nationally, through educating, connecting, and campaigning. Services include getting help, training courses, and ways to get involved. Access through social media networks available.	
Growing Hope	Growing Hope, 390 Caledonian Road, London, N1 1DN	Tel: 07519 965200. Monday	Email: info@growinghope.org.uk	Growing Hope – Free therapy for children with additional needs	Free therapy services such as occupational therapy, physiotherapy, speech and language	

		– Friday, 9:30am – 3:30pm.			<p>therapy and counselling can all enable children to reach their developmental potential.</p> <p>Growing Hope supports siblings and parents through groups and courses.</p> <p>To make a referral to the King’s Cross, Brockley or High Wycombe clinics use the referral form link. the referral form</p>		
H							
Harmless	The Sanctuary, 1 Beech Avenue, Nottingham, NG7 7LJ Head Quarters Other locations: Leicester Chesterfield Loughborough	Online	Complete Contact - Harmless form for referring into service or requesting support.		<p>The centre for excellence for self-harm and suicide prevention. User led organisation which provides a range of services including support, training consultancy and info for self-harmers. For friends, families, and professionals. Harmless is the registered Company responsible for managing and overseeing a variety of projects and initiatives including: The Tomorrow Project, Let’s Talk Training and Fearless.</p>		
Henry Healthy Start, Brighter Future	6 Elm Place Old Witney Road Oxfordshire OX29 4BD	01865 302973	Email: info@henry.org.uk	Homepage HENRY	<p>HENRY are passionate about babies and children getting the best possible start in life. This means supporting the whole family to make positive lifestyle changes, creating healthier and happier home environments, and building healthier communities.</p> <p>HENRY provides a wide range of support for families from pregnancy to age 12 including workshops, programmes, resources and online help.</p> <p>Accessible through all popular social media platforms.</p>		

					 <p>HENRY HFGU leaflet_2023.pdf</p>  <p>Healthy Families Growing Up Septemb</p>		
<p>Hope Again – Young people living with loss. (This is the youth website of Cruse Bereavement Support)</p>	<p>(Cruse Bereavement London) Unit 0.1, One Victoria Villas, Richmond, TW9 2GW</p>	<p>0808 808 1677 (free Helpline)</p>	<p>Email: helpline@cruse.org.uk</p> <p>Private email hopeagain@cruse.org.uk to contact a trained volunteer directly by a YP and if someone they know has died.</p>	<p>Hope Again</p>	<p>For children and YP who have lost someone.</p> <p>Hope Again Contact Us – Hope Again link further contact information and a direct message contact form.</p>		
<p>Humankind – Free confidential support for drugs, alcohol, housing and mental health. Humankind – Insight Lewisham Confidential</p>	<p>Humankind Inspiration House, Unit 22, Bowburn, North Industrial Estate, DH6 5PF</p> <p>Head Office 38-39 Winslade Way, Catford Shopping Centre, London, SE6 4JU</p>	<p>01325 731 160</p> <p>020 8690 3020 Mon- Thurs 9am- 5pm</p>	<p>Email: info@humankindcharity.org.uk</p> <p>Contact: Sema Duyilemi Team Leader at Insight Lewisham Email: sema.duyilemi@humankindcharity.org.uk</p>	<p>Humankind – For fair chances (humankindcharity.org.uk)</p> <p>Insight Lewisham – Humankind (humankindcharity.org.uk)</p>	<p>Humankind creates services and support to meet people’s complex health and social needs, helping them to build healthier lives that have meaning and value for themselves and their families. They support local people to create stronger, better-connected communities. (Formerly known as Compass) Insight Lewisham is for under 25s Webchat available Mon- Fri 3pm-6pm Please see the Referral From, Posters/Leaflets PDFs below:</p>		

Support for YP			insightlewisham@humankindcharity.org.uk		 Youth First Key Work Poster_May 2022.pdf  Youth First Key Work Marketing for Profess  insightful families leaflet.pdf  Youth First Key Work Marketing for Young  Insight Lewisham 2022.pdf  Insight Lewisham Referral Form 2022.doc		
Imago – Supporting Unpaid Carers to access the support they need	HQ: Imago Community John Spare House, 17-19 Monson Road, Tunbridge Wells, Kent, TN1 1LS	Tel: 0300 373 5769 Monday to Friday, 8:30 a.m. to 5:00 p.m.	Email: ucwellbeing@imago.community	Lewisham (imago.community)	Imago is excited to deliver the Maximising Wellbeing of Unpaid Carers, supporting Adult Carers, Young Adult Carers and Young Carers across the borough of Lewisham. If you are an unpaid carer or know someone who provides care but is not getting paid, help and support are available.		

<p>Insight – Affiliated Humankind</p>	<p>38-39 Winslade Way London, SE6 4JU Other locations: Westminster Kensington & Chelsea</p>	<p>0208 690 3020 9:00am - 5pm (Monday - Thursday) 9:00am - 4:30pm (Friday) Webchat available 3-6pm Monday - Friday</p>	<p>Email: insightlewisham@humankindcharity.org.uk</p>	<p>Insight - Insight (insightyoungpeople.org.uk) Lewisham link Insight Lewisham - Insight (insightyoungpeople.org.uk)</p>	<p>Insight works with young people, families, professionals, and schools to ensure that our expertise and support reaches the people that need it the most, affected by drug and alcohol abuse. Free and confidential support to under 25s.</p>	
---	---	--	--	---	---	--


J						
<p>James Ross Hunter Youth Support CIC</p> <p>"Encouraging Positive Social Values In Youths and Communities" Creating awareness to knife crime and wellbeing practices."</p>	<p>TNG Youth and Community centre 111 Wells Park Road, Sydenham SE26 6AD.</p> <p>Hours Tuesdays - 5:45pm - 8:15pm Fridays: 6:15am - 8:45pm Wednesdays, Thursdays, Saturday - Sunday: Closed</p>	<p>Mobile team 07436946988/ Office 02086983150</p>	<p>Email: jamesrosshunterfoundation@gmail.com</p>	<p>James Ross Hunter Youth Support</p> <p>https://www.facebook.com/jamesbrodiehunter http://jamesrosshunteryouthsupport.blogspot.co.uk/ https://www.instagram.com/jamesrosshunteryouthsupport/?hl=en https://twitter.com/JRHYScommunity</p>	<p>James Ross Hunter Youth Support is a non-profit organization launched in July 2014. Aimed to encourage positive social values in youths and communities.</p> <p>All activities are community and family-based and are geared towards encouraging and creating positive social values in our young people.</p>	
<p>Jigsaw – GC</p> <p>Early Intervention Programmes for Young People</p>	<p>60b Marlborough Road, London, United Kingdom, N19 4NJ</p>	<p>About Us JIGSAW (jigsaw-gc.com)</p>	<p>Email: info@jigsaw-gc.com</p> <p>Chris Mozo, co-founder chrism@jigsaw-gc.com</p>	<p>Early Intervention programmes for Young People Jigsaw GC (jigsaw-gc.com)</p>	<p>Jigsaw GC is a community interest company dedicated to improving the lives of young people and their families through early intervention and solution-focused approaches. Services include: 1:1 Mentoring Peer Mentoring Reflective Practice</p>	

					Life Coaching Counselling Addressing anti-social behaviour, social-emotional well-being sessions for parents and caregivers Empowerment groups for fathers and parents, a youth ambassador program, detached youth work based in Islington London - primary focus is in North and East London.	
JTL Training & Apprenticeship	JTL Head Office 120-122 High Street, Orpington, Kent, BR6 0JS	0800 085 2308	https://jtltraining.com/contact-us/ Complete the online contact form for general enquiries	JTL Training Apprenticeship and Work Based Learning Provider	JTL are a not-for-profit charity, offering advanced apprenticeships in electrical installation, engineering maintenance, mechanical engineering services comprising plumbing, alongside heating and ventilating.	
K						
Kaleidoscope	32 Rushey Green, London SE6 4JF	020 7138 1100	Contact us - South London and Maudsley (slam.nhs.uk)	Home - South London and Maudsley (slam.nhs.uk)	Kaleidoscope provides services for children and young people aged between 0 and 18. It brings together specialist community services for health, disability, mental health, education and social care.	
Kidscape	Head office Kidscape 8-10 South Street Epsom Surrey KT18 7PF	Parent Advice Line: 07496 682785 The Parent Advice Line is open part-time during the week. Out of hours leave a message-	Email general enquires: info@kidscape.org.uk Fundraising: fundraising@kidscape.org.uk Training: training@kidscape.org.uk	Help With Bullying (kidscape.org.uk)	Kidscape reduce the impact of bullying and harm on young lives through programmes and services that: Build communities of support, Reduce isolation and loneliness, Promote positive relationships, Support resilience and wellbeing, Help children recognise and respond to bullying behaviour. Advice for parents/guardians and YP. Workshops/ programmes and training available.	

		WhatsApp: 07496 682785					
The Kindness Foundation by Kurt Geiger	24 Britton Street, London. EC1M 5UA	t: +44 (0)207 546 1888 f: +44 (0)207 235 0069 schedule a short call to talk to you more about this initiative and find ways to collaborate.	If you would like to register your interest and receive updates on the Business By Design Academy Programme, let us know here: Register my interest	Shoes, Heels, Sandals, Boots & Bags Kurt Geiger	The Kindness Foundation is a charity founded by leading fashion brand, Kurt Geiger , dedicated to giving young people, no matter their background, opportunities and support needed to enter the creative industry. Our Foundation is incredibly excited to share our newest initiative <i>by and for young people</i> .		
Kooth – effective & personalised digital mental health care	Online Mental Wellbeing Community 5 Merchant Square, London, W2 1AY		YP have access to Magazines, messaging, Online forums, Activity centre and live counselling through one platform. 24 hrs access, no referrals needed open to all ages.	Kooth for Children & Young People - Kooth plc www.koothplc.com	Kooth.com is commissioned by the NHS, LA, charities and businesses to provide anonymous and personalise mental health support for Children and YP – they offer end to end support no matter the need. For professionals supporting young people, we're running free webinars that explain how Kooth can offer support to various groups: To view our bank of past webinars focused on topics like 'How Kooth and Qwell can support mental health and diverse identities', click on this link to our Vimeo account . To kick off 2024 we're offering free KoothTalks Training webinars . Please click to book (don't worry if you can't make these times - just fill in		

					<p>the short form and we'll send you the recording for you to watch in your own time):</p> <ul style="list-style-type: none"> • KoothTalks Training: Supporting people to manage anxiety with self-care: Mon 29 Jan. 10am-11am • KoothTalks Training: Supporting people to manage anxiety with self-care: Wed 31 Jan. 1pm-2pm <p>Interested in how we support young people experiencing anxiety, eating disorders, or who are neurodiverse? Check out our Vimeo with our bank of past webinars.</p> <p>For more information about Kooth or to arrange a team briefing, please contact me: Eleanor Cammegh, ecammegh@kooth.com.</p> <p>Suicide prevention and awareness</p> <p>For professionals supporting young people, we are running free info webinars that showcase accessible support & resources to help navigate suicide prevention and awareness. Email for more info and resources available to promote Suicide prevention and awareness. outtley@kooth.com</p>		
Koru Kids	145 City Road, London EC1V 1AZ Headquarters	Give us a call at 020 8050 5678. Phone lines are open Monday to Friday, from 9.30 am to 5.00 pm Live chat is the fastest way to get	care@korukids.co.uk .	Find childcare in London and across the UK - Koru Kids	Part-time nannies in your home from £14 per hour. Selected nannies can work with you on a regular basis for as little as 3 hours a week. Need help for a few weeks? They can help on a short-term basis too.		


		in touch. Online chat & WhatsApp is available Monday-Friday, from 9.30 am to 5.00 pm Contact Koru Kids Koru Kids				
L						
LADO – Local Authority Designated Officer	London Borough of Lewisham, 1st Floor Laurence House, 1 Catford Road, SE6 4RU	Named Lewisham LADO: Eleanor Hargadon-Lowe LADO Voicemail service: 020 8314 7280. Please note this is a manned voicemail, so please leave a clear message and the LADO or Deputy LADO will respond to you as soon as possible within 24 hours.	To make a referral to the Local Authority Designated Officer (LADO), please email a LADO Referral Form to LewishamLADO@Lewisham.gov.uk	Lewisham Safeguarding Children Partnership - (safeguardinglewisham.org.uk)	The LADO (Local Authority Designated Officer) provides advice and guidance to employers and other individuals/organisations who have concerns relating to an adult who works with children and young people (including volunteers, agency staff and foster carers) or who is in a position of authority and having regular contact with children (e.g., religious leaders or school governors).	
Lee Charity of William Hatcliffe	St. Margaret's Visitors Centre 2 Brandram Road Lewisham London SE13 5EA	Phone: 07525456746	Email: clerk@lee-hatcliffe.co.uk	The Lee Charity Of William Hatcliffe - TotalGiving™ - Donate to Charity 	Makes grants to individual and organisations. The object of the charity is the relief of persons resident in the area of benefit who are in need, hardship or distress. Making grants of money to them; or (b) providing or paying for goods,	

				Online Fundraising for Charity UK	<p>services or facilities for them. See the link for more information.</p>  <p>THE LEE EDUCATION CHARITY OF WILLIAM</p>	
<p>Legendary Community Club</p>	<p>St Mark's Church London Greater London SE6 1RN United Kingdom</p>	<p>Alexandra McMillan CEO & Founder Mobile: 07581 566 004</p>	<p>Email: legendaryclub@gmail.com</p> <p>In partnership with Youth First Based at TNG Andra alexandra@legendarycommunityclub.org</p>	Legendary Community Club - Lewisham Local	<p>Legendary Community Club provide after school food for young people attending Youth First Clubs in Lewisham as well as food parcels for young people and their families from specific schools in Lewisham and Tower Hamlets. We are continuing to support these families in term time and the holidays.</p> <p>Once a new user fills the user form in Andra will then contact them with the process of picking up the package</p> <p>https://forms.gle/diTTqKc29APPSVn9</p>	
<p>Lewisham CFC- Children and Family Centres</p>	<p>Ladywell Early Years Centre 30 Rushey Mead, Honor Oak Park SE4 1JJ</p> <p>Registered office: 50 Featherstone Street, London, EC1Y 8RT</p>	07814 968444	<p>Contact Us - Lewisham Children & Family Centre (lewishamcfc.org.uk)</p> <p>Email: enquiries@lewishamcfc.org.uk</p>	Home Landing Page - Lewisham Children & Family Centre (lewishamcfc.org.uk)	<p>A variety of services available – an information portal for the local area. Activities include popular child development topics, family support, parenting support, domestic abuse support and recovery.</p> <p>Virtual timetable available, courses, support groups and activities available.</p>	

Lewisham Council - SUMMER HAF PROGRAMME		Lewisham Council - Holiday programme food and fun	Email HAFProgramme@lewisham.gov.uk .	Lewisham Council - Holiday programme food and fun	<p>A wide range of providers in Lewisham are supporting the delivery of this programme, offering various fun-packed sessions, including arts and crafts and sports.</p> <p>There will be free activities and lunches for children and young people who are:</p> <p>aged 4 to 16 years (reception to year 11) in receipt of benefit-related Free School Meals Each club will provide:</p> <p>a wide range of exciting activities to suit different ages and personalities. fun physical activity sessions free, nutritious, and tasty food The programme is provided during Easter, summer, and Christmas.</p>	
Lewisham Family Hub	<p>Bellingham Family Hub Visit 109-111, Randlesdown Road, SE6 3HB</p> <p>Deptford Family Hub Visit at Clyde Nursery building, Alverton Street, SE8 5NH</p>	Open Monday to Friday 9am-5pm Get in touch on 020 8314 9545	Email Family.Hubs@Lewisham.gov.uk .	Lewisham Council - Lewisham Family Hubs https://www.lewishamcfc.org.uk/family-navigators/	<p>The Family Navigators will work with wider, multi-agency teams of professionals to be the first point of contact for families and young people coming into Family Hubs for advice and support. The Navigators will be proactive in finding ways to engage families who would benefit from but do not visit Family Hubs. They will assess the initial needs of families and assist them by signposting and referring to the relevant services that will support the family's needs.</p> <p>The Family Navigator offers free, confidential, and non-judgmental support. They can help with:</p>	

					<p>Signposting to local support services in the community</p> <p>Lending a listening ear!</p> <p>Bonding with your baby</p> <p>Accessing childcare</p> <p>Form filling</p> <p>Much, much more!</p>		
Lewisham Music	First Floor, The Fellowship Inn, Randlesdown Road, Bellingham, London, SE6 3BT	020 3637 8088	<p>General enquiries: info@lewishammusic.org</p> <p>Jobs: jobs@lewishammusic.org</p> <p>Community music: community@lewishammusic.org</p> <p>Instrument hire to schools: instruments@lewishammusic.org</p>	Lewisham Music - Music Education Hub for Lewisham	In partnership with local and national organisations, Lewisham Music delivers and supports a range of musical opportunities in schools and community settings across Lewisham with the aim of creating positive change in young people's lives		
Lewisham Talking Therapies – Supporting mental health – Free confidential service		020 3228 1350 – 9am- 5pm Mon-Fri	<p>Email: slm-tr.IAPT@nhs.net</p> <p>To complete an online Patient Referral Form Referral Form (mayden.co.uk)</p>	Lewisham Talking Therapies	<p>Lewisham Talking Therapies offers a range of free and confidential talking therapies and specialist support to help you reduce depression and anxiety symptoms.</p> <p>They offer a range of short-term psychological therapies to adults 18 yrs. + who are registered with a Lewisham GP or live within the Lewisham borough. Part of</p>		

					the Improving Access to Psychological Therapies (IAPT) Programme.	
Lewisham SEN Travel Assistance	Lewisham Services	Contact the Travel Coordination Team via telephone on 020 8314 6363	email at tct@lewisham.gov.uk . Please include your name, your child's name, and a contact number in any emails.	Lewisham Council - How to apply for travel assistance for children with special educational needs	It usually takes 10 days to assess an application. If approved for travel assistance, it takes a further 10 days to arrange the appropriate form of travel. Please note that assessments and arrangements may take longer at peak service times (July, August and September and before the start of any academic term). It's recommended to apply for assistance as early as possible.	
Lewisham Youth Hub – Part of Lewisham Children and Young People's Centre	78 Lewisham Park London SE13 6QJ	Tel: 020 8314 9190 Mobile/WhatsApp – 07721 233459	Email: youngfutures@lewisham.gov.uk	Lewisham Council - Youth Hub	Youth Hub team support YP with their next step. This could be education, training, employment, apprenticeships, or Kickstart. Offered to Lewisham residents aged 18-24. It's a personalised one-to-one specialist information, advice and guidance service providing access to training, job and other development opportunities. They publish a weekly Jobs and Opportunities Bulletin email with a range of local opportunities available.	
London Sport	House of Sport 190 Great Dover Street Borough London SE1 4YB	Tel: +44 (0)203 848 4630	General Enquiries email: info@londonsports.org Or complete online form	Home Page London Sport - London Sport	London Sport is a charity that exists to help all Londoners live longer, healthier, and happier lives through being active. The focus is on children and adults in the most deprived communities who face the greatest challenges of inequality.	


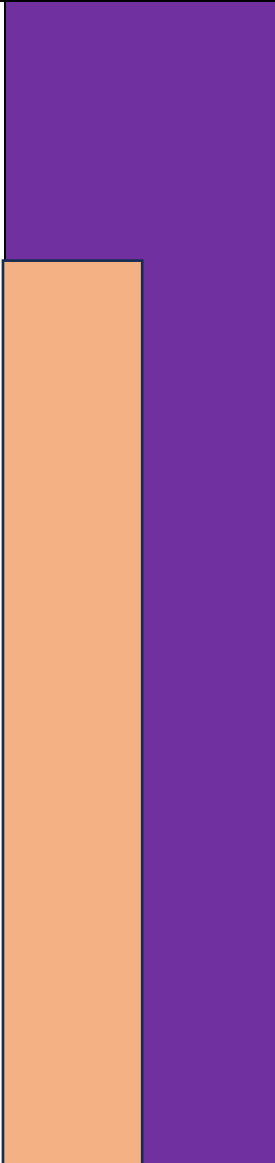
			Contact us - for general or specific enquiries - London Sport			
London Thunder Basketball – Aspire Super Region Camp	The Thunderdome, Stockholm Road, London, SE16 3LP	0207 237 8515	Email: info@thunderbasketball.net	11 players selected for ASPIRE Super Region Camp – London Thunder Basketball	Aspire aims to develop the basketball and life skills of talented 11-15-year-olds who have the potential to play for England and Great Britain.	
LYFT Lewisham Youth Offending Service Family Therapy Team –	9 Holbeach Road, London, Se6 4tw	Telephone 020 8314 7474 - YOS	Email LYFT@lewisham.gov.uk to find out more information.	LYFT (Lewisham Youth Offending Service Family Therapy Team) Centre for Justice Innovation  LYFT external referral form updated 9-23.dc Updated Referral from	LYFT has created a unified and localised service that delivers an integrative home/community-based model of family therapy to children and young people between 11-18 years and their families. Family Therapy works collaboratively with the YOS speech and language team and CAMHS as well as liaison and diversion workers. LYFT is a referral service which comes from sources such as CAMHS, Youth Offending Services (YOS), Children’s Social Care, and Early Help.	
Lewisham Youth Theatre	Lewisham Youth Theatre 142-144 Lewisham High Street Lewisham SE13 6JG	Tel: 020 8318 2508 Contact:	Email: info@lewishamyouththeatre.com Email:	Lewisham Youth Theatre	Lewisham Youth Theatre (LYT) nurtures and inspires young people’s voices through free participatory theatre activities.	

		<p>Subira for more information (Progression & Training Project Coordinator for Lewisham Youth Theatre)</p> <p>Tel: 07960 095 064</p>	<p>training@lewishamyouththeatre.com</p>		<p>FREE workshop Training Opportunities at LYT provides young people with the opportunity to develop and enhance their skills in facilitation. Ideal for those aged 18-25, who are not employed or in training, but are passionate about drama/creativity and are seeking ways to give back to their community. Participants of the Training Project will receive...</p> <ul style="list-style-type: none"> - Expenses for food and travel for the training and evaluation days - Get PAID to deliver workshops you create and deliver in Lewisham schools. - PAID work experience on LYT projects Put your skills into practice supported by our professional workshop facilitators! - Accreditation - Level 3 AQA Unit Award in facilitation and Mental Health First Aid Awareness Qualification 	
<p>Lewisham Young Champions</p>	<p>Lewisham Services</p>	<p>Lewisham Services switchboard 020 8314 6000 24 hrs</p>	<p>Sign-up form for Young Champions contact from Lewisham Council - Young Champions Sign-Up Form</p>	<p>Lewisham Council - Young Champions</p>	<p>13- to 25-year-olds, who want to: tackle health-related misinformation, share health advice with their community. Give their opinions on health issues.</p>	

Little Village	St Mark's Church Hall, 53 Rowfant Road, London SW17 7AP Head Office	Contact us - Little Village (littlevillagehq.org) for various services.	Make a referral - Little Village (littlevillagehq.org)	Home - Little Village (littlevillagehq.org)	<p>Little Village supports families with babies and children under 5 living in poverty across London. They run a baby bank network, collecting, sorting and passing on pre-loved clothes and equipment. Parents are also supported by our dedicated signposting and guidance team, who offer advice and links to other services. In addition, they work with families to share their stories and campaign to fix the systems that trap them in poverty. Based in London, with hubs in Camden, Wandsworth, Brent, Hackney and Hounslow.</p> <p>If someone needs support from Little Village, they'll need a referral from a professional.</p>	
----------------	--	--	---	--	--	--

M						
Mammakind	Mammakind 3-11 Albion Way, London SE13 6BT	-	Contact us - MammaKind Email: info@mammakind.org.uk	MammaKind MammaKind London Facebook	MammaKind is a baby bank that collects and distributes pre-loved and new donations of clothing, toiletries, toys and baby equipment, as well as baby food, to help struggling families with children aged five years and under. Working with a network of referral partners who send families to us, we support those in the south-east London boroughs of Bromley, Bexley, Greenwich and Lewisham.	
MASH Multi-Agency Safeguarding Hub	Access specific contact information to services online	Urgent child protection referrals Contact the MASH on 020 8314 6660 and ask to speak with a duty social worker. If you are worried that a child is at risk of significant harm through abuse or neglect, please call the MASH immediately on 020 8314 9181 to discuss your concerns and then use the form to request child	Lewisham Council - Information for professionals about the MASH – includes the Online MASH request from.	Lewisham Council - The Multi-agency Safeguarding Hub (MASH)	MASH provides a single point of access to advice, information and support services for professionals working with vulnerable and at-risk children and young people. If someone is concerned about the safety and welfare of a child, they can contact the MASH, which is a partnership of agencies with a duty to keep children safe. If you think a child or young person may be in immediate danger, call 999 or contact your local police on 101.	



		protection from the MASH.				
Men's Health Forum	The Men's Health Forum 7-14 Great Dover Street London, SE1 4YR	Contact (+44) 0330 097 0654	https://www.menshealthforum.org.uk/contact See link for forms of contact: general enquiries, media, medical questions etc.	Men's Health Forum (menshealthforum.org.uk)	All men and boys - particularly those in the most disadvantaged areas and communities - will have the information, services and treatments they need to live healthier, longer and more fulfilling lives.	
Mental Health Support Line	South London and Maudsley NHS Foundation Trust is the closes to YF Head Office	South London and Maudsley NHS Foundation Trust 0800 731 2864	See main NHS website.	Mental Health Helpline for Urgent Help - NHS (www.nhs.uk) Find local mental health services within your local area through the main website.	NHS urgent mental health helplines are for people of all ages in England. You can text "SHOUT" to 85258 for free from all major UK mobile networks. You'll then be connected to a volunteer for an anonymous conversation by text message. *This is not an NHS service. This free, confidential, 24/7 text messaging mental health support service is run by a charity called Mental Health Innovations. *	
Metro Charity – Embrace difference.	METRO New Cross 15 Amersham Vale London SE14 6LE Other locations include – Woolwich, Greenwich, Essex, Vauxhall & Surrey See link full addresses Contact us METRO Charity	General enquiries: 020 8305 5000	General enquiries: hello@metrocharity.org.uk Feedback about our services: feedback@metrocharity.org.uk For new client enquires or referrals, please contact counselling@metrocharity.org.uk	Embrace difference METRO Charity Specific link for YP LGBTQ+ counselling for young people METRO Charity	For YP aged between 8 and 18, live in any London borough, identify as LGBTQ+ and/or be experiencing issues related to equality, diversity and identity. Currently full so referrals are on pause for the moment. METRO is a diversity and inclusion services charity, working in London, Essex, Kent, Medway, Surrey and West Sussex. We work across five domains: Youth Mental health Sexual health HIV Community	
Metro Live Youth group for LGBTQ+ people aged between 16		020 8305 5004	To register for our Southwark, Bromley or Greenwich groups, please	Specific to Lewisham METRO Live METRO Charity		


<p>and 25 in Lewisham</p> <p>Metro – Risk & Resilience Programme</p>		<p>Contact the Youth Team 020 8305 5000.</p> <p>Stefan Filby Lead Youth Worker</p> <p>Lewisham Risk & Resilience Mentor</p>	<p>email youth@metrocharity.org.uk.</p> <p>Make a referral. Email: riskandresilience@metrocharity.org.uk</p> <p>Metro usually accepts referrals from people or organisations who work with young people (like a social worker, school or GP) but young people can refer themselves in some cases too.</p>	<p>Risk and Resilience METRO Charity</p>	<p>METRO's Risk and Resilience programme (RRP) is an early intervention programme that provides sex, identity and relationship mentoring to young people aged 11-19, up to 25 with SEND. The service takes a holistic view of sex and relationship education and goes beyond delivering practical health information, recognising that sex and relationship behaviours are linked to much broader identity and attitude issues. Key topic areas are: sexual health, sexuality, emotional literacy, communication, consent, boundaries, puberty, gender roles, masculinity/femininity, and conflict resolution. Sessions intend to be young person led and will vary for each individual.</p> <p>The programme is delivered through targeted one to one work over 6 to 8 weekly sessions and small group sessions with young people identified and referred by partner agencies.</p> <p> Lewisham R+R Referral Form, Thresh</p>	
--	--	---	---	--	---	--

<p>Millwall FC</p> <p>Millwall Football Club The Den Zampa Road London SE16 3LN</p> <p>Millwall Community Trust</p> <p>The Lions Centre, Bolina Road, London SE16 3LD</p>	<p>Tel: 020 7740 0503</p>	<p>Supporter Liaison Officer, Shona Groves, should be contacted with any queries, complaints or other requests – email: slo@millwallplc.com</p> <p>Email: enquiries@millwallcommunity.org.uk</p>	<p>Millwall FC - Millwall FC - Millwall FC</p> <p>Millwall Community Trust</p>	<p>Millwall FC offer programmes for children with EHCP/Exclusions - however this would need to be discussed with the school as part of the support and minimising risk of exclusions. Other local football clubs also do similar however you would need to check with them.</p> <p>Millwall Community Trust, works to provide sporting, education, social and healthy lifestyle opportunities to the local community in Southwark, Lewisham and the wider community. Its work is targeted at people of all ages irrespective of race, gender or sexual orientation and runs programmes aimed at tackling social exclusion, racism, knife crime, lack of employment opportunities for young people, mental health and disability issues.</p>  <p>The poster for Multi Sports Club features a dark background with various sports equipment like a basketball, football, and boxing gloves. It includes the text: 'MULTI SPORTS CLUB', 'Venue - Millwall Community Trust, Bolina Road, SE16 3LD', 'Time - 4:30pm-5:30pm', 'Day - Every Thursday', and 'School years 7-11'. There is also a QR code and the text 'SCAN ME'.</p>	<div style="background-color: #9900FF; height: 20px; width: 100%;"></div> <div style="background-color: #00FF00; width: 100%; height: 100%;"></div> <div style="background-color: #8B4513; width: 100%; height: 100%;"></div>
<p>Mind – Information & Support</p>	<p>Mind Infoline (& Mind Legal) PO Box 75225, London, E15 9FS</p>	<p>0300 123 3393 Infoline 10am-6pm Mon- Fri (except for bank holidays)</p>	<p>Email: info@mind.org.uk</p> <p>Home - Mind</p>	<p>Mental health charity offers resources, support and advice. Quick Link - Mind helplines - Mind A Live chat option is available.</p> <p>Our Legal line provides legal information and general advice on mental health related law.</p>	<div style="background-color: #4682B4; width: 100%; height: 100%;"></div>

Mindful Mum Support services			Queries about the Young Mindful Mums groups, email: mindfulmums@blgmind.org.uk	Young Mindful Mums - Bromley, Lewisham & Greenwich Mind (blgmind.org.uk)	We're open 10am to 6pm, Monday to Friday (except for bank holidays).	
Mind Out – LGBTQ Mental Health Service	Community Base, 113 Queens Road Brighton BN1 3XG Main office	01273 234839	Email: info@mindout.org.uk	MindOut Mental Health Charity for LGBTQ community	For YP aged 8 and 25, live in any London borough, identify as LGBTQ and/or be experiencing issues related to equality, diversity and identity. Support available includes Advice & Information, Advocacy, Peer Mentoring Project 18+, 50+ project, Trans & Gender Diverse services, Suicide prevention, online support, counselling, community engagement, telephone befriending.	
Missing People	Missing People, Roebuck House, 284 Upper Richmond Road West, London SW14 7JE	Main Office Not open to the general public or for face-to-face support Tel: 020 8392 4590 Fax: 020 8878 7752 Contact Us - Missing People Call or text 116 000	Email 116000@missingpeople.org.uk	www.missingpeople.org.uk	Missing People is the only UK charity dedicated to reconnecting missing people and their loved ones. We offer support to people affected by a disappearance via our free, confidential Helpline on 116 000 and can launch a publicity appeal to help bring missing people home. Other services we provide include family support, counselling, and specialist services for issues related to missing such as exploitation and County Lines. Is This OK? Service supports young people affected by exploitation.	

Is This Ok? Service In partnership with Runaway Helpline			General Enquires: Isthisok@missingpeople.org.uk	Home - Is This OK?	It is a free, anonymous, and confidential service, bringing trained professionals together to provide support to young people through a chat service.	
M.I.T – Mabadiliko Intercultural Therapy Free online support for black gay & bisexual emotional support	105 Stanstead Road, Forest Hill SE23 1HH, Greater London, England, United Kingdom	07708 83 55 50 Monday - Friday by appointment only Sat &Sun - Training/Events	Email: Hello@mabadilikotherapy.com	Mabadilikotherapy - Home	Director: Beverley J Weston. Mabadiliko is the leading Intercultural Private Therapy service dedicated to offering a culture sensitive, trauma informed approach to talking therapies, for individuals aged 18 and over. Consultations/initial assessments, referrals. M.I.T is an organisational member of the Lewisham Independent Advisory Group (Lewisham IAG), working in partnership with South London and Maudsley (SLaM) NHS Foundation Trust. SLaM is the main Primary Care mental health provider serving Southeast London.	
Montage Theatre Arts	Main Office Prendergast Hilly Fields College, SE4 1L and Invicta Primary, Benbow Street, SE8 3HD Classes held at: Prendergast Hilly Fields Crescent Sydenham Centre Brenchley Gardens Community Centre	Office Telephone Number: 0208 692 7007 (9.30am – 5.30pm, Monday – Friday) Site Telephone Number: 07701351496 (Term Time: Monday 15.30 – 18.00, Tuesday 15.30 – 19.30, Thursday 15.30 – 18.30,	Email: admin@montagetheatre.com	www.montagetheatre.com Social media contacts: www.instagram.com/p/C5VsLk0uVfN & www.facebook.com/photo/?fbid=502769285434607&set=a.177041654674040)	Montage Theatre Arts are a Lewisham-funded charity providing affordable holiday courses, after-school, and Saturday classes in the performing arts. Offering free and reduced rate places for those from low-income households or facing social barriers to inclusion. Classes are fun and friendly which include Musical Theatre, Street Dance, Drama, Ballet, Contemporary Dance, Early Years and much more. No experience is necessary, and we are OFSTED registered with enhanced DBS checked, safeguarding, first aid and mental health first aid trained staff. Established in 1998 we've been serving the Lewisham community for over 25 years.	

	<p>Invicta Primary School</p>	<p>Friday 15.30 – 19.30, Saturday 9.00 – 17.30) (Holiday Programmes: 9.15- 16.30)</p>			<p>Age range: 3-18 years</p> <p>OFSTED REGISTERED FIRST AID TRAINED SAFEGUARDING TRAINED YOUTH MENTAL HEALTH TRAINED</p>  <p>FREE & REDUCED PLACES</p> <p>Learn to act, dance and sing from industry professionals and even perform on stage. Have fun and make new friends - everyone welcome, no experience needed! High quality, affordable classes (ages 3-18) and holiday clubs (ages 5-12).</p> <p>DRAMA - STREET DANCE - BALLET - EARLY YEARS - MUSICAL THEATRE CONTEMPORARY DANCE - SINGING - DANCE</p> <p>Find us at: Brockley, SE4 1LE & Deptford, SE8 3HD</p>  <p>AFFORDABLE FOR EVERYONE! If you're on a low income, receive benefits or are a full-time student you're probably eligible!</p> <p>FREE PLACES: Contact us or apply at: www.montagearts.com/bursaries</p> <p>REDUCED RATE: Pay half price, book online and just select 'reduced rate'</p> <p>0208 692 7007 www.montagearts.com</p> <p><small>Patrons: Dame Emma Thompson OBE, Roy Williams OBE and Sylvaine Le Tourneil Montage Theatre Arts is a registered charity No. 1105450. Registered as a company limited by guarantee in England and Wales. No. 5020447</small></p>	
<p>Mosaic Trust</p>	<p>Online</p>	<p>Get in Touch free 0300 800 5428 07550 124 393</p>	<p>Email Info@mosictrust.org.uk or send a message through the contact form, see link Contact Us Mosaic LGBT+ Young Persons' Trust (mosaictrust.org.uk)</p>	<p>Mosaic LGBT+ Young Persons' Trust (mosaictrust.org.uk)</p>	<p>Accessible through all social media networks. To support, educate and inspire young LGBT+ persons and those around them. By providing accessible activities, programmes and services that aim to empower community members, provide essential resources, advocate for young LGBT+ rights, and embrace, promote and endorse the diversity of young persons.</p>	

Mulberry Hub Youth Clinic – North Lewisham Primary Care Network	Suite 1, Ground Floor, Waldron Health Centre Amersham Vale, New Cross, London SE14 6LD	Tel: 0203 747 0565	The Mulberry Hub - North Lewisham PCN Use contact form for non-medical enquires only. Email: selicb.nlpcn-mulberryhub@nhs.net	The Mulberry Hub - North Lewisham PCN	 <p>Support services available to young people concerned about their Mental, Physical or Sexual Health</p>	
N						
NACCOM – No Accommodation Network	NACCOM, Youth Resource Centre, Oxford Street, Whitley Bay, NE26 1AD. Head Office	Telephone: 0161 706 0185 HO.	Email: office@naccom.org.uk HO	NACCOM - The No Accommodation Network	NACCOM is a national network of over 140 frontline organisations and charities across the UK, working together to end destitution amongst people seeking asylum, refugees and other migrants who aren't able to access to public funds, by sharing our learning, innovation, and resources across the membership to increase the level of accommodation provision and support. Accessible through Twitter & FB	
NAS -National Autistic Society	391-393 City Road LONDON Head office	General enquiries regarding the charity opening times Call 0207	General Enquiries: Email nas@nas.org.uk Many services available see the	National Autistic Society (autism.org.uk)	NAS help the 700,000 autistic people in the UK and their families. Be it running specialist schools, campaigning for improved rights or training companies on being more autism-	

		833 2299 (Monday to Friday 9am-12pm and 1-3pm) For feedback about the school call the Supporter Care team on 0808 800 1050, who will take down details of your feedback to pass on to the appropriate team.	contact link for more information Contact us (autism.org.uk) Send feedback to yourviews@nas.org.uk		friendly, they are dedicated to transforming lives and changing attitudes. Lewisham Autism Support, Drop-In Session. An opportunity to chat with an experienced Family Support Coordinator and find out about strategies, services and benefits that can support you. No appointment necessary – just drop in		
The National Saturday Club	Somerset House, Strand, London WC2R 1LA	Tel: 020 7845 5860	Join a Saturday Club - National Saturday Club (saturday-club.org)	National Saturday Club - Explore exciting subjects on Saturday mornings for free (saturday-club.org)	<p>The National Saturday Club programme is FREE, has no exams and offers 13–16-year-olds a unique opportunity to build their skills, develop their confidence, and discover pathways to further study and future careers. With a particular focus on engaging young people from disadvantaged backgrounds and underrepresented communities.</p> <p>The National Saturday Club invite Young People to take part in a Craft&Making Club at Cockpit Arts, Deptford, on Saturdays from 10.00-13.00, the club runs until 29th June.</p> <p>Drawing on the incredible talents of over 150 world-class makers, this club gives it's members an opportunity to get hands-on with a wide range of craft skills. Club members have the chance to take part in national events including Masterclasses with leading industry</p>		

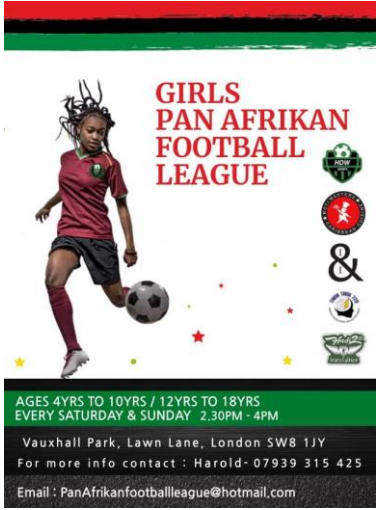
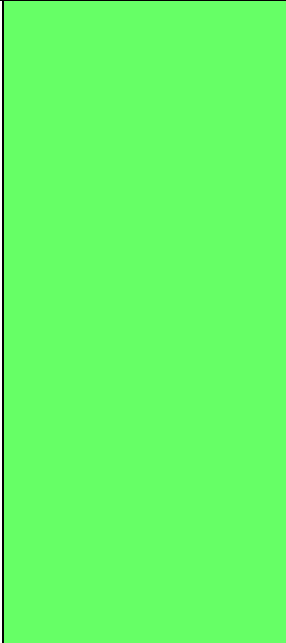
					professionals and the Summer Show , where all Club members exhibit their work in a public showcase – all for free!		
The National Youth Advocacy Service - NYAS	NYAS Main office in England Tower House 1 Tower Road Birkenhead Wirral Merseyside CH41 1FF	Free Phone Helpline 0808 808 1001	Email: help@nyas.net	The National Youth Advocacy Service NYAS	NYAS work closely with colleagues and partners across relevant sectors to deliver an outstanding service to children, young people and adults who need our support.		
New Wave Academy - Martial Arts Martial Arts in Bromley & Croydon	Unit 8B, & 9, The Mall, Bromley BR1 1TS	Tel: 020 8460 1600	bromley@new-wave-academy.com	New Wave Academy Training Centre MMA BJJ Kickboxing Fitness (new-wave-academy.com)	Brazilian Jiu-Jitsu No Gi Grappling Mixed Martial Arts Wrestling Thai Boxing Warrior Cubs Warrior Cubs _Kids Club The Warrior Cubs program is split into two age groups - 5-7 and 8-14 - and each group has its own tailored curriculum to ensure that your child is learning skills that are appropriate for their age and skill level.		
NHS Cadets by St Johns Ambulance	Headquarters: St John Ambulance 4 Low Moor Road Lincoln Lincolnshire LN6 3JY	Tel: 08700 104 950 Mon-Fri 9am-5pm Calls cost 2p per minutes plus your phone company's access charge.	Email: nhscadets@sja.org.uk	NHS Cadets Homepage St John Ambulance (sja.org.uk)	NHS Cadets, provides opportunities to explore roles in healthcare. It is aimed at young people aged 14 to 18 who are from communities currently under-represented within the NHS and St John Ambulance.		

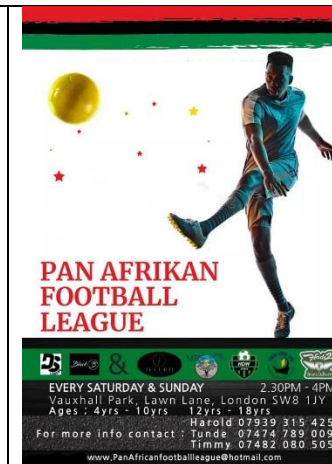
NSHN- National Self Harm Network	National Self Harm Network Forum - Online		Members need to register – once registered members need to log in to access their account.	The NSHN (National Self Harm Network) Forum	Support individuals who self-harm to reduce emotional distress and improve their quality of life. Support and provide information for family and carers of individuals who self-harm. They raise awareness of the needs of people who self-harm, dispel myths and combat discrimination. Empower and enable those that self-harm to seek alternatives to self-harm and further help where appropriate.	
NSPCC – The National Society for the Prevention of Cruelty to Children NSPCC - PANTS	Weston House, 42 Curtain Road, London EC2A 3NH. Registered offices	Worried about a child or young person? contact the NSPCC Helpline for support and advice for free - call us on 0808 800 5000 18 or under contact child line 0800 1111 https://www.childline.org.uk/	email help@nspcc.org.uk If you have any concerns at all about a child's safety or wellbeing, don't hesitate to contact us.	NSPCC The UK children's charity NSPCC Link for specific support to parents and families- Keeping children safe https://www.nspcc.org.uk/keeping-children-safe/ NSPCC Learning homepage - safeguarding training and resources Talk PANTS & Join Pantosaurus - The Underwear Rule NSPCC	Leading UK's children's charity. Services include Working with Children, Therapeutic Services, National Helplines, Ground-breaking research, Support and advice for families, Campaigning for Change. NSPCC offers training and resources in safeguarding and child protection. Education programme. With the help of our friendly dinosaur Pantosaurus, Talk PANTS is a simple conversation to help keep your child safe from sexual abuse. Part of NSPCC Learning-lesson plans, presentations and class room activities.	

				PANTS resources for schools and teachers NSPCC Learning				
NVR – Non-Violent Resistance Programme	Highpoint House Memorial Hospital Shooters Hill London SE18 3RZ	Tel: 0203 260 5211	Pete Brown, Greenwich Parenting Lead, Greenwich CAMHS (Child & Adolescent Mental Health Service) E-mail: pete.brown2@nhs.net	Non-Violent Resistance (NVR) - Oxleas NHS Foundation Trust	The NVR parenting approach was introduced by Haim Omer. Oxleas pioneered the NVR group programme in the UK in 2006. The course offers a series of tools and techniques to support parents and carers of children / young people who display challenging attitudes and behaviours. Oxleas offer NVR courses and interventions in the London Boroughs of Bexley, Bromley and Greenwich for parents / carers of children who are open to CAMHS.			
O								
Oasis Care and Training Agency	Head Office: 24 - 32 Murdock Street London, SE15 1LW	Tel: 0207 639 6192	Contact Us OASIS 2020 oaiscareandtraining.org.uk Complete online form to get in touch.	Home OASIS 2020 oaiscareandtraining.org.uk Skills Boot Camps are free, flexible course from 6-12 weeks for adults aged 19 and over.	Oasis Care and Training Agency provide support and training for qualified health and social care staff. The agency is London based and are accredited by the NCFE. The agency acts as subcontractors for Pathways and TCHC. Funding received is focussed on developing specialised Health and Social Care skills. The agency also offers apprenticeship programmes in Business Administration, Team Leading, Customer Services and Information Technology.			

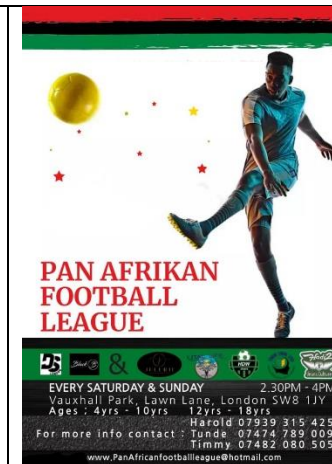
				Contact Rose Talawila for more information Rose.talawila@oasiscareandtraining.org.uk Tel: 0203 007 2109	
--	--	--	--	--	--


P

<p>Pan Afrikan Football League</p>	<p>Vauxhall Park Lawn Lane London SW8 1JY</p>	<p>Tel: Harold Williamson 07939 315 425</p> <p>Tel: Kobina 07737 602 484</p> <p>Tel: Tanita 07756 081 163</p>	<p>Email: PanAfrikanleague@hotmail.com</p>	<p>SocaLoca</p> <p>Pan Afrikan Football League App.</p> <p>Please contact Harold for more information.</p>	 <p>GIRLS PAN AFRIKAN FOOTBALL LEAGUE</p> <p>AGES 4YRS TO 10YRS / 12YRS TO 18YRS EVERY SATURDAY & SUNDAY 2.30PM - 4PM</p> <p>Vauxhall Park, Lawn Lane, London SW8 1JY For more info contact : Harold- 07939 315 425 Email : PanAfrikanfootballleague@hotmail.com</p> <p>“Getting young people active and united”. Girls age group on Sundays is 12 to 18 years old.</p>	
------------------------------------	---	---	--	--	---	--



12-18 Years old.

					 <p>12-18 Years old.</p>	
Papyrus	28 - 32 Milner Street, Warrington WA5 1AD	<p>Hopeline Call: 0800 068 4141 Text: 07860 039 967 9am – midnight every day of the year (Weekends and Bank Holidays included)</p> <p>Papyrus Head office 01925 572444</p>	Email: pat@papyrus-uk.org	Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org)	PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.	
PALS -Patient Advice and Liaison Service	200 Kirkdale (nearest Location) London SE26 4NL	0800 731 2864	Email: pals@slam.nhs.uk	Pals (www.nhs.uk)	PALS offer confidential advice, support and information on health-related matters. - They provide a point of contact for patients, their families and their carers.	




	Search for other locations and <u>find PALS officers in local hospital.</u>					
Positive Penguins	Online APP	-	Contact Us positivepenguins	positivepenguins	Aimed at 8–12-year-olds, Positive Penguins is an award winning, top ranked, fun educational app developed for children to help them understand why they feel the way they do and help them challenge their negative thinking. The app aims to help children understand their feelings come from their own thoughts not the situations. Access for Instagram - Positive Penguins (@positivepenguins) • Instagram photos and videos	
Prince's Trust	Various courses throughout the year so see website for courses in London for the upcoming months. Opportunities Near Me Help For Young People The Prince's Trust (princes-trust.org.uk)	Tel: 0800 842 842 Monday to Friday, 9.00am to 6.00pm. live chat from 9am to 6pm Monday to Friday	Complete the form Get in touch Help for Young People The Prince's Trust (princes-trust.org.uk) Prince Trust who provide support (1:1 and group) to young people 16 to 30y who want to return to education/training and then onto employment	The Prince's Trust Start Something (princes-trust.org.uk)	Prince's Trust provide 1:1 and group support to YP 16 to 30yrs who want to return to education/training and then into employment. The Prince's Trust help those from disadvantaged communities and those facing the greatest adversity by supporting them to build the confidence and skills to live, learn and earn. The courses offered by The Trust help young people aged 11-30 to develop essential life skills, get ready for work and access job opportunities.  Prince's Trust Information Slides.pdf	




Q								
Queen Park Rangers FC	Head Office QPR FC Loftus Road Stadium South Africa Road London W12 7PJ	020 8743 0262 Main switch Board	Youth & Communities Manager Michael Nyarko michael.nyarko@qpr.co.uk Pablo Blackwood pablo.blackwood@qpr.co.uk	QPR FC Trust receive grant to support local young people	QPR offer mentoring services across 7 London boroughs. Including a bespoke mentoring service for young people aged 10-21 with a parent/significant adult in prison. Also a NHS collaboration providing impactful MH support for young people.			
R								
Rape Crisis	Rape Crisis England & Wales, Suite E7.2, Josephs Well, Hanover Walk, Leeds, LS3 1AB.	You can contact our 24/7 Rape & Sexual Abuse Support Line and speak to one of our specialists – at any time of the day or night. Call free on 0808 500 2222 or go to the website to start a free online chat.	You can contact our 24/7 Rape & Sexual Abuse Support Line and speak to one of our specialists – at any time of the day or night. Call free on 0808 500 2222 or go to the website to start a free online chat.	Rape Crisis England & Wales	Rape Crisis - Whether it happened recently or a long time ago. Get help, Get informed and Get involved.			
Refuge	3rd Floor One America Square 17 Crosswall London EC3N 2LB Registered office	Free 24 hr helpline 0800 2000 247	British Sign Language Helpline available Chat services and messaging services online	Refuge – For women and children. Against domestic abuse.	Refuge services include: Our refuges Support in the community Independent advocacy Culturally specific services			

			https://www.nationaldahelpline.org.uk/en/Contact-us	Access through most social media networks	Gender-based violence services 'One stop shop' services How to secure your technology Economic abuse Coercive Control Child support workers Support for disabled women National Domestic Abuse Helpline			
Regular Cleaning- Better Places for Everyone, Everyday	Aldworth House 1 Aldworth Grove London SE13 6HJ	Contact 020 8690 4488	Email: hello@regularcleaning.com	Better places Regular Cleaning	London cleaning services for offices, mixed-use developments, retail, business parks, estates and shopping centres.			
Relate	South Street Bromley BR1 1RH United Kingdom Online & Telephone Only Lewisham SE13 5FQ United Kingdom	0300 003 3225 8:00am-8:00pm Mon-Thurs 8:00-18:00 Fri 9:00-13:00 Sat Sunday Closed Other locations	Email: Appointments.LondonSE@relate.org.uk 01273 697 997 Reception.Brighton@relate.org.uk	Home Relate	Relate services include relationship counselling, family counselling, mediation, children's counselling, young people's counselling and sex therapy. We also provide friendly and informal workshops for people at important stages in their relationships. Relate locations: Beckenham, Honour Oak, Lewisham, Dulwich, Blackheath, Crystal Palace and Greenwich.			
Rethink Mental Illness	Services closes to Lewisham area: South London and Maudsley Hospital SE1 7TP.	Free phone advice service 0808 801 0525 General enquiries 0121 522 7007	Email info@rethink.org for general enquires- For further Rethink services & contacts - fundraising,	We are Rethink Mental Illness	Mental health membership charity offering practical and services, support and advice. – including 90 mental health services and 140+ local peer support groups. Learn about conditions: Psychosis, Obsessive Compulsive Disorder (OCD), Cannabis & Mental health,			


	The Dumont, 28 Albert Embankment, London. SE1 7GR Head Office		communications, human resources, media enquiries, etc. click Contact Rethink Mental Illness		Bipolar Disorder, Anxiety Disorder, Depression, Dissociation & Dissociative Identity disorder, eating disorders, personality disorders, schizoaffective disorder, Borderline Personality Disorders (BPD), Drugs & alcohol mental health and Post-Traumatic Stress disorder (PTSD).		
Rose Tree Project	Forest Hill London Greater London United Kingdom International House Tower Bridge Road London SE1 2UP Main Offices	Contact through FB and Instagram or Sign up to Newsletter	Email: bethany.rtp@gmail.com If you wish to making a referral on behalf of someone else, please ensure that you have received their consent to share their details with The Rose-Tree Project and email signup.rtp@gmail.com	The Rose-Tree Project (rose-treeproject.co.uk)	Creating space for women who have experienced abuse in relationships. If you work with services on Domestic Violence and Family Support, please email for a referral form or get in touch if you would like to collaborate. We provide courses for refugees separately. Referral registration required: to attend the Own My Life course, a 12-week programme for women, to support them to regain ownership of their lives when they have been subjected to male abuse or violence.		
S							
Safer London	Safer London Skyline House, 200 Union Street London, SE1 0LX Head Office	Tel: 0207 021 0301 (Head office)	Email: referralandassessmentteam@saferlondon.org.uk N.B referrals are limited, and you would need to make contact prior to making the referral. Programme support YP in London affected	Young Londoners - Safer London	Our support is based on your individual circumstances and needs. We offer one to one support, where one of our team will work with you over a period of six months. Together we'll work on aspects of your life such as safety planning and self-esteem building. Young Londoners who we work with also access to specialist support such as housing advocacy and emotional wellbeing.		

			by gang violence, grooming, at risk of CSE and repeat offenders. info@saferlondon.org .uk main office		Services also included for Professionals, and Parents & Carers.			
SAM (Self help App for the Mind) – Self-help App for the Mind	Online App to help manage anxiety, depression & loneliness.	Online	support@mindgarden-tech.co.uk	Self-help App for the Mind (SAM) Self-help App for the Mind (SAM) (mindgarden-tech.co.uk)	SAM is a non-profit, community-backed wellbeing app to help you monitor and manage your mental health, with self-help techniques to help with anxiety, depression, loneliness and coping. SAM is informed by clinical best practice and academic research. – Instagram access Self-Help App for the Mind (@mindgarden_sam) • Instagram photos and videos			
Samaritans	Central Office postal address: Samaritans, The Upper Mill, Kingston Road, Ewell, Surrey KT17 2AF	Free call 116 123 24hrs Central Office telephone: +44 (0)20 8394 8300	Email: jo@samaritans.org Central Office email: admin@samaritans.org	Samaritans Every life lost to suicide is a tragedy Here to listen	Ways to get in contact-write a letter, find a local branch plus self-help app, Welcome Samaritans Self-Help			
Sane – Mental Health Charity	St Mark's Studios, 14 Chillingworth Rd, Islington, London, N7 8QJ Head Office	0300 304 7000 Helpline Opens 4pm- 10pm 365 days/yr. Tel: 020 3805 1790 Head Office SANEline Open every day 4pm to	Send a message for general enquires through the contact from Contact us - SANE	Home - SANE	UK charity providing emotional support & information to anyone suffering from mental illness. SANE community consists of forums with blogs, artwork and audio, and Creative Awards Scheme offering grants to those affected by mental illness, their families or carers. SANEline - A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone			

SANEline		10pm, call 0300 304 7000.			affected by mental illness, including family, friends and carers.	
SAYES Mentoring	<p>UK Sanford House, 81 Skipper Way, St. Neots. PE19 6LT</p> <p>Overseas HQ SAYes c/o The Nimble Group 35 Brickfield Road Woodstock Cape Town 7925</p>	<p>Michelle Potter Executive Director & Co- Founder T +27 (0)21 830 0795 M +27 (0)76 771 9011</p>	<p>Email: Fiona Cox (Transition Specialist: fiona.cox@sayesmentoring.org +44 781 817 3287) Jack Smith (Mentee Liaison: jack.smith@sayesmentoring.org +44 7761 832 776) Abba Loughran (Mentee Liaison: abba.loughran@sayesmentoring.org +44 7546 614 565)</p>	<p>SAYes Transition Mentoring (sayesmentoring.org)</p> <p> Mentee Indemnity Form_Minors.pdf</p> <p> Referral_information_minors_vulnerable_ad</p> <p> Lewisham Mentee PM.pdf</p>	<p>Our mentoring programme is unique in its delivery model and offers an opportunity for young people to engage with SAYes mentors from all over the world, to receive guidance, advocacy, and support. The programme equips mentees with skills for building independence and for improving their emotional and physical wellbeing.</p> <p>For YP aged 16 and 17: (or vulnerable adult, 18 - 24) Key worker to send completed referral and consent forms to andrew.dellis@sayesmentoring.org (Safeguarding Lead) with YP's contact details (please see attached forms).</p> <p>For YP aged 18 or over: either: a. Send YP's name and contact details to Fiona (Transition Specialist: fiona.cox@sayesmentoring.org +44 781 817 3287) or Jack (Mentee Liaison: jack.smith@sayesmentoring.org +44 7761 832 776)</p> <p>Also book a call directly through https://sayes.simplybook.me/v2/#book</p>	
Saving Souls Hub – Improving Mental Health & Wellbeing	<p>Headquarters: Bellingham Leisure Centre 5 Randlesdown Road London SE6 3BT</p>	<p>Tel: 07572-419-193</p>	<p>Email: info@savingsouls.org.uk</p>	<p>Saving Souls Hub</p>	<p>Saving Souls Hub brings together individuals who may be experiencing or have experienced feelings of isolation, loneliness, violence, abuse and mental health issues. Its inclusive approach ensures that everyone, regardless of economic background, can access the benefits of sports and community support. By offering free projects and external affordable workshops and training, Saving Souls Hub</p>	

through Sports					creates a supportive network, striving to break down barriers and empower individuals to prioritise their well-being, fostering resilience and hope in their lives.  Self defence for girls final .pdf  Crossfield project Final Flyer.pdf		
Second Wave	1 Creek Road Deptford London	0208 694 2444	General Enquires info@secondwave.org Contact Hana Email: Hana@secondwave.org	Second Wave Youth Arts Home	Second Wave empowers young people's creativity and activism through engaging young people as performers, writers, lyricists and technicians - developing new productions and youth-led creative outreach projects in the community.		
SENDIASS	London SENDIASS Croydon Address: Carers Support Centre, 24 George Street, London, CR0 1PB Lewisham Address: Lewisham Central Community Hub, Leemore Centre,, 29-39 Clarendon Rise, SE13 5ES	Phone: 0208 663 5630 / 5631 Phone: 0203 319 2163	Email: croydon@kids.org.uk Visit our Facebook page Email: lewisham@kids.org.uk Visit our Facebook page	SENDIASS Home KIDS  Lewisham SENDIASS A5 Leaflet (English wit	The Special Educational Needs & Disabilities Information Advice and Support Services (SENDIASS) offer information, advice, support for parents and carers of children and young people with special educational needs & disabilities (SEND). This service is also offered directly to young people. At Kids the services are free, impartial, confidential, and accurate. The services are for children and young people aged 0 – 25 who have or may have SEND, their parents and carers.		

Self-Injury Support	Po Box 3240 Bristol BS2 2EF Head office Office/Admin Number: 0117 927 9600 Info@selfinjurysupport.org.uk	Phone lines are temporarily down until March	Emails can anytime – however service times Tuesday, Wednesday and Thursday 7pm-9.30pm tessmail@selfinjurysupport.org.uk	Self Injury Support	For girls and women up to 24 affected by self-harm. – Support for women and girls -resources and training for all. Contact can be made the FB, twitter, Instagram & LinkedIn.	
Sidekick Helpline	Action for Children 3 The Boulevard, Ascot Road, Watford, WD18 8AG	Text: 07888 868 059 Monday & Thursday – 12.30 pm to 7.30 pm. Tuesday & Wednesday – 9.30 am to 4.30 pm. Friday – 9.30 am to 4 pm.	Email: sidekick@actionforchildren.org.uk	Sidekick - Sidekick by Action for Children	Sidekick is a helpline for young carers run by Action for Children. It is aimed at young carers aged 13 to 18 (up to 25 for young people with SEND) in the UK. Young people can message us, by text or email, about anything they like. We'll reply to them within 24 hours during our opening hours, Monday to Friday. The service is free for young people to use (if texts are included in their plan) and confidential.  Sidekick flyer - Action for Children - April 20	
Signal Family Support	SIGNAL Family Support c/o Hatcham Oak Children's Centre Wallbutton Road Brockley London SE4 2NX	Candida Burrows Phone: 07946 632477	SIGNAL Family Support Manager (part-time) Candida Burrows admin@signalfamilysupport.org Contact us — SIGNAL Family Support	SIGNAL Family Support - SIGNAL Family Support	Signals provides access to inclusive activities such as trampolining and swimming and trips for families to socialise in a non-judgemental environment. A mutual support group for the families of autistic children and young people (ages 0-25) living in the London borough of Lewisham.	

<p>SLAM (South London and Maudsley)- South London & Maudsley HHS foundation</p>	<p>Maudsley Hospital, Denmark Hill, London, SE5 8AZ</p>	<p>Urgent help call 0800 731 2864 (Option 1) 24 hours a day, to speak to our mental health crisis line.</p> <p>contact the Patient Advice and Liaison Service (PALS) on 0800 731 2864 (Option 2) for advice and information and to raise a concern or complaint.</p>	<p>Complete the online contact form for general enquiries. Contact us - South London and Maudsley (slam.nhs.uk) –</p>	<p>Services - South London and Maudsley (slam.nhs.uk)</p>	<p>Hospital & Service Directory</p>	
<p>Smile Angel Organisation</p>	<p>Business postal address is available on request via email.</p> <p>Registered address: Royal Arsenal Gatehouse, Beresford Square,</p>	<p>Contact Sabrina Siudmak Mobile: +44 (0) 7732 063 359</p>	<p>Email: smileangel.org.uk@gmail.com</p>	<p>Smile Angel</p>	<p>Smile Angel raises awareness and helps to solve the challenges faced by refugees and migrants integrating in the UK, to encourage employers to create diverse and inclusive job opportunities, ask landlords to provide loving homes and build compassion for refugees through my public speaking.</p> <p>They provide refugee's, asylum seekers and migrants with careers, education, employment</p>	



	London, England, SE18 6AR				and wellbeing mentoring and coaching delivered over Zoom in one-to-one or group settings. Example of workshops: - Career discussion (Identify your strengths and skills) - How to create my CV and a Cover Letter - Job application (Where to search and apply for a job) - How to prepare for an interview		
Smile of a King Foundation Offering free counselling sessions for Black Men and Boys	7a Cambridge Gardens London Nw6 5ae	Patrice King-- Founder	Email: smileofakingfoundation@gmail.com Complete online form for general enquires/ referral forms. Contact Us Smile Of A King Foundation London	Mental Health Support For Young Black Men Smile Of A King Foundation London	Through public donations and grants SMOK are able to function. They work with professional counsellors and therapist to provide 12 weeks' worth of counselling sessions for Afro-Caribbean males.		
Spark2Life – Community Mentoring	Greenleaf Centre 67-69 Greenleaf Rd, London E17 6QP	Tel: 020 8619 1355	General Enquires complete the online form General Enquiries (spark2life.co.uk) See Contact (spark2life.co.uk) for contact information for Compliments & Complaints, community mentors, Speaker request form,	https://spark2life.co.uk Community Mentoring (spark2life.co.uk)	Spark2Life was founded in 2007, we are a community-inspired initiative that empowers and advocates for offenders, and those at risk of offending. Through bespoke solutions we transform lives and disrupt the criminal justice narrative. The programme is aimed at 11 – 25 years with high Risk behaviour, offending or/ at risk of offending. For YP transitioning from Primary to Secondary School and at risk of exploitation or exclusion. A 3-month program, with 1:1 mentoring on a weekly basis.		

			parent champion questionnaire.			
Sports Fun 4 All	Foster Park Memorial Park Whitefoot Ln, London SE6 1UA	Tel: 07432 121 741	Email: info@sportsfun4all.com	Sports Fun 4 All - weekly football club for kids in Lewisham List of FREE weekly football sessions: Bellingham - Bellingham Leisure Centre, SE6 3BT – Thursday & Friday - 5 pm – 7 pm - 15 – 19-year-olds Catford - St Dunstan's Jubilee Ground, SE6 4SW – Monday - 5.30 pm – 6.30 pm – 11 – 16-year-olds Deptford - Deptford Lounge, SE8 4RH – Tuesday & Friday – 5 pm – 7 pm – 11 – 16-year-olds Downham - Downham Health & Leisure Centre, BR1 5EP – Tuesday &	Sports Fun 4 All supports 3 – 19-year-olds through the provision of sports-based activities to: create safe, positive learning environments that will help them to live healthier lives, improve their mental and physical wellbeing and reduce social isolation; remove barriers to accessing high-quality facilities that will empower them to use sport as a vehicle for change in their community through volunteering opportunities; and develop their soft skills and provide opportunities to access accredited qualifications and training to increase employment opportunities.	

				<p>Thursday 5 pm – 7 pm - 11 – 16-year-olds</p> <p>Downham - Goldsmiths Community Centre, SE6 1PH – Wednesday - 5 pm – 7 pm - 10 – 14-year-olds</p> <p>Honor Oak - Honor Oak Estate MUGA, SE4 2HU – Thursday – 5 – 7 pm – 10 – 14- year-olds</p>		
<p>St Christopher’s Hospice</p> <p>St Christopher’s – Candle Child Bereavement Service</p>	<p>51-59 Lawrie Park Road, Sydenham London, SE26 6DZ</p>	<p>020 8768 4500</p> <p>020 8768 4689</p>	<p>info@stchristophers.org.uk <i>(Please note this email account is monitored from 9am – 5pm, Monday to Friday. Emails received outside of these times will be dealt with on the next working day).</i></p>	<p>St Christopher's More than just a hospice (stchristophers.org.uk)</p> <p>St Christopher's Candle Child Bereavement Service - St Christopher's (stchristophers.org.uk)</p>	<p>Provides bereavement services.</p> <p>Provides child bereavement services</p>	

Stem4	51 St George's Rd, Wimbledon, SW19 4EA (Registered office)	-	See the contact page for specific sections for fundraising, donations, events & queries. Contact - stem4	stem4 - supporting teenage mental health	Stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families and carers, education professionals, as well as school nurses and GPs through the provision of mental health education, resilience strategies and early intervention. Visit their Calm Harm , Clear Fear , Move Mood , Combined Minds and Worth Warrior websites for more information on our mental health apps.	
Stonewall Housing	Stonewall Housing 8 Coppergate House 10 Whites Row London E1 7NF	Tel: 0800 6 404 404	For non-housing enquiries: info@stonewallhousing.org Support Stonewall Housing: supporters@stonewallhousing.org	Stonewall Housing – Stonewall Housing LGBTQ+ Charity	Stonewall Housing supports thousands of lesbian, gay, bisexual, trans and queer (LGBTQ+) people in the UK every year. All of our services are free and confidential. Fill in a referral form by using the 'Self Referral' button and one of the team will contact you. If you're from an agency and referring someone else, use the Agency Referral Form. Referral Form – Stonewall Housing	
StreetGames UK	Manchester Office: StreetGames, 61 Mosley Street, 4th Floor Woolwich House, Manchester, M2 3HZ	Tel: 0161 7070782	Email: support@streetgames.org Contact form available https://www.streetgames.org/contact-us/ Contact Rashan McDonald Area Sport 4 Good Development	Homepage - StreetGames	StreetGames harnesses the power of sport to create positive change in the lives of young people living in underserved communities across the UK. StreetGames' helps to make young people and their communities healthier, safer and more successful.	

			<p>Manager – London & South East Email: Rashan.McDonald@streetgames.org</p>			
Social Workers Tool Kit	Online Free Resource site			<p>Free social work resources & tools for direct work with children and adults (socialworkerstoolbox.com)</p>	<p>Key resources for those working directly with children and Adults by Social Workers. Categories include: Fostering & Adoption, CSE & Sexual Abuse, Domestic Abuse, Drugs & Alcohol, Bullying, Mental Health, etc.</p>	
Squidz Club – Heart & Soul	Heart n Soul The Albany Douglas Way, SE8 4AG	020 8694 1632	<p>Email: info@heartnsoul.co.uk</p>	<p>Squidz Club – Heart n Soul</p>	<p>Heart n Soul is an award-winning creative arts company and charity. We believe in the power and talents of people with learning disabilities, providing opportunities for people to discover, develop and share this power and talent as widely as possible. We also have a lot of fun!</p>	
Switchboard GBT+ helpline -	Switchboard Secretary, PO Box 7324, London, N1 9QS Registered address- & to write a letter of complaint.	Call 0300 330 0630 open 10:00 – 22:00 every day	<p>Instant messaging and chat available from the website.</p> <p>Email: admin@switchboard.lgbt to contact the switchboard office staff.</p>	<p>Switchboard LGBT+ Helpline</p>	<p>We are Switchboard, the LGBT+ Helpline. We are a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. There are about 160 trained telephone volunteers at Switchboard who all identify as lesbian, gay, bisexual or trans.</p>	
T						
Togetherall	71-73 Carter Lane London	Online Platform	Create an account to be a part of the community.	Togetherall	Togetherall is a clinically managed, online community designed to improve mental health.	



	EC4V 5EQ -Head office		24/7, and is completely anonymous so you can express yourself freely and openly.		Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members. For ages 16 and over.				
The Big House	51 Englefield Road London N1 3LH	Tel: 020 7923 9955	Email: info@thebighouse.uk.com	Home - The Big House	The Big House works with care leavers who are at a high risk of social exclusion. Through theatre and creative workshops, The Big House provides a platform for them to participate in the making of theatre and to have their voices heard.  The Big House Referral Form Nov (1)  The Big House Brochure 2023.pdf				
The Society of London Ragamuffins	Mill House Argos Hill Road Rotherfield CROWBOROUGH East Sussex	0207 626 8571		The Society of London Ragamuffins	The Society of London professionals has been helping under-privileged children, both by grants and via projects, and enjoying one another's company and friendship at organized events throughout the year.				
The Midi Music Company	The Midi Music 77 Watson's St, Deptford London SE8 4AU	Office: 020 8694 6093 General enquiries: 07514 643 797 PR, media & course registrations: 07984 158 554	General Enquiries, Room Hire & CICAS® Appointments admin@themidimusiccompany.co.uk	Home - The Midi Music Company	The Midi Music Company (MMC) is an innovative music education and talent development charity, based in Deptford, South London. They champion excellence through our educational programmes, nurturing the musical talent of vulnerable and disadvantaged young people aged 11-30, and empowering them with the skills and confidence to seek careers in music and the creative industries.				
The Mix – essential support for under 25s +	Locations include Tower Hamlets, Newham,	0808 808 4994 – For confidential support 3pm to 12am every day	There are lots of different services signposted on this website, including	The Mix - Essential support for under 25s Get Support - The Mix	Offers a variety of services – including relationships, drink & drugs, housing, mental health, work & study, crime & lifestyle and				

	Newcastle, Durham, City & Hackney.		housing, counselling services. YP can also contact them via email or text via their Crisis messenger service, 24 hours a day.		Travel & Lifestyle. Digital charity in the UK for 25yrs and under.				
The Young Women's Hub	308 Brownhill Rd London SE6 1AU	020 8698 6675 Monday - Friday 9:00 - 15:00 Saturday - Closed Sunday - Closed	The Young Women's Hub - Referral Form (ywh.org.uk)	The Young Women's Hub - Special Educational Needs at the Young Women's Hub (ywh.org.uk)	Our school supports young women who may have not accessed education for a while, who are struggling in mainstream school due to varying learning and or social needs or just find the formal education system difficult to navigate! Special Education Needs for Young Women.				
Trans Unite	TransUnite.co.uk Lincoln House 296 – 302 High Holborn London WC1V 7JH Head Office	Online	Complete the contact form – see link Contact Us Trans Unite Email offices: info@transunite.co.uk	Trans Unite Find a Transgender Support Group in Your Area See link for Trans Youth support meetup groups in London Find a Group Trans Unite	Access over 100 verified UK Trans support groups and locate one close to you. Detailed profiles offer specific information on the scope of support provided, meeting schedules and contact information.				
U									
Urban Synergy	32 Duke St, London SW1Y 6DF Registered Charity Office: 2 Lewisham Hill, Lewisham, London SE13 7EJ	07508 340391	Contact Us - Urban Synergy Mentoring News & Events	Home - Urban Synergy Mentoring News & Events	Urban Synergy is an award-winning youth empowerment charity that has helped over 20,000 young people between 9-24 years of age reach their full potential through outcome focused mentoring programmes and inspirational seminars. Accessible through social media networks.				

					N.B 1-2-1 mentoring. Referrals to be made by schools, or youth clubs and other community support professionals.	
UKNA – Narcotics Anonymous in the UK	Physical, online and daily audio meetings are available across the UK. Local: Group Room C, Change Grow Live, 410 Lewisham High Street, Lewisham, London, Greater London, SE13 6LJ	Helpline 0300 999 1212 10:00am-Midnight	For general enquiries email: pi@ukna.org For the various associated committees see contact page link Contact us UKNA Narcotics Anonymous in the United Kingdom	Welcome to UKNA UKNA Narcotics Anonymous in the United Kingdom	Narcotics Anonymous (NA) is a non-profit program for recovering and active drug users . Members attend weekly (anonymous) meetings to help one another maintain sobriety. The primary purpose of NA is to build strong support groups and help members remain completely abstinent from drugs.	
V						
Voice Collective	Voice Collective, Mind in Camden, Barnes House, 9-15 Camden Rd, London, NW1 9LQ	020 7911 0822	info@voicecollective.co.uk	Voice Collective: Supporting Children & Young People who Hear Voices or See Visions	Peer support for YP who hear, see and sense things that others don't. Information, crisis support and peer support groups for YP 12-18.	

VRT – Violence Reduction Team	Holbeach road, London, SE6 4TW		syv@lewisham.gov.uk	Lewisham Council - Reducing violence Violence Reduction Unit - GOV.UK (www.gov.uk)	The Violence Reduction Team brings together professionals from the local authority, health services and the police to provide a multi-agency approach to breaking the cycle of involvement in violence; both as victims and as perpetrators.	
W						
We are Lewisham.	Check online for specific upcoming events, creative challenges etc.		Access through popular social networks. Get involved in upcoming.	Up-Skill with Creative Futures - Lewisham (wearelewisham.com)	Year programme to promote the culture of Lewisham. Celebrating our history, people and place, with hundreds of events in our venues, parks and street corners. Backed by the Mayor of London 2022. Jobs and skills creative programmes.	

<p>Winston's Wish – Giving Hope to Grieving Children</p>	<p>Headquarters: 31-33 Worcester Street Gloucester</p>	<p>Call free on 08088 020 021 between 8am-8pm, weekdays.</p> <p>Head Office Switchboard: 01242 515157</p> <p>For urgent support, text WW to 85258 to speak with someone from our trusted partner, Shout.</p>	<p>Email: ask@winstonswish.org or fill out the online contact form and the team reply within two working days.</p>	<p>Winston's Wish - giving hope to grieving children (winstonswish.org)</p> <p>LIVE Chat online between 8am-8pm, weekdays by clicking the blue 'Chat with us' button at the bottom right of your screen.</p> <p>Home (talkgrief.org)</p>	<p>Winston's Wish charity supports bereaved children, young people, their families and the professionals who support them.</p> <p>Support for Young People aged 25 and under. Anyone 13 and over can refer themselves. See here for more information Make a referral to Winston's Wish Winston's Wish (winstonswish.org)</p> <p>Talk grief, a dedicated online space (website) for bereaved teenagers and young adults between the ages of 13 and 25 where they can find professional advice, hear the experiences of other grieving young people, and feel less alone.</p> <p>This is part of the Winston's Wish family of support and the website can be accessed at Home (talkgrief.org)</p> <p>Talk Grief provides a dedicated outlet for teenagers and young people to express and cope with grief. Young people can learn from one another's experiences, feel seen and know their</p>	
--	--	--	--	---	---	--

					feelings are valid.	
Women and Girls Network WGN	Women and Girls Network, PO Box 13095, London W13 3BJ	Advice Line 0808 801 0660 See contact page for full list of specific support services available. Contact us Women and Girls Network (wgn.org.uk)	For advice, information and support call email advice@wgn.org.uk Monday-Friday: 10am-4pm and late evening Wednesday 6pm-9pm	Home Women and Girls Network (wgn.org.uk)	<p>WGN provide specialist one to one practical and advocacy support for self-identifying women and girls (14 years+) affected by any form of gender-based violence and abuse.</p> <p>Casework provides support on a range of issues, such as emotional wellbeing and mental health, problems with housing, managing finances and benefits, personal safety and concerns about children.</p> <p>WGN can also support clients through the CJS process and advocate with other statutory services.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  14. WGN Young Women's Service (incl </div> <div style="text-align: center;">  1. WGN Advice Casework Referral Fo </div> </div>	
X						
XLP Mentoring	All Hallows-on-the-Wall, 83 London Wall, London, EC2M 5ND.	020 7256 6240	Contact Us - XLP contact form available Email: info@xlp.org.uk Lewisham mentoring service - currently only accepts a small number of referrals per professional.	XLP - Home	<p>XLP is about creating positive futures for young people growing up on inner-city communities in London. Programmes include Schools – tutoring, mentoring, employability, and communities. – Social Media: @xlplondon.</p>	

Y

<p>Y-Stop</p>	<p>61 Mansell Street, London E1 8AN</p>	<p>Download the Y-stop APP. (147) Y Stop App Tutorial - YouTube</p>	<p>Contact Y-Stop Y-Stop Facebook</p>	<p>Stop & Search Y-Stop</p>	<p>A Stop and Search Project made by Young People for Young People. The Y-Stop app lets young people: Report a stop and search experiences or ones they've witnessed. Record video/audio of the police interactions and send it to Y-Stop Connect with lawyers and experts for support. Make a complaint directly to police. Know what their rights are to keep them safe</p>
<p>You & Co –</p>	<p>Victim Support National Office, London Victim Support National Office HALLAM HOUSE 56 – 60 HALLAM STREET, London, Greater London England, W1W 6JL Tel: 020 7268 0210 Tel: 0300 303 1971</p>	<p>South London Phone 0808 168 9291 If you've been affected by crime, call The London Victim and Witness Service (LVWS). Lines are open 8am-8pm, Monday to Friday. Out of hours Support line 08 08 16 89 111 If you need support outside of your local team's opening hours, you can call our</p>	<p>Help available through: Text Relay: use the Relay UK app or contact us in BSL Start a live chat. Fill out our online form below (a member of your local area team will contact you within three working days). Click link below for more information. Home - Victim Support</p>	<p>Children and young people - Victim Support</p>	<p>You & Co is Victim Support's youth programme that helps young people cope with the impact and effects of crime.</p>

		Supportline for free.				
Young Leaders Academy	St. Dunstan's College, Stanstead Rd, London, SE6 4TY Academy location during LYLA term time only	Tel: +44 7852 108 768 Run on Saturdays at St Dunstans College (10am to 1pm)	Email: lewishamyla@gmail.com To enrol or sponsor a child use the contact form in the link. Contact Us (lylauk.com)	Home (lylauk.com)	YLA aims to create a success pipeline for young black people as a representation of a positive future vision. Encouraging leadership; building character, academic excellence, personal resilience, humility, and a resolute sense of purpose. YLA delivers programmes that prepare YP for that future. Aimed at 8 – 16 years, Leadership Program 1:1 mentoring support available. £2 per Saturday and young people are asked to wear a uniform.	
Young Lewisham Project	Young Lewisham Project 124 Kilmore Road Forest Hill London SE23 2SR	Opening Hours: Mon-Fri 9am - 5pm Saturday 10am - 1pm Referrals 07305052486 Fundraising 07305052487	General enquiries info@youngelewisham.org.uk Referrals george@youngelewisham.org.uk Fundraising anna@youngelewisham.org.uk 07305052487	YOUNG LEWISHAM PROJECT - Home	The Young Lewisham Project provides a safe, inclusive learning environment where young people can maximise their chances of becoming valued members of society. Through enrichment, alternative educational courses and team recreational activities we aim to re-engage young people, increase their confidence and well-being along with improving their skills and self-esteem.	
Young Mayors	London Borough of Lewisham Laurence House	Tel: 02083146313	Email Katy Brown Advisor to the Young Mayor	Youth democracy in local government B-involved Website	The programme enables young people, politicians, council officers and partners to work together to develop ideas, while also	

	Catford SE6 4RU		katy.brown@lewisham.gov.uk	 London (lewishamyoungmayor.com)	addressing issues of concern and interest. In doing so, young people's active and effective participation in democratic processes and local governance is genuinely enhanced. The Young Mayor's Team continues to play an active role in helping to develop the community.	
Youngminds - fighting for YP's Mental Health	4th Floor India House, 45 Curlew St, London SE1 2ND	Parents Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm. Hard of hearing or speech-impaired? use Typetalk or Textdirect or use Parents Webchat. If English is a first language, an interpreter as a member of LanguageLine. Is available.	There's a textline available and a webchat open 9:30-4pm Mon-Fri CODa experiencing a mental health crisis a YP can contact Young Minds Crisis Messenger service by texting YM to 85258 To email the team outside of webchat hours (between 4pm – 9:30pm) use the select icon at the bottom right corner of the screen on the main website. See How To Contact YoungMinds YoungMinds	YoungMinds Mental Health Charity For Children And Young People YoungMinds	Information and Support for YP, Parents and those working with YP. They can help with urgent issues such as suicidal thoughts, self-harm, bullying and relationship issues.	
Young Roots	Young Roots Suite 3.18 - easyHub Croydon	Tel: 020 8684 9140	Email: london@youngroots.org.uk	Young Roots	Young Roots is a London-based charity working with young refugees and asylum seekers aged 11-25, They support young people to improve their wellbeing and fulfil their potential,	

Youth Offending Service YOS	9 Holbeach Road, London, Se6 4tw	Telephone 020 8314 7474	Email yos@lewisham.gov.uk	Lewisham Council - Youth Offending Service Youth offending teams - GOV.UK (www.gov.uk)	Lewisham Youth Offending Service (YOS) works with the community and local agencies such as the Police and schools, to help keep young people aged 10-17 out of trouble. N.B Youth offending service - discuss with management/YO prior to making referrals in case thresholds are not met.	
Z						
Zone Central	4 Cedar Park Cobham Road Wimborne Dorset BH21 7SF	Tel: 02039880447	Email: info@zonecentral.uk	Home Zone Central	Zone Central are committed to providing family-centred outstanding care and support to children and young people with Autism spectrum diagnoses, learning disabilities & physical disabilities living within London boroughs and the Greater London area. Zone Central creates a bespoke service central to the needs of the family, whether that is through our CQC (Care Quality Commission) registered services, providing family and home-based support and intervention, our Ofsted registered short break facilities, our community-based programmes supported by a day centre, holiday schemes or our Ofsted registered longer term residential homes.	