

Commissioned and Public Health Services September 2022

Getting Advice

The Virtual Mental Wealth

Hub provides a range of resources and links on a range of mental health and emotional wellbeing topics via a toolkit of evidence-based resources



[Virtual Mental Wealth Hub | Trafford Directory](#)



Chat Health in Trafford

Chat health is a safe and easy way for young people in Trafford to speak to a School Health Nurse. Chat Health supports young people aged 11-16 with questions relating to a wide range of health and wellbeing issues including mental health, bullying, self-harm, alcohol, drugs, healthy eating, smoking, sex, relationships and more. The experienced friendly team can signpost to appropriate services and other support. To chat with a school nurse simply text **07312 263 056**. *The School Health team responds to texts within one working day. The service operates Monday to Friday 8.30am – 4.30pm (excluding bank holidays).*

For more information visit the team's social media pages-

www.twitter.com/TraffSchNurses,
www.facebook.com/traffordschoolnurses
www.instagram.com/traffordschoolnurses/



Parent line in Trafford

A confidential NHS text messaging service offering advice and support to Trafford parents and carers of children ages 0-5.

We can help with parenting advice and support, sleep, continence, immunisations, mental health, minor illness, speech, behaviour, temper tantrums, infant feeding, diet and exercise, school readiness, child development and more. To chat with a health visitor simply text **07312 263 035**. *The Health Visiting team responds to texts within one working day. The service operates Monday to Friday 8.30am – 4.30pm (excluding bank holidays).*

For more information visit the team's social media page - [Trafford Health Visiting Service | Facebook](#)

Getting Help

The 0-19 Healthy Child Programme

Health visiting and School Health are integral to the delivery of the 0-19 [Healthy Child Programme](#) (HCP) in Trafford. The services are provided by Manchester Foundation Trust (MFT). The services provide specialist knowledge in community and public health, child health, health promotion and education.



Trafford School Health Team

The School Health service promotes the health and wellbeing of school-aged children aged between 5-19. The service delivers a range of health promotion activities and interventions including National Child Measurement Programme (NCMP), hearing screening and school-aged immunisations in secondary schools. The service also provides information, advice, drop-in support, and referral on a range of health-related issues including mental health and wellbeing,



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sexual health, and weight management. The service can be accessed directly by children, young people, and parents directly or via professional referral.

For more information, please contact your locality team via email below.

North - mft.TraffordNorthAreaSchoolNursingTeam@nhs.net

Central - mft.TraffordSchoolNurseTeamCentral@nhs.net

South - mft.TraffordSchoolNurseTeamSouth@nhs.net


West - mft.WestSchoolNurses@nhs.net

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Oral Health Improvement Service

 Group sessions for parents, volunteers, or professionals on the importance of oral health and practical tips to maintain good oral health. For more information please contact: Ann Donnelly and Jacqui Delaney ann.donnelly2@nhs.net and Jacqui.delaney@nhs.net

Children's Specialist Weight Management Service

A six-month programme to support children and young people to become a healthier weight. The programme includes practical ideas for healthy eating, ideas on how to increase activity and details of local activity sessions, and support for making changes as a family.

Getting Help- Commissioned Services

Mental Health Support



Trafford Sunrise (Primary Aged Children)

Provides support in coping with stress through CYP group sessions and parents workshops on parenting techniques around support supporting emotional difficulties. Age 5-12. Referrals can be made directly to our service using the Early Help Assessment or Trafford Sunrise GP and Paediatric Referral forms. Please email your referral to sunrise@justpsychology.co.uk



42nd Street (Secondary Aged Children)

Free confidential services for CYP experiencing stress, and mental health problems. Through counselling, 1:1 and group support. Age 13-25. Young people, parents/carers and professionals are able to self-refer to this service by telephone (0161 549 6456), website, in writing, email, or by visiting in person. (The Space, 87-91 Great Ancoats Street, Manchester, M4 5AG)







Free and confidential counselling, advice and support on-line. Provides access to counsellors until 10.00pm, every day of the year, as well as peer support via







Qwell (18+)

<https://www.qwell.io/#offering> Anonymo us online counselling, advice, and mental health support for adults. Fully moderated forums and Self-help materials which are available 24/7, and qualified

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<p>fully moderated forums. Age 10 – 25. Sign up via Kooth.com.</p>	<p>counsellors and therapists available from 12pm- 10pm (Mon-Fri and 6pm-10pm Sat-Sun).</p>
<p>THRIVE in Education Primary Schools Age 5-11 Mental Health Support Teams in some Trafford Primary Schools and is delivered by Place2Be, Mental Health Practitioners embedded in schools help meet the needs of pupils with mild-moderate mental health needs within the school setting.</p>	<p>THRIVE in Education Secondary Schools Age 11-18 Mental Health Support Teams in some Trafford Secondary Schools and is delivered by MFT CAMHS through, Education Mental Health Practitioners embedded within schools for pupils with mild-moderate mental health support needs. Contact Email: Vicki.dunham1@nhs.net</p>
<h3>Other Wellbeing Commissioned Services</h3>	
<div style="display: flex; align-items: flex-start;">  <div> <p>Home-Start offers family support delivered in the home and in community venues. Support is provided via family support workers and volunteers. All families are assessed for their level of support and provided with a time limited support package which includes an action plan and review. The service will target those vulnerable groups experiencing negative outcomes as a result of, or being at risk of:</p> <ul style="list-style-type: none"> • Domestic abuse • Separation • Imprisonment • Debt and food poverty <p>Isolation as a result of cultural/ language barriers.</p> <p>Referrals via Early Help Assessment Find form here: http://www.trafford.gov.uk/residents/children-and-families/worried-about-a-child/Levels-of-Need.aspx</p> </div> </div>	<div style="display: flex; align-items: flex-start;">  <div> <p>Rainbow Reflections Age 13-19 (25 with SEND) Weekly group for LGBT+ young people and those questioning their gender or sexuality. Recently launched a new digital help service for LGBT+ young people and trusted adults called 'Proud Connections' Accept referrals from professionals and young people. After filling in the form someone will make contact to find out more information and to arrange an initial video call before accessing a youth group session online. Referral by professionals or a trusted adult.</p> </div> </div>
<p>Trafford Council commission</p>  <p>SENSE to run activities for children with autism (who may have other additional needs). The sessions run from St Johns Church in Urmston. The group runs 3 days over the week during school holidays. The sessions include messy play, crafts, sensory play, outdoor activities, music and more.</p>	<p>Trafford Council commission Sport Works to run activities for disabled children and those with additional needs.</p>  <p>Sport Works runs activities for children from year one to year six. The sessions include sport and craft activities.</p>

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<p>Short breaks application form (trafford.gov.uk)</p>	<p>(Short breaks for CYP aged 5 – 11 years and 11 – 18 years)</p>
 <p>Trafford Domestic Abuse Services (TDAS) is a registered charity offering support to individuals and families living or working in the Trafford area who are suffering or who have suffered domestic abuse. TDAS offer a range of services that support children and young people who have been exposed to domestic abuse or who are in their own unhealthy relationship. TDAS have both one-to-one and group-based programmes that offer emotional support and education around domestic abuse and its impacts. Referrals can be made via the website: TRAFFORD CHILDREN & YOUNG PEOPLE tdas Trafford Domestic Abuse Services</p>	<p>Sport Works currently run an inclusive youth group for young people aged 11 – 18 years (or 25 years with complex additional needs). The group runs one evening a week at Davy Hulme Youth Centre and on a Saturday morning at Gorse Hill Studios</p>  
 <p>Trafford Talk shop Talk shop is a youth worker led service, offering advice, support and information for young people aged 11 to 19 (up to 25 with additional needs or care leavers) in a confidential setting. They offer drop-in sessions for young people on issues such as homelessness and sexual health. They also run young bumps programme a group for pregnant young mums under the age of 20. Telephone: 0161 912 2453 E-mail: talkshop@trafford.gov.uk</p>	<p>Foundation 92 supports families to better understand nutrition, mental health, resilience, and the benefits of physical activity. The six-week programme has been designed to empower families and influence better choices in their lifestyle. Foundation 92 supports children aged 5-15 years under the supervision of parent/carer and positively influences families and communities to lead a physically active and healthy lifestyle. For more information please contact Daniel Clegg - Health & Wellbeing Co-ordinator - 07874863958 - daniel.clegg@foundation92.co.uk or Siobhan McGarel - Health & Wellbeing Officer - 07596326184 – Facebook: https://www.facebook.com/talkshop.sale</p> 
<p>Trafford Parent Carers Forum Carers Chatty Café (Complimentary drink and cake for registered carers). Runs the 1st and 3rd Thursday of every month. At the Life Centre 235 Washway Road, Sale, M33 4BP</p> 	

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Early Break – Drug and alcohol Early Break is our young people’s substance misuse service. They work with young people from 11-21 years old to support them to access high-quality, age-appropriate and evidence-based specialist substance misuse treatment interventions as a part of packages of care-planned support tailored to the individual, including social and health care interventions They will help young people to strengthen their resilience by developing the factors that promote it, such as educational achievement, training and employment, good health, positive relationships and meaningful activities.

You can download Early Break’s referral form on their [website](#) and send this to info@earlybreak.co.uk.

Talk Listen Change

Support for CYP who are using harmful behaviours in their intimate partner relationships, against peers or parents/carers

<https://talklistenchange.org.uk/project/children-and-young-peoples-counselling/>

Mentoring Services



salford foundation

Engage Mentoring
Service with the Salford Foundation

(8 – 18 years or 25 years with additional needs). The Engage programme provides a mixed model of 1:1 intensive mentoring and group sessions, and ensures support is available at appropriate and relevant times. Each mentee receives a person centred, solution focused, personalised support package for up to 12 weeks which enables them to reduce risk factors, raise aspirations and identify positive role models.

[Referrals via Early Help Assessment](#)

[Find form here:](#)

<http://www.trafford.gov.uk/residents/children-and-families/worried-about-a-child/Levels-of-Need.aspx>



salford foundation

One to One Mentoring-STEER Salford

Foundation

STEER provides one to one mentoring for young people aged 10-17 at risk of serious youth violence and child criminal exploitation. Mentors support each young person to create their own plan and set goals. They also help young people to improve pro-social skills and develop coping mechanisms.

Referrals can be made directly to Salford Foundation using the referral form on their website, by a family member, social care, schools, or any other professional working with the young person.

For more information, please visit Salford Foundation’s website: [STEER \(salfordfoundation.org.uk\)](http://salfordfoundation.org.uk)



Sports Based Mentoring-Foundation 92

A program that engages with young people who are at risk of serious violence, are suffering from domestic abuse within the home, are at risk of exploitation or are suffering from mental health related issues. Foundation 92 deliver a program focused on physical activity and exercise with a mentoring component which is delivered at

TUf*C ACE Mentoring and Personal resilience support programme



TUf*C (The Urban Fitness Collective)'s ACE mentoring and support programme is designed to assist and support young people (aged 16-19) in Trafford who may have suffered from adverse childhood experiences.

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a location suitable for the referred young person. Alongside the mentoring offer, Foundation 92 also employ a counsellor and can provide education and employability coaching to young people they are working with. To discuss a referral please contact our Violence Reduction Co-Ordinator at violencereduction@trafford.gov.uk or 07814060175.

As part of TUFc's 8 week resilience course, young people will develop their resilience skills to support their transition into adulthood. As part of the mentoring programme, all young people will be assigned a mentor who will assist and support with various training and development opportunities. Young people will also be able to receive a personal resilience fund to use towards activities, training, and other support to help them reach their goals!

Any professionals who know of any young person living in Trafford, aged between 16-19 years old, who may have experienced 2/3 ACEs please get in touch. For more information contact razia@tuf-c.co.uk or visit www.tuf-c.co.uk/

Getting More Help

Child and Adolescent Mental Health Services (CAMHS)

CAMHS is a service for children and young people up to the age of 18 with complex emotional/mental health difficulties.

A multi-disciplinary team made up of psychiatrists, nurses, psychologists, therapists, mental health practitioners, and family support workers.

The first appointment is goal focused and looks at making shared decisions with the child and their family. This may include support outside of CAMHS. If further interventions and specialist support are needed, then a range of therapies will be provided.



Manchester University
NHS Foundation Trust

Community Eating Disorders Service

Community-based service providing specialist support

Ages 8 – 18 years, with an eating disorder.

Offer advice and support to families, carers and professionals who work with a child or young person. The service also offers a wide range of support including Intensive community-based treatment, Parent, and carer support group. And consultations and training to schools, GPs, and other professionals.

SAFEGUARDING

Trafford Children's First Response Children's First Response is Trafford's single point of contact for all professionals and members of the public to report concerns, request advice and share information about a child and/or family. Members of the public who has concern for CYP, who IS NOT at immediate risk of harm 0161 912 5125 during office hours (Mon - Fri 8:30 - 4:30) or 0161 912 2020 out of hours (Emergency Duty Team).

Professionals should assess the CYP Levels of Need to determine the kind of support a child or family requires.

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Getting Risk Support

GM Crisis Care Pathway – Rapid Response Team (RRT)

Accessed by NHS 111 or attending A&E

The service provides a rapid assessment to children and young people who present at A&E/PANDA/Urgent Care Centres (within each of the hospital sites) with suspected mental health difficulties/mental health crisis.



Dynamic Support Database (DSD) - Dynamic Support Database (DSD) used to identify children and young people with Autism (diagnosed) and/or Learning Disabilities who present with an increase in challenging behaviour and significant risk of admission to a Tier 4 hospital and/or residential placement – Parents / Carer, professionals from health, social care or education can put a child or young person's name on this database (consent needed). The DSD is used by clinicians and commissioners to monitor risk and offer support to children, young people, and their families to prevent admission to hospital and 52-week residential care and to remain in the community.

MALM - Multi Agency Leads Meeting

MH Liaison Service

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

Safe Zones

Provide support for young people up to 18 years who are experiencing a mental health crisis and forms part of the Greater Manchester Crisis Care Pathway.