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A University of Kent Academies Trust School

Dear Parents/Carers

## External Support Agencies and Services

We are all aware that this past year was and still is very challenging in so many ways. As well as all of the support options we offer internally, some families have also been accessing external agencies or services. We thought it would be helpful to pull the list of external support that is available in one easy format for you to see. As you can see from the final column, most referrals can be made by families directly.

If you would like to be referred for any service, then please do not hesitate to contact us for more details.

Service	URL	Referral methods
Kooth – Online mental wellbeing service including counselling	<a href="http://www.Kooth.com">www.Kooth.com</a>	Self-referral
Medway Council - Family help and support	<a href="https://www.medway.gov.uk/info/2/00307/local_offer/823/family_help_and_support">https://www.medway.gov.uk/info/2/00307/local_offer/823/family_help_and_support</a>	Parent/Carer
Mind – A charity designed to support and provide information about mental wellbeing	<a href="http://www.mind.org.uk">www.mind.org.uk</a>	Parent/Carer
NELFT – Kent Children & Young People’s Mental Health Service	<a href="http://www.NELFT.nhs.uk">www.NELFT.nhs.uk</a>	Parent/Carer/School/ GP
Medway SENDIAS – Impartial SEND information and support	<a href="https://www.family-action.org.uk/what-we-do/children-families/send/medway-sendias/">https://www.family-action.org.uk/what-we-do/children-families/send/medway-sendias/</a>	Parent/Carer
Legends Programme – Weekly group for all students aged 7–17 years old (Sport, Life skills, Residential Trips etc)	<a href="http://www.ylf.org.uk/legends">www.ylf.org.uk/legends</a>	Parent/Carer
Home Start – Support in your own home, including listening, adult company, reassurance, practical help, accessing other services	<a href="https://home-startmedway.org.uk/support/">https://home-startmedway.org.uk/support/</a>	Parent/Carer

Family Solutions – Help with education, relationships, wellbeing, anti-social behaviour, domestic violence or abuse	<a href="https://www.medway.gov.uk/info/2/00170/children_and_families/322/early_help_for_families">https://www.medway.gov.uk/info/2/00170/children_and_families/322/early_help_for_families</a> Telephone: Chatham All Saints Children and Family Hub: 01634 338 833 Gillingham Children and Family Hub: 01634 338 877 Strood Children and Family Hub: 01634 335 533 Wayfield Children and Family Hub: 01634 337 733	Parent/Carer/School
Medway Community Healthcare – Community Healthcare services for people living in Medway	<a href="https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/parent-support-services">https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/parent-support-services</a>  Telephone: 0300 123 3444	Parent/Carer
Foundations Kent – Charity aims to support those family breakdowns, separation and divorce	<a href="https://www.foundationkent.uk/">https://www.foundationkent.uk/</a>	Parent/Carer
Medway Counselling (Paid for by Parent/Carer)	<a href="http://medwaycounselling.co.uk">http://medwaycounselling.co.uk</a>	Parent/Carer
Kent Resilience Hub - Resources for parent/carer supporting children and young people	<a href="https://kentresiliencehub.org.uk/parent-carers/resources/">https://kentresiliencehub.org.uk/parent-carers/resources/</a>	Parent/Carer
Action for Children –Support with all aspects of parenting	<a href="https://parents.actionforchildren.org.uk/">https://parents.actionforchildren.org.uk/</a>	Parent/Carer
KELSI - Children and Young people – health and wellbeing – including eating disorders	<a href="https://www.kelsi.org.uk/support-for-children-and-young-people/health-and-wellbeing/children-and-young-peoples-mental-health-service">https://www.kelsi.org.uk/support-for-children-and-young-people/health-and-wellbeing/children-and-young-peoples-mental-health-service</a>	Parent/Carer/ School
Childmind - Parent/Carer guide to children, young people with OCD	<a href="https://childmind.org/guide/parents-guide-to-ocd/">https://childmind.org/guide/parents-guide-to-ocd/</a>	Parent/Carer
Rethink - Parent/carer support with people with Mental Health Illness	<a href="https://www.rethink.org/help-in-your-area/support-groups/medway-area-rethink-support-group-mars/">https://www.rethink.org/help-in-your-area/support-groups/medway-area-rethink-support-group-mars/</a>	Parent/Carer



Academies Trust (UKAT)



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TeachFirst



<p>Talking Therapies – Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression.</p>	<p><a href="https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies">https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies</a></p> <p>Telephone: 0300 029 3000</p>	<p>Parent/Carer</p>
<p>Information, Advice and Support Kent – Support for all your families Health and Wellbeing</p>	<p><a href="https://www.iask.org.uk/young-people/health-and-wellbeing-2/">https://www.iask.org.uk/young-people/health-and-wellbeing-2/</a></p>	<p>Parent/Carer</p>
<p>MCH – Children and Young Persons Activities in Medway</p>	<p><a href="https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/holding-hands/teenager-activities">https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/holding-hands/teenager-activities</a></p>	<p>Parent/Carer</p>
<p>Youth Club for Children, Young People who have Autism</p>	<p><a href="http://www.medway-magic.org/what-we-do/youth-club/">http://www.medway-magic.org/what-we-do/youth-club/</a></p>	<p>Parent/Carer</p>
<p>NSPCC – Gillingham</p>	<p>Telephone: 01634 564688 Helpline: 0808 800 5000</p>	<p>Parent/Carer</p>

If we can be of any further support, then please feel free to contact us.

Yours sincerely

Emma Perkin  
**Designated Safeguarding Lead**

