

Parents, Children and Young People

Health & Wellbeing – Luton Self-referral

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Contents

CAMHS 1

 The Child and Adolescent Mental Health Service..... 1

 (CAMHS) provides assessments, support and treatment for children and young people up to the age of 18..... 1

CHUMS 2

 Anxiety (Parent led – 1:1) 2

 Challenging Behaviour (Parent led – 1:1) 2

 Anxiety (For Adolescents – 1:1)..... 3

 Low mood (For Adolescents – 1:1) 3

 Anxiety group (8-12 years)..... 3

 Anxiety group (13+ years)..... 3

 Self Esteem group (13+ years) 4

 Sleep Workshop 4

 Resiliency primary Workshop 4

 Resiliency secondary Workshop..... 5

 Self-esteem primary Workshop..... 5

 Self-esteem secondary Workshop 5

 Transition primary Workshop 6

 Transition secondary Workshop 6

 Anxiety Workshop 6

Discovery College 7

 The Discovery College is an educational project, focused on improving young people aged 13 to 18 years wellbeing 7

Luton All Women’s Centre (LAWC) 7

 Domestic abuse, honour-based violence, forced marriage 7

Lumi Nova 8

 Scientific, fun and stigma-free digital therapy app for 8

 childhood anxiety. 8

Luton Sexual Health Services 8

 We offer free, confidential, non-judgemental advice and support for young people..... 8

Luton Special Educational Needs service 9

 Families in Luton Autism Group 9

 For parents and families affected by Selective Mutism 10

Luton Town Community Trust 10

 Half-Term Activity Clubs - 10



Holiday Camps	11
Mini Hatters.....	11
Premier League Kicks.....	11
PREVENT	11
Prevent Radicalisation and Extremism	11
SHOUT/ Reflect	12
Reflect is a free, confidential and 24/7 text support service for anyone in the UK who needs advice or help	12
Resolutions YP Hub	14
Substance misuse	14
Support for those affected by others substance use- under 18.....	15
Family Support Service, for those affected by others substance use- over 18	15
School led collaborative partnerships through boxing and fitness	Error! Bookmark not defined.
Solihull Approach Parenting Course	16
Solihull approach - free online learning.....	16
TOKKO Youth Space	17
Tokko is a dynamic charity based in Luton town centre which supports young people aged 13-19 (up to 24 with SEN or a disability).....	17
Total Wellbeing	18
Wellbeing Online Workshops.....	18
Healthy eating and physical activity family programmes.....	19
Women’s Aid in Luton	20
Domestic Abuse support.....	20
Mental health resources for children, students, parents and carers	21
General information relevant to children and young people’s wellbeing and mental health	21

Introduction

Welcome to the September 2024 Parents, Children and Young People’s Health and Wellbeing Quick Guide.

This directory is designed to support parents/guardians and young people when looking for advice, guidance and support around health topics in Luton.

The directory aims to provide a simple outline of what support can be provided along with the details of how to refer into each service

Tara Lewis

School Health Education Specialist

	For whom:	Referral methods	Links to any online resources	Contact us
<p>The Child and Adolescent Mental Health Service (CAMHS) provides assessments, support and treatment for children and young people up to the age of 18. The service has a new 0-5 team (currently funded by family hubs) . Main CAMHS service work with young people experiencing mental health issues</p> <p>The service works to provide them with a greater knowledge of their condition and improve coping techniques. Through Psychoeducation and therapies both individually and within a group context.</p> <p>We provide help to children and the wider family, including those not living with their birth parents.</p> <p>The service may see children and adolescents in a number of different ways. Either by themselves, with their parents or care givers or indeed just the parents.</p> <p>Children, adolescents and their families referred to the service may be experiencing different kinds of Issues</p> <p>These may include:</p> <ul style="list-style-type: none"> • Difficulties relating to food and eating • Difficulties in managing their own emotions such as low mood and unhappiness • Feeling anxious and worried in situations • Parents mental health impacting on their children • Challenging behaviours • Traumatic experiences whether past or present • Relationship issues <p>The service is also available to help children, adolescents and their families with mental health issues related to physical or learning disabilities.</p>	<p>Parents Children Young People</p>	<p>Self-referrals</p> <p>Children and Young People's Mental Health Service (CAMHS) 01582 708140</p> <p>Referrals to CAMHS can be made by either the young person or care giver completing a self-referral. Professionals can make a referral to CAMHS by completing the online "Professionals" form. Professionals include the following: GPs, Social Workers, Teachers or other Health or social care Professionals.</p> <p>By contacting your GP or other professional to make the referral they will be able to collect all the details required on your behalf to make sure that the CAMHS team can deal with your referral as swiftly as possible.</p>	<p>Website</p> <p>This is a short film describing how anyone can make a referral to CAMHS - young people and children, parents, carers, people that work in schools or other concerned adults:</p> <p>How to refer into service</p>	<p>Crisis Support</p> <p>Need help now? Mental Health Crisis Care is available 24 hours a day, seven days a week.</p> <p>We have fully trained professionals ready to support young people experiencing a mental health crisis. This is available 24 hours a day all year round by calling the following numbers. All numbers are free to call, you won't be charged:</p> <p>If you live in Luton call NHS 111 & ask for 'Option 2'</p>

CHUMS

	For whom:	Referral methods	Links to any online resources	Contact us
<p>Anxiety (Parent led – 1:1) This intervention provides parents with anxiety management skills and strategies to support their child. It uses literature from “Helping Your Child with Fears and Worries” by Cathy Creswell and Lucy Willetts and incorporates Cognitive Behavioural Therapy techniques. Up to 8 Sessions</p>	<p>For Parents of children aged 11 years or under</p>	<p>Via online referral portal on website at https://chums.uk.com/emotional-wellbeing-service/</p>		<p>Team email address: fwteam@chums.uk.com</p> <p>01525 863924 Service manager – Bethan Robson Bethan.robson@chums.uk.com</p>
<p>Challenging Behaviour (Parent led – 1:1) This intervention provides parents with techniques designed to promote positive behaviour in children and overcome challenging behaviour. Up to 7 Sessions.</p>	<p>For Parents of children Under 11 Years of Age</p>	<p>Via online referral portal on website at https://chums.uk.com/emotional-wellbeing-service/</p>		<p>Team email address: fwteam@chums.uk.com</p> <p>01525 863924 Service manager – Bethan Robson Bethan.robson@chums.uk.com</p>

<p>Anxiety (For Adolescents – 1:1)</p> <p>Delivered to Young People aged 11 – 18 Years. This intervention incorporates Cognitive Behavioural Therapy techniques to provide the young person with anxiety management skills and strategies to overcome difficulties. Up to 8 sessions.</p>	<p>For young people aged 11+</p>	<p>Via online referral portal on website at https://chums.uk.com/emotional-wellbeing-service/</p>		<p>Team email address: fwteam@chums.uk.com</p> <p>01525 863924 Service manager – Bethan Robson Bethan.robson@chums.uk.com</p>
<p>Low mood (For Adolescents – 1:1)</p> <p>Delivered to Young People aged 11 – 17 Years – This intervention uses Behavioural Activation to provide the young person with strategies to help with low mood. Up to 8 sessions.</p>	<p>For young people aged 11 and over</p>	<p>Via online referral portal on website at https://chums.uk.com/emotional-wellbeing-service/</p>		<p>Team email address: fwteam@chums.uk.com</p> <p>01525 863924 Service manager – Bethan Robson Bethan.robson@chums.uk.com</p>
<p>Anxiety group (8-12 years)</p> <p>Our Anxiety group is for parents/carers and young people aged 8-12 years. There are 4 group sessions which are 2 hours long and delivered fortnightly. The sessions incorporate Cognitive Behavioural Therapy techniques to help equip the young person and parent with strategies to manage anxiety.</p>	<p>For young people aged 8-12 and parents</p>	<p>Via online referral portal on website at https://chums.uk.com/emotional-wellbeing-service/</p>		<p>Team email address: fwteam@chums.uk.com</p> <p>01525 863924 Service manager – Bethan Robson Bethan.robson@chums.uk.com</p>
<p>Anxiety group (13+ years)</p> <p>Our secondary Anxiety group is for young people and carers aged 13+ (Parents are present for sessions 2 and 4). The group consists of 4 group sessions which are 2 hours long, delivered fortnightly. The sessions are based on Cognitive Behavioural Therapy techniques, using a Guided-Self-help protocol with an aim to help young people learn techniques to manage their anxiety.</p>	<p>For young people aged 13+ and parents</p>	<p>Via online referral portal on website at https://chums.uk.com/emotional-wellbeing-service/</p>		<p>Team email address: fwteam@chums.uk.com</p> <p>01525 863924 Service manager – Bethan Robson Bethan.robson@chums.uk.com</p>

<p>Self Esteem group (13+ years)</p> <p>The self-esteem group is for young people aged 12+. The group consists of 4 sessions, conducted bi-weekly over 2 hours (Session 1 is for parents/carers and sessions 2-4 are for young people.) This group is based on Cognitive Behavioural therapy principles and is aimed at providing young people with techniques to help understand self-esteem and build on their own self esteem.</p>	<p>For young people aged 13+ and parents</p>	<p>Via online referral portal on website at https://chums.uk.com/emotional-wellbeing-service/</p>		<p>Team email address: fwteam@chums.uk.com</p> <p>01525 863924 Service manager – Bethan Robson Bethan.robson@chums.uk.com</p>
<p>Sleep Workshop</p> <p>One off, 2-hour workshop for parents of children between 4-12 years of age, which focuses on why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to overcome sleep problems.</p>	<p>Parents under 12</p>	<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/ Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p>		<p>If you have any questions, please email: fwteam@chums.uk.com</p>
<p>Resiliency primary Workshop</p> <p>One off, 2-hour workshop for parents of children in primary school. Explores the following topics: mental health vs. mental health problems, emotional regulation, psychoeducation on anxiety and low mood, strategies for relaxation.</p>	<p>Primary School Parents</p>	<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/ Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p>		<p>If you have any questions, please email: fwteam@chums.uk.com</p>



<p>Resiliency secondary Workshop One off, 2-hour workshop for parents and children in secondary school. Explores the following topics: mental health vs. mental health problems, emotional regulation, psychoeducation on anxiety and low mood, strategies for relaxation</p>	<p>Secondary School Parents/young people</p>	<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p> <p>Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p>		<p>If you have any questions, please email: fwteam@chums.uk.com</p>
<p>Self-esteem primary Workshop One off, 2-hour workshop for parents of children between 5-12 years of age, which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person</p>	<p>Parents for under 13years</p>	<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p> <p>Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p>		<p>If you have any questions, please email: fwteam@chums.uk.com</p>
<p>Self-esteem secondary Workshop One off, 2-hour workshop for parents and young people aged 13+, which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. This workshop also offers parental tips for building self-esteem in adolescence.</p>	<p>Parents of 13yrs+</p>	<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p> <p>Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p>		<p>If you have any questions, please email: fwteam@chums.uk.com</p>



<p>Transition primary Workshop Available during the Summer Holidays. One off, 2-hour psychoeducation workshop for parents that provides anxiety and behavioural strategies based on guided self-help to help children with transitions to new schools / reintegration back to school.</p>	<p>Primary</p>	<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p> <p>Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p>		<p>If you have any questions, please email: fwteam@chums.uk.com</p>
<p>Transition secondary Workshop Available during the Summer Holidays. One off, 2-hour psychoeducation workshop for children and parents, that provides anxiety strategies based on guided self-help to help children with transitions to new schools / reintegration back to school.</p>	<p>Secondary</p>	<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p> <p>Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p>		<p>If you have any questions, please email: fwteam@chums.uk.com</p>
<p>Anxiety Workshop One off, 2-hour workshop for parents of children under 12 years of age, exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.</p>	<p>Parents under 12yrs</p>	<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p> <p>Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p>		<p>If you have any questions, please email: fwteam@chums.uk.com</p>

Discovery College



	For whom:	Referral methods	Links to any online resources	Contact us
The Discovery College is an educational project, focused on improving young people aged 13 to 18 years wellbeing. Free workshops are held online and face-to-face.	young people aged 13 to 18 years	To register for a course all you need to do is complete a Discovery College registration form .		elft.camhsdiscoverycollege@nhs.net

Luton All Women's Centre (LAWC)



	For whom:	Referral methods	Links to any online resources	Contact us
Domestic abuse, honour-based violence, forced marriage Support any woman affected by trauma such as domestic abuse, forced marriage, honour-based abuse, FGM, childhood sexual abuse	Female parents/guardians only (Aged 18+)	Call 01582 416783; email support@lawc.org.uk or send an enquiry via our website: www.lutonallwomenscentre.org.uk/contact	Lots of information available @ www.lutonallwomenscentre.org.uk	Sarah Loftus – Services Manager

Lumi Nova

	For whom:	Referral methods	Links to any online resources	Contact us
<p>Scientific, fun and stigma-free digital therapy app for childhood anxiety.</p> <p>Lumi Nova is for 7–12-year-olds experiencing mild to moderate anxiety.</p> <p>NHS funded - Free for families in Bedfordshire and Luton</p>	Lumi Nova is for 7–12-year-olds experiencing mild to moderate anxiety	Self-referral	https://luminova.app/bedsandluton	<p>Click on the “Get access now” button to register for access to Lumi Nova through East London NHS Foundation Trust.</p> <p>Get access now</p>

Luton Sexual Health Services



	For whom:	Referral methods	Links to any online resources	Contact us
<p>We offer free, confidential, non-judgemental advice and support for young people. People of any age are welcome to access Luton Sexual Health clinic sessions, at any time or location.</p> <p>If you have any concerns or questions about sexual health, no matter what age you are, we can help.</p> <p>We offer free, friendly and confidential access to:</p> <ul style="list-style-type: none"> • information and advice on any sexual health issue or concern • one-to-one support • self-esteem, sex, relationships and sexual health choices support • advice on safer sex and reducing risks • U18's clinic on a Thursday between 4-7pm. Book an appointment or walk-in slots available. 	Young people under the age of 24 yrs.	Online booking here	LSH Website	<p>1st Floor Arndale House Luton Point, , Luton, LU1 2LJ</p> <p>Switchboard 01582 497070</p>



<ul style="list-style-type: none"> • a full range of contraception methods, including emergency contraception ('the morning after pill') • pregnancy testing • non-judgemental support and advice around pregnancy options • referrals for abortion • signposting to maternity services • testing and treatment for sexually transmitted infections (STIs) and genital symptoms • information and advice about HIV • HIV testing • testing and treatment for chlamydia • free condoms for clients attending Luton Sexual Health • the C-Card scheme • LGBT+ support which includes tailored 121 support around gender and sexual orientation, how to tell others safely and supporting access to specific LGBT+ sexual health services including PEP, PrEP, Hepatitis B and HPV (15–45-year-olds) vaccines 				
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Luton Special Educational Needs service

	For whom:	Referral methods	Links to any online resources	Contact us
<p>Luton Special Educational Needs service run two support groups:</p> <p>Families in Luton Autism Group (FLAG) via TEAMS</p> <p>Support with Autism Network (SWAN) face to face meetings</p> <p>For parents and families affected by autism</p>	<p>For parents and families affected by autism</p>	<p>Open to all adults</p>	<p>See our Padlets for more information and links:</p> <p>https://padlet.com/SENStraining/luton-family-support-groups-autism-518smbykj5ipp8vt</p>	<p>SENS.Training1@luton.gov.uk</p>



			https://padlet.com/SENStraining/local-support-for-families-on-the-autism-spectrum-in-luton-mtm5uir9ki60onhb	
<p>Luton Special Educational Needs Service runs a support group for families with children who are Selectively Mute</p> <p>For parents and families affected by Selective Mutism</p>	<p>For parents and families affected by Selective Mutism</p>	<p>Open to families</p>	<p>See our Padlets for more information and links:</p> <p>https://padlet.com/SENStraining/smarti-transitions-wdc1vnjwshqm3qs0</p>	<p>gold.coker@luton.gov.uk</p>



Luton Town Community Trust



COMMUNITY TRUST

	For whom:	Referral methods	Links to any online resources	Contact us
<p>Half-Term Activity Clubs - A fun mix of football and multi-sports related activities with a hot meal for lunch.</p>	<p>5-16 years old</p>	<p>Children eligible for free school meals via school code. Register online</p>	<p>Energise Luton Holiday Camps (activeluton.co.uk)</p>	<p>community@lutontown.co.uk</p>

Holiday Camps - Football development camps that run during the school holidays.	5-11 years old	Register online	Luton Town FC Community Trust (lutontowncommunity.co.uk)	Community@lutontown.co.uk
Mini Hatters - For the first steps in football that run on Saturday mornings.	3-5 years old	Register online	Hatters in the Community update News Luton Town FC	Community@lutontown.co.uk
Premier League Kicks - Free early evening football sessions across Luton and Bedford.	8-18 years old	Parental/Familial referrals-please visit Premier League Kicks Booking Information (google.com) Register at plkicks@lutontown.co.uk	Football Community Programme - Premier League Kicks	PLKICKS@lutontown.co.uk

PREVENT

Luton

		For whom:	Referral methods	Links to any online resources	Contact us
Prevent Radicalisation and Extremism	Act Early – Action Counters Terrorism	Parents/guardians	https://actearly.uk/ Helpline – 0800 011 3764		Stephanie Golby - LBC
Prevent Radicalisation and Extremism	Educate Against Hate	Parents/guardians	https://educateagainsthate.com/category/parents	Yes	Stephanie Golby - LBC


SHOUT/ Reflect



	For whom:	Referral methods	Links to any online resources	Contact us
<p>What is reflect? Reflect is a free, confidential and 24/7 text support service for anyone in the UK who needs advice or help. It is delivered by trained volunteers and clinicians who are available around the clock to listen and support anyone who is feeling anxious, lonely, overwhelmed or not quite themselves. It is part of the wider network of Shout services across the UK.</p> <p>How does reflect work? To start a conversation, anyone can text (please don't WhatsApp!) the word reflect (upper or lower case) to 85258. The service is free, anonymous and does not show up on phone bills.</p> <p><u>After sending the first message</u>, texters receive four automated text messages before being connected to a trained volunteer. There is an aim to connect young people in greatest need within five minutes all others within 30 minutes. At busy times it can take longer.</p> <p><u>By text message</u>, the volunteer will introduce themselves and ask the texter to share a bit more about how they are feeling. They will only need to share what they feel comfortable sharing – the volunteer will listen without judgement. Conversations tend to last up to one hour.</p> <p>Will I be charged to use reflect? No. It is free to text from all major UK networks: EE, O2, Three and Vodafone. These also include the following: BT Mobile, Tesco</p>	<p>Who is reflect for? The service is focused on supporting young people aged 11-25. However, there is no age limit on who can use reflect across Bedford Borough, Central Bedfordshire, Luton and Milton Keynes</p>	<p>How does reflect work? To start a conversation, anyone can text (please don't WhatsApp!) the word reflect (upper or lower case) to 85258. The service is free, anonymous and does not show up on phone bills.</p> <p><u>After sending the first message</u>, texters receive four automated text messages before being connected to a trained volunteer. There is an aim to connect young people in greatest need within five minutes all others within 30 minutes. At busy times it can take longer.</p> <p><u>By text message</u>, the volunteer will introduce themselves and ask the texter to share a bit more about how they are feeling. They will only need to</p>	<p>SHOUT</p>	<p>To start a conversation, anyone can text (please don't WhatsApp!) the word reflect (upper or lower case) to 85258. The service is free, anonymous and does not show up on phone bills.</p>

<p>Mobile, Virgin Mobile, iD Mobile, Sky, Telecom Plus, Lebara and GiffGaff. Some <u>Android phones</u>, including the Samsung Galaxy, may issue a warning that you will be charged for sending a message. Provided you are on one of the networks listed above, this warning is incorrect, and you will not be charged.</p> <p><i>Why use reflect?</i> The goal of a conversation through reflect is to help texters reach a place of calm, with a plan of how to support themselves going forwards. As well as listening, volunteers may provide further resources or tools to help the texter access further expert support. The conversation will only end when the volunteer is sure the texter is calm and feeling better.</p> <p>Reflect can help with issues such as:</p> <ul style="list-style-type: none"> • Anxiety • Bullying • Depression • Loneliness or isolation • Money worries • Relationship problems • Self-harm • Stress • Suicidal thoughts or feelings 		<p>share what they feel comfortable sharing – the volunteer will listen without judgement. Conversations tend to last up to one hour.</p> <p><i>Will I be charged to use reflect?</i> No. It is free to text from all major UK networks: EE, O2, Three and Vodafone. These also include BT Mobile, Tesco Mobile, and Virgin Mobile, ID Mobile, Sky, Telecom Plus, Lebara and GiffGaff. Some <u>Android phones</u>, including the Samsung Galaxy, may issue a warning that you will be charged for sending a message. Provided you are on one of the networks listed above, this warning is incorrect, and you will not be charged.</p>		
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Resolutions YP Hub				
				
	For whom:	Referral methods	Links to any online resources	Contact us
<p>Substance misuse Young Persons drug and alcohol support – one to one support to make healthier choices for mental and physical health</p>	<p>Children and young people 7 years old up to 25 years of age.</p>	<p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/yp</p> <p>This is the YP Hub Resolutions website where links to support and also referrals are available.</p> <p><u>Alcohol help line for all members if the public:</u></p> <p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/alcohol-helpline</p> <p>Freephone helpline: 08081753063</p> <p>Support is available over the phone on:</p> <ul style="list-style-type: none"> Monday and Thursday, 5pm – 8pm Wednesday and Saturday, 10am – 3pm 	<p>Family and Friends</p> <p>Young People</p>	<p>0800 0546 603</p> <p>Switch board number</p> <p>Ask for the YP and Family Hub Service</p>



<p>Support for those affected by others substance use- under 18</p>	<p>Children up to 18 years of age</p>	<p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/yp This is the YP Hub Resolutions website where links to support and also referrals are available.</p> <p>Direct referral link</p> <p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/referrals</p>		<p>0800 0546 603</p> <p>Switch board number</p> <p>Ask for the YP and Family Hub Service</p>
<p>Family Support Service, for those affected by others substance use- over 18</p>	<p>Adults aged 18 and above</p>	<p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/family-friends-carers This is the YP Hub Resolutions website where links to support and also referrals are available.</p> <p>Direct referral link</p> <p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/referrals</p>		<p>0800 0546 603</p> <p>Switch board number</p> <p>Ask for the YP and Family Hub Service</p>

Solihull Approach Parenting Course



Solihull approach - free online learning

FREE online learning for ALL parents, carers and grandparents living in Luton who care for children and teenagers. Designed to help you recognise emotions in yourself and your child that bring changes in behaviour, the learning is split into five sections:

Solihull - Understanding your Pregnancy

Solihull - Understanding your Baby

Solihull - Understanding your Child

Solihull - understanding your child with additional needs

Solihull - Understanding your Teenager

For whom:

All parents, Carers

Referral methods

Log on via:
www.inourplace.co.uk

Sign up and when prompted apply the access code: HATTERS

The programme is being introduced in the borough by Luton Council's Flying Start and Luton 0-19 Children's Community Health Services with a particular emphasis on fathers and is available in English and Polish with audio options also available in English and Urdu.

Links to any online resources

www.inourplace.co.uk

Contact us

TOKKO Youth Space



	For whom:	Referral methods	Links to any online resources	Contact us
<p>Tokko is a dynamic charity based in Luton town centre which supports young people aged 13-19 (up to 24 with SEN or a disability).</p> <p>Just Like Me SEND project</p> <p>OK2B Project</p> <p>Young Parents Project</p> <p>Ladies With (positive) Attitude (LWA)</p> <p>Lifewise Programme (restorative wellbeing, 1:1) Interact (Youth Social Action)</p> <p>Counselling</p> <p>Youth Drop-in</p> <p>Freedom Programme: Freedom for Children (ages 4-14) Freedom (ages 14-19 up to 25 w/SEND) Freedom for Perpetrators (ages 14-19 up to 25 w/SEND)</p>	<p>Young people aged 13- 25yrs with SEND</p> <p>LGBTQI+ Young people aged 13- 19yrs</p> <p>Young parents aged up to 24yrs. Children up to 5yrs</p> <p>Female Young people aged 13-19yrs</p> <p>Young people aged 13-19yrs</p> <p>Young people aged 13-19yrs Young people aged 10-18yrs</p> <p>Young people aged 13-19yrs</p> <p>Young people, various ages</p>	<ul style="list-style-type: none"> Website referral form https://tokko.co.uk/tokko-project-referral-form/ Call in 01582 544990 	<p>https://tokko.co.uk/our-projects/support-projects/</p>	<p>W: www.tokko.co.uk</p> <p>E: info@tokko.co.uk</p> <p>T: 01582 544990</p>



Total Wellbeing				
	For whom:	Referral methods	Links to any online resources	Contact us
<p>Wellbeing Online Workshops</p> <p>Register to our online workshops</p> <p>The Talking Therapies team are running a series of webinars to support you with a range of wellbeing and emotional health issues including;</p> <ul style="list-style-type: none"> Managing Anxiety and Worry Wellbeing Whilst Working Mindfulness Sleep <p>In addition to these we have a number of other topics such as Body Image, Low Mood, Assertiveness, Loneliness & Isolation and many more.</p> <p>Click on the button below to check current topics, dates and book yourself for any of our workshops. Scroll on down to read more about each workshop.</p> <p>About the sessions</p> <p>You can watch all of the workshops on a computer, laptop or your mobile phone.</p> <p>The workshops will take the form of presentations with slides. You only need to watch and listen and no-one will be able to see you.</p>	<p>All of our workshops are FREE and open to anyone aged 16 years or older who is registered with a GP surgery in the Luton area.</p>	<p>Self-referral through website</p> <p>Book here</p>	<p>Total wellbeing website</p> <p>https://www.totalwellbeingluton.org/home</p>	<p>How you can get in touch</p> <p>Call us on 0300 555 4152 for general enquiries</p> <p>Refer yourself via our online assessment form</p> <p>Email us at info@totalwellbeingluton.org</p> <p>We're available 8am to 8pm Monday to Friday and 9am - 4pm on Saturday (see address further down this page)</p>

<p>Healthy eating and physical activity family programmes.</p> <p>Total Wellbeing supports Luton residents with their physical and emotional wellbeing. The Healthy Lifestyles Programme is a free to access programme, designed to support families, children, and adults, by emphasizing healthy eating and physical activity.</p> <p>All sessions are led by a nutritionist and trained exercise professional in a group setting to support individuals with their health goals. The services is delivered from multiple locations across Luton, with the option of daytime or evening sessions.</p> <p>The goal is to encourage healthier eating habits and increased physical activity, to support long term health goals. Additionally, we offer free cook and eat sessions in schools for students and parents, promoting healthy eating at home on a budget, in addition to assemblies, health and wellbeing days and a physical activity programme for children.</p>	<p>Child and family programme ages 5-15 years.</p> <p>Adults years 16+</p>	<p>Self-referral via telephone (0300 555 4152)</p> <p>or via the Total Wellbeing website: https://www.totalwellbeingluton.org/lifestyle-questionnaire.html</p> <p>Or via your GP and schools.</p>	<p>For further information or questions please contact: Lydia Gordon-Head Lydia.gordon-head@activeluton.co.uk</p> <p>Health Specialist Manager</p>
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Women's Aid in Luton



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<p>Domestic Abuse support Women's Aid in Luton is a voluntary organisation supporting women and children who fall victim to domestic abuse. They offer support and guidance to women and children from all backgrounds and circumstances, this could be just being someone to listen or to offer complete support in breaking away and starting again. They offer a helpline and drop-in support groups.</p> <p>They provide support, information, guidance, and safe accommodation for women and children who have suffered from or are exposed to gender-based violence. They offer practical help, emotional support and/or a temporary safe place to be, enabling women to have thinking time and an opportunity to prepare for a new life. They are also committed to raising awareness of domestic abuse and its effects within the community.</p> <p>Their refuges allow women access to peer support groups, education, one to one sessions with trained staff and access to legal advice. The children's service is a vital part of Women's Aid in Luton, with trained and skilled support workers able to work with the children that come into refuge to allow them to come to terms with their experiences.</p> <p>We also deliver awareness training to external stakeholders</p>	<p>Parents Providing Domestic Abuse Advice and Support</p> <p>Providing access to refuge provision in Luton and nationally for single women and women with children</p> <p>Young People</p> <p>Age: 10-18</p> <p>Offer of awareness presentation/workshop to staff or students in secondary schools to promote Healthy Relationships and recognise the signs of Domestic Abuse.</p>	<p>Self-referral or via a professional</p> <p>Phone: 01582 391856 Email: info@womensaidinluton.org</p> <p>www.womensaidinluton.org www.womensaid.org.uk</p>	<p>www.loverespect.co.uk</p> <p>https://enough.campaign.gov.uk</p> <p>Quizzes to start discussions about what healthy relationships look like, real life stories, advice and signposting to get help.</p> <p>Suitable for secondary school age and above.</p>	<p>Donna Matthews – Children's Development Worker Email: donna@womensaidinluton.org</p>

Mental health resources for children, students, parents and carers

General information relevant to children and young people's wellbeing and mental health

These resources are dedicated to children and young people's general mental health and wellbeing, with a particular focus on mindfulness with developing coping skills in young people.

- [Students Against Depression](#)* is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.
- [Togetherall](#)* is available for students at eligible universities and colleges who are feeling stressed, anxious, low or not coping. It provides an anonymous online community who share troubles and support each other. It is a safe space as it is moderated by trained professionals who are available 24/7.
- [Mind Ed](#) advice and resources for families on supporting children's mental health and low mood
- [BBC's wellbeing resources](#) for families.
- Young Minds: [a letter about how I'm feeling](#): worksheet to help pupils express their feelings and understand what may have triggered them. For use with pupils in school or at home.
- [NHS](#):*Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional.
- [NHS IAPT](#):* free online NHS adult psychological therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety and depression. IAPT services can be accessed either through a self-referral by contacting your [Local IAPT](#) or via your GP.
- [Cruse Bereavement Care](#):* Coronavirus, Bereavement and Grief online information, advice and support. Helpline: 0808 808 1677.
- [Headspace](#):* Headspace for Educators offers educators access to free mindfulness and meditation exercises and resources for every age group, and a free Headspace Meditation App.
- The Mix: Visit www.themix.org.uk/ or call 0808 808 4994
Advice and information to help with any issue affecting young people under 25, including access to counselling.
- Childline: Visit www.childline.org.uk or call 0800 1111
Online advice through an app or desktop site, help with coping strategies, message boards, "ask Sam" feature, 24/7 online 1-2-1 Counselling and Freephone helpline for young people up to the age of 19
- Papyrus: Visit www.papyrus-uk.org or Tel: 0800 068 41 41 / Text: 07786 209 697 / Email: pat@papyrus-uk.org Advice and guidance for young people through 'Hopeline' who are overwhelmed, not coping with life and thinking of suicide.
- Beat: Visit [Website](#) or support on the helpline is available by phone, email, webchat through our social media accounts and by letter. Tel:0808 801 0677. Beat provides Helplines for people of all ages, offering support and information about eating disorders
- NSPCC: Visit [Support & advice for parents | NSPCC](#).
For all those with a parenting role. Offers online advice and resources for a range of things
- [Anna Freud Crisis Messenger text service](#). If you need support, you can text AFC to 85258. The Anna Freud Crisis Messenger text service is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better.