

Services for young people in Brighton & Hove

| Contents | Page |
|---|------|
| Useful resources and activities | 2 |
| Things to do and activities | 2 |
| Online safety | 3 |
| General advice and support | 4 |
| Advocacy and participation | 5 |
| Housing and homelessness | 5 |
| Health and emotional wellbeing | 6 |
| Self-harm | 10 |
| Eating disorders | 10 |
| Special Educational Needs and Disabilities (SEND) | 11 |
| Substance misuse | 12 |
| Sexual health | 13 |
| Sexual abuse/assault/exploitation | 14 |
| LGBT and gender identity | 14 |
| Crime and anti-social behaviour | 15 |
| Black and minority ethnic (BME) | 16 |
| Young Carers | 16 |
| Young parents | 16 |
| Bereavement | 17 |
| Education, work and training | 18 |
| Money and benefits | 19 |
| Support for all the family | 19 |

For more information about support for families

You can search our online directory for local services for families and Ofsted registered childcare.

You can also view our other factsheets that contain a wide range of local and national information about the things that matter to families.

Visit: www.familyinfobrighton.org.uk

Do you need some extra help?

You can call us to speak to a Navigator on 01273 293545. Our helpline is open Monday to Friday 9.00am - 4.30pm. You can also email us with your enquiry familyhubs@brighton-hove.gov.uk

The information included in this factsheet was correct to the best of our knowledge at November 2023. For the most up to date information, please contact the services listed directly.

Useful resources

www.wheretogofor.co.uk

Where to go for was developed by YMCA Right Here, an award winning, youth-led, young people's project. The website is the place to search for services for young people aged 12-25 in Brighton & Hove. It covers a wide range of issues, from housing and money to counselling and activities and much more in between!

www.themix.org.uk

The Mix is a national charity, providing confidential support for young people aged under 25. You can find lots of useful information on The Mix website, from mental health to money, from homelessness to finding a job, from break-ups to drugs. You can also get one to one support via:

The helpline

Open 4pm – 11pm, every day. Tel: 0808 808 4994

Live messaging

You can have a one-to-one chat with an adviser from 4pm-11pm, seven days a week

Crisis messenger

If you feel you can't cope you can contact Crisis Messenger seven days a week, 24 hours a day by texting The Mix on 85258

Email

You can email the helpline at any time. A trained advisor will get back to you within 24 hours.

Counselling sessions

If you need help with mental health and emotional wellbeing, you can request counselling sessions via the website

Things to do and activities

Brighton & Hove City Council's Youth Grant Funded Programmes

Brighton & Hove City Council funds the following projects for young people to get involved and get active across the city.

The Trust for Developing Communities (TDC) covering East and North Brighton

TDC delivers youth work, activities and works with young people to develop their ideas for new projects and groups. It also works with existing projects that need some extra help and brings together projects for large scale events like the Wild Park Youth Festival.

Tel: 01273 262220

Email: info@trustdevcom.org.uk

www.trustdevcom.org.uk

The Hangleton and Knoll Project

The project is based in the west of the city, providing activities for young people aged 13-25. The team also supports young people to plan and establish their own groups and projects, including holiday activities and residential trips.

Tel: 01273 706469

Email: youth@hkproject.org.uk

www.hkproject.org.uk

Brighton Youth Centre

Brighton Youth Centre is based in Edward Street in central Brighton and offers a wide range of activities for young people aged 5-21, with a focus on the 13-19 age group. They offer a varied programme of events, activities and support and work in partnership with many different projects that support a wide range of young people, including those with disabilities and young carers.

Brighton Youth Centre also has an indoor skate park featuring a range of obstacles for all abilities and provides tuition and free equipment and skateboards to use for those that don't have their own!

Tel: 01273 681368

Email: office@brightonyouthcentre.org.uk

www.brightonyouthcentre.org.uk

Tarner Community Project

Tarner Youth Club provides fun, safe spaces to meet, try new things and gain new skills for young people aged 12-19 years old. The project improves self-esteem, confidence, broadens horizons and networks and reduces isolation. Emphasis is on staying safe and offer support and guidance with personal challenges and making informed choices.

Tel: 01273 679940

Email: office@tarner.org.uk

www.tarner.org.uk/typclub

Online safety

For young people

www.saferinternet.org.uk/guide-and-resource/young-people has a wide range of information, resources and tips for staying safe online. It covers topics such as social media, sexting, online bullying and much more.

For parents and carers

www.internetmatters.org/ offers simple, practical, age-related advice to help parents and carers keep children and young people safe online. Areas covered include grooming, self-harm, pornography and sexting.

General advice and support

YMCA Youth Advice Centre (YAC)

YAC offers advice, support and guidance to young people in a safe and friendly environment.

Support and advice

YAC run drop-in sessions for 13-25 year olds, Monday to Friday, 3pm-6pm. They cover a range of issues including:

- **Sexual health** – Pregnancy testing, screening and contraception
- **Emotional health and wellbeing** – Anger management, self-esteem, stress and anxiety, bullying support and help accessing mental health support and counselling
- **Debt and benefits** – Help with filling in forms and making claims, budgeting, money management and debt advice.

Housing advice

YAC is also the first place to go for housing advice for young people who are homeless or faced with homelessness. They can help with looking for accommodation in the private rented sector, negotiating with landlords and referrals to specialist housing schemes.

Talk it Over

This is a mediation service for 14-25 year olds that provides a safe space for young people to talk and share their feelings with a trained mediator.

Drop-in to 11 St Georges Place, Brighton BN1 4GB.

Tel: 01273 624432

Email: yacbrightonservices@ymcadlg.org

www.ymcadlg.org/support-advice/youth-advice-centre-yac

Young People's Centre (YPC)

YPC provides support for young people aged 13-25 and offers a range of services including sexual health services, cooking skills, activities and youth groups, support with getting into work, education and training and one to one support with youth workers.

Call: 07928 808825

Email: youthsupport.ypc@impact-initiatives.org.uk

www.youngpeoplescentre.org.uk

Advocacy and participation

Participation

Brighton & Hove City Council's Youth Participation Team makes sure that the voices of young people are heard, ensuring they know their rights and the choices available to them. They support the Children in Care Council and Youth Council as well as wider youth participation opportunities.

www.brighton-hove.gov.uk/content/children-and-education/teenagers/youth-participation-team

Brighton & Hove Youth Advocacy Project (YAP)

YAP is one of the services offered by the Youth Participation team. YAP works with young people aged under 18 (or up to 25 with SEN) who are in care or have left care or those going to a Child Protection or Family Group Conference. It can also support young people with a disability who have a social worker, young parents and unaccompanied asylum seekers aged under 18.

Services provided include supporting young people to have a say at meetings, sorting out issues with professionals and organisations, giving information and support to help young people think about their options.

Call: 07812 356994

Email: help@bhyap.org.uk

www.bhyap.org.uk

Housing and Homelessness

YMCA YAC Housing Advice

YMCA YAC offers housing advice to young people aged 16-25 who are homeless or at risk of homelessness. They can help look for accommodation in the private rented sector and negotiate with landlords, as well as help with benefits and referrals to specialist housing schemes.

Tel: 01273 624432

Email: yacbrightonhousingadvice@ymcadlg.org

www.ymcadlg.org

YMCA Nightstop

Nightstop offers accommodation in the homes of volunteers to young people aged 16-25. Whilst in Nightstop accommodation, young people will work with housing support services to secure long-term housing. Accommodation is offered on a night to night basis to begin with, that could lead to a longer term placement depending on circumstances. Breakfasts and evening meals are provided.

Placements can be arranged by contacting the YMCA YAC Housing Advice Service (see above) or can be arranged through a social worker.

Stopover

Stopover provides a home for young homeless women. They offer supported housing in small properties including two specifically for young women with babies, which they can move into whilst pregnant. Ongoing support is provided to help residents move towards independent living. Stopover works closely with social care and housing services to identify young women who would benefit from female only accommodation.

Tel: 01273 603775

Email: stopover@impact-initiatives.org.uk

www.impact-initiatives.org.uk

The Clocktower Sanctuary

The Clocktower Sanctuary provides a day centre for homeless young people aged 16-25. It is a safe space that provides a range of facilities to help young people cope with the practical problems that arise from homelessness. The centre offers breakfast and lunch, a fully stocked kitchen, shower and laundry facilities, computer and telephone usage, a postal address and drop-ins from specialist services. They also run activities such as yoga and life skills classes such as living on a budget.

The Centre can be accessed from 10.30am-1.30pm on Monday, Tuesday, Thursday, Friday and Saturday. Wenlock House 41-43 North Street, Brighton, BN1 1RH

Tel: 01273 722 353

Email: info@thefts.org.uk

www.thefts.org.uk

Health and Emotional Wellbeing

E-Wellbeing

E-Wellbeing is an online space where young people, parents and carers and professionals who live in Sussex can find information about mental health services for young people. It provides self-help information, handy tool kits and a directory of local services.

www.e-wellbeing.co.uk

Useful Websites

www.healthforkids.co.uk
www.healthforteens.co.uk

Brighton and Hove Healthy Child Programme School Nursing Team

The School Nurse team offer confidential support and advice on a whole range of health issues to children and young people aged 11 -19 years old.

School Nurses provide a service that aims to promote a healthy lifestyle and will work with young people to support their understanding of healthy relationships and making safe choices.

All secondary schools in Brighton and Hove have a named School Nurse. The School Nurse visits their secondary school weekly and runs a drop in – no appointments are necessary. School Nurses also run out of school drop-ins weekly in various sites in the evening across Brighton and Hove.

For details of school or out of school drop-ins, call 01273 696011, ext. 1692 - a School Nurse is on duty Monday to Friday from 9 to 5pm.

School Nurses also offer a texting service called Chat Health. You can text a nurse on 07480 635423 for advice and support and will receive a response within one working day.



Children and Young People’s Wellbeing Service and CAMHS

The Children and Young People’s (CYP) Wellbeing Service is the hub for all non-crisis mental health referrals (including CAMHS) for children and young people in Brighton & Hove. It is delivered by YMCA Downslink Group and aims to make the process of getting help for mental health issues simpler for everyone. Once referrals are received, they are looked at by a team of professionals who decide on the type and level of support that can be provided. This could be either support from the Wellbeing Service or CAMHS.

Referrals can be made by parents, young people, GPs, or another professional linked with the young person, such as school staff.

Support provided by the Wellbeing Service

The Wellbeing Service offers a range of support for children and young people aged 4-25 who are experiencing mild to moderate mental health difficulties including:

- Face to face counselling
- Online counselling – e-wellbeing
- Group work
- Play therapy
- Drama therapy
- Art/creative arts therapy
- Canine Assisted Therapy
- CBT
- Mind the Gap, which provides youth-work based, non-clinical support in the community.

There are also counsellors who specialise in working with young people who identify as LGBTQ, are BME or who have Autistic Spectrum Disorders (ASD) or Learning Difficulties (LD).

Support provided by Specialist CAMHS (Child and Adolescent Mental Health Service)

Specialist CAMHS supports children and young people who are seriously affected by mental health issues, such as moderate to severe anxiety, depression, emotional intensity or trauma. They provide routine assessments within four weeks and urgent mental health assessments within five working days. Amongst the services Specialist CAMHS can offer are:

- Treatment for severe anxiety disorders, moderate to severe depression, emotional intensity disorders and moderate to severe trauma
- Assessment for ADHD and ASC
- ADHD medication review
- Assessment for psychiatric medication and ongoing monitoring

CAMHS also has an assertive outreach team providing support for young people aged 14-25 who are struggling to engage with mainstream mental health services.

For information and advice, call the Wellbeing Service on 0300 002 0060.

Email: spnt.brightonwellbeing@nhs.net

www.brightonandhovewellbeing.org

If a young person is having a mental health crisis

- Call the mental health crisis line on 0300 304 0061, 10am – 7pm on weekdays or 0300 500 0101 at any other time, or attend your local accident and emergency department

If a young person is at immediate risk of taking their own life, or is showing severe psychotic symptoms call 999.

The Young People's Support Network

The Young People's Support Network offers counselling and life coaching for young people aged 11-25. Assessments cost £10, and subsequent sessions cost between £35-50 according to the clients/parents means. Clients can have as many or as few sessions as they would like. The service is based at the Young People's Centre in Ship Street.

Tel/text: 07948 675207

Email: enquiry@yopsn.org.uk

www.youngpeoplescentre.org.uk/counselling

Young Minds parents' helpline

This is a national service providing free support to parents and carers who are worried about the emotional problems or behaviour of a child or young person aged under 25. The helpline is open Monday to Friday, 9.30am – 4pm.

Tel: 0808 802 5544

www.youngminds.org.uk

Shout 85258

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. They offer support to people who are experiencing any type of mental health concern, including anxiety, stress, depression, self-harm, bullying, suicidal or overwhelmed and who need immediate support.

Text: 'Shout' 85258

www.giveusashout.org

Self-harm

YMCA Digital Wellbeing Service

The Digital Wellbeing Service is a youth-led service and participation group for young people:

<https://www.ymcadlg.org/e-wellbeing/>

Self-injury Support (TESS)

This is a national organisation that provides information on self-harm and mental health, including practical advice on wounds, scars and overdoses, an online service called Spectrum and an app called DistrACT for young people to record how they are doing in various areas of their lives.

They run a text and email support service for girls and women up to 24 years of age. They also have a self-harm helpline for women of any age and their friends, family and carers. The helpline is open Tuesday to Thursday from 7pm – 9.30pm.

Tel: 0808 800 8088
Text: 07537 432444

Email: tessmail@selfinjurysupport.org.uk

www.selfinjurysupport.org.uk

Eating disorders

Family Eating Disorder Service (FEDS)

FEDS works with children, young people and their families to treat eating disorders. They look at both physical and mental health to put together an individual treatment plan. FEDS recommends that a young person should see their GP in the first instance as they can help in making the decision about whether they meet the criteria for treatment. The GP can also explore other explanations for the eating issues and can assess and make a referral to FEDS.

You can get advice on whether a young person meets FEDS' criteria, by calling 01444 472670. Alternatively, complete the online referral form www.sussexpartnership.nhs.uk/eatingdisorder

Beat Eating Disorders

Beat is a national charity for people with eating disorders and their families. They provide a helpline, message boards, online support and a directory of eating disorder services for all ages.

They have a helpline which is open 365 days a year from 9am– midnight during the week and 4pm – midnight on weekends and bank holidays.

Tel: 0808 801 0677

Email: help@beateatingdisorders.org.uk

www.beateatingdisorders.org.uk

SEND (Special Educational Needs and Disabilities)

Who to ask for help:

Parents/carers who are worried about their child's development, behaviour or learning, can talk to:

- a teacher, or the inclusion coordinator at their school
- the student support team at college
- your social worker
- your GP.
- Amaze (see below)

The professional that you speak to should work with you to find out if your young person may have a special educational need or disability and the best way to support them.

Getting support in school or college

Most young people with SEND will be able to get the support they need from their school or college and specialist teams such as BHISS (see below). Young people with more complex needs may need to go to a special school, or a mainstream school linked to a specialist school.

All schools must follow the same law that explains how young people with SEND must be supported. They will use the Assess, Plan, Do Review process to support your child. This is also known as the graduated approach.

For more information visit: www.brighton-hove.gov.uk/localoffer

The Local Offer

Brighton & Hove City Council publishes a wide range of information on services for children and young people with SEND on their Local Offer webpages. This includes information about schools, colleges and health and care services. It also explains what you are entitled to, eligibility criteria and how to access or be referred to a service.

www.brighton-hove.gov.uk/localoffer

Amaze

Amaze is a local charity that works with families with children and young people with special needs. They provide information advice and support on all aspects of SEND through their website, helpline and 121 support. They also offer the Compass Card which offers free and discounted access to venues across the city.

Amazing Futures for young people

Amazing Futures peer support activity groups are for young people aged 14-25 with additional needs in Brighton & Hove. The projects offers:

- 121 peer support and peer activity groups
- Online information on daily living, education housing and health and wellbeing
- A young people's advisory group
- Casework support
- Support with DLA and PIP applications
- Careers support programme

Tel: 01273 772289

Email: info@amazesussex.org.uk

www.amazesussex.org.uk

Brighton & Hove Inclusion Support Service (BHISS)

BHISS works with children and young people with SEND through schools and other educational settings. Each school is linked to a named BHISS professional who can provide access to professionals including educational psychologists, primary mental health workers and specialist teachers. They also provide practitioners who specialise in learning and communication and social, emotional and mental health.

BHISS Educational Psychology Service

The service works with young people and their parents, carers, school and college where special educational needs or disabilities significantly impact on their wellbeing and or learning.

This includes young people with:

- Autistic spectrum conditions
- Learning difficulties
- Medical needs or Physical disability
- Speech, language and communication difficulties
- Social, emotional and mental health, including school refusal.

Where young people have significant, complex and enduring SEND, BHISS can work with schools to assess and advise on needs through an Education, Health and Care Needs Assessment (EHC) plan.

To find out more, speak to the Inclusion Coordinator at school.

Tel: 01273 293481

Email: BHISS@brighton-hove.gov.uk

www.brighton-hove.gov.uk/bhiss

Cherish Disability Services

Cherish provides social and leisure opportunities for young people aged 16-25 with moderate to severe learning difficulties. They offer two types of activity: evening term-time groups and mini bus-based day trips during the Easter and Summer holidays.

Tel: 01273 295171

Email: chris.kerridge@brighton-hove.gov.uk

www.brighton-hove.gov.uk/content/children-and-education/local-offer/cherish

Substance Misuse

Talk to FRANK

The FRANK website contains useful information about drugs including the effects that different drugs can have, where to get help for yourself or someone you know and tips on staying safe. The helpline is open 24 hours a day, 7 days a week, and there is a live chat service that is open from 2pm-6pm, 7 days a week.

Tel: 0300 123 6600

Email: frank@talktofrank.com

Text: 82111

www.talktofrank.com

RU-OK?

RU-OK? offers confidential advice, support and information to young people aged under 18 and their parents/carers where alcohol, drugs or sexual health are:

- Causing the young person or others significant concern about the impact their choices
- Having an impact on home or family life or personal relationships
- Affecting physical or emotional health
- Related to problems at school / college / work
- Linked to anti-social behaviour or criminal activity
- Putting accommodation at risk
- Becoming such a part of life that it feels impossible to cope without the risky behaviour
- Increasing vulnerability to engagement in unwanted sexual activity or drug debts.

RU-OK? accepts referrals from professionals and parents/carers online, over the phone, or by drop-in at their office. They provide a telephone and drop-in service from 9am-5pm, Monday – Thursday and until 4.30pm on Fridays at their offices at 1 Regency Road, Brighton BN1 2RU.

Tel: 01273 293966

Email ruokdb@brighton-hove.gov.uk

www.ruokservice.co.uk

Young Oasis

Young Oasis offers support to children and young people affected by a family member's drug or alcohol abuse.

Tel: 01273 696970 – option 3

Email: youngoasistherapy@oasisproject.org.uk

www.oasisproject.org.uk/young-oasis/

Sexual Health

(See also RU- OK? above)

Brighton & Hove Sexual Health & Contraception Service

This website contains a wide range of information on local services, some of which are listed below. Check the website for full details of locations and opening times.

www.brightonsexualhealth.com

Sexual Health Appointments

All ages can book an appointment and access sexual health advice and testing as well as contraception at SHACE East (Claude Nicol Centre) or SHAC Central (Morley Street). Opening times vary on day and location.

Walk in Service for under 20's

Drop-in, at SHAC Central (Morley Street) is open on Wednesday 1.30pm-6pm.

Clinic M (men who have sex with men)

Wednesday evening 5pm-8pm at SHAC East. Appointment or walk in

Clinic T (trans)

Clinic T is a Trans and Non-binary friendly Sexual Health and Contraception service. Open on 2nd or 4th Wednesday of every month 5.30pm-8pm at SHAC East. Appointment needed.

GP drop-ins

A range of surgeries offer a drop-in service for under 25's. You do not need to be registered at the practice to access the service.

Emergency Contraception

Many pharmacies in Brighton & Hove offer FREE emergency contraception for under 25's. All of the pharmacies that offer this service are listed on the website.

For more information about sexual health and contraception services, call 01273 523388.

British Pregnancy Advisory Service (BPAS)

BPAS offers support, advice and abortions to women who do not want to continue with a pregnancy. The vast majority of procedures are funded by the NHS.

Tel: 03457 304030. www.bpas.org

Sexual Abuse / Assault / Exploitation

Survivors Network

Survivors Network offers young people's counselling, support through the criminal justice system and workshops and groups for young people of any gender aged 14-18. They have a helpline and email service which offers open ended emotional support and signposting to other support services. People of any gender aged 14+ years can access the helpline which is open Mondays 7pm-9pm and Wednesdays 12-2pm.

Tel: 01273 203380
Helpline: 01273 720100/

Email info@survivorsnetwork.org.uk

www.survivorsnetwork.org.uk

YMCA WiSE

WiSE supports children and young people up to the age of 25 to stay safe in their relationships. This covers issues such as being pressured into doing sexual things, not feeling safe online, sexting and abusive relationships.

WiSE offers one to one support with a Project Worker, joint support with someone who is already working with a young person and group work and outreach. There is also lots of useful information about sexual exploitation on the website including how to spot the signs.

Tel: 07551 126731

Email: wise@ymcadlg.org

www.ymcadlg.org

LGBT and Gender Identity

Allsorts

Allsorts Youth Project listens to, supports & connects children & young people under 26 who are lesbian, gay, bisexual, trans or exploring their sexual orientation and/or gender identity (LGBT+).

- Talk it Out - One to one emotional support for young people aged 5-25
- Fortnightly LGBT+ groups for young people ages 11-15 and 16-25
- Monthly Trans, Non-Binary & Gender-Exploring Group for young people aged 16-25
- Monthly LGBT+ POC Group (ages 16-25)

Young people need to attend an introductory meeting with a worker before accessing any of the services and groups.

Email: youth@allsortsyouth.org.uk

www.allsortsyouth.org.uk

Mermaids

Mermaids is a charity that supports transgender, nonbinary and gender diverse children and young people aged up to 25. They provide a webchat and helpline which is open Monday to Friday 9am – 9pm. Mermaids also provide an email support service for both parents and young people.

Helpline: 0808 801 0400

Email info@mermaids.org.uk

www.mermaidsuk.org.uk

Crime and Anti-Social Behaviour

Youth Offending Service (YOS)

YOS works with young people aged 10-17, their families and other professionals. It offers support to children and young people already in the criminal justice system and preventative work for those at risk of offending. The service takes referrals from the police and courts.

Tel: 01273 296169

Email: youthoffendingservice@brighton-hove.gov.uk

www.brighton-hove.gov.uk/families-children-and-learning/youth/brighton-hove-youth-offending-service

REBOOT

Reboot is a four-stage early intervention youth programme in Sussex ran by Sussex Police. Reboot offers a strengths-based approach for children and young people who are aged between 10 and 17 years old who are at risk of getting into trouble with the police, are showing signs of being in a gang or perhaps are vulnerable to being criminally exploited. This is achieved through staged interventions, building skills and resilience in young people and giving them access to tailored support.

Referrals will either be from the police, to prevent the young person from getting a criminal record, or via other statutory or voluntary services.

Email: reboot@sussex.pnn.police.uk

www.sussex.police.uk/police-forces/sussex-police/areas/campaigns/campaigns/reboot/

To report anti-social behaviour or hate crime:

Call: 01273 292735

Email: communitysafety.casework@brighton-hove.gov.uk

Alternatively, fill in the online form at www.safeinthecity.info

Fearless (part of Crimestoppers) is a service that allows young people to pass on information about crime 100% anonymously. Young People can report crimes online: www.fearless.org/en

Black and Minority Ethnic (BME)

Black and Minority Ethnic Young People's Project (BMEYPP)

The BMEYPP is a youth led organisation for young people aged 11-25. They aim to empower Black, Asian, Arab and mixed heritage young people. They offer drop-ins, activities and mentoring.

See Facebook for more information www.facebook.com/bmeypp/

Email: bmeypp@gmail.com

Young Carers

Young Carers Project

Run by the Carer's Centre, the project is for children and young people aged 6-17 years old, who have regular caring responsibilities for family members who have a long-term illness, disability, mental health condition or substance misuse issues.

Young Carers offers group support and activities, and 121 emotional support if needed. They also provide advocacy, liaising with professionals to ensure that the young carer's voice is heard.

Tel: 01273 746 222

Email: youngcarers@thecarerscentre.org

www.thecarerscentre.org

Young parents

Healthy Futures Team

This is a specialist Public Health Nursing Service (health visiting and school nursing) based at Roundabout Children's Centre. The team supports mothers who are aged under 18 at the time of conception, or parents who have been looked after by the Local Authority (LAC). They offer early assessment and intervention and promote positive parenting and reducing the impact of disadvantage on families.

The Healthy Futures Team Nurse for 5 – 19 year olds offers the Healthy Child Programme to children and young people meeting the following criteria:

- Children registered as home educated
- Children missing education or educated other than at school
- Children excluded from school and within the Pupil Referral Unit
- Children who are registered as young carers and not in local authority education

Tel: 01273 666484

Childline – advice for young parents

The Childline website contains lots of useful advice for young parents including advice for new parents, going back to school, relationships and where to go for help. You can also call the helpline and speak to a counsellor.

Tel: 0800 1111

www.childline.org.uk

Pelican Parcels

Pelican Parcels is a local charity that offers free essential items for babies and children up to 10 years of age to families facing financial hardship. Many of the items are brand new and if not, they will be in excellent condition.

There is no eligibility criteria, but referrals must be made by a professional such as a health visitor or social worker and goods will need to be collected by the referrer or the referring agency. More information about the items available and how to refer can be found on their website.

Email: pelicanparcels@outlook.com

www.pelicanparcels.org.uk

Childcare and childcare funding

The Family Hubs can offer you help and advice to find childcare and access any funding available towards the costs. You can search online for local childcare providers or speak to one of their advisers if you need extra support.

Tel: 01273 293545

Email: familyhubs@brighton-hove.gov.uk

www.familyinfobrighton.org.uk

Bereavement

The Family Hubs have produced a factsheet that you can download, which contains information about what to do, and where to get support when someone dies.

www.familyinfobrighton.org.uk

Winston's Wish

Winston's Wish is a charity that supports children and young people who have gone through the death of a parent or sibling. They have a telephone helpline and online chat service and can also provide one to one and group in-depth therapeutic support at their offices in Hove.

Useful information and publications are also available on their website: www.winstonswish.org

Helpline: 08088 020 021
Hove office: 01273 805035

Email: southeast@winstonswish.org

Education, Work and Training

School attendance

Every school in Brighton & Hove has staff trained to help advise on attendance and can offer access to mental health support for pupils who are experiencing mild depression, anxiety, low self-esteem and relationship issues.

The council also has an Access to Education team who can also offer advice with school attendance and fines.

Email: attendanceteam@brighton-hove.gov.uk

<https://www.brighton-hove.gov.uk/schools-and-learning/absent-school/when-children-can-and-cant-miss-school>

Young people missing from education

Parents and carers need to make sure that a young person is getting a full-time education until the end of June in the school year when they become 16 years of age. If someone is worried that a young person is not attending school, they should contact the council's Children Missing from Education Team.

Tel: 01273 291310

Email: cme@brighton-hove.gov.uk

Home education

All young people need to be getting a full-time education until the end of June in the school year when they turn 16. Parents and carers can choose to educate their child at home and must notify the head teacher of their child's school in writing that they intend to do this. The notification should also be sent to the council's Education Other Than at School Team (EOTAS).
eotas@brighton-hove.gov.uk

More information about home education can be found at www.heas.org.uk or www.educationotherwise.org

Youth Employability Service (YES)

YES offers careers and employability support for young people aged 16-19, who are not in education, employment or training (NEET). They can also support people aged up to 25 if they have had a statement, Education, Health and Care Plan (EHCP), or are a care leaver from Brighton & Hove. Advisers provide careers information and advice, guidance and support with finding the right college course, apprenticeship, training or job.

Tel: 01273 294247

Email: youthemployabilityservice@brighton-hove.gov.uk

www.brighton-hove.gov.uk/yes

Money and benefits

(See also YMCA Youth Advice Centre YAC on page 3.)

You can find out what benefits and financial support you are entitled to and apply online at GOV.UK. You can also find a wide range of information on government services.

[WWW.GOV.UK](http://www.gov.uk)

Citizen's Advice Bureau (CAB)

CAB can offer advice on a wide range of issues. Some of the things they can help with are:

- Debt, money and benefits
- Housing
- Problems at work

The CAB helpline is open:

- Monday, Wednesday and Thursday: 9.30am – 12.30pm and 1.30pm-3.30pm
- Tuesday: 9.30am -12.30pm and 5pm – 7.30pm
- Friday: 9.30am – 12.30pm.

Tel: 08082 78 78 15

www.citizensadvice.org.uk

Support for all the family

Family Hubs

Family Hubs are here to support your family. Our services are for all families in Brighton & Hove with children aged from 0-19. Young people with special educational needs or disabilities (SEND) can access our services up to age 25. There are four main Family Hubs in Brighton & Hove. Our services are also delivered from multiple other locations across the city.

Information, advice and guidance

Your family can get information, advice and guidance on topics such as:

- Childcare, childcare funding and free early learning
- Services that can support families with finances
- Local services for parents, young people and children

You can use our [online Family Service Directory](#) to search for services and childcare. You can also view our factsheets which include:

- advice for separated parents
- local support for your family
- new to living in Brighton & Hove
- financial help

You can find the main Family Hubs at:

Central – Ivory Place, Brighton BN2 9QE

East – 178 Whitehawk Rd, Whitehawk, Brighton BN2 5FL

North – Hodshrove Lane, Moulsecoomb, Brighton BN2 4SE

West – Harmsworth Crescent, Hangleton, Hove BN3 8BW

Website: www.brighton-hove.gov.uk/family-hubs

Tel: 01273 293545

Email: familyhubs@brighton-hove.gov.uk

Front Door for families referral form

- If you need help filling in this form, you can:
phone 01273 290400
- send an email to FrontDoorforFamilies@brighton-hove.gov.uk

For information about how we will use and store your personal details:
[Family Hubs privacy notice \(brighton-hove.gov.uk\)](#)

The Front Door for Families

The Front Door for Families is made up of professionals with different areas of expertise, who work together to assess, decide and co-ordinate how best to support children, young people and their families where there are concerns.

If you are worried about a child, young person, or a family, you can make an online referral at www.brighton-hove.gov.uk/frontdoorforfamilies, a decision will be made within 24 hours about what action should be taken next.

Tel: 01273 290400.

Email: frontdoorforfamilies@brighton-hove.gov.uk

If you think a child or young person is in immediate danger, call 999.

To request a paper copy of this factsheet to be sent to your address contact the Family Hubs on 01273 293545