

Support Directory

*This document is **READ ONLY**- If there are any edits/additions you would like to make please email the team at LYSHealthandWellbeing@lewisham.gov.uk and the information will be updated accordingly.

**Further Information - for reference proposes only. Some information is quoted directly from the respective websites and therefore the copy is under the ownership of said organisation/service featured.

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

Helpful numbers at a glance:

****Medical advice**

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

Domestic abuse and sexual violence

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

Emotional support and mental health

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

Name	Address	Telephone	Email	Website link	Further Information **	Key
A						
AFRIL - Action for Refugees in Lewisham	Action For Refugees In Lewisham F3 Leamore Central Community Hub Bonfield Road Lewisham SE13 5ES	0208 297 4111	Email: info@afiril.org.uk Or get in touch via: Contact Us – AFRIL	AFRIL – Action for Refugees in Lewisham – A charity for refugees in Lewisham	AFRIL mainly support refugees to working with a more diverse group of families who have complex needs relating to insecure immigration status. They also work with resettled refugee families, and newly arrived asylum seekers in local hostels. AFRIL works with other local and national organisations to ensure that they can maximise resources locally. There is also support with ESOL, employment, advice and training.	
Anxiety UK	Anxiety UK, Nunes House, 447 Chester Road, Manchester M16 9HA	Support channel details: Helpline:03444 775 774 Text:07537 416905 (open Mon-Fri 09:30-17:30)	admin@anxietyuk.org.uk	https://www.anxietyuk.org.uk/	Anxiety UK is a national registered charity formed in 1970, by Katharine and Harold Fisher. Anxiety UK offer a wide range of support services and information for those affected by anxiety, stress, and anxiety-based depression. Support is via a self-care Infoline, text service, online support groups, therapist-led anxiety management courses, a self-referral therapy	

		Other contact details: Admin:0161 226 7727 operates 11am-1pm and 2pm-4pm.			service, and 'TAUK' to us, a peer led anxiety advice and information service. The self-referral therapy service includes access to an approved therapist within 2 weeks. Anxiety UK's services offer support for those aged 18 and over.	
ATHENA Service – Domestic Violence Information and support – part of Refuge	3rd Floor One America Square 17 Crosswall London EC3N 2LB Registered office 020 7395 7700 – Head office	0800 112 4052 For community-based users only Mon-Fri Outreach Vietnamese service Mon-Fri 9am-5pm: 020 8469 0864 Other contact details Refuge referrals: 24hr: 07920 769470	Athena service by Refuge email lewishamvawg@refuge.org.uk	Lewisham Council - Support for people experiencing gender-based violence (Athena service) Refuge – For women and children. Against domestic abuse.	The Athena service, run by Refuge, provides confidential, non-judgmental support to those living in the London Borough of Lewisham who are experiencing gender-based violence.	
B						
Bank of Things –	Lewisham Shopping Centre		hello@lewishamlocal.com	www.bankofthingslewisham.org		

Lewisham	SE13 7HB, General enquiries Contact Lewisham Local Lewisham Local PLACE/Ladywell - Unit C 261 Lewisham High Street London, SE13 6NJ	0208 488 9224			Bank of things is a joint partnership with Lewisham Young Mayor's team and Lewisham Local. We exist to offer support to young people aged 11 to 25 facing hardship who live, study or work in the borough. We do this through the provision of everyday essentials such as toiletries, hygiene products and school supplies, hosting a youth club and signposting and referrals to other useful and appropriate services. We operate from Orchard Gardens Community Centre in Lewisham central, Elevate 100 In Downham and Community Space in Lewisham shopping centre and via our network of partners including Riverside, TNG, Somerville, The Family Hubs and Proud to Be Me CiC. For more information and to find out what's on in your area please visit https://www.lewishamlocal.com/lewisham-bank-of-things/ or follow us on Instagram @bankofthingslewisham	
Barnardo's Building Hope Academy Employment, Training and Skills (ETS) Building	The Triangle. 2 Coxwell Road. Crystal Palace. LONDON SE19 3BG	Tel: 07522 216 839	For further questions please email: (BuildingHopeAcademy@barnardos.org.uk)	Building Hope - The Academy Barnardo's (barnardos.org.uk)	The Building Hope Academy construction-based programme is for young people aged 16-18years up to 24years with EHCP. The main aim of the programme is to support young people with a successful transition to independence and employment within the construction industry.	

Hope Academy					The programme will take participants through a journey of professional and personal development. On completion the learner will achieve and have the skills and knowledge in the areas of: • Level 1 City and Guilds Construction Skill – Units to be confirmed • Health and Safety Awareness & CSCS Card • First Aid Training • Employability skills • Work experience • Functional Skills in Math and English or GCSE • Leadership skills for personal and professional development Employment support into jobs, apprenticeships and further education and training opportunities.	
Baseline Drop-in Service	The Leemore Centre, Clarendon Rise (entrance in Bonfield Road), LEWISHAM SE13 5EU	0208 852 9790 Monday to Friday 10am-5pm 07824 694 786 or 07880 456 769 Monday to Wednesday 10am-4pm 07880 439 879 or 07824 801 542 Thursday	Email: baseline@lewisham.gov.uk	Lewisham Council - Baseline drop-in service	Baseline provides support and advice for young people aged 16 –18 (up to 25 years old for those with additional needs) not in employment, education, or training (NEET). Services include getting into further education, training, and employment, learning and volunteering opportunities, your CV and job applications and free condoms. They also work in partnership with organisations supporting young people.	

		and Friday 10am-4pm				
BBC Children in need	Fundraising & Appeal By post BBC Children in Need Appeal PO Box 648 Salford M5 0LB Grants & Programmes By post Grants BBC Children in Need PO Box 649 SALFORD M5 0LD	Call: 0345 609 0015 – select option 1 Calls cost the same as you would pay to call any standard landline number beginning 01 or 02 Call: 0345 609 0015 – select option 2	Email: pudsey@bbc.co.uk Email: pudseygrants@bbc.co.uk	Together we can change young lives - BBC Children in Need Grants - BBC Children in Need	BBC Children in Need believes that every child and young person should have the chance to thrive and be the best they can be. They are committed to being there for children across the UK when they need us the most. Together with the BBC and our partners, we inspire the nation to support this work. This is done through investing in positive relationships that strengthen children's wellbeing and support them navigate challenges in their lives.	
BeleveUk Inspiring the next generation of female leaders	372 Brockley Rd London SE4 2BY	0203 372 5779	Info@beleveuk.org	(beleveuk.org)	BelEve is a girl-focused charity working with 8 to 22 year olds. It is crucial to inspire and empower girls and young women to maximize their potential and celebrate their achievements. Believe offer a mentoring service, fully funded. Workshops, events and programmes to educate and encourage.	
Bipolar UK	Bipolar UK, 32 Cubitt Street,	-	Contact Us Bipolar UK see the contact	Bipolar UK National UK Charity		

	London, WC1X OLR – Head office		link page for different access points to get help and support, e.g., chatbot for direct enquires relating to bipolar disorders and Bipolar UK Activities. Join the 24/5 eCommunity, FB, Local and national support groups email us: supportgroups@bipolaruk.org or info@bipolaruk.org for peer support line.		Bipolar UK is the only national charity dedicated to building a better world together for everyone affected by bipolar disorder. Through there support services, research and campaign work, they empower thousands of people a month to stay well - and have the ambition to reach many thousands more. For more than 40 years, peer support has been at the heart of everything they do. If you're living with bipolar, or you're supporting a loved one with the condition, you can: • Join one of the peer support groups, facilitated by trained and supported volunteers • Get 1-1 information or advice from the friendly support team • Get support via the online community that's open 24-hours-a-day, seven-days-a week	
Blueprint For All	39 Brookmill Rd, London, SE8 4HU	Telephone: 020 8100 2800	General enquiries: info@blueprintforall.org Fundraising enquiries: fundraising@blueprintforall.org	Homepage My Blueprint for All	Blueprint works with young people, communities and organisations to create an inclusive society in which everyone, regardless of race, ethnicity or background is provided with tangible opportunities to thrive. They work with young people aged 13 to 30 to broaden their view of what's possible to broaden their careers perspectives.	

*My Blueprint For All Blueprint for All Helping Young People Start Their Own Business			If you have any fundraising complaints please fill in this form here. Programme enquires: programmes@blueprintforall.org Corporate Partnerships enquires: mwimlett@blueprintforall.org Your Space membership and event hire: YourSpace@blueprintforall.org Contact Nici Email: content@blueprintforall.org	My Blueprint for All supports young people from all backgrounds to access their dream career. Entrepreneurship and Innovation 	Blueprint for All also offers start-ups, local communities and entrepreneurs affordable working and event space. See Your Space. My Blueprint for All, is brand-new digital platform that gives young people equal access to change-making career resources, exclusive events and opportunities from leading organisations. Creating opportunities for 16 – 30-year-olds from all backgrounds, My Blueprint for All features: ✦ Resources including exclusive interviews, behind-the-scenes, how-to guides, and career deep dives ✦ Opportunities from leading organisations ✦ Events such as skills workshops and networking	
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Brook Your free & confidential sexual health & wellbeing experts	Sexual Health Clinic Near Me - Brook & NHS Services – Brook Find a local service		Available on all popular social media platforms If you need to find a sexual health service, our service directory All other enquiries relating Brook as an organisation please contact us on admin@brook.org.uk	Sexual Health & Wellbeing - Brook – Fighting for healthy lives	Founded by Helen Brook in 1964, Brook blazed a trail by empowering unmarried women to take charge of their sexual health at a time when it was deemed controversial. Despite fierce opposition, Helen Brook refused to let stigma stand in the way of what was needed, and continued to provide free contraception and confidential sexual health advice. Today, Brook is proud to continue in her pioneering footsteps by providing high quality, holistic sexual health and wellbeing services that include frontline services as well as education, training and advocacy.	
Bromley, Lewisham & Greenwich Mind Already using the service contact the staff member	Lewisham Community Support Service & Peer Support 91 Granville Park, Lewisham, SE13 7DW Tel: 020 3228 0760	General enquiries: BLG Mind Tel: 01689 811222 Lewisham Community Support Service & Peer Support Tel: 020 3228 0760 Monday to Friday, 10am –	To access support from Lewisham Community Wellbeing, refer someone to the service or general enquiries, please use the details and form on the online Contact form Contact Us - Bromley, Lewisham & Greenwich Mind (blgmind.org.uk)	Bromley, Lewisham & Greenwich Mind mental health & dementia services (blgmind.org.uk)	BLM is an established and highly regarded mental health and dementia charity in South East London. They offer Mental Health and Dementia training, regular job postings and volunteering positions, and relevant groups targeted group services. Recently BLG have been awarded funding by Lewisham CCG to extend our *** perinatal wellbeing support programme to provide a targeted group for young mums (16-22 years) in recognition of the additional stresses they may experience perinatally.	

and office directly.	Lewisham MindCare Dementia Support 91 Granville Park, Lewisham, SE13 7DW There are many other centres see link for full list Centres & Offices - Bromley, Lewisham & Greenwich Mind (blgmind.org.uk)	5pm (excluding Bank Holidays). Tel: 020 3228 5960	Email: lewisham@dementiahub.org.uk <				
C							
Calm – Campaign Against Living Miserably	CALM, 5 Wootton Street, London, SE1 8TG	Helpline 0800 58 58 58 5:00pm-Midnight 365 days/year Webchat available	For general enquires complete the contact form Get in touch Campaign Against Living Miserably (CALM) (thecalmzone.net)	Homepage Campaign Against Living Miserably (CALM) (thecalmzone.net)	Catered Predominantly for men. CALM stand together with everyone who's struggling with life, no matter who they are, where they're from or what they're going through. And they do it through life-saving services, national campaigns, and by building communities.		
Calm Harm – developed by Stem 4 supporting Teenage Mental	Online	Online	Stem4 email: admin@stem4.org.uk	Home - Calm Harm App	Calm Harm is a free app designed to help young people manage or resist the urge to self-harm in the moment. Built for ages 13 and up, it's available to download on Google Play and the App Store. They regularly add updates to their resources page https://stem4.org.uk/resources and		

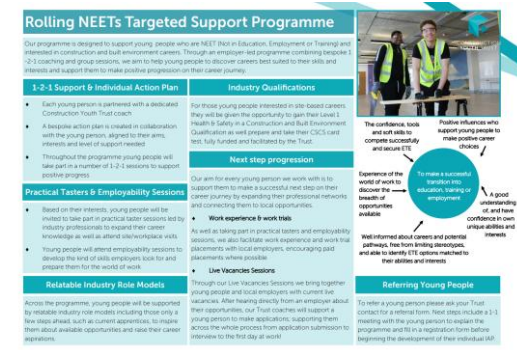
Health Charity					young people can also sign up to their newsletter to get updates on what is available.		
CAMHS Lewisham	78 Lewisham Park, London SE13 6QJ	020 3228 1000	Contact us - South London and Maudsley (slam.nhs.uk)	Home - South London and Maudsley (slam.nhs.uk) Find out about CAMHS services for children and young people in Lewisham (slam.nhs.uk)	Lewisham CAMHS offers therapeutic interventions to children and young people up to the age of 18 who experience enduring moderate to serious/complex mental health concerns that impact on day-to-day life. 		
Catbytes Digital	Ewart Community Hall	Tel: 0208 314 4702	Email: info@catbytes.com	Catbytes Community	Catbytes is a Community Interest Company based in and primarily serving the borough of Lewisham. Catbytes caters to those whose		

Community	44 Wastdale Road Forest Hill SE23 1HN				ability to access the internet and other digital technologies is limited. They provide digital education, recycled computer equipment and ongoing support. Main services: -Digital drop-ins - social environments where people can learn more about how to use devices and applications. -Device Loaning - Being alienated from the world of technology isn't just a matter of lacking skills. It can also be a result of not having the resources to afford equipment. Catbytes collects donations of equipment from the public, fixes them, and distributes them to people in need.	
Champions of Inclusion – Lewisham Young Mayor Project	37 Bromley Rd, London SE6 2TS Mondays at 5.00pm - 7:00pm	Advisors to the Young Mayor: Katy Brown Jacob Sakil Tel. 0208 314 6313 Mobile. 07957198312	If you're a young person living in the borough of Lewisham, and you would like to get involved contact: katy.brown@lewisham.gov.uk	Champions of Inclusion B-involved Website (lewishamyoungmayor.com)	The programme enables young people, politicians, council officers and partners to work together to develop ideas, while also addressing issues of concern and interest. In doing so, young people's active and effective participation in democratic processes and local governance is genuinely enhanced.	
Change Grow Live – Counselling and Mental Health	26-32 High Street, Bromley BR1 1EA	Tel: 020 8289 1999	Contact the specific service directly here: Find a Change Grow Live service near you	Change Grow Live Charity We can help you change your life	A nationwide charity that helps tens of thousands of people each day. Offering Advice and Information, help many to find support, mentors and groups, peer mentoring, support with drugs & alcohol, housing and Mental Health. chat to expert practitioners. It also overs crisis information, helplines and useful support websites.	
Chester Zoo	Chester CH2 1EU Getting here Chester Zoo	Call 01244 380280	Contact us Get in Touch Phone Email Chester Zoo	Chester Zoo Start Your Adventure Creating Unforgettable Experiences	Watch Chester Zoo original LIVE Virtual Zoo Days . LIVE on Facebook and YouTube pages for a WHOLE DAY of amazing animal antics! Packed	

(Chester Virtual Zoo)			guest.services@chesterzoo.org	Virtual Zoo Chester Zoo	full of fantastic facts... it's the PERFECT way to learn.	
Childline	Childline is a service provided by NSPCC Weston House, 42 Curtain Road, London EC2A 3NH. Main Offices	For under 18s needing confidential advice call ChildLine on 0800 1111 7:30am–3:30am	Login Childline Access link to set up an account and use email contact form. Login also for 1-2-1 counsellor chat Childline	Get Support Childline	Direct help and support for young people. For further Support and advice YP can also write a letter to Sam Ask Sam a question Childline	
Child Bereavement UK	East London: Child Bereavement UK, Stratford Advice Arcade, 107-109 The Grove, London E15 1HP West London: Child Bereavement UK, Beethoven Centre, 174k Third Avenue, London W10 4JL	0800 028 8840	enquires@childbereavement.org (general enquires) londonsupport@childbereavementuk.org	Support for bereaved young people Child Bereavement UK	This App is designed to provide support and sign-post services & information for YP who have experienced bereavement.	
Circle Collective	Lewisham Store South Mall, Lewisham Shopping Centre, London, SE13 7HB	Telephone (UK): 0208 852 2498 Telephone (International): +44 208 852 2498	Email: retail@circlecollective.org For information on our charity or work with young people,	circlecollective.org/pages/the-circle-story	Circle Collective supports young people experiencing a range of barriers to find permanent, life-changing work. The charity, Circle Community, runs our successful #BackYourFuture programme, through the social enterprise, Circle Collective, runs three streetwear stores that serve as a training ground for our young people. Circle	

	Other stores include: Canary Wharf and Dalston		please contact Matt Lewendon on 0207 249 2442 or email		Collective aim is for all profits from our stores to be fully reinvested back into the training of young people and #BreakingTheCircle of youth unemployment. Everything you buy Circle Collective our stores and website will help a young person into work. Giving people and brands a purpose.		
Citizen's Advice Lewisham	Leemore Community Hub, Bonfield Road London SE13 5EU.	Freephone Advice 0800 231 5453 Mon-Fri: 9:30am - 12:30pm and 1:30pm – 4:00pm	Online Form Click to use our online FORM to make an email enquiry. Referral Form Partner organisations can refer a client to us using this FORM <i>Please see Notes for Referring Agencies before making a referral</i> Self-Help Click use our Self-Help tools and get information 24/7.	Citizens Advice Lewisham - Citizens Advice Lewisham	CA in Lewisham is a registered charity affiliated with the Citizens Advice network, offering people, especially the most vulnerable, the advice and support they need on a range of issues including: Benefits Debt Housing Employment Consumer Immigration It's free, open and accessible service for Lewisham residents.		
Coda – Children Overcoming Domestic Abuse part of AVA (Against Violence & Abuse)	AVA (Against Violence & Abuse) The Foundry 17 Oval Way London SE11 5RR The Foundry, 17 Oval Way, London, SE11	Tel: 020 3752 5536 Tel: 01483 776822	General: info@avaproject.org.uk Training: training@avaproject.org.uk	CODA - Children Overcoming Domestic Abuse - AVA - Against Violence & Abuse (avaproject.org.uk)	CODA is a multi-agency 12-week group work programme for women and children who have experienced domestic violence and abuse. CODA is for children, young people and their mothers who have experienced domestic violence.		

– Against Violence Abuse	SRR Registered offices. London Communities include: - Your Sanctuary - Monument Way East, Woking GU21 5LY, UK - ESDA High Street, Redhill RH1 1RJ, UK				They provide a community-based setting to share and talk about their experiences. Please also refer to the Directory of Domestic Abuse Support Services, for alternative services both local and national that may support the families you work with, located on our website: https://www.lewishamcfc.org.uk/domestic-abuse-information-and-support/ We are pleased to inform you all that we are now once again accepting referrals for the CODA Programme (Children Overcoming Domestic Abuse recovery programme) . For further information on the CODA programme, see link below: https://www.lewishamcfc.org.uk/coda-children-overcoming-domestic-abuse/ Referrals to the programme can be completed online via our professionals referral form or a word copy can be sent to our secure email: Lewisham.Secure@eyalliance.org.uk		
Come Correct	30A Willesden Lane, London NW6 7		Kit Bithell (them/they) – Education and Wellbeing Specialist	Home - Come Correct	Come Correct (or C-Card) scheme provides access to free condoms for young people aged 13-24 in a variety of locations (called Outlets) across London. Once registered Young People		

	See Link for Outlets in Lewisham borough Lewisham - Come Correct		M 07824114655		can collect condoms or get advice from any Outlet displaying the Come Correct logo.		
Constructi on Youth Trust	HEAD OFFICE Construction Youth Trust London Scottish House 95 Horseferry Road London, SW1P 2DX	Tel: 0207 467 9540	Email: hello@constructionyouth.org.uk	Construction Youth Trust ↓	Construction Youth Trust run a targeted support programme for NEET (Not in Education, Employment, or Training) individuals aged 16 to 30. As part of the program, they provide personalized one-on-one employability support. Participants have the opportunity to complete the Level 1 Health & Safety qualification, take the CSCS test, and obtain the CSCS card, all fully funded and facilitated by the Trust. Additionally, there are opportunities for young people to gain work experience, visit construction sites and offices, meet industry volunteers, participate in practical projects, and more.  Referral Form - Partner Individual.doc 		

						
Cooper's Amateur Boxing Club	Bellingham Leisure & Lifestyle Centre, 5 Randlesdown Rd, London, SE6 3BT	Opening 7:00am-8:30pm Mon, Wed & Fri	Email: Bsandford68@gmail.com	Coopers Boxing Academy	Classes available – Gym Training. One-2-One, Youth 8-21yrs, Adult 21+. Boxing is a great way to tackle mental health. CVA's dedicated to supporting its community and providing a way of improving both physical and mental health.	
Cruse Bereavement Support – (See Hope Again for the Youth Website of Cruse Bereavement Support)	PO Box 800, Richmond, Surrey TW9 1RG – Head Office	0808 808 1677 (Free Helpline)	General enquires online contact form General enquiries - Cruse Bereavement Support	Home - Cruse Bereavement Support www.cruse.org.uk/?s=leaflets	F2F, telephone, email and website support for bereavement. CruseChat is available to speak to online expert counsellors for over 18s 9am-9pm. CruseChat Chat online with a grief counsellor. Social media contacts include FB, Instagram & X (Formerly Twitter)	

D						
Depaul Charity Homelessness has no place.	Central Office: Endeavour Centre, Sherborne House 34 Decima Street London SE1 4QQ UK Contact Us - Depaul UK	Tel: 0207 939 1220	Email: depaul@depaulcharity.org.uk	Youth homeless charity UK - Depaul UK  Prevention Through Education.pdf  Reconnect Referral Form New.docx  Depaul_FamilySupport&Mediation_Flyer_021	For more than 30 years Depaul UK has worked to support people facing homelessness. We are a homelessness organisation with specialism in supporting young people. Depaul Charity offers emergency accommodation and longer-term housing and accommodation services for young people who are homeless or at risk of becoming homeless. They provide support and mediation to keep families together. And opportunities for young people to access education, training and employment opportunities.	
Drum lessons & Creative Production	CONTACT SIMON BRUNEL		Email: simonbrubru@gmail.com	WELCOME SIMON BRUNEL	Simon offers individual or small group Drum lessons, Creative Production lessons and Percussion. I completed the national Conservatoire of Nantes in Drum and Classical Percussion, and graduated from Goldsmiths, in Pop music Degree. I would relish the chance to explain how I could contribute to your school and community. You can watch some videos:	

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

			Family Centre (lewishamcfc.org.uk)				
Eastern European Resource Centre	East European Resource Centre Room 18 238 - 246 King Street London W6 0RF	Phone: 020 8741 1288 Phone: 0800 121 4226 (free enquiry line) Polish/English: 07521857415; Romanian/English: 07730021986; Ukrainian/English/Russian: 07718 612 218 Phone lines open Monday to Thursday, 10:00 – 16:00	For General advice: info@eerc.org.uk For all Ukrainian advice: ukraine@eerc.org.uk For EUSS questions: euss@eerc.org.uk	eeac.org.uk/#/	EERC supports CEE migrants who experience poverty, exploitation, and social exclusion. Resources cover areas such as: - Poverty & Destitution - Naturalisation & British Citizenship - Labor Exploitation and Modern Slavery - Hate Crime & Advocacy Support - EUSS centre (Settled & Pre-Settled Status) - Domestic Abuse support		

EET Group – Employment Education Training Group Main Office Ground floor	Main Office: Ground Floor 4 Balls Pond Road London United Kingdom E8 2BA	Tel: 0208 0641 577	Email the team at hello@eetgroup.co.uk	Employment Education and Training Eet Group England	Employment Education Training Group is an education consultancy, employability, and training service provider. They have in-depth knowledge and experience in successfully delivering learning and employment opportunities to young people and adults. Helping thousands of people, businesses, education providers, not-for-profit organisations, and government departments to engage, develop and support learners across the UK.		
ELOP- LGBT Mental Health Youth Services	Head Office: 56-60 Grove Road, London E17 9BN	Tel: 07720 461158. General Enquires: 020 8509 3898	Email: youth@elop.org Email: info@elop.org	elop: LGBT Mental Health & Wellbeing (consortium.lgbt) 	elop is an award-winning LGBTQ+ mental health and wellbeing charity with over 30yrs years' experience of providing high quality, professional, LGBTQ+ affirmative mental health and wellbeing services to LGBTQ+ communities across London and Essex borders; along with advocating and providing LGBTQ+ voice, consultation, awareness raising, and dedicated LGBTQ+ education programmes and training services to professionals, schools & education, and the non-profit, public, health and corporate sectors elop offer a range of youth services, including two weekly youth groups for LGBTQ+ young people aged 12-17 and 18-25, free 1-1 online mentoring for LGBTQ+ aged 12-24, free counselling for LGBTQ+ under 18s, and low-cost counselling for LGBTQ+ people aged 18 and over. To make a referral or request more information on these services please email youth@elop.org.		

							
eMoods – The easiest way to track your moods Online or Offline	Online	-	General enquires email: info@emoodtracker.com or complete contact form Contact - eMoods (emoodtracker.com)	eMoods - Track Your Moods, Improve Your Wellbeing (emoodtracker.com)	eMoods is a free, simple mood-tracking app for patients to track symptoms relating to bipolar I and II disorders, depression, PTSD, and anxiety disorders. By tracking moods, sleep, medication, and other data, eMoods users can identify triggers and patterns to help prevent relapses and enhance doctor's visits with detailed data exports. The app is free to use either online or offline, however customizable features are also available through low-cost patronage		
England Football				Club football - Play & Participate England Football	Open to all ages, genders and abilities, clubs up and down the country provide regular competitive matches and training sessions. From 11-a-side to Futsal, from small-sided to walking football, your club journey starts now. EVERYTHING YOU NEED TO DEVELOP WOMEN'S AND GIRLS' CLUB FOOTBALL		
England Football							

For Women/Girls				Female Football at Your Club England Football		
Evelina Children's Charity	Evelina London Children's Hospital St Thomas' Hospital Westminster Bridge Road London SE1 7EH	Main switchboard number 020 7188 7188	Wards, services and referral information You can also contact individual wards and services and find out about making a referral .	Evelina London Children's Charity - Fuelling the incredible	Evelina London Children's Charity supports us to provide compassionate, trailblazing care for children and their families. Evelina London Children's Healthcare is part of Guy's and St Thomas' NHS Foundation Trust	
Excel at Life – Self Help App	18593 Business 13 Ste. 206-3273 Branson West, MO 65737	314-843-0080 St Louis, United States	Contact Info (excelatlife.com) – Complete online form	Excel At Life Self-Help Apps	The purpose of this website is to provide to the public research-psychological based information in a usable format to assist with everyone's pursuit of understanding and personal growth. The belief of Excel at Life is that everyone should have access to these resources.	
F						
Family Fund	Post: Unit 4 Alpha Court, Monks Cross Drive, York, YO32 9WN	Helpline: 01904 550055 We are open 9:30am to 5:00pm, Monday to Friday, not	Email: info@familyfund.org.uk Website e-form: Contact us here.	Family Fund	Your Opportunity supports disabled and seriously ill young people, aged 18-24 years old, who are living at home. Young people cannot apply on their own, the application must come from the parent or carer.	

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

			Direct contact with YF: Ms Billie Murdoch (She/her) -Group Manager Email :EHCFamilyThrive@lewisham.gov.uk and we will send out the link for this session. EHCFamilyThrive@lewisham.gov.uk		people, and families. For all children and young people aged 0–25 within a specified locality, all families and carers of YP aged 0-25.  Team Around School Approach.pdf  TALKING TEENS FLYER amended1 (00 Talking Teens is a course that offers an opportunity to understand what’s going on in the adolescent brain and how to understand your teens feelings and behaviours using an authoritative parenting style. Sessions will focus on relationships within the family, communication, negotiation, decision-making and strategies to reduce conflict. Family Thrive are running a free course for parents or carers of teenagers and pre-teens who are looking to better understand and communicate with their child. This course offers an opportunity to understand what’s going on in the adolescent brain and how to understand your teens feelings and behaviours using an authoritative parenting style. Sessions will focus on relationships within the family, communication, negotiation, decision-making and strategies to reduce conflict. Who would be eligible to attend this course?		
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					• Parents and carers of pre-teens and teenagers who are currently in years 6 & 7 (Consideration will be given to children in years 5 & 8) • If no physical or extremely challenging behaviour is present in or outside of the family home. • Family must reside in Lewisham borough		
FEISMSP Lewisham	Lewisham Hospital Lewisham High Street, London SE13 6LH	(24 hours) on 020 8314 6000 Automated switch board for Lewisham services	Please download and email the completed referral forms to: FEISMSP@lewisham.gov.uk	Lewisham Council - Families affected by drugs and alcohol	Family Early Intervention Support Pathway. FEISMSP is a universal referral method for families affected by substance misuse. It can be used by anyone to refer residents of Lewisham who want specialist information and a targeted introduction to support offered by substance misuse services.		
Folly Farms Webcams	Folly Farm Begelly Kilgetty Pembrokeshire SA68 0XA How to get to Folly Farm in Pembrokeshire by Car, Train & Bus (folly-farm.co.uk)	Tel: 01834 812731	Email: info@folly-farm.co.uk	Zoo Webcams & Barn Cam • Live Animal Webcams at Folly Farm (folly-farm.co.uk)	Folly Farm live zoo and farm webcams mean YP can peek at some of the zoo's most popular animals, wherever you are.		
Frank	Affiliated to various support centres – see link for local areas	0300 123 660 24hrs/day 7days/wk. Text 8211	Email Frank FRANK (talktofrank.com)	Honest information about drugs FRANK (talktofrank.com)	Alcohol and drugs friendly confidential advice. A-Z list of drugs. News. Help and advice available.		

	Results ordered by nearest to "se26 3tt" FRANK (talktofrank.com) Including: - PCRS part of HumanKind-Forest Hill - Insight Lewisham - CGL-New Directions Lewisham - 999 Centre Deptford						
Freedom Programme	Online training	Contact Us Urgent contact-The National Domestic Violence 24 hour helpline number is 0808 2000 247	Helpdesk Email help@freedomprogramme.co.uk Business Email: info@freedomprogramme.co.uk	The Freedom Programme. Learn about domestic violence and abuse	Freedom Programme is a domestic violence programme which was created by Pat Craven who holds the copyright (all rights reserved) and evolved from her work with perpetrators of domestic violence It lasts 11 or 12 weeks for FREE. programme. Information service only, not therapy. The Programme was primarily designed for women, provided as an intensive two-day course, It is also suitable for men, whether		

			Please direct all enquiries about training to training@freedomprogramme.co.uk		abusive and wishing to change their attitudes and behaviour or whether victims of same sex domestic abuse themselves. For face-to-face groups please check the website www.freedomprogramme.co.uk using the search tool. This will provide information of what is available in your local area. Search by entering the county. Contact your chosen service direct to refer onto the programme. <table><tr><th>Organisation</th><th>Contact Information</th></tr><tr><td>Rise Against Abuse</td><td>Non-area specific (countrywide) Scotland Contact: Lynne 07780377420 Email: info@riseagainstabuse.com Freedom Programme for Women</td></tr><tr><td>OPOKA</td><td>Bristol Zoom Contact: Aneta 01174270012 Email: Aneta.opoka@chrysalishousing.co.uk Programme in Polish</td></tr><tr><td>Cherished Hertfordshire</td><td>Hemel Hempstead ZOOM Contact: Jude 01442 767 390 Email: jude@iamcherished.co.uk Contact us to book a place Thursdays at 10.00a.m. Tuesday evening at 7.30p.m.</td></tr><tr><td>Friends of Freedom Wirral Merseyside</td><td>Wirral ZOOM Contact Julie or Barbara 07879818710 Email:</td></tr></table>	Organisation	Contact Information	Rise Against Abuse	Non-area specific (countrywide) Scotland Contact: Lynne 07780377420 Email: info@riseagainstabuse.com Freedom Programme for Women	OPOKA	Bristol Zoom Contact: Aneta 01174270012 Email: Aneta.opoka@chrysalishousing.co.uk Programme in Polish	Cherished Hertfordshire	Hemel Hempstead ZOOM Contact: Jude 01442 767 390 Email: jude@iamcherished.co.uk Contact us to book a place Thursdays at 10.00a.m. Tuesday evening at 7.30p.m.	Friends of Freedom Wirral Merseyside	Wirral ZOOM Contact Julie or Barbara 07879818710 Email:	
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Friends of Freedom Wirral Merseyside	Wirral ZOOM Contact Julie or Barbara 07879818710 Email:															

					friendsoffreedom@hotmail.co.uk Daytime & evening programmes. Contact us to book a place	
				West Midlands Lighthouse project West Midlands ZOOM-non area specific Contact: Hannah 07716 431853 Email: wmlighthouseproject@gmail.com Zoom and face to face Wednesday evenings at 7.30p.m.		
				SiSi Cork Ireland Ireland ZOOM Contact: Mary-Louise +353(0)8714790 Email: mary-louise@sisi.ie Contact us to book a place		
				DAPS Pembrokeshire Pembrokeshire ZOOM Contact: Naomi 07392 153647 Email: DAPS-Secretary@hotmail.com Contact us to book a place		
Future MEN	37 Clements Road, London, SE16 4EE	Tel: 0207 237 5353 Paul McDaniel Project Coordinator – Father Development	General enquires use the online from Contact - Future Men to send an email.	www.futuremen.org Details of the online programme for Future Dads and how to book onto it can be found at	Through a front-line delivery of practice-led services, FD work with boys and men to help them become dynamic and healthy future men. From structured school programmes and youth hubs to individual one-to-one sessions and outreach work. They provide the vital support and	

				the website on: www.futuremen.org	advocacy that changes boys and men's 13-30 years lives for the better.  FD A5 flyer.pdf	
G						
Gambler's Anonymous	The Wellness Centre, 45 Montrose Avenue, Intake, Doncaster, DN2 6PL Head office	Information Line National 0330 094 0322 North-East 07771 427 429 North-West 07974 668 999 Ulster (028) 7135 1329	General Enquiries info@gamblersanonymous.org.uk Public Relations nat.pro@gamblersanonymous.org.uk	Gamblers Anonymous	Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problems and help others do the same. Unity Programmes, Recovery Programmes, Safeguarding, Gam-Anon and where to find a local meeting.	
Gender Intelligence	VAI, 200a Pentonville Road,	Tel: 020 7155 1302	Click to be redirected to specific area of need for email –	Youth Groups Gendered Intelligence	Gendered Intelligence, established in 2008, is a registered charity that works to increase	

	London N1 9JP Head Office		Support for the individual & family, training & consultancy, professional queries, info & advice. Email Us Gendered Intelligence		understandings of gender diversity and improve the lives of trans people. Gendered Intelligence runs trans youth groups in London and Leeds for a range of ages from 7 to 30. They also run a peer-led support group in London for those aged 18-30. Mainly self-referrals but the service providers will be able to liaise between an organisation and a YP if needed.	
Global Skills Apprenticeships	Head office: Hawcko House 35 Horn Lane, Ealing W3 6NS	Tel: 020 896 2889 Mon to Fri: 09:00- 17:30	Email: info@global-skills.com	Apprenticeships – Global Skills (global-skills.com)	Online service providing the latest information about apprenticeships. Find out about top courses and apprenticeships. High quality courses delivered in a classroom environment.	
Grandmentors Lewisham Mentoring Young People	Volunteering Matters, 18 24 Lower Clapton Road, London, E5 OPD	For more info call Nayotia or Bernadette on 07983 945 511 / 07377 692 429	Email: grandmentors.lewisham@volunteermatters.org.uk To make a referral click online form: VolunteeringMatters	Grandmentors - Volunteering Matters	The Grandmentors Programme is an award winning, intergenerational mentoring programme for care experience young people aged 16-24years old. 	

						
Grassroots Suicide Prevention – Stay Alive	Online To make a referral to the King’s Cross, Brockley or High Wycombe clinics use the referral form link.	Online	Urgent support – Grassroots has signposted key agencies here Urgent support (stayalive.app)	About Grassroots Suicide Prevention - Grassroots Suicide Prevention (prevent-suicide.org.uk) The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. StayAlive - Essential suicide prevention for everyday life	Grassroots Suicide Prevention empowers people to help save lives from suicide through connecting, educating, and campaigning nationally, through educating, connecting, and campaigning. Services include getting help, training courses, and ways to get involved. Access through social media networks available.	
Growing Hope	Growing Hope, 390 Caledonian Road, London, N1 1DN	Tel: 07519 965200. Monday –	Email: info@growinghope.org.uk	Growing Hope – Free therapy for children with additional needs	Free therapy services such as occupational therapy, physiotherapy, speech and language therapy and counselling can all enable children to reach their developmental potential.	

		Friday, 9:30am – 3:30pm.			Growing Hope supports siblings and parents through groups and courses. To make a referral to the King's Cross, Brockley or High Wycombe clinics use the referral form link. the referral form		
H							
Harmless	The Sanctuary, 1 Beech Avenue, Nottingham, NG7 7LJ Head Quarters Other locations: Leicester Chesterfield Loughborough	Online	Complete Contact - Harmless form for referring into service or requesting support.		The centre for excellence for self-harm and suicide prevention. User led organisation which provides a range of services including support, training consultancy and info for self-harmers. For friends, families, and professionals. Harmless is the registered Company responsible for managing and overseeing a variety of projects and initiatives including: The Tomorrow Project, Let's Talk Training and Fearless.		
Heart and Soul	Heart n Soul The Albany Douglas Way London, SE8 4AG	020 8694 1632	info@heartnsoul.co.uk	Heart n Soul	Heart n Soul is an award-winning creative community and arts charity. We believe in the power and talents of people with learning disabilities and autistic people. We work together to make great art with imagination, love and trust. At Heart n Soul everyone is valued, and leadership is shared. We can be ourselves, make change happen and have fun! Our vision is of a more open, creative and equal world. Help us to change the lives of people with learning disabilities and autistic people!		

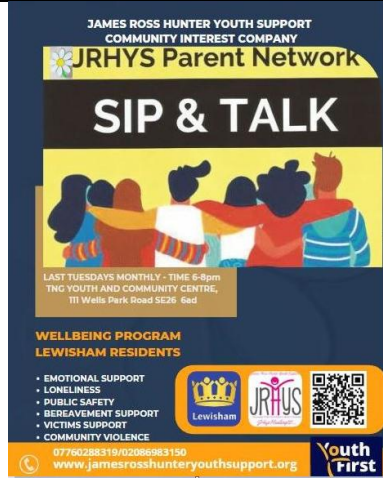
Henry Healthy Start, Brighter Future	6 Elm Place Old Witney Road Oxfordshire OX29 4BD	01865 302973	Email: info@henry.org.uk	Homepage HENRY	HENRY are passionate about babies and children getting the best possible start in life. This means supporting the whole family to make positive lifestyle changes, creating healthier and happier home environments, and building healthier communities. HENRY provides a wide range of support for families from pregnancy to age 12 including workshops, programmes, resources and online help. Accessible through all popular social media platforms.  HENRY HFGU leaflet_2023.pdf  Healthy Families Growing Up Septemb		
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Hope Again – Young people living with loss. (This is the youth website of Cruse Bereavement Support)	(Cruse Bereavement London) Unit 0.1, One Victoria Villas, Richmond, TW9 2GW	0808 808 1677 (free Helpline)	Email: helpline@cruse.org.uk Private email hopeagain@cruse.org.uk to contact a trained volunteer directly by a YP and if someone they know has died.	Hope Again	For children and YP who have lost someone. Hope Again Contact Us — Hope Again link further contact information and a direct message contact form.			
I								
Insight Lewisham Free confidential support for drugs, alcohol, housing and mental health. Working in partnership with	38-39 Winslade Way, Catford Shopping Centre, London, SE6 4JU	020 8690 3020 Opening Times 9:00am – 5pm (Monday – Thursday) 9:00am – 4:30pm (Friday) Webchat available 3-6pm Monday – Friday	Email: insightlewisham@waythrough.org.uk	Insight Lewisham - Insight Instagram handle: insightlewisham	Waythrough (Formerly known as Humankind) - Insight Lewisham supports young people using drugs and/or alcohol build healthier lives that have meaning and value for themselves and their families. They also support young people who have experienced parents using substances, and support for parents who are impacted by their child’s substance use. They offer Tuesday drop ins sessions 5pm-7pm around sexual health (C-Card sign up, STI test, pregnancy tests, consent) for young people who have any questions or queries around drugs, alcohol or sexual health. Insight Lewisham is for under 25s			

Waythrou gh Home - Waythrou gh								
Imago – Supporting Unpaid Carers to access the support they need	HQ: Imago Community John Spare House, 17-19 Monson Road, Tunbridge Wells, Kent, TN1 1LS	Tel: 0300 373 5769 Monday to Friday, 8:30 a.m. to 5:00 p.m.	Email: ucwellbeing@imago.c ommunity	Lewisham (imago.community)	Imago deliver the Maximising Wellbeing of Unpaid Carers service. This is a free service and is designed to provide a full range of support for all eligible carers, in ways to suit you, whether that's one-to-one, in a group, online or in person. When you join the service, you will receive a welcome pack. This guide to local support was co-produced and developed by Lewisham Council and Lewisham unpaid carers. We then send you newsletters and information about the range of regular activities, one-off events, training and groups that you can join. You can also pick up this information by popping into your local Carers Hub. We will help you to improve your own health and wellbeing, balance your caring role with your own needs and aspirations, and care safely, confidently and effectively.			

Ire Dance Theatre	Moonshot Centre, Fordham Park, Angus St, London SE14 6LU	Contact and hours Phone: 020 8691 6099	CONTACT IRIE! dance theatre	Diverse Dance Styles Degree, IRIE! dance theatre	IRIE! dance theatre is Britain's leading dance theatre company working in the field of African & Caribbean dance fusion. Founded in 1985 by Beverley Glean with the principal aim of heightening the profile of Black dance in Britain, the company set out to create a repertoire of works reflective of the African Caribbean influence on the Black British cultural experience. We believe that: - Dance can transform peoples lives, its value and benefits makes this social and art form one of the most important participatory activities for individuals, communities and society. - Partnership and collaboration builds strong relationships, encourages greater involvement and strength of voice. - Placing diversity and inclusion at the heart of what we do contributes positively to the individuals' sense of equality, has the potential to reduce fear, build friendship, respect and understanding of others - Respecting everyone's right to access quality informal and formal experiences in dance provides positive input to broader social, educational and creative opportunities. - Access to excellence, quality and enjoyment in participation contributes positively to people's health and well-
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					being as well as their personal motivation and social relationships. - Providing educational and creative opportunities for individuals and community involvement will lead to enriching lives and more community participation. - Every individual has unique abilities, capabilities and gifts.	
J						
James Ross Hunter Youth Support CIC "Encouraging Positive Social Values In Youths and Communities " Creating awareness to knife crime and wellbeing practices."	TNG Youth and Community centre 111 Wells Park Road, Sydenham SE26 6AD. Hours Tuesdays - 5:45pm - 8:15pm Fridays: 6:15am - 8:45pm Wednesdays, Thursdays, Saturday - Sunday: Closed	Mobile team 07436946988/ Office 02086983150	Email: jamesrosshunterfoundation@gmail.com	James Ross Hunter Youth Support https://www.facebook.com/jamesbrodiehunter http://jamesrosshunteryouthsupport.blogspot.co.uk/ https://www.instagram.com/jamesrosshunteryouthsupport/?hl=en https://twitter.com/JRHY_Scommunity	James Ross Hunter Youth Support is a non-profit organization launched in July 2014. Aimed to encourage positive social values in youths and communities. All activities are community and family-based and are geared towards encouraging and creating positive social values in our young people.	

							
Jigsaw – GC Early Intervention Programmes for Young People	60b Marlborough Road, London, United Kingdom, N19 4NJ	About Us JIGSAW (jigsaw-gc.com)	Email: info@jigsaw-gc.com Chris Mozo, co-founder chrism@jigsaw-gc.com	Early Intervention programmes for Young People Jigsaw GC (jigsaw-gc.com)	Jigsaw GC is a community interest company dedicated to improving the lives of young people and their families through early intervention and solution-focused approaches. Services include: 1:1 Mentoring - Peer Mentoring - Reflective Practice - Life Coaching - Counselling - Addressing anti-social behaviour, social-emotional well-being sessions for parents and caregivers - Empowerment groups for fathers and parents, a youth ambassador program, detached youth work based in Islington London - primary focus is in North and East London.		

JTL Training & Apprenticeship	JTL Head Office 120-122 High Street, Orpington, Kent, BR6 0JS	0800 085 2308	https://jtltraining.com/contact-us/ Complete the online contact form for general enquiries	JTL Training Apprenticeship and Work Based Learning Provider	JTL are a not-for-profit charity, offering advanced apprenticeships in electrical installation, engineering maintenance, mechanical engineering services comprising plumbing, alongside heating and ventilating.		
K							
Kaleidoscope	32 Rushey Green, London SE6 4JF	020 7138 1100	Contact us - South London and Maudsley (slam.nhs.uk)	Home - South London and Maudsley (slam.nhs.uk)	Kaleidoscope provides services for children and young people aged between 0 and 18. It brings together specialist community services for health, disability, mental health, education and social care.		
Kidscape	Head office Kidscape 8-10 South Street Epsom Surrey KT18 7PF	Parent Advice Line: 0300 102 4481 The Parent Advice Line is open Mondays and Tuesdays, 9:30am–2:30pm. WhatsApp: 07496 682785	Email general enquires: info@kidscape.org.uk Fundraising: fundraising@kidscape.org.uk Training: training@kidscape.org.uk	Help With Bullying (kidscape.org.uk)	Kidscape reduce the impact of bullying and harm on young lives through programmes and services that: Build communities of support, Reduce isolation and loneliness, Promote positive relationships, Support resilience and wellbeing, Help children recognise and respond to bullying behaviour. Advice for parents/guardians and YP. Workshops/ programmes and training available.		
The Kindness Foundatio	24 Britton Street, London. EC1M 5UA	t: +44 (0)207 546 1888	If you would like to register your	Kurt Geiger The Kurt Geiger Kindness Foundation	The Kindness Foundation is a stand-alone, non-profit organisation founded by Kurt Geiger. We		

n by Kurt Geiger		f: +44 (0)207 235 0069 schedule a short call to talk to you more about this initiative and find ways to collaborate.	interest and receive updates on the Business By Design Academy Programme, let us know here: Register my interest	Kurt Geiger Business By Design Shoes, Heels, Sandals, Boots & Bags Kurt Geiger	believe there is a wealth of talent that deserves to be supported into fulfilling creative careers. Our mission is to build a more inclusive creative industry by providing young people with the support, skills and opportunities they need to overcome barriers and kick start their career.		
Kooth – effective & personalised digital mental health care	Online Mental Wellbeing Community 5 Merchant Square, London, W2 1AY		YP have access to Magazines, messaging, Online forums, Activity centre and live counselling through one platform. 24 hrs access, no referrals needed open to all ages.	Kooth for Children & Young People - Kooth plc www.koothplc.com	Kooth.com is commissioned by the NHS, LA, charities and businesses to provide anonymous and personalise mental health support for Children and YP – they offer end to end support no matter the need. For professionals supporting young people, we're running free webinars that explain how Kooth can offer support to various groups: To view our bank of past webinars focused on topics like 'How Kooth and Qwell can support mental health and diverse identities', click on this link to our Vimeo account . For more information about Kooth or to arrange a team briefing, please contact me: Eleanor Cammegh, ecammegh@kooth.com .		



					Suicide prevention and awareness For professionals supporting young people, we are running free info webinars that showcase accessible support & resources to help navigate suicide prevention and awareness. Email for more info and resources available to promote Suicide prevention and awareness. outtley@kooth.com		
Koru Kids	145 City Road, London EC1V 1AZ Headquarters	Give us a call at 020 8050 5678. Phone lines are open Monday to Friday, from 9.30 am to 5.00 pm Live chat is the fastest way to get in touch. Online chat & WhatsApp is available Monday-Friday, from 9.30 am to 5.00 pm Contact Koru Kids Koru Kids	care@korukids.co.uk	Find childcare in London and across the UK - Koru Kids	Part-time nannies in your home from £14 per hour. Selected nannies can work with you on a regular basis for as little as 3 hours a week. Need help for a few weeks? They can help on a short-term basis too.		

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

Legendary Community Club	St Mark's Church London Greater London SE6 1RN United Kingdom	Alexandra McMillan CEO & Founder Mobile: 07581 566 004	Email: legendaryclub@gmail.com In partnership with Youth First Based at TNG Andra alexandra@legendarycommunityclub.org	Legendary Community Club - Lewisham Local	Legendary Community Club provide after school food for young people attending Youth First Clubs in Lewisham as well as food parcels for young people and their families from specific schools in Lewisham and Tower Hamlets. We are continuing to support these families in term time and the holidays. Once a new user fills the user form in Andra will then contact them with the process of picking up the package https://forms.gle/diTTgKc29APPSVNn9			
Lewisham CFC- Children and Family Centres	Ladywell Early Years Centre 30 Rushey Mead, Honor Oak Park SE4 1JJ Registered office: 50 Featherstone Street, London, EC1Y 8RT	07814 968444	Contact Us - Lewisham Children & Family Centre (lewishamcfc.org.uk) Email: enquiries@lewishamcfc.org.uk	Home Landing Page - Lewisham Children & Family Centre (lewishamcfc.org.uk)	A variety of services available – an information portal for the local area. Activities include popular child development topics, family support, parenting support, domestic abuse support and recovery. Virtual timetable available, courses, support groups and activities available.			
Lewisham Council - SUMMER HAF PROGRAM ME		Lewisham Council - Holiday programme food and fun	Email HAFProgramme@lewisham.gov.uk	Lewisham Council - Holiday programme food and fun	A wide range of providers in Lewisham are supporting the delivery of this programme, offering various fun-packed sessions, including arts and crafts and sports. There will be free activities and lunches for children and young people who are:			

					aged 4 to 16 years (reception to year 11) in receipt of benefit-related Free School Meals Each club will provide: a wide range of exciting activities to suit different ages and personalities. fun physical activity sessions free, nutritious, and tasty food The programme is provided during Easter, summer, and Christmas.			
Lewisham Family Hub	Bellingham Family Hub Visit 109-111, Randlesdown Road, SE6 3HB Deptford Family Hub Visit at Clyde Nursery building, Alverton Street, SE8 5NH Honour Oak Youth and Family Hub Visit 50 Turnham Road, Honor Oak, SE4 2JD	Open Monday to Friday 9am-5pm Get in touch on 020 8314 9545 Call Lou on 0790 900 1310 to find out more Telephone: 020 8692 3653 or 07720 152902	Email Family.Hubs@Lewisham.gov.uk .	Lewisham Council - Lewisham Family Hubs https://www.lewishamcouncil.gov.uk/familynavigators/ 	The Family Navigators will work with wider, multi-agency teams of professionals to be the first point of contact for families and young people coming into Family Hubs for advice and support. The Navigators will be proactive in finding ways to engage families who would benefit from but do not visit Family Hubs. They will assess the initial needs of families and assist them by signposting and referring to the relevant services that will support the family's needs. The Family Navigator offers free, confidential, and non-judgmental support. They can help with: Signposting to local support services in the community Lending a listening ear! Bonding with your baby			

Family Hub Parent and Carer Advisory Group	Ladywell Family Hub Visit 30 Rushey Mead, SE4 1JJ Downham Family Hub Visit Shroffold Rd, Bromley BR1 5PD	If you have any queries please telephone: 07720 152904 or email Ladywell.Family.Hub@Lewisham.gov.uk if you have any queries please telephone: 07860 342230 or email Downham.Family.Hub@Lewisham.gov.uk	Sign Up Form Family Hubs Parent and Carer Sign-Up Form		Accessing childcare Form filling Much, much more!  The poster for the Family Hubs Parent and Carer Advisory Group features a group of diverse people smiling. It includes the following text: Who is the Parent and Carer Advisory Group for? Any parent, carer (or expectant parent or carer) living in Lewisham with a child aged 19 or below (or 25 for young people with Special Educational Needs and Disabilities – SEND) When: every eight weeks across Lewisham's Family Hubs - contact Lou for more information Call Lou on 0790 900 1310 to find out more Sign up here: bit.ly/3CJD0hr Watch our launch video here: bit.ly/3pbH0o8 Read more here: bit.ly/3eN08ZJ Would you like to help shape how services are delivered to families within Lewisham's Family Hubs? Would you like to meet others from the community and have your voices heard? Then join our Family Hubs Parent and Carer Advisory Group! What's in it for me? • A warm welcome • Help shape services • Vouchers for your time • Have your say! • Refreshments • Meet other community members • TFL travel expenses • Guest speakers and training		
Lewisham Music	First Floor, The Fellowship Inn, Randlesdown Road, Bellingham, London, SE6 3BT	020 3637 8088	General enquiries: info@lewishammusic.org Jobs: jobs@lewishammusic.org	Lewisham Music - Music Education Hub for Lewisham	In partnership with local and national organisations, Lewisham Music delivers and supports a range of musical opportunities in schools and community settings across Lewisham with the aim of creating positive change in young people's lives		

			Community music: community@lewishammusic.org Instrument hire to schools: instruments@lewishammusic.org			
Lewisham Talking Therapies – Supporting mental health – Free confidential service		020 3228 1350 – 9am- 5pm Mon- Fri	Email: slm-tr.IAPT@lewisham.nhs.net To complete an online Patient Referral Form Referral Form (mayden.co.uk)	Lewisham Talking Therapies	Lewisham Talking Therapies offers a range of free and confidential talking therapies and specialist support to help you reduce depression and anxiety symptoms. They offer a range of short-term psychological therapies to adults 18 yrs. + who are registered with a Lewisham GP or live within the Lewisham borough. Part of the Improving Access to Psychological Therapies (IAPT) Programme.	
Lewisham SEN Travel Assistance	Lewisham Services	Contact the Travel Coordination Team via telephone on 020 8314 6363	email at tct@lewisham.gov.uk. Please include your name, your child's name, and a contact number in any emails.	Lewisham Council - How to apply for travel assistance for children with special educational needs	It usually takes 10 days to assess an application. If approved for travel assistance, it takes a further 10 days to arrange the appropriate form of travel. Please note that assessments and arrangements may take longer at peak service times (July, August and September and before the start of any academic term). It's recommended to apply for assistance as early as possible.	

Lewisham Youth Hub – Part of Lewisham Children and Young People’s Centre	78 Lewisham Park London SE13 6QJ	Tel: 020 8314 9190 Mobile/WhatsApp – 07721 233459	Email: youngfutures@lewisham.gov.uk	Lewisham Council - Youth Hub	Youth Hub team support YP with their next step. This could be education, training, employment, apprenticeships, or Kickstart. Offered to Lewisham residents aged 18-24. It’s a personalised one-to-one specialist information, advice and guidance service providing access to training, job and other development opportunities. They publish a weekly Jobs and Opportunities Bulletin email with a range of local opportunities available.
Lewisham Youth Services	185 Brookehowse Road, London SE6 3TT Headquarters Other sites include: Honor Oak Youth Club TNG Youth & Community Centre Woodpecker Youth Club Deptford Adventure Playground Dumps Adventure Playground Home Park Adventure Playground	Tel: 02083 146000	Email: lys@lewisham.gov.uk	Lewisham Youth Service	LYS offer all year round after-school and holiday provision (daytime) delivered at our adventure playgrounds and youth clubs. Projects provided include, 1:1 work, targeted and themed based informal education for young people that live, go to school/college in the borough of Lewisham. LYS programmes offer children and young people aged 8-19 (up to 25 with additional needs) the opportunity to grow, play, have a voice and learn in a safe space with the support of qualified staff. LYS encourage young people to embrace their heritage and cultures, working with them to explore identity and creating tolerance for all. The service is constantly adapting to better meet the needs of children, young people and local communities - ensuring that our service supports people where they are.

	Honor Oak Adventure Playground Riverside Youth Club					
London Sport	House of Sport 190 Great Dover Street Borough London SE1 4YB	Tel: +44 (0)203 848 4630	General Enquiries email: info@londonsports.org Or complete online form Contact us - for general or specific enquiries - London Sport	Home Page London Sport - London Sport	London Sport is a charity that exists to help all Londoners live longer, healthier, and happier lives through being active. The focus is on children and adults in the most deprived communities who face the greatest challenges of inequality.	
London Thunder Basketball – Aspire Super Region Camp	The Thunderdome, Stockholm Road, London, SE16 3LP	0207 237 8515	Email: info@thunderbasketball.net	11 players selected for ASPIRE Super Region Camp – London Thunder Basketball	Aspire aims to develop the basketball and life skills of talented 11-15-year-olds who have the potential to play for England and Great Britain.	
Lewisham Works	Unit 19 Centre, Lewisham London SE13 7HB	Speak to an advisor Customer Booking - Services	Email: JobsAndSkills@lewisham.gov.uk	Lewisham Council - Lewisham Works	Lewisham Works is a free service to support unemployed residents in to good jobs. We work closely with training partners and businesses to provide pathways into a range of jobs in various sectors. On offer: --a dedicated employment and training advisor careers advice and guidance CV development, job application support and interview techniques	

		Both in person and remote (online) appointments available			-sector specific training -access to volunteering and work experience opportunities -access to vacancies and apprenticeships in Lewisham and the surrounding areas - financial advice to maximise the benefit of working -funds available for childcare and travel in the first few weeks of a new job 	
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Lewisham Youth Theatre	Lewisham Youth Theatre 436 Lewisham High Street SE13 6LJ	Tel: 020 8318 2508 Contact: Subira for more information (Progression & Training Project Coordinator for Lewisham Youth Theatre)	Email: info@lewishamyouththeatre.com For Direct referrals of 'In Need' young people into our programmes please email Maz Wright - Outreach Producer - outreach@lewishamyouththeatre.com For Over 18s Training Opportunities please	Lewisham Youth Theatre	Lewisham Youth Theatre (For Ages 8 - 25). (LYT) nurtures and inspires young people's voices through FREE participatory theatre and Technical Backstage programmes helping them to develop enduring and transferable skills that lead to increased life chances and long-term well-being. We bring young people from across the Lewisham community together to create outstanding theatre in an environment of high expectations and collaboration. We work from the core belief that artistic excellence is key to expanding young people's horizons and creating lasting transformation. FREE facilitation Training Opportunities (For ages 18-25)	

		Tel: 07960 095 064	email: training@lewishamyouththeatre.com		This training is Ideal for those who are not employed or in training but are passionate about drama/creativity and are seeking ways to give back to their community. Participants of the Training Project will receive... - London Living Wage to deliver and plan Health and Wellbeing Drama workshops in Lewisham primary and secondary schools. - Level 3 AQA in Facilitation and Mental Health First Aid Awareness - Expenses for food and travel for the training and evaluation days - Direct Pathways into PAID work on LYT core projects 	
Lewisham Young Champions	Lewisham Services	Lewisham Services switchboard 020 8314 6000 24 hrs	Sign-up form for Young Champions contact from Lewisham Council - Young Champions Sign-Up Form	Lewisham Council - Young Champions	13- to 25-year-olds, who want to: tackle health-related misinformation, share health advice with their community. Give their opinions on health issues.	

Little Village	St Mark's Church Hall, 53 Rowfant Road, London SW17 7AP Head Office	Contact us - Little Village (littlevillagehq.org) for various services.	Make a referral - Little Village (littlevillagehq.org)	Home - Little Village (littlevillagehq.org)	Little Village supports families with babies and children under 5 living in poverty across London. They run a baby bank network, collecting, sorting and passing on pre-loved clothes and equipment. Parents are also supported by our dedicated signposting and guidance team, who offer advice and links to other services. In addition, they work with families to share their stories and campaign to fix the systems that trap them in poverty. Based in London, with hubs in Camden, Wandsworth, Brent, Hackney and Hounslow. If someone needs support from Little Village, they'll need a referral from a professional.	
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London LGBTQ+ Community Centre	60-62 Hopton Street, Blackfriars, SE1 9JH, London	NA	bookings@londonlgbtqcentre.org	London LGBTQ+ Community Centre - Home	The London LGBTQ+ Community Centre is a sober, intersectional community centre and café where all LGBTQ+ people are welcome, supported, can build connections and can flourish. Our vision is for a more connected, belonging and thriving LGBTQ+ community in London.	
M						
Mammakind	Mammakind 3-11 Albion Way, London SE13 6BT	-	Contact us - MammaKind Email: info@mammakind.org.uk	MammaKind MammaKind London Facebook	MammaKind is a baby bank that collects and distributes pre-loved and new donations of clothing, toiletries, toys and baby equipment, as well as baby food, to help struggling families with children aged five years and under. Working with a network of referral partners who send families to us, we support those in the south-east London boroughs of Bromley, Bexley, Greenwich and Lewisham.	
Families First Contact Point (MASH)	Access specific contact information to services online	Urgent child protection referrals Contact the MASH on 020 8314 6660 and ask to speak with a duty social worker.	Lewisham Council - Information for professionals about the MASH – includes the Online MASH request from.	Lewisham Council - The Multi-agency Safeguarding Hub (MASH)	MASH provides a single point of access to advice, information and support services for professionals working with vulnerable and at-risk children and young people. If someone is concerned about the safety and welfare of a child, they can contact the MASH, which is a partnership of agencies with a duty to keep children safe. If you think a child or young person may be in immediate danger, call 999 or contact your local police on 101.	

		If you are worried that a child is at risk of significant harm through abuse or neglect, please call the MASH immediately on 020 8314 9181 to discuss your concerns and then use the form to request child protection from the MASH.				
Men's Health Forum	The Men's Health Forum 7-14 Great Dover Street London, SE1 4YR	Contact (+44) 0330 097 0654	https://www.menshealthforum.org.uk/contact See link for forms of contact: general enquiries, media, medical questions etc.	Men's Health Forum (menshealthforum.org.uk)	All men and boys - particularly those in the most disadvantaged areas and communities - will have the information, services and treatments they need to live healthier, longer and more fulfilling lives.	
Mental Health Support Line	South London and Maudsley NHS Foundation Trust is the closest to YF Head Office	South London and Maudsley NHS Foundation Trust 0800 731 2864	See main NHS website.	Mental Health Helpline for Urgent Help - NHS (www.nhs.uk) Find local mental health services within your local area through the main website.	NHS urgent mental health helplines are for people of all ages in England. You can text "SHOUT" to 85258 for free from all major UK mobile networks. You'll then be connected to a volunteer for an anonymous conversation by text message. *This is not an NHS service. This free, confidential, 24/7 text messaging mental health support service is run by a charity called Mental Health Innovations. *	
Millwall FC	Millwall Football Club		Supporter Liaison Officer, Shona Groves,	Millwall FC - Millwall FC - Millwall FC	Millwall FC offer programmes for children with EHCP/Exclusions - however this would need to	

Millwall Community Trust	The Den Zampa Road London SE16 3LN The Lions Centre, Bolina Road, London SE16 3LD	Tel: 020 7740 0503	should be contacted with any queries, complaints or other requests – email: slo@millwallplc.com Email: enquiries@millwallcommunity.org.uk	Millwall Community Trust	be discussed with the school as part of the support and minimising risk of exclusions. Other local football clubs also do similar however you would need to check with them. Millwall Community Trust, works to provide sporting, education, social and healthy lifestyle opportunities to the local community in Southwark, Lewisham and the wider community. Its work is targeted at people of all ages irrespective of race, gender or sexual orientation and runs programmes aimed at tackling social exclusion, racism, knife crime, lack of employment opportunities for young people, mental health and disability issues. 		
Mind – Information	Mind Infoline (& Mind Legal) PO	0300 123 3393 Infoline 10am-	Email: info@mind.org.uk	Home - Mind	Mental health charity offers resources, support and advice.		

n & Support	Box 75225, London, E15 9FS	6pm Mon- Fri (except for bank holidays)		Mindful Mums South East London Mind	Quick Link - Mind helplines - Mind A Live chat option is available. Our Legal line provides legal information and general advice on mental health related law. We're open 10am to 6pm, Monday to Friday (except for bank holidays).		
Mindful Mum Support services			Queries about the Young Mindful Mums groups, email: mindfulmums@blgmi.nd.org.uk				
Mind Out – LGBTQ Mental Health Service	Community Base, 113 Queens Road Brighton BN1 3XG Main office	01273 234839	Email: info@mindout.org.uk	MindOut Mental Health Charity for LGBTQ community	For YP aged 8 and 25, live in any London borough, identify as LGBTQ and/or be experiencing issues related to equality, diversity and identity. Support available includes Advice & Information, Advocacy, Peer Mentoring Project 18+, 50+ project, Trans & Gender Diverse services, Suicide prevention, online support, counselling, community engagement, telephone befriending.		
Missing People	Missing People, Roebuck House, 284 Upper Richmond Road West, London SW14 7JE	Main Office Not open to the general public or for face-to-face support Tel: 020 8392 4590	Email 116000@missingpeople.org.uk	www.missingpeople.org.uk	Missing People is the only UK charity dedicated to reconnecting missing people and their loved ones. We offer support to people affected by a disappearance via our free, confidential Helpline on 116 000 and can launch a publicity appeal to help bring missing people home. Other services we provide include family support, counselling, and specialist services for		

Is This Ok? Service In partnership with Runaway Helpline		Fax: 020 8878 7752 Contact Us - Missing People Call or text 116 000	General Enquires: Isthisok@missingpeople.org.uk	Home - Is This OK?	issues related to missing such as exploitation and County Lines. Is This OK? Service supports young people affected by exploitation. It is a free, anonymous, and confidential service, bringing trained professionals together to provide support to young people through a chat service.		
M.I.T – Mabadiliko Intercultural Therapy Free online support for black gay & bisexual emotional support	105 Stanstead Road, Forest Hill SE23 1HH, Greater London, England, United Kingdom	07708 83 55 50 Monday - Friday by appointment only Sat & Sun - Training/Events	Online form: Contact - Mabadiliko CIC	Mabadilikotherapy - Home	Director: Beverley J Weston. Mabadiliko is the leading Intercultural Private Therapy service dedicated to offering a culture sensitive, trauma informed approach to talking therapies, for individuals aged 18 and over. Consultations/ initial assessments, referrals. M.I.T is an organisational member of the Lewisham Independent Advisory Group (Lewisham IAG), working in partnership with South London and Maudsley (SLaM) NHS Foundation Trust. SLaM is the main Primary Care mental health provider serving Southeast London.		
Montage Theatre Arts	Main Office Prendergast Hilly Fields College, SE4 1L and Invicta Primary, Benbow Street, SE8 3HD	Office Telephone Number: 0208 692 7007 (9.30am – 5.30pm,	Email: admin@montagetheatre.com	Classes - Montage Theatre Arts Social media contacts:	Montage Theatre Arts are a Lewisham-funded charity providing affordable holiday courses, after-school, and Saturday classes in the performing arts.		

	Classes held at: Prendergast Hilly Fields Crescent Sydenham Centre Brenchley Gardens Community Centre Invicta Primary School	Monday – Friday) Site Telephone Number: 07701351496 (Term Time: Monday 15.30 – 18.00, Tuesday 15.30 – 19.30, Thursday 15.30 – 18.30, Friday 15.30 – 19.30, Saturday 9.00 – 17.30) (Holiday Programmes: 9.15- 16.30)		www.instagram.com/p/C5VsLkOuVfN & www.facebook.com/photo/?fbid=502769285434607&set=a.177041654674040)	Offering free and reduced rate places for those from low-income households or facing social barriers to inclusion. Classes are fun and friendly which include Musical Theatre, Street Dance, Drama, Ballet, Contemporary Dance, Early Years and much more. No experience is necessary, and we are OFSTED registered with enhanced DBS checked, safeguarding, first aid and mental health first aid trained staff. Established in 1998 we've been serving the Lewisham community for over 25 years. Age range: 3-18 years	
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					OFSTED REGISTERED FIRST AID TRAINED SAFEGUARDING TRAINED YOUTH MENTAL HEALTH TRAINED  FREE & REDUCED PLACES Learn to act, dance and sing from industry professionals and even perform on stage. Have fun and make new friends - everyone welcome, no experience needed! High quality, affordable classes (ages 3-18) and holiday clubs (ages 5-12). DRAMA - STREET DANCE - BALLET - EARLY YEARS - MUSICAL THEATRE CONTEMPORARY DANCE - SINGING - DANCE Find us at: Brockley, SE4 1LE & Deptford, SE8 3HD  AFFORDABLE FOR EVERYONE! If you're on a low income, receive benefits or are a full-time student you're probably eligible! FREE PLACES: Contact us or apply at: www.montageheatre.com/bursaries REDUCED RATE: Pay half price, book online and just select 'reduced rate' 0208 692 7007 www.montageheatre.com Patrons: Dame Brenda Thompson OBE, Roy Williams OBE and Spensley La Touche Montage Theatre Arts is a registered charity No. 3105660. Registered for company limited by guarantee in England and Wales, No. 5520947.	
Mosaic	Online	Phone 0300 800 5428 Whatsapp 07550 124 393	welcome@mosaictrust.org.uk	Mosaic Trust - Home	Our mission is to support, educate and inspire London's LGBT+ Young Persons (aged 12-18 and 18-25)! We do this by providing accessible activities, programmes and services that are co-designed with our members. We are committed to building a proud, strong and kind LGBT+ community that is healthy, safe, and thriving. A community where every LGBT+	

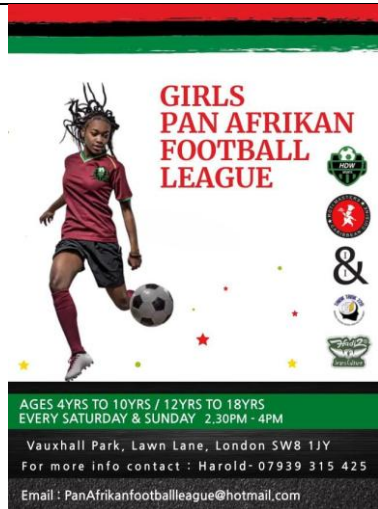
					person can contribute and be truly, authentically themselves.	
Mulberry Hub Youth Clinic – North Lewisham Primary Care Network	Suite 1, Ground Floor, Waldron Health Centre Amersham Vale, New Cross, London SE14 6LD	Tel: 0203 747 0565	The Mulberry Hub - North Lewisham PCN Use contact form for non-medical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

Autistic Society		charity opening times Call 0207 833 2299 (Monday to Friday 9am-12pm and 1-3pm) For feedback about the school call the Supporter Care team on 0808 800 1050, who will take down details of your feedback to pass on to the appropriate team.	Many services available see the contact link for more information Contact us (autism.org.uk) Send feedback to yourviews@nas.org.uk		training companies on being more autism-friendly, they are dedicated to transforming lives and changing attitudes. Lewisham Autism Support, Drop-In Session. An opportunity to chat with an experienced Family Support Coordinator and find out about strategies, services and benefits that can support you. No appointment necessary – just drop in		
The National Saturday Club	Somerset House, Strand, London WC2R 1LA	Tel: 020 7845 5860	Join a Saturday Club - National Saturday Club (saturday-club.org)	National Saturday Club - Explore exciting subjects on Saturday mornings for free (saturday-club.org)	The National Saturday Club programme is FREE, has no exams and offers 13–16-year-olds a unique opportunity to build their skills, develop their confidence, and discover pathways to further study and future careers. With a particular focus on engaging young people from disadvantaged backgrounds and underrepresented communities. The National Saturday Club invite Young People to take part in a Craft&Making Club at Cockpit Arts, Deptford, on Saturdays from 10.00-13.00, the club runs until 29 th June.		

					Drawing on the incredible talents of over 150 world-class makers, this club gives it's members an opportunity to get hands-on with a wide range of craft skills. Club members have the chance to take part in national events including Masterclasses with leading industry professionals and the Summer Show , where all Club members exhibit their work in a public showcase – all for free!	
The National Youth Advocacy Service - NYAS	NYAS Main office in England Tower House 1 Tower Road Birkenhead Wirral Merseyside CH41 1FF	Free Phone Helpline 0808 808 1001	Email: help@nyas.net	The National Youth Advocacy Service NYAS	NYAS work closely with colleagues and partners across relevant sectors to deliver an outstanding service to children, young people and adults who need our support.	
New Wave Academy - Martial Arts Martial Arts in Bromley & Croydon	Unit 8B, & 9, The Mall, Bromley BR1 1TS	Tel: 020 8460 1600	bromley@new-wave-academy.com	New Wave Academy Training Centre MMA BJJ Kickboxing Fitness (new-wave-academy.com)	Brazilian Jiu-Jitsu No Gi Grappling Mixed Martial Arts Wrestling Thai Boxing Warrior Cubs Warrior Cubs _Kids Club The Warrior Cubs program is split into two age groups - 5-7 and 8-14 - and each group has its own tailored curriculum to ensure that your child is learning skills that are appropriate for their age and skill level.	
NHS Cadets by St Johns	Headquarters: St John Ambulance 4 Low	Tel: 08700 104 950	Email: nhscadets@sja.org.uk	NHS Cadets Homepage St John Ambulance (sja.org.uk)	NHS Cadets, provides opportunities to explore roles in healthcare. It is aimed at young people aged 14 to 18 who are from communities	

Ambulance	Moor Road Lincoln Lincolnshire LN6 3JY	Mon-Fri 9am-5pm Calls cost 2p per minutes plus your phone company's access charge.			currently under-represented within the NHS and St John Ambulance.	
NSHN- National Self Harm Network	National Self Harm Network Forum - Online		Members need to register – once registered members need to log in to access their account.	The NSHN (National Self Harm Network) Forum	Support individuals who self-harm to reduce emotional distress and improve their quality of life. Support and provide information for family and carers of individuals who self-harm. They raise awareness of the needs of people who self-harm, dispel myths and combat discrimination. Empower and enable those that self-harm to seek alternatives to self-harm and further help where appropriate.	
NSPCC – The National Society for the Prevention of Cruelty to Children	Weston House, 42 Curtain Road, London EC2A 3NH. Registered offices	Worried about a child or young person? contact the NSPCC Helpline for support and advice for free - call us on 0808 800 5000 18 or under contact child line 0800 1111	email help@nspcc.org.uk If you have any concerns at all about a child's safety or wellbeing, don't hesitate to contact us.	NSPCC The UK children's charity NSPCC Link for specific support to parents and families- Keeping children safe https://www.nspcc.org.uk/keeping-children-safe/ NSPCC Learning homepage - safeguarding training and resources	Leading UK's children's charity. Services include Working with Children, Therapeutic Services, National Helplines, Ground-breaking research, Support and advice for families, Campaigning for Change. NSPCC offers training and resources in safeguarding and child protection.	

NSPCC - PANTS		https://www.childline.org.uk/		Talk PANTS & Join Pantosaurus - The Underwear Rule NSPCC PANTS resources for schools and teachers NSPCC Learning	Education programme. With the help of our friendly dinosaur Pantosaurus, Talk PANTS is a simple conversation to help keep your child safe from sexual abuse. Part of NSPCC Learning- lesson plans, presentations and class room activities.				
O									
Oasis Care and Training Agency	Head Office: 24 - 32 Murdock Street London, SE15 1LW	Tel: 0207 639 6192	Contact Us OASIS 2020 (oasiscareandtraining.org.uk) Complete online form to get in touch.	Home OASIS 2020 (oasiscareandtraining.org.uk) Skills Boot Camps are free, flexible course from 6-12 weeks for adults aged 19 and over. Contact Rose Talawila for more information Rose.talawila@oasiscareandtraining.org.uk Tel: 0203 007 2109	Oasisi Care and Training Agency provide support and training for qualified health and social care staff. The agency is London based and are accredited by the NCFE. The agency acts as subcontractors for Pathways and TCHC. Funding received is focussed on developing specialised Health and Social Care skills. The agency also offers apprenticeship programmes in Business Administration, Team Leading, Customer Services and Information Technology.				
P									
Pan Afrikan Football League	Vauxhall Park Lawn Lane London SW8 1JY	Tel: Harold Williamson 07939 315 425	Email: PanAfrikanleague@hotmail.com	SocaLoca Pan Afrikan Football League App.					

		Tel: Kobina 07737 602 484 Tel: Tanita 07756 081 163		Please contact Harold for more information.	 “Getting young people active and united”. Girls age group on Sundays is 12 to 18 years old.  12-18 Years old.	
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PALS - Patient Advice and Liaison Service	200 Kirkdale (nearest Location) London SE26 4NL Search for other locations and find PALS officers in local hospital.	0800 731 2864	Email: pals@slam.nhs.uk	Pals (www.nhs.uk)	PALS offer confidential advice, support and information on health-related matters. - They provide a point of contact for patients, their families and their carers.	
Passing Spoons	5 Lambeth Palace Rd, London SE1 7LB	Telephone 07526948228	info@passingspoons.com	https://passingspoons.foamat.com/	Passing Spoons is a social enterprise established in 2026, using cooking and food education to create opportunities for young people to learn, build confidence and connect with others. We run free, weekly cooking workshops across London, creating a welcoming and supportive space where young people can develop practical skills, explore food and cook together. Our workshops are hands-on and open to young people of all cooking abilities. We cook everything from scratch, learning practical skills along the way and exploring where food comes from, how it is produced and the different cultures and communities that shape what we eat. We are currently based at The Garden Museum in Lambeth, where we run regular workshops in the museum's learning kitchen and make use of its gardens to grow, pick and cook with fresh ingredients. We also run satellite workshops with youth groups and community organisations across London, working with local partners to bring cooking into spaces across the city.	

Positive Penguins	Online APP	-	Contact Us positivepenguins	positivepenguins	Aimed at 8–12-year-olds, Positive Penguins is an award winning, top ranked, fun educational app developed for children to help them understand why they feel the way they do and help them challenge their negative thinking. The app aims to help children understand their feelings come from their own thoughts not the situations. Access for Instagram - Positive Penguins (@positivepenguins) • Instagram photos and videos		
Proud to be me	The Loft, Facework, MakerSpace, Queens Road, London, England, SE14 5HD	NA	hello@proudtobemecic.org	Proud to be me CIC Youth	Proud to Be Me CIC is a preventative organisation focused on building confidence, safety, and opportunity for girls and LGBTQ+ young people. We specialise in early intervention, supporting those most at risk of exploitation, disengagement, or harm.		
Prince's Trust	Various courses throughout the year so see website for courses in London for the upcoming months. Opportunities Near Me Help For Young People The Prince's Trust (princes-trust.org.uk)	Tel: 0800 842 842 Monday to Friday, 9.00am to 6.00pm. live chat from 9am to 6pm Monday to Friday	Complete the form Get in touch Help for Young People The Prince's Trust (princes-trust.org.uk) Prince Trust who provide support (1:1 and group) to young people 16 to 30y who want to return to education/training and then onto employment	The Prince's Trust Start Something (princes-trust.org.uk)	Prince's Trust provide 1:1 and group support to YP 16 to 30yrs who want to return to education/training and then into employment. The Prince's Trust help those from disadvantaged communities and those facing the greatest adversity by supporting them to build the confidence and skills to live, learn and earn. The courses offered by The Trust help young people aged 11-30 to develop essential life skills, get ready for work and access job opportunities.		

			Contact us The King's Trust		 Prince's Trust Information Slides.pdf	
Q						
R						
Rape Crisis	Rape Crisis England & Wales, Suite E7.2, Josephs Well, Hanover Walk, Leeds, LS3 1AB.	You can contact our 24/7 Rape & Sexual Abuse Support Line and speak to one of our specialists – at any time of the day or night. Call free on 0808 500 2222 or go to the website to start a free online chat.	You can contact our 24/7 Rape & Sexual Abuse Support Line and speak to one of our specialists – at any time of the day or night. Call free on 0808 500 2222 or go to the website to start a free online chat.	Rape Crisis England & Wales	Rape Crisis - Whether it happened recently or a long time ago. Get help, Get informed and Get involved.	
Refuge	3rd Floor One America Square 17 Crosswall London	Free 24 hr helpline 0800 2000 247	British Sign Language Helpline available Chat services and messaging services online	Refuge – For women and children. Against domestic abuse.	Refuge services include: Our refuges Support in the community Independent advocacy Culturally specific services	

	EC3N 2LB Registered office		https://www.nationaldahelpline.org.uk/en/Contact-us	Access through most social media networks	Gender-based violence services 'One stop shop' services How to secure your technology Economic abuse Coercive Control Child support workers Support for disabled women National Domestic Abuse Helpline			
Regular Cleaning- Better Places for Everyone, Everyday	Aldworth House 1 Aldworth Grove London SE13 6HJ	Contact 020 8690 4488	Email: hello@regularcleaning.com	Better places Regular Cleaning	London cleaning services for offices, mixed-use developments, retail, business parks, estates and shopping centres.			
Relate	South Street Bromley BR1 1RH United Kingdom Online & Telephone Only Lewisham SE13 5FQ United Kingdom	0300 003 3225 8:00am-8:00pm Mon-Thurs 8:00-18:00 Fri 9:00-13:00 Sat Sunday Closed Other locations	Email: Appointments.LondonSE@relate.org.uk 01273 697 997 Reception.Brighton@relate.org.uk	Home Relate	Relate services include relationship counselling, family counselling, mediation, children's counselling, young people's counselling and sex therapy. We also provide friendly and informal workshops for people at important stages in their relationships. Relate locations: Beckenham, Honour Oak, Lewisham, Dulwich, Blackheath, Crystal Palace and Greenwich.			
Resources For Autism	London Office 858 Finchley Road Temple Fortune	Tel: 020 8458 3259	Email: admin@resourcesforautism.org.uk	Home - Resources for Autism	Resources for Autism provide practical services for children and adults with a diagnosis of autism and for those who love and care for them. They have a team of trained, enthusiastic			

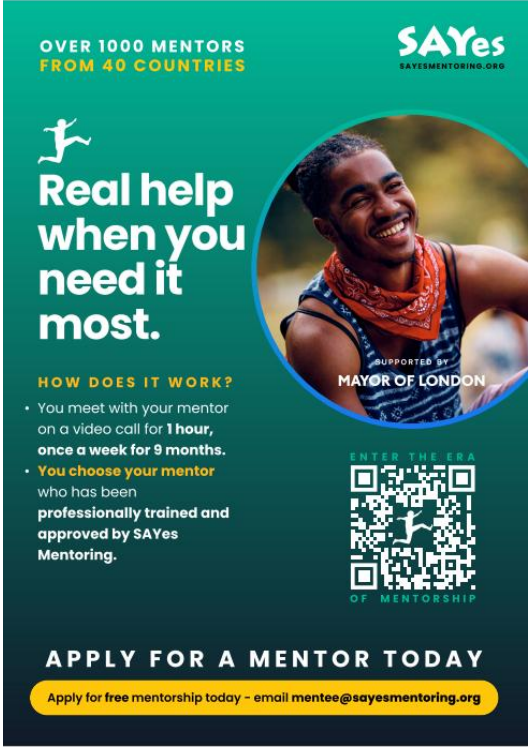
	London NW11 6AB		If you need help making a referral or would like to talk to someone first, email: Lewisham@resourcesforautism.org.uk		and kind staff and volunteers offering a wide range of support. All our staff are autism specialists who understand communication and sensory needs. 		
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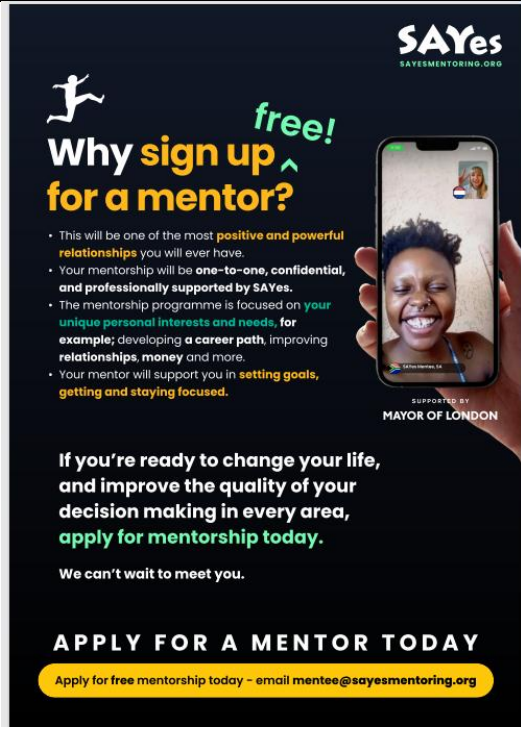
					Welcome to the Resources for Autism All Age Autism Hub in Lewisham <i>Who is the hub for?</i> Autistic people of all ages, with or without a diagnosis, those who love and care for them and professionals too. What is on offer: • Information, advice, signposting and support for wherever you are on your journey • Workshops on a range of topics • A range of fun social opportunities for autistic people • Drop-in sessions for autistic individuals and/or those who care for them • Autism specific strategies • Coffee mornings for parents/carers • Support around understanding your or your child's autism • Training and advice to professionals • Much more!  To receive more information on or to access any of the services Resources for Autism offer please complete a referral here: www.resourcesforautism.org.uk and someone from the team will be in touch with you to understand how we can support you. If you need help completing a referral, or would prefer to speak to someone first, you can contact the team by emailing lewisham@resourcesforautism.org.uk or calling 07458302961 resources for autism		
Restorative Justice 4 All RJ4ALL	30 Plough Way London SE16 2LJ	Tel: +44(0)7708758 600 Email: Admin@rj4all.org	Email: Admin@rj4all.org	Home - (rj4all.org)	RJ4ALL supports civil society and delivering social justice and poverty relief projects, educational programmes, high-quality volunteering opportunities, and restorative justice practices. Footsteps Forward Project is designed to cater to the needs of 10 young people in London aged between 14 and 18 who are suffering from bereavement. These situations may be triggered by youth violence or other factors.		

S

Safer London	Safer London Skyline House, 200 Union Street London, SE1 0LX Head Office	Tel: 0207 021 0301 (Head office)	Email: referralandassessmentteam@saferlondon.org.uk N.B referrals are limited, and you would need to make contact prior to making the referral. Programme support YP in London affected by gang violence, grooming, at risk of CSE and repeat offenders. info@saferlondon.org.uk main office	Young Londoners - Safer London	Our support is based on your individual circumstances and needs. We offer one to one support, where one of our team will work with you over a period of six months. Together we'll work on aspects of your life such as safety planning and self-esteem building. Young Londoners who we work with also access to specialist support such as housing advocacy and emotional wellbeing. Services also included for Professionals, and Parents & Carers.			
SAM (Self help App for the Mind) – Self-help App for the Mind	Online App to help manage anxiety, depression & loneliness.	Online	support@mindgarden-tech.co.uk	Self-help App for the Mind (SAM) Self-help App for the Mind (SAM) (mindgarden-tech.co.uk)	SAM is a non-profit, community-backed wellbeing app to help you monitor and manage your mental health, with self-help techniques to help with anxiety, depression, loneliness and coping. SAM is informed by clinical best practice and academic research. – Instagram access Self-Help App for the Mind (@mindgarden_sam) • Instagram photos and videos			
Samaritans	Central Office postal address: Samaritans, The Upper Mill, Kingston Road, Ewell, Surrey KT17 2AF	Free call 116 123 24hrs Central Office telephone: +44 (0)20 8394 8300	Email: jo@samaritans.org Central Office email: admin@samaritans.org	Samaritans Every life lost to suicide is a tragedy Here to listen	Ways to get in contact-write a letter, find a local branch plus self-help app, Welcome Samaritans Self-Help			

Sane – Mental Health Charity	St Mark's Studios, 14 Chillingworth Rd, Islington, London, N7 8QJ Head Office	0300 304 7000 Helpline Opens 4pm- 10pm 365 days/yr. Tel: 020 3805 1790 Head Office SANEline Open every day 4pm to 10pm, call 0300 304 7000.	Send a message for general enquires through the contact from Contact us - SANE	Home - SANE	UK charity providing emotional support & information to anyone suffering from mental illness. SANE community consists of forums with blogs, artwork and audio, and Creative Awards Scheme offering grants to those affected by mental illness, their families or carers. SANEline - A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.		
SAYES Mentoring	UK Sanford House, 81 Skipper Way, St. Neots. PE19 6LT Overseas HQ SAYes c/o The Nimble Group 35 Brickfield Road Woodstock Cape Town 7925	Michelle Potter Executive Director & Co-Founder T +27 (0)21 830 0795 M +27 (0)76 771 9011	Email: Fiona Cox (Transition Specialist: fiona.cox@sayesmentoring.org +44 781 817 3287) Jack Smith (Mentee Liaison: jack.smith@sayesmentoring.org +44 7761 832 776) Abba Loughran (Mentee Liaison: abba.loughran@sayesmentoring.org)	SAYes Transition Mentoring (sayesmentoring.org)  Mentee Indemnity Form_Minors.pdf  Referral_information_minors_vulnerable_ad  Lewisham Mentee PM.pdf	Our mentoring programme is unique in its delivery model and offers an opportunity for young people to engage with SAYes mentors from all over the world, to receive guidance, advocacy, and support. The programme equips mentees with skills for building independence and for improving their emotional and physical wellbeing. For YP aged 16 and 17: (or vulnerable adult, 18 - 24) Key worker to send completed referral and consent forms to andrew.dellis@sayesmentoring.org (Safeguarding Lead) with YP's contact details (please see attached forms). For YP aged 18 or over: either: a. Send YP's name and contact details to Fiona (Transition Specialist: fiona.cox@sayesmentoring.org +44 781 817 3287) or Jack (Mentee Liaison: jack.smith@sayesmentoring.org +44 7761 832 776)		

			+44 7546 614 565)		Also book a call directly through https://sayes.simplybook.me/v2/#book 	
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					 SAYes SAYESMENTORING.ORG Why sign up ^{free!} for a mentor? • This will be one of the most positive and powerful relationships you will ever have. • Your mentorship will be one-to-one, confidential, and professionally supported by SAYes. • The mentorship programme is focused on your unique personal interests and needs, for example; developing a career path, improving relationships, money and more. • Your mentor will support you in setting goals, getting and staying focused. SUPPORTED BY MAYOR OF LONDON If you're ready to change your life, and improve the quality of your decision making in every area, apply for mentorship today. We can't wait to meet you. APPLY FOR A MENTOR TODAY Apply for free mentorship today - email mentee@sayesmentoring.org	
Saving Souls Hub – Improving Mental Health & Wellbeing through Sports	Headquarters: Bellingham Leisure Centre 5 Randlesdown Road London SE6 3BT	Tel: 07572-419-193	Email: info@savingsouls.org.uk	Saving Souls Hub	Saving Souls Hub brings together individuals who may be experiencing or have experienced feelings of isolation, loneliness, violence, abuse and mental health issues. Its inclusive approach ensures that everyone, regardless of economic background, can access the benefits of sports and community support. By offering free projects and external affordable workshops and training, Saving Souls Hub creates a supportive network, striving to break down barriers	

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

Self-Injury Support	Po Box 3240 Bristol BS2 2EF Head office Office/Admin Number: 0117 927 9600 Info@selfinjurysupport.org.uk	Phone lines are temporarily down until March	Emails can anytime – however service times Tuesday, Wednesday and Thursday 7pm-9.30pm tessemail@selfinjurysupport.org.uk	Self Injury Support	For girls and women up to 24 affected by self-harm. – Support for women and girls -resources and training for all. Contact can be made the FB, twitter, Instagram & LinkedIn.	
SE London Pride	Online	NA	Contact us — se london pride	se london pride	SE London Pride is a grassroots organisation led by passionate black and POC community members. We seek to celebrate, uplift & amplify the voices and experiences of the LGBTQIA+ community of SE London. We focus on creating safe spaces, and fostering inclusion for those who experience marginalisation, particularly individuals from the global majority. Through events and programmes, we aim to connect, empower, and uplift LGBTQIA+ people of all ages.	
Sidekick Helpline	Action for Children 3 The Boulevard, Ascot Road, Watford, WD18 8AG	Text: 07888 868 059 Monday & Thursday – 12.30 pm to 7.30 pm. Tuesday & Wednesday – 9.30 am to 4.30 pm. Friday – 9.30 am to 4 pm.	Email: sidekick@actionforchildren.org.uk	Sidekick - Sidekick by Action for Children	Sidekick is a helpline for young carers run by Action for Children. It is aimed at young carers aged 13 to 18 (up to 25 for young people with SEND) in the UK. Young people can message us, by text or email, about anything they like. We'll reply to them within 24 hours during our opening hours, Monday to Friday. The service is free for young people to use (if texts are included in their plan) and confidential.	

					 Sidekick flyer - Action for Children - April 20		
Signal Family Support	SIGNAL Family Support c/o Hatcham Oak Children's Centre Wallbuton Road Brockley London SE4 2NX	Candida Burrows Phone: 07946 632477	SIGNAL Family Support Manager (part-time) Candida Burrows admin@signalfamilysupport.org Contact us — SIGNAL Family Support	SIGNAL Family Support - SIGNAL Family Support	Signals provides access to inclusive activities such as trampolining and swimming and trips for families to socialise in a non-judgemental environment. A mutual support group for the families of autistic children and young people (ages 0-25) living in the London borough of Lewisham.		
SLAM (South London and Maudsley) - South London & Maudsley HHS foundation	Maudsley Hospital, Denmark Hill, London, SE5 8AZ	Urgent help call 0800 731 2864 (Option 1) 24 hours a day, to speak to our mental health crisis line. contact the Patient Advice and Liaison Service (PALS) on 0800 731 2864 (Option 2) for advice and information and to raise a concern or complaint.	Complete the online contact form for general enquiries. Contact us - South London and Maudsley (slam.nhs.uk) –	Services - South London and Maudsley (slam.nhs.uk)	Hospital & Service Directory		

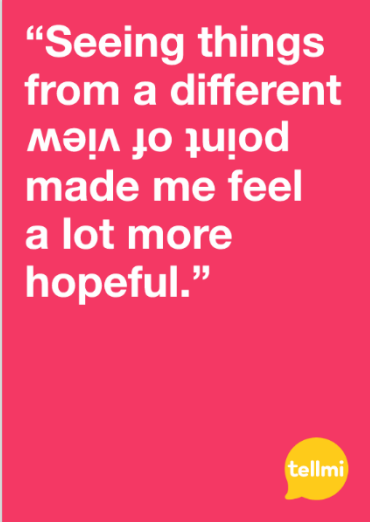
Smile Angel Organisation	Business postal address is available on request via email. Registered address: Royal Arsenal Gatehouse, Beresford Square, London, England, SE18 6AR	Contact Sabrina Siudmak Mobile: +44 (0) 7732 063 359	Email: smileangel.org.uk@gmail.com	Smile Angel	Smile Angel raises awareness and helps to solve the challenges faced by refugees and migrants integrating in the UK, to encourage employers to create diverse and inclusive job opportunities, ask landlords to provide loving homes and build compassion for refugees through my public speaking. They provide refugee's, asylum seekers and migrants with careers, education, employment and wellbeing mentoring and coaching delivered over Zoom in one-to-one or group settings. Example of workshops: - Career discussion (Identify your strengths and skills) - How to create my CV and a Cover Letter - Job application (Where to search and apply for a job) - How to prepare for an interview	
Smile of a King Foundation Offering free	7a Cambridge Gardens London NW6 5ae	Patrice King— Founder	Email: smileofakingfoundation@gmail.com Complete online form for general enquires/referral forms.	Mental Health Support For Young Black Men Smile Of A King Foundation London	Through public donations and grants SMOK are able to function. They work with professional counsellors and therapist to provide 12 weeks' worth of counselling sessions for Afro-Caribbean males.	

counselling sessions for Black Men and Boys			Contact Us Smile Of A King Foundation London				
Spark2Life – Community Mentoring	Greenleaf Centre 67-69 Greenleaf Rd, London E17 6QP	Tel: 020 8619 1355	General Enquires complete the online form General Enquiries (spark2life.co.uk) See Contact (spark2life.co.uk) for contact information for Compliments & Complaints, community mentors, Speaker request form, parent champion questionnaire.	https://spark2life.co.uk Community Mentoring (spark2life.co.uk)	Spark2Life was founded in 2007, we are a community-inspired initiative that empowers and advocates for offenders, and those at risk of offending. Through bespoke solutions we transform lives and disrupt the criminal justice narrative. The programme is aimed at 11 – 25 years with high Risk behaviour, offending or/ at risk of offending. For YP transitioning from Primary to Secondary School and at risk of exploitation or exclusion. A 3-month program, with 1:1 mentoring on a weekly basis.		
Sports Fun 4 All	Foster Park Memorial Park Whitefoot Ln, London SE6 1UA	Tel: 07432 121 741	Email: info@sportsfun4all.com	Sports Fun 4 All - weekly football club for kids in Lewisham List of FREE weekly football sessions: Bellingham - Bellingham Leisure Centre, SE6 3BT – Thursday & Friday - 5 pm – 7 pm - 15 – 19-year-olds	Sports Fun 4 All supports 3 – 19-year-olds through the provision of sports-based activities to: create safe, positive learning environments that will help them to live healthier lives, improve their mental and physical wellbeing and reduce social isolation; remove barriers to accessing high-quality facilities that will empower them to use sport as a vehicle for change in their		

				Catford - St Dunstan's Jubilee Ground, SE6 4SW – Monday - 5.30 pm – 6.30 pm – 11 – 16-year-olds Deptford - Deptford Lounge, SE8 4RH – Tuesday & Friday – 5 pm – 7 pm – 11 – 16-year-olds Downham - Downham Health & Leisure Centre, BR1 5EP – Tuesday & Thursday 5 pm – 7 pm - 11 – 16-year-olds Downham - Goldsmiths Community Centre, SE6 1PH – Wednesday - 5 pm – 7 pm - 10 – 14-year-olds Honor Oak - Honor Oak Estate MUGA, SE4 2HU – Thursday – 5 – 7 pm – 10 – 14-year-olds	community through volunteering opportunities; and develop their soft skills and provide opportunities to access accredited qualifications and training to increase employment opportunities.	
St Christopher's Hospice	51-59 Lawrie Park Road, Sydenham London, SE26 6DZ	020 8768 4500 020 8768 4689	info@stchristophers.org.uk <i>(Please note this email account is monitored from 9am – 5pm, Monday to Friday. Emails received outside of</i>	St Christopher's More than just a hospice (stchristophers.org.uk) St Christopher's Candle Child Bereavement Service	Provides bereavement services. Provides child bereavement services	

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

	Mosley Street, 4th Floor Woolwich House, Manchester, M2 3HZ		Contact form available https://www.streetgames.org/contact-us/ Contact Rashan McDonald Area Sport 4 Good Development Manager – London & South East Email: Rashan.McDonald@streetgames.org		across the UK. StreetGames' helps to make young people and their communities healthier, safer and more successful.	
Social Workers Tool Kit	Online Free Resource site			Free social work resources & tools for direct work with children and adults (socialworkerstoolbox.com)	Key resources for those working directly with children and Adults by Social Workers. Categories include: Fostering & Adoption, CSE & Sexual Abuse, Domestic Abuse, Drugs & Alcohol, Bullying, Mental Health, etc.	
Switchboard GBT+ helpline -	Switchboard Secretary, PO Box 7324, London, N1 9QS Registered address- & to write a letter of complaint.	Call 0300 330 0630 open 10:00 – 22:00 every day hello@switchboard.lgbt	Instant messaging and chat available from the website. Email: admin@switchboard.lgbt to contact the switchboard office staff.	Switchboard LGBT+ Helpline	We are Switchboard, the LGBT+ Helpline. We are a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. There are about 160 trained telephone volunteers at Switchboard who all identify as lesbian, gay, bisexual or trans.	

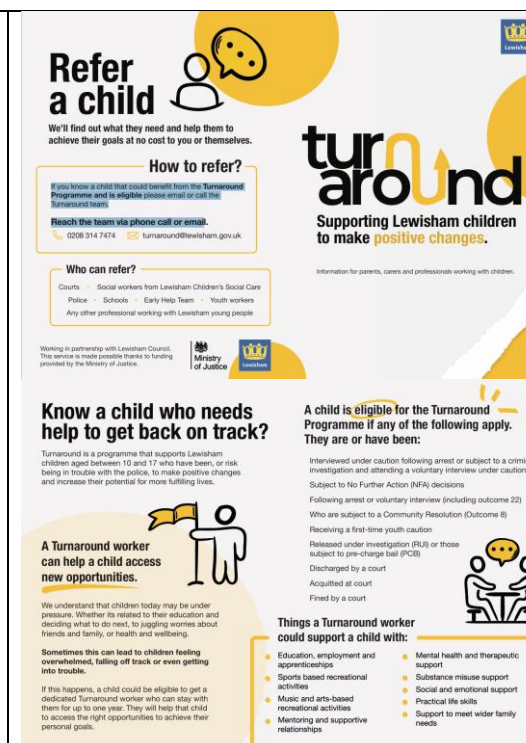
T						
Tellmi Mental Health Support	Health Foundry, Canterbury House, 1 Royal St, London SE1 7LL	Message the office team Contact Tellmi	Email: info@tellmi.help	Tellmi - Digital mental health support	Tellmi is a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem, sharing your experiences with Tellmi's community helps you to feel better. The moderators check everything to keep you safe and their in-house counsellors are always on hand if you need extra support. download the Tellmi app. 	

					 Got something on your mind? Book a free, confidential, text-based chat with a qualified Tellmi therapist at a time that suits you. Instead of dwelling on the problem, we'll help you to figure out the best way to fix it. Scan the QR code to book your FREE session. 1. Download Tellmi from the App Store or Google Play Store. You will need your Tellmi username to book your session. 2. Verify your account. 3. Scan the QR code to book your session. Visit tellmi.help/therapy or email support@tellmi.help if you have any questions or need help to book.   	
Togetherall	71-73 Carter Lane London EC4V 5EQ -Head office	Online Platform Form on: Business & Partnership Enquiries Togetherall	Create an account to be a part of the community. 24/7, and is completely anonymous so you can express yourself freely and openly.	Togetherall	Togetherall is a clinically managed, online community designed to improve mental health. Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members. For ages 16 and over.	
The Big House	51 Englefield Road London N1 3LH	Tel: 020 7923 9955	Email: info@thebighouse.uk.com	Home - The Big House	The Big House works with care leavers who are at a high risk of social exclusion. Through theatre and creative workshops, The Big House provides a platform for them to participate in the making of theatre and to have their voices heard.	

					 The Big House Referral Form Nov (1)  The Big House Brochure 2023.pdf	
The Society of London Ragamuffins	Mill House Argos Hill Road Rotherfield CROWBOROUGH East Sussex	0207 626 8571 Contact form on website: The Society of London Ragamuffins		The Society of London Ragamuffins	The Society of London professionals has been helping under-privileged children, both by grants and via projects, and enjoying one another's company and friendship at organized events throughout the year.	
The Midi Music Company	The Midi Music 77 Watson's St, Deptford London SE8 4AU	Office: 020 8694 6093 General enquiries: 07514 643 797 PR, media & course registrations: 07984 158 554	General Enquiries, Room Hire & CICAS® Appointments admin@themidimusiccompany.co.uk	Home - The Midi Music Company	The Midi Music Company (MMC) is an innovative music education and talent development charity, based in Deptford, South London. They champion excellence through our educational programmes, nurturing the musical talent of vulnerable and disadvantaged young people aged 11-30, and empowering them with the skills and confidence to seek careers in music and the creative industries. Check out the educational courses available Courses & Workshops - The Midi Music Company AYM (Aspiring Young Musicians) Fun classes for young people aged 11 to 16 to explore their passion for music! Cre8tiv® Exciting classes for creatives aged 16 years and over! Music Camps	

					Connect and Create is for children aged 5-7 (and their parents/carers)		
The Mix – essential support for under 25s +	Locations include Tower Hamlets, Newham, Newcastle, Durham, City & Hackney.	0808 808 4994 – For confidential support 3pm to 12am every day	There are lots of different services signposted on this website, including housing, counselling services. YP can also contact them via email or text via their Crisis messenger service, 24 hours a day.	The Mix - Essential support for under 25s Get Support - The Mix	Offers a variety of services – including relationships, drink & drugs, housing, mental health, work & study, crime & lifestyle and Travel & Lifestyle. Digital charity in the UK for 25yrs and under.		
The Young Women's Hub	308 Brownhill Rd London SE6 1AU	020 8698 6675 Monday - Friday 9:00 - 15:00 Saturday - Closed Sunday – Closed pwall@ywh.org .uk	The Young Women's Hub - Referral Form (ywh.org.uk)	The Young Women's Hub - Special Educational Needs at the Young Women's Hub (ywh.org.uk)	Our school supports young women who may have not accessed education for a while, who are struggling in mainstream school due to varying learning and or social needs or just find the formal education system difficult to navigate! Special Education Needs for Young Women.		
Trans Unite	TransUnite.co.uk Lincoln House 296 – 302 High Holborn London WC1V 7JH Head Office	Online	Complete the contact form – see link Contact Us Trans Unite Email offices: info@transunite.co.uk	Trans Unite Find a Transgender Support Group in Your Area See link for Trans Youth support meetup groups in London Find a Group Trans Unite	Access over 100 verified UK Trans support groups and locate one close to you. Detailed profiles offer specific information on the scope of support provided, meeting schedules and contact information.		

Turnaround Panel Supporting Lewisham Children to make positive changes	Lewisham Youth Justice Service, Lewisham Council, Children and Young People Directorate 9 Holbeach Road, Catford, SE6 4TW	Tel: 0208 314 7474	Email: turnaround@lewisham.gov.uk	Turnaround Programme - GOV.UK
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Refer a child

We'll find out what they need and help them to achieve their goals at no cost to you or themselves.

How to refer?

If you know a child that could benefit from the Turnaround Programme and is eligible please email or call the Turnaround team.

Reach the team via phone call or email.

0208 314 7474 | turnaround@lewisham.gov.uk

Who can refer?

Courts | Social workers from Lewisham Children's Social Care | Police | Schools | Early Help Team | Youth workers | Any other professional working with Lewisham young people

Working in partnership with Lewisham Council. This service is made possible thanks to funding provided by the Ministry of Justice.

Know a child who needs help to get back on track?

Turnaround is a programme that supports Lewisham children aged between 10 and 17 who have been, or risk being in trouble with the police, to make positive changes and increase their potential for more fulfilling lives.

A Turnaround worker can help a child access new opportunities.

We understand that children today may be under pressure. Whether it's related to their education and deciding what to do next, to juggling worries about friends and family, or health and wellbeing.

Sometimes this can lead to children feeling overwhelmed, falling off track or even getting into trouble.

If this happens, a child could be eligible to get a dedicated Turnaround worker who can stay with them for up to one year. They will help that child to access the right opportunities to achieve their personal goals.

A child is eligible for the Turnaround Programme if any of the following apply. They are or have been:

- Interviewed under caution following arrest or subject to a criminal investigation and attending a voluntary interview under caution
- Subject to No Further Action (NFA) decisions
- Following arrest or voluntary interview (including outcome 22)
- Who are subject to a Community Resolution (Outcome 8)
- Receiving a first-time youth caution
- Released under investigation (RUI) or those subject to pre-charge bail (PCB)
- Discharged by a court
- Acquitted at court
- Fined by a court

Things a Turnaround worker could support a child with:

- Education, employment and apprenticeships
- Sports based recreational activities
- Music and arts-based recreational activities
- Mentoring and supportive relationships
- Mental health and therapeutic support
- Substance misuse support
- Social and emotional support
- Practical life skills
- Support to meet wider family needs

Supporting Lewisham Children to make positive changes.

Turnaround is a programme that supports Lewisham children aged between 10 and 17 who have been, or risk being in trouble with the police, to make positive changes and increase their potential for more fulfilling lives.

Who can refer?

Courts

turnaround@lewisham.gov.uk

					Social workers from Lewisham Children's Social Care Police Schools Early Help Team Youth workers Any other professional working with Lewisham young people	
U						
Urban Synergy	32 Duke St, London SW1Y 6DF Registered Charity Office: 2 Lewisham Hill, Lewisham, London SE13 7EJ	07508 340391	Contact Us - Urban Synergy Mentoring News & Events	Home - Urban Synergy Mentoring News & Events	Urban Synergy is an award-winning youth empowerment charity that has helped over 20,000 young people between 9-24 years of age reach their full potential through outcome focused mentoring programmes and inspirational seminars. Accessible through social media networks. N.B 1-2-1 mentoring. Referrals to be made by schools, or youth clubs and other community support professionals.	
UKNA – Narcotics Anonymous in the UK	Physical, online and daily audio meetings are available across the UK. Local: Group Room C, Change Grow Live, 410 Lewisham High Street, Lewisham, London, Greater London, SE13 6LJ	Helpline 0300 999 1212 10:00am-Midnight	For general enquiries email: pi@ukna.org For the various associated committees see contact page link Contact us UKNA Narcotics Anonymous in the United Kingdom	Welcome to UKNA UKNA Narcotics Anonymous in the United Kingdom	Narcotics Anonymous (NA) is a non-profit program for recovering and active drug users. Members attend weekly (anonymous) meetings to help one another maintain sobriety. The primary purpose of NA is to build strong support groups and help members remain completely abstinent from drugs.	

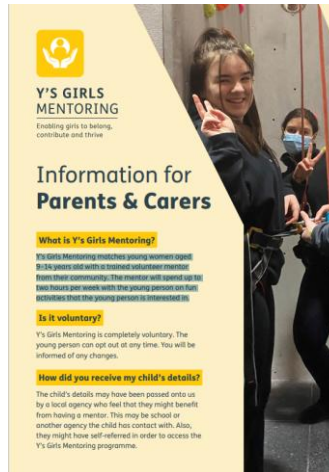
V						
Victim Support	Victim Support, 5-7 Singer Street, London, EC2A 4BQ	Call: 08 08 16 89 111 Start a live chat You can use the Relay UK app or contact us in BSL On all social media platforms	Email: Supportline@victim-support.org.uk	Help and support - Victim Support	Victim Support help anyone affected by crime. Not only those who experience it directly, but also their friends, family and any other people involved. It doesn't matter when the crime took place, or whether it's been reported to the police. Everyone can get our help at any time, 24 hours a day, seven days a week. Victim Support independent from the police, and the support is free and confidential.	
Voice Collective	Voice Collective, Mind in Camden, Barnes House, 9- 15 Camden Rd, London, NW1 9LQ	020 7911 0822	info@voicecollective.co.uk	Voice Collective: Supporting Children & Young People who Hear Voices or See Visions	Voice Collective is a UK-wide project that supports young people who hear voices, see visions, or have other sensory experiences or beliefs. Information, crisis support and peer support groups for YP 12-18.	
VRT – Violence	Holbeach road, London, SE6 4TW		syv@lewisham.gov.uk		The Violence Reduction Team brings together professionals from the local authority, health	

Reduction Team				Lewisham Council - Reducing violence Violence Reduction Unit - GOV.UK (www.gov.uk)	services and the police to provide a multi-agency approach to breaking the cycle of involvement in violence; both as victims and as perpetrators.				
W									
Waythrou gh	two head offices, one in Durham and one in London: Registered Office and Head Office North Unit 22, Inspiration House	See insight Lewisham Insight Insight Lewisham Supporting young people who want information, advice and	Email: info@waythrough.org.uk	Home - Waythrough https://insightyoungpeople.org.uk/our-services/insight-lewisham-young-people/	We offer services for people looking for advice and support with mental health, alcohol, drugs, supported housing, domestic abuse, employment, training and education, as well as other related areas like gambling and the criminal justice system. We work with people from many different backgrounds through our services for adults, young people, and families. Our support is friendly, free and confidential. We create safe spaces in local places across				

	Bowburn North Industrial Estate Bowburn Durham DH6 5PF Head Office South 80 Holloway Road London N7 8JG	support around drugs, alcohol, sexual health or relationships.			England with a mixture of people who can help you. That includes volunteers and people with their own lived experiences, as well as our professional teams. You don't always need a referral – many of our services are happy for you to simply pick up the phone, email them or walk straight into reception to talk.			
We are Lewisham.	Check online for specific upcoming events, creative challenges etc.		Access through popular social networks. Get involved in upcoming.	Home — We Are Lewisham	Welcome to your one-stop destination for discovering everything creative and cultural happening across the borough. We Are Lewisham brings together Lewisham's vibrant arts and culture scene in one easy to navigate place. Whether you're looking for live music, theatre, exhibitions, workshops, festivals or family-friendly activities, you will find it all here. Lewisham was proud to be named London Borough of Culture in 2022, and we continue to celebrate the creativity, diversity and community spirit that make our borough so special. From grassroots organisations to major cultural institutions, Lewisham is home to a wide range of cultural opportunities for residents and visitors of all ages. Explore upcoming events happening across Lewisham and discover the arts and cultural organisations that make the borough so vibrant.			

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

					from one another's experiences, feel seen and know their feelings are valid.	
Women and Girls Network WGN	Women and Girls Network, PO Box 13095, London W13 3BJ	Advice Line 0808 801 0660 See contact page for full list of specific support services available. Contact us Women and Girls Network (wgn.org.uk)	For advice, information and support call email advice@wgn.org.uk Monday-Friday: 10am-4pm and late evening Wednesday 6pm-9pm	Home Women and Girls Network (wgn.org.uk)	We are the Advice Hub for survivors 14+ who self-identify as female and have experienced any form of gender-based violence. We provide a one-off support line, getting a really good understanding of a survivor's situation and putting together a wrap-around support plan as best we can to reduce the risk from perpetrators, which can include safety planning, housing advice, mental health support, links with legal advice, VAWG educational/groups signposting, among many other forms of support. We can also provide advice to professionals supporting survivors.	
X						
XLP Mentoring	All Hallows-on-the-Wall, 83 London Wall, London, EC2M 5ND.	020 7256 6240	Contact Us - XLP contact form available Email: info@xlp.org.uk Lewisham mentoring service - currently only accepts a small number of referrals per professional.	XLP - Home	XLP is about creating positive futures for young people growing up on inner-city communities in London. Programmes include Schools – tutoring, mentoring, employability, and communities. – Social Media: @xlplondon.	

Y							
Y's Girls Mentoring YMCA	112 Great Russell Street, London, WC1B 3NQ	General Enquiries Telephone: 020 3994 9544	Email: info@ymca.co.uk	Education and Training Health and Wellbeing Central YMCA Y's Girls Mentoring	Y's Girls Mentoring matches young women aged 9–14 years old with a trained volunteer mentor from their community. The mentor will spend up to two hours per week with the young person on fun activities that the young person is interested in.		
							

					Will I meet the mentor? If you have received this leaflet, it is likely you have already received a visit to your home from the Project Coordinator. If the young girl chooses to have a... mentor, they will usually be introduced at your home so you can meet them face to face. How long is the programme? The mentoring relationship lasts normally for around one year, but this can change depending on the circumstances of the young person. How will I know my child is safe? All mentors undergo mandatory safeguarding checks (PVG, DBS, etc.) and have references undertaken prior to recruitment. Mentors also receive specific training and ongoing support to help them choose activities that are both safe and fun, as well as adhering to YMCA policies and procedures. The Project Coordinator receives regular reports about the activities to keep an overview, and the young people are regularly asked for their feedback. Do I have to drop my child off and pick them up? The mentor will come to your home to pick up your daughter or the child you care for. The mentor will inform you of their planned activity, the location, and their estimated time of return. Mentors are encouraged to use public transport and can only use their own car to transport a child with your consent. What records do you keep? All records of activities and information are kept securely for monitoring and evaluation purposes. We always seek to maintain confidentiality. Please ask your Project Coordinator about our informed consent policy. What if I want to provide feedback? Parent and carer views are very important to us. You will regularly have the opportunity to share your views when the young person's Action Plan is reviewed, and at any agreed visit to your home. You can also contact the Project Coordinator directly to raise any issues. CONTACT US y's.girls@ymca.org.uk ymca.org.uk/ys-girls YMCA Here for young people Here for communities Here for you YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and emerging communities, where young people can truly belong, contribute and thrive. PAROLE & YOUTH WORK HEALTH & WELLBEING HOUSING TRAINING & EDUCATION SUPPORT & POWER		
Y-Stop	61 Mansell Street, London E1 8AN	Download the Y-stop APP. (147) Y Stop App Tutorial - YouTube	Contact Y-Stop Y-Stop Facebook	Stop & Search Y-Stop	A Stop and Search Project made by Young People for Young People. The Y-Stop app lets young people: - Report a stop and search experiences or ones they've witnessed. - Record video/audio of the police interactions and send it to Y-Stop - Connect with lawyers and experts for support. - Make a complaint directly to police. - Know what their rights are to keep them safe		
You & Co –	Victim Support National Office, London Victim Support National Office HALLAM	South London Phone 0808 168 9291 If you've been affected by	Help available through: Text Relay: use the Relay UK app or contact us in BSL Start a live chat.	Children and young people - Victim Support	You & Co is Victim Support's youth programme that helps young people cope with the impact and effects of crime.		

	HOUSE 56 – 60 HALLAM STREET, London, Greater London England, W1W 6JL Tel: 020 7268 0210 Tel: 0300 303 1971	crime, call The London Victim and Witness Service (LVWS). Lines are open 8am-8pm, Monday to Friday. Out of hours Support line 08 08 16 89 111 If you need support outside of your local team's opening hours, you can call our Supportline for free.	Fill out our online form below (a member of your local area team will contact you within three working days). Click link below for more information. Home - Victim Support			
Young Leaders Academy	St. Dunstan's College, Stanstead Rd, London, SE6 4TY Academy location during LYLA term time only	Tel: +44 7852 108 768 Run on Saturdays at St Dunstons College (10am to 1pm)	Email: lewishamyla@gmail.com To enrol or sponsor a child use the contact form in the link. Contact Us (lylaurk.com)	Home (lylaurk.com)	YLA aims to create a success pipeline for young black people as a representation of a positive future vision. Encouraging leadership; building character, academic excellence, personal resilience, humility, and a resolute sense of purpose. YLA delivers programmes that prepare YP for that future. Aimed at 8 – 16 years, Leadership Program 1:1 mentoring support available. £2 per Saturday and young people are asked to wear a uniform.	

Young Lewisham Project	Young Lewisham Project 124 Kilmore Road Forest Hill London SE23 2SR	Monday to Friday: 9am to 4pm	referrals@younglewisham.org.uk/ 07925131506	Young Lewisham Project	The Young Lewisham Project provides a safe, inclusive learning environment where young people can maximise their chances of becoming valued members of society. Through enrichment, alternative educational courses and team recreational activities we aim to re-engage young people, increase their confidence and well-being along with improving their skills and self-esteem.	
Young Mayors	London Borough of Lewisham Laurence House Catford SE6 4RU	Tel: 02083146313	Email Katy Brown Advisor to the Young Mayor katy.brown@lewisham.gov.uk	Youth democracy in local government B-involved Website London (lewishamyoungmayor.com)	The programme enables young people, politicians, council officers and partners to work together to develop ideas, while also addressing issues of concern and interest. In doing so, young people's active and effective participation in democratic processes and local governance is genuinely enhanced. The Young Mayor's Team continues to play an active role in helping to develop the community.	
Youngminds - fighting for YP's Mental Health	4th Floor India House, 45 Curlew St, London SE1 2ND	Parents Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm. Hard of hearing or speech-impaired? use Typetalk or Textdirect or use Parents Webchat. If	There's a textline available and a webchat open 9:30-4pm Mon-Fri CODa experiencing a mental health crisis a YP can contact Young Minds Crisis Messenger service by texting YM to 85258	Mental Health Support For Young People Young Minds	They can provide support with urgent issues such as suicidal thoughts, self-harm, bullying, and relationship difficulties. They also offer free information sessions for professionals, as well as groups of parents and carers. These sessions are designed to raise awareness of their Parent Helpline services, outline the support available, and provide guidance on specific mental health topics, such as how to have supportive conversations with young people and how to manage worries and anxieties.	

		English is a first language, an interpreter as a member of LanguageLine. Is available.	To email the team outside of webchat hours (between 4pm – 9:30pm) use the select icon at the bottom right corner of the screen on the main website. See How To Contact YoungMinds YoungMinds		Sessions can be delivered online or in person at a time that is convenient for participants and the wider community. Anyone interested in discussing the delivery of an information session is encouraged to reply to the email so that a call can be arranged to explore options further.		
Young Roots	Young Roots Suite 3.18 - easyHub Croydon 22 Addiscombe Road Croydon CR0 5PE	Tel: 020 8684 9140	Email: london@youngroots.org.uk	Young Roots	Young Roots is a London-based charity working with young refugees and asylum seekers aged 11-25, They support young people to improve their wellbeing and fulfil their potential, through intensive one-to-one Casework, youth and sporting activities, English language mentoring, youth leadership and access to specialist therapeutic and legal advice.		
Your Beauty School	28 Sangley Road, Catford SE6 2JH	Tel: 020 8698 0345	AP Contact Form Y.O.U.R BEAUTY SCHOOL Alternative Provision	LONDON ALTERNATIVE PROVISION BEAUTY COURSES ENGLAND (yourbeautyschool.co.uk)	Y.O.U.R Beauty School CIC offers young people who have disengaged or at risk of becoming disengaged from mainstream education an		

		Headteacher: Tracey-Anne Manning Deputy Head: Iyata Reid Contact number: 020 8698 0345 Out of hours contact number: 07818 275 508	yourbeautyschool.co.uk Email: using online Form		opportunity to explore their creative side through our vocational beauty courses.		
Youth Offending Service YOS	9 Holbeach Road, London, Se6 4tw	Telephone 020 8314 7474	Email yos@lewisham.gov.uk	Lewisham Council - Youth Offending Service Youth offending teams - GOV.UK (www.gov.uk)	Lewisham Youth Offending Service (YOS) works with the community and local agencies such as the Police and schools, to help keep young people aged 10-17 out of trouble. N.B Youth offending service - discuss with management/YO prior to making referrals in case thresholds are not met.		
Z							
Zone Central	4 Cedar Park Cobham Road Wimborne Dorset BH21 7SF	Tel: 02039880447	Email: info@zonecentral.uk	Home Zone Central	Zone Central are committed to providing family-centred outstanding care and support to children and young people with Autism spectrum diagnoses, learning disabilities & physical disabilities living within London boroughs and the Greater London area. Zone Central creates a bespoke service central to the		

					needs of the family, whether that is through our CQC (Care Quality Commission) registered services, providing family and home-based support and intervention, our Ofsted registered short break facilities, our community-based programmes supported by a day centre, holiday schemes or our Ofsted registered longer term residential homes.		
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