



Children, Young People & Families Health Directory A Practitioner's Guide

All information updated May 2025. For the latest edition, please see the online version on www.wakefieldfamilies-together.co.uk



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Introduction

In Wakefield, we are ambitious for all children, young people and families to live happier, healthier, and longer lives with less health inequalities.

This directory has been developed jointly with service partners from across the district including Wakefield Council, Voluntary Community Social Enterprise sector (VCSE) and Health and Education colleagues.

It aims to provide practitioners with the knowledge, confidence, and support to signpost early intervention and prevention services for the right support at the right time.



Alcohol

Alcohol affects everyone differently. But if a person drinks too much and too often, their chance of an injury or accident goes up. Heavy drinking can also lead to liver and other health problems, or lead to a more serious alcohol disorder.

Who to contact for help and support:



Turning Point Inspiring Recovery offer support and promote well-being and recovery from drug and alcohol related issues for over 25s.

Turning Point Inspiring Families is a specialist support service for family members and carers who are directly affected by a person's substance use. This can be individual support or part of a 5-step program.

Turning Point Inspiring Futures is a drug and alcohol service for young people and young adults under twenty-five. They provide non-judgmental, tailored support and advice for young people who feel they need help with their drug and/or alcohol.

www.turning-point.co.uk



WF-I-Can is an online advice service for all children and young people across the Wakefield District including useful information and advice about drugs and alcohol and where to go for help and support.

<http://www.wf-i-can.co.uk/>

One Minute Guide

www.wakefieldscp.org.uk/resources/alcohol-1mg/



Bereavement & Loss

Bereavement, grief and loss can cause many different symptoms and they affect people in different ways. There's no right or wrong way to feel. As well as bereavement, there are other types of loss such as the end of a relationship or losing a job or home.



Suicide Postvention Worker

The Suicide Postvention Service is for those who have experienced the death of someone they know through suicide or sudden death.

The aim of the service is to provide those young people and young adults who are aged 14 to 25 with a unique and holistic offer to meet their individual needs, either individually, with siblings or in a group. This can be by telephone or face to face, and at a place where the young person feels comfortable and safe.

It is difficult when someone dies suddenly, and we want to make things a little easier, so if you know a young person or young adult who we could support, **please contact us by email on darren@ylc.org.uk or dave@ylc.org.uk; or by telephone on 07708471670.**

If someone you know have experienced either of these issues, please don't hesitate to get in touch with us and we will be only too happy to help and provide information about what we can offer.



Step by Step is a Samaritans service that provides practical support to help schools prepare for and recover from a suspected or attempted suicide.

Get in touch with our Step by Step service or Freephone* 0808 168 2528 in the UK or 1800 805 731 in RoI and we will do all we can to help you deal with a situation you may never have faced before.

www.samaritans.org



STAR Bereavement provide support and advice for children, young people and young adults up to age 25 who live in the Wakefield District when someone important to them dies or is near the end of their life.

We empower young people to understand their experiences and to, eventually, be able to cope with their grief by involving them, every step of the way, in everything we do.

Children and young people who attend STAR say they feel less isolated, understand they are not alone, build peer relationships and have fun whilst growing alongside their grief.

STAR Bereavement deliver drop-in grief cafes where anyone, from any area of the district, can attend and speak to a Bereavement Practitioner, get advice and the option to join in with the activities, with no need to book.

STAR is also available to support schools and school staff with bereavement support and advice. You can email us to arrange a phone call, attend one of our drop-in grief cafes, or request group support within your school. **To find out more, email: info@starbereavement.org.uk**



Compass Rise provides emotional and mental wellbeing support to children and young people aged 5-19 years in community settings and schools across Wakefield. The service also runs peer support groups and workshops for children and young people in community settings.

Our Family Practitioner provides support for parents/carers who are struggling with their emotional wellbeing or where they are struggling to support their child's emotional and mental wellbeing.

We also raise awareness and understanding of bereavement helping others to feel confident and empowered to support a child and young person through workshops for parents and school staff.

Visit our website, email WakefieldCYPEWS@Compass-uk.org or call us on 01924 665093.

Sudden Infant Death Syndrome (SIDS)

Wakefield Safeguarding Children's Partnership (WSCP)
NHS (www.nhs.uk)

Do:

- always place your baby on their back to sleep
- place your baby in the "feet to foot" position – with their feet touching the end of the cot, Moses basket, or pram
- keep your baby's head uncovered – their blanket should be tucked in no higher than their shoulders
- let your baby sleep in the same room as you for the first 6 months
- make sure there are no pillows or duvets near your baby if you share a bed with them
- keep other children and pets out of the bed if you share a bed with your baby
- use a mattress that's firm, flat, waterproof and in good condition
- breastfeed your baby, if you can – see benefits of breastfeeding for more information
- make sure you use a sling or baby-carrier safely – The Lullaby Trust has more information on this.

Don't:

- do not share a bed with your baby if you or your partner smoke or take recreational drugs, have had 2 or more units of alcohol, or have taken medicine that causes drowsiness
- do not share a bed with your baby if they weighed under 2.5kg when they were born
- do not smoke during pregnancy or let anyone smoke in the same room as your baby – both before and after birth
- do not sleep on a sofa or armchair with your baby
- do not let your baby get too hot or too cold – a room temperature of 16C to 20C, with light bedding or a lightweight baby sleeping bag will provide a comfortable sleeping environment for your baby.

One Minute Guide

hub.wakefieldscp.org.uk/safeguarding-babies-infants/

CAMHS (Child and Adolescent Mental Health Service)

About the service

CAMHS are the NHS service that offers support and treatment for children and young people, aged up to 18 years old, who are experiencing difficulties with their mental health and wellbeing.

What do Wakefield CAMHS help with?

Usually, when a child or young person feels sad, stressed, frightened or worried, these feelings will pass with time and with help from family, friends, teachers or other health or care professionals. However, sometimes these feelings can go on for a very long time and start to really affect everyday life, for example; friendships, school, college and home life. When things get to this point, Wakefield CAMHS are here to help.

We help young people with some of the following problems or difficulties:

- Feelings of sadness, low mood or depression
- Obsessive thoughts and behaviours such as having to check or repeat things
- Anxiety issues, including panic attacks
- Self-harm and thoughts of hurting themselves
- Suicidal thoughts or thoughts that “I don’t want to be here anymore”
- Problems with eating and food
- Long standing difficulties with coping after a scary and traumatic event.
- We also can give parents and carers of children and young people advice on how to support their child with the difficulties they are experiencing.
- We work in partnership with other health and care professionals in order to meet the needs of children, young people and families as a whole.

These professionals include schools, GPs and social workers.



How do Wakefield CAMHS help?

CAMHS provide a range of support depending on what is needed. This support may include:

- Signposting to other relevant services and resources
- Group work for anxiety, low mood and self-confidence
- Solution-focused therapy and treatment
- Cognitive behavioural therapy (CBT)
- Family work and therapy
- Child psychodynamic psychotherapy
- Art psychotherapy
- Play therapy
- Interpersonal therapy
- Eye movement desensitisation and reprocessing therapy
- Medication
- Urgent support when there is an immediate mental health risk.

Support may take place over the telephone, online or face to face

Where are CAMHS in Wakefield?

Wakefield CAMHS main bases for face to face appointments include:

Airedale Health Centre

The Square,
Fryston Road,
Castleford,
WF10 3JJ
Telephone: 01977 735900
(Wakefield CAMHS – East Team)

Drury Lane Health and Wellbeing Centre

Drury Lane,
Wakefield,
WF1 2TE
Telephone: 01924 316950
(Wakefield CAMHS - West Team)

How to contact or ‘refer’ into Wakefield CAMHS

If you’re a professional, a young person aged 16 to 17, or a parent or carer of a child or young person under the age of 18, you can contact the Wakefield CAMHS SPA team directly on 01977 735865 (Monday to Friday, 9:00am – 5:00pm)
www.southwestyorkshire.nhs.uk/services/camhs-wakefield/



Dads and Partners



Dad Matters Wakefield & District offers support to dads in many ways such as a “New Dads Online Workshop”, 1:1 support, Universal Outreach, Outreach in all maternity settings, online through our website and social media, and we also provide resources, answer questions and signpost to relevant support services. We also arrange Walk & Talks for dads and their children. www.dadmatters.org.uk



Dad Pad is a great free App that can be downloaded to your mobile phone or tablet. There is useful advice on caring for your new baby as well as looking after yourself and your family. <https://thedadpad.co.uk/about-dadpad/why-dadpad/>



Turning Point Talking therapies

Our service provides FREE, quick and easy access to a range of psychological therapies – so you can get the help you need, when you need it. If you are feeling down, worried, depressed, or anxious, we can help, whether that be face-to-face, over the phone or with online support.

www.turning-point.co.uk



The Growing Healthy Wakefield 0-19 Children's Service

provides health visiting and school nursing support – working with children, young people and their families to ensure that children have the best start in life and are able to fulfil their potential. <https://hdfthchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-wakefield/>



MAN MATTERS is a project at GASPED, offering a range of practical and emotional support to anyone who: identifies as male, is over 18, and lives in the Wakefield District. **Tel: 01924787507, Email: manmatters@gasped.co.uk , Website: www.manmatters.org**



ANDYS MAN CLUB are a men's suicide prevention charity, offering free-to-attend peer- to-peer support groups across the United Kingdom and online. #ITSOKAYTOTALK www.andysmanclub.co.uk



Dads Do It Different offers support for dads of children aged 3-12, including one-on-one support, walk-and-talks, and referrals to other services. Contact via telephone on **01924 251205**.

Diet, Exercise and Nutrition

Healthy Eating

It is important that families have a balanced diet to get the nutrients they need for growth, strength and to be healthy. For healthy eating support, contact the nearest family hub or further information is available on the Children's health services app.



The **Children's Health Service App** is crammed with helpful advice and local support from all the 'Wakefield Families Together' partners.

www.hdft.nhs.uk/services/childrens-services/wakefield-0-19-service

Scan the relevant QR code below to download the app!



ACL (Arts Culture and Leisure) Well-Being Team offer support to schools on physical activity and nutrition, in the form of training, delivered sessions to children, young people and adults.

Our Schools Health and Well-Being Charter, which is available to Wakefield Schools to join for free provides the framework to develop targets and actions to help improve health outcomes. Schools receive recognition for being part of the Charter process by becoming Charter Mark award holders. To contact them, use the email address schoolhealth@wakefield.gov.uk and someone will get back to you and discuss your requirements.



Physical Activity

- PE and Physical Activity Consultant support
- Health Week support with activities such as roller bike racing, blazepods, stacking cups
- Junior Sports Leader training
- Creating Active Schools Framework

Nutrition

- Nutrition sessions for pupils
- Nutrition sessions for parents/carers
- Packed lunch toolkit and support
- SWAP (Sip Water Avoid Pop) campaign



50 Things To Do (ages 5 to 11)

This app and website help support the development of your child from 5 to 11 years.

<https://wakefield.50thingstodo.org/app/os#!/welcome>

Wakefield Cycling Offer

The Wakefield District has a comprehensive offer for encouraging children and adults to get on their bikes and go cycling. The Wakefield cycling website contains all the information you need to know on where to ride, how to learn to ride, cycling events taking place (there are led rides every week), where to get your bike repaired etc. It's a useful resource to be aware of and pass on to your families.

Bikeability

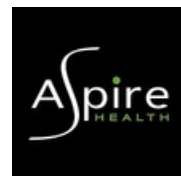
Level 2 training for school years 5 and 6 is freely available in the Wakefield District. The one day training is delivered by Cycle North. The Bikeability Level 2 training is designed to develop skills and confidence when cycling on the road. To book it for your school, visit the website: www.cyclenorth.co.uk/schools-booking



Well-Being

- Health and Well-Being Champion Training
- Staff Health Checks
- “Five Ways to Well-being” sessions

Junior Aspire Health Referral Service



At Aspire Health, our mission is to support children, young people and their families to achieve health and wellness goals and improve their overall health and wellbeing.

Our professional and friendly staff support referrals to work through the digital eLearning platform which helps referrals:

- learn about a range of different wellbeing topics
- set goals that are realistic and achievable
- make dietary and lifestyle changes
- focus on long-term changes to benefit overall health.

Families can work on improving their physical activity levels, reducing inactive behaviour, or improving healthy eating skills. We also share resources tailored to the needs of each family.

If you are a family, or are a health professional working with a family who would like some help, please ask the GP to make a referral to the Junior Aspire Health Referral service or complete the secure online form on our website.

Children aged between 5-17 years. Up to 25 years with a learning disability.

W: Aspire Health referral junior 5 to 17 years - Wakefield Council

T: 01924 307811

E: aspirereferral@wakefield.gov.uk



HYP (Healthy Young People) Clinic

Healthy Young People (HYP) Clinics are available in all Secondary schools and Drop-ins. A referral process in place for the HYP clinics in secondary schools. Also, there is a referral form in place for the 0-19 service if support is required. Referrals can be made by partner agencies or service users themselves (parents/carers). Contact your local school nurse.

Get in touch via our email address: schoolhealth@wakefield.gov.uk



Domestic Violence

If in immediate danger, please call the police on **999**.

Wakefield and District Domestic Abuse Service (WADDAS) offer support to any Wakefield resident suffering from domestic abuse.

www.wakefield.gov.uk/health-care-and-advice/adults-and-older-people-services/domestic-abuse



GASPED

Call **01924 787501** or visit www.gasped.co.uk. Practical and emotional support services to help male victims of domestic abuse. They are Wakefield based (Man Matters).



ManKind Initiative

Call Freephone **0808 800 1170** (call will not show on bills) or call **0182 333 4244** (for those with inclusive minutes). This helpline is for men who are experiencing domestic abuse from female or male partners. Helpline available Mon to Fri, 10am to 4pm.



Rape and Sexual Abuse Centre (RASAC)

Call **0300 303 4787**, email helpline@rasac.co.uk or visit www.rasac.co.uk. This service offers therapeutic support and ISVA services to all individuals who have experienced rape, sexual or domestic violence, regardless of sex or gender identity.



Men's Advice Line provided by Respect

Call Freephone **0808 801 0327** for men experiencing domestic abuse. Advice Line available Mon to Fri, 10am to 5pm. A website for victims and professionals with web chat and a wide range of information.



Well Women

We are a charity based in Wakefield providing mental health, emotional and practical support in a women only space. Supporting women of 16 and above at our premises in the centre of Wakefield and outreach, we provide a holistic, non-medical approach to helping improve women's mental health and well-being. <https://wellwomenwakefield.org.uk/>

Drugs

Illicit drug use in children and young people can cause harm to health, relationships and wellbeing. Drug use is different from addiction, which is a chronic disease that makes it hard to quit.

Signs of an issue for practitioners to watch out for...

When a young person first starts using drugs, they may think they can control this, but over time, they may need more drugs to get the same feeling or effect. For some young people, this can lead beyond use and to addiction.

Signs of a problem with drugs use may include:

- Lack interest in things they used to love.
- Changes in friendship groups.
- Stop taking care of themselves.
- Spend more time alone than they used to.
- Eat more or less than normal.
- Sleep disturbance or sleeping more.
- Have problems at school, work or with family.
- Switch quickly from feeling positive to negative.
- Crave or strongly desire to use the substance.



These signs can also be typical behaviours of young people; therefore, it is important to talk openly and support the young person.



Turning Point can offer you information and advice, harm reduction interventions, needle exchange, group work, one-to-one appointments, drug and alcohol detox, specialist services and peer mentors.

Inspiring Futures (IF) is a service for anyone under 25 years. It offers advice and support for young people worried about drug and/or alcohol misuse and family support through one-to-one interventions and group work including parenting programmes and information and advice sessions. **Email: Wakefield-IF@turningpoint.co.uk for more information or call 0300 123 1912**

One Minute Guide

www.wakefieldscp.org.uk/resources/illicit-drug-use-1mg/

Who are we?

The Educational Psychology Service (EPS) work to support the educational outcomes for children and young people, 0-25 years. We visit schools and work closely with parents / carers, school staff and other professionals to help children and young people achieve their full potential through overcoming barriers to learning and inclusion.

Why may an EP become involved with a young person?

When a young person needs additional support and considerations in place to enable them to be successful in education, a school may seek the views and consent of the parents / carers in order to request direct support from an Educational Psychologist (EP). Involvement from an EP is intended to provide further clarification of the young person's needs and the support that is needed for the young person to make progress.

How we help

Our work might involve:

- Talking with those who know the young person well including parents / carers, school staff and, if appropriate, other professionals
- Observing the young person in an educational setting or at home.
- Working with a young person to find out their views and experiences
- Working individually with a young person and undertaking activities (this may include formal assessment measures) to explore strengths and needs
- Working with staff in schools, where necessary providing training / coaching
- Contributing to collaborative discussion regarding recommendations (for example, strategies and interventions) and agreed next steps to meet the needs of the young person or their access to education.

How to contact us

For general information and queries please contact the EPS.

Tel: 01924 307403.

Email: eps@wakefield.gov.uk

Website: educationservices.wakefield.gov.uk/Page/7091

Education Therapy Team (ETT):

As part of the EPS, ETT support young people aged 6 -18 years old who are receiving suspensions or at risk of permanent exclusion from mainstream education settings. Practitioners work closely with schools and deliver short-term intervention using therapeutic approaches to support vulnerable children and young people with a range of social, emotional and behavioural needs.

How to access the service:

Headteachers can make a request for Education Therapy Team involvement by completing a 'Request for Involvement' form, available from the Alternative Provision Team (inclusionpanels@wakefield.gov.uk).

Education Improvement Teachers (EITs):

Education Improvement Teachers (EITs) provide education support to help children and young people with issues that are beginning to affect their education. EITs use person-centred approaches that value the young person's voice and use this information to make recommendations to schools and settings to reduce barriers to education

How to access the service:

- 1) If a child or young person is at risk of permanent exclusion, a school can request EIT support via the Alternative Provision panel.
- 2) If a family is an open case to Targeted Early Help, the allocated practitioner can request a consultation with their cluster's EIT to discuss the identified barriers to education in order to identify support

Information about both ETT and EIT is available from the EPS.

Education & Inclusion

School Governance Services

The programme is organised and delivered in partnership with teaching schools, schools and academies in order to ensure it meets the needs of our customers.

The programme is monitored and reviewed throughout the year. We work hard with colleagues and partners to ensure that our training is high quality provision, developed and designed to have maximum impact within our schools and academies.

School Exclusion Team

The School Exclusion Team provides statutory legal guidance to schools, parents and carers. This is delivered in the following way:

- An exclusion helpline that is available 5 days per week for exclusion queries for schools, parents and carers.
- Legal advice to Heads, Principals and school SLT on the exclusion process and good practice.
- Advice to parents and carers on the exclusion process.
- Attendance at Governor Review meetings for exclusions over 15 days in one term, permanent exclusions and Independent Review hearings.
- Training to school SLT staff and governors that have a role in the exclusion process.
- Training and network meetings for clerks of governor review meetings for school exclusions.
- Early intervention work with primary pupils that may go on to receive exclusions. This is delivered in small groups and the intervention lasts for one term.
- 1:1 Inclusion mentor work with vulnerable children

www.educationservices.wakefield.gov.uk/



Emotional Health & Well-being

Mental health plays a key role in a child's overall wellbeing and can be affected by various factors, including: abuse and neglect family circumstances environment stress loneliness or social isolation. Negative experiences can adversely affect a child's mental health, just as positive experiences can help improve it.



Young Lives Consortium is a membership organisation of Voluntary and Community Sector (VCS) groups working with children and young people aged 0-25 years across the Wakefield District. Supporting our members, to assist children and young people in the Wakefield District to develop key skills and competences, to be resilient and meet their full potential.

www.younglives.net



At **Future SELPH**, we provide free and tailored support to young people aged 16 to 25 experiencing difficulties with their mental and emotional wellbeing. www.futureselph.co.uk



WF-I-CAN is a place to find information and advice as well as self-help tips that can increase your confidence and resilience.

www.WF-I-Can.co.uk



Compass Rise service, commissioned by the NHS, provides emotional health and wellbeing services for children and young people in their communities in Wakefield.

www.compass-uk.org



Wakefield Libraries

Read, learn, connect and relax in your local libraries.

<https://www.wakefield.gov.uk/libraries-and-local-history/your-local-library/wakefield-library>



Gipsil is a free, city wide and confidential service supporting young people to have their voice heard and valued, and to make choices that are right for them.

www.gipsil.org.uk

The **Future in Mind** Mental Health Support Team, (FIM MHST) Wakefield provides one to one, and small group evidence-based interventions for mild to moderate mental health issues such as low mood, simple phobias and worry management. The team offer non-targeted mental health and well-being support and information such as assemblies and class-based sessions for students, workshops for parents/carers and training and support for school staff. The team also contribute to Team Around the School (TAS) meetings and provide school consultations. There is a Senior Practitioner and Education Mental Health Practitioner linked to all mainstream schools in the Wakefield district including nurseries, colleges, and alternative provision.

For more information about the service, you can contact your school's linked Senior Practitioner, or call 01977 735901.

Kids

Changing our Direction offer a variety of supportive courses that help families in the Wakefield area whose young people present with self-harm behaviours. We work with families of young people aged 11-16 years, including those with mild/moderate learning disabilities, additional needs, Autism and ADHD/ADD.

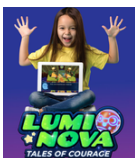
Wakefield Awareness Support Project (WASP) is a service aimed at children and young people aged 5-18, dealing with anxiety and low mood due to an Autism Spectrum Condition or other neuro-developmental conditions, whether diagnosed or not.

For more information, visit: www.kids.org.uk



Night Owls is a new confidential support line and online chat facility for children and young people in crisis or struggling with their mental health.

www.mindmate.org.uk/night-owls



Lumi Nova: Tales of Courage

Lumi Nova is a therapeutic game that helps children aged 7-12 years self manage worries and build resilience.

<https://luminova.app/>

Family Support



Special Educational Needs and Disabilities (SEND)

Portage is a home-visiting educational service offering one-to-one support for pre-school children with SEND and their families to encourage learning and playing together. To find out more visit

www.portage.org.uk/wakefield-portage-service



Home-Start

Home-Start works with families in communities across the district. Starting in the home, the approach is as individual as the people we're helping. No judgement, it is just compassionate, confidential help and expert support.

www.home-start.org.uk/home-start-wakefield-district



Family Nurse Partnership (FNP) is an intensive, targeted home-visiting programme for first-time young mothers and families. The programme aims to improve children's life chances.

www.gov.uk/guidance/family-nurse-partnership-programme



Family Action - Wakefield Early Support Advice Information Liaison (WESAIL)

is available to parents and carers of a child or a young person, who has, or may have, Special Educational Needs and/or Disabilities (SEND) living in Wakefield District. This service is also available to young people themselves and those working with families.

www.family-action.org.uk



School Nursing Service

School nurses lead the governments Healthy Child Programme for 5 to 19 year-olds and are fundamental in ensuring every child has the best start in life by working in close partnership with families, education, social care and other health professionals.

www.healthiertogether.nhs.uk

Financial Support



Money Advice - Help at the Hub

You can access confidential and impartial support and advice about the cost of living crisis from a Help at the Hub venue. Your local hub can provide information on debt, budgeting, benefit checks, housing and energy bills. You can also access support from the specialist debt and money advice team, 9am – 5pm Monday to Friday on **0800 144 8848**. www.wakefield.gov.uk/cost-of-living-support/help-at-the-hub

Cash Wise

Cash Wise is an award winning money management service delivered by Vico Homes. We aim to support the community in relation to income maximisation and financial wellbeing. <https://www.getcashwise.co.uk/>

Healthier Wealthier Wakefield Families (HWWF)

A partnership between Cash Wise and Public Health. This partnership has been in place for over four years now and during that time has provided vital support for families across the district. www.getcashwise.co.uk/healthy-living/healthier-wealthier-wakefield-families/

Healthy Start Vouchers

The Healthy Start Voucher can be used to buy milk, fruit and vegetables (fresh, frozen or tinned). Eligible pregnant women can claim from 10 weeks, and eligible parents with at least one child under 4 years of age. You can apply by email, phone or online. www.healthystart.nhs.uk



Food Banks



Airedale Food Bank
Stansfield Road, Airedale, Castleford, WF10 3BY
Tel: 07920878782



Calder Grove Food Bank
Calder Grove Cricket Club, Denby Dale Road, WF4 3DP
Tel: 07530304669
Email: cgccworkforce@gmail



Eastmoor Community Pantry
St. Swithuns Community Centre, Arnecliffe Road, Eastmoor, WF1 4RR
Tel: 01924361212



Featherstone Food Bank
Gospel Hall, Station Road, Featherstone, WF7 5BB
Tel: 07805101825



Fusion Food Bank
Certa House, Lower Warrengate, Wakefield, WF1 1SA
Tel: 01924454770



Hemsworth Food Bank
Southmoor Road, Hemsworth, Pontefract, WF9 4NR
Tel: 07907104687
Email: hemsworthfoodbank@yahoo.com



Knottingley Food Bank
Elim Church, Tithe Barn Road, Knottingley, WF11 9BU
Tel: 07581188614



Pontefract Food Bank
Central Methodist Church, Newgate, Pontefract, WF8 1NB
Tel: 07935530583
Email: info@pontefract.foodbank.org.uk

**South Elmsall Food Bank**

Westfield Centre, Westfield Lane, South Elmsall, WF9 2PU
Tel: 01977642335

**St Catherine's Food Bank**

St Catherine's Church, Doncaster Road, Belle Vue, Wakefield, WF1 5HL
Tel: 01924211130

**St George's Food Bank**

St George's Community Centre, Broadway, Lupset, Wakefield, WF2 8AA
Tel: 01924369631

**The Link Food Bank**

Smawthorne Community Church, Beancroft Road, Castleford WF10 5BP
Tel: 01977676367
Email: foodbankatthelink@gmail.com

**The Resource Food Bank**

Christ Church South Ossett, Vicar Lane, Ossett, WF5 0BE
Tel: 07522604130
Email: theresourcefoodbank@gmail.com

**Normanton Food Bank**

The Well Project, Haw Hill Park, off Castleford Road, Normanton, WF6 2DP
Tel: 01924895634 or 07307189851
Email: ash@thewellproject.org.uk

**Trinity Mission Food Bank**

Trinity Methodist Church, Powell Street, Castleford, WF10 1EL
Tel: 01977519496



Housing Support



The Housing Advice Team offer advice and advocacy on housing and housing related problems.

Our areas of work include dealing with:

- tenancy problems, including assessing housing act notices
- harassment and unlawful eviction
- mortgage and rent arrears
- entitlement to benefits
- we offer representation in the County Court for mortgage and rent arrears



We offer much more than bricks and mortar and our support goes far beyond the front door. We go the extra mile to deliver excellent customer services and to give you a home to be proud of.

From homes to rent, to shared ownership properties to boost you onto the housing ladder, homes for your business or independent living schemes for those who need a little extra help.

<https://www.vicohomes.co.uk/>

MoneySmart - helps with financial issues like debt, mortgages and access to grant funding

Housing Standards - helps deal with poor housing conditions in private rented accommodation

Home Energy Team - helps to replace broken boilers, provide insulation, solar panels and interest free loans for essential repairs

Housing Needs Service - for anyone facing homelessness issues or living in unsuitable accommodation

Housing Advice Service - for anyone needing specialist advice around tenancy or other housing related issues

Financial Welfare Team - can help those on low income with immediate emergencies like running out of electric or washing machine broken etc.

All of the above can be accessed by referring to the Healthy Housing Pathway here: www.wakefield.gov.uk/healthy-housing)

Riverside is a values-driven organisation, with a strong sense of social responsibility and a firm line in accountability to our customers.

www.riverside.org.uk

Dimensions supports people with learning disabilities and autistic people across the UK, offering personalised support and housing to help them lead independent, fulfilling lives.

Email: enquiries@dimensions-uk.org

Tel: 03003039001

Fusion Housing is the lead partner in a Fair Chance Partnership scheme which aims to improve accommodation and work outcomes for homeless 18-24 year-olds by offering innovative and intensive support across Kirklees, Calderdale and Wakefield.

Email: Info@fusionhousing.org.uk

Tel: 01484425522

Turning Lives Around - Sustain Wakefield is a multi-use support service that intervenes to ensure people do not lose their homes and to prevent homelessness among single people and families.

Email: info@turninglivesaround.co.uk

Tel: 01132760616

Reflections Housing Association Limited provides support and accommodation to homeless vulnerable adults.

Email: reflectionsa@yahoo.com

Tel: 01977514248

Foundation delivers a range of services, predominately around supported housing and services for homeless people across the district, but also includes pre-employment and skills projects.

Email: central@foundationuk.org.uk

Tel: 01924247247

Infant & Early Years

F.A.B offer a 24-hour breastfeeding helpline so you have access to a peer supporter at any time on **01924 851901**. For breastfeeding peer support groups where you can chat to peer supporters and other parents, visit:

www.familiesandbabies.org.uk/ locations/Wakefield

Health Visitors will automatically contact all new parents. You can meet your health visitor wherever is best for you – at home, at your local doctor, your community, or family hub.

www.wakefield.gov.uk/health-and-advice/childrens-health/health-visiting-0-5-years/

ICON Cope provides information about infant crying, including how to cope, support for parents/carers, how to reduce stress and prevent abusive head trauma in babies.

www.iconcope.org

‘Every Sleep a Safe Sleep’ Practitioner Training course

To ensure all frontline workers are equipped with the skills to engage in individualised safer sleep conversations with parents and carers to reduce the risks of sudden unexpected death in infancy (SUDI), in particular where additional vulnerabilities exist.

www.wakefieldscp.org.uk/training

0-19 Infant Feeding Service

Working with your Health Visitor and other professionals, the 0-19 Infant Feeding Service support all mothers, babies and their families with infant feeding choices. You can find more information about the service and get support with introducing solids in the Children’s Health Services app. For more information, call **0300 373 0944**.

50 Things To Do Before You’re 5 app and website help support the early development of your child from 0-5 with building skills and language to support brain development. Find out more: **https://wakefield.50thingstodo.org/app/os#!/welcome**

Baby Banks



Airedale Baby Bank

Tel: 07561 499019

Email: airedalebabyandchildrensbank@gmail.com



Stepping Stones Baby Bank

Ossett / Horbury

Email: steppingstonesbabybank@gmail.com



Tiny Hands Baby Bank

Email: tinyhandsbabybankyorkshire@gmail.com



The Bag Fairies

South Kirby Tel: 07765947785 Email: bag_fairies@yahoo.com



Rainbow Baby Bank

Heckmondwike Tel: 01924694500

MyEcoBaby CIC

Address: 83 Northgate, Wakefield, WF1 3BX

Tel: 07935927824

Email: myecobaby@yahoo.com



Sleep Tips for Under 5s

- Make sure you have a calming, predictable bedtime routine that includes the same things at the same time.
- If your child complains that they're hungry at night, try giving them a bowl of cereal and milk before bed (make sure you brush their teeth afterwards).
- If your child is afraid of the dark, consider using a nightlight or leaving a landing light on.
- Do not let your child look at laptops, tablets or phones in the 30 to 60 minutes before bed – the light from screens can interfere with sleep.
- If your child wakes up during the night, be as boring as possible to avoid exciting them and leave the lights off.

<https://www.nhs.uk/baby/health/sleep-and-young-children/>

LGBTQIA+



LongBoat Wakefield CIO is a dedicated LGBT+ charity based in Wakefield, West Yorkshire, committed to fostering an inclusive environment for individuals and allies. Established in 2018 to continue a pride event on Southgate, we have since expanded our initiatives to include a variety of events and services throughout the year. In April 2024, we proudly became a Charity Incorporated Organisation (CIO).

www.longboatwakefield.org



Our House have a brand-new community coffee spot & LGBTQIA+ hub in the heart of Wakefield. Our House is trans-led and community-owned social enterprise, building opportunities and spaces where LGBTQ+ people can thrive.

www.ourhousewakefield.co.uk



Free To Be Me is run by experienced youth workers who specialise in LGBTQIA+ affirming youth work and have lived experience of disability, neurodivergence and being part of the LGBTQIA+ community.

www.kids.org.uk/services/free-to-be-me/



The Proud Trust has information for professionals, young people and parents/carers of LGBTQIA+ youth.

www.theproudtrust.org/



Oral Health

Supervised Toothbrushing Scheme for Practitioners

Early years providers have a responsibility to promote the health of children in their setting, as set out in the Early Years Foundation Stage Strategic Framework. Good oral health can form a part of this. Targeted childhood settings such as nursery and school settings can provide a suitable supportive environment for children to take part in a supervised toothbrushing programme, teaching them to brush their teeth from a young age and promoting toothbrushing at home.

St Georges Lupset is supporting nurseries to run a supervised toothbrushing scheme in partnership with Public Health, Wakefield Council.

For advice about setting up a supervised toothbrushing scheme, please contact: debbie.spencer@stgeorgeslupset.org.uk - Early Years Service Manager

Find a dentist - NHS

Providing information regarding dentists in the area and their current status when considering accepting new patients.

Public Health England

Improving oral health for children and young people
for health visitors, school nurses and practice nurses

Our ambition is that every child grows up free from tooth decay as part of having the best start in life

Stats and facts

- Tooth decay is the most common oral disease affecting children and young people in England
- Nearly a 1/4 of 5-year-old children have tooth decay and have on average 3 teeth affected
- 12% of 3-year-olds have visible tooth decay with an average of 3 teeth affected
- Some of the most vulnerable and disadvantaged children and young people (including isolated groups such as young carers and military families) may have significant oral health problems
- Tooth decay was the most common reason for hospital admission for children aged 5 to 9 years in 2014-15 with over 26,000 admissions

Poor oral health is a sentinel marker of wider health and social care issues

- Poor nutrition
- Obesity
- The need for parenting support
- In some instances safeguarding and neglect

Impact of poor oral health on general health and wellbeing

- Pain, difficulties with eating, sleeping, speech and socialising
- Poor emotional health
- Days off school for children and days off work for parents
- School readiness

Costs

- £35 million spent by hospital trusts on the extraction of teeth for under 18s in 2014/15
- NHS in England spends £3.4 billion per year on all ages on dental care

10 tips

- Breastfeeding provides the best nutrition for babies
- Brush teeth as soon as the first primary tooth appears (at approximately 6 months of age)
- Teeth should be brushed at least twice daily with a fluoride toothpaste, last thing at night and on at least one other occasion
- Brushing at bedtime ensures that the fluoride continues protecting the teeth while children sleep
- For maximum protection from tooth decay use a family toothpaste containing 1350 to 1500 ppm of fluoride but only a small amount. Children under 3 years old should use a smear of toothpaste, and children aged 3-6 years no more than a pea-size amount
- Parents/carers should brush or supervise tooth brushing until at least 7 years of age
- Don't rinse with water after brushing teeth as this rinses off the fluoride from the teeth. Spitting out excess toothpaste is preferable
- The amount of foods and drinks that contain free sugars should be reduced
- Avoid foods and drinks containing sugar at bedtime. Sugar-free medicine should be recommended
- Parents/carers should be advised to take their children to visit the dentist for preventive advice as soon as they are born

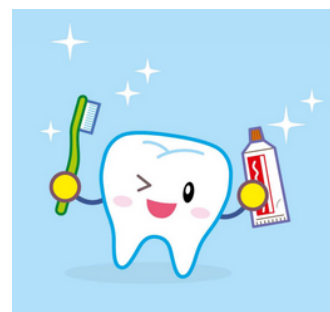
Health Visitors

Health Visitors have an important role in providing oral health promotion advice and support as part of the Healthy Child Programme. This includes:

- Universal interventions within the first year, providing advice on breastfeeding, healthy weaning, diet, teething and toothbrushing.
- Identifying families and providing additional oral health promotion support, for example the siblings of children who have attended hospital for dental extractions due to tooth decay.
- Signposting and encouraging dental attendance when the first tooth erupts at about six months of age, to enable the dental teams to give preventive messages.

School Nurses

School nurses have a role in promoting oral health, by giving information to children, young people and families. School nurses can maximise the benefits of good oral health at health screening sessions and during health education sessions in primary schools



Find your nearest dentist or contact NHS England:

Tel: 0300311223

Email: england.contactus@nhs.net

www.wakefield.gov.uk/health-and-advice/childrens-health/oral-health-for-children/

Oral health resource pack FOR SCHOOLS

wakefieldcouncil

Pregnancy



Mid Yorkshire Teaching
NHS Trust

My Maternity Services

We're here to support you through your pregnancy journey, during birth and when you leave hospital. Our team will provide personalised care, tailored to your specific needs.

www.midyorks.nhs.uk



British Pregnancy Advisory Service (BPAS)

Your treatment options will depend on how many weeks the pregnancy is, your medical suitability and your personal choice. BPAS provides medical or surgical abortion treatments from multiple locations and abortion treatments at home.

www.bpas.org



Miscarriage Association

If you've been affected by miscarriage, molar pregnancy or ectopic pregnancy, we hope the website will provide the information and support that you're looking for.

www.miscarriageassociation.org.uk



MSI Reproductive Choices

We specialise in treatment, advice and support for people considering abortion.

www.msichoice.org.uk



Family Nurse Partnership (FNP)

An intensive, targeted home-visiting programme for first-time young mothers and families. The programme aims to improve children's life chances.

www.gov.uk/guidance/family-nurse-partnership-programme



Teenage Pregnancy Toolkit

In this booklet, you will find a range of topics to help you support and advise young people who may be at risk of teenage pregnancy or soon due to become a teenage parent.

To request a copy of this toolkit, please contact
Emara@wakefield.gov.uk



Teenage Pregnancy Strategy

Our Strategy outlines key priorities to ensure we continue to improve the experiences of teen parents and their children.

To request a copy of this toolkit, please contact
Emara@wakefield.gov.uk

0-19 School Nursing Service

The 0-19 team are comprised of a variety of skilled workers.

These include:

- Perinatal mental health,
- Infant feeding,
- Family nurse partnership,
- Screeners,
- Family Health workers,
- Staff nurses' health visitors,
- School nurses,
- Safeguarding team.

Social Media

 @wakefieldgrowinghealthy

 @Wakefield0_19

 @Wakefield0_19

 @Wakefield Growing Healthy 0-19 Team

Single Point of Contact

Call **0300 373 0944** for help & advice for children and young people aged 5-19.

Their roles include, screening height, weight, hearing and vision, health promotion group sessions in primary school (oral health, sun safety, hand washing, healthy lifestyles & puberty). In high schools, staff training is provided around asthma and EpiPen use.

One to one sessions in primary/secondary schools and in a variety of settings from the child's home to the family hubs, including support with (but not limited to) day time wetting, constipation, behaviours, sleep, healthy lifestyles, anxiety and anger.

In all high schools across Wakefield, a Healthy Young Person (HYP) school nurse, drop-in clinic is provided weekly. Students can attend the drop-in of their own accord or can be referred by school directly for support with a range of health needs from, asthma, body image to anger, low mood, anger, self-esteem and more. Other agencies/organisations/professionals and parents and carers can contact us via our single point of access or via the Children's services app or website for any advice or support they need around their child/young person's health and well-being.



NHS

Download the NEW

Growing Healthy Wakefield 0-19 App

Scan the QR code or search for 'Children's Health Service HDFT App'

www.hdfchildrenshealthservice.co.uk

Download on the App Store

GET IT ON Google Play

Sexual Health



This service provides advice, support, and treatment within local communities and secure environments.

The Spectrum Sexual Health Prevention & Outreach team delivers Relationships & Sex Education (RSE) in schools, community settings, Alternative Provisions, and Post-16 environments.

Spectrum's RSE programmes help young people explore the emotional, social, and physical aspects of growing up, including relationships, sex, consent, and sexual health.

In addition to RSE, the team deliver interventions on key issues such as child sexual exploitation, promotes LGBTQIA+ mental health and inclusion, and provides community outreach including STI testing. The team also has a substance misuse specialist, offering support and education on the links between substance use and sexual health.

For more information, please email: Spectrum.Outreach@spectrum-cic.nhs.uk

Spectrum Sexual Health Clinic - STI testing and contraception options

NHS GP surgeries - STI testing and contraception options

Pharmacies - free emergency contraception C-Card Free Condom Scheme for under 25s

(www.spectrumsexualhealth.org.uk/contraception/condoms-c-card/)

Spectrum Sexual Health Clinic

Address: Trinity Walk Clinic, Unit LG1A, Trinity Walk Shopping Centre, Wakefield WF1 1QS

Website: www.spectrum-sexualhealth.org.uk/

Phone: 0800 1214860 (clinic) or 01924 311400 (Head office)

Text: 'CALL ME' to 07540 325 406

NHS - GP surgeries (www.nhs.uk/nhs-services/services-near-you/)



Emergency Hormonal Contraception (EHC)

Morning after pill - This must be taken within 3 or 5 days of unprotected sex (depending on the brand) for it to be effective – the sooner you take it, the more effective it'll be. Available from our sexual health clinics, GP surgeries, walk-in centres, pharmacies (some will charge) and A&E.

Intrauterine device (IUD) - This can be fitted up to 5 days after unprotected sex, or up to 5 days after the earliest time you could have ovulated, for it to be effective. Available from our sexual health clinics and GP surgeries

www.spectrum-sexualhealth.org.uk/contraception/emergency-contraception/

The C Card Scheme

C-Card is a confidential scheme which allows young people, under 25, to access **condoms, lube, dental dams and STI testing FREE OF CHARGE** from a variety of access points across the district.

Young people aged 13-15 must register at the C-Card hubs where trained professionals guide young people through the registration process.

C-Card Access Point Options

The 4 access point options enable a wide range of services to contribute to the expansion of the C-Card scheme.



Details of the C-Card Scheme and access points can be found at:
www.spectrum-sexualhealth.org.uk/contraception/condoms-c-card/

Sleep

The Future in Mind Mental Health Support Team, CAMHS offer free Workforce Development staff training, which is open to all staff that support children, young people and families in the Wakefield district, on sleep and mental health and well-being (2-2.5 hour session) and also a full day of training on sleep, which covers sleep and additional needs, teen sleep, sleep medication and motivational strategies to improve sleep.

For more information: **Schools can contact the Future in Mind Mental Health Support Team on 01977 735901.**

The sessions are also advertised on Wakefield Education Services and Wakefield safeguarding children partnership website Future in Mind workforce development training (CAMHS) - Wakefield Safeguarding Children

The team also run parent/carer sleep workshops in schools and in the community, assemblies and class-based sessions on sleep for students of all ages.

The introductory training session on sleep that the team offer:

The Impact of Sleep on Emotional Wellbeing

- Explores the importance of sleep and develop an understanding of how the body clock works.
- Develops an understanding of the links between sleep, resilience and mental health.
- Develops an understanding of the strategies to optimise the chances of getting a good night's sleep.
- Explores resources available to use with children, young people and their families in everyday practice.

www.wakefieldscp.org.uk/training/



Smoking and Vaping



Tackling illegal tobacco in your community.

FREE information and training sessions for schools, colleges, and other community groups.

By raising awareness and helping people to spot the signs of illegal tobacco use and sales, we can tackle the problem in our communities together.

Our knowledgeable and friendly Illicit Tobacco Education Officer can visit to deliver training sessions in person, or online, covering what illegal tobacco is, how to spot illegal tobacco being sold and how to help stop it. Our Officer can also run a 'pop-up' stall or drop-in session or simply come for an informal chat.

If you would like to know more, please contact Kerry Holmes, Illicit Tobacco Education Officer: kerry.holmes@wyjs.org.uk 0113 336 7011



For further resources and information, search

www.educationservices.wakefield.gov.uk



Do you know the real cost of buying illegal tobacco?

Putting money in the pockets of criminal gangs who bring crime into your community and exploit children.

Fake, cheap or illegally imported tobacco products are being sold across West Yorkshire, making smoking more accessible to children and undermining smokers' efforts to quit.

Honest, hardworking local shops and businesses are harmed by others selling illegal tobacco and it brings criminals into areas where it is sold.

It is a priority of West Yorkshire Trading Standards to stop illegal tobacco entering our communities and stop money entering the pockets of organised criminal gangs.

For more information, or to book an education session for your community setting or workplace, contact the Illicit Tobacco Education Officer on 0113 3367011.

To report illegal tobacco sales in confidence, call the Citizens Advice Consumer Helpline on 0800 223 1133. Help stop the harm in your community!

wakefieldcouncil

VAPING AND E-CIGARETTES THE FACTS

NICOTINE VAPES CAN HELP ADULT SMOKERS TO STOP SMOKING.
SMOKING CAUSES DISEASE AND EARLY DEATH.
 Vaping is much less harmful than smoking as you don't inhale the toxic tar and carbon monoxide you get from tobacco smoke.

BUT VAPES ARE NOT HARMLESS.
 Short-term effects can include coughing, headaches, dizziness, and sore throats. Long-term effects are as yet unknown.

MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE. DON'T SMOKE? DON'T START TO VAPE.

wakefield.yorkshiresmokefree.nhs.uk
 talktofrank.com

wakefieldcouncil ash.

Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

Safeguarding

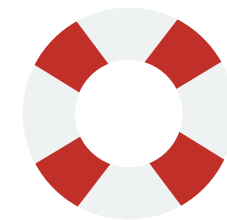
Wakefield Safeguarding Children Partnership (WSCP) supports professionals and local organisations who work or volunteer with children and families. If you are worried about a child/young person and want information or guidance, visit **www.wakefieldscp.org.uk**

There is a section for professionals, schools, young people, parents and carers which provides information around different safeguarding concerns such as neglect, unhealthy relationships, mental health, child exploitation, and how to access support.

The website has a series of one minute guides (1MG) including one for the Continuum on Need. You will also find a list of training opportunities and resources.

Always remember the welfare of the child/young person comes first. If a child/young person is in immediate danger, the police should be contacted on 999.

If you believe the situation is urgent but there is no immediate danger, please call 0345 8503 503 to speak to the Integrated Front Door, or call the Emergency Duty Team (EDT). After this consultation they will advise on the next steps to take and as to whether a Multi-Agency Referral Form (MARF) should be completed and submitted via email to **social_care_direct_children@wakefield.gov.uk**. There is guidance around completing a MARF in the professional section of the website.



Water Safety

Drowning is among the leading causes of accidental deaths and claims the lives of more than 50 children every year in the UK.

Children are often drawn to open water particularly during the summer months, this includes places such as the sea, lakes, reservoirs, ponds, canals, rivers, and even paddling pools.

FLOAT TO LIVE advice

1 - Fight your instinct to thrash around

First keep calm and try not to panic, your instinct will be to swim hard, - don't.

2 - Lean back

Lay on your back and float like a starfish if you get into trouble in the water, breathe slowly, then you can make a plan or swim to safety if possible.

3 - Gentle movements

If you need to, gently move your arms and legs in a sculling motion (a bit like when using an oar in a boat).

4 - Catch your breath

Float until you can control your breathing. Do this for 60-90 seconds or until you feel calm.

5 - Now think about how to get out

Only now can you think about the next steps.

hub.wakefieldscp.org.uk/water-safety-wakefield/

Our Corporate Plan - Building a fairer future

This sets out our priorities for making Wakefield an even better place to live, work and visit.

The plan contains six key ambitions for the district. We'll be focusing on delivering these between now and 2026. It also sets out how we're taking responsible, sustainable and fair decisions for all our communities.

Places to be proud of is about having communities we can all feel safe and secure in. It is about having a city, towns and villages we can build a great future in.

- An economy that works for everyone is about having more high-quality jobs, improving skills, more affordable housing, and more sustainable and local investment.
- Better health and lives is about everyone in our district having the best possible physical and mental health and wellbeing.
- Thriving children and families is about being a great place to raise a family. It is children having the best start in life, the best possible learning environment in our schools, and the right support available at the right time.
- A greener Wakefield district is about everyone having access to our great natural environment, and doing our bit to tackle climate change.
- Our Future Council is our ambition to be an even more efficient Council, placing responsible, sustainable and fair decisions at the heart of everything we do.
- Delivering our plan needs all of us to continue to work as one team right across our communities, public, private and voluntary sectors.



Wakefield Families Together (WFT) is used as an 'umbrella' term to describe everyone working together to deliver the right support for families and children at the earliest opportunity.

WFT is the joint vision for Wakefield, where local children and families are...

- Happy
- Healthy
- Safe
- Hopeful for the future
- Independent and resilient

Children and families' needs are constantly changing. If you have concerns, need advice or need different professionals to come together to build a package of support, contact your nearest Youth Hub or Family Hub. To find your nearest Hub or for more information, visit:

www.wakefieldfamilies-together.co.uk

The Family Hubs and Youth Hubs provide a safe space and access to early help and intervention, linked to local organisations and specialist services. They offer the opportunity to meet other local families and take part in various activities.

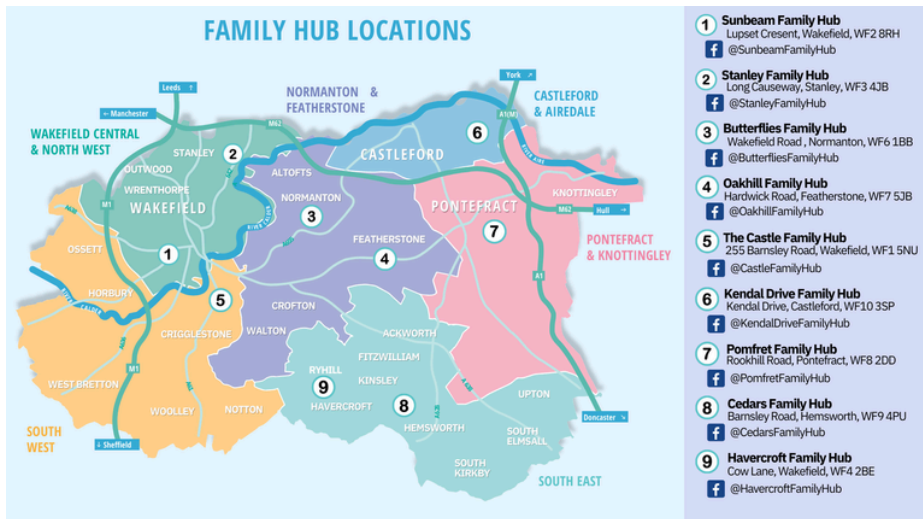
Family Hub support for parents

Everyone needs help and support at some point in their life. Family Hubs offer local support to parents and carers. If help is needed, this can be provided by walk-in, email, or call to access support for the whole family. If they are worried about anything in their family life, have a difficult situation that they need to deal with, no matter how big or small, they can pop in or get in touch.

Scan the QR code

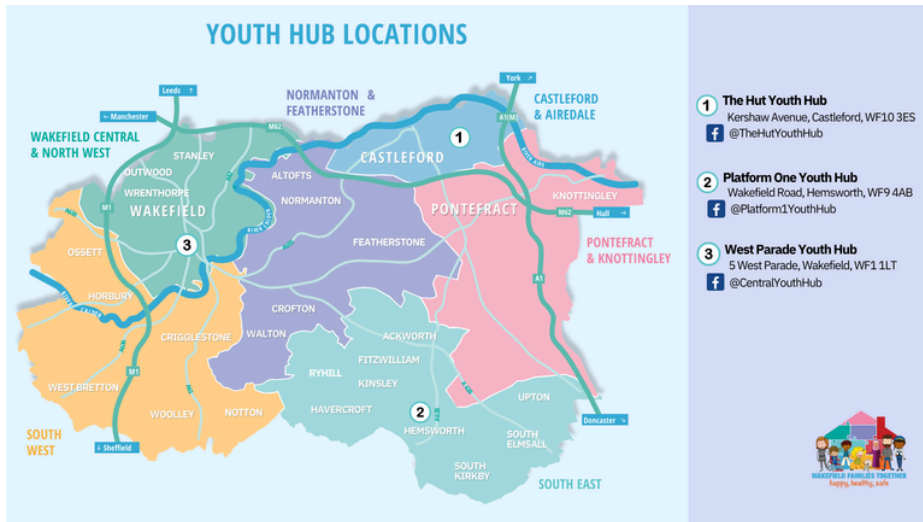


www.wakefieldcouncil.com/supportforparentsleaflet



Family Hubs can help with:

- Domestic abuse
- Parental conflict
- Employment and debt problems
- Family relationships
- Child development
- Emotional Health & well-being



Youth Hubs can help with:

- Skills and employability
- Health and wellbeing
- Activities and groups delivered by the youth hub team

Youth Hubs are friendly and accessible places that provide support to 11-24 year olds



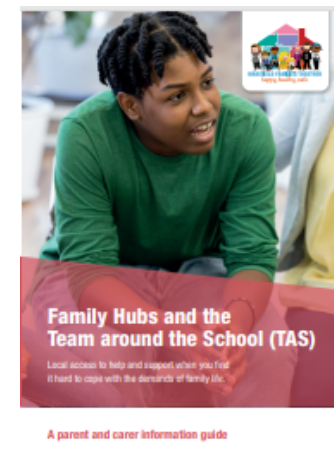
WFT use a '**Team around**' approach to bring together a team of professionals that will work together with the child, young person and family.

These include the **Team around the Early Years (TAEY)** for help with child development, parenting support, infant feeding and home learning to name but a few. Visit the **Team Around the School (TAS)** for help with behaviour, emotional health and well-being, conflict in the home and attendance.

This could be worries about...



Leaflets for further information, available from:
www.wakefieldfamilies-together.co.uk



Wakefield Public Health

We want people in Wakefield to have healthier, happier, and longer lives with less inequality.

Public health is about achieving this aim, and protecting residents from threats to their health.

Sometimes activities involve helping individuals, at other times they involve dealing with wider factors that have an impact on the health of many people. Ultimately, public health is responsible for:

- Making the public healthier and reducing differences between the health of different groups by promoting healthier lifestyles
- Protecting the district from public health hazards
- Preparing for and responding to public health emergencies
- Improving the health of our population by sharing our information and expertise, and identifying and preparing for future public health challenges
- Supporting the NHS to plan and provide health and social care services such as immunisation and screening programmes, and to develop the public health system and its specialist workforce
- Researching, collecting and analysing data to improve our understanding of public health challenges, and come up with answers to public health problems
- We do this through research, knowledge and intelligence, advocacy, partnerships, and providing specialist public health services.



For Public Health resources to support the reduction in health inequalities visit: www.educationservcies.gov.uk

WISENDSS



Wakefield Inclusion and Special Educational Needs / Disabilities Support Service are committed to offering support and training at an individual or whole school level in the areas of Autism (ASD), Speech Language and Communication Needs (SLCN), Social Emotional and Mental Health (SEMH) and Learning Support.

What we do:

- Deliver training to school staff.
- Work directly with children and young people in their school setting.
- Provide advice and support to schools to develop ways of working that best support their pupils.
- Help schools plan and identify what to do now and how to support in the future.
- Support the child or young person to take part, have a voice and be fully involved in plans.
- Work closely with other agencies.

This service is available to schools within the Wakefield District.

Email: WISENDSS@wakefield.gov.uk

The Wakefield Risk and Resilience Framework

A resource for practitioners working with children 0-19 years in the Wakefield District. It adopts an asset-based approach, focusing on strengths and aligns with developmental stages, milestones and the PSHE curriculum.



The framework helps health, social and education practitioners to collaborate for better results when working towards the same outcomes and using a shared language, it is the golden thread running through Wakefield Families Together partnerships.

The Framework includes core competencies to boost children's confidence and resilience while providing strategies to navigate life's challenges. By doing so, reducing risks of poor outcomes in their health, education, and social well-being. To support practitioners there is a variety of adaptable support tools and resources available on the website, www.riskandresilience.org.uk.

For FREE training please contact Dwheatman@wakefield.gov or visit www.riskandresilience.org.uk

Young Carers

A young carer is someone who can be as young as 5 years old up to the age of 18, and looks after a family member or friend who has a physical or mental health condition, or who misuses drugs and alcohol. They may also look after siblings with SEND or elderly relatives too.

Having to care for someone can often mean missing school or not being able to socialise with friends. Young carers experience issues with getting good sleep due to worrying about the person they look after.

Young carers are more likely to struggle with peer relationships, feel socially isolated and are 50% more likely to suffer with poor mental health than their peers who are not caring for someone.

All young carers are entitled to a Young Carer Needs Assessment from the local authority. The local authority and partners have a duty of care to ensure the right support is in place to prevent the young carer from providing inappropriate levels of care as this could put them at risk of physical or emotional harm.

For more information contact:

www.wakefield.connecttosupport.org/support-for-carers/young-carers/

www.wakefield.gov.uk/adult-social-care/carers/young-carers/



Young Carers in Schools:

A free initiative that makes it as easy as possible for schools to support young carers, and awards good practice.

Run jointly by Carers Trust and The Children's Society, the Young Carers in Schools (YCIS) programme works with schools across England to share good practice, provide relevant tools and training, and celebrate the great outcomes many schools achieve for young carers.

- Gain national recognition for raising outcomes for young carers through the Young Carers in Schools Award. **www.youngcarersinschools.com**

Spotting the signs might include:

- **Not attending school**
- **Not completing homework**
- **Tired, anxious or withdrawn**
- **Difficulties concentrating**
- **Victim of bullying**
- **Unable to participate in after school clubs/activities or trips**
- **Signs of neglect**

The Young Carer Team deliver a range of interventions to young carers up to the age of 17, including:

Group Programmes:

- The young carer team deliver weekly groups across the family and youth hubs within each of the 6 cluster areas. This is a rolling programme of support around young carer duties and the impact being a young carer can have. The groups also provide peer support and access to positive activity.
- The Young Carer Team also deliver monthly Zoom sessions for young carers who cannot attend face-to-face groups.
- One-to-One Interventions: A young carer engagement worker supports young carers to access interventions if they need extra one-to-one support.
- There is a Young Carer Forum every term where young carers can have a say about the decisions which impact them.
- District wide activities: The Young Carer Team offer different activities for young carers and their families. This includes activities in school holiday periods and the annual National Young Carers' Day.

It's important that questions are asked in the right way to help young carers understand that they may be care-givers.

For more information and support visit:

www.wakefieldfamiliesaltogether.co.uk

Additional contacts and notes

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Additional contacts and notes

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Additional contacts and notes

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Additional contacts and notes

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