



THANET INCLUSION
SUPPORT SERVICE

SEND & INCLUSION

**SUPPORT SERVICES &
TRAINING FOR FAMILIES**

2021/2022

Thanet Inclusion Support Service (TISS)

Meet the Team

District Lead for Thanet

Ruth Jones – Assistant Head (Laleham Gap)

TISS Administration Team

- Lindsay Kelly – TISS Administrator
- Claire Grant – TISS Administrator

Schools Team

- Lindsey Gaunt – Specialist Teacher
- Isla Mason – Specialist Teacher
- Jade Saunders – Specialist Teacher
- Bromwyn Kuotola – Specialist Teacher

Wellbeing Team

- Sarah Norwood – Specialist Teacher & Wellbeing Lead
- Stacey Sofianos – Specialist Teacher
- Josie Barker – Wellbeing Team
- Katie Wood – Wellbeing Team

Early Years Team

- Beth Keefe – Specialist Teacher
- Adam Brewer – Early Years Team
- Jayne Arnold – Early Years Team

Contact Us:

01843 572733 or email tiss@lgs.kent.sch.uk

TISS, Laleham Gap School, Ozengell Place, Ramsgate, CT12 6PB

www.lgs.kent.sch.uk

Training for Families with an Autistic Child

NAS Early Bird

The National Autistic Society's Early Bird Programme is open to families of pre-school children with a formal diagnosis of Autism.

The programme aims to support parents/carers in the period between diagnosis and school placement, empowering and helping parents to establish good practice in supporting their child at an early age.

For more information please contact: 0300 1238112 or email kcht.thanetadmin@nhs.net

Cygnnet

The Barnardo's Cygnnet Programme is administered by the Early Help Service and is open to Kent families with a child/young person of compulsory school age (age 4/5 years to 18 years) who have a formal diagnosis of Autism.

Attending Cygnnet gives parents and carers an opportunity to develop their understanding of Autism and looks at practical solutions to support their child.

Cygnnet also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supporting atmosphere.

For more information to be referred, please speak to your child's school SENCo, Early Help Worker (if applicable), Social Worker (if applicable) or email parentingprogrammes@kent.gov.uk

The National Autistic Society

www.autism.org.uk

Education & Health Resources

IASK

IASK offer information, advice and support to children, young people and parents/carers on special educational needs and disabilities (SEND). This includes health and social care where it is linked to education.

www.iask.org.uk

Tel: 03000 413000

Email: iask@kent.gov.uk

The Pod

The Pod is an on-line resource developed by the Kent Community Health NHS Foundation Trust where you can find video, resources and information that can help your child achieve their therapy goals.

Your child does not need to be open to any of the services to benefit from the site resources. A number of therapeutic areas are covered.

www.kentcht.nhs.uk/childrens-therapies-the-pod

Kent Autistic Trust

The Kent Autistic Trust are a well-respected, specialist provider of services for autistic young people and adults. They have a passion for people on the spectrum and provide a support and advisory service: pre, during and post diagnosis.

www.kentautistictrust.org

Tel: 01634 405163

Email: office@kentautistic.com

Thanet Based Parents'/Carers' Groups

SPOTS - Thanet

SPOTS is a support group run by parents/carers for families and friends of children and young people of the autism spectrum. They hold weekly meetings and have a Facebook group for support and general chat.

Tel: 07717 064944 – 07788 670721

Email: spotsspectrum@gmail.com

Facebook: contact admins above to be invited to join

TAPS – Thanet Autistic Parent Support

This parent-led group gives family members the chance to air their worries, stresses and offer support. Sessions are normally held on Fridays at Copperfields, Melbourne Avenue, Ramsgate from 9:30am-11:30am (term time only) no need to book.

Facebook: @thanetautisticparentsupport

For Us Too

For Us Too is a charity run by parents and carers of disabled children and young people. They aim to empower families across East Kent in the form of: workshops, training, family support, play events and help with applications.

www.forustoo.org

Tel: 01843 446030

Email: info@forustoo.org

Directory of Services

This information is taken from the Thanet Directory of Services produced by the Canterbury and Thanet local Children's Partnership Groups (LCPGs)

Press Ctrl and click on the subject to go straight to your area of interest:

1. [Emotional wellbeing and mental health support](#)
2. [Bereavement](#)
3. [Counselling/support](#)
4. [Health](#)
5. [Domestic Abuse](#)
6. [Housing](#)
7. [Community Safety & Support](#)
8. [Family Support](#)
9. [Finance/employment Support](#)
10. [Early Years and Children's Centres](#)
11. [Youth Provisions](#)
12. [Kent County Council – Integrated Children's Services](#)

Emotional wellbeing and mental health support

Service / Organisation	Contact	Details
Kent and Medway mental wellbeing - support services	www.kent.gov.uk/wellbeing Kent and Medway Mental Health Booklet for Families	Information on services, ideas to support wellbeing and tips to support family members. Booklet includes a range of services to help you look after the mental health and wellbeing of children, young people and adults.
Kent & Medway Recovery College	To enrol in a course call 07787 266 421 and complete enrolment over the phone.	Enrol Now on Free Health & Wellbeing Online Workshops including building knowledge, skills, strengths & supporting each other.
Kent and Medway NHS and Social Care Partnership Trust (KMPT)	https://www.kmpt.nhs.uk/services/ searchable directory of local services 0300 222 0123 (single point of access number)	Single point of Access (SPA) referral line for Mental Health Services Mental health services for people aged over 14 living in Kent and Medway. Services are more specialised than services provided by your GP. Most of the mental health services are more provided through: <ul style="list-style-type: none"> • Community based teams • Outpatient clinics • Inpatient units
Kent Children & Young People's Mental Health Service CYPMHS (NELFT)	https://www.nelft.nhs.uk/serviceskent-children-young-peoplesmental-health 03000 1234496 Resources - https://mindfresh.nelft.nhs.uk/	The Children and Young People's Mental Health Service (CYPMHS) provides emotional wellbeing and mental health advice and support for young people and their families across Kent. This service is available to young people from the age of 0-18 and up until the age of 25 for young people with special educational needs or as part of a wider network of support for children and young people in the care of the Local Authority. CYPMHS offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours and support for neurodevelopmental difficulties such as ADHD or ASD.

<p>School Health Services</p>	<p>https://www.kentcht.nhs.uk/service/school-health/ 0300 123 4496 kchft.schoolhealth@nhs.net</p>	<p>The teams are led by school nurses who are qualified nurses, with specialist training in public health. They are supported by school staff nurses, assistant practitioners, public health assistants and an administration team. They work closely with health visitors, community paediatricians, schools and other services from local communities in a range of locations, including mainstream schools and special schools and outreach services.</p>
<p>Live Well Kent (Emotional and Mental Health Services for Adults)</p>	<p>https://livewellkent.org.uk/ 0800 567 7699 info@livewellkent.org.uk</p>	<p>Live Well Kent we can help improve mental and physical health and wellbeing. It is a free service for anyone over 17.</p> <p>List of organisations offering mental health support in Thanet all in one place online: https://www.thanetsupport.co.uk/mentalhealth</p>
<p>Head Start Kent – Thanet</p>	<p>https://kentresiliencehub.org.uk/</p>	<p>Targeted support available for young people attending Head Start Kent schools and some universal services and resources available. Talents and interests grants: https://kentresiliencehub.org.uk/schools-andcommunities/grants/ Pay it forward grants: https://kentresiliencehub.org.uk/schools-andcommunities/grants/</p>
<p>We are With You (formally Addaction) - Mind and Body Programme</p>	<p>https://www.wearewithyou.org.uk/ https://www.addaction.org.uk/helpand-support/young-personsservices/mind-and-bodyprogramme</p>	<p>The Mind and Body programme is an early intervention group that offer support around self-harming behaviours within Kent's schools. The Service accept referrals from CYPMHS and EDS services to support young people involved in or deemed vulnerable to self-harming behaviours but who would not meet the thresholds of Kent NELFT services. GPs can make referrals to We are With You's community service.</p>
<p>Good Mental Health Matters and The Fantastic FRED Experience</p>	<p>https://goodmentalhealthmatters.co m/</p>	<p>Good Mental Health Matters is a free, NHS-initiated resource that empowers young people by encouraging them to take personal responsibility for their own wellbeing. It offers simple, positive strategies and advice that can be accessed by teachers and professionals, parents and young people from Years 6 - 13 through their schools to promote good mental health. The Fantastic FRED Experience and free online teaching resources for Kent's primary-school aged children are now available.</p>

<p>Be Free Positive Relationships Barnardos</p>	<p>https://www.barnardos.org.uk/what-we-do/services/befree-positiverelationships befree@barnardos.org.uk 01892 511468</p>	<p>Barnardo's Be Free Positive Relationships service is commissioned by Kent County Council. The aims of this service are to build and promote emotional resilience, and to educate and empower young women to have healthy positive relationships. Face to face and group work for young women 10 – 16 years, including transgender individuals, who are at risk of experiencing unhealthy relationships</p>
<p>Stem4</p>	<p>https://stem4.org.uk/</p>	<p>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. This is primarily provided digitally through their innovative education programme, pioneering mental health apps, clinically-informed website and mental health conferences that contribute to helping young people and those around them flourish.</p>
<p>MIMHS – Mother and Infant Mental Health Service</p>	<p>https://www.kmpt.nhs.uk/ourservices/mother-and-infant-mentalhealth-service-mimhs-east-kent/ 01622 722321</p>	<p>The Mother and Infant Mental Health Service specialises in the assessment, diagnosis and short-term treatment of women affected by a moderate to severe mental health illness in the preconception, antenatal and postnatal period. The service is for pregnant women with a pre-existing mental illness or those at risk, and women who encounter problems for the first time during or after their pregnancy.</p>
<p>Safe Haven – Thanet</p>	<p>Safe Haven @ Thanet call: 07850655877 (Telephone only currently) www.mhm.org.uk</p>	<p>If someone is feeling distressed, overwhelmed, or that things are too much and they do not know where to turn to get support in the evening, Safe Haven can help. They offer a welcoming, safe, comfortable, non-judgmental, and non-clinical environment. The emphasis is on reducing immediate distress and supporting visitors to access services and opportunities available to them in the wider community, accessing one-to-one emotional support from trained mental health professionals.</p>
<p>Porchlight</p>	<p>https://www.porchlight.org.uk/ 0800 567 7699</p>	<p>Working across the South East to help vulnerable and isolated people get support, for ages 17 and over <u>Health and wellbeing services</u> – Mental Health, Primary Care community link service, Aspirations, Community Inclusion and Mentoring, Jobs, education and training <u>Housing Services</u> – Routh Sleeper Service, adult support accommodation, Specialist supported housing, homelessness prevention.</p>

Aspirations (Porchlight)	<p><u>Methods of Referral:</u> Phone – 0333 880 2730 Email – aspirations@porchlight.org.uk or cleorobbins@porchlight.org.uk</p> <p><u>Online</u></p>	The Aspirations service continues to operate to support those struggling with their mental health and wellbeing via a telephone service. Everyone eligible will speak to their Aspirations Coach at least once a week where they will work towards helping individuals to focus and motivate themselves to take small steps to improve their mental wellbeing. They recognise that during these uncertain times this may be needed more than ever so will be focusing on how people can remain active both physically and mentally.
Kent Young Carers	<p>https://www.imago.community/Children-and-Young-People/Kent-Young-Carers 0300 111 1110</p>	Support for children who have caring duties. Kent Young Carers is the countywide service for Young Carers aged 5-18 across Kent. Young Carers are taking on caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse issue.
The National Self-Harm Network forum	<p>https://www.nshn.co.uk/ info@nshn.co.uk</p>	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. Raise awareness of the needs of people who self-harm, dispel myths and combat discrimination.
MIND	<p>https://www.mind.org.uk/ 0300 123 3393 info@mind.org.uk</p>	Providing advice and support to empower anyone experiencing a mental health problem.
The Be You Project	<p>https://thebeyoproject.co.uk/</p> <p>Contact our Be You team beyou@porchlight.org.uk</p>	The Be You Project, offered by Porchlight, connects young people in Kent who are lesbian, gay, bisexual, trans or unsure of their sexual orientation and / or gender identity. Be You offers a safe, welcoming and non-judgemental space where young LGBT+ people can meet to socialise, have fun and help each other.
Kent Enablement and Recovery Service	<p>https://www.kent.gov.uk/socialcare-and-health/health/mentalhealth/mental-health-support/kentenabement-and-recovery-service 03000 422655 KERSAdmin@kent.gov.uk</p>	Kent Enablement and Recovery Service (KERS) works with Adults experiencing mental health difficulties to address social care needs over a short period of time (up to 12 weeks). We provide support to maximize your wellbeing and quality of life, in a way that suits you. We also work with local community services to help you find a creative and realistic response to your needs.

Mental Health Matters Helpline	https://www.mhm.org.uk/ https://helplines.org/helplines/mental-health-matters-helpline-kentand-medway/ 0800 107 0160 24/7 helpline	Helpline for people with mental health problems, their carers, families and friends. A webchat is available 24/7.
Samaritans	https://www.samaritans.org/ Call Free on 116 123 jo@samaritans.org	Responding to calls for help. No judgement. No pressure. Samaritans are there for anyone who needs someone through their Freephone 24/7 phone line.
Saneline	http://www.sane.org.uk/ 0300 304 7000	National helpline offering emotional support and information for people affected by mental health problems. 4.30pm – 10.30pm daily.
Community drug and alcohol services – The Forward Trust	03000 1231186 https://eastkentdrugandalcohol.org.uk	The Thanet service provides a full range of alcohol and substance misuse interventions for adult service users living in the Thanet and surrounding areas from a Thanet Hub in Margate.
Anna Freud National Centre for Children and Families	https://www.annafreud.org/	Excellent resources for young people, parents, schools and other professionals including; 10 Steps Towards Staff Wellbeing, Talking Mental Health: Animation and Teacher Toolkit, Supporting Mental Health and Wellbeing in Secondary Schools, Advice for Parents and Carers, and the Youth Wellbeing Directory. Anna Freud also hosts the Mentally Healthy Schools website as part of Heads Together. The website offers quality-assured information, advice and resources for primary schools.
MindEd	https://www.minded.org.uk/	Free online learning for parents and professionals. MindEd is funded by the Department of Health and Department for Education and has e-learning applicable across health, social care, education, criminal justice and community settings.
Young Minds	https://youngminds.org.uk/youngminds-professionals/ Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)	Young Minds features a wealth of information on how best to support children through specific difficulties. You can also share details with parents as Young Minds' website includes an online 'parent's lounge' discussing topics chosen by them, and a helpline for parents to get confidential, expert advice.
Rethink Mental Illness	https://www.rethink.org/	Improving the lives of people severely affected by mental illness through their network of local groups and services, expert information and successful campaigning.

NHS - Looking after a child or young person's mental health	https://www.nhs.uk/oneyou/everymind-matters/childrens-mentalhealth	Tips, support and links for supporting children and young people's mental health.
NHS Choices – Mental Health and Wellbeing section	https://www.nhs.uk/conditions/stress-anxiety-depression/	Get details of other NHS mental health services near you, along with online advice for a varied range of mental health challenges, including coping with bereavement, financial problems and relationships.
Changing Minds – The Lodge (Thanet Community wellbeing activities)	For details contact Steve Migan steve.migan@changingmindskent.co.uk / changingmindskent.co.uk	A range of community wellbeing activities are available – via booking and/or drop in – at the Lodge in Westgate-on-sea. These include community clean ups, craft sessions, cinema trips, mindfulness and more.
SEK. Social Enterprise Kent Connect Well – East Kent	www.sekgroup.org.uk connectwell@sekgroup.org.uk 0300 302 0178	Their hub team support people in East Kent. Through the Community Navigation service as well as COVID-19 support.
SEK Group – Thanet Social Prescribing Service	Get in touch with Harriet by emailing h.morgan@sekgroup.org.uk , or call 01843 210005.	This new service is designed for people aged 50+ to connect with the support they need for issues such as finances, unemployment, mental health, housing, finding new activities, or finding ways to help with getting connected within the community. Drop-ins include: <ul style="list-style-type: none"> • Every Thursday from 9:30-12:00 at the Union Church Foodbank, Union Crescent, Margate, CT9 1PL • Every Thursday 13:00-16:00 at the Changing Minds Lodge, 64 Westgate Bay Avenue, Westgate-On-Sea, CT8 8SN

Bereavement

Service	Contact	Details
Bereavement Advice Centre	https://www.bereavementadvice.org/kent/	The service has been created through a partnership between Kent County Council (KCC) and Simplify Probate which provides Bereavement Advice Centre to improve access to information at and around the time of death.

Bereavement Support payment	Bereavement Support payment	Step by step guide. What Support you will get financially and how to claim.
Cruse Bereavement Care	Cruse Bereavement Care Helpline 0808 808 1677	Cruse provide support and information on grief and bereavement. Cruse Signposting Pack Useful booklets
Cruse Bereavement Service (Hope Again)	07507 656023 http://hopeagain.org.uk/	Providing support after the death of somebody close for children, young people and adults. Hope again is the youth website of Cruse.
NHS – list of support services for child death bereavement	Losing your partner or child in pregnancy	The NHS has compiled a useful list of support services and help when a child dies, including remembering your child, bereaved siblings, talking about grief and if your partner dies.
NHS – Help is at Hand	Help is at Hand	Support Guide after someone may have died by suicide. To help families, friends and loved ones.
Mind – Losing someone to suicide.	Losing someone to suicide on the MIND website or	Mind has provided information to support people experiencing losing someone to suicide. Suicide can have a ripple effect, extending well beyond the persons immediate family and friends.
Holding on, letting go	Holding on, letting go Email: info@holg.org.uk Phone: 03445 611 511	Supporting children with bereavement. Kent based charity that helps children to cope with the death of someone close to them.

Counselling / Support

Service	Contact	Details
Insight Healthcare	https://www.insighthealthcare.org/ 0300 123 4502 enquires@concerngroup.org	Insight Healthcare is a not-for-profit organisation providing free NHS talking therapy services across Kent for anyone aged 17+ living in East Kent

East Kent Rape Crisis Centre	https://www.ekrcc.org.uk/ Crisis line – 0800 458 2818 Support line – 01227 450400 support@ekrcc.org.uk Counselling - 01227 451753 info@ekrcc.org.uk	A safe space to everyone (aged 5+) affected by any kind of sexual violence or coercion experienced at any time during their lives. They offer face to face free counselling, therapeutic crisis interventions and support and crisis phone lines. East Kent Rape Crisis Centre cover East Kent (with Specialist Student (18+) Services supported Kent wide).
	Independent Sexual Violence Advisery Service (ISVA's) - 01227 826900 isva@ekrcc.org.uk	EKRCC's Independent Sexual Violence Advisers (ISVA's) offer practical advice and emotional support to any survivor who may be thinking about reporting or have reported to the Police, we can help navigate through the criminal justice process from start to finish.
Family Matters – Child and adult survivors of sexual abuse	https://www.familymattersuk.org/ 01474 537 392 for support 01474 536 661 for Gen Enq	Advice and support from reporting to court. Free practical and emotional advice. One to one specialist counselling.
Rubicon Counselling	http://www.rubiconcares.org/ 07505 709876	Counselling for victims of any crime including domestic abuse. At Rubicon Cares they provide trauma counselling throughout Kent & Medway for people affected by ANY crime. This is a free, confidential service to help people deal with the affects of, and move on from, what has happened.
KOOTH Counselling	To create an account any young person can go to: www.kooth.com and enter some basic information. Email kent@xenzone.com to find out more.	Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people 10 -16 years, accessible virtually free at the point of use. Young people can access text-based chats with a counsellor safely, anonymously and for free. There is also a range of self-help resources including a magazine, forums and an activity hub. results. Kooth staff can also provide resources and training for free to anyone in Kent that works with young people.
Kent Community Health Trust – Chat Heath	https://www.kentcht.nhs.uk/service/school-health/counselling-and-emotional-health/ Chat on 07520 618850 Single Point of Access number 08000113474 Text: Kent to 85258	Chat Health is a text service for 11-19 years. Young people can text with a member of their team about any physical or emotional health concerns they have. This service is available Monday to Friday, 9am. This service is confidential and anonymous.
Kent Community Health Trust – CYP Counselling Services	To refer: https://www.kentcht.nhs.uk/forms/school-health-service-referral-form/	Up to six counselling sessions are available for young people aged 11-19. These sessions can help a young person gain understanding and develop strategies to help them feel better. For primary school aged children, the child can have six sessions with a counsellor, or if more appropriate, parents can have six weekly

		sessions with advice on practical, easy to use strategies. The services is also extended to include bereavement counselling for those aged 4-19 who have been bereaved as a result of the Coronavirus. These sessions can be offered via video link, phone or in person.
Relate	https://www.relate.org.uk/ 01227 766094	Relationship support and counselling.
University Medical Centre Psychological Therapies	https://www.umcpt.co.uk/ 01227 469338	The University Medical Centre Psychological Therapies Service (UMCPT) is a free NHS talking therapies service offering support to people living in East Kent.
Mencap	East Kent Mencap (Thanet GOLD) 0845 004 1876 or 074 1273 1919 eastkentmencap.co.uk	The link is a Grief chat on National Mencap's website
Fegans	www.fegans.org.uk/family-hub/ Tel: 01892 538288 info@fegans.org.uk	Fegans is a Christian Charity providing mental health support including counselling and family support. A Fegans Parent Support Worker is available to support parents with advice/support on the hub.
Home Start Thanet	For more details: www.homestartthanet.org.uk For referrals: admin@homestartthanet.org.uk	Services available for families in Thanet including: <i>Embrace counselling service</i> – free service. <i>Emotional Support Helpline</i> for parents is open Tuesdays, Wednesdays and Thursdays 9.30am-12.30pm on 01843 609665. For more details: www.homestartthanet.org.uk For referrals: admin@homestartthanet.org.uk

Health

Service	Contact	Details
Health Visitors	https://www.kentcht.nhs.uk/service/kent-baby/health-visiting-service/ Thanet: 0300 0134740 kentchft.thanetDutyHV@nhs.net	Supporting families with a new baby or a child aged under five-years-old.

Children's Bladder and Bowel Nursing Team	https://www.kentcht.nhs.uk/service/specialist-childrens-bladder-bowelnursing/ 01227 594633	A team of qualified and experienced nurses who support and advise children and young people who suffer with bladder and bowel dysfunction. Their aim is to help them become confident in managing their bladder and bowel difficulties.
Change 4 Life Healthy Eating Resources	https://www.nhs.uk/change4life/about-change4life 0300 123 4567 enquiries@phe.gov.uk	Fun ideas to help children and families be healthier and happier by eating well and moving more Its purpose has been to inspire a social movement, through which government, the NHS, local authorities, businesses, charities, schools, families and community leaders can all play a part in improving children's diets and physical activity levels.
Kent Education Health Needs Service	http://www.khnes.kent.sch.uk/ 01227 781548	The Kent Health Needs Education Service (KHNES) aims to provide continuity of education for pupils who are unable to attend school due to health needs.
Save the Children	supportcare@savethechildren.org.uk Tel: 020 7012 6400	Save the Children has put together an online resource which families might find helpful during this time. The ' Den ' here , is their virtual and online play area where families can find everything they might need to support their children through the coronavirus crisis. Resources include support for families to talk to their kids about coronavirus, useful resources on creative play ideas and helping children to stay connected to their friends and grandparents.

Domestic Abuse – in an emergency always dial 999

Service	Contact	Details
Oasis Domestic Abuse Services	http://www.oasisdaservice.org/ 07718657160 or email: RAISEreferrals@oasisdaservice.org	Talk to the RAISE team who provide adult services or call the Early Intervention Team who provide services for young people on 07718657157. These are open Monday to Friday from 9am to 5pm Oasis supports people who have been affected by domestic abuse.
Home-Start Thanet - New Start Programme	admin@homestartthanet.org.uk Call 01843 609665 for a referral form	Offers interventions to support those impacted by domestic abuse or dysfunctional controlling relationships, and the psychological trauma and practical fall out resulting from this on family life. Offer emotional and practical solutions and where necessary safety planning strategies. Focused behavioural support will also be offered to children who may have witnessed and been traumatised by Domestic Abuse.

Kent and Medway Domestic Abuse and Sexual Violence Executive Group	http://www.domesticabuseservices.org.uk/ Support on 0808 168-9111	This website has been produced in order to provide a central, comprehensive resource of all Domestic Abuse related services within Kent and Medway for victims, friends & family and perpetrators.
National Domestic Violence Helpline – Women’s Aid	https://www.nationaldahelpline.org.uk/ 0808 200 0247 (24 hour)	A free phone 24-hour National Domestic Abuse Helpline
Respect - Men’s Advice Line	http://www.mensadviceline.org.uk/ 0800 8010327 info@mensadviceline.org.uk	For men experiencing domestic abuse
One Stop Shop - Margate	http://www.oasisdbservice.org/onestop Freephone Helpline is 0808 2000 247	One Stop Shops are a place for anyone who is experiencing domestic violence to visit. The atmosphere is non-judgmental and informal, all visits are anonymous, and you can visit as many times as necessary. Oasis support the Thanet <u>One Stop Shop</u> where people can see a professional face to face to get free confidential advice.
Victim Support	https://www.victimsupport.org.uk/ 080816 89111 free support line	An independent charity working towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve.

Housing

Service	Contact	Details
Thanet District Council – Housing	https://www.thanet.gov.uk/services/housing-help-and-advice/	Thanet District Council Housing advice and support.
RISE	roughsleeping@thanet.gov.uk 01843 577277	Rough sleeping Intervention, Support and Empowerment) there should still be people answering this phone as the homeless officers are classed as key workers). Back before coronavirus, there were drop-ins but these have been cancelled until further notice.
Floating Support	Floating Support	If you have found yourself homeless or threatened with homelessness for any reason, talk to your local district council about finding somewhere to stay.

Citizens Advice - Thanet	General enquiries: 01843 228643 Debt call 0184 597011 Universal credit call 01843 229696 Adviceline available 03448487978 https://www.thanetcitizensadvice.co.uk/	They can help with employment issues, debts, housing, applying for benefits, food vouchers, immigration issues, tax, consumer issues, financial matters, relationship and family issues. They can help with benefit appeals. They have a team of people at the end of the phone and can access directly legal help when needed. Available 9 – 5pm Monday, Wednesday and Friday by telephone.
Shelter	https://england.shelter.org.uk/housing_advice 0808 800 4444	Shelter helps millions of people every year struggling with bad housing or homelessness through advice, support and legal services.
Porchlight Community Housing Support Service	https://www.porchlight.org.uk/housing-services https://livewellkent.org.uk/ 0800 567 7699 info@livewellkent.org.uk	Porchlight help people who need support with housing. Some are homeless, others need advice and guidance, so they don't lose their homes. Housing support can help families with: <ul style="list-style-type: none"> • Liaising with local authorities • Liaising with housing associations and private landlords • Advocacy and guidance on specialist matters • Support to access appropriate legal advice if required

Community Safety & Support

Service	Contact	Details
Thanet Community Safety Partnership	CSP Manager Jo-anna Taylor jo-anna.taylor@thanet.gov.uk	Thanet CSP works together with agencies to tackle crime and disorder collectively. It brings together different agencies and organisations both statutory and voluntary.
Thanet Multi-Agency Task Force	MTF Lead Eden Geddes Eden.geddes@thanet.gov.uk .	Thanet Multi-Agency Task Force offers support to individuals & families with complex needs who struggle to access services through mainstream routes. You can refer a family in, following the online link above.
Kent Police - Local Police Community Support Officer (PCSO)	nathan.prentice@kent.police.uk	PCSOs work closely with communities and businesses to promote community safety. They also identify and support vulnerable people through local engagement and working with partner agencies. Contact: Nathan Prentice, Youth Engagement Officer, PCSO, Thanet.

Prisoners' Family Help Line	https://www.prisonersfamilies.org/ 0808 808 2003	The National Prisoners' Families Helpline can support a family member who is in contact with the criminal justice system. Providing advice and information on all aspects from what happens on arrest, visiting a prison to preparing for release.
Kent Safeguarding Children's Multi-Agency Partnership (KSCMP) – Child Exploitation Identification and Assessment tools	The two tools and guidance related to these can be accessed here: https://www.kscmp.org.uk/guidance/exploitation for Kent.	New joint Child Exploitation Identification and Assessment tools have been created by Kent and Medway with partner agencies (which replace the CSE toolkit previously used) and incorporate all kinds of Child Exploitation. The identification tool is designed to support professional judgement for those professionals who do not normally complete social care assessments. The second tool, assessment and planning is an extension of the identification tool, as well as identifying if a child or young person is being exploited.
Child Sexual Exploitation (CSE)	Kent Police - Missing & Child Exploitation Team mcet.east@kent.pnn.police.uk	Child Sexual Exploitation – information and resources can be found on Kelsi under <u>CSE</u> and <u>Operation Willow</u> and on the <u>KSCMP</u> website.
St Giles Trust	Project Coordinator Yvonne Christie www.stgilestrust.org.uk	St Giles gangs service operates in Thanet.
Street Aid – Knife First Aid Programme	For more information: https://projectinitiative.org.uk/ or call 01827 216171.	This <u>training programme</u> via interactive virtual workshops acknowledges the issues that young people face and prepares them to respond to difficult situations in a pro-active way to safeguard themselves and others. It aims at reducing the escalating violence and fatalities linked to knife crime. Programmes are for small groups of young people (aged 13 – 24), of 3 2-hour modules over 1 week.

Family Support

Service	Contact	Details
Thanet Local Children's Partnership Group (LCPG)	Jenny Hanna Jenny.hanna@kent.gov.uk	<u>Local Children's Partnership Groups</u> bring together a number of partner organisations with the aim of improving outcomes for children and young people in Kent and fund projects through Early Help grants to support partnership priorities. Partners can get involved, raise local thematic issues and work in collaboration to support families in the district.

Kent Support & Assistance Service (Help with managing income)	https://www.kent.gov.uk/socialcare-and-health/care-and-support/benefits/kent-support-and-assistance-service	The service may be able to families having serious difficulties managing their income due to a crisis or if they are facing exceptional pressures because of an emergency.
Food Banks	https://www.familyfoodbank.org/ carl.whitewood@salvationarmy.org .uk www.salvationarmy.org.uk/ramsgate	Food Bank Collection Points: The Salvation Army, 167a High Street , Ramsgate Kent CT11 9TT – Mob: 07900 49 73 26 or 01843 58 98 20 The Salvation Army, Union Crescent, Margate – Tel: 01843 298260
Home Start Thanet	For more details: www.homestartthanet.org.uk For referrals: admin@homestartthanet.org.uk	Services available for families in Thanet including: <i>The Embrace Programme</i> - family outreach which provides parents and children with tools to reinforce coping skills and resilience to life's transitions. <i>The Butterfly Programme</i> – supporting children displaying emotional, cognitive and behavioural issues.
Salus Group	Children and young people: https://salusgroup.org.uk/servicetype/children-young-people/ Call: 01303 817470 Adults and Family Support: https://salusgroup.org.uk/servicetype/families/	Salus offer a diverse range of programmes to support the needs of children and young people. This can be in school, the community or at home. Salus delivers a range of support to families with a focus on emotional health, well-being and practical support.
SEK Group – Thanet Social Prescribing Service	Contact Harriet email: h.morgan@sekgroup.org.uk call: 01843 210005.	This new service is designed for people aged 50+ to connect with the support they need for issues such as finances, unemployment, mental health, housing, finding new activities, or finding ways to help with getting connected within the community. Drop-ins include: <ul style="list-style-type: none">• Every Thursday from 9:30-12:00 at the Union Church Foodbank, Union Crescent, Margate, CT9 1PL• Every Thursday 13:00-16:00 at the Changing Minds Lodge, 64 Westgate Bay Avenue, Westgate-On-Sea, CT8 8SN

KCHFT – FREE online Solihull Parenting courses	Go to: https://inourplace.heiapply.com/onlinelarning/courses apply the access code: Invicta and register for an account	Kent Community Health Foundation Trust (KCHFT) Health Visiting have purchased online Solihull Parenting Programmes, the 4 Courses include: <ul style="list-style-type: none"> • Understanding pregnancy, labour, birth and your baby • Understanding your baby aged 0-12 months • Understanding your child aged 0-18 • Understanding your teenager's brain The following link and password can be shared with families to be able to gain access. Solihull will record the number of courses accessed and provide data to KCHFT.
Kent Adult Education – Family Learning	Learners can email businesssupportteam@kent.gov.uk or phone 03000 415888 to enrol.	Courses include a variety of FREE <u>Family Learning Courses</u> : as well as other payable <u>courses</u> .
Gingerbread	https://www.gingerbread.org.uk/	Single parents, who may have complex barriers to engaging with services, will receive mentoring and one-to-one support. Access to courses and activities which will support them to develop their personal employability skills and increase confidence in their ability to progress on to positive destinations.
Kent Skills and Employability Team	https://www.kelsi.org.uk/skills-andemployability	A range of support services for 14 – 25 year olds into employment, education and training.
Macmillan	https://www.macmillan.org.uk 01227 762122 Macmillan Support Line on <u>0808 808 00 00</u>	Welfare Benefits Advice for people, carers and their families that are affected by cancer
Connect Well – directory of local activities and services	https://connectwellkent.org.uk/	Searchable database for activities and services in your area
Red Zebra	Contact: ewan.flack@redzebra.org.uk .	Red Zebra engages with local BAME residents through activities; and support programmes and creates community connections with statutory services.

Information, Advice and Support Kent (IASK)	https://www.iask.org.uk/ 03000 41 3000 iask@kent.gov.uk	Supporting families of children and young people (0-25) with special educational needs or disabilities with advice re the Statutory Assessment process and annual reviews
Kent Autistic Trust	https://www.kentautistictrust.org/ 01634 405168	Services include: <ul style="list-style-type: none"> • Domiciliary Care/ Support Living • Day/Resource Centres • Outreach • Respite • Family Support • Family support groups • Children support groups • Social Skills Group
Kent Special Educational Needs – Information Hub	Email: SENEast@kent.gov.uk 03000 421160 Information Hub	There are many voluntary organisations, support groups and advice charities active in Kent that can help families. Explore your options here if you think your child has send.
Community Church Ramsgate – Support Service: ‘Nadine’s Family Wellbeing Journey’.	Contact: Craig Prentice team.leader@thecorner.org.uk Web: thecorner.org.uk . Join the Facebook group: Nadine’s Family Wellbeing	This LCPG/EH Grant funded project aims to use social media and direct support to help families learn about ACEs and toxic stress. It supports parents to discover everyday ways of making family life healthier and happier through group and 1-1 support (Ramsgate families). For the newly developed Youtube video content

Finance/Employment Support

Service	Contact	Details
Department of Work & Pensions	https://www.gov.uk/browse/working/finding-job	Find a job, traineeship, apprenticeship, internship. Get support in work if you have a disability or health condition (Access to Work). Help with moving from benefits to work
Kent Skills and Employability Team	https://www.kelsi.org.uk/skills-andemployability	A range of support services for 14 – 25 year olds into employment, education and training.

Social Enterprise Kent – Let's get working	https://sekgroup.org.uk/employment-support/lets-get-working/	"Let's Get Working" is social prescribing project in East Kent. It provides intensive, personally tailored and ongoing practical support for disadvantaged people over the age of 16, who are not in work or training due to a disability or long-term physical health condition.
Shaw Trust	https://www.shaw-trust.org.uk/	Specialist services help people gain an education, enter work, develop their career, improve their wellbeing or rebuild their lives. As a charity they add value to every service they deliver by investing back into the people and communities they support.
The Education People	https://www.theeducationpeople.org/our-expertise/specialistemployment/	Delivered by Kent Supported Employment, their Specialist Employment service provides a range of services from school employability and work experience programs to supporting students and adult jobseekers into work experience, supported internships, supported apprenticeships, self-employment and paid employment. They hold specialist knowledge and experience of services for SEND students, other vulnerable learner groups and adults with a disability or disadvantage.
RefuAid – supporting Refugees in the UK into employment	https://refuaid.org/employmentprogramme	RefuAid support access to language tuition, education, Finance and meaningful employment. They provide support refugees to accessing employment through setting goals, action planning, mentoring, sourcing opportunities, accessing English language programmes and interest free finance to cover the cost of requalification, and support into work.
Government Child Benefit	https://www.gov.uk/government/publications/child-benefit-claim-formch2	Information on claiming Child Benefit can be found online.
Citizens Advice Bureau (Universal Credit support)	Help to claim service: 0800 1448 444	CAB have the contract to help customers completing their Universal Credit claim if needed. Hardship payments – payment/loan can be applied for if benefits have been sanctioned.

Government Universal Credit	https://www.gov.uk/applyuniversal-credit	<p>Families can go into the jobcentres for general advice. Anyone in receipt of universal credit with have an online Journal where they can pose questions to their JCP job coach. If they have access issues these can be resolved by JCP.</p> <p>Allowance includes a standard allowance (equivalent to JSA/ESA/IS), a child allowance (equivalent to child tax credit) and a housing allowance (equivalent of the Local housing allowance rate / housing benefit). There is also information Local Housing allowance and bedroom here: https://lha-direct.voa.gov.uk/search.aspx</p> <p>Council tax support - is not included in Universal credit and needs to be claimed separately from the council if appropriate.</p> <p>Discretionary housing payment - can be applied for to support families with rent arrears/deposit /rent in advance.</p> <p>Housing options team - provide support to families facing eviction. Job Centre Plus work closely with this team especially with families who experience benefit cap.</p>
Government Better off calculator / "Entitled to" calculator	https://www.gov.uk/benefitscalculators https://www.entitledto.co.uk/?utm_source=BAviser&utm_medium=referral&utm_campaign=GovUK	<p>If a family want to check how much better off they may be in work or just check their benefits generally they can do a benefit calculation: This is not 100% accurate but will an indication.</p> <p>The 'Entitled To' calculator is also useful.</p> <p><u>Benefit cap</u> - a family's benefit may be capped at £20,000 per year or £384.62 per week. This includes all benefits. They can carry out 16 hours work and the benefit cap is usually lifted. Workers can signpost families to Job Centre Plus for any queries.</p>
Family Fund (Provider of Grants to low income families)	www.familyfund.org.uk <u>01904 550055</u>	<p>Grants to families in receipt of various benefits/low income who are raising a disabled or seriously ill child or young person aged 17 and under.</p>
Turn2Us	https://www.turn2us.org.uk/ 03000 3335700	<p>Free service that helps people in financial need to access welfare benefits, charitable grants and other financial help.</p>
Job Centre Plus	https://www.gov.uk/contactjobcentre-plus	<p>Budgeting Loan/Budgeting Advance – can be applied for to help with costs of certain items.</p>
Kent Support and Assistance Service	https://kentcountycouncil.sharepoint.com/sites/KNet/Pages/Emergency-assistance-and-support.aspx	<p>Families can apply for a grant if they are struggling to afford food and other essentials over the coming months due to Covid-19</p>

National Debtline	https://www.nationaldebtline.org/	National Debtline is a charity. They give free and independent advice over the phone and online.
Money Advice Service	https://www.moneyadviceservice.org.uk/en	Free and impartial money advice, set up by government <ul style="list-style-type: none"> • Advice and guides to help improve your finances • Tools and calculators to help keep track and plan ahead • Support over the phone and online
Christians against poverty (CAP)	Community church Ramsgate 08003 280006	Thanet CAP Debt Centre / CAP Money / CAP Fresh Start. They oversee the work of Christians Against Poverty in Thanet.
Porchlight's Community Link Team	https://livewellkent.org.uk/ 0800 567 7699 info@livewellkent.org.uk	Porchlight's community link team can help people get the support they need to manage whatever they are facing. If they are struggling with their mental health they can give advice, guidance and help people find free support including Money management.

Early Years and Children Centres

Service	Contact	Details
KCC – Healthy Start Vouchers	Health Start Vouchers	Women qualify for Health Start Vouchers if they are pregnant or have a child under 4 years old, and they are on benefits, or if the pregnant woman is under 18. With Healthy Start, families get free vouchers every week to spend on milk, fresh, frozen, and tinned fruit and vegetables, fresh, dried, and tinned pulses, and infant formula milk, and vitamins. Due to the impact of the Covid-19 pandemic the time available to use the vouchers have been extended from 4 weeks to 12 weeks.

<p>Thanet Children Centres</p>	<p><u>Birchington CC</u> 03000 411210 (07773 202777) <u>Callis Grange CC</u> 03000 420996 (07826 868064) <u>Cliftonville CC</u> 03000 421129 (07976 374721) <u>Garlinge CC</u> 03000 420010 (07773 216802) <u>Newington CC</u> 03000 411043 (07773 215534) <u>Newlands CC</u> 03000 411042 (07773 200053) <u>Priory CC</u> 03000 411041 (07773 222345) <u>Six Bells CC</u> 03000 411666 (07773 593706) https://www.facebook.com/ThanetChildrensCentres/</p>	<p>Each centre offers different services, including:</p> <ul style="list-style-type: none"> • childcare • early education • training or finding a new job • antenatal classes • baby clinics • support with breastfeeding • support with parenting and speech and language • drop-in sessions for parents and children • services for children with special needs and disabilities • opportunities for families to get involved with volunteering and designing services <p>Please check with your local children's centre and for their virtual offer.</p>
--------------------------------	--	---

<p>Early Years – support services</p>	<p>https://www.kelsi.org.uk/earlyyears</p>	<p>A range of information and services are available to support Early Years settings.</p>
---------------------------------------	--	---

<p>Red Zebra – School Readiness</p>	<p>https://redzebra.org.uk/roma-in-the-lead/</p>	<p>The Roma in the Lead project created a School Readiness <u>animated video</u> with families in Margate and Dover to support families with starting school.</p>
-------------------------------------	--	---

Youth Provisions

Service	Contact	Details
<p>KCC Youth Services</p>	<p>Youth Hub Delivery Manager Justin Wanstall</p>	<p>Providing a range of support services including:</p> <ul style="list-style-type: none"> • Building relationships

<p>KCC Quarterdeck Youth Hub 15 Zion Place Margate CT9 1RP</p>	<p>03000 419516 justin.wanstall@kent.gov.uk emma.verge@kent.gov.uk</p>	<ul style="list-style-type: none"> • Group work • 1:1 support • Peer groups and friendships • Centre based, outreach and detached youth work • Partnership work with the community, faith groups and uniform organisations • School based youth work • Holiday programs • Accredited programs including Duke of Edinburgh award, ASDAN & Arts Award
<p>Virtual Youth Offer</p>	<p>https://www.kent.gov.uk/educationand-children/young-people/onlineyouth-services</p>	<p>Kent commissions independent providers to deliver open access youth services across twelve districts of Kent for young people aged 8-19 (up to 25 for young people with learning difficulties and disabilities).</p>
<p>Pie Factory Music</p>	<p>www.piefactorymusic.com Ramsgate Youth Centre St Lawrence High St Ramsgate Kent CT11 0QG (01843) 596777 (01843) 596998 info@piefactorymusic.com</p>	<p>Pie Factory Music believes in giving access to creative community-based facilities and a diverse range of activities to improve young people's social skills, emotional health and wellbeing. They work hard to offer both a universal and targeted approach to their youth provision and recognise the value of working with young people who face challenging circumstances. All sessions are delivered by trained youth workers alongside sessional and volunteer youth workers, with further support from young leaders. Commissioned by KCC.</p>
<p>The Pavilion Youth & Community Café</p>	<p>Victoria Suchak, Project Manager 07963 226275 toria1107@aol.com pavilioncommunitycafe@gmail.com</p>	<p>Youth Services: Duke of Edinburgh's Awards, Arts Awards, music, sport, support and advice.</p>
<p>Porchlight Adolescent Wellbeing Service (PAWS) Thanet</p>	<p>PAWS Porchlight paws@porchlight.org.uk 0800 567 7699</p>	<p>For young people (aged 13 and above) and their families who are based in Thanet. It helps young people improve issues related to mental health, emotional wellbeing and communication skills. It supports young people to build resilience and to develop the necessary skills, experience and attributes needed to achieve their goals.</p>
<p>The Young Lives Foundation</p>	<p>https://ylf.org.uk/ 01622 693459</p>	<p>The Young Lives Foundation (YLF) is an award-winning children's charity in the South East of England with expertise in Advocacy, Mentoring, Befriending and Activity Programmes.</p>

Imago	Contact: Anton.kluibenschadl@imago.community	Imago is a social action organisation delivering diverse services and supporting individuals, organisations and communities across Kent, Medway, East Sussex and London
Imago – Safe	Contact- Tel: 07935 069 739 Email: safe@imago.community www.Imago.community/childrenand-young-people/safe	Safe is a youth-led project, which aims to raise awareness of mental health, reduce suicide, breaking down stigma, getting young people to talk about their feelings, recognise the danger signs and to seek support, if, and when they need it.
Imago – Short Breaks	Contact- Tel: 0300 111 1110 Email: shortbreaks@imago.community www.Imago.community/childrenand-young-people/short-breaksservice	Youth Cafes, Saturday Clubs and school holiday activity days run for children and young people with disabilities. All sessions are fun learning opportunities, focusing on building confidence, participation, life skills and independence.
NELFT	www.nelft.nhs.uk 0300 555 1200 (main switchboard)	NELFT are the provider of all age eating disorder services and child and adolescent mental health services across Kent and Medway.
Headstart Kent Resilience Hub	https://kentresiliencehub.org.uk/headstart@kent.gov.uk	Supporting 10-16 year olds to cope better with the pressures of everyday life.
Arts Education Exchange – Service update	Contact Ollie for more details/questions: oliver@artsedex.org	Arts Education Exchange , based in Margate, offer a unique model of engagement and progression for young people not accessing formal education. They provide 1:1 or small group interventions for young people aged 12-19. This therapeutic approach to learning through the arts supports young people's mental health and wellbeing, via a broad curriculum offer, including literacy and numeracy, delivered through the arts. Creative Transitions: Online Art Project for young people in Thanet There is an exciting opportunity for young people, living in care or with SEND, to be involved in this Free online art project: https://artsedex.org/free-art-tutorials (LCPG/EH Grant funded).

Kent County Council Integrated Services

Service	Contact	Details
---------	---------	---------

Early Help and Preventative Service	thanetearlyhelp@kent.gov.uk . openaccesssthanet@kent.gov.uk EH Leaflet for Partners EH Leaflet for Families	<p>Early Help provide services that can be accessed locally at a time and place that suits families to help them to do well, stay safe and resolve problems at the earliest possible opportunity, before they become more serious.</p> <p><u>Early Help and Preventative Services</u> (EHPS) in Kent aim to target early help services for the most vulnerable children, young people and families with a focus on delivering better outcomes.</p>
KCC Front Door	<u>Front door Portal</u> <u>Contacts</u> 03000 41 11 11 Out of Hours (after 5pm / Urgent calls only) 03000 41 91 91	<p>The Single Request for Support Form replaces the Early Help Notification (EHN) and the Inter-agency Referral (IAR) forms. The new form is intended to be used by professionals making requests for children and families requiring intensive or specialist support at levels 3 and 4 only. Any referrals that do not meet the criteria should be referred to the appropriate service for additional or universal services or consideration given as to whether the identified needs can be met within the referrer's own service.</p>
Kent Together	www.kent.gov.uk/KentTogether 03000 719292	<p>A 24-hour helpline has been set up to support vulnerable people in Kent who need urgent help, supplies or medication.</p> <p>The helpline – called Kent Together – provides a single, convenient point of contact for anyone in the county who is in urgent need of help during the Coronavirus outbreak. It is a collaboration between KCC, central Government, District, Borough and local councils, the voluntary and community sector, the NHS, emergency services and other partners to ensure help is at hand for vulnerable people. It is also the place to report your concerns about the welfare of someone else.</p> <p>If you are vulnerable and have an urgent need that cannot be met through existing support networks, you can contact the Kent Together helpline.</p>

Document last updated: 25.5.21 JH
 Please note that the above services were available when the document was last updated.
 Thanet LCPG is aware of these services but organisations referring on to them are responsible for checking they are satisfied with their safeguarding and other processes.

Author	Jenny Hanna, Area Partnership Manager and EK LCPG Co-ordinator, Integrated Children's Service, KCC, Jenny.hanna@kent.gov.uk
Support	Linda Williams, Business Support, KCC, Linda.williams@kent.gov.uk Emma Lukins, Business Support, KCC, Emma.lukins@kent.gov.uk