

Services available to young carers (South Glos)

Here is a list of **free** services that we would recommend you look through who could help support you whilst you wait for an assessment. These services are aimed to support young people all over South Gloucestershire.

Youth and play organisations:

Name of Service	Description	Website	Age Range
Young Carers Service, Carers Support Centre	Providing free activities, groups and 1-1 support for young carers. Also undertakes statutory assessments for young carers.	https://www.carerssupportcentre.org.uk/young-carers/ Email: YoungC@carerssupportcentre.org.uk Tel: 0117 958 9980	8 – 17 years
Barnardo's	Youth services, support for young people particularly with homelessness, employment/training/skills and LGBTQ+	https://www.barnardos.org.uk/	All ages
Bristol Drug Project	Supporting young carers of parents with substance use.	https://www.bdp.org.uk/ Tel: 0117 987 6009	5 - 16 years
Creative Youth Network (CYN)	CYN run youth centres across South Glos. They provide one to one wellbeing support to 11-19 year olds. They can help with mild to moderate mental health issues, in a flexible way, for 6-12 sessions. They offer: Youth work, group support, wellbeing support & mental health support.	https://www.creativeyouthnetwork.org.uk/ General Enquiries: info@creativeyouthnetwork.org.uk Tel: 0117 947 7948 (dial 1 to refer a young person) More info on art programmes: creative.dept@creativeyouthnetwork.org.uk More info on youth centres, advice and support services: youthservices@creativeyouthnetwork.org.uk	11-19 years

Childline	Childline is a free private & confidential service where you can talk about anything	www.childline.org.uk Tel: 0800 1111	Up to 19 years
Children's Centres	Children's centres offer families with children aged 0-5 years a free range of services, information and support in a friendly and welcoming environment, within the local community. Check your local Children's centre for activities, advice and guidance and family support.	https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advance.page?id=tCtYW0Fxtpo	Children & family support for all ages
Empire Fighting Chance	This programme integrates mentoring, carers support and therapy with boxing to support young people from 8-16 years old. You can refer your child on the website.	For general enquiries Call 0117 233 8700 Email: info@empirefightingchance.org https://empirefightingchance.org/	8 – 16 years
FACE	FACE provides a range of exciting activities for young people at weekly groups and outreach sessions.	http://www.facecharity.org.uk/ Contact them by post / in person at: FACE, Youth Centre, Elm Park, Filton, BS34 7PS Email: info@facecharity.org.uk Tel: 0117 969 1938	All ages
Holiday Activities & Food Programme	This programme aims to provide healthy food and enriching activities during the school holidays to children who are aged between 5 to 16 years old and receive benefits-related free school meals.	https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advance.page?id=Y50nS-ilHMk	5 – 16 years
JIGSAW Thornbury	JIGSAW Thornbury is a charity that works with all children and young people with additional needs or disabilities, and their families. Their events include holiday activities, after school clubs, training sessions for families as well as social events for parents.	https://www.jigsawthornbury.org.uk/ Email: admin@jigsawthornbury.org.uk Tel: 01454 567508	0-25 years

Juice Community Project	Juice provides activities, services and help for those who live in the BS30 area. Juice has a community hub which is open Monday to Friday where residents can drop in and ask for help. Juice is open to all ages.	https://www.juicecic.com/ Email: hello@juicecic.com Tel: 01454 302302	0-25 years
Krunch	Krunch is a young people focused registered charity offering support, guidance and encouragement to young people thereby enabling them to fulfil their potential. Krunch provide 1-1 mentoring, workshops, girls groups, and juniors group.	http://www.krunch.org.uk/krunch-sw/	11-18 years
Life Cycle UK	Help children and young people learn to cycle and become more confident. 1-1, group rides, youth activities	https://www.lifecycleuk.org.uk/youth	8-14 years
Sense	Support for young carers and siblings of disabled people. Free activities, groups and 1-1 support both online and face to face. Group meets in Kingswood – open to young carers in Bristol and South Gloucestershire	https://www.sense.org.uk/our-services/support-for-children/support-for-young-carers-and-siblings/	Up to 18 years
South Glos. Council	Information on youth activities.	https://www.southglos.gov.uk/health-and-social-care/care-and-support	
South Glos Parents & Carers	They support parents & carers of children with additional needs & disabilities, Connecting Families & Bringing Them Together. Face-to-Face & Online.	https://sgpc.org.uk/ Telephone 01454 501 009	0 – 25 years
Youth Club & Youth Services	The Youth Centres exist to help you reach your potential in a safe and creative environment. Filling the gap between home and school, they offer loads of different activities and events, all designed by, and for, you and your friends.	https://www.creativeyouthnetwork.org.uk/Pages/Catagory/youth-centres Tel: 0117 967 5984 https://www.lpw.org.uk/ Tel: 0117 987 3700	All age ranges

School and Education:

Name of service	Description	Website	Age range
Carers Support Centre	Here is a link to all the schools who are signed up to the Young Carers in Schools programme (YCiS). School Young Carers Leads Listed. Please check to see if your child's school is already registered with us. If you can't see your child's school, please check with your school to see if they have a young carers group.	https://www.carerssupportcentre.org.uk/young-carers/young-carers-in-schools/local-member-schools/	All ages
Off The Record OTR (Mental health support in schools)	This service supports young people around mental health. They have groups that meet online and provide 1-1 support in schools. The school will need to be registered with OTR. The list of schools is in the link provided. Please contact the school to register your child.	https://www.otrbristol.org.uk/what-we-do/mhst/	Secondary age 11+
School nurses	The Bristol & South Gloucestershire School Nursing Service 5-19 years is available to all children and young people living, or at school/college within the Bristol and South Gloucestershire local authority area, as a first point of contact for advice and signposting.	https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing/bristol-south-gloucestershire	Primary & secondary age

Further Education:

Name of service	Description	Website	Age range
Young Carers Service. Carers Support Centre (Our service)	This workshop is to give advice and guidance to young people to explore their options moving into further education. We have also attached a list of services to support further education.	Transition Workshop – Please speak to your child's Support worker to discuss joining this free workshop.	15+
Prince's Trust	The Prince's Trust run programmes to help young people get into employment, start business and build confidence. Resources available on website.	https://www.princes-trust.org.uk/ Telephone: 0800 842 842	16+

Health and wellbeing:

Name of service	Description	Website	Age range
AFC (text crisis support) SHOUT	Free, confidential, 24/7 text message support service, if you need support you can text AFC to 85258	https://www.annafreud.org/on-my-mind/afc-crisis-messenger/ LGBTQI+ Mental health support https://www.annafreud.org/on-my-mind/lgbtqi-mental-health/	11+
Kooth	Free anonymous online text counselling for young people	https://www.kooth.com/	11+
Love Squared (Formally Leading Lights)	A specialist mental health and SEN charity based in Bristol. They provide creative and imaginative support for children aged 5+ and families affected by social, emotional and mental health needs. Their services include: Telephone emotional support, Therapeutic support, and 1:1 mentoring	https://lovesquared.org.uk/	5+
Mind info line	Online and telephone resource that doesn't offer counselling but provides a safe space to anonymously discuss your mental health concerns.	https://www.mind.org.uk/information-support/helplines/	Parent & child support
Nilaari	Support – social care and talking therapies for BAME	https://www.nilaari.co.uk/ Telephone: 0117 952 5742	Under 25
Sidekick Action for Children	Sidekick is a confidential helpline for young carers in the UK. You can message us any time, about anything that's bothering you as a young carer.	https://sidekick.actionforchildren.org.uk/	13-18 years old
Off the Record	Youth services, Mental health support Please check out their range of services via their website.	https://www.otrbristol.org.uk/	11 – 25 years old

The Mix	A free mental health service for people under 25 years old. The Mix offers a range of short-term support options for getting help without leaving home; one to one chat, telephone, crisis messenger	https://www.themix.org.uk/ Telephone: 0808 808 4994	11 - 25 years old
The NHS Urgent Mental Health Helpline ART – Access & Response Team	Short online quiz for all ages allowing you to access local mental health services. When the public or professional need to make a referral or raise a concern about a child the access & response team (ART) will make the first assessment of what needed to be done to make the child safe.	https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline	All ages
Young Minds	For ideas for practical support	https://youngminds.org.uk/find-help/feelings-and-symptoms/	11+
Mind You	A mental health & emotional well-being hub for young people, parent & carers in South Gloucestershire.	sites.southglos.gov.uk/mind-you/	Available to all
Mind	Advice & support to empower anyone experiencing a mental health problem	www.mind.org.uk	Available to all
NHS Mental well-being audio guides	Listen to a series of audio guides privately, in your own time to boost your mood	Website: www.nhs.uk	Available to all
Alphabets LGBTQ+	An LGBTQ youth café in Yate	01454 869441 mailto:info@yatearmadillo.co.uk	13 – 19 years
Diversity Trust LGBTQ+ Provision	Area wide. Diversity Trust manage specialist LGBTQ youth group services in Kingwood, Patchway & Yate	0844 800 4425 https://www.diversitytrust.org.uk/young-peoples-services/	13-19 years

Apps and web pages:

Name of service	Description	Website	Age range
SAM App	Sam is an app to help you understand and manage anxiety, depression, loneliness and coping. Developed by project team at UWE	Website: sam-app.org.uk	Available to all
Happymaps	Aimed at parent/carer support. Worried about your child's behaviour or mental health? Not sure what's normal or how to find sensible advice? You've come to the right place.	Website: www.happymaps.co.uk	Self help for under 12s and 12-25 years
Family Lives	Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life.	Website: www.familylives.org.uk	Support for families
MeeTwo (App)	MeeTwo is an award winning free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines.	Website: www.meetwo.co.uk	Aimed at teenagers