

Using this document:

- This document contains a range of services, programmes and resources aimed at supporting adults with the needs of a child or young person in Medway; or with supporting the adults with their own needs.
- Each entry contains a variety of information:
 - ♦ A brief description of what it involves,
 - ♦ Entry criteria,
 - ♦ Where/how to access the support
 - ♦ What category of help it falls under, in line with the iThrive approach (Thriving, Getting Advice and Signposting, Getting Help, Getting More Help, Getting Risk Support),
 - ♦ A scannable QR code for more information.

Are you aware of a service that supports parents in Medway, that isn't featured in here?

<https://forms.office.com/e/fbF8MjsfPj>



Is there an error in here, that we haven't spotted?

<https://forms.office.com/e/3H7jQws9dw>



Navigating the document:

- ♦ This document is designed to be interactive when used on a PC, smartphone or tablet. For best results, use a PDF Viewer or an equivalent app to open it.
- ♦ Each entry has a number of searchable tags covering what sort of help you can expect, and what is covered. To quickly find something, use the Find function (Home > Find on a PC toolbar, or CTRL+F as a keyboard shortcut) and search for any of the tags below.

Search tags:

Abuse; Activity; Advice; Anxiety; ASD; Behaviour; Bereavement; Bookable; Breastfeeding; Bullying; Confidence; Criminal Justice; Crisis; Document; Drinking; Drug Use; Eating Disorders; FASD; Finances; General Help; Helpline; LGBTQ+; Men's; Mental Health; New Parents; Nutrition; One-Off; Peer Support; Personalised Help; Physical Activity; Pre-Recorded; Pregnancy; Puberty; Referral Needed; Relationships; School; School Based; Self Harm; Self Referral; SEND; Sex; Sleep; Training; Virtual; Website; Women's;

What is Thriving?

Young people who are thriving understand the who, what, why, when and how of their everyday needs. They are able to make good decisions for themselves, like eating healthy and staying active. They also have people who support and care for them, and who they can talk to if they need help. For these families, it is about maintaining wellness and wellbeing.

Activities: These are activities for families to book for their children. Some activities have certain entry criteria, so please check the relevant details.

Family Groups (Play) [Home-Start Medway]

Bookable; Activity



What is it?

Home-Start Medway operate a range of Family Group sessions in the area, some of these groups are provided with the help and assistance of other partner organisations or funding bodies. Groups include: Pop & Play and Stay & Play.

Who is it aimed at?

- Families with children under 5
- Please note some groups are open to Army families only

How can I get in touch? (Please note contact details may change over time.)

manager@home-startmedway.org.uk

01634 570717



MedwayGo

Bookable; Activity; Nutrition; Physical Activity



What is it?

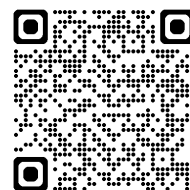
Take the hassle out of the holidays with MedwayGo. Choose from hundreds of fun activities for children from Reception to Year 11, including sport, dance, art, drama and lots more! Children will have a great time making friends, keeping active and learning new skills and receiving a free balanced meal as part of their session.

Who is it aimed at?

- Children aged 5-16 years, in receipt of benefit related free school meals

Where can I access this? (Please note access rights and/or links may change over time.)

<https://go.medway.gov.uk/>



Rivermead Outreach Community Challenge

Bookable; Activity; SEND



What is it?

This offers respite activities during school holidays for young people aged 5-25 years with a variety of learning difficulties. Young people will have the chance to experience and develop new and existing skills through a variety of activities as well as engage in exciting opportunities which support their individual needs, abilities and interests.

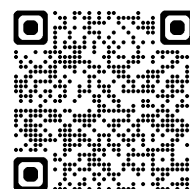
Who is it aimed at?

- Families with children aged 5 to 25, that have learning difficulties

How can I get in touch? (Please note contact details may change over time.)

rocsl@rivermeadinclusivetrust.org

01634 961080, selecting option 1 when prompted



What is Getting Advice and Signposting?

It's important to know where to find good advice when you need it. Seeking advice is good for staying happy and healthy, and can be done anytime to help you stay on track and keep thriving! For families, this is about getting temporary support or advice within your local community.

Training: These courses are training opportunities. The signing up process is different for each one, so please check the relevant details.

And So to Bed [MCH]

Training; Pre-Recorded; Sleep; New Parents



What is it?

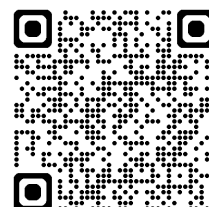
It looks at how we can help to ensure that our children develop healthy sleep habits and avoid/overcome any common difficulties.

Who is it aimed at?

- Parents with babies and young children over 10 months old

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=mflGqulwrl>



Arguing better [OnePlusOne]

Training; Virtual; Relationships; New Parents



What is it?

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children. Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things.

Who is it aimed at?

- Open to anyone
- Though, a free account must be created to access the course

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.oneplusone.org.uk/parents>



Autism workshops [NELFT]

Bookable; Training; ASD; SEND; Anxiety; Behaviour; Sleep



What is it?

With a focus on looking after the child or young person with neuro-affirming care and use of language, the workshops offer essential information for the understanding of autism, behaviour, anxiety and sleep issues with evidence-backed tools and techniques.

Who is it aimed at?

- Only for families where children are on a current waiting list, but also think their children may be autistic

How can I get in touch? (Please note contact details may change over time.)

NLDS.APS@nelft.nhs.uk



Basic Self Harm Awareness

Self Referral; Training; Self Harm



What is it?

This course is for those that would like to learn about self-harm and how to support children and young people that may be engaging in self-harming behaviours.

Who is it aimed at?

- Anyone supporting children and/or young people, who are self harming

How can I get in touch? (Please note contact details may change over time.)

childhealth@medway.gov.uk



Behaviour [MCH]

Training; Pre-Recorded; Behaviour



What is it?

Explore how to develop a positive relationship with your child, the appropriate expectations for behaviour in relation to age and managing common issues that arise.

Who is it aimed at?

- Parents of children from 2 ½ to 6 years old

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=sfUQmMvbYCI>



Bullying

Training; Pre-Recorded; Bullying



What is it?

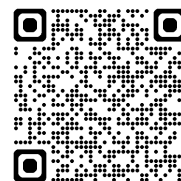
Explore cyber bullying, the signs of bullying and consider the reasons why children and young people may bully others. Learn practical ways to support your child with bullying and find out more about the organisations that can support with this issue.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=j2DnTlbpM8o>



Children's Specialist Parent Support Sessions [MCH]

Self Referral; Training; General Help; New Parents



What is it?

Parent support sessions are run every Monday in the Gym at Snapdragons Centre in Strood by experienced members of our staff. The session is for parent / carers only. The sessions are designed to offer you practical advice and top tips to try with your child.

Who is it aimed at?

- Open to anyone
- However, the session is unable to accommodate children

How can I get in touch? (Please note contact details may change over time.)

0300 123 3444, selecting option 4 when prompted



Crisis Tools

Training; Website; Mental Health



What is it?

Improve your confidence, knowledge and skills in supporting young people in crisis. Created by young people working in partnership with mental health experts. Short, accessible video guides and text resources.

Who is it aimed at?

- Anyone who may find themselves supporting a young person in crisis
- Though, a free account must be created to access the resources

Where can I access this? (Please note access rights and/or links may change over time.)

<https://crisistools.org.uk/>



Getting it right for children [OnePlusOne]

Training; Virtual; Relationships; New Parents



What is it?

Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

Who is it aimed at?

- Open to anyone
- Though, a free account must be created to access the course

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.oneplusone.org.uk/parents>



Helping your child manage anger

Training; Pre-Recorded; Behaviour



What is it?

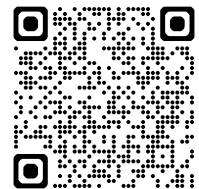
In partnership with North Kent Mind, this is to support parents and carers to help their child manage anger.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

https://www.youtube.com/watch?v=X7uWpKYVv_I



Introducing Solid Foods [MCH]

Training; Bookable; Nutrition



What is it?

The session fully explores the introduction of solid foods; the different approaches that people use and guidance on oral health and supplements.

Who is it aimed at?

- Parents with babies aged 3 to 6 months old

How can I get in touch? (Please note contact details may change over time.)

0300 123 3444

medch.childrenscommunity@nhs.net



Managing wellbeing during the festive season

Training; Pre-Recorded; Mental Health



What is it?

This time of year, can be wonderful but the Child Health Team understand that for many it can be stressful and cause feelings of anxiety. We have put together a short, recorded session, in partnership with North Kent Mind, to help parents and carers to Manage their Wellbeing During the Festive Season.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=ykoa1dFDNJo>



Me, You and Baby too [OnePlusOne]

Training; Virtual; Relationships; New Parents



What is it?

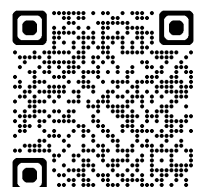
Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more. Me, You and Baby Too is a free online course that can help you navigate these changes and keep moving forward together.

Who is it aimed at?

- Open to anyone
- Though, a free account must be created to access the course

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.oneplusone.org.uk/parents>



Mental Health – Managing Your Own

Training; Pre-Recorded; Mental Health



What is it?

This course is for those that would like to learn about mental health within the context of their own and their family's emotional health and well-being.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

https://www.youtube.com/watch?v=sFhCK1_v0Sk



Mental Health – Supporting Your Child

Training; Pre-Recorded; Mental Health



What is it?

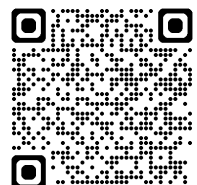
This course is for those that would like to learn about children's mental health and ways in which they can support their children's mental health and emotional wellbeing.

Who is it aimed at?

- Open to anyone
- Though, please note specific health conditions including SEND needs are not featured within this session

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=mBpKfqV3chg>



MindEd for Families

Training; Website; Advice; General Help



What is it?

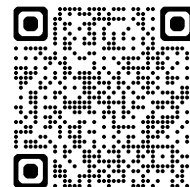
Are you a parent or carer who is concerned about the mental health of your child or teenager? Do you just want some hints and tips on parenting? MindEd for Families has advice and information from trusted experts and, what you can do to best support your family, and how to take care of yourself.

Who is it aimed at?

- Open to anyone
- Though, a free account must be created to access the resources

Where can I access this? (Please note access rights and/or links may change over time.)

<https://mindedforfamilies.org.uk/>



Navigating Fatherhood

Pre-Recorded; Training; Men's; Mental Health; Anxiety; New Parents



What is it?

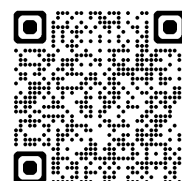
This session supports dads to explore the emotional and psychological transition into fatherhood. During the session we will look at developing coping strategies for stress and anxiety related to fatherhood.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=0XrQEwYSym0>



NELFT Talk—Anxiety

Pre-Recorded; Training; SEND; Anxiety



What is it?

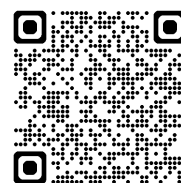
In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week. Dr Rachel Hussey discusses understanding the world from the neuro diverse perspective, differences in the way the brain functions, different thinking styles and how this may contribute to anxiety.

Who is it aimed at?

- Open to anyone
- Though, the initial audience was families where their children may be waiting for an autism assessment

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=7qg4T11apVE>



NELFT Talk— Emotional Regulation and Relationships

Pre-Recorded; Training; Mental Health; SEND; Relationships



What is it?

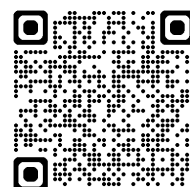
Dr Rachel Hussey, NELFT's Consultant Clinical Psychologist, covers strategies to regulate emotions, scaling emotions, friendships, social stories and comic strip conversations.

Who is it aimed at?

- Open to anyone
- Though, the initial audience was families where their children may be waiting for an autism assessment

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=PmMoRR-SBMw>



NELFT Talk—Sleep

Pre-Recorded; Training; SEND; Sleep



What is it?

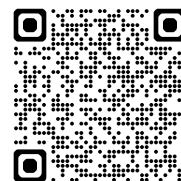
This talk is delivered by Dr Rachel Hussey, NELFT's Consultant Clinical Psychologist, covers creating the right environment for sleep, the biology of sleep and coping with night waking.

Who is it aimed at?

- Open to anyone
- Though, the initial audience was families where their children may be waiting for an autism assessment

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=fEyrB3IKjSk>



Parenting Smart [Place2Be]

Training; Website; General Help



What is it?

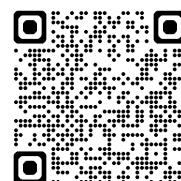
Parenting Smart offers practical advice for parents and carers of children aged 5 to 11. All of our content is created by Place2Be's parenting experts. For advice and practical tips to support children's wellbeing and behaviour.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

<https://parentingsmart.place2be.org.uk/>



Positive Behaviour Support— Awareness Plus Training

Bookable; Training; ASD; Behaviour



What is it?

This is to support individuals to understand what PBS is, how they can support professionals applying PBS and what they can put in place as proactive/preventative support. The course covers the core components and principles of PBS and some proactive approaches to supporting behaviour. It also gives participants an understanding of the underpinning values, theory and processes.

Who is it aimed at?

- People who work with, care for, or support autistic people or people with a learning disability

How can I get in touch? (Please note contact details may change over time.)

tamsin@kentakautistic.com



Positive Behaviour Support—Parent Series

Training; Pre-Recorded; ASD; Behaviour



What is it?

Leading expert in Positive Behaviour Support, Nick Barratt provides support strategies for behaviours which challenge. Across a series of three pre-recorded training sessions, Learn more about the transformative power of the “three C’s- clear, calm and consistent communication”, how to foster positive behaviour and practical techniques to support demand avoidance.

Who is it aimed at?

- People who work with, care for, or support autistic people or people with a learning disability

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=DFPWpaq2hXI>



Puberty and Growing Up

Bookable; Training; Puberty



What is it?

This course is for those that would like to learn about puberty and adolescence and the changes that happen during this time. As well as how to support children through this time.

Who is it aimed at?

- Open to anyone
- Though, the session will be unable to cover SEND or Neurodiversity in detail

Where can I access this? (Please note access rights and/or links may change over time.) <https://healthtraining.medway.gov.uk/training-courses/a1afe7e0-5de0-11ee-b062-4b42cb26979c/puberty-and-growing-up>



Red Balloon Training

Bookable; Training; ASD; SEND; FASD; Drinking



What is it?

This course covers Foetal Alcohol Spectrum Disorder. FASD is the leading known preventable intellectual disability and is only caused by prenatal alcohol exposure. International studies have suggested that between 1% and 5% of people have this condition.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.) <https://healthtraining.medway.gov.uk/training-courses/c6f66240-03a5-11ee-a37c-d97f87f80e1e/understanding-foetal-alcohol-spectrum-disorder-foetal-alcohol-spectrum-disorder-part-1-foetal-alcohol-spectrum-disorder>



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Is there an error in here, that we haven't spotted?

<https://forms.office.com/e/3H7jQws9dw>



Sensory processing [MCH]

Training; Pre-Recorded; SEND



What is it?

This three part, online course focuses on sensory processing; what does it all mean; what it is, and how and when difficulties in your child may present themselves to them and you.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.) <https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/parent-support-services/sensory-processing-online-course>



Sensory Support Sessions [MCH]

Bookable; Training; General Help; ASD; SEND



What is it?

Join us for a supportive Q&A session designed specifically for parents and carers, facilitated by an experienced Occupational Therapist and Physiotherapist, both are highly trained in sensory integration therapy. You will be able to ask about and explore any difficulties you are having with child both at home and school.

Who is it aimed at?

- Parents and carers of children on the assessment pathway and/or experiencing sensory challenges
- Though, please note the session cannot host children, so children should be left at home

How can I get in touch? (Please note contact details may change over time.)

0300 123 3444



Sexual Health

Training; Pre-Recorded; Sex; Pregnancy



What is it?

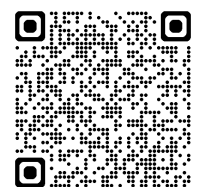
This workshop offers a brief overview of sexual health, including consent, contraception, sexually transmitted infections, pregnancy choices and how to access local services.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=Af6W8QG415c>



Solihull Courses

Training; Virtual; General Help



What is it?

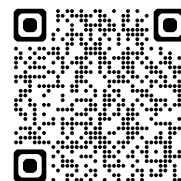
The Solihull Approach is about emotional health and wellbeing for all children, their parents, carers and grandparents. We're proud to offer a portal for online courses tailored to children's developmental stages for you to learn in your own time in a safe, private space.

Who is it aimed at?

- Open to anyone
- Though, a free account must be registered on the website. To access the courses, use the codeword 'Invicta'

Where can I access this? (Please note access rights and/or links may change over time.)

<https://inourplace.co.uk/>



Support with distressed behaviour [MCH]

Training; Pre-Recorded; Behaviour



What is it?

A Parent Education programme around behaviour that can be completed at home in your own time. The course is available in two sessions and will explain what normal behaviour is and identifies challenging behaviour and ways to manage it.

Who is it aimed at?

- Parents of children aged 7 to 11 with challenging behaviour

Where can I access this? (Please note access rights and/or links may change over time.) <https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/school-health/behaviour/behaviour-awareness-courses>



Supporting your child with emotional regulation

Training; Pre-Recorded; Mental Health; Behaviour



What is it?

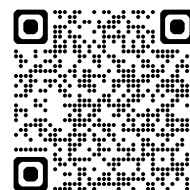
A short video from North Kent Mind to support parents and carers to help their child with emotional regulation.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.youtube.com/watch?v=xtHDt5WKyb4>



Teen Sleep Hub [The Sleep Charity]

Training; Website; Sleep



What is it?

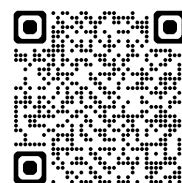
The one stop shop for all you need to know about sleep. If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all here.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

<https://teensleephub.org.uk/>



Triple P

Referral Needed; Virtual; Training; Behaviour



What is it?

Triple P applies principles and strategies derived from social learning theory to increase parents' feelings of self-efficacy in raising their children. There are two general programmes available: Primary and Teen.

Who is it aimed at?

- Primary: any parent with a child aged 5 to 11 who has general behavioural concerns or conduct problems
- Teen: for any parent with a child aged 12 to 17 who has concerns regarding their teenager's behavioural conduct and pro-social skills

Where can I access this? (Please note access rights and/or links may change over time.) https://www.medway.gov.uk/info/200170/children_and_families/600/concerned_about_a_child/4



Triple P—ADHD

Referral Needed; Virtual; Training; Behaviour



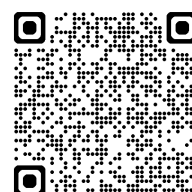
What is it?

Triple P applies principles and strategies derived from social learning theory to increase parents' feelings of self-efficacy in raising their children. This course is specifically targeted at parents of children with potential or already diagnosed ADHD.

Who is it aimed at?

- For any parent with a child aged 5 to 11 who is being assessed for ADHD by a paediatrician or already has an ADHD diagnosis.

Where can I access this? (Please note access rights and/or links may change over time.) https://www.medway.gov.uk/info/200170/children_and_families/600/concerned_about_a_child/4



You and Your New Baby [MCH]

Training; Bookable; Peer Support; General Help; New Parents



What is it?

This is a 5 week series for new parents to attend with babies between the ages of 6 weeks to 6 months. We explore adjusting to parenthood; development; minor illnesses and ailments; feeding and oral health; play and sleep. In addition, this is a great opportunity to meet and make new friends with parents of similarly aged children

Who is it aimed at?

- First-time parents
- Parents with a big gap between children

How can I get in touch? (Please note contact details may change over time.)

0300 123 3444

medch.childrenscommunity@nhs.net



Are you aware of a service that supports parents in Medway, that isn't featured in here?

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<https://forms.office.com/e/3H7jQws9dw>



Resources: These are links to websites and resources that may be useful.

Around the Dinner Table Forum [F.E.A.S.T]

Advice; Website; Peer Support; Mental Health; Eating Disorders; Nutrition



What is it?

A free service provided for parents of those suffering from eating disorders. It is moderated by kind, experienced, parent caregivers trained to guide you in how to use the forum and how to find resources to help you support your family member.

Who is it aimed at?

- Parents of those suffering from eating disorders

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.aroundthedinnertable.org>



Barnardo's Family Space

Advice; Website; General Help



What is it?

The Family Space is here for you. Our virtual family hub offers information, advice, guidance and support for all stages of your parenting or caring journey.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

<https://families.barnardos.org.uk/>



Exam Support Guide [KCC]

Document; Virtual; School



What is it?

The guide includes explanations of what stress might look like, how to keep on top of revision planning to ensure stress is managed well, self-care tips and links to further support.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

<https://sway.cloud.microsoft/VMplmlSoXl87erZk?ref=Link>



Self-harm: assessment, management and preventing recurrence document

Document; Virtual; Self Harm



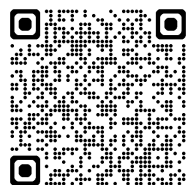
What is it?

Partners from across Kent and Medway's health and social care services, voluntary and charity sector, and educational providers met to develop comprehensive guidance for children, young people, young adults and their families.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.) <https://www.kmhealthandcare.uk/mental-wellbeing-information-hub/self-harm-prevention-advice>



Further support: These offer a mix of personalised help; peer support and longer training opportunities.

Baby Basics

Personalised Help; Self Referral; Mental Health; New Parents; Finances



What is it?

Baby Basics is a volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby.

Who is it aimed at?

- Vulnerable women or families who are struggling to provide for their newborn baby
- Teenage mums, people seeking asylum and women fleeing domestic abuse and trafficking

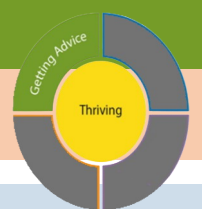
How can I get in touch? (Please note contact details may change over time.)

babybasics.kent@gmail.com



Be You [Porchlight]

Self Referral; Advice; Peer Support; Confidence; Relationships; LGBTQ+



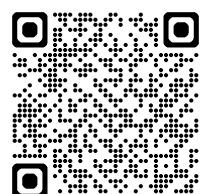
What is it?

We run safe space meet-ups where young people can be themselves and get advice for any issues they are facing or questions they have. We can also work with friends, parents, carers and schools, helping them understand how best to support young people.

Who is it aimed at?

- Young people aged 8 – 25 in Medway who identify as LGBTQ+
- Young people who are questioning their sexuality or gender

Where can I access this? (Please note access rights and/or links may change over time.) <https://thebeyouproject.co.uk/>



Beat

Personalised Help; Self Referral; Advice; Mental Health; Eating Disorders; Nutrition



What is it?

Eating disorders affect not only the person who's ill, but those around them too. If you're supporting someone with an eating disorder, our carer services have been designed with you in mind. Whether you need 1-2-1 emotional support, want to connect with others or to learn new skills, our range of support services can help.

Who is it aimed at?

- Anyone with an eating disorder
- Anyone who is supporting someone with an eating disorder

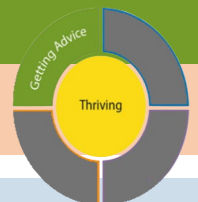
Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.beateatingdisorders.org.uk/>



Beside You

Personalised Help; Self Referral; Women's; Breastfeeding



What is it?

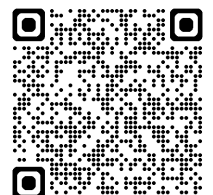
If you have a question about breastfeeding or need support at any stage of your journey, you can book a face-to-face peer support session. Peer support sessions are free bookable appointments. For any support with feeding challenges, we've got you covered.

Who is it aimed at?

- Mums struggling with breastfeeding

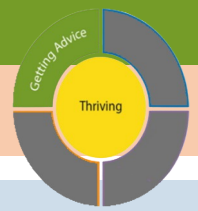
How can I get in touch? (Please note contact details may change over time.)

medch.mbn@nhs.net or 07791 043190, providing them with your name, baby's date of birth, postcode and contact number.



DadSpace

Bookable; Peer Support; Men's; General Help



What is it?

To provide a safe space for dads to talk, listen and share their experiences of fatherhood across the country. Consistency is key, we aim to offer DadSpace meet-ups on a regular basis.

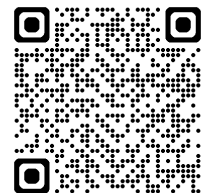
Who is it aimed at?

- New or existing dads

How can I get in touch? (Please note contact details may change over time.)

07787 535598

Info@DadSpace.co.uk



DART [Family Solutions]

Referral Needed; Personalised Help; Peer Support; Women's; Domestic Abuse



What is it?

Through Domestic Abuse, Recovering Together (DART™), children and mothers can talk to each other about domestic abuse, learn to communicate and rebuild their relationship. It is for families where the abuse is historic (more than 1 year ago), and they would like to build a strong relationship with their child as part of that recovery.

Who is it aimed at?

- Children aged 7 to 14, and mothers, who have experienced domestic abuse.

How can I get in touch? (Please note contact details may change over time.)

01634 334 466



DICE [Family Solutions]

Personalised Help; Referral Needed; Behaviour; Exploitation



What is it?

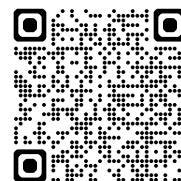
DICE is a 4 week parenting support programme. It provides families with information, advice and support that can help them to provide a safe and protective environment for their child or young person. It will enable them to have a greater understanding, be more tolerant and nurturing to their child at risk.

Who is it aimed at?

- Parents of 'at risk' children and young people, aged between 8 and 15

How can I get in touch? (Please note contact details may change over time.)

Please discuss with your Family Solutions or Youth Justice worker.



EarlyBird Programme [MCH]

Personalised Help; Referral Needed; General Help; ASD



What is it?

EarlyBird (under 5 years) and EarlyBird Plus (ages 4 to 9), are support programmes for parents and carers, offering advice and guidance on strategies and approaches to working with autistic children. The aim is to build professional and parental confidence and problem solve together.

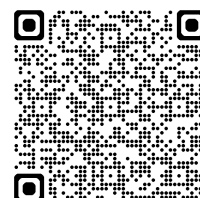
Who is it aimed at?

- Children aged 4 to 9 in Medway, who have been diagnosed with autism

How can I get in touch? (Please note contact details may change over time.)

medch.childrenscommunity@nhs.net

0300 123 3444



Emotional Support Teams [NELFT]

Personalised Help; Self Referral; School Based; Mental Health



What is it?

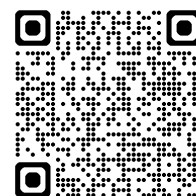
Emotional Support Teams are a government initiative also known nationally as Mental Health Support Teams. We're specially trained to help children at school with their emotional wellbeing and mental health.

Who is it aimed at?

- Children in certain schools across Medway
- Check the website to see which schools are covered

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.nelft.nhs.uk/medway-emotional-support-team>



FamilyLine [Family Action]

Helpline; Advice; General Help



What is it?

We offer free emotional support, information and guidance on family relationships – including siblings – conflict, parenting, caring, financial worries and more.

Who is it aimed at?

- Anyone aged over 18

How can I get in touch? (Please note contact details may change over time.)

0808 802 6666 or text FAMILYACTION to 85258



Healthy Way

Personalised Help; Self Referral; Peer Support; Nutrition



What is it?

The Healthy Way programme is a free 12-week course designed for anyone who wants to improve, or support others to improve, their Health and Lifestyle.

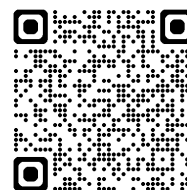
Who is it aimed at?

- Anyone with a BMI over 25, or 23.5 from a BAME background

How can I get in touch? (Please note contact details may change over time.)

01634 334 814

healthyway@medway.gov.uk



Hello Baby

Personalised Help; Bookable; Women's; Breastfeeding



What is it?

Medway families can book a 'Hello Baby' appointment and speak to a peer supporter about getting feeding off to the best start before your baby arrives.

Who is it aimed at?

- Mums interested in breastfeeding

How can I get in touch? (Please note contact details may change over time.)

07791 043 190

medch.mbn@nhs.net



Incredible Years

Personalised Help; Referral Needed; General Help; Behaviour



What is it?

The Incredible Years program aims to help parent and carers of children aged 5-11 years old to develop positive parenting skills and strategies for understanding and managing a child's behaviour in a nurturing and supportive way.

Who is it aimed at?

- Families where children are already under an EHA, CHiN plan or CP level
- Children must be between the age of 5 and 11

How can I get in touch? (Please note contact details may change over time.)

01634 336236



Incredible Years for Babies

Personalised Help; Self Referral; General Help



What is it?

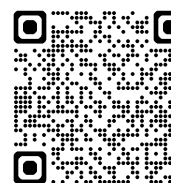
An 11-week programme for parents and carers with babies under 6 months.

Who is it aimed at?

- Parents and carers with babies under 6 months

How can I get in touch? (Please note contact details may change over time.)

01634 338 833



Learning Disability Nursing Team [MCH]

Personalised Help; Referral Needed; General Help; SEND



What is it?

The children's learning disability nursing service is a small team of learning disability nurses who specialise in supporting children and their families either in small groups or 1:1. We specialise in sleep, continence and behaviour management in children of all ages with Learning Disabilities.

Who is it aimed at?

- Families with children who have learning disabilities
- Please note a referral must come from a professional such as a health visitor; school nurse; therapist or social worker

How can I get in touch? (Please note contact details may change over time.)

medch.childrenscommunity@nhs.net



Little Adventurers [Home-Start Medway]

Personalised Help; Referral Needed; General Help



What is it?

We will be using our experience and knowledge to provide the groups with fun and inviting activities that will support your child's learning and development! The programme will run for 6 weeks and will include lots of different themes and home learning activity ideas and resources.

Who is it aimed at?

- Children who have scored in the grey and black areas of their ASQ assessment
- Or if they are below expected level of development according to the Early Years Foundation Stage

Where can I access this? (Please note access rights and/or links may change over time.)

<https://home-startmedway.org.uk/little-adventurers/>



Are you aware of a service that supports parents in Medway, that isn't featured in here?

<https://forms.office.com/e/fbF8MjsfPj>



Is there an error in here, that we haven't spotted?

<https://forms.office.com/e/3H7jQws9dw>



Little Chefs

Bookable; Activity; Nutrition



What is it?

Little Chefs is a fun filled 6 week cookery group for families. Gain confidence in your cooking skills and learn how to involve your little one in preparing food. Children will find out where food comes from, how it grows and why we need to eat a variety of foods to stay healthy.

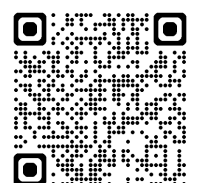
Who is it aimed at?

- Families with children aged 2 ½ to 6 years old

How can I get in touch? (Please note contact details may change over time.)

01634 333 741

change4life@medway.gov.uk



Little Food Explorers

Bookable; Activity; Nutrition



What is it?

Continue your baby's introduction to food at our fun, social Little Food Explorers sessions. Gain confidence in planning and cooking meals for your baby. Little Food Explorers supports you as you introduce your baby to solid foods with delicious recipes and dishes you can try together.

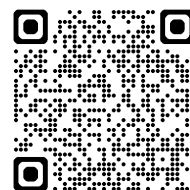
Who is it aimed at?

- Parents with babies aged up to 1

How can I get in touch? (Please note contact details may change over time.)

01634 333 741

change4life@medway.gov.uk



Medway Pregnancy To Three [Family Action]

Self Referral; Peer Support; General Help; Women's; Men's



What is it?

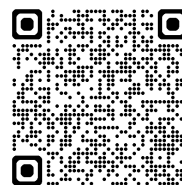
At Medway Pregnancy to Three, we offer group support and one-to-one emotional well-being support and help to access local services close to you. Our perinatal services offer small and welcoming sessions, including Baby Massage, Stay and Play, Antenatal courses, peer support and a Dad's Group.

Who is it aimed at?

- Families who are expecting
- Or, families with children up to the age of 3

How can I get in touch? (Please note contact details may change over time.)

medwaypregnancytothree@family-action.org.uk



Medway SENDIASS [Family Action]

Self Referral; Advice; SEND



What is it?

We are a free, impartial and confidential information, advice and support service that aims to support young people with special educational needs and disabilities, and their parents and carers. We help to empower families by providing information and advice to support them to make informed choices and have their voices heard.

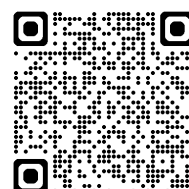
Who is it aimed at?

- Children and young people up to the age of 25 years with SEND,
- The parents and carers of those children and young people

How can I get in touch? (Please note contact details may change over time.)

medwaysendias@family-action.org.uk

01634 566303



Parent Support Team [MPCF]

Self Referral; Advice; General Help



What is it?

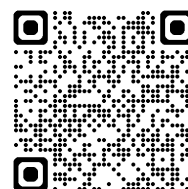
Our parent support team, are parent or carers themselves or have experience of SEN. They can offer advice and guidance or be a listening ear and a friendly face. We have received training to support parent carers in completing DLA, PIP or Universal Credit applications. We can help with understanding the EHCP application process.

Who is it aimed at?

- Open to anyone

Where can I access this? (Please note access rights and/or links may change over time.)

<https://medwaypcf.org.uk/parent-support/>



Parents Helpline [YoungMinds]

Helpline; Advice; Mental Health



What is it?

We support parents and carers who are concerned about their child or young person's mental health. If you're worried about how your child or young person is feeling or behaving. Or you might need advice about finding mental health support for them. Whatever your concern is, our advisers want to understand what's happening.

Who is it aimed at?

- The parents or main carers of a child or young person aged 25 or under
- Though, please note that while this is not a crisis line, the website does have suggestions of where to contact if needed

How can I get in touch? (Please note contact details may change over time.)

0808 802 5544

<https://www.youngminds.org.uk/parent/parents-helpline/>



PEGS

Personalised Help; Self Referral; Mental Health; Abuse



What is it?

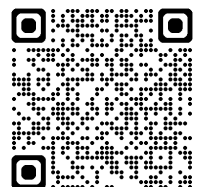
PEGS aims to reduce the impact of Child to Parent Abuse [CPA] by helping parents, training frontline professionals, impacting policy and raising awareness. We listen to every parent, and give them a safe space in which to share their story. We avoid blame and judgement. And we work as hard as we can to empower our PEGS parents.

Who is it aimed at?

- Parents experiencing more than typical boundary-pushing behaviour from their child

Where can I access this? (Please note access rights and/or links may change over time.)

<https://www.pegssupport.co.uk/how-peggs-help>



Positive Behaviour Support—Community of Practice

Bookable; Peer Support; Training; ASD; Behaviour



What is it?

The Community of Practice is for absolutely anyone (professionals/parents) who wants to help improve the support autistic individuals or those with Learning Disabilities/ complex needs receive. Each session starts with a topic either directly PBS or other positive approaches before breaking off into groups to share learning, experiences and networking opportunities.

Who is it aimed at?

- People who work with, care for, or support autistic people or people with a learning disability

Where can I access this? (Please note access rights and/or links may change over time.)

www.medway.gov.uk/pbsevents



Prisoners' Families Helpline [Prison Advice and Care Trust]

Helpline; Advice; Website; Criminal Justice



What is it?

We offer free, confidential support and advice for families in England and Wales who have a loved one in contact with the criminal justice system.

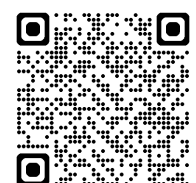
Who is it aimed at?

- Families where a loved one is in contact with the criminal justice system

How can I get in touch? (Please note contact details may change over time.)

<https://www.prisonersfamilies.org/>

0808 808 2003



RIVER [Forward Trust]

Personalised Help; Self Referral; Drinking; Drug Use



What is it?

RIVER (which stands for Responsive, Inspirational, Visible, Empowering and Recovery-Oriented) helps people that have issues with drugs and/or alcohol and want to make a positive change. We also support the family and friends of people who are worried about their loved one's substance use.

Who is it aimed at?

- People with issues with drugs and/or alcohol
- The family and friends of people with such issues

How can I get in touch? (Please note contact details may change over time.)

0300 123 1560

Medway@forwardtrust.org.uk



SEND drop in support sessions

Personalised Help; General Help; SEND



What is it?

Medway Education and the SEND team are hosting a range of drop in sessions at family hubs for you to meet the team and learn more about our service. At the sessions you'll be able to get advice if your child is struggling at school; find support, and get general advice about SEND in Medway.

Who is it aimed at?

- Open to anyone

How can I get in touch? (Please note contact details may change over time.)

asctransitionsteam@medway.gov.uk



SENDIASS information sessions

Personalised Help; General Help; SEND



What is it?

Medway SENDIASS are running information sessions at family hubs throughout the year where you'll be able to get information and advice around SEND.

Who is it aimed at?

- Open to anyone
- Please note you will not be able to use these sessions to complete any paperwork related to appeals or EHC needs assessments. For support with these, please contact the service by visiting the SENDIASS website.

Where can I access this? (Please note access rights and/or links may change over time.) <https://www.medway.gov.uk/info/200307/special-educational-needs-and-disabilities-send-information-hub/1908/send-activities-and-drop-in-support-sessions/2>

Small Steps [Family Action]

Personalised Help; Self Referral; Peer Support; ASD



What is it?

We understand the joys and challenges you may feel having children who are autistic or have ADHD. We deliver exciting and engaging workshops and parenting courses on autism and ADHD related topics. We hope to empower you to better understand and support your child.

Who is it aimed at?

- Families who have children, aged 0 to 19
- Are pre/post assessment of ADHD or autism
- Can go up to 25, if the young person has a diagnosed SEN

How can I get in touch? (Please note contact details may change over time.)

01634 913219

medwaysmallsteps@family-action.org.uk



Step and Learn

Personalised Help; Self Referral; Peer Support; SEND



What is it?

Step and Learn is a charity/support group that runs a groups to assist the physical and education improvements for children with cerebral palsy and motor disorders.

Who is it aimed at?

- Families with children with physical disabilities

How can I get in touch? (Please note contact details may change over time.)

07767 823655

info@stepandlearn.org



Tiny Talkers [Home-Start Medway]

Personalised Help; Referral Needed; Peer Support; Communication



What is it?

Tiny Talkers is a 5 week programme that has been developed to support your child's language development. The course has been developed by a Speech and Language therapist so as well as some great activities that will be offered during the groups, you will also receive some helpful resources to use at home too!

Who is it aimed at?

- Children identified as needing additional support after their 27 to 30 month developmental review

Where can I access this? (Please note access rights and/or links may change over time.)

<https://home-startmedway.org.uk/tiny-talkers/>



Tri Cookery

Bookable; Activity; Nutrition



What is it?

Tri Cookery is a course that helps school children to learn new cookery skills, find out why it's important to eat a balanced diet and try out some tasty, healthy recipes. This free 6 week course runs during term time across Medway and is suitable for families with children aged 5 to 17 years.

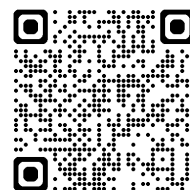
Who is it aimed at?

- Families with children aged 5 to 17

How can I get in touch? (Please note contact details may change over time.)

01634 333 741

change4life@medway.gov.uk



Understanding Your Baby & Child [Family Action]

Bookable; Peer Support; General Help; New Parents



What is it?

We understand the highs and lows of becoming of parent and can support you and any carers of your child in your early parenting journey. The team offer group support, using the Solihull parenting approach which helps you to develop skills to build a positive relationship with your baby and gain confidence in attuning to your child's needs.

Who is it aimed at?

- All parents and carers of children aged 0 to 2

How can I get in touch? (Please note contact details may change over time.)

medwayupp@family-action.org.uk



What is Getting Help or More Help?

Families can speak to someone about something which is troubling them, so to manage their difficulties. This is about goal-based support on different areas of need from knowledgeable people. The support offered is focused and evidence-based in some way.

Getting More Help is an extension of this. This is for families where there is a need for extensive, long-term treatment of whatever is causing difficulty.

Abigail's Footsteps

Personalised Help; Self Referral; Bereavement



What is it?

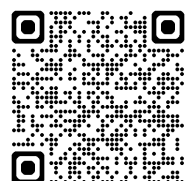
Supporting parents as they experience the devastating loss of their baby, be it before, during, or shortly after birth presents a particular challenge. We offer up to 6 funded sessions designed to help you provide a high standard of individualised, compassionate care by supporting you to navigate your own feelings and reactions to the loss.

Who is it aimed at?

- Families who have experienced miscarriage, stillbirth, fetal anomaly or neonatal loss

How can I get in touch? (Please note contact details may change over time.)

<https://www.abigailsfootsteps.co.uk/contact/>



BRAVE [North Kent Mind]

Personalised Help; Self Referral; Mental Health; Self Harm; Anxiety; Confidence



What is it?

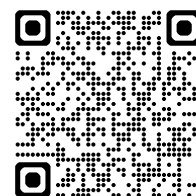
B.R.A.V.E provides short-term therapeutic support to help children and young people in Medway navigate challenges such as low mood, anxiety, emotional dysregulation, and self-harming behaviours.

Who is it aimed at?

- Young people in Medway aged 5-18—this goes up to the age of 25, if they have SEND and/or are a care leaver
- Parents supporting young people with such issues

How can I get in touch? (Please note contact details may change over time.)

<https://northkentmind.co.uk/b-r-a-v-e-service/>



Domestic Abuse Support [Home-Start Medway]

Personalised Help; Self Referral; Peer Support; Abuse



What is it?

We offer specialised support for families who have experienced low/medium Domestic Abuse, including those who have fled to Medway. Support can include Home Visiting, Groups, help to attend the One Stop Shop for specialist advice and safety planning, access to an interpreter, trips and additional help with hardship and crisis.

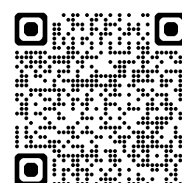
Who is it aimed at?

- Families with a child/ren under the age of 5

How can I get in touch? (Please note contact details may change over time.)

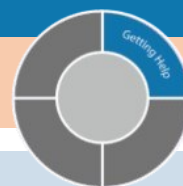
manager@home-startmedway.org.uk

01634 570717



Health visiting team [MCH]

Personalised Help; Bookable; General Help;



What is it?

Health visitors work closely within the community with families with young children (0-5 years old) to offer support and advice from pre-birth until they enter school full time.

Who is it aimed at?

- Families with children aged 0 to 5

How can I get in touch? (Please note contact details may change over time.)

0300 123 3444, or speak to your GP or Nursery/School who may consider a referral to the service.



Home Visiting [Home-Start Medway]

Personalised Help; Self Referral; General Help



What is it?

We support families who may need support for the following reasons: Loneliness and isolation
Relationship problems; Coping with twins, triplets or several pre-school children; Illness, disability or special needs; Lone parenthood; Post-natal depression; behavioural problems; victims of domestic abuse

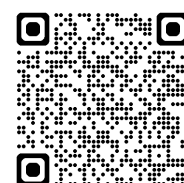
Who is it aimed at?

- Families with at least one child under the age of 5

How can I get in touch? (Please note contact details may change over time.)

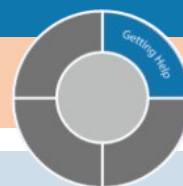
manager@home-startmedway.org.uk

01634 570717



Kent and Medway Safe Havens

Personalised Help; Bookable; Crisis; Mental Health



What is it?

The Safe Havens offer free mental health support in a welcoming, comfortable, non-judgmental, and non-clinical environment. Our experienced staff teams are available to provide emotional, social and practical support if you are in crisis or feel you are heading toward a crisis situation.

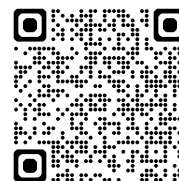
Who is it aimed at?

- Anyone aged 18 or over in the Medway area
- Though, the Haven is not suitable for people needing urgent medical attention (for example, after self-harm). For urgent medical care please attend your nearest A&E or call 999

How can I get in touch? (Please note contact details may change over time.)

07850 901 151 or 07808 795 036

medway.mhm@nhs.net



Live Well Kent and Medway [Porchlight and The Shaw Trust]

Personalised Help; Self Referral; General Help



What is it?

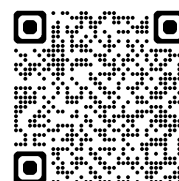
Are your feelings or worries affecting your health, relationships, work or day-to-day life? If you're aged 17+ and live in Kent or Medway, our network of voluntary organisations and charities can help you.

Who is it aimed at?

- Anyone aged over 17, who is living in the Medway area

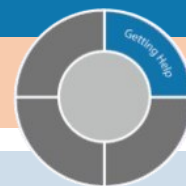
Where can I access this? (Please note access rights and/or links may change over time.)

<https://livewellkent.org.uk/>



Making Miracles

Personalised Help; Self Referral; Bereavement



What is it?

Making Miracles is the birth trauma and bereavement care charity offering families the support, services and tools they need to help find their “new normal” following trauma and grief.

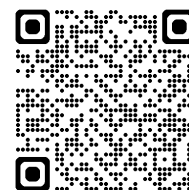
Who is it aimed at?

- Families who have experienced a birth trauma or baby bereavement

How can I get in touch? (Please note contact details may change over time.)

01622 735230

kelly@makingmiracles.org.uk



Mind and Body [WithYou]

Personalised Help; Self Referral; Self Harm



What is it?

The Mind and Body programme helps young people, aged 18-25, to explore and better manage the thoughts and behaviours associated with self-harm. It is run in secondary school and community settings for young people involved in, or at risk of, self-harming. It also offers support for parents and carers of young people in the programme.

Who is it aimed at?

- Young people aged 18 to 25
- The parents and carers of those young people

How can I get in touch? (Please note contact details may change over time.)

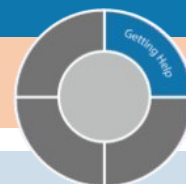
Mabadmin@wearewithyou.org.uk

01795 500882



Parenting Support Service

Personalised Help; Referral Needed; Advice; General Help



What is it?

The Parenting Support Service offer a set of evidence-based parenting programmes. They offer parents successful approaches and tools to help them manage and improve their parenting techniques.

Who is it aimed at?

- Families with one or more children aged 5 to 17
- However, they must be referred for the service by a professional working in Health, Social Care or Education

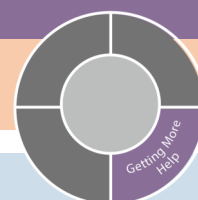
Where can I access this? (Please note access rights and/or links may change over time.)

https://www.medway.gov.uk/info/200170/children_and_families/600/concerned_about_a_child_safeguarding_and_family_solutions_early_help/4



Medway Talking Therapies [Vita Health Group & WithYou]

Personalised Help; Self Referral; Mental Health; Self Harm; Anxiety



What is it?

Kent and Medway Talking Therapies is a free and confidential NHS service offering mental health support across Kent and Medway. Our services include talking and listening therapies, like counselling and cognitive behavioural therapy, to help you feel like yourself again.

Who is it aimed at?

- Anyone over 17.5 years old, living in the Medway area

How can I get in touch? (Please note contact details may change over time.)

<https://kmtalkingtherapies.co.uk/>

