


VCS Alliance Support


VCS Organisation	Service description	Contact details
Emotional wellbeing support for Parent/carer		
Tees, Esk and Wear Valley NHS trust	<p>Listening service Talk to someone can help you cope when you're stressed. Our listening service is available to anyone over 18 living in Teesside, Durham, and Darlington.</p>	If you would like to call Telephone 08000516171 Press option 1 for Durham and Darlington
Family Lives telephone support	If you are struggling with an issue in your family life, pick up the telephone if you need to talk, they're here to listen ... open till 9pm	free and confidential helpline 0808 800 2222 Website www.familylives.org.uk
Qwell	Online emotional wellbeing and mental health support. A safe and confidential space to share experiences and gain support from our community and qualified professionals.	For more information visit https://www.qwell.io/  how_to_sign_up_to_Qwell_(2)_1.pdf
Wellbeing for Life Service	<p>Countywide service giving support in the local community for 16 years + Free access to:</p> <ul style="list-style-type: none"> ● 1-1 support ● Group activities ● Adult learning ● Signposting advice ● Community involvement 	Freephone 0800 8766 887 Email cdda-tr.WBFL@nhs.net www.wellbeingforlife.net

County Durham VCS Alliance

VCSAlliance@durham.gov.uk



	You can choose the support that will benefit you	
Useful Information -School anxiety		
Young Minds	If your child is anxious about going to school or refusing to go to school at all, read our tips and advise on how you can support them and work with the school.	For more information visit https://www.youngminds.org.uk/parent/a-z-guide/school-anxiety-and-refusal/
Emotional support for Young Person		
Calm Harm	An App to help teenagers manage/resist the urge to self-harm by providing a wide range of distraction techniques.	Website: www.calmharm.co.uk
Roller Coaster Peer support	I'm Louise and I work as a Peer Supporter here at Roller Coaster Parent Support Group. I'm available to offer 1-1 support via email telephone or Zoom and when we can all meet up together, face to face. Parenting a child that is struggling with their mental health can often feel lonely and isolating i know this from my own experience, so if your struggling or just want a chat reach out because your not alone	Email louise@rollercoasterfs.co.uk telephone 07904952602
Roller Coaster online support Group	Every Wednesday Guest speakers will be available Covering a range of topics, tips, activities, and virtual support Support groups- all parents and carers are welcome no booking necessary, unfortunately no children or young people allowed due to the sensitive subjects discuss.	For more information Tel: 07377213952 Email: Support@rollercoasterfs.co.uk

	The Drop in- with CAMHS & SENDIASS these are bookable slots it's an opportunity to have a 1-1 chat with a CAMHS Nurse or one of the team from SENDIASS on Zoom.	 Roller coaster February Diary dates .
Kooth	Kooth is a digital free, safe, confidential and non-stigmatised way for young people aged 11 to 18 years to receive counselling, advice and support on-line. Chat to friendly counsellors, read articles by young people and join live moderated chat forums.	For more information visit www.kooth.com
The Mix	The Mix provides a free confidential telephone helpline and online service that aims to find young people under 25 the best help, whatever the problem. On the site, young people can get support with One –one chat, Telephone counselling, Crisis Messaging and Web chat counselling. Their web chat is open to 10-18 year olds Spaces where young people can talk openly about issues they maybe facing.	Contact 0808 808 4994– lines are open from 11am-11pm every day Website www.themix.org.uk
Mind Your Own App aged 8+	One App helps young people communicate their views in a way that suits them. Young people create their own account, which can be used on any device at any time. This means that young people can use the app to say how they are feeling, what support they need and tell their worker about things that are important to them. <i>If you're finding it hard to talk to a social worker, health professional or teacher, One App is a great way to put down your thoughts and send them to those who need to hear from you.</i>	For more information visit One app - Mind Of My OwnMind Of My Own

Activities in the community		
Greenhaff Children's Dance classes Belmont Community Centre Gilesgate Moor Durham DH1 2LL	Ballet, Tap, Modern 11 years+ Thursday 7.00pm-8.30pm	For more information and to book email: Sarah@greenhaffdanceschool.co.uk
Durham City Youth Project Framwellgate Community Centre Framwellgate Moor DH1 5BL	DCYP Juniors Youth Club (7-12 years) Wednesdays, 5pm-6pm DCYP 'Inter's' Youth Club (11-13 years) Wednesdays, 6pm-7pm	For more information and to book Tel: 0191 383 2819 Email: durhamcitycentreyouthproject@gmail.com Facebook: Durham City Youth Project
Durham Area Youth Project Sherburn Community Centre Front Street Sherburn DH6 1HD	Senior Youth Session Wednesdays 7.00pm-9.00pm	For more information and to book Tel: 07871524985 Facebook: Durham Area Youth
Durham City Baptist Church Edge Court Durham DH1 2JY	1st Durham Girls Brigade Thursday 6.45pm-7.45pm Secondary Age	For more information message Facebook page Durham City Baptist Church
Langley Park Primary School, Langley Park	Senior Youth Club Durham City Youth Project delivers open access sessions offering sports, arts and crafts, cooking, personal and social education sessions, team building and an opportunity just to come and socialise.	For more information and to book Tel: 0191 383 2819 Email: durhamcitycentreyouthproject@gmail.com Facebook: Durham City Youth Project

	Tuesdays 6 – 7.30pm at Langley Park Primary School, Langley Park Wednesdays 6 – 7.30pm, at Fram Community Centre	
Fun with food Holiday Activities		
Holiday Activities with Healthy Food	<p>Whether it's finding fun things for children to do, paying for extra childcare, or even just all that extra food they seem to eat, the school holidays can be a struggle for many families</p> <p>Fun and Food programme is providing fun activities with healthy food for children and young people. Activities are provided by range of partners including schools, voluntary and community sector groups and sport and leisure services.</p> <p>We will be adding activities to the list throughout the holidays so please keep checking back to find out more about the fabulous opportunities in our community.</p>	<p>For information on Fun and Food activities during the holidays check out www.durham.gov.uk/FunAndFood</p> <p>Also, join our Facebook group https://www.facebook.com/groups/funandfoodcountydurham</p>
Useful training		
Solihull online courses for parents and Carers	Understanding Your Child Solihull Approach FREE online courses will help you understand your child from pregnancy to their teenage years.	For more information visit Find out more at: www.inourplace.co.uk Enter the access code DCCHDFT to gain free access
Free online CAMHS training in County Durham - TEWV - NHS	Understanding emotionally based School avoidance This is an awareness session to increase understanding of what anxiety based school avoidance is, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of	To book this course Please email enquiries for the parent/carer session dates to tewv.countydurhamcamhstraining@nhs.net

	<p>all school aged children but may be of limited value to parents of children with more complex needs.</p> <ul style="list-style-type: none"> Wednesday 8 March 2023 9:30-11:30am (both sessions will be the same) 	
<p>Free online CAMHS training in County Durham - TEWV - NHS</p>	<p>Anxiety (Two groups)</p> <p>This session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people.</p> <ul style="list-style-type: none"> Tuesday 21 March 9:30-11:30am—Ages 5-11 years 	<p>To book this course</p> <p>Please email enquiries for the parent/carer session dates to tevv.countydurhamcamhstraining@nhs.net</p>
<p>Free online CAMHS training in County Durham - TEWV - NHS</p>	<p>Emotional Wellbeing</p> <p>This session will focus on emotional wellbeing, what is it and how can we improve it for ourselves and our children? This session explores the link with mental health and looks at how we can manage our own wellbeing as well as that of our children and young people.</p> <ul style="list-style-type: none"> Wednesday 15 March, 9:30am-11:30am 	<p>To book this course</p> <p>Please email enquiries for the parent/carer session dates to tevv.countydurhamcamhstraining@nhs.net</p>
<p>Mental Health & Emotional Support information across County Durham</p>	<p>Children and Young Peoples rainbow guide link http://www.durham.gov.uk/familiesmentalhealth</p> <p>Adults rainbow link http://www.durham.gov.uk/article/5647/Mental-health-support-for-adults</p>	<p>Adults Children, young people and families</p>