



Community Children's
Health Partnership



Avon and Wiltshire 
Mental Health Partnership NHS Trust

A large, light blue thought bubble with a dark blue outline, containing the text "Where to get help?". Three smaller, light blue circles of decreasing size trail off to the left from the bottom of the main bubble.

Where to get
help?

**Information for Children,
Young People and their Families
in Bristol**

**Up to date as of March 2017
Due for review September 2017**

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Anxiety and Depression

Recommended Books – others available at <http://reading-well.org.uk/>



Anxiety

- 'What to Do When You Worry Too Much' by Dawn Huebner (Ages 6-12)
- 'Think Good - Feel Good' by Paul Stallard

OCD

- 'Talking Back to OCD' by John March and Christine Benton
- 'Breaking Free from OCD: A CBT Guide for Young People and Their Families' by Jo Derisley
- 'What To Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD' by Dawn Huebner
- 'The Unlikely Hero of Room 13B' by Teresa Toten
- 'Touch and Go Joe: An Adolescent's experience of OCD' by Joe Wells

Depression

- 'Am I depressed and What Can I Do About It? By Shirley Reynolds and Monika Parkinson
- 'Can I Tell You about Depression' by Christopher Dowrick and Susan Martin
- 'I had a Black Dog' by Matthew Johnstone

Stress and mood swings

- 'Don't Let Your Emotions Run Your Life for Teens' by Sheri Van Dijk
- 'Fighting Invisible Tigers' by Earl Hipp
- 'The Teenage Guide to Stress' by Nicola Morgan

Books for parents

- 'Overcoming your child's fears and worries' by Cathy Creswell and Lucy Willetts
- 'Helping Your Anxious Child: A Step-by-step Guide for Parents' by Ronald Rapee

Services Available:

School Health Nurse

Anxiety and Depression continued...

Apps

- **SAM app for anxiety** - Free: Information and ways of managing anxiety for young people. Accessed via www.sam-app.org.uk
- **Mindfulness** - www.smilingmind.com.au
www.headspace.com

Useful Websites / Telephone Numbers

- **Anxiety UK** – Provides information and support for those living with anxiety
www.anxietyuk.org.uk Helpline 08444 775 774 Monday-Friday 09.30-5.30
Text Service: 07537416905
- **Relax Kids** - Information, books and some free downloads to support children who are anxious www.relaxkids.com/uk/homepage
- **OCD-UK** - Information and free booklet to download for children with obsessive and compulsive behaviour <http://www.ocduk.org/childrens-ocd-guide>
- **Charlie Waller Memorial Trust** - Information for young people, families and professionals on depression www.cwmt.org.uk
- **Mood Juice** - Self-help guides for young people with a range of emotional/mental health difficulties www.moodjuice.scot.nhs.uk
- **Mood Gym** - Information for adolescents with emotional/mental health and relationship difficulties www.moodgym.anu.edu.au
- **Get Self Help** - Cognitive behavioural therapy resources and downloads for young people and adults www.getselfhelp.co.uk
- **Centre for Clinical Interventions** - Information and worksheets suitable for older young people and adults on a variety of topics including self-esteem, assertiveness, anger, anxiety & depression www.cci.health.wa.gov.au/resources/consumers.cfm
- **CALM (Campaign Against Living Miserably)** - Helpline for males aged 15 up 0800 58 58 58 - 7 days a week (5pm-midnight) www.thecalmzone.net
- **Young Minds** - Information on a wide range of mental health difficulties and telephone helpline for parents www.youngminds.org.uk Tel. 0808 802 5544 5
- **Youth Wellbeing Directory** - <https://www.youthwellbeingdirectory.co.uk/>
- **Big White Wall** - online support <https://www.bigwhitewall.com>

Mother for Mothers: Information and support for mothers suffering with post-natal depression. Helpline (limited times) 0117 9756006 www.mothersformothers.co.uk

Attention Deficit Hyperactivity Disorder

Useful Websites / Telephone Numbers

- **ADDISS, ADHD information services** - Information and resources for parents and teachers www.addiss.co.uk Tel. 020 8952 2800
- **Netdoctor** - Information about ADHD for parents www.netdoctor.co.uk/adhd
- **My ADHD** - Practical tools for teachers and parents to help with behaviour management www.myadhd.com

Services Available

Parent groups for parents of children and young people with a diagnosis – further information from child's CAMHS worker/Paediatrician

Autistic Spectrum Condition

Recommended Books

- 'The Autistic Spectrum: A Guide for Parents and Professionals' by Lorna Wing
- 'Asperger's Syndrome: A Guide for Parents and Professionals' by Tony Attwood
- 'Can I Tell You About Asperger Syndrome?: A Guide for Friends and Family' by Jude Welton
- 'Autism: a social skills approach for children and adolescents' by Maureen Aarons and Tessa Gittens
- 'Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence' by Tony Attwood and Luke Jackson
- 'Autism Spectrum Disorders: Practical Strategies for Teachers and Other Professionals' by Northumberland County Council Communication Support Services UK

Useful Websites / Telephone Numbers

- **The National Autistic Society** - Leading UK charity for people on the autism spectrum and their families www.autism.org.uk
Email: autismhelpline@nas.org.uk
Helpline - Monday-Friday 10am-4pm 0808 800 4104
- **National Autistic Society Bristol branch** -
<http://www.nasbristolbranch.webeden.co.uk/>
- **NAS Education Rights and Advice Service** - provides impartial, confidential information, advice and support on education rights and entitlements for parents and carers of pre-school and school-age children with autism to help them get the educational support their child needs. Tel. 0808 800 4102 email: educationrights@nas.org.uk
- **Ambitious About Autism** - National charity for children and young people with autism www.ambitiousaboutautism.org.uk
- **Asperger's Syndrome Foundation** - Promoting awareness and understanding of Asperger's Syndrome www.aspergerfoundation.org.uk
- **Box of ideas** - Practical advice & downloads for professionals and parents on topics such as dyspraxia, dyslexia, autism www.boxofideas.org
- **Young Sibs**: For siblings of disabled children www.youngsibs.org.uk

Bereavement

- **Winston's Wish** – practical support and guidance to bereaved children, their families and professionals www.winstonswish.org.uk Helpline – 08452 03 04 05
- **The Rainbow Centre** – Free and professional support to children and their families affected by life threatening illness and bereavement www.rainbowcentre.org.uk
- **Childhood bereavement network** - Information and support for bereaved children and young people www.childhoodbereavementnetwork.org.uk
- **Hope again, Cruse Bereavement Care** – website designed by young people for young people www.rd4u.org.uk, email hopeagain@cruse.org.uk
Young people's helpline - Mon-Fri 9.00-5pm 0808 808 1677
- **Child death helpline** - www.childdeathhelpline.org.uk Free phone helpline for anyone affected by the death of a child – 0800 282 986 or 0808 800 6019 if calling from a mobile.

Bullying and Discrimination

Recommended Books

- 'Bullies, Cyberbullies and Frenemies' by Michele Elliot
- 'Vicious: True Stories by Teens About Bullying' Ed Hope Vanderberg

Useful Websites / Telephone Numbers

- **Bullywatch** - Information and support for young people, parents/carers and schools
www.bully-watch.co.uk
- **Bully Online** - school and workplace bullying www.bullyonline.org
- **Kidscape** - Information on preventing bullying www.kidscape.org.uk
- **Support Against Racism** - 0117 9420060 www.sariweb.org.uk
- **Britkid** - An interactive site game that deals seriously with the issues of race and racism in today's Britain www.britkid.org

Challenging Behaviour

Recommended Books

- 'The Explosive Child' by Ross Greene
- 'The Incredible Years' by Caroline Webster-Stratton (for parents of 0-8 year olds)
- 'What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger' by Dawn Huebner
- 'What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity' by Dawn Huebner

Useful Websites / Telephone Numbers

- **Parenting support and groups** - available for parents of children age 2-18 years old <https://www.bristol.gov.uk/social-care-health/parenting-courses-currently-running-in-bristol>
- **Southern Brooks Project** - Support for children and families. Referral via professionals and self-referral. Please contact for more information 01454 868 570 www.southernbrooks.org.uk
- **Kids behaviour** - Online information for parents/carers on understanding and dealing with children's behaviour www.kidsbehaviour.co.uk

Counselling Services for Young People

Online

- **Kooth** - Free, safe and anonymous online support for young people
<https://kooth.com/>
- **The Mix** - telephone and email support for under 25's. Freephone 0808 808 4994,
<http://www.themix.org.uk/>

Face to face

- **Off The Record** - Free, face to face counselling and groups for 11-25 years
www.otrbristol.org.uk Email. confidential@otrbristol.org.uk Tel. 0808 808 9120 or
text 07896 880 011
- **Bristol Wellbeing Services** - (Improving Access to Psychological Therapies) offers
free 1-1 and group work for 16 years up. Tel. 0117 982 3209 [https://iapt-
bristol.awp.nhs.uk/](https://iapt-bristol.awp.nhs.uk/)
- **Network Counselling** - For ages 11 and up. Contribution required. 0117 9507271
www.network.org.uk
- **Bridge Foundation** - individual and family counselling 0117 9424510
www.bridgefoundation.org.uk (charges apply)
- **Relate Avon** - Counselling services now available for young people aged 10-18 0117
9428444 www.relate-avon.org.uk (charges apply)

Telephone

- **ChildLine** - Free helpline for children and young people to talk about any problem 24
hours a day, 7 days a week. Tel. 0800 1111 www.childline.org.uk
- **Samaritans** - If something is troubling you get in touch on 08457 90 90 90 or 0117
9831000. www.samaritans.org/branches/bristol-samaritans

Domestic Abuse

Useful Websites / Telephone Numbers

- **Survive** - Domestic abuse service for women and children in Bristol and South Gloucestershire. Tel. 0117 9612999 www.survivedv.org.uk
- **B@ck on Tr@ck** - groups run by Survive for 7-11 year olds (contact Charlotte on 07803 874829 or email: charlotter@survivedv.org.uk) and 11-17 year olds (please contact Donna on 07725 257939 or email: donnat@survivedv.org.uk) who have witnessed domestic abuse and are safe
- **Next link housing** - Domestic abuse service for women and children in Bristol www.nextlinkhousing.co.uk
- **The Hide Out** - Provides information and support for children and young people affected by domestic abuse www.thehideout.org.uk
- **National Domestic Violence Helpline** - 24 hour free phone - 0808 2000 247
- **Galop** – National LGBT domestic abuse helpline – 0800 999 5428, <http://www.galop.org.uk/> email. help@galop.org.uk

Drug and Alcohol

Useful Websites / Telephone Numbers

- **Bristol Drugs Project** - <http://www.bdp.org.uk/>, Tel. 0117 987 6000
- **FRANK** - www.talktofrank.com, live chat, email Helpline: 0300 123 6600 Free phone 24 hours. Text 82111
- **Developing Health & Independence** (Adult treatment services that also provides support to family members). Tel. 01225 478 730, <http://www.dhi-online.org.uk/>
- **National Association for Children of Alcoholics** www.nacoa.org.uk 0800 358 3456
- **Parents Under Pressure**: NSPCC 20 week support for parents who have a child under 5 and are on a drug or alcohol treatment programme. Tel. 0117 9543650 www.nspcc.org.uk/fighting-for-childhood/our-services/services-for-children-and-families/parents-under-pressure/
- **Children affected by parental imprisonment (CAPI)** - [http://www.barnardos.org.uk/what we do/our work/children of prisoners.htm](http://www.barnardos.org.uk/what_we_do/our_work/children_of_prisoners.htm)

Eating Difficulties

Services

School Health Nurse: Contact details from child's school and locality Hubs

For concerns about eating and weight please contact your GP

Recommended Books

- 'Help your Teenager Beat an Eating Disorder' by J.Lock and D. LeGrange
This book is highly recommended reading and will help families to take an active role in their child's treatment.
- 'Ed says U said: Eating Disorder Translator' by June Alexander and Cate Sangster. This book helps to improve communication between someone with an eating disorder and their friends and family by revealing the eating disorder mind set.
- 'Anorexia and other Eating Disorders: how to help your child eat well and be well: Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers' by Eva Musby
This book is available online <http://evamusby.co.uk/>

Information online resources for parents and young people

- **The Maudsley Approach: Family-Based Treatment for Anorexia Nervosa:**
A non-profit, volunteer organization of parents who have used a family-based treatment called the "Maudsley approach" to help their children heal from eating disorders.
www.maudsleyparents.org/
- **'BEAT'** the Beating Eating Disorders charity provides information, helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders <https://www.b-eat.co.uk/>

BEAT Has **online support for young people**

<https://www.b-eat.co.uk/support-services/online-services-groups>

Youthline: 0808 801 0711

Email: fyp@b-eat.co.uk

BEAT has **Adult Carers' Online Support** If you're 18 or over and are a parent, friend or partner of someone who is affected by an eating disorder you are welcome to join our online support groups. There's no pressure to attend every time and you can attend as often or as little as you like

<https://www.b-eat.co.uk/support-services/online-support-groups/adult-carers-support-group>

- **Cognitive Behaviour Therapy** (CBT) has been shown to help mental health problems. This website offers CBT self-help information, resources and self-help therapy worksheets on the free download/print pages.
<http://www.getselfhelp.co.uk/anorexia.htm>
- **Meal times** - Information on anorexia nervosa and managing meal times
www.gosh.nhs.uk/medical-information/search-for-medical-conditions/anorexia-nervosa/anorexia-nervosa-information/
- **Anorexia and bulimia care** - <http://www.anorexiabulimiacare.org.uk/>

Weight management

- **Slimming World** - From aged 11 up accepted if accompanied by parent and with written permission from GP. www.slimmingworld.com 0844 897 8000
- **Weight Watchers** - From aged 10 up if accompanied by parent and approval letter from GP www.weightwatchers.co.uk

First Response

- **Report a concern about the well-being of a child**
Contact the First Response Team on 0117 903 6444
Emergency Duty Team - 01454 615 165

Homelessness

- **Independent People** - Housing support and advice to young people aged 16-25
www.1625ip.co.uk 0117 317 8800
- **Shelter** - Housing and homeless charity www.shelter.org.uk

Internet Safety

- **Child Exploitation Online Protection (CEOP) Centre:** Information and advice for professionals, parents and young people www.ceop.police.uk
- **UK Safer Internet Centre** - Resources for safer internet use for school staff and professionals working with school-aged children www.saferinternet.org.uk

Lesbian, Gay, Bisexual, Transgender

Local groups

- **Freedom** – 1:1 support, projects, events, campaigning and groups for young people in Bristol. Youth LGBTQ group (age 13-19). Gender Jelly group (age 13-25). Tel. 07496 965262 or email henry@otrbristol.org.uk, lgbtq@otrbristol.org.uk
- **LGBT Bristol forum** - empowering involvement in community life, challenging homophobia and transphobia and helping promote understanding of equality and inclusion of LGBT people <http://lgbtbristol.org.uk/>

Useful Websites / Telephone Numbers

- **EACH: Educational Action Challenging Homophobia** - 1-1 support to individuals who have been or continue to be target of homophobic incidents 0808 1000 143 www.eachaction.org.uk
- **Mermaids** -Individual and family support for young people with gender identity issues www.mermaidsuk.org.uk, Tel. 0844 334 0550, email. info@mermaidsuk.org.uk
- **Gires: Gender Identity Research and Education Society** - www.gires.org.uk
- **Depend** - Free, confidential, non-judgmental advice, information and support to family members and friends of transsexual people www.depend.org.uk
- **Gendered Intelligence** - work with the trans community and those who impact on trans lives; specialise in supporting age 8-25, including support for parents/carers and professionals. <http://genderedintelligence.co.uk/>
- **'It's pronounced metrosexual'** - comedy show and online resource about snap judgments, identity, and oppression <http://itspronouncedmetrosexual.com/>
- **Genderqueer and Non-Binary Identities** - useful articles and info on being genderqueer <http://genderqueerid.com/>
- **Gender Identity Development Service GIDS** -Portman Clinic London have workers who see young people in Bristol www.gids.nhs.uk

Low Self-Esteem

Recommended Books

- 'Banish Your Self-Esteem Thief' by Kate Collins-Donnelly
- 'Self-Esteem and Being You' by Anita Naik
- 'Face' by Benjamin Zephaniah

Apps

- Link to 7 apps/websites created by young people to support young people's mental health www.innovationlabs.org.uk/the-seven-apps-websites/

Useful Websites / Telephone Numbers

- **MoodGYM** - For adolescents with emotional/mental health and relationship difficulties www.moodgym.anu.edu.au
- **The Mix** - telephone and email support for under 25's. Freephone 0808 808 4994, <http://www.themix.org.uk/>
- **Mind** - Mental health charity includes information and links to other sites re mental health issues and helpline numbers www.mind.org.uk
- **MindEd** - Free, online education training for adults working with children, young people and families to support positive mental health www.minded.org.uk
- **Centre for Clinical Interventions** - Information and worksheets suitable for older young people and adults on a variety of topics including self-esteem, assertiveness, anger, anxiety and depression www.cci.health.wa.gov.au/resources/consumers.cfm
- **SupportLine** - Confidential support. Online information and lists of agencies that provide support on a wide range of issues www.supportline.org.uk Helpline for all ages 01708 765200. Email - info@supportline.org.uk
- **Mood Café** - Information and resources relevant to a range of psychological problems and some physical conditions for children and adults www.moodcafe.co.uk

Parental Support

Groups

- **Parenting support and groups** - available for parents of children age 2-18 years old <https://www.bristol.gov.uk/social-care-health/parenting-courses-currently-running-in-bristol>

Useful Websites / Telephone Numbers

- **Family Lives** - Parenting advice and support www.familylives.org.uk
24 hour helpline 0808 800 2222
- **Resound Family Resource team** - Parenting courses and Parent Buddies for parents living in and around BS16 area. For more information contact Resound on 0117 3050969 www.resoundbristol.co.uk
- **Zero to three** - Information and resources for parents and professionals of babies up to age 3 www.zerotothree.org
- **Homestart** - Befriending/support for parents with children under 5 who are in need. 0117 9501170. <http://www.homestartbristol.org.uk>, email admin@homestartbristol.org.uk
- **Young Minds Parents Helpline** - 0808 802 5544 9.30am-4pm Mon-Fri email parents@youngminds.org.uk. www.youngminds.org.uk
- **Parents Under Pressure** - NSPCC 20 week support for parents who have a child under 5 and are on a drug or alcohol treatment programme Tel. 0117 9543650 www.nspcc.org.uk/fighting-for-childhood/our-services/services-for-children-and-families/parents-under-pressure/
- **Support organisations** - Details of national and local organisations offering support: www.1bigdatabase.org.uk
- **Relate relationship counselling**. Charges apply. www.relate-avon.org.uk 0117 9428444

- **Marriage Care** - Catholic relationship counselling service available to individuals and couples regardless of marital status, religious beliefs or sexual orientation. Donation required www.marriagecare.org.uk. Appointments 0800 389 3801
- **Divorce Aid** - Advice and information for parents and children www.divorceaid.co.uk
- **Places to play** - Information on where to play and in Bristol www.goplacestoplay.org.uk
- **Food Banks**: Provide food and essential household items to individuals and families in crisis.
 East Bristol - <https://eastbristol.foodbank.org.uk/>, Tel. 07584 625082
 North West Bristol - <https://www.bristolnorthwestfoodbank.org.uk/>, Tel. 0117 9235343
 South Bristol - <http://www.refreshbedminster.co.uk/>
- **ChildcareLink** - Information about child care and early years services in your local area <https://www.childcare.co.uk/information/childcare-link>
- **In Our Hands** - online learning and training for parents and staff <http://www.inourhands.com/>

Private Therapy

- **Bristol Psychology Services** <https://www.bristolpsychologyservices.co.uk/>
Tel: 0117 327 0201. Email: info@bristolpsychologyservices.co.uk Charges apply
- **Bridge Foundation** - Counselling and Psychotherapy in Bristol. 0117 9424510
www.bridgefoundation.org.uk Charges apply
- **British Association for Counselling and Psychotherapy**: For a list of local counsellors www.bacp.co.uk
- **CBT register** - find details of all officially accredited CBT Therapists
<http://www.cbtregisteruk.com/>
- **Family Therapy and Systemic Practice** - for a list of local family therapists
www.aft.org.uk

Schools - Support and Training

Useful Websites / Telephone Numbers

- **Measuring and monitoring** children and young people's mental wellbeing: A toolkit for schools and colleges <http://www.annafreud.org/media/4612/mwb-toolki-final-draft-4.pdf>
- **In Our Hands** - online learning and training <http://www.inourhands.com/>
- **CASCADE**: Schools and CAMHS Partnership Training <http://www.annafreud.org/service-improvement/service-improvement-in-schools/cascade-schools-and-camhs-partnership-training/>
- **Schools in Mind** - <http://www.annafreud.org/services-schools/schools-in-mind/>
- **What's-Up** - An interactive portal which supports 11-16 year olds with behavioural or emotional difficulties. <http://www.annafreud.org/service-improvement/service-improvement-in-schools/whats-up/>

Sexual Health and Teenage Pregnancy

- **NHS advice** - Sexual health and advice for young people
www.nhs.uk/worhtalkingabout
- **Brook** - young people's clinic free and confidential drop in available:
www.brook.org.uk 0117 929 0090 24

Self-Harm and Suicidal Thinking

Recommended Books

- 'The Truth About Self-Harm: For Young People and Their Friends and Families' by Celia Richardson

Useful Websites / Telephone Numbers

- **National Self Harm Network** - Crisis support, advice and information
www.nshn.co.uk
Online support support@nshn.co.uk (Average response time 72 hours)
- **Papyrus** - Information for young people, family and professionals
www.papyrus-uk.org Confidential help and advice 0800 068 41 41
- **Harmless** - User led & provides support, information & training to people who self-harm, their friends and family www.harmless.org.uk
- **Self-injury support** - information and support for girls and women who self-harm
Text 0780 0472908 www.selfinjurysupport.org.uk
Self injury Helpline, FREE Monday-Thursday evening 7pm-10pm 0808 800 8088
- **Life Signs** - Information, fact sheets and moderated message boards regarding self-harm www.lifesigns.org.uk
- **Survivors of bereavement by suicide** - Includes support, information and helpline
0300 111 5065 9am-9pm www.uk-sobs.org.uk

Information for parents

- **Young minds** - Parent helpline: 0808 802 5544 (free for mobiles and landlines).
http://www.youngminds.org.uk/for_parents/whats_worrying_you_about_your_child/self-harm
- **NSPCC** - <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/>

Sexual Abuse

- **The Green House**, counselling and also groups for 11-18 years olds who have experienced sexual trauma www.the-green-house.org.uk 0117 9351707, Email info@the-green-house.org.uk
- **SARSAS** - Somerset & Avon Rape and Sexual Abuse Support www.sarsas.org.uk
Helpline: 0808 801 0456 (women and girls)
0808 801 0464 (men and boys)
- **Kinergy**: Counselling service for survivors of sexual abuse and rape aged over 16 -
0117 9087712 www.kinergy.org.uk

Special Educational Needs and Disability

- **Inclusion support** - For children with a Statement of Educational Needs or an Education and Health Care Plan. Accessed via annual review process or school education officer
- **Supportive Parents** - Information and support line for parents of children with any type of disability or special educational need. Tel. 0117 9897725
www.supportiveparents.org.uk
- **Special Friends Club** - Organised activities for families and children with special educational needs www.specialfriendsclub.org.uk 07707632470
Email. admin@specialfriendsclub.org.uk
- **Whizz-Kids** - For disabled young people aged 10-18 years. Youth club, wheelchair skills training, work placements, leadership programmes, residential camps and more. <http://www.whizz-kidz.org.uk/> Email. info@whizz-kidz.org.uk. Tel. 020 7233 6600.
- **Bournstream** - A dedicated play site near Wotton-Under-Edge for children/young people with disabilities or special educational needs and their families
www.bournstream.org.uk
- **Box of ideas** - Practical advice & downloads for professionals and parents on topics such as dyspraxia, dyslexia, autistic spectrum conditions
<http://www.boxofideas.org/index.php>
- **Challenging behaviour** - A range of free information sheets about challenging behaviour in children with learning disabilities www.challengingbehaviour.org.uk
Family Support Line: 0300 666 0126
- **The Hive Avon**: Information and support about a wide range of issues.
0117 9614372. www.avonnorthmencap.org.uk Email. office@thehiveavon.org.uk
- **Young Sibs**: For siblings of disabled children www.youngsibs.org.uk

- **LD Online** - Information on learning disabilities for parents and teachers
www.ldonline.org
- **IPSEA** - Legally based (free) information and advice and support to help get right education for children and young people with special educational needs and disabilities www.ipsea.org.uk
- **Contact a Family** - Help for parents and families who care for children with any disability or special need. Tel. 0808 808 3555 www.cafamily.org.uk

Youth Services

- **Make It Mentoring** - Working alongside children and young people up to 19 to build confidence and resilience. Charges apply. 01454 299593
www.makeitmentoring.co.uk
- **Rife Guide** - The ultimate guide for what's going on for young people in Bristol
<http://www.rifeguide.co.uk/>
- **Empire Fighting Chance** - One to One Boxing/Mentoring Programme, works with those young people aged 8 to 19 classified as being hard to reach, at risk of exclusion from school and having complex needs.
<http://www.empirefightingchance.org/programmes/one-to-one-mentoring/>
Email. info@empirefightingchance.org
Tel. 0117 949 6699