**Emotional Wellbeing Services for Children & Young People Living in Rotherham**

**Directory of Services for GP use**

**The following services are available for direct GP referral, unless where indicated.**

The services are characterised by ‘Levels’ of need as below:-

**UNIVERSAL – Primary preventative services aimed at addressing the needs of all children.**

**VULNERABLE – Selective primary preventative services aimed at children with special needs.**

**COMPLEX – Secondary prevention services to support children with multiple needs.**

**ACUTE – Tertiary help or prevention services for children in need of immediate care and protection.**

**For general advice, information and support please see the** [**MyMindMatters website**](http://www.mymindmatters.org.uk/)

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| **School Nurses**  School Nurses – Age range 5 – 16 years  Services provided at **UNIVERSAL** and **VULNERABLE** levels  Professional and self referral   * Tier 1 Support   **Health Visitors**  Health Visitors - Age range 0 – 5 years  Service provided at **UNIVERSAL** level  Professional and self referral   * Tier 1 Support * Early Attachment Service   **N.B.**  Health Visitors and School Nursing services are based in teams. They can be contacted by mobile numbers (not to be given out) or the landlines by area, as detailed in **Appendix 1**.  These landlines are DUTY telephone numbers and are for professional queries only. They are manned at certain times during the day, by professionals (see appendix 1). Parents should phone central admin on 01709 423333, Mon-Fri 8.30am to 5pm.  **Family Nurse Partnership**  Age range parents under 19 years. Women under 19 years and first pregnancy  Service provided at **VULNERABLE** Level.  Professional referral   * Tier 1 Support as part of Family Nurse Programme   **Telephone 01709 255804**  **Child Development Centre**  Age range 0 – 5 years  Service provided at **UNIVERSAL, VULNERABLE** and **COMPLEX** Level.   * Assessment and care planning for children with development delay in more than one area. * Primarily based around therapy services coming together to assess holistically the individual child’s case. * Includes expertise in Paediatrics (medical), Psychology and Education. * Supporting families in understanding their child’s condition.   **Telephone 01709 428850**  **N.B - HVs and CDC can refer directly to RMBC Portage Team** |

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| **Sexual Exploitation Team**  Age range Up to 18 Years  Professional and self-referral  Services provided at **VULNERABLE, COMPLEX** and **ACUTE** level.   * Disclosures and court cases * Support with multi-agency investigations and support plans for vulnerable victims or those at high risk of sexual exploitation * Outreach & Advocacy Support * Family support - for families of children victims or those high risk of sexual exploitation * One to One Support for those who have been victim or risk of sexual exploitation * Group work to children at risk * Training booklet provided to support Learning Disability Team * Booklet available for all schools on exploitation * Training & awareness with parents at evening and coffee morning sessions   **Telephone 01709 823987**  **Educational Psychology Service (EPS)**  Age range 0 – 25 years  Professional referral (via school, setting or college)  Service provided at **COMPLEX** level   * Support for children & young people with special educational needs * Using psychological problem-solving approaches to improve learning and emotional wellbeing * Assessing learning and thinking skills and social/emotional development * Contributing towards Education, Health and Care (EHC) Plan assessments * Individual and small group work * Advisory role * Training * Support and advice following a critical incident   **Telephone 01709 822580**  **Social Emotional and Mental Health Team**  Age Range 4-18 years  Professional Referral (via School only)  Services provided at **UNIVERSAL, VULNERABLE** and **COMPLEX** level.   * Advice and support to school staff regarding engaging children in learning, support to all adults working with children with social, emotional and mental health difficulties, including ADHD and Attachment needs, support to schools receiving a child excluded from a previous school, advice to develop classroom practice in managing behaviour*.* * Direct one to one work with children   **Telephone 01709 334077**  **Learning Support Service**  Age range 4 – 18 years  Professional Referral (via School only)  Services provided at **UNIVERSAL, VULNERABLE** and **COMPLEX** level.   * Specialist teachers who advise and support children & young people, practitioners and families regarding quality first learning opportunities including differentiation and support to all adults working with children with severe and persistent learning difficulties or disabilities, including Dyslexia, Downs, Dyscalculia, Autism, coordination difficulties.   **Telephone 01709 334077**  **Visual Impairment Team**  Age range 0-25  Open referral policy based on suspected or diagnosed significant visual difficulty  Services provided at **UNIVERSAL, VULNERABLE** and **COMPLEX** level.   * Assess functional vision * Give advice on specific visual conditions * Collaborative working with families, professionals and other agencies and health professionals * Promote independence by Habilitation Specialist * Support educational settings by offering direct specialist teaching, in-class support, resources including Braille and Modified large print, environmental audits, and equipment * Support for children and young people with additional and complex needs * T**elephone 01709 336415**   **Email kathy.esberger@rotherham.gov.uk**  **Hearing Impairment Team**  Age range 0-25  Open referral policy based on suspected or diagnosed significant hearing loss  Services provided at **UNIVERSAL, VULNERABLE** and **COMPLEX** level.   * Assess functional hearing * Give advice linked to specific associated hearing loss * Collaborative working with families, professionals and other agencies and health professionals * Support educational settings by offering direct specialist teaching, in-class support, resources including British Sign Language , environmental audits, auxiliary equipment * Support for children and young people with additional and complex needs * T**elephone 01709 336412**   **Email Clare.Armitage@rotherham.gov.uk**  **Early Help Locality Teams**  **(These have brought together the previously separate services within RMBC; including Family Recovery Programme, Targeted Family Support, Families for Change, Children’s Centres, Integrated Youth Support Service; including LGBT groups, Youth Start and YOT)**  Age Range 0 -19 years (up to 25 if young person has a disability)  Professional Referral Services provided at **UNIVERSAL , VULNERABLE** and **COMPLEX** level.  Advice and support for the whole family on issues such as:   * Parenting – Including Parenting Programmes * Teenagers * Behaviour * Emotional wellbeing * Drugs and Alcohol * Domestic Abuse * Money, Benefits and Housing * Staying safe – outdoors and online * And places to go and things to do   Teams are organised into 3 geographical area as follows:-  North Locality covers:   * Dalton * Thybergh * Rawmarsh * Swinton * Wath   South Locality covers:   * Maltby * Wales * Dinnington * Aston * Brinsworth   Central Locality covers:   * Clifton * Winterhill * Wingfield * Oakwood * Town Centre   The Family CAF (FCAF) has been replaced with an Early Help Assessment’.  A Request for Support from Early Help can be accessed through the following routes;  1. E form <https://www.rotherham.gov.uk/forms/form/586/en/early_help_request_for_support>  2. Email:  Internal email address (.gov): [ehtriage@rotherham.gov.uk](mailto:ehtriage@rotherham.gov.uk)  External Secure Address (.gcsx) [gcmail-cyps-ehtriage@rotherham.gov.uk](mailto:gcmail-cyps-ehtriage@rotherham.gov.uk)  Backup Secure address (.cjsm) [ehtriage@rotherham.gov.uk.cjsm.net](mailto:ehtriage@rotherham.gov.uk.cjsm.net)  Alternatively, if you need to talk things through, you can also contact the Early Help Triage Team, prior to submitting a Request for Support Form.  3. Telephone discussion: 01709 334905  **Children’s Centres**  **(These are now part of the Early Help Service; the 12 Centres will offer support and services closely aligned to the needs of the Communities they serve)**  Age Range 0-5 years  Professional and Parental Referral via a Request for Support as detailed above  Services provided at **UNIVERSAL, VULNERABLE** and **COMPLEX** level.   * Family Support offered on a one-to-one basis * Some childcare offered in certain areas * Groups offered covering a variety of issues including debt advice, SEN support groups, weaning, baby massage   **Early Support (Jackie Parkin)**  Age Range 0-25 years  Professional and Parental Referral  Services provided at **VULNERABLE, COMPLEX** and **ACUTE** level.  Support for families with disabled child/child with special needs   * Multi agency way of working to empower families to coordinate a package of support available to them   **Telephone 01709 336432**  **Autism Communication Team (ACT)**  Age Range 4-25 years  Services provided at **VULNERABLE** and **COMPLEX** level  Professional Referral by setting, a graduated response to need should be evidenced prior to referral.   * Observations in classroom and/or playground * Offer of practical strategies and advice * Advice on targets and tracking progression * Training Work with the child/young person and practitioners * **Telephone 01709 336413**   **Portage Team**  Age range 0 - 3 Years  Service Provided at **COMPLEX** and **ACUTE** Level.  Professional & Parental Referral   * Implement a highly structured, intensive teaching programme * Support with implementation of therapy programmes * Liaise with a range of other involved professions and relevant organisations * Provide advice re benefits to parents * Support transitions into local and specialist provision * Mentor staff in settings where Portage children attend * Offer Portage training to parents and professionals   Note - Health Visitors and CDC can refer directly to Portage  **Telephone 01709 822407**  **Weigh-Up**  Age range : Children, Young People and Adults  Service provided at **UNIVERSAL** level   * The Weigh Up services provide expert advice and support to help people living in Rotherham reach and maintain a healthier weight.   + Any child aged 4-17 years who struggle with their weight, attending a Rotherham School and / or registered with a Rotherham GP.   + Anyone who is over 16 years old, resident in Rotherham and / or has a Rotherham GP with a body mass index of over 25 and is motivated to lose weight * Friendly experts will help people find the best way to lose weight and provide support throughout *their* journey. * The FREE Weigh Up services are offered across Rotherham including Leisure Centres and Community Centres.   **Telephone 01709 722565**  [**www.weighup.co.uk**](http://www.weighup.co.uk)  **Health Trainers**  **Age range: Minimum age 16yrs, no maximum age**  Service provided at **UNIVERSAL** level  The Health Trainers provide one to one support with lifestyle and behaviour change.  **Would you like to?**   * Improve your diet. * Manage your weight. * Reduce stress/depression. * Do more physical activity. * Drink sensibly. * Lift your mood. * Lead a healthier lifestyle.   If you answer yes to any of the questions above, the Health Trainer service could be just what you need.  You can refer yourself by asking at your GP surgery or contact Phill Spencer on 01709 255864 or email Phillip.spencer@rotherham.gov.uk    **Rotherham SEND Information Advice and Support Service (SENDIASS)**  Age range : 0-25 years  Service provided at **VULNERABLE** and **COMPLEX** level   * Impartial advice and information and support to parents of children with Special Educational Needs and Disabilities (SEND) and to children (0-16) with SEND around Education, Health and Social Care matters. * helping parents/children to communicate with schools and other services involved with their child’s special educational needs and disabilities, * support at official meetings with school or other services involved with their child/young person, * looking at choices available to meet their child’s needs, * helping to ensure the child’s views are heard and * helping to put views in writing.   **Telephone 01709 823627**  [www.rotherhamsendiass.org.uk](http://www.rotherhamsendiass.org.uk)  **RMBC looked after and adopted children’s therapeutic team:**  (Previously known as LAAC/ LAACST/ LAACTT : the looked after and adopted children’s support and therapeutic team)  Age range : 0-18years  Service provided at **UNIVERSAL** and **VULNERABLE** level  The therapeutic Team primarily provides consultation to people working with a looked after (child in care), or adopted child or care leaver – offering training and advice to carers and colleagues, and where suitable young people and their carers may be offered therapy together. Where issues are mental health related, a referral should be made to CAMHS RDASH. Where the issues are most likely related to early attachment and trauma issues, and the experience of being brought into care, the Therapeutic team may be the most suitable service in the first instance. Carers, GPs, other professionals or social workers can refer to the service to request brief or longer term interventions.  **Telephone 01709 822684**  **LAACSupportTeam@rotherham.gov.uk (not secure)**  **The looked after and adopted children’s therapeutic team, c/o the psalters centre, Kimberworth rd, Rotherham , S61 1HE.** |

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| [Rotherham Doncaster and South Humber NHS Foundation Trust](http://www.rdash.nhs.uk/)  **CAMHS Services – Tier 2 and 3 including Learning Disability**  Age range 5 – 18 years (For Mental Health and Learning Disability).  Professional referral.  Services provided at **VULNERABLE** and **COMPLEX** levels  Tier 2 and 3 services - for specific areas including;   * Eating disorders including Anorexia & Bulimia * Self Harming behaviours * Suspected psychosis * Mood disorder/Depression * Severe Behavioural Problems * Anxiety disorders * Post Traumatic Stress Disorder (PTSD) * Obsessive Compulsive Disorder (OCD) * Suspected Autism Spectrum Disorder (ASD) * Suspected Attention Deficit Hyperactivity Disorder (ADHD)   In addition, there is a Specialist Multidisciplinary Learning Disability Pathway with dedicated psychology, nursing and therapy staff and a visiting specialist Child Learning Disability Psychiatrist.  Range of interventions offered by CAMHS in the community and at Kimberworth Place;   * CBT * Psychoanalytical Psychotherapy * Art Psychotherapy * Theraplay * Solution Focused * Systemic Family Therapy * Watch Wait and Wonder * Group work * Play work   **See referral ‘Top Tips’ for the full list of areas covered**.  **Telephone 01709 304808**  **Rotherham Early Intervention in Psychosis Team**  Age range 14 years and above  Service provided at **VULNERABLE** and **COMPLEX** level   * Refer where there are concerns that an individual may be experiencing psychosis. * Individual or family therapy, support with education or employment or finances, physical or group activity.   Referrals can be made by telephone, in writing, or in person, using the contact details below.  Swallownest Court  Aughton Road  Swallownest  Sheffield S26 4TH  Telephone: (01709) 447446  **'Know the Score’ Young People’s Service – Drugs & Alcohol**  Age range 0 – 18 years  This service is the young people’s drug and alcohol service for the young people of Rotherham. There is an open referral process please ring the number below.  Services provided at **VULNERABLE** and **COMPLEX** level.   * Drug Treatment & relapse prevention * Provides advice, education & support * Provides psychological & physical treatments * 1:1 work with individual clients * Group work with vulnerable groups of young people. * Supports joint working with appropriate agency   **Telephone 08000 199951** |

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| **Voluntary Sector**  Barnardo's logo  **Barnardo’s Rotherham Young Carers Service**  Age range 8 - 18 Years  Professional and self referral  Service provided at **VULNERABLE** level   * Guidance & support around young carer issues * Training & advice to other services & schools in contact with Young Carers. * Support to reduce negative social impact on Young Carers   **Telephone 01709 377157**  **Barnardo’s – The Junction**  Age range 4 - 19 Years  Professional and self referral  Service provided at **VULNERABLE** level   * Services for Children & Young People whose sexual behaviour is a problem * Support & advice to families * Training & education   **Telephone 01709 377157**  **Barnardo’s – ReachOut**  Age range up to 18 Years (18 to 24 for care leavers)  Professional and self referral  Service provided at **VULNERABLE** level   * Support for Children & Young People who may be vulnerable to sexual exploitation * Individual, Family and Group Work e.g. healthy relationships, online safety, keeping safe, resilience, emotional wellbeing * CSE training & awareness raising to professionals, community members and schools * Outreach to increase accessibility to vulnerable children and priority locations   **Telephone 01709 377157**  logo  **Grow**  Age range 0 – 19 Years  Professional and self referral  Service provided at **UNIVERSAL, VULNERABLE** and **COMPLEX** level.   * Working with young parents & parents to be * Advocacy support * Support to parents/families with low income issues   **Telephone 01709 511171**  http://upload.wikimedia.org/wikipedia/en/0/01/Mind-logo.gif  **Rotherham and Barnsley MIND: Children, Young people & Families Service**  Schools Mental Health Service  Age Range 4 – 19 Years  Borough-wide coverage, subject to individual school ‘buy-in’  Professional and Self Referral (for young people deemed to be Fraser competent)  Service provided at **COMPLEX** and **VULNERABLE** level   * 1:1 Mental Health support for children/young people experiencing emotional distress and/or engaging in unhealthy coping behaviours for period of 1-3 months.   **Telephone 01709 554755**  Intense Family Support  Age Range 0 – 19 Years  Borough-wide service for families where 1 or more child subject to child protection plan and family meets ‘Troubled Families’ criteria.  Social care/Families for Change referral  Service provided at **ACUTE** level  **Telephone 01709 334730**  WELCOME  **Safe@last**  Age range Young people age 16 years and under  Professional and self referral  Service provided at **ACUTE** level   * Children Help Line & Web chat * Children's Refuge * Support for young people aged 16 years and under who are at risk through running away   **Telephone 01909 566977**      **Rotherham MAST**  Age Range 0-19 years  A multi-agency, learning community resource available borough-wide subject to schools buying into, and working in partnership with the service.  Referral at the discretion of individual schools.  Services provided at **COMPLEX** and **VULNERABLE** level:   * Counselling/Mental Health support for children and young people. * Family intervention/Parent support * Group work * Parenting groups * Staff training and consultation * Staff counselling * Counselling supervision   Telephone: 01709 812864 Ext 265  Email: sgraham@maltbyacademy.org  SYEDA The South Yorkshire Eating Disorder Association  **South Yorkshire Eating Disorder Association (SYEDA)**  Age range 14 – 19 Years  Self referral only  Service provided at **UNIVERSAL, VULNERABLE** and **COMPLEX** level.   * SYEDA provides one to one therapeutic and practical support for people experiencing eating disorders and for families and friends. The charity also facilitates support groups, offers a befriending service and delivers education and training sessions in schools, colleges, to professionals and the wider community. * Treatment and Interventions include;   + Counselling   + CBT   + Occupation Therapy   + Guided Self Help   **Telephone 0114 272 8822**  Website - [www.syeda.org](http://www.syeda.org).  Email - [info@syeda.org.uk](mailto:info@syeda.org.uk) |

**Appendix 1**

**HV and SN - LOCALITY NUMBERS & DUTY TIMES**

**South Locality**

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| **Base** | **Health Visiting** | **School Nursing** | **Duty** |
| Maltby – WV | 01709 336124 | 01709 336124 | HV: 9.00 – 10.00  4.00 – 5.00  SN: 2.00 – 4.00 |
| Dinnington – RVS | 01709 335079 | 01709 335079 | HV: 9.00 – 10.00  4.00 – 5.00  SN: 2.00 – 4.00 |
| Aston – RVW  (Aston SNs at Dinnington) | 01709 254291 | 01709 335079 | HV: 9.00 – 10.00  4.00 – 5.00  SN: 2.00 – 4.00 |

**Central Locality**

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| **Base** | **Health Visiting** | **School Nursing** | **Duty** |
| Kimberworth – RN | 01709 255333 | 01709 334931 | HV & SN: 2.00 – 4.00 |
| The Place – RS | 01709 334942 | 01709 334931 | HV & SN: 2.00 – 4.00 |

**North Locality**

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| **Base** | **Health Visiting** | **School Nursing** | **Duty** |
| Rawmarsh – WS | 01709 336234 | 01709 336224 | HV & SN: 9.00 – 10.00  4.00 – 5.00 |
| Swinton - WN | 01709 334462 | 01709 336224 | HV & SN: 9.00 – 10.00  Tues a.m. 11.00 – 12.00 (H/V’s only)  4.00 – 5.00 |

**DURING DUTY TIMES ALL CALLS SHOULD BE PUT THROUGH TO BASES**

**OUTSIDE OF DUTY TIMES STAFF MUST TRY AND RING THROUGH ON THE NUMBERS GIVEN ABOVE WHENEVER A PATIENT OR THEIR FAMILIES WISH TO SPEAK TO A CLINICIAN**

**A TASK SHOULD ONLY BE SENT WHEN YOU ARE UNABLE TO CONTACT ANYONE**