

Provider	Website	Contact Details	Service Description	Referral/Delivery	Age Range
Therapeutic					
Early Break	https://www.earlybreak.co.uk/	0161 723 3880	TRANSITIONAL SUPPORT - offering support to young people aged 16-25 years who require intervention to manage their symptoms, but may not meet statutory service thresholds. This also include those who have been discharged from statutory services who may need continued support to integrate back into community support services. The project will support young people who require focused and specific approaches to aid them to recovery; and will also offer targeted support to those individuals who may have multiple vulnerabilities, such as those asylum seeking young people, children in care/leavers, or those with a decline in their mental health.	A referral pathway will be developed.	16-25 years
Castleton Health and Leisure (Enlightening)		admin@enlightening.org.uk	Feel Good Too - offering a range of alternative therapeutic treatments and services for children and young people who are struggling with anxiety, depression, social and emotional difficulties, ADHD and dyspraxia and may be at risk of becoming isolated.	Referrals from other agencies for children not eligible through Short Breaks.	5-19 year olds
Castleton Health and Leisure (Enlightening)		admin@enlightening.org.uk	Super kids - super tweens, super teens, super volunteers - supporting children with autism, teaching them social skills in group settings.	Referrals from agencies/services.	
Barnardos	http://www.barnardos.org.uk/rochdale.htm	Email: services@barnardos.org.uk Tel: 01706 769634	Shine Plus - support group and programme for parents and carers of children aged 5-11 who have social and communication needs, who have not been through a diagnostic pathway.		5-11 year olds
Gaddum Centre	https://www.gaddumcentre.co.uk/child-counselling-services/	0161 834 6069	Children and Families paediatric palliative care service - provides a needs led therapeutic service for families in Rochdale where there is a child with a life limiting or life threatening illness, or any time after a child has died in this way. The service is available for the child, siblings, parents, carers, extended family and friends. The service will work with the whole family or individual members.	Self and Professional Referral.	All age
Homestart Rochdale	http://www.homestartrochdale.org.uk/	Donna McKenna, 01706-629651 http://www.homestartrochdale.org.uk/ http://www.homestartrochdale.org.uk/Contact_Us.html	Autism/ADHD support for children and their family. Home visiting, group and telephone support for parents and children who experience difficulties to manage their children's behaviour and emotional wellbeing as a result of autism.	The project will be delivered within families' homes and within the community whilst accessing services and appointments. Over 30 referrers to the project all based in Rochdale.	Home visiting support for children aged birth to 11 years, including children with autism and their brothers and sisters who are struggling to cope with their siblings additional needs. Service also supports parents/grandparents and extended families who request support to help them cope on a daily basis.

Provider	Website	Contact Details	Service Description	Referral/Delivery	Age Range
Homestart Rochdale		Donna McKenna, 01706-629651 http://www.homestartrochdale.org.uk/Contact_Us.html	Early help for Improving Emotional Wellbeing of the Family - regular home visiting support will be provided for families with young children, who experience difficulties to manage their emotional wellbeing on a day to day basis. This may be due to stress, depression, anxieties, phobias, isolation, relationship difficulties, bereavement, children and adults with long term illness, disabilities, financial worries, domestic abuse.	The project will be delivered within families' homes and within the community whilst accessing services and appointments. Referrals will be invited from a range of services within the statutory and voluntary sector, who identify families showing early signs of difficulties with managing day to day life, struggling to cope with their emotional wellbeing. The service will encourage families to self-refer themselves for help and support.	Families.
Possibilities	https://possibilities.org.uk/	01706 692181	Triple A - one to one lifestyle coaching to provide support for young people aged under 25 years with autism/asperger's syndrome into employment.		
Family Action	https://www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=AOW-7Q0RdW4	01706 676777	Befriending project - provides holistic support to families with children who have complex health needs, helping to build resilience. The project supports families with children who have specialist educational needs or disability (SEND).		
Respect for All Counselling	https://www.ourrochdale.org.uk/kb5/rochdale/directory/service.action?id=r0zcd_LlcWQ&slaction=ADD&itemid=miadK7cApYncgnc5D38q9Se4VsBUFgyvulxMXdE\$	Gill Linden, 0161 653 3870	Counselling Service for young people on the autistic spectrum or with a learning difficulty or a sibling of the aforementioned or a young person with a parent with either autism /learning difficulty. Also offer one to one and couple counselling and family facilitation to children and adults with a learning difficult and/or autism also their carers and siblings.	All areas of Rochdale, Heywood and Middleton.	All age.

Provider	Website	Contact Details	Service Description	Referral/Delivery	Age Range
Social Prescribing					
Skylight Circus Arts	https://skylightcircusarts.com/	David Ratcliffe, 01706 650676	Side by Side Circus - Emotional Health and Wellbeing Support through circus activity. This includes weekly sessions for young people, family circus sessions (programme for 4 sessions, for young people and parents/wider family, focusing on primary school age).	Will work closely with schools, inclusion and family workers, early help centres and social workers in order to identify families in need. Young People will be referred and sign posted to weekly sessions by organisations already working with them to address and help with emotional disabilities and relationship difficulties. These organisations include: #Thrive, Healthy Young Minds, MIND Listen Up project, Cared for Team and Rochdale Connections.	8 to 16 years old as well as Families with young children.
Building Community Resilience and Capacity					
The Stories we could tell (SWCT)		Steve Cooke, 07870951530	Stories We Could Tell - deploying the effectiveness of storytelling in enabling young people who have experienced traumatic episodes to articulate their story in a way that works for them and to share their story with whom they chose through their chosen medium.	Drawn from across the borough of Rochdale and from all Rochdale's diverse ethnic groups. Professional/self referral/drop-in.	Young people aged 14-24 who have experienced traumatic episodes in their lives.
M6 Theatre Company	http://www.m6theatre.co.uk/	Debs Palmer, 01706 355898	M6 Theatre - Creative Ways to Wellbeing, comprising: Five interlinked strands of excellent, highly accessible and uniting local creative provision including outreach drama workshops, award winning theatre productions, regular free time youth theatre sessions for marginalised children and families across Rochdale Borough:- 1. Unlocking Voices (Film & resource project with Cared For Young People) 2. Linking Schools (Primary aged children from different cultural backgrounds) 3. Weekly Youth Theatre (#THRIVE/HYM & RMBC Youth Service referrals) 4. Performances for intergenerational community audiences at M6 Studio Theatre	Recruited from schools and existing M6 collaborative partners #THRIVE, Barnardo's, Rochdale Connections Trust (RCT) & RMBC Youth Service.	School aged Children and Young people

Provider	Website	Contact Details	Service Description	Referral/Delivery	Age Range
Proud Trust	https://www.theprouddtrust.org/	Cath.Hayes@theprouddtrust.org 07889656262	We can - LGBT engagement/support for emotional wellbeing and peer support - a Peer Support Project for LGBT young people; Safer Person Training for all young people; Training and Train the Trainer packages for professionals who work with young people.	Flyer developed and marketed through online links and real world links e.g. with the community and voluntary sector, young people we already work with, with all secondary schools as well as Tweets/Posts on Twitter and Facebook. Will also use targeted post 'boosts' to raise awareness of the project. The flyer would both act as a recruitment tool for those who want to become peer supporters, as well as those who want to access the support. The service will meet 121 with any young people who want to engage with the project/ access support. Safer person training will be delivered in schools.	Young people aged 12-19, and up to 25 years old if they have additional needs e.g. a learning disability. The focus will be lesbian, gay, bisexual and trans young people, plus those questioning their gender/ sexuality.
Rochdale and District Mind Open Young Minds	https://www.rochdalemind.org.uk/youngpeople	Information line: 01706 752338 / 0800 107 0729	Open Young Minds: is a mental health and wellbeing resource for young people and young adults living in the Borough of Rochdale who are aged 11 to 25 years. Supporting children and young people to manage their emotional health through peer mentoring and buddying working, including through a self-help book developed by young people themselves, specifically promoting self-help and resilience; running peer support and Young Advisor groups which enable young people to develop their skills and knowledge through participatory activities (building on them as assets) and increasing resilience and esteem; working 1-1 with young adults (16-25 years old to support their needs), enabling them to direct their own recovery and managing risk, improving health and building resilience to build a culture for greater self-reliance, with less reliance on emergency and crisis care. Alongside its service users, the Project will focus on developing a range of age appropriate learning and social activities to reduce isolation, raise awareness about mental health and wellbeing, challenge stigma and deliver self help courses to cope with emotional and social stress and anxiety.	Referral from local agencies/services and self referral.	Young people aged 11-25 years.
Nurture Psychology	http://www.nurturepsychology.co.uk/	07704 773 425 office@nurturepsychology.co.uk	Little People Big Emotions - Empowering parenting with the science of childhood - clinical psychologists will deliver a range of evidence based, theoretically driven workshops for parents of children under 11 years old. The workshops will cover the most common mental health difficulties in young people, primarily anxiety, behaviour and emotional regulation.	Referral from local agencies/services.	Parents/carers of children under 11 years old.
Together Trust	https://www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=HMr9hLw5Y0M	0161 283 4848	Sleep Tight - sleep support, advice and training for families, including those with autism and ADHD.	Health Visiting and Children's Centres	Priority given to children under 5 years.