

Contacts and Resources to Support Tough Love in Cambridgeshire 2017



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Tough Love Follow-up Support

Cambridgeshire Child & Adolescent Substance Use Service (CASUS)	
Contact details	Tel: 01480 445316 Text: 07919 597349 Email: casus@cpft.nhs.uk Website: www.cpft.nhs.uk/casus
Offer	<ul style="list-style-type: none">• Confidential advice, support and information to young people about drugs and alcohol. Their own or another's use.• Can be seen at a venue of young person's preference including schools• Support to schools for PSHE delivery (charged)• Support for teachers and staff working with young people to address drug and alcohol issues• Specialist drug and alcohol treatment for young people• Stepping Stones – support for young people affected by a substance-using parent or carer
Geographic Area	Cambridgeshire
Target Audience	Under 18s
Cost	Support for PHSE programmes are charged for – please contact for details

Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence Partnership

Contact details	www.cambsdasv.org.uk
Support available	<ul style="list-style-type: none"> • Advice to the public and professionals about domestic abuse and sexual violence • Free e-learning modules
Geographic Area	Cambridgeshire
Target Audience	All
Cost	FREE

Cambridgeshire Youth Support Service

Contact details	Tel: 01223 715492 Email: Nichola.West@cambridgeshire.gov.uk
Offer	<p>Targeted Group Work</p> <ul style="list-style-type: none"> • Healthy relationships • Sexual abuse and exploitation • Internet safety <p>1-2-1 support (subject to referral)</p>
Geographic Area	Cambridgeshire
Target Audience	10-19 years (up to 25 for those with SEND) with a targeted support need
Cost	FREE

Centre 33	
Contact details	Office phone: 01223 314763 Website: www.centre33.org.uk
Offer	<ul style="list-style-type: none"> • Advice and information service • Individual counselling • Drop in
Geographic Area	Cambridgeshire
Target Audience	8-25 years
Cost	Free

Dhiverse	
Offer 1	<p>Sex, Law, Internet and Porn (SLIP) Programme 6-week course Provides a comprehensive look at the law, sexual health, internet and social media, pornography and sexualisation and how healthy relationships function. Aims to give young people support, information, skills and confidence to enable them to make informed choices that are right for them.</p>
Geographic Area	Cambridgeshire
Target Audience	Young people aged 11-19 years
Cost	£150 per programme for a maximum of 10 participants within Cambridgeshire and Peterborough

Contact details	<p>Young People's Service Manager Tel: 01223 508805 Mobile: 07983 140770 Email: info@dhiverse.org.uk Website: www.dhiverse.org.uk</p>
Offer 2	<p>ABC Relationships and Sexual Health Programme for people with Learning Difficulties Designed for people with learning difficulties of all ages. Tailor made resources make the content accessible to people with or without reading skills. Usually delivered via 6 weekly, 1-hour sessions but this is flexible. Usually delivered with small groups (up to 12) couples in a relationship or individuals on a 1-1 basis.</p> <p>Includes:</p> <ul style="list-style-type: none"> • Appropriate ways to communicate and interact with acquaintances, friends, partners etc. • What makes a balanced relationship and how to recognise signs of abuse • Staying safe online and in the community • Consent and sexual health
Target Audience	Young people with learning difficulties
Cost	Free (funded by Big Lottery)
Contact	<p>ABC Programme Manager elizabeth@dhiverse.org.uk Tel: 01223 508805 Mobile: 07985 447846</p> <p>Website: www.dhiverse.org.uk</p>

Link to Change

Supporting young people who are at risk of or are affected by Child Sexual Exploitation (CSE)

Contact details	38a High Street, St Neots, PE19 1JA Tel: 01480 474974 Website: www.linktochange.org.uk
Offer	<p>Carousel Project – Ages 12-26</p> <ul style="list-style-type: none">• Individual and group work aimed at supporting and maintaining the education of young people affected by CSE• School staff and teacher training to increase confidence in talking about CSE and supporting those affected in the school setting <p>Dodgems Project – Age 12-18 Individual and group work support for young males affected by or at risk of CSE</p> <p>Helter Skelter Project – Age 12-16 Individual and group work support for young females affected by or at risk of CSE</p> <p>Helter Skelter Plus – Age 17-26 One-to-one and group work aimed at supporting young adults, male and female, affected by or at risk of CSE</p>
Geographic Area	Cambridgeshire
Target Audience	12 – 26 years
Cost	Free for individual and group work. Charges may apply for training – please contact for further details.

North City Locality Team

Contact details	<p>Faye Ackroyd Tel: 01223 728580</p> <p>Kathy Murphy Tel: 01223 728580</p>
Offer	<p>Drop ins</p> <ul style="list-style-type: none"> • Fortnightly Impington Village College; North Cambridge Academy; Chesterton Community College • 16 Plus at Cambridge Library Mondays, Thursdays and Fridays 1:30 p.m. – 4:30 p.m. <p>Targeted group work Covering healthy relationships and internet safety</p> <p>1:1 support (needs referral)</p> <p>One-off workshops For parents, young people Includes:</p> <ul style="list-style-type: none"> • Awareness of CSE • Advice on internet safety • How to discuss this with their young person
Geographic Area	Cambridge North City
Target Audience	11-19 years old
Cost	FREE

CREDS – Cambridgeshire Race Equality & Diversity Service

Contact details	Iman Ibn Tahaikt (Advisory Teacher) Iman.IbnTahaikt@cambridgeshire.gov.uk
Offer	Support for schools, young people, children and families with regards to cultural sensitivities, language barriers etc. Staff training, advice and guidance on cultural competency.
Geographic Area	Cambridgeshire
Target Audience	Schools, young people, children, families and communities
Cost	Various depending on request and school status: Training/Advice: £225 - £480 Bilingual/Home School Liaison: £35 - £255

St Neots Locality Team

Contact details	Youth support service Tel: 01480 376 199 Hannah Redding: 07881 823851 Emily Pedlar: 01480 379586
Offer	Information and advice 1:1 support Targeted small group work Bespoke projects
Geographic Area	St Neots, Great & Little Paxton, Kimbolton, Great Staughton, Eltisley and Great Gransden
Target Audience	11-19 years old
Cost	Usually free or minimal cost when working with individual young people Approx. £25ph for school workshops/project

Huntingdon Locality Team

Contact details	<p>Angie Linton Tel: 01480 372 326</p> <p>Dan Hall Tel: 01480 379076</p> <p>Lisa Mann Tel: 01480 376316</p>
Offer	<p>Information and advice 1:1 support Target small group work Bespoke projects</p>
Geographic Area	Huntingdon
Target Audience	11-19 years old
Cost	Usually free or minimal cost when working with individual young people

Ramsey, Sawtry & Yaxley Locality Team

Contact details	<p>Helen Martins Tel: 01480 372559 Young People's Worker</p>
Offer	Impact Group – Relationships work with young people
Geographic Area	Ramsey, Sawtry and Yaxley
Target Audience	11-19 years old
Cost	Free

St Ives Locality Team	
Contact details	Office: 01480 378 127 Lindsay McCarthy: 01480 372646 Dan Hall: 01480 379076
Offer	Information and advice 1:1 support Target small group work
Geographic Area	St Ives
Target Audience	11-19 years old
Cost	Free

Bassingbourn, Melbourn, Comberton & Gamlingay Locality Team	
Contact details	Kimberley Thorman, Lauren Rowe or Michelle Bosworth: 01954 286 012
Offer	Drop ins <ul style="list-style-type: none"> • Fortnightly Comberton Village College • Weekly Melbourn Village College • Weekly Cambourne Village College <p>Target small group work Covering healthy relationships and internet safety 1:1 support (Referral - Early help assessment required) One-off workshops/lessons (e.g. to support school PSHE day/event)</p>
Geographic Area	Bassingbourn, Melbourn, Comberton, Gamlingay and Cambourne
Target Audience	11-18 or up to 25 for those with Special Educational Needs or Disability (SEND)
Cost	Free

Support for Young People

Cambridge Rape Crisis Centre Confidential service for women and girls of all ages who have survived rape, child sexual abuse and sexual violence	
Contact details	Tel: 01223 313551 Email: isva@cambridgerapecrisis.org.uk 01223 245888 calls charged at local rate Wednesday 19:00 – 21:30 Thursday 19:00 – 21:30 Saturday 15:00 – 17:30 Sunday 10:00 – 12:30
Support available	Children and Young Peoples Independent Sexual Violence Adviser (ISVA) Supports young people under 18yrs and provides: <ul style="list-style-type: none"> • practical and emotional support information and advice; • access to universal services; • support through the criminal justice system Support can be accessed face to face, by telephone or e-mail Counselling Service (5-19 years)
Area	Cambridge
Target Audience	Under 19
Cost	FREE

Centre 33	
Young people can contact the service on	01223 314763 www.centre33.org.uk
Support available	<ul style="list-style-type: none"> • Advice and information • Individual counselling • Drop in
Area	Cambridgeshire
Target Audience	8-25
Cost	FREE

Dhiverse	
Young people can contact the service on	Mobile: 07548 960453 or Landline: 01223 508805 info@dhiverse.org.uk
Support available	<p>1:1 support, advice and information on sex and relationships. Contact a young people's worker:</p> <ul style="list-style-type: none"> • phone, text, e-mail or arrange a face-to-face session <p>The service aims to:</p> <ul style="list-style-type: none"> • respond to texts and calls the same day between 9 a.m. and 6 p.m. Mon – Fri • respond to calls and texts within 48 hrs • respond to emails within 48 hrs <p>Face-to-face chat can be arranged at the Dhiverse office in Cambridge or other relevant professional setting. All contact is confidential unless a safeguarding issue is identified.</p>
Area	Cambridgeshire
Target Audience	Young people aged 11-19 years
Cost	FREE

Embrace (support for young people – part of the Elms Sexual Assault Referral Centre)	
Young people can contact the service on	Tel: 0800 193 5434 (9 a.m. – 5 p.m.) Out of hours helpline: 0800 193 5434 Email: theelms.sarc@nhs.net Website: www.theelmsarc.org www.embracecvc.org.uk
Support available	Counselling and therapeutic support for young people who have experienced sexual assault or domestic violence
Area	Cambridgeshire
Target Audience	Embrace – 8-19 years The Elms – All ages
Cost	FREE

Independent Sexual Violence Advisor	
Contact details	Young People/Professionals enquiries and advice Tel: 01223 313551 Email: ISVA@cambridgeshirerapecrisis.org.uk
Support available	<ul style="list-style-type: none"> • Help/Support to children and young people who have experienced sexual violence • Practical and emotional support and referrals to other agencies • Support by telephone or face to face at safe times in safe locations
Area	Cambridgeshire
Target Audience	Under 18 years (25 years for young people with special education needs or a disability)
Cost	FREE

The Kite Trust	
Contact details	Lara Jaffey Website: Thekitetrust.org.uk Tel: 01223 369508 Email: lara@thekitetrust.org.uk
Support available	<ul style="list-style-type: none"> Support to young LGBT people through one to one support and offer groups for LGBT and young people
Area	Cambridgeshire
Target Audience	LGBT and young people aged 12-24 years
Cost	FREE

National Youth Advisory Service	
Contact details	Alison Gelder alison.gelder@nyas.net Tel: 01480 437953 Mobile: 07435 967405
Support available	Free, confidential support Support by telephone; face-to-face or e-mail Monday to Friday: 9 a.m. – 8 p.m. Saturday: 10 a.m. – 4 p.m.
Area	Cambridgeshire
Target Audience	Looked After Children after they are reported missing
Cost	FREE needs referral via Cambs County Council Social care

Link to Change	
Contact details	01480 474974
Support available	Someone to talk to if you have questions or are concerned about unhealthy relationships Messaging service: Call or text 07910451752 Leave your question or request for information - someone will get back to you
Area	Cambridgeshire
Target Audience	12-26 yrs
Cost	FREE

St. Ives Locality Team	
Contact details	01480 378127
Support available	Someone to talk to if you have questions or are concerned about unhealthy relationships
Area	St. Ives and surrounding villages
Target Audience	Under 18 years (25 years for young people with special education needs or a disability)
Cost	FREE

St. Neots' Youth Support Service	
Contact details	01480 376199
Support available	Someone to talk to if you have questions or are concerned about unhealthy relationships
Area	St. Neots, Great & Little Paxton, Kimbolton, Great Staughton, Eltisley and Great Gransden
Target Audience	Under 18 years (25 years for young people with special education needs or a disability)
Cost	FREE

Young People's Independent Domestic Violence Advisor (IDVA)	
Young people can contact the service on	Trudy Barton-Ancliffe Tel: 07500 954 197 Email: Trudy.barton-ancliffe@cambridgeshire.gov.uk
Support available	<ul style="list-style-type: none"> • Support for young people who are victims of abuse in their own relationships. • Advice and information to professionals concerned about a young person • Professional consultation where there is a concern but no consent to refer
Area	Cambridgeshire
Target Audience	<ul style="list-style-type: none"> • Young people 13-19 years • Young people up to 24 years with a diagnosed mental health issue, learning or physical disability • Looked after children up to age 24 years
Cost	FREE

YMCA	
Young people can contact the service on	Counselling Guidance Coordinator Tel: 01733 373170 Email: counselling@theymca.org.uk
Support available	Free, confidential one-to-one counselling service for young people
Area	Huntingdon, St Neots, Wisbech, March and Whittlesey
Target Audience	13 – 25 years
Cost	FREE

Websites & Phone Lines

www.disrespectnobody.co.uk	What is relationship abuse? Spotting the signs Getting help Real stories Sexting
www.thehideout.org.uk	Help for young people to understand Domestic Abuse and how to take positive action if it is happening to them
www.thinkyouknow.co.uk	Advice to young people on sex and relationships and the internet to make sure they are happy and safe with the choices they are making
www.galop.org.uk 0300 999 5428	Support for those in LGBT relationships where there is abuse
www.mensadviceline.org.uk info@mensadviceline.org.uk 0808 801 0327	Help line open Monday to Friday 10am–1 pm and 2-5pm
www.youthoria.org	‘Ask Ali’ facility for young people to ask questions and have them answered by trained workers
www.stop-cse.org 01223 585371	<ul style="list-style-type: none"> • National Awareness Day • Support, advice, updates, training • Real life stories • National Working Group for Sexually Exploited Children and Young People • UK network of practitioners
www.womensaid.org.uk	Guidance for parents and those working with young people. Talking to young people about healthy relationships

www.samaritans.org 08457 90 90 90	Confidential; non-judgemental emotional support if you are worried; feel up-set or confused or just want to talk to someone 24 hours a day
www.childline.org.uk 0800 1111	Free, confidential service for children and young people up to the age 19 24 hours a day
Police Child Protection Team 0808 5005000	Support or information if you are concerned about a young person in relation to sexual exploitation Ring the Police on 999 if you think a child in in immediate danger
Get Safe Online www.getsafeonline.org	National awareness resource helping to protect people from fraud and abuse online
#SaySomething 116 000	A free to text or call 24/7 anonymous helpline Run in partnership with NWG and Missing People
www.cyberaware.com	How to improve your online security
Keep Children Safe online NSPCC and 02 www.nspcc.org.uk	Keeping children safe online

Training, Support & Resources for Adults

<p>Parents Against Child Sexual Exploitation (PACE) www.paceuk.info</p> <p>0113 240 5226 (Parent helpline)</p>	<ul style="list-style-type: none"> • E-learning module on CSE for parents (and professionals) • Guidance for professionals working with parents • Parent Helpline
<p>NSPCC www.nspcc.org.uk 0808 8005000 (parent helpline)</p> <p>Keeping Children Safe online (training)</p>	<p>Free 24hr helpline for parents</p> <p>e-learning for anyone working with children and young people</p> <p>Cost: £30</p>
<p>National Working Group Network Free access via Cambridgeshire Local Safeguarding Children Board www.cambridgeshire.gov.uk/lscb</p>	<p>Up-to-date information, reports and resources</p>
<p>Family Lives www.familylives.org.uk</p> <p>0808 800222</p>	<p>Free helpline</p> <p>9am – 9pm weekdays</p> <p>9am – 3pm weekends</p>
<p>OurPact App</p> <p>http://www.mydomaine.com/jamie-oliver-parental-control-app</p>	<p>Allows parents to:</p> <ul style="list-style-type: none"> • control the house WiFi; • set limits on time spent on devices; • block apps and WiFi but still allow use for homework

<p>Outside the Box Sex Education Forum and National Children's Bureau</p> <p>www.sexeducationforum.org.uk</p> <p>training available FROM Sex Education Forum local delivery by Cambridge Rape crisis</p>	<ul style="list-style-type: none"> • Personal development programme about sex and relationships for young people • Aim to prevent sexual exploitation • Promotes discussion about personal and relationship issues
<p>Cambs County Council Workforce Development</p> <p>http://www.cambridgeshire.gov.uk/learn-together/social</p>	<p>Developing training for people working with young people on: Preventing CSE; internet safety and healthy relationships</p>
<p>Dhiverse Office B Dales Brewery Gwydir Street Cambridge CB1 2LJ</p> <p>Website: www.dhiverse.org.uk</p> <p>Tel: 01223 508805</p>	<p>Social Media Safeguarding (2 hours) Helps adults and professionals talk to young people about social media</p> <p>For parents of teenagers and professionals that work with young people</p> <p>Understanding ABC (2 hours) Helps participants feel better equipped when talking to the person they support around sex and relationships</p> <p>For anyone who supports someone with learning difficulties, including parents, carers partners and other professionals</p>
<p>Local Safeguarding Children Board (LSCB) www.cambridgeshire.gov.uk/lscb</p>	<p>Free training for professionals (Voluntary and Statutory) who work with young people across Cambridgeshire</p>

Resources for Working With Young People

<p>LSCB Leaflets on CSE www.cambridgeshire.gov.uk/lscb</p>	<p>For young people, professionals and parents</p> <p>Access to national working group resources</p>
<p>My Dangerous Loverboy www.mydangerousloverboy.com</p>	<p>Includes short films, resources and projects for teenagers – Y9+ has fairly graphic scenes of rape, abduction and alcohol misuse – Charge</p> <p>Short version on YouTube is FREE</p>
<p>Sick Party www.genesisleeds.org.uk</p>	<p>Realistic resource and has had real impact when used</p> <p>Questions posed in DVD to get youngsters to think about the risks</p> <p>Charge</p>
<p>THINK AGAIN' www.mesmac.co.uk</p>	<p>Resource pack and DVD to work with Boys/Young Men aged 13+ (heterosexual and gay) – Blast Project. Contains resources to work with individuals and groups.</p> <p>Charge</p>

<p>Exploited www.thinkuknow.co.uk</p>	<p>Film which can be used as part of a discussion</p> <p>2 relationships shown, one appropriate; one inappropriate</p> <p>Free</p>
<p>Wud U? www.barnardos.org.uk</p>	<p>Educational tool for teachers and professionals who work with young people that might be at risk of CSE. App educates young people about behaviour that could put them at risk of CSE</p>
<p>Cambs SRE Gateway www.cambs sre.org.uk</p>	<p>Information about organisations and services who can support SRE delivery including themes linked to Tough Love</p>
<p>Expect Respect Toolkit www.womensaid.org.uk</p>	<p>Exercises designed for ages Reception to Y13</p>

Dealing with Disclosure & Reporting Concerns

Children's Social Care Referral Form www.cambridgeshire.gov.uk/lscb	Available from LSCB website
Police Child Protection Team 0808 800 5000	If you need support or information or are concerned about a young person in relation to sexual exploitation
Reporting Concerns Ring the Police on 999 if you think a child in in immediate danger. If not in immediate danger call 101 (the non-emergency Police number) an incident will be raised by the Control Room.	A local officer for that area will contact you



Cambridgeshire
Children's Trust

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