

LEWISHAM SERVICES FOR CHILDREN & FAMILIES: DECEMBER 2017



Family Information Service (FIS)

The online directory of services provides a wide range of information for children, young people, families and practitioners, including:

- Early years and childcare
- Education, employment and training
- Health
- Housing
- Support services

Work It Out Lewisham

Work it Out Lewisham is an online mental health resource co-created with young people which offers resilience & wellbeing support and provides information on services available locally.

Local Offer

The Lewisham Local Offer is an online resource for families of children and young people with special educational needs and/or disabilities (SEND). The Local Offer aims to provide in one place - clear, relevant and up-to-date information, advice and support. This support covers education, health & social care for children and young people **aged 0-25** within the borough of Lewisham with SEND.

Kooth

Kooth provides confidential online counselling (delivered by British Association for Counselling & Psychotherapy accredited counsellors) for Lewisham young people living, attending school or with a GP in the Lewisham borough and who are aged **10 to 19** (up to 25 for children with disabilities).

Access to online counsellors is available between the hours:

Mon – Fri from 12noon – 10pm and Sat – Sun from 6pm – 10pm.

Where there are significant safeguarding concerns about a child or young person, enquiries can be made to the Multi-Agency Safeguarding Hub (MASH) on Tel: 020 8314 6660

For more information, please visit the MASH website. <https://www.lewisham.gov.uk/myservices/socialcare/children/keeping-children-safe/Multi-agency-Safeguarding-Hub/Pages/default.aspx>

If you would like to speak to a member of the Early Help Team about available services or referral processes, please call: 0208 314 7333 or email: earlyhelp@lewisham.gov.uk

A new directory of services and FIS website are in development, but the current directory can be found at: www.lewisham.gov.uk/fis

For further information on Early Years childcare providers and services: <http://www.lewisham.gov.uk/myservices/socialcare/children/childcare/Pages/default.aspx>

OFSTED:

<https://www.gov.uk/government/organisations/ofsted>

The Work It Out Lewisham resource can be found at:

<http://workitoutlewisham.co.uk/>

The Lewisham Local Offer can be found at:

<http://www.lewishamlocaloffer.org.uk/#/>

The Kooth website can be found at: <http://www.kooth.com>

Kooth works in partnership with Compass to deliver online counselling and support as part of the new Young People's Health & Wellbeing Service.

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AREA	SERVICE	CONTACT	
<p style="text-align: center; font-size: 24pt; font-weight: bold;">0-5</p>	<p style="text-align: center;">Children & Family Centres</p> <p>Children & Family Centres provide a consistent offer of activities and support to children and families across the borough, including:</p> <ul style="list-style-type: none"> ▪ EYFS focused early education sessions for children aged 0-4 (e.g. Stay & Play) ▪ Health-themed sessions, such as breast-feeding groups ▪ Evidence-based parenting and relationship programmes ▪ Family support ▪ Adult Education and JobCentre Plus services ▪ Information, advice and signposting to other services <p>Children and Family Centres work with children and young people from 0-19 years, with a focus on 0-5 years.</p>	<p>Children and Family Centre services in Lewisham are delivered by three providers: Pre-School Learning Alliance (PSLA) in partnership with Clyde Nursery School (providing services across the borough, Downderry Children & Family Centre (in Area 3) and Kelvin Grove and Eliot Bank Children & Family Centre (in Area 4).</p>	
		<p><u>Area 1 Children & Family Centres / Delivery Sites</u></p> <ul style="list-style-type: none"> • Clyde Children & Family Centre: Alverton Street , SE8 5NH • Evelyn Centre: Grove Street , SE8 3PZ • Honor Oak Old Depot: St Norbert Road , SE4 2HL 	<p><u>Area 2 Children & Family Centres / Delivery Sites</u></p> <ul style="list-style-type: none"> • Beecroft Garden Children & Family Centre: Beecroft Road, SE4 2BS • Ladywell Children & Family Centre: 30 Rushey Mead, SE4 1JJ
		<p><u>Area 3 Children & Family Centres / Delivery Sites</u></p> <ul style="list-style-type: none"> • Downderry Children & Family Centre: Shroffold Road, BR1 5PD • Lewisham Opportunity Pre-School: 103 Boundfield Road, SE6 1PF • Marvels Lane Children & Family Centre (interim): 65 Riddons Road, Grove Park, SE12 9RA • Torridon Community Library: 103 Torridon Road, SE6 1RQ • Toy Library & Resource Centre: 87 Boundfield Road, SE6 1PH 	<p><u>Area 4 Children & Family Centres / Delivery Sites</u></p> <ul style="list-style-type: none"> • Bellingham Children & Family Centre: 109 Randlesdown Road, SE6 3HB • Kelvin Grove and Elliot Bank Children & Family Centres: Kirkdale, SE26 6BB (Kelvin Grove) and Thorpewood Avenue, SE26 4BU (Elliot Bank) • The New Generation Youth Centre (TNG) – C&FC Delivery site: 111 Wells Park Road, SE26 6AD

There is now one single referral point for all family support work provided by Children & Family Centres: lewisham.secure@pre-school.org.uk.

- PSLA & Clyde can be contacted by telephone on **020 8692 3653**
- Downderry can be contacted by telephone on **0208 695 5915**
- Kelvin Grove and Elliot Bank can be contacted by telephone on **020 8613 0172**

AREA	SERVICE	CONTACT	
<p>0-5</p>	<p>Health Visiting & Family Nurse Partnership</p> <p>The Health Visiting service provides help and support on parenting, health and development issues to all families in the borough with children aged 0-5 years as well as specific advice on subjects such as breastfeeding and postnatal depression.</p> <p>The Family Nurse Partnership (FNP) provides a home visiting service to support young first time mothers (aged 19 years and under, and up to 22 for those with additional vulnerabilities) from early pregnancy until their child is two years old.</p>	<p>The Health Visiting Service and Family Nurse Partnership are delivered by Lewisham and Greenwich NHS Trust. A single contact point is provided by the Health Visitor admin hub: Phone: 020 3049 1873 Email : Lewishamhealthvisitors@nhs.net</p>	
		<p><u>Area 1 Health Visiting Teams</u> Wards covered: Brockley, Evelyn, New Cross, Telegraph Hill</p> <ul style="list-style-type: none"> • <i>Waldron Health Centre</i> Amersham Vale, SE14 6LD Email: LH.hv-WaldronTeam@nhs.net • <i>Honor Oak Health Centre</i> 20 Turnham Road, SE4 2HH Email: LH.hv-honoroak@nhs.net 	<p><u>Area 2 Health Visiting Teams</u> Wards covered: Blackheath, Ladywell, Lee Green, Lewisham Central</p> <ul style="list-style-type: none"> • <i>Lee Health Centre</i> 2 Handen Road, SE12 8NP Email: LH.hv-lee@nhs.net
		<p><u>Area 3 Health Visiting Teams</u> Wards covered: Catford South, Downham, Grove Park, Rushey Green, Whitefoot</p> <ul style="list-style-type: none"> • <i>Downham Health & Leisure Centre</i> 7-9 Moorside Rd, Bromley BR1 5EP 	<p><u>Area 4 Health Visiting Teams</u> Wards covered: Bellingham, Crofton Park, Forest Hill, Perry Vale, Sydenham</p> <ul style="list-style-type: none"> • <i>Bellingham Children and Family Centre</i> 109a Randlesdown Road, SE6 3HB Email: LH.hv-jenner@nhs.net • <i>Sydenham Green Health Centre</i> 26 Holmshaw Close, SE26 4TH
		<p>More information about the Health Visiting service can be found on Lewisham & Greenwich NHS Trust's website: https://www.lewishamandgreenwich.nhs.uk/health-visiting</p>	

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Health &
Wellbeing

School Health Service

The School Health Service works across all schools in Lewisham, providing:

- School entry health assessments, vision & hearing screening and weight & height checks
- Care plan support for children entering school with health care needs (ongoing support to the child and school is provided by the Children's Community Nursing Team)
- School-age immunisations in line with the NHS England programme
- Weight management and education programme, in partnership with MyTime Active
- Support for home schooled children aged **5-12yrs in years 1-7**
- Safeguarding support for all school-aged children with a comprehensive service to support children and families where there is a child subject to a CIN or child protection plan

Healthcare and other professionals can contact the School Health Service via:

Name: Jackie Jackson (School Nurse Team Manager)

Tel: **0203 049 1701**

Email: jackiej.jackson@nhs.net

Hours: **Monday to Friday 9am – 5pm**

More information about the School Health Service (including contact details for individual teams) can be found on Lewisham & Greenwich NHS Trust's website:

<https://www.lewishamandgreenwich.nhs.uk/school-nursing>

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Health & Wellbeing

Young People's Health & Wellbeing Service

The Young People's Health & Wellbeing Service is an integrated and accessible service for **10-19 year olds** (up to 25 for young people with additional needs). The service is focused on reducing the occurrence and impact of the three main risks for ill-health in teenagers – substance misuse, risky sexual behaviour and emotional wellbeing. It offers a range of support, including:

- 1:1 sessions, group activities, screening/assessments and clinical interventions
- An assertive outreach in schools and youth centres, consisting of health & wellbeing drop-in sessions and a mobile sexual health service (offering advice, information and self-help resources)
- Substance misuse advice, support and management
- Online counselling and support service (in partnership with Kooth), plus online referral facilities for young people and professionals and a single point of contact for partners (e.g. schools, GPs, CAMHS, YOS)

The Young People's Health and Wellbeing service (YPHWS) is delivered by Compass

Anu Paul – Service Manager

Email: anu.paul@compass-uk.org
Tel: **0208 690 3020**

Secure Email: lwhs@compass-uk.org
lewisham.hws@compassuk.cjsm.net
compass.ihws@nhs.net

Location: The Hub, 38-39 Winslade Way, Catford SE6 4JU

Online Counselling Service and online information forums
Website: www.Kooth.com

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Health & Wellbeing

GPs

GPs deal with a whole range of health problems. They also provide health education, offer advice on smoking and diet, run clinics, give vaccinations and carry out simple surgical operations.

Community health services for children in Lewisham include:

Community Paediatricians

The community paediatric service addresses the developmental needs of children and young people and their families; especially those children and families in vulnerable groups e.g. children with disabilities.

A list of all GP surgeries in Lewisham can be found at:

<http://www.lewishamccg.nhs.uk/your-health/Pages/GP-surgeries-in-Lewisham-.aspx>

In addition, there is one GP-led health centre in Lewisham which also provides a walk-in centre:

Waldron Health Centre,
Amersham Vale, SE14 6LD

Tel: **0203 049 2370**

Community Paediatricians

If you have concerns about your child's development, it is advised that you speak with your health visitor, your child's GP or their school, who will make a referral to the local Community Paediatric Service, if appropriate.

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Health & Wellbeing

Community health services for children in Lewisham include:

Nursing

The Children's Community Nursing Team provide caring and specialist nursing care to children in their own homes and in community settings (e.g. schools, nurseries & respite care facilities), across Lewisham, Lambeth and Southwark

Referrals to the Children's Community Nursing Team can be made by anyone, including hospital staff, GP's, community staff and parents. All children and young people referred to the team must be registered with a GP in Lewisham, Lambeth or Southwark.

Tel: **020 3049 3780** Email LH.CCNT2@nhs.net

Therapies

The **Children's Physiotherapy Service** undertake assessments, treatments and various interventions for children and young people with neurological conditions and related diagnoses, genetic abnormalities and those with a neurological condition requiring post-operative management.

Referrals to the Children's Physiotherapy Service can be made by all health professionals, including GP's, health visitors, and school nurses.

Tel: **0207 138 1310/1452**

The **Children's Occupational Therapy** Team undertake initial assessments, reviews, group and individual intervention to help children achieve the skills needed for home and school independence.

Referrals to the Children's Occupational Therapy Team can be made by anyone, including hospital staff, GP's, community staff and parents.

Tel: **020 7138 1337**

The **Children's Speech & Language** Therapy Team work with children and young people who have difficulties with language, speech, communication, eating and drinking

Parents/carers can make referrals to the Children's Speech & Language Therapy Team by contacting the department or by coming to a drop-in clinic. Professionals can also refer with parental permission.

Tel: **020 7138 1464**

More information about community health services can be found at:
<https://www.lewishamandgreenwich.nhs.uk/community-care>

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Health & Wellbeing

Child and Adolescent Mental Health Services (CAMHS)

Community CAMHS

CAMHS are a specialised multi-disciplinary service, who provide mental health interventions for more severe complex or persistent mental health disorders for children and young people **up to age 18** (or up to 21 where a child is leaving care).

In Lewisham Community CAMHS are separated into six specialist teams:

- ARTs (forensic)
- LYPS (Emerging Psychosis)
- SYMBOL (Children looked after)
- Horizon (Generic referrals)
- Neuro-Development (Disabilities)
- Crisis Team (hospital admissions)

Eating Disorders

Where there is concern in relation to an eating disorder it is advisable to complete medical investigations (blood, weight, height etc.) via the GP.

If you would like to discuss concerns with a mental health professional, please use the Eating Disorder Helpline, which is open to parents / carers, young people and professionals.

Self-referrals can be made via telephone or via the website.

If you have concerns about your child's mental health, it is advised that you speak with your child's GP or school, who will make a referral to the local CAMHS service, if appropriate.

If you are a professional that has concerns about a child's emotional / mental health and you are unclear about the referral process, you are advised to contact the **CAMHS Duty Team** at Kaleidoscope

Tel: **020 7138 1250.**

For all queries relating to the Eating Disorder concerns, contact the Eating Disorder Service (based at South London and Maudsley NHS Foundation Trust) Tel: **020 3228 2545** – where clinical staff are available between **Monday-Friday, 9am-6pm.**

Young people and parents can make self-referrals using this phone line or by visiting the following webpage

<https://www.national.slam.nhs.uk/services/camhs/camhs-eatingdisorders/>

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Family Support Services	<p>The Family Support Service</p> <p>The Family Support Service provides intensive, practical support to families within their own home via a 12 week intervention programme (followed by a 10 week step-down period). Support is focused on three evidence-based delivery approaches (Triple P Level 4, Solution Focused Brief Therapy and Team Parenting), which enable children and families to build resilience, set achievable goals and develop positive relationships.</p>	<p>The Family Support Service Referrals to the Family Support Service are received via Early Help. For more information, please call the Early Help Team on:</p> <p>Tel: 0208 3147333 or email: earlyhelp@lewisham.gov.uk</p>
Crime & Anti-Social Behaviour	<p>Youth Offending</p> <p>The Youth Offending Service works with the community and local agencies such as the police and schools to help keep young people aged 10–17 out of trouble.</p> <p>Functional Family Therapy</p> <p>Provides intensive outreach family therapy for young people and their families where the young person (aged 10–17) has persistent and significant conduct problems at home, school or in the community – Eligible young people would be ‘at risk’ of offending or offending; have problems with substance misuse; and have anti-social behaviour.</p>	<p>The Youth Offending Service can be contacted via: 9 Holbeach Road, SE6 4TW Tel: 020 8314 7474 Email: yos@lewisham.gov.uk</p> <p>More information can be found at: http://www.lewisham.gov.uk/inmyarea/publicsafety/youth-offending/Pages/default.aspx</p> <p>To refer into the Functional Family Therapy Service, you must go through the YOS – see contact details above.</p>

AREA	SERVICE	CONTACT
Activities & Support for Young People	<p>Youth Service</p> <p>The service provides positive activities for all young people, from 8–19 years (up to 25 for young people with additional needs) including youth centres and adventure playgrounds.</p>	<p>The Youth Service is provided by Youth First. Tel: 020 8314 9543 Email: info@youthfirst.org.uk</p> <p>Youth Clubs</p> <ul style="list-style-type: none">• Woodpecker Youth Centre: 20 Woodpecker Road, New Cross SE14 6EU• Riverside Youth Centre: Grove Street, Deptford, SE8 3QQ• Ladywell Youth Club: Ladywell Fields Park, Malyons Road, Ladywell, SE13 7XE• Honor Oak Youth Club: 50A Turnham Road, Brockley, SE4 2JD• Bellingham Gateway Youth & Community Centre: 185 Brookhowse Road, Bellingham, SE6 3TT• The New Generation Youth Centre (TNG): 111 Wells Park Road, SE26 6AD (entrance in Taylors Lane) <p>Adventure Playgrounds (APG)</p> <ul style="list-style-type: none">• Deptford Adventure Playground: New King Street, Deptford, London, SE8 3HS• Honor Oak Adventure Playground: Turnham Road, Brockley, London, SE4 2HU• Ladywell Adventure Playground: Ladywell Fields, Malyons Road, Ladywell, SE13 7XE• Home Park Adventure Playground: Winchfield Road, Sydenham, London, SE26 5TJ• Dumps Adventure Playground: Oakview Road, Bellingham, London, SE6 3QF
	<p>Baseline Drop In Centre</p> <p>Provides advice and support for young people not in education, education and training (NEET), aged 16–18 years (or up to 25 for those with additional needs)</p> <p>Opening hours: Monday 2pm–5pm Tuesday to Friday 10am–5pm</p>	<p>Baseline drop-in service Lewisham Library, 199 201 Lewisham High Street SE13 6LG Tel: 020 8314 7549 https://www.lewisham.gov.uk/young-people/Pages/Baseline-drop-in-service.aspx</p>

AREA	SERVICE	CONTACT
Family Support Services	<p>Young Carers</p> <p>All local authorities have a duty to assess young carers 'on the appearance of need' (i.e. without a 'request' having to be made). The Young Carers Social Worker is based in Children's Social Care and provides a range of advice & support to young carers and their families, as well as undertaking statutory assessments. Additional support services for young carers in Lewisham include:</p> <ul style="list-style-type: none">• Carers Lewisham – advice, information, support and respite for young carers aged between 5–18 years• Family Action – Young Carers' Family Support Project offering holistic family intervention to young carers aged 8–18 years and other family members (12 week support model)	<p>Professionals can contact the Young Carers Social Worker: Name: Pearl Morene Tel: 020 8314 3853 Email: pearl.morene@lewisham.gov.uk</p> <p>Referrals for a young carer's assessment should be made via the MASH/Early Help process.</p> <p>More information on services provided by Carers Lewisham and Family Action (including how to make a referral) can be found at: http://www.carerslewisham.org.uk/professionals/make-a-referral/</p> <p><u>Carers Lewisham</u> Location: Waldram Place, Forest Hill, SE23 2LB Tel: 020 8699 8686 Email: info@carerslewisham.org.uk</p> <p><u>Family Action</u> Location: 219 Stanstead Road, Forest Hill, SE23 1HU Tel: 020 8690 3636 Email: lewishambb@family-action.org.uk</p>

