






























	<p>Turning Point</p>	<p>We are a substance misuse service in Herefordshire. Get free, confidential support with alcohol, drugs or mental health from one of our local services or online. We work with you on your own goals, whether that's making small changes, stopping an unwanted habit altogether or just getting some advice.</p>	<p>1.</p>
	<p>Advance Care</p>	<p>We are a company who provide Supported Living to Care Leavers aged 16 +</p>	<p>2.</p>
	<p>Back to the Wild</p>	<p>B2W CIC exists to: Aid personal development for Young People & Adults; Facilitate better understanding of nature and our part in it.</p>	<p>3.</p>
	<p>Catch 22</p>	<p>NCS is a once in a lifetime journey for 15-17 year olds, where over 150 partner organisations come together to form the NCS network. Catch22 has worked with NCS since 2010, delivering the life-changing experience to young people across the UK including in the West Midlands. To date, we have worked with 33,769 teenagers, helping them to realise their potential, make a difference in their community and smash their future goals.</p>	<p>4.</p>

	<p>Fairfield High School</p>	<p>Fairfield has been grade as outstanding by Ofsted in its last three inspections Due to the commitment and enthusiasm of our staff. We constantly thrive to improve teaching and learning and value our partnership with [parents and carers</p>	<p>5.</p>
	<p>Strong Young Minds</p>	<p>Strong Young Minds is a programme for young people from 10 – 26 in Herefordshire to help improve and maintain good mental health and emotional wellbeing as well as supporting young people as champions to promote good mental health and reduce stigma. It is part of The CLD Trust'</p>	<p>6.</p>
	<p>The CLD Trust</p>	<p>Providing therapeutic support for young people in Herefordshire having difficulties with their mental health – support such as counselling, CBT and art therapy. Young people from the age of 10 upwards can refer themselves via the website or through Strong Young Minds, or their GP.'</p>	<p>7.</p>
	<p>Department for Work & Pensions</p>	<p>(Schools Advisor): If you are aged between 13-18 years old and need help and advice about your future career path, perhaps I can help? I can provide advice and information, or if you just want a casual chat about your options, then just make an appointment!</p>	<p>8.</p>
	<p>ELY Memorial Fund</p>	<p>The ELY Memorial Funds provides a one-off condolence gift of up to £3,000 to help pay for a basic funeral should a family residing in Herefordshire tragically lose a son or daughter in a road traffic collision aged between 17-25, in particular but not exclusively. The charity is proactive for the public benefit of road safety campaigning.</p>	<p>9.</p>
	<p>FurtherBeyond.net</p>	<p>FurtherBeyond.net is a Herefordshire-based writing project aimed at men of any age who have experienced mental health problems or low mood. We welcome stories, poems and artwork too, and are happy to help with spelling or grammar if needed. The site is run in partnership with Hereford Men's Mental Health group.</p>	<p>10.</p>

	<p align="center">Hereford & Worcester Sports Partnership</p>	<p>SPHW's Youth Engagement Project is a diversionary project that aimed at supporting young people at risk of criminal exploitation, into sports or physical activity. We can help introduce young people to different sport and physical activity opportunities, whether this be taking part or helping out at a local sports club. SPHW can also contribute to some of the financial costs surrounding these activities and provide you with a mentor to talk to about your experiences in sport and physical activity.</p>	<p align="center">11.</p>
	<p align="center">Hereford Sixth Form College</p>	<p>Hereford Sixth Form College is one of the most successful sixth forms in the country and has been graded as Outstanding in all aspects of its work by Ofsted. At HSFC we have high expectations and expect you to work hard but you will find the college an enjoyable place to study, meet new friends and gain the skills and qualifications you need for the future.</p>	<p align="center">12.</p>
	<p align="center">Hereford College of Arts</p>	<p>HCA is a specialist college for the arts - we focus entirely on what creative students need. Here, you can find your place in an inspiring art school community; while our expert staff, studios and workshops support your individual journey.</p>	<p align="center">13.</p>
	<p align="center">Hereford Drift Trikes</p>	<p>Hereford Drift Trikes works with No Wrong Door to provide engaging drift trike activities for young people in Herefordshire. Hereford Drift Trikes sell, service and hire out Triad professional Drift Trikes, RUSH Drift Trikes and JR Drift Trikes.</p>	<p align="center">14.</p>
	<p align="center">Hereford FC</p>	<p>Community Engagement Manager. "It's so important to get the football club out into the community, to show the importance of the football club within the community and to highlight what this football club means to the community. "I'll be looking to work with local primary and secondary schools and other local groups and organisations. I'll be looking at ways in which the club can help the community."</p>	<p align="center">15.</p>
	<p align="center">Herefordshire Council</p>	<p>Herefordshire Council is the local government authority for the county of Herefordshire in England. It is a unitary authority, combining the powers of a non-metropolitan county and district.</p>	<p align="center">16.</p>

	<p>Herefordshire Mind</p>	<p>We're Herefordshire Mind, your local mental health charity. We believe no one should have to face a mental health problem alone. We're here for you, whether you're stressed, depressed or worried about someone else. We'll listen, give support, and fight your corner. For those aged 18+</p>	<p>17.</p>
<p>Herefordshire Wildlife Trust</p> 	<p>Herefordshire Wildlife Trust</p>	<p>We work to create a Herefordshire that is richer and more diverse in wildlife and that is valued, and cared for, by its people, to the benefit of all. We run lots of activities to engage people of all ages in learning about the wildlife.</p>	<p>18.</p>
 	<p>Herefordshire Young Adult Carers</p>	<p>We support Young Carers and Young Adult Carers, aged 8 to 25, who are giving help to a family member with an illness, disability or a problem with drugs or alcohol. We offer groups, one to one support, trips and outings so you can have a break from your caring responsibilities and meet others in similar situations.</p>	<p>19.</p>
	<p>Herefordshire Young Carers Club</p>		<p>20.</p>
	<p>Home-Start Herefordshire</p>	<p>Home-Start Herefordshire is a non-profit making charity who work to support families 0-19, our volunteers often become mentors to young adults and teenagers, providing an adult who listens and supports youngsters in the changing modern world.</p>	<p>21.</p>
	<p>Hope Support Services</p>	<p>We're Hope. We offer support to young people aged 11 and over when a close family member is diagnosed with a life-threatening illness. Our support is available right from the moment of diagnosis and for however long we're needed, whatever the outcome for the patient.</p>	<p>22.</p>
	<p>Horizon Training</p>	<p>Horizon Training is a vibrant organisation with large premises and facilities in Hereford offering Catering, Construction, Beauty, Sport and Customer Service for 15 – 19 year olds. We make learning fun and enjoyable and our aim is to help people work towards a brighter future.</p>	<p>23.</p>
	<p>HVOSS Volunteer Bureau</p>	<p>Herefordshire Volunteer Bureau helps organisations and volunteers find each other. We match both individuals and groups interested in volunteering with appropriate opportunities in the local community.</p>	<p>24.</p>

	<p>Ignite CIC</p>	<p>ignite empowers people to be creative & healthy through community activities and projects.</p>	<p>25.</p>
	<p>Landau</p>	<p>At Landau, we understand the difficulty finding the right job can be, we know the personal challenges people need to overcome to enable them to find employment. Since 1995 we have helped a diverse range of people with a spectrum of needs find long term, sustainable employment of their choice. We also offer employers support and guidance to ensure that they find the right person for the job.</p>	<p>26.</p>
	<p>Leominster Town Council</p>	<p>Leominster Town Council works with the local population and partner organisation to improve life for those in the Leominster area.</p>	<p>27.</p>
	<p>Marches Family Network</p>	<p>Marches Family Network provides activities, services and short breaks for children and young people, aged 0-25 years, with a wide range of disabilities. All of the sessions we run are group sessions so the young people are able to socialise with their peers and develop friendships. We also welcome siblings, where places are available. Our youth team are trained to meet the varied and complex needs of the children and young people who attend our sessions. Young people are welcome to attend sessions with their PA's - contact the office on 01568 614908 for more information.</p>	<p>28.</p>
	<p>Mentor Link</p>	<p>Mentor Link provides one to one social and emotional support to young people facing difficulties. Our aim is to provide you with an independent adult for listening support to help you improve your self- esteem and relationships.</p>	<p>29.</p>
	<p>Nova Training</p>	<p>Offering 16-18 year olds individually tailored programmes in Maths, English and Employability. We also offer enrichment for 14-16 year olds who are still at school, as well as apprenticeships for those 16 years and up.</p>	<p>30.</p>

	<p align="center">OnYourBeach</p>	<p>I have been running the project ever since, creating and exhibiting my own Art made from Litter, using a combination of traditional printmaking (Collagraph) and digital collage. A big part of my work is teaching my design process to other people. This is done through workshops for various ages and abilities. A typical workshop starts with a Litter Pick, then uses the materials we find to create 'Litter Collagraphs' and designs.</p>	<p>31.</p>
	<p align="center">Phoenix Bereavement Support Services</p>	<p>We support children, young people (up to the age of 21) and their families when someone close to them dies.</p>	<p>32.</p>
	<p align="center">Prince's Trust</p>	<p>We believe you have the talent to achieve anything you want to in life. That's why we make your journey to success even easier by giving you the skills, tools, training and confidence you need to secure the job you want. Prince's Trust are running virtual/online Enterprise and Employability sessions as well as 1-1 action planning sessions all of which can be signed up to via our Customer Service team – details can be found on their website.</p>	<p>33.</p>
	<p align="center">Rural Media</p>	<p>Rural Media is a Hereford-based production company and charity producing award-winning films and digital arts projects. We have a reputation, locally and nationally, for telling powerful stories from unheard voices and nurturing creative talent. As a charity we create issue-driven films, heritage and digital arts projects that raise awareness, influence change and celebrate rural life. As a production company we make everything from music videos to commercial virals, from broadcast television to corporate films and we work with the likes of the BBC, BFI, Channel 4 and many more.”</p>	<p>34.</p>

	<p>Solutions for health</p>	<p>Sexual Health Services provide free and confidential sexual health services from our easily accessible clinics. This includes information and advice on all types of contraception and STI testing and treatment. Our service is confidential, non-judgmental and for people of all ages, genders and orientations. Everyone is welcome and there is no need to see a GP first.</p>	<p>35.</p>
	<p>St David's Centre</p>	<p>St David's Centre (Pupil Referral Unit) is a small school for pupils in KS4 (Age 14-16). Everyone in the St. David's community is respected and treated as an individual. When pupils arrive with us we are keen for them to reflect on their behaviour and gain a better understanding of themselves. With personalised timetables and a mentor at hand, pupils are able to focus on opportunities that are available to them. It is important that difficulties they have experienced in education are not repeated at St. David's Centre and that they are well prepared for college life or the workplace when they leave us at the end of Year 11.</p>	<p>36.</p>
	<p>Tartan Tiger Training</p>	<p>I'm Mark O'Donnell – a Personal Trainer, Spinning instructor and Mental Health First Aid instructor. I'm all about helping people to achieve both good physical and mental health. I am passionate about helping people achieve their own well-being and goals – particularly those who face barriers and challenges in their life. I am trained and experienced in working with adolescents and dealing with people with a range of health conditions.</p>	<p>37.</p>
	<p>The Cracked Slipper Company</p>	<p>Our main object is to advance education through performing arts. We are open to all ages and abilities and our main aim is to reach out to those who would not normally access the arts or have any barriers preventing them from doing so.</p>	<p>38.</p>
	<p>West Mercia Police</p>	<p>Contact the police by calling 999 to report emergency & 101 for a non-emergency.</p>	<p>39.</p>



Your Support Services

YSS is a regional charity, spanning the four West Mercia local authorities; Worcestershire, Shropshire, Herefordshire, Telford & Wrekin.
In Herefordshire, YSS provides these services:
Appropriate Adult; ARC and Divert projects: provide one to one support to 13-24 year olds who are in, or at risk of being involved in, the Criminal Justice System; ESS is aimed at supporting and helping individuals who have indicated they want to stop offending; and Remember Veterans, Chrysalis which works with vulnerable women and the new project: #MORSE which will work with adults with a driving offence.

40.



The Climb Project

The Climb Project supported by the Children's Society provides mentoring support for 10 -17yr olds with a purpose of preventing child exploitation and building resilience through diversionary activities. We listen. We support. We act. Because we believe no child should feel alone.'


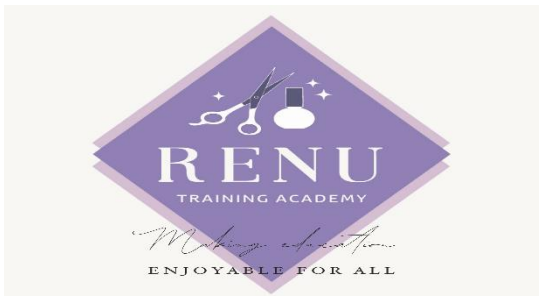


41.



Marches counselling service

MCS is an established counselling and psychotherapy service with experience in helping people with a wide range of problems. We offer different forms of therapy responsive to individual need, including person centre counselling, psychotherapy, art therapy, EMDR and trauma informed therapy. A persons needs and preferences are fully considered through an assessment appointment with us. Our service is for adults over the age of 18. We can offer *appointments throughout the week including outside of normal working hours.* *Therapists work via Zoom and face to face. People can self refer or ask someone to refer them by phoning 01432 279906 between 10.00 and 13:00 Monday to Friday.* *There is a confidential answerphone at other times.* *Alternatively referrals can be made via email: marches.counselling@gmail.com or by completing one of the forms on our website: www.marchescounselling.org/get-in-touch/*

42.

<p>West Mercia Rape & Sexual Abuse Support Centre</p> 	<p>West Mercia Rape and Sexual Abuse Support Centre (WMRSASC)</p>	<p>WMRSASC is a free, confidential and non-judgemental support service for survivors who have experienced rape, assault, incest, sexual abuse, sexual harassment or any form of sexual attack, whether physical, verbal or emotional.</p>	<p>43.</p>
	<p>RENU</p>	<p>RENU is a hair, barber, beauty and teaching training provider delivering NVQ qualifications. We deliver level 1 right through to level 3 qualifications in our training centre based in Union Walk, Hereford. We have a purpose built facility to be able to deliver quality training. We also have a variety of funding options available for different circumstances including learners who are either NEET or at risk of becoming NEET (not in education, employment and training). We are also able to support mature students in the form of Adult Education Budget. Just get in touch and see how we can help.</p>	<p>44.</p>
	<p>West Mercia Youth Justice Service</p>	<p>West Mercia Youth Service (WMYJS) works with young people aged 10-17 years old who have got into trouble with the police or are still at risk of getting into trouble with the police.</p>	<p>45.</p>
	<p>The Royal National College for the Blind</p>	<p>Being a national centre of expertise for people with visual impairment, RNC provides a broad curriculum which is underpinned by specialist skills for life. The College experience is more than vocational and academic qualifications. It is about achievement beyond the classroom - developing self-confidence, personal independence and communication skills that are needed for the future.</p>	<p>46.</p>

	<p align="center">National Careers Service</p>	<p>Ray Le Tarouilly, National Careers Service Adviser attends the No Wrong Door Centre in Hereford on THURSDAYS and can provide help and advice either face to face, by telephone or video meeting using the Microsoft Teams platform.</p> <p>The National Careers Service helps and supports people aged 18 who are registered as unemployed with Jobcentres and ANYONE age 19+, whether working, unemployed or in learning. Help, advice and guidance is available.</p>	<p align="center">47.</p>
	<p align="center">The hub at St Peter's</p>	<p>The Hub is a rural community development project based at St Peter's Church in Peterchurch, in the heart of Herefordshire's Golden Valley. We are a friendly group of like-minded people who want to make a difference to the lives of others in a place where each of us can bring our own gifts and passions to help build a strong, resilient and sustainable local community.</p>	<p align="center">48.</p>
	<p align="center">Mental Health Teams in Schools – CAMHS</p>	<p>Herefordshire & Worcestershire Health and Care NHS Trust. Mental Health Teams in Schools, Created to integrated partnerships between health, education, social care and voluntary, community and social enterprises (VCSEs) to keep children and young people at the heart of mental health care and ensure that everyone is able to access the right help, in the right setting, when they need it.</p>	<p align="center">49.</p>
	<p align="center">The Living Room</p>	<p>The Living Room is a safe place for anyone. We are a Café, a Community Larder and a safe Community Space, all in the centre of Hereford. We are a grassroots organisation that has developed organically, responding to the needs of our community. We welcome everyone, we are here to help.</p>	<p align="center">50.</p>



The Cart Shed
Transforming Lives

The Cart Shed

Young Cart Shed provides mental health support to young people aged 15 – 25. There are also opportunities to learn and develop skills in woodcraft, coppice crafts and horticulture. We work outside, year round in our woods at Norton Canon. Transport is available from Hereford, Ledbury and Kington. Young Cart Shed days are currently Wednesday and Thursday. Pick up approximately 9am, the woodland day runs from 10am to 3pm.

51.