



The National Citizen Service provide programmes of activities for 16-17 year olds which helps young people to build skills, independence and confidence. While making a difference to their communities. NCS have supported young people over the summer by delivering their revised summer programme. They have also decided to run a two-day programme during October half-term. This will take place on the 26th and 27th of October for young people in their first year of college/sixth form. Once young people have completed the programme, they are then able to sign up for their local action group which currently meets online.

NCS are working in sixth forms and colleges to deliver short programmes to young people in year 12. These sessions focus on supporting resilience and mental health to help them bounce back after lockdown. NCS also provide online workshops covering wellbeing, careers, mental health, and independent living. These sessions are aimed at year 10 and 11 and follow the PSHE curriculum and can be delivered by NCS representatives or teachers. Additionally, bespoke programmes are available for groups of young people who are unable to access their other programmes. These can be tailored to the needs of young people. Young people can sign up for the October half-term programme at wearencs.com

Schools and colleges who would like to run an NCS programme can contact Sarah Hackley on sarah.hackley@catch-22.co.uk or [07540669630](tel:07540669630)



The CLD Trust delivers therapeutic mental health support for children and young people aged 9 - 26. They received 1500 referrals last year supported by twelve level 5 counsellors, who offer support around a wide range of issues including bullying and abuse.



Usually The CLD Trust supports young people who have been referred to them from other agencies however, due to the current pandemic they are now also accepting self referrals. Additionally, young people can continue to access video counselling which was brought in during lockdown and has now become a permanent service. Although, face to face service has resumed now. CLD are also continuing with the Strong Young Mind initiative which was due to come to an end but will now continue to support young people.



Hope Support Services provide a safe space for young people age 5 – 25, when someone they love is diagnosed with a life-threatening illness. They do this by providing one to one support, group sessions in the community, and support in the local hospice. Due to the current pandemic much of the support has been provided online however, the Hope team are pleased to have returned to the office and the hospice to offer one to one sessions and small group sessions face to face. Hope also has a new Y-team which they are very excited about. This is a group of young people who have experience of a family health crisis. They volunteer to take part in fund raising and monthly meetings with the goal of making a difference.

Hope are now running an open recruitment for our Advisory Group, which is national and runs for 2 weeks from 4th October.

Hope are accepting referrals for children and young person when someone they love with a serious illness, referrals can be from family members, self-referrals or other professionals and just requires a call to Hope HQ on 01989 566 317

FURTHER BEYOND
writing by men in Herefordshire who have experienced mental health problems



Further Beyond is a web platform for men of any age who have experienced mental health issues and would like to try writing - either about their feelings or just any kind of creative writing or poetry. It's run in partnership with Hereford Men's Mental Health group, hosted by Services for Independent Living. Work sent in will be uploaded to the site, usually anonymously if the person wishes.

They also offer free writing coaching and mentoring from a published short story writer who is graduating with an MA in creative writing, and also has a coaching certificate. She can also advise on sending work out to magazines and web journals etc.

With Covid, they have unfortunately experienced far fewer contributions, and are keen to change that. However, they are now happy to meet up again with the usual precautions, or via zoom.

What's new: Further Beyond are excited to have received funding for a book of local writing! Any profits would go to the men's group.

What they need:

(a) more contributions if possible from men of any age!

(b) artwork or photos to illustrate the book.

Students from Hereford art college will be providing artwork for the book however, Further Beyond are also inviting young people who are in contact with No Wrong Door to contribute art for the book. They don't have to be male, and they can be anonymous if they wish (but they will include a note saying that artwork is by people who support



The Children's Society works with young people who are experiencing a crisis, supporting them either over the phone, online or face to face. They also conduct research and work with government to influence policy development.

Due to Covid and the lockdown, The Children's Society have received funding from the government for their See, Hear, Respond initiative. This supports children and young people who have been adversely affected by working in partnership with other organisations to offer counselling, online information and advice, face to face support for those most affected, and help returning to school.

In Herefordshire The Children's Society are offering The Climb service which is commissioned by the Police and Crime Commissioner for the next three years. This service offers one to one holistic support to provide early intervention for 10 -13 year olds who are vulnerable to exploitation. This encourages them to take part in positive activities. This has been delivered online but can be delivered face to face subject to a risk assessment. This will move in to group sessions when possible with different clubs based around different hobbies.



The National Careers service provides advice and helps people to plan the next step in their career whether that is finding a job, getting into education, or training, or progressing in your current career. Additionally, their website hosts a skills assessment to help you identify your skills and match them to suitable careers. Individuals can contact the service directly for support by calling the free phone number 0800100900, they will then be contacted by a qualified careers adviser. Currently, the National Careers service is working online offering sessions via Zoom and Microsoft teams or over the phone. They have also been hosting webinars and weekly Q&A sessions on Facebook.

What's coming up?

Registration is now open for the National Careers Service virtual jobs fair from the 5th to the 9th of October. People of any age can sign up for the event in their area to get information about local vacancies and employment events.



Sexual Health Services
4 Herefordshire

They provide sexual health services for Herefordshire. They are currently providing STI screening and contraception services in accordance with the national guidelines. They have moved from walk-in service to a booked appointment system to enable them to safely manage the number of people attending the service (with exception to our young people's service 2pm - 5pm on Wednesdays).

All patients are being offered a telephone triage with a nurse, then if they meet the criteria to be seen face-to-face, are being offered a clinical appointment. Some patients are being offered telephone consultations for advice or information sharing. We are not currently providing asymptomatic screening in the clinic - these patients are being offered home testing through our online testing partners, PreventX or the option to attend at a later date.

Young people, those who are triaged as being at risk, or those assessed as having previous vulnerabilities will be seen as a priority.

The waiting area has been restricted to a maximum of 5 patients to ensure adequate social distancing and the new PHE PPE Guidance is followed (gloves, apron, masks and face visors) for any examinations or procedures that require direct patient contact.

young addaction
HEREFORDSHIRE

Addaction offer free confidential support with drugs, alcohol and mental health for people under 18. They help the individual to work on their own goals to stop unwanted habits or can just offer advice. Addaction also do relapse prevention work. Usually this would be offered either face to face or online.

Lilly Evans: We are offering virtual appointments to young people, telephone appointments, Whatsapp video calls or text messages. We are still taking referrals and still providing interventions for young people (and adults) but these will now be over the phone.



Home Start is a network of trained volunteers who work with families and young people ages 0 – 18. They work with families in the home and via groups providing support and helping them to access services.

Currently, they are unable to work in the family home due to Covid restrictions, therefore they are offering remote support over the phone, email, video call and Whatsapp call. Also, volunteers have been engaging children and young people in online games. Recently they have also started offering out of home support in family's gardens and other outdoor areas. Home Start are still working with schools and are doing a great deal of signposting to families who need it.



ELY memorial fund is a charity for bereaved families who have lost a child aged 18-25 by providing support and helping with the cost of a basic funeral up to £3000. They also run road safety classes in schools.

At the moment the ELY Memorial fund are unable to provide road safety in schools due to restrictions so have been providing information online. Much of the current work has been networking via zoom meetings and some fund raising online including a virtual cycle ride in August. They hope to be able to continue with online fund raising as all of their fund-raising events this year have had to be cancelled which has put a strain on the charity. Although there are no online fund-raising events planned right now we will continue to update as and when.