









Health and Wellbeing Policy




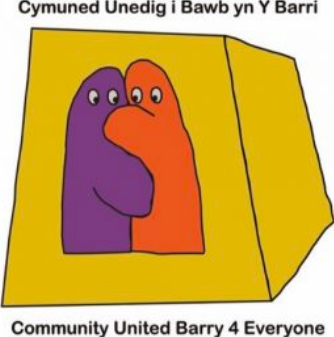

Signposting and co-location of services to support our Families

Who? Services and Agencies	Logo	What?	How we refer? (Threshold)	Contact Details
Atal y Fro		<p>Helping families to break the cycle of domestic violence and abuse. Atal y Fro continue to support women, men and children who are experiencing Violence Against Women, Domestic Abuse and Sexual Violence</p> <ul style="list-style-type: none"> -Refuge -Dispersed Housing Project -Advocacy Support Team (AST) Counseling -Tenant Support Scheme -Outreach Services 	<p>If you are experiencing any of the following -</p> <ul style="list-style-type: none"> -Domestic Abuse -Sexual Violence -Forced Marriage -Female Genital Mutilation -Stalking -Harassment 	<p>Phone - 01446 744755 (24hrs) Website - https://atalyfro.org/services/</p>
Families First		<p>A personal service aimed at identifying families strengths and needs. They offer advice and support for families in resolving their difficulties and assist them in accessing other services if required e.g. housing, behavior, parenting,</p>	<p>-Parents, carers or professionals who live in the VOG. -In need of a little bit of extra help. -You can phone on behalf of the family or they can phone with you.</p>	<p>Monday to Friday (9:00-4:30) Phone - 0800 0327322 Email - familiesfirstadvice@valeofglamorg.gov.uk</p>
Cardiff and Vale College		<p>Opportunities for our parents / carers to sign up to courses at Cardiff and Vale college. They can enroll on accredited courses to develop new skills, knowledge and experiences.</p>	<p>Open to all. Some courses may require some qualifications e.g. GCSE's.</p>	<p>Phone - 01446 725000 Email - cwalsh@cavc.ac.uk</p>
FACT		<p>You can only make a FACT referral if you are a professional. They will make a plan to help families overcome difficulties and achieved agreed foals through the help of support agencies.</p>	<ul style="list-style-type: none"> • Children and Young People are aged between 0-18 years of age, living within the Vale of Glamorgan. • The needs of the family cannot be addressed by one service only • Child or young person is not open to Social Services • There is concern about a child or young person's progress or wellbeing i.e. Family environment, Child/Young Person 	<p>Phone - 01446 729640 Email - fact@valeofglamorgan.gov.uk</p>



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Mind		<p>Mind provides advice and support to empower anyone experiencing a mental health problem. They work with and for people who experience mental health problems. They provide information so people are aware of their rights can make informed choices. Mind are 'recovery' focused.</p>	<p>-Low levels of wellbeing due to mental health.</p>	<p>Phone - 01446 730792 Email - admin@mindinthevale.org.uk</p>
Newlands		<p>Newlands provide support to those with drug and alcohol addictions. They offer counseling and a community care service.</p>	<p>-Anyone who is concerned with their alcohol / drug abuse / misuse. -Support for families and friends who are concerned about someone else's alcohol /</p>	<p>Phone - 01446 700 943</p>
Cruse Bereavement Support		<p>Cruse help people that have experienced bereavement. They offer support, advice and information to children, young people and adults when someone dies and work to enhance society's care of bereaved people. They offer a range of support from face to face,</p>	<p>-Anyone that has experienced loss / a bereavement.</p>	<p>Phone - 08088081677 Chat via CruseChat - https://www.cruse.org.uk/get-support/</p>
Vale of Glamorgan Money Advice		<p>Money advice will support you with your finances. They will look at how to support you with saving, ensure that your benefits in payments are correct, apply for grant funding for items or arrears and any other financial concerns.</p>	<p>-Council tenants who need support with financial matters.</p>	<p>Phone - 01446 709312 / 01446 709588 / 01446 709146 Website - moneyadvice@valeofglamorgan.gov.uk</p>
Care for Young People's Future (CYPF)		<p>CYPF supports young people with emotional wellbeing and mental health. If you are not sure how to cope this website will point in the right direction of support.</p>	<p>Please refer to the website for the eligibility criteria within the following areas - Community intensive therapy, crisis, eating disorder service, emotional wellbeing service, enfys, school nursing, CAMHS, platform for families, primary mental health and the resilience project.</p>	<p>Website - https://cayoungwellbeing.wales/need-help-now/ Contact numbers for bespoke services are available on the website.</p>



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<p>NYAS - National Youth Advocacy Service Vale of Glamorgan</p>		<p>NYAS offers independent and confidential information, advice, advocacy and support to children and young people who want their wishes and feelings heard when decisions are being made about their lives.</p> <p>Support can involve issues such as; contact with family, placement planning, disabilities, transition, LAC reviews, legal advice, conflicting views with a social worker, access to files and to make an appeal/complaint.</p>	<p>-Looked after child / young person -Care leaver -Subject to child protection case conferences -Child / young person wishing to make a complaint about a service they are receiving from the LA.</p> <p>Professionals can make a referral on your behalf, if consent is given.</p>	<p>Phone - 0800 616101 Email - help@nyas.net Website - https://www.nyas.net/</p>
<p>Citizens Advice</p>		<p>The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice.</p>	<p>This service is accessible to anyone experiencing legal and money problems.</p>	<p>Phone - 08082787925 Website - https://www.citizensadvice.org.uk/wales/ (Online Enquiry / Web Chat)</p>
<p>Adult Community Learning</p>		<p>The Vale of Glamorgan Adult Community Learning Service recognises the value of learning throughout life and remains committed to providing a wide range of educational opportunities.</p>	<p>If you are an adult wanting to enroll on a new learning course.</p>	<p>Phone (Vale Courses) - 01446 773831 Phone (GBOT & Learn Welsh) - 01446 733762 Website - https://www.valeofglamorgan.gov.uk/en/working/adult_and_community_learning/Adult-Community-Learning.aspx</p>
<p>CUBE</p>		<p>A programme of courses for children and young people including; Understanding Our Emotions, Anxiety & Me, Anger & Me etc. CUBE offer workshops and or short courses.</p>	<p>Parents/carers actively encouraged to access support via the website or contact number. Professionals looking for support can signpost to cubecentre.co.uk</p>	<p>2 Broad Street, Barry, CF62 7AA Phone 07868894225 Email sarah@cubecentre.co.uk Website https://cubecentre.co.uk/</p>
<p>Flying Start - Family Support Services</p>		<p>We provide a variety of services to support parents to enable every child to have a flying start in life. This includes:</p> <ul style="list-style-type: none"> - Free childcare in a choice of settings for children from the term after their second birthday. - Intensive health visiting and midwifery support - Parent support services: advice, guidance, signposting and/or direct support on parenting and issues that impact on parenting (parenting confidently, managing finances, housing, ill health, basic skills). - Activities in the community, small groups and/or one-to-one in the home to encourage a child's development . 	<p>Some activities are open access to children 0-4 and their families living within the catchment area, others require a referral from Health Visitor, other Professional or self referral</p>	<p>Telephone: 01446 732180 Email: flyingstart@valeofglamorgan.gov.uk Address: Flying Start, The Flying Start Building, Skomer Road, Barry CF62 9DA</p>