

EPAS

Service Directory for Support

Disclaimer:

*This is not a comprehensive list of services, and they are not endorsed by Solihull Council. **It is up to schools to decide the suitability of these services and to conduct their own safeguarding and quality assurance checks.***

This directory is a working document, and we will continue to update it with new services on offer in Solihull.

Contents

<u>Mental health support</u>	Page 2
<u>Parenting and family support</u>	Page 6
<u>Community support and youth groups</u>	Page 10
<u>SEND support</u>	Page 13

Mental health support

Beyond the Horizon: Domestic violence and bereavement support

One-to-one – Beyond the Horizon

A charity that offers support for Birmingham children around bereavement and domestic violence. Counselling can be offered free of charge if families refer in directly or through the GP (**they also accept referrals from schools, but this may come at a cost**). A Counsellor will meet with the child on a weekly basis in the community, home or school. They also offer the following projects:



- Penguin Project: Supports child/carer relationships that have broken down due to family loss or breakdown. This can be done through four individual sessions of parent support or through our ten-week child-parent relationship course (CRPT). CRPT teaches parents how to use the same techniques that play therapists use to help children experiencing social emotional or mental health issues.
- Bear Project: Bear (bereavement emotions and resilience) project helps families who have experienced the death of loved one in the last six months. A therapist will be available for each family up to six weeks.
- Schools work: Schools can request 1-1 therapy or training in bereavement groups. Some of these services have a cost associated.

Shine Youth

Pastoral Mentoring — ShineYouth

Pastoral mentoring and 1-1 support for young people in schools or community venues. Three wellbeing groups are also run weekly for 11–18-year-olds:



- Breathe: A series of six sessions around anxiety management. Breathe covers topics such as: what is anxiety, recognising anxiety, anxiety hacks, school anxiety, self-care, controlling the controllable.
 - **Wednesday, 3:45-4:45 at Riverside Family Hub.**
 - **Thursday, 4:30-5:30 at The Bridge, 243 Stratford Road.**
- Created To Be Amazing: A series of seven sessions. Topics include created to me, created to belong, created to have a voice, created to have purpose, created to thrive.
 - **Wednesdays, 3:45- 4:45 at Riverside Family Hub.**
 - **Thursday, 4:30-5:30 at the Bridge, 243 Stratford Road.**
- Upbeat Healthy Male Wellbeing: Six weeks of sessions. Topics include what does it mean to be a man, what do good friendships look like, how to bounce

back from challenges, when the going gets tough, physical and mental health.
Dates TBC.

- Please sign up to register interest for the youth groups here: [Wellbeing-Groups — ShineYouth](#)

Kidscape- FREE online Bullying Workshop

[ZAP Workshops For Children | Help Stop Bullying | Kidscape](#)

ZAP workshops are free, practical sessions, for young people aged 9-16 and their parents or carers. They give help and tools to challenge bullying. There are two workshops one aimed at young people focusing on self-esteem and assertiveness and the other is aimed at parents to help with modelling positive behaviour.



Hunrosa- Sleep support

[Hunrosa | NHS Commissioned & Private Sleep Consultancy](#)

Using behavioural sleep strategies, Hunrosa uses CBT for sleep. They specialise in supporting those with additional needs and health conditions and employs sensory strategies to improve sleep.

- Sleep Wise app to sign post to parents and young people.
- CPD sessions available for school.
- 1-1 support available.
- Some **free** support available for Birmingham or Solihull parents and children with a diagnosis of autism through the All-Age Autism Service: [Hunrosa Partners - Hunrosa](#). This includes parent workshops and 1-1 support.



Ordinary Magic

[Ordinary Magic – Come Join the Fun](#)

“Offering mental health and wellbeing support to children and families across Solihull and surrounding areas.... We aim to reach the children who are ‘unreachable’ and to ensure we offer early intervention at school or in a safe place.” Referrals can be made through the Connected Care Network.



- Holiday Clubs.
- Training for schools.
- 1-1 Support.
- Transition project ‘Changes’ for year 6’s.
- Sports clubs.
- Boys’ autism group.

Pause: Drop in mental health support

Pause hubs | Forward Thinking Birmingham

Mental health support drop-in sessions for young people under 25 and registered with a Birmingham GP. Parents can also drop in to discuss their children independently. The centres are in Sparkbrook and Digbeth. Please check the timetable to ensure the hubs are open.



- Art and wellbeing workshop every other Saturday for ages 5-12.

The Hummingbird Project: Bereavement counselling

[CYP-New-Service-leaflet-2020-v5-006.pdf \(edwardstrust.org.uk\)](https://www.edwardstrust.org.uk/CYP-New-Service-leaflet-2020-v5-006.pdf)

Adult family members can make a 'Self-referral' for the young person by phoning the Birmingham and Solihull Bereavement Point on 0121 687 8010. Professionals can email: WMMCbereavementreferrals@nhs.net



Cruse Bereavement Support

[Cruse Bereavement Support Birmingham - Cruse Bereavement Support](#)

Cruse Bereavement Support Birmingham is the central provider in the Birmingham and Solihull Integrated Care Board Bereavement Pathway.

- To access support and advice: Telephone: 0121 687 8010.



Winston's Wish

[Winston's Wish - giving hope to grieving children \(winstonswish.org\)](https://www.winstonswish.org)

"We provide digital bereavement information, advice, and support for young people across the UK who are grieving the death of someone important to them. We also help advise the adults who are caring for young grieving people including parents, school staff and healthcare professionals."

- Talk Grief: a dedicated space for grieving teenagers and young adults. Here you can talk to bereavement professionals and hear from other grieving young people.



- Monthly “Growing with Grief” talks can help you to learn more about grief and coping strategies. For ages 16-25.

The Waiting Room

the-waitingroom.org/?selected-cat=Children and Young People&cat-id=130#block

A directory of mental health support services available for young people in Birmingham and Solihull.



Parenting and family support

Home-Start

[Find your local Home-Start | Home-Start UK](#)



Parenting support for Birmingham residents. Home-Start Birmingham Tameside (Castle Vale), Home-Start Cole Valley (Acocks Green), Home-Start Birmingham North and Inner City, Home-Start Birmingham Northwest.

- 1-1 volunteer support and home visits: Home-start volunteers work 1-1 with parents to help them cope with the stresses and strains of life.
- Parenting groups for young parents, lone parents and parents suffering with mental health issues.

Solihull Family Hubs

[Family Hubs \(solihull.gov.uk\)](http://solihull.gov.uk)

Support for parents around employment, parenting, housing, SEND. On site food banks and clothing banks. Weekly health visitor clinics, maternity support, stay and play sessions and youth groups. Find your local hub and access their bespoke monthly timetables to look at what is on offer. Urban Herd youth groups are also run here regularly, including an LGBT group for teenagers, girls' group and baking session.



Here 2 Help: Financial support

[Here2Help \(solihull.gov.uk\)](http://solihull.gov.uk)



A Solihull service, which ensures that residents are accessing all their entitled financial support.

- Help with food: access to foodbanks, parcels, and vouchers.
- Help with money and essentials: help paying bills, purchasing school uniform and more.
- Help with energy and fuel.
- Help with finding work.
- Living well: support around alcohol, smoking, domestic violence, gambling, debt, substance misuse and more.
- Support for carers: young carers, respite, and emotional support.
- Household support fund.

Family Lives

[Parenting and Family Support - Family Lives \(Parentline Plus\)](#)

“Family Lives is a national family support charity providing help and support in all aspects of family life. Find advice on all aspects of family life from bonding with your new baby, dealing with tantrums, positive discipline, bullying (via our Bullying UK service), communicating with teens and divorce and separation via our website. You can also chat to us online for support or call our confidential helpline on 0808 800 2222 (free from landlines and most mobiles) and talk to one of our Family Support Workers.”



Solihull Parenting Team

[Parenting support \(solihull.gov.uk\)](http://solihull.gov.uk)

Solihull Parenting team offers a range of supportive groups and workshops for parents and carers in Solihull, taking place both face-to-face and virtually, and all free of charge. With a new course now focusing on understanding your child's mental health.

Please visit the website to see the termly timetable of sessions.

- For access to the Solihull Approach online parenting content please use the password **APPLEJACKS**.



Shirley Family Support Centre

[Family Support Centre Shirley \(fscshirley.co.uk\)](http://fscshirley.co.uk)

The Family Support Centre Shirley provides a quiet and calm place to come to if you are experiencing anxiety or stress in your life and would like help in dealing with it. Everything on offer at the centre is free. This includes:

- Bereavement counselling
- Anxiety and stress support
- Pregnancy support
- Support around divorce, relationship issues and separation.



Carer's Trust Solihull

[Home - Carers Trust Solihull \(solihullcarers.org\)](http://solihullcarers.org)

Carers Trust Solihull provides emotional support, information, events and activities and training to those providing unpaid care for a family member, friend or neighbour who relies on them for help. This could be if the person being cared for has: a physical or learning disability; a long-term or terminal illness; sensory impairment, mental health needs; or substance dependency.



- **Parents can register as a carer if their child has a diagnosed disability including ASD and ADHD.**
- Young carers can also be offered support from as young as 5.

Birmingham Carers hub

[Carer Services - Birmingham Carers Hub](#)

Birmingham Carers Hub offers a wide range of services to Carers in Birmingham including young carers.

Parents can register as a carer if their child has a diagnosed disability including ASD and ADHD.



Solihull Integrated Addiction Services (SIAS): support for parents and young people.

[SIAS - Supporting recovery | Reducing harm | Rebuilding lives \(sias-solihull.org.uk\)](http://sias-solihull.org.uk)

"SIAS (Solihull Integrated Addiction Services) is a partnership between five organisations that work together to deliver drug, alcohol and gambling support services in the Borough of Solihull: Birmingham and Solihull Mental Health NHS Foundation Trust, Welcome, Aquarius, Changes UK and Urban Heard."



- Direct work for young people who may be abusing drugs or alcohol.
- Direct family support for children and young people who live with a parent who may substance misuse or gamble.

Living Well Consortium

[Free Mental Health Services Solihull | Therapists in Birmingham \(livingwellconsortium.com\)](https://livingwellconsortium.com)



Free mental health support for residents in Birmingham and Solihull.

- Online CBT and free IAPT therapies.
- Access to resources and information around a variety of mental health issues and techniques to help.
- Services provided by over 40 charities and non-profits across the West Midlands.

Autistic Parents UK

[Autistic Parents UK](https://autisticparentsuk.org)

“Autistic Parents UK is a fully user-led and collaborative charity with a vision to enable a world where Autistic parents have a voice where their experiences and knowledge are respected, and where Autistic parents receive the support, they need for themselves and their families without judgement and discrimination.”

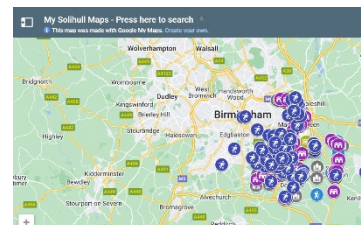
- A local support group is run in Birmingham offering parenting support for autistic parents.

Community support and youth groups

My Solihull Map

[My Solihull Maps - Press here to search – Google My Maps](#)

A list of youth groups which is updated regularly by the Community Development Team. An interactive map where you can find youth groups based on the young person's post code.



Urban Heard

[Urban Heard: Crabtree Hall](#)

Urban Heard are youth engagement specialists working with young people in North Solihull.

- After school/ youth groups for ages 12-17. Groups are run after school and through the day at their centre Crabtree Hall in Chelmsley Wood. Free meals provided daily. Music room, arts, and crafts, PS4, cooking and social action activities.
- After school/ youth group for ages 12-17, ran at the Elmwood Family Hub and Riverside family hub. Check out the family hub timetables for more information: [Your local Family Hub | solihull.gov.uk](#)
- 1-1 mentoring offered through the Connected Care Network.
- Transition workshops for year 10-13 through Skills for Success.
- LGBTQ group.



FITCAP

[FITCAP | Sport Sessions For The Community](#)

FITCAP

A non-profit with a mission to provide children and adults with opportunities to learn, play and succeed within their communities in North Solihull and Birmingham.

- Summer holiday clubs accessible through HAF.
- Weekly clubs such as boxing, dance, multi-sports, football. Some clubs are free!
- 1-1 mentoring accessible for children on a CIN plan or from a direct referral from school. Mentors can support with transitions, development plans and working with schools to support young people.

Time 2 Shine: Drama groups/ workshops and holiday camps.

[Time 2 Shine \(time2shinedrama.co.uk\)](http://time2shinedrama.co.uk)

A drama company for children aged 6-16, where everyone has “their chance to shine.” Additional drama classes for children with additional needs too.



Meriden Adventure Playground.

[About M.A.P.A – Meriden Adventure Playground](#)

Meriden Adventure Playground is part of Meriden Park, a public park located in Chelmsley Wood. They run a variety of youth groups for teenagers, young people with additional needs and family fun sessions. There is also the opportunity for mentoring.



The Pump

[The Pump \(East Birmingham\)](#)

The Pump is a charity in the heart of East Birmingham set up to support the development of all young people, with a focus on supporting those young people who experience isolation and disadvantage.



- Youth groups and mentoring.
- Access to a state-of-the-art music studio.
- Creative spaces for arts and crafts.
- Streetwise to enterprise: pitch your business and help develop it with the Pump.
- Advice and slice: informal drop-in session to discuss any issues with a youth worker and a slice of pizza.
- Young leaders programme.
- Support with employment and further education.

The Snooty Pooch CIC

[Dog Community Hub & NGO | Gro-Organic CIC \(thesnootypooch.co.uk\)](http://thesnootypooch.co.uk)

“We are a voluntary led, not for profit canine café and community wellbeing hub. Located in the heart of Solihull, we are passionate about improving the lives of local people and building a resilient, healthy, and happy community with a helping paw from our in-house resident support dogs.”



- HAF clubs.
- Youth groups.
- Work experience.
- Volunteering.

Family Information Service

[Synergy - Enquiry \(solihull.gov.uk\)](http://solihull.gov.uk)

Here you can view information on activities, clubs and groups, places to visit, holiday schemes including those offering free HAF places, activities for under-fives and specialist activities for children and young people with additional needs and/or disabilities. You can also view information on a range of support services for children and families.



SEND support

Solihull Sendias

[Solihull SENDIAS](#)

“Solihull SENDIAS Service aims to provide information, advice and support to children and young people up to the age of 25 with SEND. They also offer support to parents/carers and children and young people with SEND in participating in decisions made about the child/young person’s education, health and social care.”



SignPost Inclusion

[Signpost Inclusion - Signpost Inclusion](#)

“Signpost Inclusion works with children and families of those with special needs, including both physical and hidden disabilities. Our main cohort being on the autistic spectrum.”

- Family activities.
- Youth groups and holiday clubs.
- PA support worker service.
- Gaming club.
- Parent support.



Solihull Autistic Spectrum Support and Information (SASSI)

“SASSI is an Autism Support Group for parents/guardians of children or young people with an autism spectrum disorder (ASD). All are welcome whether there has been a diagnosis or there is one pending. Monthly meetings are held in the evening at different primary schools in Solihull.” They also provide talks on topics connected with ASD offering the opportunity for parents to meet socially.

- You can contact SASSI on 0121 7791742

Autism West Midlands

[Autism West Midlands | Supporting the Autistic Community](#)

“Autism West Midlands are committed to providing up-to-date information about autism to autistic people, their families and carers, and professionals. We have various information and visual resources available online, all free to access and share.”

- Free information hotline **0121 450 7575**



Autism West Midlands: Solihull Community Hub

Solihull Community Hub | Autism West Midlands

- Autism confident programmes for teenagers and adults. These sessions consist of two 1-1 sessions and then six group-work sessions; looking at strategies to help adults and young people to manage their day to day lives and understand their diagnosis.
- Parental support groups/ workshops for parents of autistic children.
- Autism workshops for children and teenagers accessing Solar during the school holidays.
- Individual advice and support for parents/carers of children under Solar by phone or face to face meetings.



“AWM are a partner in the Solar Emotional Health and Wellbeing Service funded by the Birmingham and Solihull Mental Health NHS Foundation Trust. Families need to be known to the Solar service to access our support. Parent carers and/or young people can self-refer to Solar if they are under 19 and have a Solihull GP.”

Birmingham Resilience Education and Wellbeing services (Brews) CIC

<https://www.facebook.com/BREWSeducation>

BREWS is a non-profit organisation based in Birmingham that supports children and young people to recognise and recover their resilience. It is run by neuro-divergent adults with a mission to help children, families, and educators understand and celebrate neurodiversity.



- Nurturing ADHD Kids Support Group: This group is dedicated to supporting parent carers of children and young people with ADHD, whether they have been diagnosed or are awaiting assessment via a 6-week course and further support. The course aims to equip Carers with essential knowledge and skills to improve support for their children.
- Carers are also invited to participate in bi-weekly 'Coffee and Chat' online sessions and join the private Facebook group.

All Age Autism Support Service

[Home Page | All Age Autism Birmingham and Solihull \(aaadirectory.co.uk\)](http://aaadirectory.co.uk)

A service directory for autism support and events in Birmingham and Solihull.



Social Life Opportunities SOLO

[Children and Young People | Social Life Opportunities](#)

Solo is a registered charity who help support children, young people and adults with learning disabilities.

- Various youth groups available.
- Holiday Clubs.
- Overnight stays and short breaks.



Solihull Parent Carer Voice

[Solihull Parent Carer Voice SPCV | Inspiring Positive Change](#)

“We are independent parent carers working together to raise awareness and improve outcomes for all children with Special Educational Needs and/or Disabilities (SEND 0-25). We work with organisations that provide services for our families. We are completely independent of the Local Council and Health services which lets us share the experiences and ideas of parent carers, giving them a voice and effect positive change.”



- Information on local events and opportunities for support.
- Information and support around the EHCP process.
- Useful contacts for SEND and signposting to additional services.

