

# Children's Health Services

Children's health services are provided through the local Primary Care Trust ([www.hunts-pct.nhs.uk](http://www.hunts-pct.nhs.uk)). The range of these services is very wide, including special care baby facilities and children's ward at the hospital, health visitors, school nurses, services for looked after children, speech and language therapists, sexual health and contraception services

as well as special nurses and provisions for disabled children. These services are changing and developing to meet the needs of children and their families. This involves close working relationships with other agencies, like Social Services and Education.

## Health visitor

– Trained nurse with further qualifications working directly with individuals, families and communities. Health visitors are based in doctors' surgeries as well as other local clinics and work closely with other parts of the health service, education, social services and local voluntary organisations.

## Paediatrician

– A children's doctor.

## School nurse

– Works with individual children, young people and families, schools and communities to improve health and tackle inequality. School nurses work closely with teachers, GPs, health visitors and child and adolescent mental health professionals to deliver agreed health plans.

## Specialist nurse

– A nurse with experience and additional knowledge in a particular area of nursing, for example, diabetes, cystic fibrosis.

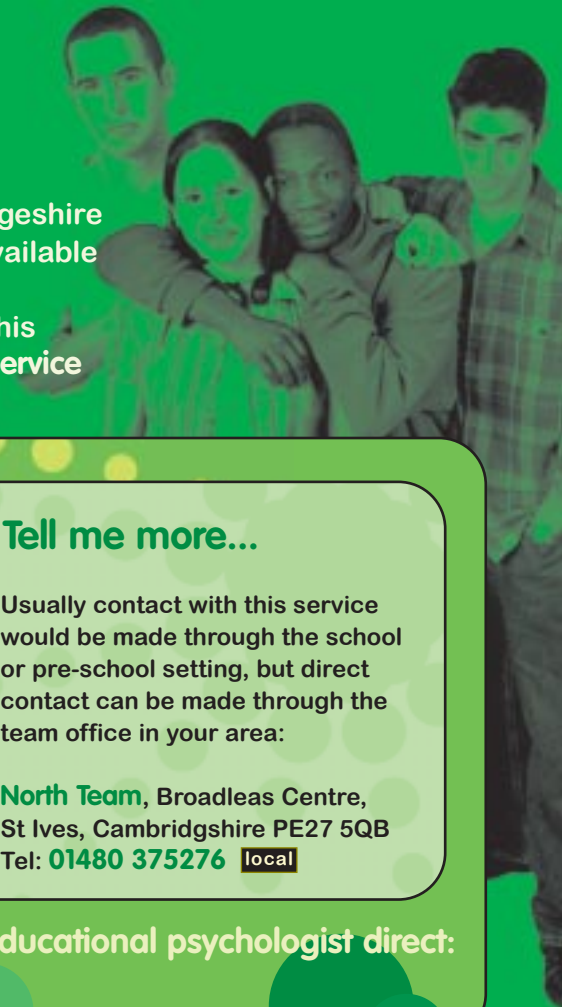
## Speech and language therapists

– Provide assessment, advice and treatment to children and adults who have difficulties in speech, language and communication or feeding and swallowing.

Who are some of the people working in Children's Health Services – and what do they do?

# Education Services

Local education and youth services are provided through Cambridgeshire County Council ([www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk)) Special support is available for children and young people with difficulties in school or who for different medical and other reasons are unable to attend school. This support is available through the **Secondary Support and Inclusion Service** who have named teachers in each secondary school.




## 34 Educational Psychology Service

Support is available for children and young people with special educational needs. Schools aim to keep parents closely involved with their child's progress, and teachers may discuss with them and the pupil the benefits of involving the Educational Psychology Service.

### Educational Psychologist? Tell me more...

Has training as a teacher as well as being trained in psychology. They will work closely with the pupil, their parents/carers and the school to see what the child's needs are and to agree ways forward to tackle any difficulties.

Usually contact with this service would be made through the school or pre-school setting, but direct contact can be made through the team office in your area:

**North Team**, Broadleas Centre,  
St Ives, Cambridgeshire PE27 5QB  
Tel: **01480 375276** 

Helpline for parents, carers or teachers to call and talk to an educational psychologist direct:  
**01480 375276** open 2pm-5pm on Wednesdays only

## What's a 'Statement of Special Educational Needs'?

Children who need extra support in schools can be given a Statement of Special Educational Needs. This is drawn up by the Student Assessment Service, based on reports by teachers, parents and others involved in the child's care. It is to help put plans in place to make sure the pupil gets **all the help they need**. All schools have a Special Educational Needs Co-ordinator (SENCO) who will work with the child and their parents to ensure that the recommendations in the report are put into place through a specially drawn up plan (individual education plan).

## Cambs Youth Service

A county wide service for **11-19** year olds, providing opportunities for **personal** and **social development**. Activities include youth clubs, projects, street based work, info and counselling, volunteering, trips and visits. Youth workers help young people work towards their goals. The Huntingdonshire Area Team can be contacted on **01480 398257**.

Youth Services are provided by Cambs County Council and for further information on County Services you can email [Nichola.West@cambridgeshire.gov.uk](mailto:Nichola.West@cambridgeshire.gov.uk)

For details of youth groups in the Huntingdonshire area, see page 53

## Cambs Youth Offending Service

Works closely with young people aged **10-17** who have offended or are at risk of offending. This team, made up of different professionals, will look at how best to **prevent further offending** for each young person and guide them through the different processes involved in court appearances etc. This service works closely with parents and other agencies involved with children and young people. For further information, contact team leader on **01223 718223** (covers Cambridge, Huntingdon and Fenland).

# Connexions

## Cambridgeshire and Peterborough

36

Connexions offers a **confidential support** service for all **13 to 19** year olds and extends that support for young people with additional needs up to the age of **25**. By providing one contact point for our service – a Connexions Personal Adviser – it makes life a little bit easier for young people to get **information, advice** and **guidance** along with **practical help** on a whole range of topics which include: career planning; relationship dilemmas; job, education and training opportunities; housing problems; alcohol and substance misuse; money worries; personal development opportunities; personal

health issues – including accessing help for young people with mental health problems.

Connexions Personal Advisers are available in schools, colleges, community/youth centres, Connexions centres and via a range of voluntary/community sector organisations.

You can contact Connexions by visiting their website at [www.purplepigeon.net](http://www.purplepigeon.net) or by calling free on 0800 56 13219

Visit one of our Connexions centres in Huntingdon or St Neots: **local**

20 St Benedict's Court, Princes Street, Huntingdon.  
Tel: **01480 476800** Email: [huntingdon@connexionscp.co.uk](mailto:huntingdon@connexionscp.co.uk)  
*Open Monday-Friday, 9.30am-5.15pm and Saturday, 10am-1pm.*

The Library, Priory Lane, St Neots. Tel: **01480 476013** Email: [stneots@connexionscp.co.uk](mailto:stneots@connexionscp.co.uk)  
*Open Monday, Tuesday, Thursday and Friday, 1.30pm-5pm.*



# Directory Entries

Someone to talk to

## AICH Advice Info and Counselling in Huntingdonshire

AICH provides **independent**, **free** and **confidential** counselling services to young people in Huntingdonshire, working mainly with the 14-25 age group, although they do see people under the age of 14. AICH also involves young people in the management of the service through the Youth Advisory Board and new members are always welcome (See contact details, below).

“We offer counselling and support to many young people who have experienced distress and who feel socially excluded and who may have been affected by present or early life experiences. This can include emotional, physical and sexual abuse. Some may be suffering from low self-esteem, depression and/or mental health problems. You may be concerned you are at risk from exclusion, abuse, self-harm, underachievement, bullying, bereavement, alcohol and/or drug misuse. It is possible you do not know how to get in touch with services that can help you.”

If any of the above applies to you contact AICH. The service is now available through our office in St Benedict’s Court, Huntingdon. Counselling is available through Hinchingsbrooke and St Peter’s Schools in Huntingdon; at Paines Mill, Dialdruglink and Longsands College in St Neots; at the Broadleas Centre and St Ivo School, St Ives and Sawtry Community College. It is hoped to add to the services we offer in rural areas in the future.

Please contact AICH on  
**01480 435061**

AICH, (Connexions building)  
St Benedict’s Court,  
20 Princes Street, Huntingdon

**Opening times:**

Monday and Thursday: 1pm-5pm

Tuesday, Wednesday, Friday: 1pm-8pm

Email: [aich@aich.org.uk](mailto:aich@aich.org.uk)

# Someone to talk to... Cont...

## ChildLine UK

Free 24-hour helpline for children and young people. You can call about any problem at any time, day or night. ChildLine's counsellors are there to help you sort things out. **The lines can be busy, so keep trying** and you will get through. **0800 11 11** Information and advice is available on the website too: [www.childline.org.uk](http://www.childline.org.uk)

38

## Careline

National confidential crisis telephone counselling for children, young people and adults. Careline can link callers to other organisations and support groups throughout the country. Counselling line: **020 8514 1177** (Mon-Fri 10am-4pm and 7pm-10pm). Email: [careline@totalise.co.uk](mailto:careline@totalise.co.uk)  
[www.carelineuk.org](http://www.carelineuk.org)

## Youth 2 Youth

Confidential helpline run by young people for young people aged up to 19 years of age who need emotional support.

I was going through a really tough time last year. I got so that I didn't know what to do next. So I called the Samaritans. They gave me the time I needed. Now I can get on with my life.



Helpline: **020 8896 3675**  
(Mon and Thurs, 6.30pm-9.30pm).  
Email: [talk@youth2youth.co.uk](mailto:talk@youth2youth.co.uk)  
[www.youth2youth.co.uk](http://www.youth2youth.co.uk)

## Samaritans

The Samaritans have trained volunteers who will listen and offer confidential support over the phone. Helpline: **08457 90 90 90**  
There is also a confidential email support service: [jo@samaritans.org](mailto:jo@samaritans.org)  
Useful information at [www.samaritans.org](http://www.samaritans.org)

## CALM (Campaign Against Living Miserably)

CALM is an organisation offering support especially to boys and young men. Working with big names from the music, sport and club scenes, CALM encourages young men to 'open up'

and sort out their problems. You can call in confidence about general anxieties, worries about money, girlfriends, sexuality, drugs, racism, school/college, parents – anything that is a problem for you. Trained counsellors are there to offer you some support or just to listen, if that's what you want. Helpline **0800 58 58 58** open 5pm-3am. Free from landlines and doesn't show up on the phone bill either. The Calm Zone website has loads of info/advice on [www.thecalmzone.net](http://www.thecalmzone.net)

## No Panic

Charity offering support to people who suffer from panic attacks, phobias, obsessive compulsive disorder, general anxiety disorder and tranquilliser withdrawal. Wide range of information and practical advice, including links to

support groups. Information and support for family, carers and friends also. Free confidential helpline: **0808 808 0545** 10am-10pm every day. [www.nopanic.org.uk](http://www.nopanic.org.uk)

## Kidscape

National charity dedicated to preventing bullying and child abuse and offering a range of practical tips, information and training for children, young people, parents, teachers and organisations. Trained counsellors available for support on: Helpline: **08451 205 204** Mon-Fri 10am-4pm. Information tips and advice on [www.kidscape.org.uk](http://www.kidscape.org.uk)

## Get Connected

“Get Connected helps thousands of young people every year – we can help you too.” Aims to find young people the best help whatever the problem. Connects young people to organisations that can help them. Email: [help@getconnected.org.uk](mailto:help@getconnected.org.uk) [www.getconnected.org.uk](http://www.getconnected.org.uk) Freephone: **0808 808 4994** (7 days a week 1pm-11pm)

## Victim Support

Provides free emotional and practical support and/or signposting for victims of crime. Call local helpline **01480 417600** 10am-2pm (answer phone at other times) or national helpline **0845 3030 900**

## Rape Crisis Centre

(for females) 129 Dogsthorpe Road, Peterborough **01733 311 311** or 12 Mill Road, Cambridge **01223 245 888**. Rape Crisis Centres offer free confidential service. Will talk with any woman or girl who has been sexually assaulted or raped, no matter how long after the attack. Provide information about sexual health clinics and medical procedures. Offer support and can accompany person to the police station, court or clinics.

## Survivors (for males)

Survivors is a confidential hotline for male victims of sexual abuse/assault. Helpline: **0207 833 3737**

# On-line info and guidance

## Connexions local

[www.purplepigeon.net](http://www.purplepigeon.net)

Info on wide range of topics including careers, homelessness, legal rights, health and much more. Includes ‘sorted on-line’ – a directory of local contacts.

## The Site

Website run by YouthNet UK – a registered charity. For older teens and young adults. Info and guidance on a wide range of topics. [www.thesite.org.uk](http://www.thesite.org.uk)

## Youth Information

[www.youthinformation.com](http://www.youthinformation.com)

Internet information toolkit for young people with over 1,000 topics and holding contact details for more than 1,200 national organisations with built in web links.



# Support for when someone close to you dies

## Cruse Youth Helpline

(12-18yrs) 0808 808 1677

Mon-Fri 9.30am-5pm

Cruse website especially for children and young people which can link you to support through email, and where you can read about the bereavement experiences of other young people.

[www.rd4u.org.uk](http://www.rd4u.org.uk) (includes a separate section for lads).

40

## Cruse Bereavement Counselling

Provides support for adults and also for young people up to 18 after the death of someone close through specially trained counsellors. You can contact Cruse via their local helpline on **01480 414511**.

Cruse national 'day by day' helpline: **0870 167 1677** Mon-Fri. Offers support information and advice to anyone who has been bereaved and to those who care for them.

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

Email: [helpline@](mailto:helpline@crusebereavementcare.org.uk)

[crusebereavementcare.org.uk](http://crusebereavementcare.org.uk)

## Child Bereavement Trust

A national charity which aims to give the best possible support for bereaved children and families.

Website has useful section for young people and lots of links to other sources of support. Tel: **0845 357 1000**  
Email: [enquiries@childbereavement.org.uk](mailto:enquiries@childbereavement.org.uk)  
[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

## Survivors of Bereavement by Suicide

[www.sobs.admin.care4free.net](http://www.sobs.admin.care4free.net)

This is the website of a self help voluntary organisation offering support to those who have lost a family member or friend through suicide.

Helpline: **0870 241 3337** 9am-9pm every day (many of the people who volunteer for SOBS have been bereaved by suicide themselves).

## The Compassionate friends/SIBBS

An organisation of bereaved families offering understanding, support and encouragement to others after the death of a child or children. SIBBS is their nationwide self-help support group for people who have suffered the death of a brother or sister.

Tel: **08451 23 23 04** (helpline, also information about SIBBS, every day 10am-4pm and 6.30pm-10.30pm).

Email: [info@tcf.org.uk](mailto:info@tcf.org.uk) (information, support, information about SIBBS)  
website: [www.tcf.org.uk](http://www.tcf.org.uk)

# Children and young people with special needs and their families/carers

## Disability Information Service Huntingdonshire (DISH) local

Confidential information and advice for disabled people and their carers. Information on benefits, grants, holidays and transport etc. DISH also works in partnership with other organisations locally and provides a forum to help people to make their views known. Appointments can be made with advisers to discuss issues of concern if you'd prefer.  
Tel: **01480 830833**

DISH Family Adviser specialises in supporting and advising families with disabled children and young people, including those with mental health problems, and can also offer advice on special educational needs and signpost parents, children and young people to specialist agencies.

The Family Adviser is available Tue, Wed and Thurs 9.30am-2.30pm.  
Tel: **01480 830833** Email: [info@dish.org.uk](mailto:info@dish.org.uk) [www.dish.org.uk](http://www.dish.org.uk)

## Learning Disability Services in Huntingdonshire local

The Huntingdonshire Learning Disability Partnership works with Children and adults who have Learning disabilities. The team consists of a consultant psychiatrist, psychologists, occupational therapist and a team of community learning disability nurses who work across the Huntingdonshire area. For children, physiotherapy and speech and language therapy are provided by the children's services. The team will visit and work within the community, home, schools, respite etc.

For further information, please contact the team on **01480 415266**

## Contact a Family

A national charity providing support, advice and information for families with disabled children.  
Helpline: **0808 808 3555** or textphone for those with hearing disability: **0808 808 3556**. Calls are free and lines are open Mon-Fri 10am-4pm.  
Email: [info@cafamily.org.uk](mailto:info@cafamily.org.uk)  
[www.cafamily.org.uk](http://www.cafamily.org.uk)

## SIBS encounter

Website and online support group for the brothers and sisters of people with disabilities. Lots of activities and chance to link up with other young people in similar circumstances.  
[www.sibspace.org](http://www.sibspace.org)

## Children with disabilities

There are support services for disabled children from Social Services, including support in your own home and alternative care arrangements, for example, with families or in residential care. To find out about these services contact your local Social Services office on **01480 375551** or the County Call Centre on **0845 045 5203**.

[www.cambridgeshire.gov.uk/pps](http://www.cambridgeshire.gov.uk/pps)

42

## Speech And Interaction Difficulties group (SAID)

**local** Support group for parents/carers of children with communication difficulties and autistic spectrum disorders. Range of social activities for parents throughout the year and also aim to meet on the first Monday evening of each month. For more information, call: **01480 354125** Email: [saidgroup@ntlworld.com](mailto:saidgroup@ntlworld.com)  
[www.saidgroup.org.uk](http://www.saidgroup.org.uk)

"We are a group of parents of children with communication and interaction difficulties and autistic spectrum disorders. Our aims are

to share information and experiences with other parents, and to raise public awareness of our children's difficulties. We achieve this by organising talks and inviting professional bodies to come and share information and advice about what is available to us and our children. The meetings are simply a get-together in a relaxed atmosphere, which provides the opportunity to draw on the experiences of other parents' highs and lows.

"We arrange social activities throughout the year which the whole family are invited to. We have an extensive library of reference materials which are available for our members to borrow free of charge."

## National Autistic Society

Provides a range of information and leaflets on issues relating to autism and Asperger syndrome. Autism helpline: **0845 070 4004**  
Email: [nas@nas.org.uk](mailto:nas@nas.org.uk)  
[www.nas.org.uk](http://www.nas.org.uk)

## Hunts and District ADHD Support Group **local**

Provides support and information for parents,

including regular meetings and newsletters.

"Your child may have ADHD (Attention Deficit Hyperactivity Disorder) or an associated disorder if they are restless, overactive, fidgety, impulsive, easily distracted and poorly co-ordinated (and if these symptoms have been present for at least six months). Don't despair! Help, information and support can be just a phone call away. We also provide a quarterly newsletter, a helpline facility, information on ADHD organisations and support groups and also social events and meetings for our members." Contact: Sarah and Shaun Taylor **01480 354114** or Anita and Brian Gomez **01480 456592**

## Hyperactive Children's Support Group

Registered charity offering information on ADHD and how nutrition and diet can be an effective tool in managing the condition. Tel: **01243 551313**  
[www.hacsg.org.uk](http://www.hacsg.org.uk)

## ADDISS – (Attention Deficit Disorder Info & Support Service)

National charity offering information, support, training for parents and professionals. Website has special section for teenagers. Books and videos available.

Tel: **020 8906 9068**

Email: [info@addiss.co.uk](mailto:info@addiss.co.uk)

[www.addiss.co.uk](http://www.addiss.co.uk)

## Hunts Parent Carer Forum

**local** Support, advice and information for parents and carers of children with disabilities aged 0-19 years, living in Huntingdonshire. Works closely with health, social services, education and voluntary organisations to help improve communication and information. Opportunity to link up with other parents and also to get involved with the work of the forum. “Just knowing that there are other people in the same position as me

makes all the difference. Other parents are a great source of information and experience.”

Tel: **01480 415119** Email:

[Huntsparentcarerforum@hotmail.co.uk](mailto:Huntsparentcarerforum@hotmail.co.uk)

## Little Stars **local**

Drop-in centre for pre-school children with special needs

For more information call **0800 027 8780**

## Parent Partnership Service

Offers neutral advice, information and support to parents and carers of children with special educational needs. It is a county-wide service and calls are confidential. Training and workshops are available for parents, professionals and members of voluntary organisations. Also provides advice and support to new and existing parent groups.

Tel: **01223 718154** Email:

[pps@cambridgeshire.gov.uk](mailto:pps@cambridgeshire.gov.uk)

[www.cambridgeshire.gov.uk/pps](http://www.cambridgeshire.gov.uk/pps)

## Connexions **local**

Connexions extends its confidential support service for young people with additional needs up to age 25, according to need. Every Connexions personal adviser, who works with a young person with additional needs, is trained and experienced in offering: specialist information, advice and guidance; support during Transition Review process and signposting to other agencies. Freephone: **0800 56 13219** and ask to speak to a personal adviser in the Additional Needs team.

## Carers Support Project

**local** Provides information and advice on all aspects of caring. Also provides training and social events, a Countywide Carers Newsletter, and carers' emergency card.

Tel: **01480 415141** Email:

[estelle.mitchell@cambridgeshire.gov.uk](mailto:estelle.mitchell@cambridgeshire.gov.uk)

[www.cambridgeshire.gov.uk/social/carers](http://www.cambridgeshire.gov.uk/social/carers)

Find out about the rights of people with special needs to be treated fairly and without discrimination at: [www.drc-gb.org](http://www.drc-gb.org) or call helpline: **08457 622 633** or textphone: **08457 622 644** 8am-8pm Mon-Fri.

# Concerns about alcohol and drugs

## Drinksense **local**

Offers free one-to-one counselling and support for drinkers, their families and carers. Telephone support can also be arranged. They have a specialist young people's worker covering the Hunts area. Tel: **01480 456956**  
Email: [huntingdon@drinksense.org](mailto:huntingdon@drinksense.org)

## Alcoholics Anonymous (AA)

A voluntary group of people who have themselves had drink problems and who help to support others by sharing their experiences. For meetings in Huntingdon, contact the local helpline number: **01223 833900** (24 hours).  
National helpline: **0845 76 97 555**

All calls to AA are confidential.

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

The website has a separate section for young people.

## Al-Anon Family Groups

Al-Anon offers understanding and support for families and friends of problem drinkers. For details of meetings/groups in your local area, contact **020 7403 0888**. Special advice for young people (12-20 years) whose lives are affected by a problem drinker is available through their **Alateen** section (see below).

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

## Alateen: 020 7403 0888

Confidential helpline for teenagers affected by someone else's drinking. Call between 10am and 10pm 7 days a week. [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

## National Association for Children of Alcoholics (NACOA)

Aims to offer information, advice and support to children whose parents or carers have a drink problem or other form of addiction. There is a free helpline, so the number won't show up on your bill if you don't want people to know you've called them, and you can also visit their website 'cookie free' to protect your privacy.

[www.nacoa.org.uk](http://www.nacoa.org.uk)

Helpline: **0800 358 3456** Mon, Tue, Thurs, Fri 10am-7pm, Wed 10am-9pm, Sat 10am-3pm. You can email for advice on: [helpline@nacoa.org.uk](mailto:helpline@nacoa.org.uk)

## Drinkline: 0800 917 8282

Helpline for support if your or someone else's drinking is causing concern/problems. 9am-11pm Mon-Fri

44



Everything revolves around Mum's drinking. We pretend it's not happening. I can't stop thinking about what's happening at home when I'm not there. Sometimes I think I'm going mad.

Paul, age 15

## Alcohol... is a drug... with the effect of a depressant

If you're old enough to drink and you do it sensibly, it's not a problem – but dependence can creep up on you and alcoholism is a big problem for some.

- Alcohol is blamed for all kinds of problems in Britain, from violent crime to domestic violence and car-related deaths and injuries.
- Serious over-indulgence can lead to alcohol poisoning which could put you in a coma or even kill you.
- Long-term use of alcohol has been linked with illnesses like liver damage, stomach cancer and heart disease.
- It's against the law for anyone under 18 to buy alcohol in a pub, off-licence or supermarket. It's also illegal to buy alcohol in a pub for someone who's not 18.

## Dialdruglink **local**

Free and confidential advice, support and counselling for anyone who is concerned about their own, or someone else's drug use.

This organisation also has services specially for young people who are concerned with their own or another's drug use. Advice and information is available as well as structured treatment, including links, when appropriate with statutory providers. You can contact Dialdruglink at: Whitwell Chambers, Ferrars Road, Huntingdon.

Tel: **01480 413800**

Email: [info@dialdruglink.com](mailto:info@dialdruglink.com)

38a High Street, St Neots.

Tel: **01480 474974**

Email: [info@dialdruglinkstneots.com](mailto:info@dialdruglinkstneots.com)

## Talk to Frank "Drugs are illegal, but talking about them isn't"

Free confidential drugs information and advice 24 hours a day, 7 days a week.

Whether it's for yourself or someone you're worried about – talk to Frank free on **0800 77 66 00**. If you have a hearing disability, you can textphone Frank on **0800 917 8765**

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com) Information available in 120 languages – translation service available. [www.talktofrank.com](http://www.talktofrank.com)

## YOUS Service – YOUNG USERS

### Young Person's Substance

**Misuse Team.** For young people aged 13 - 18 who use drugs and/or alcohol and who also have other difficulties – for example, with health, family, where you live etc. For more info you can contact YOUS directly on: **01480 415300**

## Cannabis, Draw, Ganja, Skunk, Weed...

**FACT:** It's an illegal substance. It's illegal to own it. It's illegal to supply it.

**FACT:** There are growing concerns about the effects of cannabis on mental health. Check out the facts for yourself.

Talk to Frank **0800 77 66 00**  
(you can call free any time 24/7).

# Information for people from different ethnic backgrounds

Challenge discrimination:  
Be part of the solution  
– not the problem!

## Armaan multi-ethnic support group local

- Offers support and information to women from black and different ethnic minority groups
- Offers a safe environment to discuss concerns
- Empowers group members to access health services
- Carers are also welcome

For more information about the group and when they meet, please contact Sue Amode, Community Psychiatric Nurse, on **01480 415340**, or Kuldip K Singh on **01480 416452**.

## Cambridge Ethnic Community Forum local

62-66 Victoria Road, Cambridge CB4 3DU  
Voluntary organisation providing support to ethnic communities on a range of issues including racial harassment, housing, employment,

health, nationality, immigration, education, criminal justice system, social welfare. Tel: **01223 315877**  
Mon-Thurs 10am-5pm, Fri 10am-1pm)  
Email: [info@cecf.co.uk](mailto:info@cecf.co.uk)  
[www.cecf.co.uk](http://www.cecf.co.uk)

## Cambridgeshire Interpreting and Translation Agency (CINTRA) local

Complete interpreting and translation service. Anyone who needs an interpreter can contact them and access a whole range of CINTRA services with one phone call.  
Tel: **01223 346870** (Mon-Fri 9am-4.30pm) Email: [cintra@cintra.org.uk](mailto:cintra@cintra.org.uk)  
[www.cintra.org.uk](http://www.cintra.org.uk)

## Peterborough Racial Equality Council (PREC) local

34 Fitzwilliam Street, Peterborough PE1 2RX. Working for a fair society which

gives everyone an equal chance to learn, work and live free from discrimination and prejudice and from the fear of racial harassment and violence. PREC can be contacted Mon-Thurs 9am-5pm, and Fri 9am-4.30pm on: **01733 554630** Email: [prec@lineone.net](mailto:prec@lineone.net)

## Muslim Youth Helpline

Telephone counselling service offering support to young British Muslims.  
Tel: **0800 808 2008**

## NSPCC Asian helpline

People from the Asian community can call **0800 096 7719** free about any child safety concerns they may have – whether it's for yourself or someone else. This service is available in Gujarati, Bengali, Hindi, Punjabi and Urdu.

## [www.britkid.org](http://www.britkid.org)

interactive site for young people about cultural issues in Britain today.



## Kiran – Asian Women's Aid

Advice, support and refuge for Asian women. Also helps women from other cultures, including Turkey and Malaysia.

Tel: **020 8558 1986** Mon-Fri 9am-5pm.

## Apnar Ghar

Tel: **0207 474 1547** Mon-Sun 24 hour helpline. Helpline and advice service for Asian women who have experienced domestic violence. Emotional support, group work and counselling. Advice on housing, welfare rights, debt and referrals to solicitors. Languages: Punjabi, Hindi, Urdu, Gujarati and Bengali Malaysian.

## Diverse Minds

Department of national Mind which deals with ethnic community issues. Tel: **020 8519 2122**

## Ormiston Children and Families Trust Travellers Advocacy Service **local**

### Part of The Cambridgeshire Travellers Initiative

Our priorities are to:

- work with service providers to enable them to provide 'traveller-friendly' information
- facilitate travellers' understanding, access and use of what service providers have to offer
- provide an advocacy service
- develop a peer advocacy project
- provide an information service.

Email: [jacqueline.bolton@ormiston.org](mailto:jacqueline.bolton@ormiston.org)  
Speak to the Advocacy Team on **01480 496577**

## Cambridgeshire Race Equality and Diversity Service **local**

Working with the Traveller Education Team, the Youth and Community Development Worker aims to build trusting relationships with traveller young people and their families to encourage participation in youth activities and increased contact between communities and agencies/organisations offering youth provisions. The age range for this service is 5-19 years.

Address: Cambridge Professional Development Centre, Foster Road, Trumpington, Cambridge, CB2 2NL

Tel: **01223 508700**

Email: [kim.tolley@cambridgeshire.gov.uk](mailto:kim.tolley@cambridgeshire.gov.uk)

Discrimination hurts... but there are laws to protect you. For more info, and to learn about your rights, see: 'Wise Up on Equality' at [www.savethechildren.org.uk/wiseup](http://www.savethechildren.org.uk/wiseup)



# Mental health information

## 'Wired for Health' websites

Government sites with lots of info about mental health, health in general and links to other sites.

[www.welltown.gov.uk](http://www.welltown.gov.uk)

For 5-7 year olds

[www.galaxy-h.gov.uk](http://www.galaxy-h.gov.uk)

For 7-11 year olds

[www.lifebytes.gov.uk](http://www.lifebytes.gov.uk)

For 11-14 year olds

[www.mindbodysoul.gov.uk](http://www.mindbodysoul.gov.uk)

For 11-16 year olds

Discrimination and prejudice experienced by people with emotional difficulties can cause extra distress.

Find out more about your rights at:

[www.openuptoolkit.net](http://www.openuptoolkit.net)

48

## Hunts.Mind local

Local voluntary organisation affiliated to National Mind, but funded independently. Hunts.Mind provides services for people aged 18-65 living in Huntingdonshire with mental health difficulties. Wide range of information on mental health issues available at central office in St Neots and at different points around the district. Links up with those who use mental health services to support and involve them in their services at every level. For more information, call: **01480 470480**. Hunts.Mind, The Limes, 24 New Street, St Neots. Email: [huntsmind@btconnect.com](mailto:huntsmind@btconnect.com)  
[www.huntsmind.org.uk](http://www.huntsmind.org.uk)

## Mind, the National Mental Health Charity

Provides information, mail order books, leaflets and legal advice. Campaigns for better understanding of mental health issues. Mindinfo line: **08457 660 163** Email: [contact@mind.org.uk](mailto:contact@mind.org.uk)  
[www.mind.org.uk](http://www.mind.org.uk)

## Young Minds

National confidential service providing information for anyone concerned about the mental health or emotional wellbeing of a child or young person. Wide range of information and publications available for young people and their parents and carers. Tel: **020 7336 8445** or helpline: **0800 018 2138**  
Email: [enquiries@youngminds.org.uk](mailto:enquiries@youngminds.org.uk)  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

## @Ease

Part of Rethink, the mental health charity @Ease offers a range of support including an interactive website for **young people** under stress or worried about their thoughts. Information also available for parents and carers. For information or advice about mental health or illness, call the National Advice Service on **020 8974 6814** Mon-Fri 10am-3pm.  
Email: [advice@rethink.org](mailto:advice@rethink.org)  
[www.rethink.org/at-ease](http://www.rethink.org/at-ease)

## [www.cambsmentalhealthinfo.nhs.uk](http://www.cambsmentalhealthinfo.nhs.uk)

Information about mental health and services available in the area

## Info on medication

### Depression Alliance

Leading UK charity for people affected by depression. Co-ordinates national network of self-help groups and provides wide range of information. They have separate information for children and young people.  
Tel: **0845 123 23 20**. Email: [information@depressionalliance.org](mailto:information@depressionalliance.org)  
[www.depressionalliance.org](http://www.depressionalliance.org)

### Saneline (run by national organisation 'Sane')

Trained volunteers offer support and advice on mental health issues 12noon-2pm every day.  
Call **0845 767 8000** (to call charge)  
[www.sane.org.uk](http://www.sane.org.uk)

### United Kingdom Psychiatric Pharmacy Group

Psychiatric medication helpline for patients and carers, based at the Maudsley Hospital in London. Tel: **020 7919 2999** Mon-Fri 11am-5pm.  
[www.ukppg.org.uk](http://www.ukppg.org.uk)

### [www.mentalhealthcare.org.uk](http://www.mentalhealthcare.org.uk)

Website with a useful 'ask the pharmacist' section.

### [www.mind.org.uk](http://www.mind.org.uk)

Download leaflets on a range of medication and treatments.

### [www.nmhct.nhs.uk/ pharmacy](http://www.nmhct.nhs.uk/pharmacy)

Basic information about specific medication and its side effects.

### [www.sane.org.uk](http://www.sane.org.uk)

Website of the national mental health charity Sane. Useful section on medical treatments giving details of various medication.

A great Aussie website:  
[www.headroom.net.au](http://www.headroom.net.au) ...different side  
of the planet, different young people  
– same sorts of problems!



# Sexual health & sexuality

## Young People's Health and Advice local

Newtown Centre, Nursery Road, Huntingdon (next to Priory Fields Doctors' Surgery) **NO APPOINTMENT NECESSARY.** Free confidential service. Health care and advice for young people up to age 20. Contraceptive services, health advice, counselling. Open Mon 3.30pm-6pm.  
Tel: **01480 415 290**

## The Place local

Dunbelton Medical Centre off Chapman Way (near Tesco) Barford Road, St. Neots. No appointment necessary. Free confidential service. Health care and advice for young people up to age 20. Contraceptive services, health advice, counselling. Open Thurs 3.30pm-6pm.  
Tel: **01480 357956**

## Information Shop local

Broadleas Centre, St. Ives – free condoms, pregnancy testing and advice. Thurs 4pm-7pm.  
Tel: **01480 386011**

## Clinic 6 local

Hinchingsbrooke Hospital. Free pregnancy testing, contraception, health checks and termination referrals. Tel: **01480 416 461**

## Sexwise

National helpline: information on safer sex, contraception and relationships  
**0800 282 930**

## R U Thinking about it?

[www.ruthinking.co.uk](http://www.ruthinking.co.uk) website with information and advice on sex and relationships for young people.  
**0800 28 29 30** 7am-midnight, seven days a week.

## Mermaids

Family support group for children and teenagers with gender identity issues. Helpline: **07020 935066** 12noon-9pm.  
[www.mermaids.freeuk.com](http://www.mermaids.freeuk.com)

## 2byou (formerly 2byouth)

Offers support and friendship for young people in Cambridgeshire discovering their sexuality and is for 16-24 year old lesbian, gay and bisexual young people. Meets weekly in Cambridge, call **07808 189158** for more information on groups. Adviceline: Tuesday evenings from 7pm-9pm **07808 189158**.  
Email: [info@2byouth.co.uk](mailto:info@2byouth.co.uk)  
[www.2byouth.co.uk](http://www.2byouth.co.uk)

## Avert

International charity providing information on AIDS and HIV. Special section for young people.  
[www.avert.org](http://www.avert.org)

# Housing/homelessness

**local** Claire Homsby is the **Young Person's Housing Adviser** at **Huntingdonshire District Council** and is available for advice on issues relating to housing and homelessness for young people aged 16-25 years. Appointments can be made to see Claire in Huntingdon or in St Neots only on Tuesday afternoons, by calling **01480 388218**. Alternatively Claire can be contacted on **01480 388276**. Huntingdonshire District Council Housing Department **01480 388218** 9am-5pm (9am-4.30pm on Fridays). **01480 434167** out of hours. Council website is [www.huntsdc.gov.uk](http://www.huntsdc.gov.uk)

## Paines Mill Foyer

**Phoenix Square, St Neots** **local**  
Supported housing project helping to accommodate young, single people aged 16-25. Accommodation is linked to work, training and education – aiming to break the ‘no job, no home’ cycle. Tel: **01480 406316**  
Email: [painemill.foyer@axiomha.org.uk](mailto:painemill.foyer@axiomha.org.uk)

## The Line

Provides free confidential advice, counselling and support to young people with any problem who are living away from home. Freepost NATN 1111, London E1 6BR.  
Freephone: **0800 884 444** Mon-Fri 3.30pm-9.30pm, Weekends 2pm-8pm.

## Shelter

Freephone **0800 800 444**  
24 hours, 7 days a week.  
[www.shelter.org.uk](http://www.shelter.org.uk)

## Runaway Helpline

**0800 700 70 70** – helpline for people under 17 who have run away or been forced to leave home.

## Message home

A confidential helpline for anyone who has left home or run away. They can give you help and advice and send a message home for you.  
Freephone helpline: **0800 700 740**  
[www.missingpersons.org/missing.asp](http://www.missingpersons.org/missing.asp)

## Connexions **local**

If you have a housing problem, your Connexions Personal Adviser can help you contact local agencies which might be able to help – whether it's an emergency or not.  
Freephone: **0800 56 13219**  
Huntingdon: **01480 376800**  
St. Neots: **01480 376013**

## Connexions Direct

**080 800 13219** or text **077664 13219** also has details of all the local agencies. Available every day from 8am to 2am.

# Stuff to do

## Natural High **local**

Local charity for young people aged 11-25 years, aiming to organise and encourage positive activities – especially those involving the arts and sports and leisure activities. By introducing young people to new interests, they are given opportunities to develop their personal skills and increase self-esteem and confidence.

St Neots Office: **01480 218080**  
Huntingdon office: **01480 396574**  
Email: [admin@naturalhigh.fsnet.co.uk](mailto:admin@naturalhigh.fsnet.co.uk)  
[www.natural-high.net](http://www.natural-high.net)

## Skate Park Project **local**

Riverside Park, St Neots.

A relaxed place to spend your time – appeals to young people who like an unstructured approach to their free time. Interests include skateboarding, BMX bikes, graffiti writing and basketball, but many people simply use it as a place to meet. There are plans to

set up a New Ramp Group to raise funds for trips and to put on events and activities. If you'd like more information, call Pen on **01480 388262**.

## Voluntary Work for Young People **local**

Huntingdonshire Youth Volunteer Bureau. Links young people aged 14-25 into volunteering opportunities and projects around Huntingdonshire. Sorts of things on offer include: conservation work, archaeology, working with disabled people, older people and children; working in a charity shop, hospital; with animals, visiting, clerical work etc, etc. These opportunities can help build on your skills and confidence and help your local community at the same time. For more information call: **01480 415145**.

## Connexions **local**

Volunteering activities and charity work can be very rewarding. 'Sorted Online' on [www.purplepigeon.net](http://www.purplepigeon.net) has a list of local volunteering opportunities for young people, along with information about plenty of other things to do. This is regularly updated. There's also info about how young people can get involved in Connexions.

## 'Info Cam' Community Information

Provided by the County Council's Libraries and Information Service. [www.camcnty.gov.uk/library](http://www.camcnty.gov.uk/library) click on the 'Info Cam' link and do a search on 'youth'. Contact information for scout and guide groups, local sporting clubs etc.

## [www.isadirectory.org.uk](http://www.isadirectory.org.uk)

Lists of youth groups and sports clubs etc in the area.

# Youth groups and services in Huntingdonshire

**Broadleas Youth Centre:** Broadleas, St. Ives. Tel: **01480 398256**

**Huntingdon Youth Centre:** Sallowbush Road, Huntingdon. Tel: **01480 375030**

**Ramsey Youth Centre:** Hollow Lane, Ramsey. Tel: **01487 813378.**

**St Neots:** St Neots Community College, St Neots. Tel: **01480 374948**

## Information Shop for Young People

Broadleas Centre, Broadleas, St Ives.  
Tel: **01480 386011**

Part of Cambs Youth Service Provision. Free and confidential advice for young people aged 14-25. Aims to provide good information in a relaxed and friendly way. Specialist workers can help with questions about almost anything, including family problems, drugs, health, college work, finding support, rights etc. Counselling available. Call for more information and opening times.

## The Buddy Project

...aims to provide young people who have special needs with a trained youth worker/buddy, who will help them into educational or leisure activities for a while or until they feel able to attend by themselves. For more info on this project, call **07793 837696.**

**[www.4youth.org.uk](http://www.4youth.org.uk)** local

Youth workers in the Huntingdonshire area can help you get involved in some interesting and challenging activities which will help your personal development. Many of these opportunities can lead to certificates or qualifications. We offer support, information and advice and can help

you get in touch with other organisations if you need specialised help, for example, counselling.

## Connexions local

(see entry on page 36)  
**Confidential support service for all 13-19 year olds.** Info, advice and guidance as well as practical help on whole range of topics, including career planning, relationship dilemmas, job and educational opportunities, housing problems, alcohol and substance misuse, money worries, personal development, health issues and much more.  
Freephone: **0800 56 13219**  
Huntingdon: **01480 376800**  
St. Neots: **01480 376013**

# General info & advice

## Huntingdon Independent Advice Centre **local**

This service, funded by the Community Legal Service, is aimed at people who live in Hunts and Fenland and who are on low incomes. Advice and assistance is available on welfare rights and debt and this includes benefits and housing law etc. Tel: **01480 356778**  
Mon-Thurs 10am-1pm.

## National Youth Advocacy Service (NYAS)

NYAS is a national charity providing legal advice, information and advocacy services to children and young people up to the age of 25. They provide a service to any child or young person whose voice is not being heard through a national network of trained advocates and solicitors. Confidential freephone number for young people needing help: **0800 61 61 01** Lines are open

Mon-Fri 8am-8pm, Sat 10am-4pm.  
Email: [help@nyas.net](mailto:help@nyas.net) or you can write to **FREEPOST, NYAS.**

## Children's Legal Centre

A free and confidential legal advice and information service, covering all aspects of the law affecting children and young people. This service is open to children, young people and anyone with concerns about them. Advice line **01206 873820** Mon-Fri 10am-12.30pm and 2pm-4.30pm.  
[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

## Independent Complaints Advocacy Service

Free and confidential service to assist and support anyone wishing to pursue a complaint about the service they have received. Tel: **0845 456 1084** or visit website [www.pohwer.net](http://www.pohwer.net)  
Email: [pohwer@pohwericas.net](mailto:pohwer@pohwericas.net)

See also PALS entry on page 30

## NHS Direct

24 hour confidential healthcare advice and information helpline. You can speak directly to experienced nurses about any health problem or enquiry. If you need general information about local health services or a particular health problem NHS Direct staff can be contacted on **0845 46 47** – calls charged at local rate. Translation service available.  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

## The Directory

Cambs County Council online directory of services for children, young people and families living in Cambridgeshire.  
[www.isadirectory.org.uk](http://www.isadirectory.org.uk)  
The site is new and still growing.

## Citizens Advice Bureau

**local** Free, confidential and independent advice on a wide range of issues including benefits, housing, legal matters, employment, immigration, debt, homelessness and much more.

Huntingdon Citizens Advice Bureau,  
6 All Saints Passage, Huntingdon.  
Open Mon, Wed, Thurs 9.30am-  
3.30pm. Tue and Fri 12.30pm-3.30pm.  
Tel: **01480 388900** Email:  
[bureau@huntingdoncab.cabnet.org.uk](mailto:bureau@huntingdoncab.cabnet.org.uk)

St Ives Citizens Advice Bureau, Town Hall,  
Market Place, St Ives. Open Tue, Wed,  
Thurs, Fri 9.30am-12.30pm.  
Tel: **01480 388909**

Ramsey Citizens Advice Bureau, The  
Heath Centre, Whytefield Road,  
Ramsey. Open Wed and Fri 10am-  
12 noon. Tel: **01487 812560**

St. Neots Citizens Advice Bureau, Oak  
House, 28 New Street, St. Neots. Open  
Mon, Tue, Fri 10am-4pm, Wed and  
Thurs 10am-1pm. Tel: **01480 388905**  
Email: [bureau@stneotscab.cabnet.org.uk](mailto:bureau@stneotscab.cabnet.org.uk)

## Benefits Advice

For general information on benefits,  
call the Benefits Agency Helpline on  
**0800 88 2200**

Email: [bel-customer-  
services@dpw.gsi.gov.uk](mailto:bel-customer-services@dpw.gsi.gov.uk)

See also Citizen's Advice Bureau  
entry, and DISH entry for benefits,  
advice for disabled people.

## Connexions **local**

(see entry on page 36)  
Connexions offers a confidential support  
service for all 13 to 19 year-olds and  
extends that support for young people  
with additional needs up to age 25. By  
providing one contact point – a  
Personal Adviser – it can make life a  
little bit easier for young people to get

info, advice and guidance as well as  
practical help on a wide range of  
topics. Freephone **0800 56 13219**

20 Benedict's Court, Princes Street,  
Huntingdon. Tel: **01480 476800**  
Email: [huntingdon@connexionscp.co.uk](mailto:huntingdon@connexionscp.co.uk)  
Open: Mon-Fri 9.30am-5.15pm and  
Sat 10am-1pm.

The Library, Priory Lane, St Neots  
Tel: **01480 476013**  
Email: [stneots@connexionscp.co.uk](mailto:stneots@connexionscp.co.uk)  
Open: Mon, Tue, Thurs, Fri  
1.30am-5pm.

## Connexions Direct

A national service that offers support  
with local information.  
Available every day from 8am to 2am.  
Freephone: **080 800 13219**  
Text: **077664 13219**  
Webchat/Email:  
[www.connexions-direct.co.uk](http://www.connexions-direct.co.uk)

# Contacts for parents



Help! What can I do about my child's behaviour?

see also entries on page 42

## Parentline Plus

Provides advice, information and support on a wide range of concerns for anyone parenting a child, including step-parents, grandparents and foster parents. Books, leaflets and free information packs are available.

Helpline: **0808 800 2222** (24 hour) textphone for hearing disabled:

**0800 783 6783** Email helpline:

[contact@parentlineplus.org.uk](mailto:contact@parentlineplus.org.uk)  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

56

## Young Minds Parents' Information Service

National confidential service for parents and carers who are concerned about the mental health or emotional wellbeing of a child or young person. Provides information and details of local and national groups and printed information on a range of mental health issues. The website offers information for parents, young people and professionals.

Tel: **020 7336 8446** during office hours.

Or parents' information helpline:

**0800 018 2138** Mon, Fri 10am-1pm, Tue, Wed, Thurs 1pm-4pm.

Email: [enquiries@youngminds.org.uk](mailto:enquiries@youngminds.org.uk)  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

## One Parent Families

National Council for One Parent Families offers information and free publications on the key issues you might face as a lone parent. Lone parent helpline:

**0800 018 5026** Email:

[info@oneparentfamilies.org.uk](mailto:info@oneparentfamilies.org.uk)  
[www.oneparentfamilies.org.uk](http://www.oneparentfamilies.org.uk)

## Families Need Fathers

Advice, support and information on maintaining a child's relationship with both parents following separation or divorce.

Helpline: **08707 607496**

Mon-Fri 6pm-10pm [www.fnf.org.uk](http://www.fnf.org.uk)

## Advisory Centre for Education (ACE)

Independent national advice centre for parents of children in state schools.

Helpline: **0808 800 5793** 2-5 weekdays

## Educational Opportunities – Cambridgeshire Community Learning Information

County Council website detailing hundreds of local courses and opportunities for adults. [www.camlearn.net](http://www.camlearn.net)

## The Parentscentre

Government Education Dept site for parents and carers to help their children make the best of the education system.

Includes information in relation to special needs children, and is also available in other languages.

[www.parentscentre.gov.uk](http://www.parentscentre.gov.uk)

## Children's Information

### Service (Opportunity Links)

Information on all local childcare, early education and other care support services for children and parents. Tel: 0800 29 89 121

[www.opportunity-links.org.uk](http://www.opportunity-links.org.uk)

### Working Families

Website offering wide range of information and support to working parents, including employment/ financial/legal links.

[www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)

### BBC website

Links into a wide range of information on many aspects of life, including health, mental health, relationships, parenting, education, leisure etc. CBBC and education areas provide information for children.

[www.bbc.co.uk](http://www.bbc.co.uk) or

[www.bbc.co.uk/cbbc/yourlife](http://www.bbc.co.uk/cbbc/yourlife) (for children).

### Sure Start

[www.surestart.gov.uk](http://www.surestart.gov.uk)

Government funded programme to bring together early education, childcare, health and family support.

Children don't come with instructions. Sometimes you just need to talk.



# Private therapists & services

If you decide to pay for the services of a private therapist, it is important that you check that they are registered with an appropriate professional body. It is also important to establish whether they have had specialist training to work with children and adolescents. It is always advisable to be cautious and if in doubt you should consult your doctor for advice and guidance to appropriate therapists.

58

## British Psychological Society

Tel: 0116 254 9568  
[www.bps.org.uk](http://www.bps.org.uk)

## UK Council for Psychotherapy

Tel: 020 7436 3002  
[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

## British Association for Counselling and Psychotherapy

Tel: 0870 443 5252  
[www.bacp.co.uk](http://www.bacp.co.uk)

## Association of Child Psychotherapists

Tel: 020 8458 1609  
[www.acp.uk.net](http://www.acp.uk.net)

## British Association for Behavioural and Cognitive Psychotherapies

Tel: 01254 875277  
[www.babcp.co.uk](http://www.babcp.co.uk)

## Association for Family Therapy and Systemic Practice in the UK

Tel: 01925 444414  
[www.aft.org.uk](http://www.aft.org.uk)

## Complementary Therapies

Some people find the use of complementary therapies useful, particularly for relaxation and stress reduction. Again, if you decide to pay for the services of a complementary therapist, it is important that you check that they are registered with an appropriate professional body (these are all available from the British Complementary Medicine Association – details below). It is important also to establish whether they have had specialist training to work with children and adolescents. It is always advisable to be cautious and, if in doubt, you should contact your doctor for advice and guidance to appropriate therapists.

**British Complementary Medicine Association** 0845 345 5977  
[www.bcma.co.uk](http://www.bcma.co.uk)  
Email: [info@bcma.co.uk](mailto:info@bcma.co.uk)

# Index

2byou ..... 50  
4 Youth ..... 53  
@Ease (Rethink) ..... 48

## A

Abuse ..... 16  
Advocacy ..... 54, 30  
ADISS ..... 43  
ADHD support group ..... 42  
Advisory Centre for Education ... 56  
AICH ..... 37  
Alateen ..... 44  
Alcohol ..... 44  
Alcoholics Anonymous ..... 44  
Al-Anon ..... 44  
Apnar Ghar ..... 47  
Armaan – multi ethnic support ... 46  
Asian helpline ..... 16, 46  
Avert ..... 50

## B

BBC ..... 57  
Benefits Advice ..... 54, 55  
Bereavement ..... 40  
Boys ..... 14

Brit Kid ..... 46  
Bristol Crisis Centre ..... 23  
Broadleas Youth Centre ..... 53  
Buddy project ..... 53  
Bullying ..... 15

## C

CALM ..... 14, 38  
Cambridge Ethnic  
Community Forum ..... 46  
Cambridgeshire Race Equality  
& Diversity Service ..... 47  
Cambs Youth Offending Service .. 35  
Cannabis ..... 45  
Careline ..... 38  
Carers Support Project ..... 43  
Carers ..... 24  
Childline ..... 38  
Child & Adolescent Mental Health  
Service (CAMHS) ..... 28  
Child Bereavement Trust ..... 40  
Children's Information Service ... 57  
Children's Legal Centre ..... 54  
Children with Disabilities ..... 42  
CINTRA ..... 46

Citizens Advice Bureau ..... 55  
Clinic 6 ..... 50  
Community Ethnic Forum ..... 46  
Compassionate Friends ..... 40  
Complementary Therapies ..... 58  
Connexions ..... 36  
Contact a Family ..... 41  
Counselling ..... 37, 38  
Crisis – who to call ..... 26  
Crossroads Young Carers Project 25  
Cruse Bereavement Counselling . 40

## D

Depression ..... 12  
Depression Alliance ..... 49  
Disability Information Service  
Huntingdonshire (DISH) ..... 41  
Dialdruglink ..... 45  
Discrimination ..... 43, 47, 48  
Diverse Minds ..... 47  
Divorce/Separation ..... 18  
Domestic Violence/Abuse ..... 16  
Drinksense ..... 44  
Drinkline ..... 44  
Drugs ..... 45

**E**

Eating Problems & Disorders . . . .	20
Eating Disorders Association UK . . . .	20
Education . . . . .	34
Educational Opportunities . . . . .	56
Ethnic Community Forum . . . . .	46

**F**

Family Mediation . . . . .	19
Families Need Fathers . . . . .	56
Frank . . . . .	45

**G**

Get Connected . . . . .	39
-------------------------	----

**H**

Housing/Homelessness . . . . .	51
Huntingdon Independent Advice Centre . . . . .	54
Huntingdon Youth Centre . . . . .	53
Huntingdonshire Youth Volunteer Bureau . . . . .	52
Hunts. & District ADHD Support Group . . . . .	42

Hunts.Mind . . . . .	48
Hunts. Parent Carer Forum . . . . .	43
Hyperactive Children's Support Group . . . . .	42

**I**

Independent Complaints Advocacy Service . . . . .	54
Information Shop . . . . .	50, 53
Interpreters/translators . . . . .	46

**K**

Kidscape . . . . .	15, 39
Kiran – Asian Women's Aid . . . . .	47

**L**

Learning Disabilities Service . . . .	41
Little Stars . . . . .	43
Looked after children . . . . .	32

**M**

Medication . . . . .	49
Mermaids . . . . .	50
Message home . . . . .	51

Mental Health Act . . . . .	30
Mental Health Info. section . . . . .	48
Mind . . . . .	48
Muslim Youth Helpline . . . . .	46

**N**

National Association for Children of Alcoholics (NACOA) . . . . .	44
National Autistic Society . . . . .	42
National Youth Advocacy Service (NYAS) . . . . .	54
Natural High . . . . .	52
NHS Direct . . . . .	54
No Panic . . . . .	38
NSPCC . . . . .	16, 46

**O**

One parent families . . . . .	56
On-line Info & Guidance . . . . .	39
Ormiston Children & Families Travellers Advocacy Service . . . .	47

## P

Paines Mill Foyer	51
PALS	30
Parent Centre	56
Parentline Plus	56
Parents section	56
Parent Partnership Service	43
Peterborough Racial Equality Council	46

## R

Ramsey Youth Centre	53
Rape Crisis Centre	39
Relate	19
R U Thinking About it?	50

## S

St. Neots Youth Group	53
Samaritans	26, 38
Sane/Saneline	49
Self Harm	22
Sexual Health/Sexuality	50
Shelter	51

SIBS Encounter	25, 41
Skate Park Project	52
Social Services	31
Someone to Talk to section	37
Special Needs section	41
Speech & Interaction Difficulties Group (SAID)	42
Sure Start	57
Survivors	39
Survivors of Bereavement by Suicide	40

## T

Talk to Frank	45
The Directory	54
The Line	51
The Site	39
The Place	50
Travellers	47

## V

Victim Support	39
Voluntary Work for Young People	52

## W

'Wired for Health' Websites	48
Women's Aid	17
Working Families	57
Workplace Bullying	15

## Y

Young Carers	25
Young Minds	48, 56
Young People's Health & Advice drop-in	50
Young Persons Housing Adviser	51
Youth 2 Youth	38
Youth Groups & Services in Hunts.	53
Youth Information	39
YOUS (Young Person's Substance Misuse Team)	45
Youth Offending Service	35

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please contact The Patient  
Advice & Liaison Service (PALS)  
tel: **01480 398555** or email:  
**[pals@cambsmh.nhs.uk](mailto:pals@cambsmh.nhs.uk)**



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This guide was collated by Pam Timbrell for Hunts.Mind.



Take care, be strong,...  
**HAVE \*FUN\*!!!**

