

### Support services for young people and families in Tamworth

<u>Organisation</u>	<u>Brief description</u>	<u>Contact</u>
Homestart	Home-Start Tamworth is a local charity which supports ordinary parents in and around Tamworth, who are going through challenging times. A carefully selected volunteer, who has parenting experience themselves, regularly visits a family, in their own home, offering emotional and practical support through difficult times for as long as it is helpful or needed. This friendly parent-to-parent support is a simple yet effective way of enabling families to get back on track.	For more information contact Homestart on 01827 62400  <a href="https://www.homestarttamworth.org.uk">Contact Us   Home-Start Tamworth (homestarttamworth.org.uk)</a>
Malachi	Family support helping families create routines in the home and also support with strategies to manage child's behaviour.	For more information contact Malachi on: 0121 4414556 <a href="mailto:tamworth@malachi.org.uk">tamworth@malachi.org.uk</a>
Catch 22	Support children and young people in unhealthy relationships, victims of child sexual exploitation and children missing from home.	For more information contact Staffordshire Catch22 team on 01782 237106.
New Era	Support for victims of domestic abuse. New Era also support children and young people age 4-18 who have experienced or witnessed domestic abuse	Contact New Era helpline 0300 303 3778 Email: <a href="mailto:new-era@victimsupport.org.uk">new-era@victimsupport.org.uk</a>  <a href="http://www.new-era.uk">www.new-era.uk</a>
Child & Adolescent Mental Health Services (CAMHS)	Offering support for young people experiencing emotional, behavioural or mental health difficulties	Telephone: 0808 196 3002
Action for Children	Providing on line programmes for parents and young people to help improve emotional wellbeing and mental health	Website: <a href="https://www.staffordshire-ewb.actionforchildren.org.uk">https://www.staffordshire-ewb.actionforchildren.org.uk</a> Telephone 01782 977877
Staffordshire Council Voluntary Youth Services	The Wellbeing and Health Action Map (WHAM) Plan is a series of emotional wellbeing sessions designed and delivered by young people and for young people aged 11-18. The specific sessions are designed to allow you to understand these	Website: <a href="https://staffscvys.org.uk/syu-wham/">https://staffscvys.org.uk/syu-wham/</a>

(SCVYS)	issues, how to deal with them yourself, coping methods and how to help others.	
Staffordshire Together for Carers Service	To reduce the impact that the caring role can have on the carers health and wellbeing (also includes young carers)	Telephone: 0300 303 0621 Chat on line at <a href="http://www.n-compass.org.uk/our-services/carers">www.n-compass.org.uk/our-services/carers</a>
T3 STARS	<b>T3 stars</b> is a confidential service for young people up to 20 years old in Staffordshire. <b>T3 stars</b> aims to help young people make informed choices about their alcohol and drug use, and to raise awareness of all the risks involved. This includes providing high quality and responsive support and assistance to parents and carers, schools, colleges, statutory services and other young person's services and youth and community groups, enabling effective community treatment planning that reflects an inclusive approach to care coordination.	<b>Contact Name</b> T3 Stars <b>Telephone</b> 01785 241 393 <b>E-mail</b> <a href="mailto:t3stars.stafford@humankindcharity.org.uk">t3stars.stafford@humankindcharity.org.uk</a> <b>Website</b> <a href="#">t3 stars</a>
Tamworth Samaritans	Provide a free 24-hour helpline for people who are upset, troubled or who are feeling suicidal.	<a href="#">Tamworth   Samaritans</a>
Pathway Project	A domestic and sexual abuse service based in Lichfield & Tamworth, offering a range of support services, helping adults and children overcome domestic abuse.	<a href="http://pathway-project.co.uk">Home - Pathway Project (pathway-project.co.uk)</a>
Staffordshire Fire & Rescue Safe and Sound Project	Safe & Sound is a project set up by Staffordshire Fire and Rescue Service with the aim of supporting communities to make informed and positive lifestyle choices, improving their health, safety and wellbeing. The project runs a variety of interactive and practical workshops for children, young people and over 60s delivered by multiple partners and agencies. Support topics include: <ul style="list-style-type: none"> <li>Vulnerability - may include Child Sexual Exploitation, ASB, Substance Misuse, Gangs and Youth Violence, Healthy Relationships / Sexual Health, Emotional Well Being, Cyber-crime, Online Safety, extremism/radicalisation and any other relevant issues - delivered by relevant professionals, including -</li> </ul>	<a href="http://staffordshirefire.gov.uk">Safe+Sound (staffordshirefire.gov.uk)</a>

	Staffordshire Police	
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Further information on a range of services is also available at: [Staffordshire Connects](#)