



## Family Hub Partnership Services

Kent Family Hubs offer support to children, young people and their families. They provide a single place to go for information and make it easier for you to get the services you need throughout your family journey - from newborns to 19-year-olds, or up to 25-year olds with special educational needs or disabilities (SEND). If you need more information on accessing any services below please contact your local Family Hub.

Support for Young People		
These services are provided in partnership by:	Service	How to access
<b>NHS Kent Community Health Foundation Trust</b>	<p><b><u>ChatHealth</u></b>            ChatHealth is a text service for 11 to 19 year-olds. Young people can text with a member of our team about any health concerns they have. This service is confidential and anonymous.</p>	This service is available Monday to Friday, 9am to 5pm on 07520 618850.
<b>Kooth</b>	<p><b><u>Online Wellbeing Service with Kooth</u></b>            Kooth is a free, safe and anonymous online wellbeing service for children and young people.</p>	The Kooth team are available to chat from 12 noon until 10pm on weekdays, and from 6pm until 10pm weekends. For more information, visit <a href="https://www.kooth.com/">https://www.kooth.com/</a>
<b>Salus</b>	<p><b><u>Health Empowering Relationship Advisory Service with Salus</u></b>            The service is for young women, girls and gender diverse individuals aged 10 -18 years who live in Kent and would benefit from some extra support to improve their well-being and develop positive intimate relationships as a result of their life experiences. This may include sexual exploitation, coercive and abusive relationships, and familial domestic abuse.</p>	Please talk to one of our Family Hub Practitioners for a referral.  Alternatively, you can self-refer. For more information, visit <a href="https://salusgroup.org.uk/support-service/healthy-empowering-relationship-advisory-service/">https://salusgroup.org.uk/support-service/healthy-empowering-relationship-advisory-service/</a>

<p><b>Kent Integrated Domestic Abuse Services</b></p>	<p><b><u>Kent Integrated Domestic Abuse Service</u></b>          To provide a holistic, flexible model of support to victims (16+) of domestic abuse, focussing on early intervention and maintaining independence for victims and their families, reducing the impact of domestic abuse on families and communities, and keeping people safe</p>	<p>You can access this service by contacting Victim Support, who will then refer you to your local KIDAS service provider.</p> <p>Just call 0808 168 9111 - This phone line is open 24 hours a day, 7 days a week.          Or, you can use the Live Chat facility.          For more information, visit <a href="https://www.victimsupport.org.uk/resources/kent/">https://www.victimsupport.org.uk/resources/kent/</a></p>
<p><b>We are with you In Kent for young people</b></p>	<p><b><u>Specialist substance misuse service for young people</u></b>          Alongside their 1:1 offer, We Are With You runs early intervention groups including a preventative programme (Riskit) for young people who could be at risk of developing substance misuse issues. With You also provides a youth diversion scheme (Re-Frame) aimed at reducing criminality in young people found in possession of illegal substances by Kent Police. The service offers individualised support for parents around their child’s substance use and workforce development training programmes for external practitioners working with young people.</p>	<p>Please talk to one of our Family Hub Practitioners for a referral.</p> <p>Alternatively, you can self-refer. For more information, visit <a href="https://www.wearewithyou.org.uk/services/kent-for-young-people/">https://www.wearewithyou.org.uk/services/kent-for-young-people/</a></p>
<p><b>METRO Sexual Health</b></p>	<p><b><u>Free Condom Programme for Young People</u></b>          Get It scheme provides free condoms for under 25’s in Kent and raises sexual health awareness via outreach activity. Online registration is available for 16-24 years old young people with a delivery postcode in Kent. Metro also offers sexual health training to professionals working with young people.</p>	<p>For more info go to: <a href="https://getit.org.uk/">https://getit.org.uk/</a></p>
<p><b>SH:UK and Maidstone and Tunbridge Wells NHS Trust</b></p>	<p><b><u>Online STI testing service</u></b>          e-service that provides free and easy access to sexual health testing on behalf of Maidstone and Tunbridge Wells NHS Trust.</p>	<p>To receive a free screening kit to your home address, simply register with SH:UK via the below link, and answer a series of questions to help them identify the tests most appropriate for you: <a href="https://www.sh.uk/welcome">https://www.sh.uk/welcome</a></p> <p>Please talk to one of our Family Hub Practitioners if you would like support in accessing/ completing this form.</p>

## Bereavement Support

These services are provided in partnership by:	Service	How to access
<b>Listening Ear</b>	<p><b><u>Support Service for People Bereaved by Suicide with Listening Ear</u></b> This service is available to anybody currently living in Kent and Medway, no matter where the death by suicide occurred.</p>	<p>Please talk to one of our Family Hub Practitioners for a referral. Alternatively, you can self-refer. For more information, visit <a href="https://listening-ear.co.uk/">https://listening-ear.co.uk/</a></p>
<b>Chums</b>	<p><b><u>Specialist Children and Young People bereavement service with CHUMS</u></b> CHUMS offer specialist bereavement support to children and young people from 3½ years up until their 26th birthday in Kent and Medway, when a child or young person is experiencing complicated grief or traumatic bereavement.</p>	<p>Please talk to one of our Family Hub Practitioners for a referral. Alternatively, you can self-refer. For more information, visit <a href="https://chums.uk.com/kent-bereavement-service/">https://chums.uk.com/kent-bereavement-service/</a></p>

## Parenting Information and Support Services

These services are provided in partnership by:	Service	How to access
<b>NHS Kent Community Health Foundation Trust</b>	<p><b><u>Kent Family Website – Kent Teen</u></b> Find ways to support your teen's development, and keep them healthy and safe.</p>	<p><a href="http://kentcht.nhs.uk">Teen - Kent family (kentcht.nhs.uk)</a></p>
	<p><b><u>School Health</u></b> - Interventions are delivered alongside advice, support and help for; Emotional health &amp; wellbeing, day and night time wetting and soiling, sleep, behaviour, healthy Lifestyle and puberty and growing up</p>	<p>Please talk to one of our Family Hub Practitioners for a referral. Alternatively, you can self-refer. For more information, visit <a href="https://www.kentcht.nhs.uk/service/school-health/">https://www.kentcht.nhs.uk/service/school-health/</a></p>

## Online Parenting Programmes

These services are provided in partnership by:	Service	How to access
<b>The Solihull Approach</b>	<p>There is a whole range of free, online parenting programmes delivered by Solihull dedicated to improving emotional health and wellbeing in parents, children, teenagers, adults and grandparents. Support ranges from the antenatal and postnatal stage, right up when your child turns 19. We have broken down some of this support below.</p> <p>Courses can be completed at an individual's own pace.</p>	<p>Visit <a href="https://inourplace.co.uk/">https://inourplace.co.uk/</a> and register for a free account with the access code 'Invicta'.</p> <p>Please contact one of our Family Hub Practitioners if you would like any support with registering.</p>
	<p><b>Moving up to Secondary School for Children with additional needs</b></p> <p>A short specialist course for parents, relatives or friends of children who have additional needs, designed to support both you and them as they transition into secondary school.</p>	<p><a href="https://inourplace.heiapply.com/online-learning/course/128">https://inourplace.heiapply.com/online-learning/course/128</a></p>
	<p><b>Understanding your teenager's brain</b></p> <p>Helps parents and carers understand what happens to the brain of a child as they go through adolescence and understand some of the behaviours they might be noticing.</p>	<p><a href="https://inourplace.heiapply.com/online-learning/course/35">https://inourplace.heiapply.com/online-learning/course/35</a></p>
	<p><b>Understanding the impact of the pandemic on your teenager</b></p> <p>Helps you understand how the COVID pandemic may have affected your teenager emotionally. It may take you about 20 minutes to complete.</p>	<p><a href="https://inourplace.heiapply.com/online-learning/course/119">https://inourplace.heiapply.com/online-learning/course/119</a></p>
	<p><b>Understanding your teenager's brain (for teenagers only)</b></p> <p>Find out what's happening in your brain! Your brain changes as you hit adolescence. Going to sleep later? See how the changes in your brain explain some of the changes in your behaviour.</p>	<p><a href="https://inourplace.heiapply.com/online-learning/course/43">https://inourplace.heiapply.com/online-learning/course/43</a></p>
	<p><b>Understanding your child with additional needs</b></p> <p>For anyone caring for a child with special needs. Looks at some particular aspects of parenting such as sleep and anger management, helping to make it easier to work with your child's behaviour.</p>	<p><a href="https://inourplace.heiapply.com/online-learning/course/36">https://inourplace.heiapply.com/online-learning/course/36</a></p>
	<p><b>Understanding your relationships</b></p> <p>A course for adults, young people, and older adults covering communication, anger, conflict, repair and more.</p>	<p><a href="https://inourplace.heiapply.com/online-learning/course/53">https://inourplace.heiapply.com/online-learning/course/53</a></p>

<p><b>Kent Adult Education</b></p>	<p><b>Online workshop – Autism Awareness (11-19)</b>  An adult only course, aimed at mothers, fathers and carers with children aged 11 -19 years. The course is designed to give parents a better understanding of the autism spectrum, offering practical advice to better support children with communication, behaviour management and coping strategies. This is an online, discussion-based course, where you will be interacting live with your tutor and fellow learners as you would in the classroom.</p>	<p>8th July 2024  7pm – 9pm (2 hours)</p> <p>For more information or to book onto this course, please contact your local Family Hub team.</p>
<p><b>Kent Adult Education</b></p>	<p><b>Online workshop – Stepping up into Secondary</b>  An adult only course, designed to enable mothers, fathers and carers reflect on their own feelings about their child starting secondary school, what to expect, and how to best prepare and support their child in the transition. This is an online, discussion-based course, where you will be interacting live with your tutor and fellow learners as you would in the classroom.</p>	<p>18th June 2024  1pm – 3pm (2 hours)</p> <p>For more information or to book onto this course, please contact your local Family Hub team.</p>
<p><b>Kent Adult Education</b></p>	<p><b>Online workshop - Understanding your Teenager</b>  An adult only course, designed to enable parents to positively discuss the changes experienced by adolescents and their families and how to best support their teens grow into happy and confident adults. This is an online, discussion-based course, where you will be interacting live with your tutor and fellow learners as you would in the classroom.</p>	<p>5th July 2024  9:30am – 11:30am (2 hours)</p> <p>For more information or to book onto this course, please contact your local Family Hub team.</p>
<p><b>Kent Adult Education</b></p>	<p><b>Online workshop - Supporting Your Child's Anxiety</b>  An adult only workshop, designed to increase understanding and provide practical strategies for parents and carers in helping children manage anxiety. In the session learners will engage in open discussions facilitated by the tutor and fellow parents, sharing experiences and learning effective ways to support children experiencing anxiety. This is an online, discussion-based course, where you will be interacting live with your tutor and fellow learners as you would in the classroom.</p>	<p>15th July 2024  9:30am – 11:30am (2 hours)</p> <p>For more information or to book onto this course, please contact your local Family Hub team.</p>

## Health Support

These services are provided in partnership by:	Service	How to access
<b>NHS Kent Community Health Foundation Trust</b>	<b><u>Stop Smoking Service (age 12+)</u></b> Stop Smoking service consists of support for individuals who smoke with 7 weeks of intervention	Please talk to one of our Family Hub Practitioners for a referral.  Alternatively, you can self-refer. Simply complete the following referral form and select 'Smoking' as the issue you would like support with <a href="https://www.kentcc.gov.uk/oneyoukent/privacy-notice">One You Kent - Privacy notice - Kent County Council (achieveservice.com)</a>
	<b><u>Oral Health</u></b> For top tips on keeping you and your families mouths healthy	<a href="http://www.kentcht.nhs.uk/happyteeth">www.kentcht.nhs.uk/happyteeth</a>