

Extract from the 2005 Edition of the Southwark Mind Services Directory

Published by Southwark Mind ©2005

Contact us at: Cambridge House,
131 Camberwell Road, London SE5 OHF
Tel: 0207 701 8535 (Answerphone)

Email: info@southwarkmind.org.uk

Visit the fully searchable online version of this directory at
<http://www.southwarkmind.org.uk/searchframe.html>
where you can search by Category, by Keyword and by Postcode

To add details of your project to our database for inclusion in any
future updates phone or email us and ask for a questionnaire form.

Compiled and produced by Alex Clark



CHAPTER 14: FAMILIES AND YOUNG PEOPLE

This chapter is composed of the categories:

Family Services and
Youth Services

Being part of a family can be difficult and if problems arise it is far better to seek help and support in the early stages before things develop and get out of hand. This chapter contains details for several projects offering a range of services such as telephone helplines, counselling services and mutual support networks, while others offer practical help with a particular problem.

You will find a variety of family and children's services in these pages, including a range of family and fathers support services at **FWA Newpin**, while **The Place to Be** offers therapeutic support for children of primary school age whose schools are part of the scheme.

The Youth Services category offers a range of projects for young people.

Family Services

ATD 4th World

Address1: 48 Addington Square

Town/City: London

Postcode: SE5 7LB

Phone: 0207 703 3231

Email: atd@atd-uk.org

Website: <http://www.atd-uk.org>

Description: Voluntary organisation who act as a link between families experiencing poverty and relevant professionals. Mainly for families who are excluded and isolated from mainstream services. Help getting health and care services, access to advocacy services etc

Special Interest Activities: Limited disabled access - meeting rooms on ground floor

Additional Info: Aim is to help families to stay together.

Opening Hours: Mon-Fri 9am-6pm

Travel: BR and Tube: Elephant and Castle then bus / Buses: 12, 35, 40, 42, 45, 68, 148, 171, 176, 468

Referral: Self or other agencies

14

F
A
M
I
L
I
E
S

A
N
D

Y
O
U
N
G

P
E
O
P
L
E

**Barnados
London East and South-East Regional Office**

Address1: Scotch House
Address2: Tanners Lane
Town/City: Barkingside
Postcode: IG6 1QG

Phone: Office: 0208 551 0011 Switchboard: 0208 550 8822
Other Numbers: Fax: 0208 551 8267
Website: <http://www.barnados.org.uk>

Description: Barnados run over 350 services across the UK helping children and young people in need. Primary aim is to help disadvantaged children reach their full potential. Phone for details of local services.

Opening Hours: Mon-Fri 9am-5pm

Travel: BR: Barkingside

Disabled Access - ramps, wide doorways, disabled toilet

Charterhouse-in-Southwark Family Centre

Address1: 40 Tabard Street
Town/City: London
Postcode: SE1 4JU

Phone: 0207 407 1123
Other Numbers: Admin: 0207 234 8952/3 Fax: 0207 357 8379
Email: info@charterhouse-in-southwark.org.uk
Website: <http://www.charterhouse-in-southwark.org.uk>

Description: Family Support service for children and their families living in Southwark. Holistic approach to supporting individual and whole family's needs. Offers practical, therapeutic and educational services including 1 to 1 and family support sessions, crèche, parent and child pop-in, Complementary Therapies, community education classes etc. Phone for further details.

Special Interest Activities: Crèche, Complementary Therapies, education classes covering a range of topics, low cost homeopathy, access to counselling services for men and women, can refer women experiencing domestic violence to relevant organisations.

Additional Info: Operate a Contact Centre for parents wanting to re-establish access to children, Holiday scheme

Opening Hours: Mon-Fri usually between 10am-4pm

Travel: BR: London Bridge / Tube: Borough or London Bridge / Buses: 21, 35, 40, 133, 343

Referral: Self or other agencies

Criteria/Catchment: Living in Southwark

Black and Asian sessions/services
Women Only sessions/services

14

F
A
M
I
L
I
E
S

A
N
D

Y
O
U
N
G

P
E
O
P
L
E

FSU South London

Address1: 5 Baldwin Crescent

Address2: Camberwell

Town/City: London

Postcode: SE5 9LQ

Phone: 0207 733 6291

Other Numbers: Fax: 0207 924 0975

Email: southlondonfsu@fsu.org.uk

Website: <http://www.fsu.org.uk/southlondon>

Description: Provide a range of family support services including counselling, child therapy, a service for sexually abused children, parenting support groups, family social work, domestic violence services, outreach, individual and group work etc. Phone for details.

Special Interest Activities: Outreach service can make home visits by arrangement

Additional Info: Limited disabled facilities - ramp to main entrance and disabled toilet only

Opening Hours: Office: Mon-Fri 9am-5pm

Travel: Tube: Oval then bus / Buses: 12, 35, 36, 42, 45, 68, 171, 176, 185, 345, 468

Referral: Referrals usually via agencies, some self-referrals also accepted

Criteria/Catchment: Resident of Southwark or Lambeth

Disabled Access - ramps, wide doorways, disabled toilet

FWA Southwark Newpin - Head Office

Address1: 163 Commercial Way

Address2: Peckham

Town/City: London

Postcode: SE15 1AU

Phone: 0207 252 8283

Email: southwarknewpin@fwaprojects.org.uk

Description: Family Support service providing open access drop-in Tues/Thurs/Friday. For mothers with under 5's who want to make positive changes for themselves by building confidence and self-esteem, promote healthy parent/child relationships, develop a support network and make friends. This project offers 1 to 1 counselling, therapeutic support groups and parenting programmes etc. Phone for details.

Special Interest Activities: Befriender Training for Ante/Post-Natal Project, Young Mum's project, Fathers Project

Additional Info: Also see entry for FWA Newpin Fathers Project

Opening Hours: Mon-Fri 9am-5pm

Travel: BR: Peckham Rye / Buses: 63, 78, 363, 381 to Commercial Way

Referral: Self and other agencies

Criteria/Catchment: Mothers with children under 5 years old

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

14

F
A
M
I
L
I
E
S

A
N
D

Y
O
U
N
G

P
E
O
P
L
E

FWA Southwark Newpin - Fathers Project

Address1: 163 Commercial Way

Address2: Peckham

Town/City: London

Postcode: SE15 1AU

Phone: 0207 252 8283

Email: jevanmooyung@fwaprojects.org.uk

Description: Playtime and learning opportunities for fathers and children offering one to one counselling, parenting support, group work, support regarding access to children etc. Can signpost to other relevant services as required. Phone for further details.

Additional Info: Part of the Peckham Healthy Living Network

Opening Hours: Tuesdays and Thursdays 5-9pm and alternate Saturdays 10am-2pm

Travel: BR: Peckham Rye / Buses: 63, 78, 363, 381 to Commercial Way

Referral: Open access

Criteria/Catchment: For fathers with children of any age living in SE15

Disabled Access - ramps, wide doorways, disabled toilet

Gingerbread

Address1: 1st Floor, 7 Sovereign Close
Address2: Sovereign Court
Town/City: London
Postcode: E1W 3HW

Phone: Helpline: Mon-Fri 9am-5pm Freephone 0800 018 4318
Other Numbers: Admin: 0207 488 9300 Fax: 0207 488 9333
Email: office@gingerbread.org.uk
Website: http://www.gingerbread.org.uk

Description: National network of self help groups for single parent families offering advice, support and friendship.

Additional Info: Contact general office for details of local groups

Opening Hours: General office: Mon-Fri 9am-5pm Helpline: Mon-Fri 9am-5pm 0800 018 4318

Referral: Open access

Criteria/Catchment: Single parent

Home-Start Southwark

Address1: 112A Warner Road
Address2: Camberwell
Town/City: London
Postcode: SE5 9HQ

Phone: 0207 733 7252
Other Numbers: Fax: 0207 274 7925
Email: hssouthwark@dsl.pipex.com

Description: Offer friendship, support and practical help for young families under stress, helping to prevent family crisis and breakdown.

Special Interest Activities: Home visits by arrangement

Opening Hours: Mon-Fri 9:30am-4pm

Travel: BR: Loughborough Junction or Denmark Hill and 10/15 min walk / Buses: Any bus to Camberwell Green and 10 min walk

Referral: Self or any other source

Criteria/Catchment: Must live in Southwark and have at least one child under 5 years old

Nigel Clare Network Trust

Address1: St Olaf's Church
Address2: Hart Street
Town/City: London
Postcode: EC3R 7NB

Phone: Message service: 0208 769 0941
Email: postmaster@nigelclare.org
Website: <http://www.nigelclare.org>

Description: A confidential service offering advice and support for families with a child whose life is limited by length, quality or both. All services are geared to helping the family make a living while providing for the child's needs. Appointments only, phone for further details.

Additional Info: Limited disabled access

Opening Hours: Office: Mon-Fri 9:30am-4:30pm

Travel: BR: Fenchurch St, London Bridge / Tube: Tower Hill, Monument

Referral: Self or other agencies

Parentline Plus

Address1: Cornerstone House
Address2: 14 Willis Road
Town/City: Croydon
Postcode: CR0 2XX

Phone: 24 hour Helpline: 0808 800 2222
Other Numbers: Admin: 0208 689 2252 Textphone: 0800 783 6783
Email: parentsupport@parentlineplus.org.uk
Website: <http://www.parentlineplus.org.uk>

Description: A free confidential helpline for parents. Access to support groups, workshops and parenting courses etc. Phone or see their website for further details.

Special Interest Activities: A free textphone helpline is available on 0800 783 6783.

Additional Info: Volunteers for Helpline and office duties always welcome.

Opening Hours: Helpline: 24 hours, Office: Mon-Fri 9am-5pm

Travel: BR: East or West Croydon

Referral: Self or any other source

Southwark Children and Family Service

Address1: Lister Primary Care Centre

Address2: 101 Peckham Road

Town/City: London

Postcode: London SE15 5LJ

Phone: 0207 701 7371

Other Numbers: Fax: 0207 701 8697

Website: <http://www.slam.nhs.uk>

Description: Provide services to children where any sort of disruption has affected their psychological, behavioural or emotional well-being. Multidisciplinary team providing individual and family assessments, family therapy, parenting advice, outreach work, and services for families in crisis. Also specialist child sexual abuse treatment services. Phone for further details.

Special Interest Activities: Language services available by arrangement

Opening Hours: Mon-Fri 9am-5pm

Travel: BR: Peckham Rye / Buses: 12, 36

Referral: Usually via professional agencies

Criteria/Catchment: Children under 12 years old living in Southwark

Disabled Access - ramps, wide doorways, disabled toilet

14

F
A
M
I
L
I
E
S

A
N
D

Y
O
U
N
G

P
E
O
P
L
E

Southwark Social Services Children's District North

Address1: 23 Harper Road

Town/City: London

Postcode: SE1 6AW

Phone: 0207 525 1925

Description: Provide services where children are either: 1) unlikely to achieve or maintain a reasonable standard of health or development without the provision of such services, or 2) the child's health or development is likely to be further impaired without the provision of such services. Can refer disabled children on to other relevant services.

Special Interest Activities: Language services by arrangement

Opening Hours: Mon-Fri 9am-5pm. After hours and weekends via the Emergency Duty Team on 0207 525 5000

Travel: BR: Elephant and Castle / Buses: 35, 40, 95, 133, 343

Referral: Schools, health workers, GP's, other professionals, friends and family members etc

Criteria/Catchment: For children, their families and carers living in North Southwark

Disabled Access - ramps, wide doorways, disabled toilet

Southwark Social Services Children's District South

Address1: Sumner House

Address2: Sumner Road

Town/City: London

Postcode: SE15 5QS

Phone: 0207 525 1049

Description: Provide services where children are either: 1) unlikely to achieve or maintain a reasonable standard of health or development without the provision of such services, or 2) the child's health or development is likely to be further impaired without the provision of such services. Can refer disabled children on to other relevant services.

Special Interest Activities: Language services by arrangement

Opening Hours: Mon-Fri 9am-5pm. After hours and weekends via the Emergency Duty Team on 0207 525 5000

Travel: BR: Peckham Rye / Buses: 12, 36, 37, 171, 312, 343

Referral: Schools, health workers, GP's, other professionals, friends and family members etc

Criteria/Catchment: For children, their families and carers living in South Southwark

Disabled Access - ramps, wide doorways, disabled toilet

14

F
A
M
I
L
I
E
S

A
N
D

Y
O
U
N
G

P
E
O
P
L
E

Stillbirth and Neonatal Death Society (SANDS)

Address1: 28 Portland Place
Town/City: London
Postcode: W1B 1LY

Phone: Helpline: Mon-Fri 10am-4pm 0207 436 5881
Other Numbers: Admin: 0207 436 7940 Fax: 0207 436 3715
Email: support@uk-sands.org
Website: <http://www.uk-sands.org>

Description: Support for bereaved parents and their families whose baby dies before, during or soon after birth. Run three key services: 1) Helpline Mon-Fri 10am-4pm 0207 436 5881 2) Network of local support groups 3) Info services. Phone for details.

Special Interest Activities: Phone for details of local groups.

Opening Hours: Helpline: Mon-Fri 10am-4pm 0207 436 5881 Office: Usual office hours

Travel: Tube and bus: Oxford Circus

Referral: Open access

Criteria/Catchment: Bereaved parents/families, health professionals etc

The Place To Be - Southwark

Address1: c/o Vauxhall Primary School
Address2: Vauxhall Street
Town/City: London
Postcode: SE11 5LG

Phone: 0207 587 0447
Other Numbers: Head Office: 0207 780 6189
Email: jackie.hendy@theplacetobe.org.uk

Description: Emotional and therapeutic support for children in Southwark primary schools, offering one to one individual work, group work and drop-in service. Currently working in ten Southwark schools. Phone to find out which schools.

Additional Info: Work in schools during term time only

Opening Hours: Advice and info available Mon-Fri 9am-4pm

Referral: In consultation with parent/carer and school

YoungMinds

Address1: 102/108 Clerkenwell Rd

Town/City: London

Postcode: EC1M 5SA

Phone: 0207 336 8445

Other Numbers: Parentline: 0800 018 2138 Fax: 0207 336 8446

Email: enquiries@youngminds.org.uk

Website: <http://www.youngminds.org.uk>

Description: National charity committed to promoting and improving the mental health of children and young people. Services include Parents Information Service telephone Helpline for any adult concerned about the mental health of a young person, various leaflets/booklets, seminars and training events for professionals etc. Phone for further details.

Opening Hours: Office: Mon-Fri 9:30am-5:30pm Parentline: Mon, Fri 10am-1pm, Tues, Wed, Thurs 1-4pm

Travel: Tube: Farringdon

Referral: Open access

Criteria/Catchment: National catchment

14

F
A
M
I
L
I
E
S

A
N
D

Y
O
U
N
G

P
E
O
P
L
E

Youth Services

Young people can find adolescence particularly hard, so we have included a few organisations specifically catering to the needs of teenagers and young people. See **Faces in Focus** (formerly the Teenage Information Network) for access to community volunteering schemes and other services, also see **Blackfriars Settlement Youth and Play** and **Cambridge House Young Persons Project** who both run activities over the school holidays.

Alateen

Address1: 61 Great Dover Street
Town/City: London
Postcode: SE1 4YF

Phone: Helpline: 0207 403 0888
Other Numbers: Fax: 0207 378 9910
Email: alanonuk@aol.com
Website: <http://www.alanonuk.org.uk>

Description: Alateen is part of Al-Anon and is for young people aged 12-20 who have been affected by someone else's drinking, usually a parent. For details of meetings and support groups throughout the UK and Ireland please call the Helpline which is a confidential service.

Additional Info: Also see Al-Anon in Drug and Alcohol section

Opening Hours: Helpline daily 10am-10pm 0207 403 0888

Referral: Self or any other source

Criteria/Catchment: For young people aged 12-20

Blackfriars Settlement Youth and Play

Address1: 1/5 Rushworth Street
Town/City: London
Postcode: SE1 0RB

Phone: 0207 928 9521
Other Numbers: Fax: 0207 620 1409
Email: facilities@blackfriars-settlement.org.uk
Website: <http://www.blackfriars-settlement.org.uk>

Description: After school activities for young people, school holiday play-schemes. Phone for details.

Opening Hours: Phone for details.

Travel: BR: Waterloo / Tube: Southwark / Buses: 45, 63, 100

Referral: Open access

Disabled Access - ramps, wide doorways, disabled toilet

Cambridge House Young Persons Project

Address1: Cambridge House
Address2: 131 Camberwell Road
Town/City: London
Postcode: SE5 0HF

Phone: Switchboard: 0207 703 5025
Email: nick.riley@cambridgehouseandtalbot.org.uk

Description: This project runs three youth clubs in the local area. Also develops youthwork programmes on sexual health, teenage pregnancy and substance misuse. Can give presentations and offers training to other organisations and professionals. Phone for details.

Special Interest Activities: Various Summertime and holiday activities

Opening Hours: Mon-Fri 10am-4:30pm

Travel: BR and Tube: Elephant and Castle then bus / Buses: 12, 35, 40, 42, 45, 68, 171, 176, 468

Referral: Open access

14

F
A
M
I
L
I
E
S

A
N
D

Y
O
U
N
G

P
E
O
P
L
E

Faces in Focus

Address1: 102 Harper Road
Town/City: London
Postcode: SE1 6AQ

Phone: 0207 403 2444
Other Numbers: Fax: 0207 207 2982
Email: director@facesinfofocus.org.uk
Website: <http://www.facesinfofocus.org.uk>

Description: Information, Counselling and Volunteering Opportunities for young people aged 13-25. Also Connexions First Stop Shop.

Special Interest Activities: Services for Lesbian, Gay and Bisexual young people on Tuesdays from 5pm onwards

Opening Hours: Info drop-in: Mon 2-4pm, Wed & Thurs 3-5pm. Centre open Mon 10:30am-8pm, Tues, Wed & Thurs 10:30am-7pm, Fridays 10:30am-4pm

Travel: BR, Tube and Bus: Elephant & Castle

Referral: Open access

Criteria/Catchment: Counselling services: residents of Southwark, Lambeth and Lewisham. All other services: Southwark residents only

Disabled Access - ramps, wide doorways, disabled toilet

Hope UK Southwark

Address1: 6 Everthorpe Rd
Address2: Peckham
Town/City: London
Postcode: SE15 4DA

Phone: 0208 693 9412
Other Numbers: Fax: same as phone

Description: Drug education and advice for children and young people

Referral: Self or any other source

Off the Record

Address1: 72 Queens Road
Town/City: Croydon
Postcode: CR0 2PR

Phone: 0208 251 0251
Other Numbers: Fax: 0208 251 0261
Email: info@offtherecordcroydon.org
Website: <http://www.offtherecordcroydon.org>

Description: Youth organisation running three projects for young people aged under 25: 1) Counselling service for 14-25 year olds on 0208 251 0251 2) Young Carers project offering support for young carers. Tel: 0208 649 9339 3) DNA project offering information, advice and educational programmes to 14-25 year olds on issues related to substance misuse. Tel: 0208 296 9655.

Opening Hours: Mon-Fri 10:30am-6:30pm

Travel: BR: Thornton Heath, East or West Croydon

Criteria/Catchment: For people aged under 25 who are living, studying or working in Croydon

Rockingham Estate Play Association (REPA)

Address1: 10 Dickens Square
Address2: Off Harper Road
Town/City: London
Postcode: SE1 4JL

Phone: 0207 403 8337
Other Numbers: Fax: 0207 403 8539
Email: june.mccluskey@btconnect.com

Description: REPA runs an adventure playground for 5-16 year olds with a range of activities for children including structured sports coaching, girls only project, holiday residencies in the country, volunteer programmes, environmental education etc. Phone for details

Additional Info: Because of the way REPA is structured children can't be prevented from leaving the site which can be problematic with younger children

Opening Hours: Term-time: Tues-Fri 4pm-7pm and Sat 11am-4pm School holidays: Mon-Fri 11am-4pm

Travel: BR and Tube: Elephant & Castle / Buses: Any bus to Elephant/New Kent Road

14

F
A
M
I
L
I
E
S

A
N
D

Y
O
U
N
G

P
E
O
P
L
E

Westminster House Youth Club

Address1: 29 Nunhead Grove

Address2: Peckham

Town/City: London

Postcode: SE15 3LZ

Phone: 0207 639 5879

Description: Community Youth Centre with After Schools Club, Photography Club, Gym project etc. For young people from Nunhead and surrounding areas. Phone for details.

Special Interest Activities: Mon: After Schools Club 3:30-6pm then Youth Club 6-9pm, Wed: 6-9pm, Fri: 6-9:30pm

Opening Hours: Phone during office hours

Travel: BR: Nunhead / Buses: 12, 73, 343

Referral: Self referral

Criteria/Catchment: Mainly young people from Nunhead and surrounding areas.