



# Early Help & Prevention Provider Wait Times

April 2022

The following Newsletter highlights current wait times for our commissioned early help services in Trafford.



## Salford Foundation: Engage

In response to Covid-19 the Salford Foundation are now offering a mixed model of virtual support supplemented by socially distanced sessions in schools.

The Engage programme is accepting referrals for young people at the present time, however due to high demand for the service there is a **waiting list of approximately 6+ months.**

To request support for a young person, EHAs need to be sent to Salford Foundation using the EHM or via email at [youthservices@salfordfoundation.org.uk](mailto:youthservices@salfordfoundation.org.uk)



## Family Support: Home Start

Home- start offers a home visiting volunteer support service for families going through difficult times.

In response to Covid-19, Home-Start are offering a blended model of support for families. Please do refer in as the service is accepting referrals as normal although due to a few staffing challenges and demand, the team is at capacity with **28 referrals waiting** to be allocated across their services.

To request support from Home-Start for a family, EHAs need to be sent to Kathryn via the EHM or via email at [kathryn.eckersley@hsts.org.uk](mailto:kathryn.eckersley@hsts.org.uk)



## Just Psychology: Trafford Sunrise

Trafford Sunrise provides support for children age **5-12** years in coping with stress, learning how to relax and promoting emotional wellbeing through group work and 1:1s.

Trafford Sunrise is currently suspending referrals into their service. This is to allow them time to recruit to the vacant posts and additional posts identified to support clearance of the waiting list.



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## 42nd Street

42nd Street provides inclusive, accessible mental health services and opportunities for all young people. Referral routes are open for both 42nd Street's community offer and their online/web based support offer. They are currently offering a blended model of face to face (on an essential needs led basis), remote (telephone/video) and web-based/ online platform support offer. Wait list is currently at 3+ months.

Referrals can now be made by via the website using the new online portal (web based referrals) which can be found here

<https://www.42ndstreet.org.uk/referrals>. If you can't complete the web form or need it in an alternative format, please contact [theteam@42ndstreet.org.uk](mailto:theteam@42ndstreet.org.uk)

## Young Carers - Young People aged 5-25

Trafford Young Carers offers support to young people aged 5-25 who are looking after someone in Trafford with a long-term mental or physical health condition. Now that Covid-19 restrictions are starting to lift, the Young Carers team are open to face-to-face meeting requests if preferred by the young person. These will be in addition to the offer of online meetings. They will continue to offer online socials and have resumed some face-to-face group activities in line with current restrictions.

Referrals to the Young Carers service can be made by professionals, family or the young person themselves via email to [youngcarers@traffordcarerscentre.org.uk](mailto:youngcarers@traffordcarerscentre.org.uk).

For more information or to discuss a potential referral, please contact **Shay Garry or Karen Flowers on 07435 249 651 or 0161 848 2400, option 3.**



## The Proud Trust: Rainbow Reflections

Rainbow Reflections is a Trafford youth group for lesbian, gay, bisexual, trans people or those questioning their gender or sexuality who are under 25 years old run by the Proud Trust. The group meets every Wednesday in-person or virtually.

To join or for more information about the group, young people should contact Hebe Phillips

email [hebe.phillips@theproudtrust.org](mailto:hebe.phillips@theproudtrust.org) / 07712 660 202 or fill in a referral form via Proud Trust:

<https://www.theproudtrust.org/trusted-adults/groups/referring-to-the-proud-trust/>

## TDAS

CTDAS delivers the R'Space group which runs for 6 weeks and is specifically for children who have experienced domestic abuse. They can provide a minimum of 8 sessions for children between 5 and 14 years, who have lived experience of domestic abuse or who have been in their own abusive relationship.

In response to Covid-19 TDAS are offering both virtual and face-to-face support. Now children are in schools, they will explore this option first. If schools decline due to Covid restrictions then they will explore virtual support.

## Kooth - Online Support

Kooth.com is a free, safe, confidential and non-stigmatised way for young people to receive counselling, advice and support on-line.

Kooth is operating as usual at the present time and young people aged 11-25 can register online via <https://kooth.com/>.

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## Parenting Courses

Parenting courses including **Incredible Years** and **Riding the Rapids** generally start **January, April** and **September** but due to COVID-19 there may be a slightly longer wait to access a course. To make a parenting referral please email [earlyhelpparenting@trafford.gov.uk](mailto:earlyhelpparenting@trafford.gov.uk). To make a referral for early help more generally please use [EarlyHelpPanel@trafford.gov.uk](mailto:EarlyHelpPanel@trafford.gov.uk)

Please note that Trafford Early Help hubs are now offering the '**Toddler Incredible Years Programme**' **12- 14 week parenting programme aimed at parents and carers of children aged between 12 months to 3 yrs.** The delivery of this programme is virtual/Face to face dependent on government guidelines. If you would like further details, please. For queries on parenting please email [emma.bamlett@trafford.gov.uk](mailto:emma.bamlett@trafford.gov.uk). The group is accessible by referral only.



## Online Parenting

The early help commissioning team has purchased a licence for eight online courses with the Solihull Approach which are accessible to all Trafford parent/carers and one for teenagers. Access to these courses is **FREE** for all Trafford residents via [www.inourplace.co.uk](http://www.inourplace.co.uk) with access code: **waterpark**  
**For any questions please contact**  
[online.parenting@trafford.gov.uk](mailto:online.parenting@trafford.gov.uk)  
We also have some codes for parents of teens to access Triple P online.

## Early Help Hubs for Children (0 - 11) and Their Families

Baby clubs have started at both Partington and Stretford hubs, this will give parents and babies the opportunity to enjoy some baby massage and to meet other new parents and babies. **Referrals to this group are from health visitors.** We have Toddler Incredible Years starting in September at our Stretford hub. Parents will need to be referred by a professional through the parenting panel and placed on the waiting list parents will then be invited to the next course available. Other services will continue to be offered remotely. Telephone advice to offer support and to signpost to other key agencies is available from **10am – 4pm, Mon – Friday.** The hubs Facebook page will offer information, advice and links. The hubs generic email addresses are available for specific queries.

To contact the **Partington Hub** please call 0161 912 2122 or visit

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

Email: [partingtonccandearlyhelphub@trafford.gov](mailto:partingtonccandearlyhelphub@trafford.gov)

For the Stretford Hub call 0161 912 5020 or visit

<https://www.facebook.com/SEHH9>

Email:

[stretfordccandearlyhelphub@trafford.gov](mailto:stretfordccandearlyhelphub@trafford.gov)

## Bumps & Butterflies

The Young Bumps Program is delivered each Friday from the Talkshop, it is a rolling program so teenage parents both mums and dads to be to be can join anytime they feel ready. We cover 12 sessions and these can be based on the needs of the young people attending. Core sessions: **Parental Roles, Breastfeeding vs. Bottle feeding, Practical sessions, Bonding & attachment, Labour signs/stages & delivering your baby.**

**For more information contact**

[Nia.Arkininstall@trafford.gov.uk](mailto:Nia.Arkininstall@trafford.gov.uk)