

EMOTIONAL SUPPORT FOR CHILDREN



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

There are a wide range of services available to help children, young people and families who are in need of emotional support following the Grenfell Tower Fire.

The Royal Borough of Kensington and Chelsea is working with local community organisations, schools and youth clubs to increase the support that is available. This leaflet includes information on some of the key activities that are taking place. More information will be made available via our website over the coming weeks via www.rbkc.gov.uk/localoffer.

LATIMER COMMUNITY ART THERAPY TRUST

Art Therapy is a psychological therapy involving both verbal communication and communication through art and play. Art therapy can be an excellent way for children and young people to address emotional issues that they may be dealing with. The use of art to contain the things so hard to make sense of has been fundamental to the young people in the community and we are pleased to be able to offer this much needed service throughout the summer period at

- Henry Dickens, Centre, 104 St.Anns Rd, London W11 4BU - Monday, Tuesday, Friday and Saturday from 12pm-3pm
- Venture Centre, 103A Wornington Rd, London W10 5YB - Tuesday and Thursday from 3.00pm-5.30pm
- ClementJames Centre, 95 Sirdar Rd, London W11 4EQ - Monday and Wednesday from 2.00pm-4.00pm
- Al-Manaar. 244 Acklam Rd, London W10 5YG - Saturday 2.00pm-4.00pm
- Dalgarno Centre, Dalgarno Way, London W10 5LE - Tuesday 10.00am-3.00pm

For more information, you can contact Susan Rudnik at s.rudnik@gold.ac.uk or call 07932 054 834.

YOUTH CLUBS AND PLAY CENTRES

There is an extended offer of activities delivered by key local organisations including EPIC, our Adventure Play providers and local schools. This provision will include a wrap-around offer of counselling support, play and art therapy for children and staff from local community organisations and specific mental health organisations. Place2Be are providing youth counselling drop-in sessions at the following clubs:

- Youth Action Alliance, 202 Wornington Road, W10 5RE - Tuesday from 10.30am-2.30pm (until 22 Aug)
- Rugby Portobello Trust, 221 Walmer Road, W11 4EY - Wednesday from 10.00am-2.00pm (until 22 Aug)

A leaflet detailing activities available locally will be included on the Summer in the City website (mysummerinthecity.org.uk).

CHILDCARE AND CHILDREN'S CENTRES

Our Children's Centres are able to offer advice and support for families with young children. The centres can also support you to access additional counselling services for you and your family. Officers from our Early Years Service are on site at the Curve daily and can meet with parents to identify bespoke support for parents and their children. To speak to a member of the team direct please call Asha on **07712 407 907** or Amy on **0773 9317 047**.

WEST LONDON ACTION FOR CHILDREN

West London Action for Children are offering a drop in session for children and families which includes access to counselling support every Wednesdays morning at 15 Gertrude Street, London, SW10 0JN.

CHICKENSHED

The inclusive theatre company Chickenshed are running workshops over the summer as follows:

- Holmfield House, 4-6 Golborne Rd, London W10 5PE - Wednesday 9th August from 10.30am-11.30am
- The Curve, 10 Bard Road, W10 6TP - Thursday 10th August from 3.30pm-4.30pm
- The Curve, 10 Bard Road, W10 6TP - Monday 14th August from 3.00pm-4.00pm
- Holmfield House, 4-6 Golborne Rd, London W10 5PE - Wednesday 16th August from 10.30am-11.30am
- The Curve, 10 Bard Road, W10 6TP - Monday 21st August from 3.00pm-4.00pm

No booking is required, so if you would like to attend, please do just drop in at the times given above.

ONLINE SERVICES

Kooth Online Counselling

Kooth is a free online counselling and emotional well-being service for children aged 11-19. The service can provide one-to-one sessions with accredited counsellors, fully moderated peer-support and online articles. The service will be available via: www.kooth.com.

NHS Go

NHS Go provides online physical and mental health information and advice for young people under the age of 25. To access the service please go to www.nhs.go.uk.

TELEPHONE SERVICES

British Red Cross

The British Red Cross helpline is available to anyone who has been affected by the Grenfell Tower fire. For practical or emotional support, please call the Red Cross helpline on **0800 458 9472**.

NSPCC Childline

Childline are available to help children and families with whatever they are worried about following the fire. You can contact Childline and speak in confidence to a supportive, trained counsellor, anytime, day or night on **0800 1111** or for a **one-to-one online chat** at www.childline.org.uk.

IF YOU THINK YOU NEED MORE SUPPORT...

NHS: Single Point of Access (SPA)

If you think you or someone else you know is in need of more support than can be provided by the services listed above, you can call the dedicated NHS response service number where your needs will be assessed and appropriate mental health support services as well as information and advice will be provided. This is available 24 hours a day. Please let the operator know you are calling as a result of the fire at Grenfell Tower. The number to call is **0800 0234 650** or email cnw-tr.spa@nhs.net.