



Dear Parents and Carers

We are all aware how challenging the summer break can be. Please find below this helpful summary of external agencies and services that are available to families. As you can see from the final column, most referrals can be made by families directly.

If you need to contact us during the summer break, please do so via the email [help@therowansap.co.uk](mailto:help@therowansap.co.uk)

Service	Website	Referral methods
Kooth – Online mental well-being service including counselling	<a href="http://www.Kooth.com">www.Kooth.com</a>	Self-referral
Medway Council- Family help and support	<a href="https://www.medway.gov.uk/info/200307/local_offer/823/family_help_and_support">https://www.medway.gov.uk/info/200307/local_offer/823/family_help_and_support</a>	Parent/Carer
Mind – A charity designed to support and provide information about mental well being	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	Parent/Carer
NELFT – Kent Children & Young People’s Mental Health Service	<a href="https://www.nelft.nhs.uk/">https://www.nelft.nhs.uk/</a>	Parent/Carer/ School/GP
Medway SENDIAS – Impartial SEND information and support	<a href="https://www.family-action.org.uk/what-we-do/children-families/send/medway-sendias/">https://www.family-action.org.uk/what-we-do/children-families/send/medway-sendias/</a>	Parent/Carer
Legends Programme – Weekly group for all students aged 7–17-Year-olds (Sport, Life skills, Residential Trips etc)	<a href="http://y1f.org.uk/how-we-help/legends/">http://y1f.org.uk/how-we-help/legends/</a>	Parent/Carer
Home Start – Support in your own home, including listening, adult company, reassurance, practical help, accessing other services	<a href="https://home-startmedway.org.uk/support/">https://home-startmedway.org.uk/support/</a>	Parent/Carer
Early Help – Help with education, relationships, wellbeing, anti-social behaviour, domestic violence or abuse	<a href="https://www.medway.gov.uk/info/200170/children_and_families/322/early_help_for_families">https://www.medway.gov.uk/info/200170/children_and_families/322/early_help_for_families</a>	Parent/Carer/ School

Medway Community Healthcare – Community Healthcare services for people living in Medway.	<a href="https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/parent-support-services">https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/parent-support-services</a>	Parent/Carer
Kent Resilience Hub - Resources for parent/carer supporting children and young people	<a href="https://kentresiliencehub.org.uk/supporting-your-child/resources/">https://kentresiliencehub.org.uk/supporting-your-child/resources/</a>	Parent/Carer
Action for Children –Support with all aspects of parenting	<a href="https://parents.actionforchildren.org.uk/">https://parents.actionforchildren.org.uk/</a>	Parent/Carer
KELSI - Children and Young people – health and well-being – including eating disorders	<a href="https://www.kelsi.org.uk/support-for-children-and-young-people/health-and-wellbeing/children-and-young-peoples-mental-health-service">https://www.kelsi.org.uk/support-for-children-and-young-people/health-and-wellbeing/children-and-young-peoples-mental-health-service</a>	Parent/Carer/ school
Childmind - Parent/Carer guide to children, young people with OCD	<a href="https://childmind.org/guide/parents-guide-to-ocd/">https://childmind.org/guide/parents-guide-to-ocd/</a>	Parent/Carer
Rethink - Parent/carer support with people with Mental Health Illness	<a href="https://www.rethink.org/help-in-your-area/services/">https://www.rethink.org/help-in-your-area/services/</a>	Parent/Carer
Information, Advice and Support Kent – Support for all your families Health and Wellbeing	<a href="https://www.iask.org.uk/young-people/health-and-wellbeing-2/">https://www.iask.org.uk/young-people/health-and-wellbeing-2/</a>	Parent/Carer
MCH – Children and Young Persons Activities in Medway	<a href="https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/holding-hands/teenager-activities">https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/holding-hands/teenager-activities</a>	Parent/Carer
Youth Club for Children, Young People who have Autism	<a href="https://www.nhs.uk/services/service-directory/medway-magic/N10499756">https://www.nhs.uk/services/service-directory/medway-magic/N10499756</a>	Parent/Carer
Support with Food in Medway	<a href="https://www.medway.gov.uk/foodsupport">https://www.medway.gov.uk/foodsupport</a>	Parent/Carer/School
Help for households in Medway	<a href="https://www.medway.gov.uk/householdhelp">https://www.medway.gov.uk/householdhelp</a>	Parent/Carer
Help for households Nationally	<a href="https://helpforhouseholds.campaign.gov.uk/">https://helpforhouseholds.campaign.gov.uk/</a>	Parent/Carer

Medway Council – SEND support	<a href="https://www.medway.gov.uk/localoffer">https://www.medway.gov.uk/localoffer</a>	Parent/Carer
Moodspark – Support for mental health for young people	<a href="https://moodspark.org.uk/">https://moodspark.org.uk/</a>	Self-Referral
Release The Pressure – Mental Health support	<a href="https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure#speak-to-someone">https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure#speak-to-someone</a>	Self-Referral
Medway Go - Holiday activities including a meal for children in Medway	<a href="https://go.medway.gov.uk/">https://go.medway.gov.uk/</a>	Parent/Carer

If we can be of any further support, then please feel free to contact us