Telford – signposting options

Psychological support

*NHS Talking Therapies*

Self referral, identified goals.

*Seachange –*

Drop in talk and play Bell Tent – parents can chat with other parents and parent infant specialists in a supportive environment. Term time Tuesdays 10am – 2pm. Telford Town Park, near visitors centre.

*Shropshire, Telford & Wrekin Staff Psychological Wellbeing Hub –*

Open to all members of NHS and social care workforce employed by organisations in Shropshire and Telford and Wrekin.

Webpage - [Staff Psychological Wellbeing Hub (stwtraininghub.co.uk)](https://stwtraininghub.co.uk/staff-psychological-wellbeing-hub)

Self referral - 07890 066445 [stwstaffwellbeing@mpft.nhs.uk](mailto:stwstaffwellbeing@mpft.nhs.uk)

Mental Health Support

*TACT Listening Service –*

Branches. Offered to those who are experiencing situational based mental health anguish or acute stress, a recent bereavement. Financial difficulties or relationship breakdown.

Strickland House, Wellington TF1 3BX

01952 899204

Outreach facility Up to 6 sessions in own home

Self referral – https//tactteam.org.uk/outreach/

Shropshire Mind

[Shropshire Mental Health Support | Mental Health Shrewsbury & Telford (shropshiremhs.com)](https://www.shropshiremhs.com/)

*ACCI – African Caribbean Community Initiative*

ACCI are working in partnership to provide culturally appropriate community-based support and advice across calm cafes.

Email: [therapy@acci.org.uk](mailto:Therapy@acci.org.uk)

Health Visiting

*Targeted support –*

can be requested via referral (Healthy Child Program 0-19 service e-referral form) and sent to [shropcom.adminleonardst@nhs.net](mailto:shropcom.adminleonardst@nhs.net). Referral form within health visiting service on gdrive.

Targeted antenatal contact can be arranged between 28-32 weeks gestation.

Text a health Visitor – 07520 619053

Mums in Mind Group – Variable times, would need to check as they run dependant on capacity and need.

Family/Parent Support

*All groups and services within Telford.*

Best start for life booklet. [Best Start for Life - Family Hubs - Telford & Wrekin Council](https://www.telford.gov.uk/downloads/file/25000/best_start_for_life_-_booklet)

*Telford Strengthening Families (Early Help):* <https://www.telfordsend.org.uk/info/1/home/13/strengthening_families>

*Triple P for Baby –*

Positive parenting programme. Skills and strategies to support baby’s development, communication, and learning. Also supports parents care for their own emotional wellbeing.

Online to all living in Telford – [telfordfamilyhubs@telford.gov.uk](mailto:telfordfamilyhubs@telford.gov.uk) 01952 385555

*Home start –*

Volunteers offer 1:1 support to parents either within home or via text, phone or video. For usually 12 months. See referral folder for process on referrals.

Me Time – Run by Home Start 1-2.30pm Mondays Hollingswood Neighbourhood Centre. Aimed at reducing isolation and those experiencing low mood. Professionals can attend to support. Crèche facilities available. Details within Folder

*Solihull Approach –*

Understanding pregnancy, labour, birth and your baby and Understanding your baby.

Online programme- antenatal and postnatal course aimed at building a strong, health relationship with baby. Go to [www.inourplace.co.uk](http://links.govdelivery.com/track?type=click&enid=ZWFzPTEmbXNpZD0mYXVpZD0mbWFpbGluZ2lkPTIwMTYwOTI3LjY0MjYzNDUxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE2MDkyNy42NDI2MzQ1MSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE2Nzk1MDA0JmVtYWlsaWQ9c2FyYWgudHJvd0BzaHJvcHNoaXJlLmdvdi51ayZ1c2VyaWQ9c2FyYWgudHJvd0BzaHJvcHNoaXJlLmdvdi51ayZ0YXJnZXRpZD0mZmw9Jm12aWQ9JmV4dHJhPSYmJg==&&&102&&&https://inourplace.co.uk/). Free code DARWIN

Community/baby groups

Best start for life booklet. [Best Start for Life - Family Hubs - Telford & Wrekin Council](https://www.telford.gov.uk/downloads/file/25000/best_start_for_life_-_booklet) - Booklet lists groups available in Telford, this will be regularly updated.

Best start for life booklet. [Best Start for Life - Family Hubs - Telford & Wrekin Council](https://www.telford.gov.uk/downloads/file/25000/best_start_for_life_-_booklet)

Eating Disorders

Severnfields – 0300 303 3426

Referrals e-mail –[**mpft.edsshropshire@nhs.net**](mailto:mpft.edsshropshire@nhs.net)

Financial

*Citizens advice ‘Baby Steps’ Service – Money Help, Rights and Support.*

Bespoke service to help parents before and after pregnancy.

[www.citizenadvicetelfordandthewrekin.org.uk/contact-us](http://www.citizenadvicetelfordandthewrekin.org.uk/contact-us)

01952 567193

Telford Council have a welfare assistance page to help families in crisis. Click link below for application forms

[Emergency Welfare Assistance (egovhub.net)](https://telford-gwa.egovhub.net/Gwa/launch)

Bereavement

Cruse – Shropshire, Telford and Wrekin

Email: [shropshire@cruse.org.uk](mailto:shropshire@cruse.org.uk) Telephone: 0845 606 6812

Additional needs or disability

PODS – Parents opening doors

Charity supporting parents with children who have an additional need or disability aged between 0-25 years.

<https://www.podstelford.org/contact>

Newlife Charity –

Supports families with a disability to get equipment to meet their needs.

01543 462777

Breastfeeding Support

[www.breastfeedingnetwork.org.uk/shropshire](http://www.breastfeedingnetwork.org.uk/shropshire)

National helpline -0300 100 0212 9.30am to 9.30pm

Local breastfeeding groups - [Local Breastfeeding Groups (padlet.com)](https://padlet.com/BfNShropshire/local-breastfeeding-groups-8oyhq10rfa1juiay)

Birth Reflections

From 6 weeks onwards. Book on-line [Birth Reflections Service - SaTH](https://www.sath.nhs.uk/wards-services/az-services/maternity/patient-info/birthreflectionsservice/#:~:text=Birth%20Reflections%20is%20available%20for,with%20a%20specially%20trained%20midwife.)

Healthy Lifestyles Advisors –

Personalised one to one support to help live a healthier life

6 sessions over 12 [weeks.healthylifestyles@telford.gov.uk](mailto:weeks.healthylifestyles@telford.gov.uk)

01952 382582

Addictions –

Telford STaRS - specialist drug and alcohol treatment service for people across Telford and Wrekin. Also support who are being affected by someone else with drug or alcohol issues.

0300 456 4291

<https://www.telfordstars.org>

**Sexual Abuse -**

Under 19 years – Barnardo’s Beacon Service. Advice and signposting 01384 411722 [barnardosbeacon@barnardos.org.uk](mailto:barnardosbeacon@barnardos.org.uk)

*Axis Counselling for Sexual Abuse*

01952 278000

*The Glade, Wellington.*

Supporting victims of rape or serous sexual assault. 0808 178 2058 [www.theglade.org.uk](http://www.theglade.org.uk)

Trauma On-line Course

Solihull Approach This has been developed by a team of experienced NHS psychologists and professionals. Understanding your own trauma.

‘It offers a safe and accessible way for you to explore your own experiences and gain a deeper understanding of trauma’s impact on your life’.

<https://inourplace.heiapply.com/online-learning/course/116?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo>

Free- Use Access code DARWIN 18

Twins

**Twins club,** Local friendly group, expectant and parents of multiples welcome, [www.twinsclub.co.uk](http://www.twinsclub.co.uk)

Telford Twins Club, Hadley community, TF1 5NU. Telephone: 07864545973

**Home start** provides tailor-made support by volunteers [www.home-start.org/twins-triplets-and-many-children](http://www.home-start.org/twins-triplets-and-many-children)

**Autism**

[Forms and Documents | Telford Autism Hub](https://www.telfordautismhub.org.uk/downloads)

Leaflets –

<https://www.selfhelpguides.ntw.nhs.uk/mpft/>

Recovery College

[Wellbeing & Recovery College :: Midlands Partnership University NHS Foundation Trust (mpft.nhs.uk)](https://recovery.mpft.nhs.uk/)

**Family Connect Telford** (directory for family related services): <https://www.familyconnecttelford.co.uk/site/index.php>