



The current Family Innovation Fund (FIF) is a range of established services for Children, Young People and Parents/Carers with low level needs that cannot be supported by services such as Schools, and GPs alone. FIF provides that little bit of extra help to support children, young people and parents/carers.

FIF-Xtra services have been set up so there is even more help available during this time, online and via telephone, to support children, young people and their families who are experiencing the effects of the COVID-19 pandemic.

- **Understanding Coronavirus**
- **Managing and coping with change**
- **Separation and loss**
- **Managing and coping with anxiety**
- **Healthy family relationships**
- **Staying active and curious**



This support is strictly for those who are not open to specialist or statutory services such as social care or mental health services. Children aged 0-19 (up to 25 with special educational needs and learning disabilities) and their parents/carers can access support; either individually, in groups, as a couple or the whole family.

To make a referral please look below at the different services below to see which can best meet the needs of those you are referring. If a family has more than one need, the organisation you do call will be able to help get the right support for everyone.



WILDERNESS FOUNDATION UK

www.wildernessfoundation.org.uk
0300 1233073 info@wildernessfoundation.org.uk
Jo Roberts- jo@wildernessfoundation.org.uk
Angely Webb- angely@wildernessfoundation.org.uk

We work with clients of all ages from 0 to 19, including individuals, groups and families of all ages. Counsellors offer support for anxiety, depression, family and other relationships, addictions, self-harm or suicidal thoughts, loss and bereavement, confidence, phobias, abuse, exploitation, trauma, stress, behaviour, gender dysphoria, SEN etc. We are non-judgemental and will support your building of coping strategies and resilience. Hours to be agreed between the client and therapist. We make phone or online counselling easy for you to engage with, and may bring nature, art and other practical/creative tools into sessions. Our team is professionally trained and abide by professional ethics, safeguarding vetted and trained. We commit to offer safe, and confidential help to everyone we engage, and we will allocate the right therapist for your needs.

Appointments available: 9am-5pm Monday -Friday
Evenings & weekends by agreed appointment

relate the relationship people

www.relatelne.org.uk
01245 676930 or 01708 441722
enquiries@relatelnee.org.uk
Lesley Kelsey- lesleykelsey@relatelnee.org.uk
Pam Forsyth- pamelaforsyth@relatelnee.org.uk
Sue Cook- suecook@relatelnee.org.uk

Relate London North East & Essex – counselling, mediation, training.

Lockdown, although protecting us, has resulted in many families, couples, individuals and children struggling with mixed emotions about what the future holds. Being in close-proximity with others for any period of time can be difficult, feelings can surface that aren't easy to deal with. If you're feeling depressed, worried, lonely, frustrated, angry or grieving – we are here to support you. We will listen and help you find ways to make changes or find solutions to feel stronger and able to cope.

We make no judgements, our role is to support, provide useful information and help you make positive changes to your life and relationships.

Accredit by the British Association for Counselling and Psychotherapy, Family Mediation Council, Legal Aid Agency and Department of Work and Pensions.

Appointments available: 9am-9pm Monday- Friday and 9am-5pm on Saturdays

Family Innovation Fund-Xtra



www.opendoorthurrock.org

01375 390040

Fifxtra@opendoorservices.org

Kim Synclair- kim.synclair@opendoorservices.org

Open Door provides mentoring, coaching and counselling for young people between the ages of 5-18 which has been adapted for the current situation. We provide telephone and video conferencing support for young people and their families who are experiencing anxiety and poor mental health during these difficult times. Coaching will be goal focused, supportive and motivational. In addition to our usual coaching sessions, specifically aimed at helping young people we will also provide emotional support to families who may be struggling at this time. Where appropriate on-line counselling will be provided to complement this intervention. All of our staff are able to offer a range of skills through these platforms such as play and talking therapies.

Appointments available:

Monday-Thursday 9am-7pm, Friday 9am-5pm

Saturday and Sunday by agreed appointment



www.evolve-intervention.com

01245 526069

info@evolve-intervention.com

Emma Prince- e.prince@evolve-intervention.com

Evolve Intervention provide 1:1 support through coaching and mentoring to children aged 5 – 18. We support with areas such as anxiety, self-esteem, risky behaviours, managing emotions, dealing with conflict, problem solving, bullying, friendships/relationships, motivation, building resilience, coping with loss/grief, academic tuition and many others. We also deliver group work designed around the needs and requirements of those taking part, as well as providing support to parents and carers in areas such managing behaviour, establishing boundaries, or perhaps just being a 'listening ear'. Our staff come from a variety of backgrounds such as Education, Youth Work, Social Work, Police and Counselling. We build strong working relationships with those who engage in our service and seek to empower them to address any issues they make be struggling with. We have worked extensively across Essex and Southend-on-Sea and accept referrals from professionals or via self/private referral.

Appointments available: Monday -Friday 9am to 6pm

Some availability between 6pm- 8pm & Saturdays by appointment only.



YMCA ESSEX

<http://www.ymcaessex.org.uk>

01245 355677

Sarah.daniels@ymcachelmsford.org.uk

During the Coronavirus pandemic, you may feel stressed, anxious and less like you! YMCA Essex is here to help you feel stronger and empowered. Our Family Support team uses Solution Focused Reflective Listening to help guide and support you. We can help you to manage new routines, emotional difficulties, trauma, bereavement, behaviour management, relationships, positive well-being, changes within the home, activities to keep busy etc. Sometimes when things get tough, it is easier to talk to someone outside of your usual circle of friends or family. We are professional, non-judgemental and care about helping you reach your full potential. We are able to work virtually with young people aged 4-17, couples, whole families and peer groups.

Appointments are available Monday-Friday 9am-5pm.
Evenings and Saturdays are by agreed appointment only.



<https://www.renew-us.org>

01245 359353

Hilary Lydon- Hilary@renew-us.org

Nikki Schuster Nikki@renew-us.org

Renew counselling and FIF extra are offering a variety of creative, solution focussed and adaptive services to couples, families, individuals – children, young people and adults, who wish to get some support in managing as the Coronavirus works its way through our lives and we begin to think about what comes next.

If you think your stress, anxiety or depression levels are beginning to creep up, running out of ideas to be motivated or to motivate the family or if you are at each other's throats or if this virus has affected you or someone you love, then we can offer you support either as a whole family, or individually, through either 1 to 1 appointments or together as a group.

We will work with you to find solutions to any difficulties, think of creative ways of coping, listen if you need to offload. We can give you the support you need. Even if you are not sure, give us a call, we are here to help!

Appointments available: Monday – Friday 10am – 5pm and Monday-Thursday 5pm-8pm
Saturdays by agreed appointment