



Bristol  
**Violence  
Reduction  
Partnership**



**Believe in  
children**  
Barnardo's



# **Guide for parents/carers**

**Caring for Children and Young People at risk of exploitation**



**A guide to support parents  
and carers, where there are concerns of  
exploitation.**



What is Child Exploitation? .....3

Child Sexual Exploitation (CSE) .....3

Child Criminal Exploitation (CCE)..... 4

County Lines ..... 4

Harmful Sexual Behaviour (HSB)..... 4

Serious Youth Violence.....5

Child Trafficking .....5

What are some of the signs a child might be being exploited? .....5

Making sense of a child’s behaviour .....6

How can professionals help?..... 7

What is Safer Options?..... 7

Operation Topaz .....8

Support Services .....8

High risk exploitation services.....9

For Substance Misuse: ..... 12

Mentoring services and youth groups: ..... 14

Young people at risk or entering the Criminal system ..... 23

Homelessness support .....26

For Harmful Sexual Behaviour: ..... 27

Sexual Health: ..... 31

Mental Health: ..... 32

Counselling ..... 33

Specialist services for professionals ..... 35

Guide for parents/carers

A child is anyone under the age of 18 – this includes 16- and 17-year-olds.

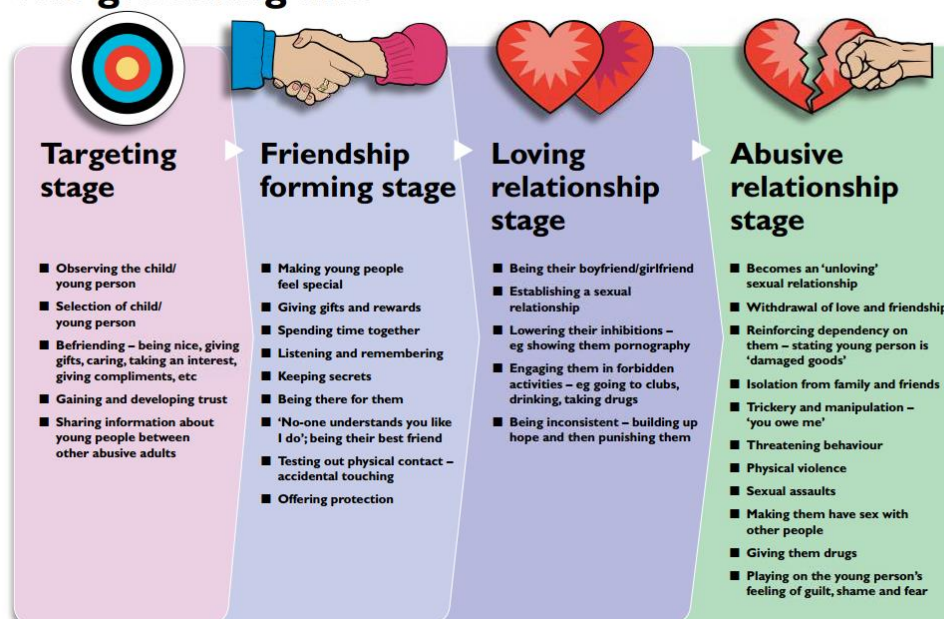
## What is Child Exploitation?

Child Exploitation is a term that is used to describe several ways in which children can be harmed. This refers to harm that mainly happens outside of the home. There will be unequal power dynamics and control. Different forms of exploitation are outlined below.

## Child Sexual Exploitation (CSE)

Child sexual exploitation is a form of child sexual abuse. Child sexual exploitation is when one person, or a group of people take advantage of their power to coerce, control, manipulate or deceive a child into sexual activity. This is called grooming, and the typical grooming process can be seen below. This abuse does not always involve physical contact and can happen through technology, for example a laptop, iPad, or mobile phone. A child may have been sexually exploited even if they have consented to the sexual activity.

### The grooming line



Credit: Barnardo's

Grooming makes it very difficult for children to know they are being exploited; therefore, it is very important that parents are aware what to look out for and how to get help.

## Child Criminal Exploitation (CCE)

Child criminal exploitation is where one person or a group of people take advantage of an imbalance of power to coerce, control, manipulate or deceive a child to engage in criminal activity:

- a) in exchange for something the child needs or wants e.g., food, lifts to different places, cannabis, attention, and/or
- b) to gain money or status
- c) through violence or the threat of violence to the child and/or their friends and family

Children can be exploited by adult males or females, or by other children, who themselves may be victims. A child may be criminally exploited even if the behaviour appears consensual. Criminal exploitation can also happen online, and most children are recruited through social media including gaming and chat forums. Criminal activity could include drug dealing, robbery, possession of weapons.

## County Lines

County Lines is a form of criminal exploitation, where illegal drugs are moved from one area to another by children or vulnerable people who are forced or manipulated into it.

The 'County Line' is the mobile phone line used to take the orders of drugs. Children refer to it as 'going cunch' which translates to 'going [to the] country' to deliver drugs. Perpetrators often recruit children through social media including online chat and gaming forums. Violence and weapon-related incidences can be linked to county line activity.

## Harmful Sexual Behaviour (HSB)

Harmful sexual behaviour is when a child engages in any form of sexual activity (online or in person) with another person that they have power over. This power could be due to age, emotional maturity, gender,

physical strength, or intellect. It is not uncommon for children who display harmful sexual behaviour to be victims of sexual abuse themselves.

## Serious Youth Violence

Any offence of serious violence with or without weapons including murder, manslaughter, rape, wounding with intent and causing grievous bodily harm.

## Child Trafficking

Trafficking is where children are tricked, forced, or persuaded to leave their homes and are transported and then exploited. This could include a perpetrator giving a child a bus or train ticket or paying for their taxi from one location to another.

Children are trafficked for a number of reasons including:

- sexual exploitation
- committing crimes, like begging, theft, working on cannabis farms
- moving drugs

Trafficked children experience many types of abuse and neglect. Traffickers can use physical, sexual, and emotional abuse and/or neglect to control children.

## What are some of the signs a child might be being exploited?

- Experimenting with drugs and/or alcohol or using them excessively
- Talking about being in a gang.
- Coming home with unexplained 'gifts' e.g., new trainers but having no money.
- Having friends who are also at risk of exploitation.
- Having unexplained injuries
- Poor sexual health e.g., contracting sexually transmitted diseases.
- Going missing from home or leaving without telling you where they are going/ staying.
- Being dropped off or collected by unknown adults in cars.

- Having a strong wish for money.
- Withdrawing from family and friends.
- Spending time with risky adults.
- Saying they are in a relationship with an adult.
- Being secretive e.g., hiding their phone, not saying to whom they are speaking.
- Not attending any form of education or employment, or a pattern of spending less time in education.

It is important to recognise that any child can be targeted for exploitation, however children with additional learning needs are more vulnerable because it makes it even harder for them to recognise that they are being exploited.

## Making sense of a child's behaviour

A parent may find it difficult to understand why their child keeps returning to the adult or adults that are abusing them. This is something we call a 'trauma bond.' This is a type of attachment a victim can feel towards their abuser which makes it very hard to not return to them. When a child is trauma bonded, they often feel confused. They can feel sympathy, love, protection but at the same time shameful and scared. Often abusers make children feel like they are to blame for what is happening to them. It is important to remember it is not the child's fault.

Adults that abuse children are very clever and skilled at what they do. This makes it very hard for children to feel like they can tell safe adults what is happening to them.

Sometimes the adult exploiting the child will also groom the parent to gain access to their children. The abuser may be very friendly and helpful, such as offering to drop the children to school, or offering money to support the parents. This can make parents think they are a safe person.

Parents of children who are exploited can feel many different emotions and feelings. Parents have talked about feeling angry, scared, sad, shameful, and overwhelmed.



## How can professionals help?

When professionals are working with children and families affected by child exploitation, we want to take what we call a 'Systemic Approach.' This means we want to look at everything around the child, including family, friends, school, neighbourhood, community. This allows us to get a better understanding of the situation and how we can help the child and their family. This approach means we look at worries and problems within the system, rather than blaming the child, moving away from the idea of a 'problem child.'

Child exploitation require what we call a Contextual Safeguarding Approach. This is a way of understanding and responding to children's experiences of harm that happens outside of their families. It recognises that the different relationships children have in the neighbourhoods, schools and online can feature violence and abuse.

Parents have little influence or control over their children in these situations. Parents may feel that the abuse happening outside of the family home is affecting their relationship with their child.

Therefore, professionals need to work in the areas that do have influence over these places of concern such as friendship groups, neighbourhoods. Assessing and working with these groups and spaces are a vital to increasing a child's safety.

## What are Safer Options?

Safer Options is Bristol's Violence Reduction Unit. It is a team of different professionals including youth workers, education workers, social workers, and police.

The Safer Options Team aim is to reduce the risk of children and young people being exploited and experiencing violence. The team also aim to empower young people and provide them with the support they need to lead safer lives.

The Safer Options Team supports different organisations in different areas across Bristol. The team work with voluntary and community organisations across Bristol including Schools, Health services, Social Workers, Police, and the Youth Offending Team.



Safer Options have regular meetings to discuss children who we are worried might be at risk of exploitation or serious youth violence and discuss how we can support them.

## Operation Topaz

Operation Topaz is the name for a specialist team in Avon and Somerset police. The team are specialists in Child Sexual Exploitation and Child Criminal Exploitation and work over Bristol, South Gloucestershire, Bath and North East Somerset and Somerset.

The team work by disrupting the perpetrators of child exploitation, as well as protecting the children who are victims. Professionals in this team are very skilled at building relationships with children who are being exploited to help build their confidence until they are ready to talk about what is happening to them. Topaz workers also do proactive work such as working with taxi drivers and hotels on how they can help prevent children being exploited.

## Support Services

We understand that supporting a child impacted by exploitation can feel overwhelming, it is important to know that you are not alone.

If you think your child is being exploited, you should contact Bristol City Council's First Assessment Service on 0117 903 6444. The team will be able to direct your query to the relevant team within Bristol City Council.

There are also many services that can provide advice and support to children and their families.

Different support services are available depending on the concern.

**Below is a list of numerous services available in Bristol and how to contact them.**

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## High risk exploitation services

### Barnardo's

Barnardo's work with young people citywide who are at risk of Child Sex Exploitation (CSE), Child Criminal Exploitation (CCE) and Serious Youth Violence (SYV). Each form of exploitation is supported under different categories, which are:

### Child Sexual Exploitation services: Barnardo's Against Sexual Exploitation (BASE)

BASE is a Barnardo's service which provide support to young people in Bristol up to the age of 18 where there are significant or known concerns that a child is being sexually harmed outside of the family home.

Website: <https://www.barnardos.org.uk/what-we-do/services/base-bristol-hub-spokes>

Referral process: If you are worried that your child is being sexually exploited, you can phone the BASE team on 0117 9349726. Alternatively email [Rebecca.trimby@barnardos.org.uk](mailto:Rebecca.trimby@barnardos.org.uk) . They will talk through your worries and help produce a plan which might include your child being supported by a BASE worker.

### ROUTES

ROUTES is focused on tackling Serious Youth Violence (SYV) and Child Criminal Exploitation (CCE) across the city.

ROUTES deliver a relationship based, trauma informed, one to one intervention to children, young people and young adults who are at risk of Serious Youth Violence (SYV) and Child Criminal Exploitation (CCE).

This service has a clear remit of supporting children and young people where there are known risk/concerns around peer-on-peer violence/association (often referred to as gang affiliations), knife crime and criminal exploitation.

**ROUTES** is not a preventative service and only supports those young people where there are significant concerns and risk linked to criminal exploitation.



The service is open to children and young adults of all genders and support young people up to the age of 24.

The service can support those who live in Bristol.

ROUTES – for girls and young women. ROUTES also has a dedicated female member of the team who works with girls and young women at risk of criminal exploitation or serious youth violence. Work is completed in a group capacity in schools or on a 1:1 basis. Local groups also run in the local community citywide for 12-weeks to help engage local girls and young women in local activities while supporting them around topics of interest such as healthy choices, self-confidence, identity etc. This post is funded until 2025. The groups can be accessed by completing a referral form online. There is a criteria to access these groups.

Barnardo's ROUTES have an additional service located in Somerset which has a focus on supporting children and young people at risk of county lines and child criminal exploitation, information can be found here: <https://www.barnardos.org.uk/what-we-do/services/routes-somerset>

We encourage all parents, young people, and professionals to call and talk through any possible referrals prior to making one on 0117 9349726.

## **HEAL: Helping Empower Adolescents Lives.**

HEAL are a Mental Health and Wellbeing Service which works to educate and support those affected, indirectly, by serious violence in their community.

They will deliver a three-tier support model for young people across Bristol which supports young people mental health at different levels.

- Tier 1 - HEAL will offer timely trauma-responsive, community-based interventions to those most affected by incidents of high harm. We will ensure responsiveness across the target area by receiving notification of these incidents through our existing service (ROUTES and BASE) and through our close working partnership with the Police/Safer Options.
- Tier 2 – Targeted interventions to friendship groups of young people currently accessing services in Bristol. Referrals for this tier will come from Safer Options, peers already known to



support/community services (including ROUTES and BASE, Growing Futures, LPW, Grassroots Communities, etc.), schools.

- Tier 3 – Using the data available across Bristol and working closely with Bristol City Council's Education Team, we will identify target schools and alternative learning settings with high levels of youth violence. In these schools, we will deliver mental health programmes to affected pupils, e.g. supporting PSHE lessons, working directly with entire year groups or in smaller more targeted groups.

## The Barnardo's Team

Team Manager: Carly Johnson – [carly.johnson@barnardos.org.uk](mailto:carly.johnson@barnardos.org.uk)

Project worker: Megan Read – [megan.read@barnardos.org.uk](mailto:megan.read@barnardos.org.uk)

Caroldean Ferguson – [Caroldean.ferguson@barnardos.org.uk](mailto:Caroldean.ferguson@barnardos.org.uk)

### How can you refer?

We can accept referrals from Safer Options, community organisations and education.

A referral form will be shared and that can be emailed: [oldmarketservices@barnardos.org.uk](mailto:oldmarketservices@barnardos.org.uk)

If you would like to discuss a potential referral, please do contact the team manager who will be happy to discuss this.

## Safe Choices

Supports children and young people of all genders within Bristol who have gone missing/run away from home.

The service provides Return Home Interviews and targeted one-to-one support to reduce the risk for children who are reported missing.

Safe Choices can help with:

- Missing young people



- Supporting children and young people who have gone missing/run away from home. Includes return-home interviews and/ or support to reduce risk-taking behaviour.

For further information on any of the projects named above, please visit Barnardo's website.

## For Substance Misuse:

### **Cannabis Support – New Leaf**

**New Leaf** is a project within our existing **BDP Youth Team** and aims to provide targeted support for young people aged 11-19 who are adversely affected by cannabis. New Leaf will work with a young person for up to 6 months through 1-to-1 sessions and group work.

We hope to help young people by reducing dependency through offering alternative ways of thinking, building positive peer relationships, and building motivation for diversionary activities. This project provides support for young people using cannabis who are most at risk from Child Criminal Exploitation, Child Sexual Exploitation, Anti-Social Behaviour and Serious Youth Violence, including knife crime.

**New Leaf Rapid** is a new project working with young people at risk of exclusion from education due to drug possession or the direct impact on behaviours of parental alcohol and other drug use. The project works with **Safer Options (Bristol's Violence Reduction Partnership)** to use Bristol's Drugs in School Pathway to support young people to change. New Leaf Rapid responds in 48 hours, offers schools additional help and advice to reduce exclusions and alternatively provide young people 6-12 weeks one to one support, addressing their drug use and behaviours.

To contact New Leaf please email [newleaf@bdp.org.uk](mailto:newleaf@bdp.org.uk) or call **0117 987 6009**

### **Youth Groups**

Our Family Team run a free and confidential youth group for children and young people who are living with a family member who uses alcohol or drugs.



Our youth group is an opportunity to get out for the evening and have some fun with other young people.

We have groups for 5 – 10-year-olds and for 11 – 16-year-olds, covering the whole of Bristol. We have dinner together and do activities including arts and crafts, outdoor play, cooking, and 1-to-1 time if a young person wants to take some time out.

All groups are held for two hours one weekday evening a week, twice a month for 5 – 10-year-olds and monthly for 11 – 16-year-olds. Transport can be arranged to get the young person there and take them home again, either by car or minibus.

To find out more, please contact our Family Team on the number: 0117 987 6009

## Family Support

If you are a parent or carer, we have a range of support available for your child who may be affected by your alcohol or drug use.

For professionals working within Family in Focus (formerly Early Help), a Bristol Children's Centre or Children and Family Services we can provide information, advice, and guidance, as well as training to professionals about substance use and families. You can contact our Family Team on 0117 987 6009.

## Accessing Support

The **BDP Youth Team** can be accessed through schools, colleges, training academies, alternative learning provisions and other youth services across Bristol. We can also work flexibly and meet young people in alternative community settings. If they attend college or school outside of Bristol or have left education, we can meet them in different venues.

### Make a referral.

If you are a professional who wants to refer a young person, you can fill out a referral form found on our lead partner service, Creative Youth Network's website. You will see the option for help for a young person using drugs or alcohol or if affected by someone else use towards the end of the form.

For more information, or if you are a **parent or carer**, please contact our team on **0117 987 6008**.

## Mentoring services and youth groups:

### **Aspiration Creation Elevation (ACE)**

ACE is a creative organisation that focuses on empowering young people through art projects, inspirational experiences, and role model guidance. They focus on shaping and supporting young people's music talent and offer programmes that young people can get recognised qualifications from. ACE can meet with young people at school and offer one to one mentoring sessions.

Website: <http://www.aspirationcreationelevation.com/>

Referral process: To refer to ACE click on their website link where you will find a form to complete.

### **spACE Schools Programme**

**Why:** Evidence shows us young people are not meeting their full potential but engage well with Aspiration Creation Elevation (ACE) and their communities. We wish to leverage communities to help young people with their growth. Many disadvantaged young people experience institutional.

conflict as well as various conflicts in their communities. The world is not changing in the short term, but they can acquire some key tools and skills to help them better navigate their own lives.

**What:** We aim to...Explore young people's existing tools, rules, identity, and journey so far. Alongside their aspirations, wellbeing, ideals, and decisions; with the themes of consequence, responsibility, and accountability.

Develop decision making capabilities, emotional intelligence, and self-awareness.

Equip young people with new tools to better communicate, navigate conflict and regulate emotions.

Increase young people's self-esteem, life-expectations, and motivation.



Improve young people's relationship with education by helping them to realise their incentive to engage with institutions.

**How:** We will use a series of fun and engaging workshops, based on interactive thematic games and safe discussions.

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## **Creative Youth Network (CYN)**

CYN aim to help young people to remove or overcome barriers that might be stopping them from living a safe and healthy life. CYN have 4 youth centres (The Station, Hillfields, The Stokes and Hanham) which are safe and creative spaces for young people to hang out, explore their interests and build positive relationships, filling the gap between school and home. Their youth centres provide sessions based around: Cooking, DJing, Arts activities, Discussions and Debates. CYN run creative courses and provide targeted youth support.

Website: <https://www.creativeyouthnetwork.org.uk/what-we-do>

There website outline active youth sessions throughout the week which young people across the city can access.

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## **Empire Fighting Chance**

Empire Fighting Chance aims to transform young people's lives through boxing. Empire Fighting Chance use a powerful combination of non-contact boxing and intensive personal support to challenge and inspire young people to realise their unique potential. Empire Fighting Chance also provides 1:1 mentoring, work in schools and boxing therapy.

Website: <http://www.empirefightingchance.org/>

Referral process: You can refer a young person to Empire Fighting Chance by going onto their website.

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## Creative Power Town

Creative Power Town is a platform and hub for The Creative Arts: Music, Dance, Fashion, Drama, Media Production And Photography. We believe that the local and wider community deserve the fighting chance to become successful within the creative industry. We aim to upskill, inspire, and create the opportunities to individuals, to learn, craft and sharpen their knowledge and experience within their chosen sectors.

Creative Power Town also offer 1:1 support through Safer Options. [info@creativepowertown.org.uk](mailto:info@creativepowertown.org.uk) or

01179423422

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## Freetalk

The Free Talk supports individuals Adults and Young People including Disability / Challenging Behaviour and Complex needs in relation to Homelessness, Mental Health and wellbeing / Drug and Alcohol Dependency and Offending Behaviour. We offer a non-judgmental Holistic / Child First Approach Supporting individuals to overcome barriers and fulfil their full potential.

We provide: Intervention / Prevention / Diversionary support for Mindset, Thinking Skills, Education, Training/Employment/ To Raise Aspiration/Positive Inclusion and Diversity by reducing re-offending and risk of harm and improving the quality of life of those under our supervision and in our care.

We provide food aid & social eating & are a values-based organization, We welcome participants whom society has disadvantaged. The Free Talk Intervention can be found at the Kuumba centre located at 20-22 Hepburn road, St Pauls, Bristol BS2 8UD. We offer a free service to individuals with complex needs, requiring our support we take self-referrals /online referrals and referrals from external agencies. There is no charge for participants to access our bespoke service.





St Paul's, Hepburn Road, Bristol, BS2 8UD, UK

Contact can be made through the website [The Free Talk Intervention \(C.I.C\) | Neighbourly](#)

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## Full Circle

Full Circle is a youth club based within Docklands in St Pauls. They provide a safe space for young people.

Their website outlines a full list of weekly activities and groups that young people can participate in to help build their confidence, support their wellbeing, and create a fun place to be. Website:

<http://fullcircleproject.org.uk/>

Referral process: To find out what activities Full Circle offer click on their website, call 0117 9077 164 or email them on [info@fullcircleproject.org.uk](mailto:info@fullcircleproject.org.uk)

Full Circle also run a monthly parent's group for parents who are concerned about risks to their children in the community such as exploitation and serious youth violence. This is available for parents living in East and East Central Bristol.

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## Street Space

StreetSpace offers sessions in space in Knowle West, one-to-one or small groups working with individuals both in and out of school, detached youth work on the streets and more.

They aim to provide consistent and inspirational relationships with young people through creating a safe space away from the streets in which to experience real respect and hopefully, grasp a wider view upon the world in which they live. This will increase young people's confidence, knocking down the socially implanted walls between the young person and their dreams.

Referral Process: contact via their website <https://streetpaceknowle.wordpress.com/contact/>

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## Grassroots Communities

Grassroot Communities is a community-based organisation that is creating sustainable change in everyday communities in Bristol through dedicated youth and community work. We are closing the gap on opportunities and supporting young people to realise their passions. We do this by providing them with access to education, training, employment opportunities, mentoring and support.

### Grassroots Activators Programme – GAP

We have designed the GAP to support young people to be able to realise their passions. It is open to all young people aged 16-30 years old who live in Bristol. We work with you to help you realise your passions and build an opportunity you want. This could be in education, employment, or training. We fully support you with our dedicated youth work team and match you with a mentor, who is specifically chosen based on your wants and needs.

Mini GAP is now available. Mentors will be matched on a first come, first serve basis.

### 12-week face to face course

- Central location
- Bus pass available
- Small group of up to 15 young people
- Interactive fun and action-based learning.
- 1:1 mentoring

Email: [info@grassrootcommunities.org](mailto:info@grassrootcommunities.org)

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## Horn Youth Concern

Bristol Horn Youth Concern was formed to support young people aged 11-19, mainly from an East African, though not exclusively Somali background. They provide a range of activities including sports, leadership skills, advice, and training on employment.



Their aim is to provide positive opportunities and activities for young people to reduce the risk of young people falling into criminal activity including gangs, using drugs and anti-social behaviour. Their aim is to educate young people on the consequences of their choices and empower them to make better choices and provide them with the tools to do so.

BHYC complete detached work within the East Central area of Bristol. BHYC also advocate on behalf of parents and their families to access city wide support services to help promote positive change for young people and their families.

For more information: please contact Khalil Abdi via email [hornyouthconcern@hotmail.co.uk](mailto:hornyouthconcern@hotmail.co.uk)

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## Impact Mentoring

Impact mentoring is an award-winning mentoring company, working with children and young adults across the south west with varying levels of need. At impact mentoring our 'why' is very simple: to make a genuine difference to the lives of the young people that we work with.

We keep this at the heart of everything that we do. We respond to need quickly and flexibly, always with empathy and a view to understanding each person's unique situation.

Using bespoke planning for individual needs and our established nurturing approach, we strive to inspire every one of our young people to succeed beyond their aspirations.

Address: unit 6, bridge road, Kingswood, Bristol, bs15 4fw

Opening hours: Monday to Friday 9am -5pm

Telephone: 0117 287 2494

Out of hours: 07341 277073

They have a team of mentors who provide private mentoring, peer mentoring, back to school support and sports related activities.



Website: <https://www.impactmentoring.co.uk/>

Referral process: You can contact them directly through their website or by phone (0117 2872494)

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## **Learning Partnership West (LPW)**

Learning Partnership West (LPW) exists to inspire future aspiration and ensure that no child or young person is left without help.

Through play work, youth work and the provision of alternative education their relentless care and personalised approaches are underpinned by trauma-recovery.

They support all children and young people between the ages of 6-25 years, to build on their strengths, abilities, and talents; overcome barriers to engagement and education; and to develop their own resilience and capability, because they believe every child and young person can reach their potential.

They can provide a range of support from both their play team, youth work provision, Re-engage into education scheme and Community outreach programme.

### **LPW alternative education offer:**

LPW also run their own school. It is a small full-time alternative provision for students aged 14 - 16 based in the centre of Bristol.

They provide a fresh start for young people who are disengaged in mainstream education. They seek to re-engage students and provide them with a small, nurturing but academically rigorous environment.

Website: <https://www.lpw.org.uk/about-us/>

Referral Process: Referrals can be made via their website, by phone (0117 987 3700) or via email [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk)

### **LPW 1:1 mentoring service:**



LPW offer a 1:1 mentoring service funded through Safer Options. This provides a short intervention with a young person to focus on themselves and helping them reach their full potential and building resilience to challenges they may face.

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## Mwanzo Project

Mwanzo Project is a Black Led Grassroots CIC founded in 2023 in response to the gap in provision for children and young people who are at risk/involved in youth offending, serious youth violence and criminal exploitation. We recognise the racial disproportionality identified within Avon and Somerset Criminal Legal System, the individual, institutional and structural racism experienced by Black and racially minoritized young people and aim to use our expertise and skills to offer bespoke support to those most marginalised by wider society.

The Call In and The Reach Out Programme focuses primarily on Black and racially minoritized young people, using findings from research highlighting the barriers to diversions for this group to inform our delivery; carefully tailoring interventions that meet the cultural needs of our cohorts and reducing the criminalisation of young people.

We are committed to providing an alternative to offending and violence by offering access to new opportunities, learning and growth as well as education, employment and training information, advice, and support.

**The Reach Out Programme** aims to work with up to 20 young people aged 16-21 years old within East Central Bristol (outside area could be considered) from predominantly Black and racially minoritized backgrounds who are identified as at risk/involved in serious youth violence and youth offending for up to 6 months offering:



**1:1 Mentoring** focusing on counternarratives, building relationships, creating safe spaces, consequential thinking, building self-confidence, self-esteem and developing conflict resolution skills.

**Group Workshops** that are culturally sensitive to build independence and lifelong skills including financial literacy, reflective spaces, and harm minimization.

**Positive Activities** to offer and support access to a range of positive activities that can help improve physical and emotional wellbeing, including therapeutic interventions.

**Life Coaching and Goal Planning** to support young people to create personal development plans, including education, employment, and training plans; exploring their interests and goals in order to have hope for an alternative future free from violence and offending.

#### **Eligibility:**

- 16-21 years old
- Resides in East Central Bristol or linked to services in East Central Bristol
- At risk or involved in street conflict
- At risk or involved in offending

**Who can refer:** Any organisation can make a referral.

**How to refer:** Seek consent for the referral from young person (parent/carer where appropriate).

Email referral to [director@mwanzo.co.uk](mailto:director@mwanzo.co.uk)

If you have any questions or wish to discuss further, please email us.

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## **Youth Moves**

Youth Moves provides supports to children and young people in South Bristol (Hartcliffe, Filwood and Knowle). 1-1, mentoring, sports programmes, open access and detached work.



Referral Process- contact via the referral page on their website <https://www.youthmoves.org.uk/>

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## Growing futures

Growing Futures UK works to empower children, young people and their families impacted by school exclusions, serious youth violence, child criminal and sexual exploitation.

They offer a range of support including mentoring programs, school programs, community action planning and more. Website: <https://www.growingfuturesuk.org.uk/futures>

Referral process: You can contact them via their website.

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## Young people at risk or entering the Criminal system.

### Youth Justice Support (YJS)

Bristol City Councils Youth Offending Team has joined with Safer Options to create a Youth Justice Support Worker role.

YJS work with young people who get into trouble with the law, helping them to stay away from crime. They:

- help young people at the police station, providing an Appropriate Adult if needed.
- help young people and their families at court.
- give information to the court.
- supervise young people serving a community sentence.
- keep in touch with young people sentenced to custody.
- support young people awaiting sentence.
- help offenders understand the effects of their crime.
- work with parents or carers to help them understand their responsibilities.
- offer victims of crime the chance to take part in restorative justice.



The team includes workers from different organisations including the council, police, health service and probation service.

Young people are put in touch with the Youth Justice Service by the police or the courts.

Part of the Youth Justice Service is:

## The Turnaround Programme

The Turnaround Programme. It supports young people at risk of entering the youth justice system.

Youth Justice Support Workers from Bristol Youth Justice Service, previously known as Bristol Youth

Offending Team, offer a positive mentoring relationship to help children and young people think through their needs. The Youth Justice Support Workers will create a plan with children and their families to address these needs and make positive changes.

They can offer support around:

- Education.
- job skills.
- hobbies and activities.
- life skills, for example cooking.
- learning different ways to manage emotions.
- thinking of ways to manage social situations with relationships and friendships.
- linking children and their families with other services that can help if needed.

Turnaround eligibility criteria

Children aged 10 to 17 are eligible for the Turnaround programme if they:

- have come to notice of agencies with enforcement powers for repeated involvement in anti-social behaviour (ASB)
- have been involved in anti-social behaviour and have received:
- Community Protection Warning/Notice (CPW/N)





- Acceptable Behaviour Contract (ABC)
- Civil Order for ASB
- are interviewed under caution following arrest or are attending a voluntary interview subject to a criminal investigation.
- are subject to No Further Action (NFA) decision (including Outcome 22)
- are subject to a Community Resolution (Outcome 8)
- are receiving a first-time youth caution, not including conditional caution.
- are released under investigation (RUI) or subject to pre-charge bail (PCB)
- are discharged by a court.
- are acquitted at court.
- are fined by a court.
- receive a conditional discharge from a court.

## 16-25 Transition and Resilience

1625 offers 1-1 support from a Transitions and Resilience worker to young people, their support focuses on one of the following three areas of need:

1. Healthy Relationships: working with young women who have experienced or are at risk of homelessness and experiencing domestic/sexual violence and abuse.
2. Mental Health: relationship-based support for young people with a mental health need.
3. Reducing Re-offending: relationship-based support for young people aged 16-22 who are transitioning from youth to adult services, including those at risk of custody or leaving custody.

Referral Process: Call 0117 3178800 where the team will help decide if this is the right service for your child.

**Also refer to ROUTES offer under Barnardo's information.**



## HOMELESSNESS SUPPORT

1625 Independent People works with young people aged 16 to 25 in Bristol, South Gloucestershire, North Somerset and Bath and North East Somerset.

We work to prevent youth homelessness, as through early intervention with young people, we can better work to end homelessness. Our Bristol Youth MAPS project successfully supports young people to remain at home, where it is safe to do so.

- We may be able to support you with The End Youth Homelessness Housing Fund, an interest-free loan for either a deposit or rent-in-advance, for an affordable property you are moving into. Please contact your worker or Bristol Youth MAPS on 0800 0354213 to speak to someone about this.
- We offer Bristol Youth MAPS, a homelessness prevention service, who will work with you and your network to help you remain at home, if it is safe to do so.
- Bristol Youth MAPS can support you to access assessments for temporary accommodation if you are eligible, through Bristol City Council.
- We manage accommodation that offers 24-hour staffing support, such as St Georges House in Bristol, or Woodleaze in South Gloucestershire
- We have a range of supported accommodation across the area including shared housing, where you would live with between 2 and 5 other people, and some self-contained flats.
- We provide affordable, community-led housing schemes, such as LaunchPad.
- We offer affordable housing at our Establish and Future Builders properties if you are in work or studying.
- We can match you with a host family in South Gloucestershire through our Supported Lodgings scheme.
- If you are ready to live independently, we can offer you affordable housing through our 'move on' housing project.

## For Harmful Sexual Behaviour:

### **BeSafe**

Be Safe is a small multi-disciplinary team that works with children and young people who have engaged in problematic (PSB) or harmful sexual behaviour (HSB), their parents/carers and those supporting them.

Children and young people who display harmful sexual behaviour often need help themselves and may have experienced harm themselves. Be Safe is part of Specialist CAMHS (Child and Adolescent Mental Health Service) and offers direct assessment and therapeutic intervention ('treatment') services to children, young people, and their families, as well as advice, training, and consultation to a broad range of professionals.

Be Safe offers a partnership service which is made up of staff who come from lots of different work backgrounds, including:

- social work
- psychology
- counselling
- family therapy
- psychotherapy

They offer assessment and therapeutic intervention to children and young people who have displayed problematic sexual behaviour (PSB) or harmful sexual behaviour (HSB), their parents and carers, and the support networks supporting them, including professionals such as school staff and social workers. We also provide advice, consultation, and training to professionals.

Referral Process: Speak to your child's Social worker or health care professional to access this service.

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### **SafeLink**

Safe Link – transforming victims' lives ([safelinksupport.co.uk](http://safelinksupport.co.uk))



We provide independent support for anyone (women, men, children) who has been the victim of rape and sexual abuse across the whole of Avon and Somerset area.

They also offer support to the family. They can assist with making a statement to the police, claims for compensation and support with the court process.

SafeLink offer peer support groups (10 sessions) and dedicated support for victims with learning disabilities.

Referral Process: Self refer by email, [Safe.Link@safelinksupport.co.uk](mailto:Safe.Link@safelinksupport.co.uk)

Office is open 08:30am – 5:30pm

Telephone 10am – 4pm Monday to Friday 0333 323 1543

The out of hours service will be available outside of these hours.

Live chat is open 10am – 4pm.

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## The Bridge

It does not matter when you were assaulted, where it happened or who did it – we will listen to your experience and help you to get the support you choose.

The Bridge is a Sexual Assault Referral Centre (SARC). We offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted.

Our specialist team will be here for you if you are:

- An adult or child, living in Bristol, South Gloucestershire, North Somerset, Bath & North East Somerset, or Somerset.
- A child, living in Gloucestershire, Wiltshire, or Swindon.

We also offer information and support to friends and family if someone you care about has been affected by rape or serious sexual assault.

Call us for free and confidential advice on 0117 342 6999. We are here 24/7, 365 days a year.



## The Bridge can help.

- Talk to us about what has happened.
- Discuss your options.
- Medical care, including a forensic medical examination, sexual health, and onward referrals.
- Emotional and psychological support, including arranging counselling.
- Practical help.
- Information about making a report to the police.

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## SARSAS (Somerset and Avon Rape and Sexual Assault Support)

SARSAS provide support to people who have experienced rape or any kind of sexual assault or abuse, at any time in their lives. They offer E-support, counselling and 1-1 sessions as well as support for friends, family, and professionals.

Helpline 0808 801 0456 (Women/girls) or 0808 801 0464 (Men/boys)

Referral process: Contact 0117 929 9556 or 01823 324 944 email: [info@sarsas.org.uk](mailto:info@sarsas.org.uk)

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## Star Clinic

We see children and young people of all ages who have a genital condition that may need treatment. We also see children and young people of all ages who have recently or in the past been sexually harmed and may need care and treatment.

**What They do:** We see children and young people who have been involved in an incident involving sexual harm more than one week ago. Children who have been involved in a recent incident (less than one week) are managed under the acute child protection and forensic procedures.

We are here to look after the child's health with other adults supporting them, such as family, carers, and social workers.



## **Star Clinic Information:**

Sometimes things happen that are private and difficult to talk about. We understand that coming to the clinic is not easy and may feel embarrassing. We are here to help, reassure you and will make sure that you are:

- treated with respect and dignity.
- listened to.
- not judged.

## **What happens at appointments?**

We treat everyone individually, adapting the appointment depending on what you need, and we will not do anything unless you agree to it.

Appointments cover the following areas:

- Explain to you what your appointment is for.
- Explain what happens to the information from your appointment.
- Ask you a little about what happened (that relates to your health).
- Ask about your life and your general health.
- Answer your questions.
- Talk you through any physical examinations that would help us to find out how we can help you (this will only be carried out if you agree).
- Discuss any support needed after the appointment.

## **What do I do if I am worried about my appointment?**

Most people feel nervous about their appointment, this is normal, and we want to do whatever we can to reassure you. Our contact information is on this page, or the child or the adult attending with them can call



us to discuss any concerns. You can also bring questions with you written down. Whatever helps you to feel more comfortable.

Telephone: 0300 125 6917

Email: [Sirch.Bristolstarclinic@nhs.net](mailto:Sirch.Bristolstarclinic@nhs.net)

Address: Star Clinic, Community Children's Health Partnership, Unit 9, Eastgate Office Centre, Eastgate Road, Eastville, Bristol, BS5 6XX

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## SARC (Sexual Assault Referral Centre)

SARC offers the following support for those who have been raped or sexually assaulted:

- Emotional and psychological support.
- Medical care, including sexual health and emergency contraception.
- Practical help.
- Arranging Counselling.
- Information about making a report to the police.
- Information for professionals, advice and support for friends and family.

Referral Process: Call 0117 342 6999 (24/7) or email [ubh-tr.thebridgecanhelp@nhs.net](mailto:ubh-tr.thebridgecanhelp@nhs.net)

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## Sexual Health:

### Brook

Free, confidential sexual health services for young people in Bristol, South Gloucestershire, and North Somerset.



Brook Bristol, as part of the Unity Partnership, offers sexual health screening, contraception, pregnancy testing, free condoms and advice.

Brook offers a free and confidential sexual health service for young people under the age of 25. Their support includes:

- contraception and contraceptive advice
- STI testing
- pregnancy testing
- emergency contraception
- Counselling

Referral Process: Many clinics have walk-in hours, see website for details

<https://www.brook.org.uk/services/brook-bristol/>

Or phone 0117 929 0090

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## Mental Health:

### **CAMHS**

#### **The Young People's Substance Misuse Treatment Service (YPSMTS)**

YPSMTS works with young people under 18 who are struggling with their own drug and alcohol use and have mental health needs alongside this. This service is part of the Children and Adolescent Mental Health Services (CAMHS).

They offer both 1:1 support with young people and can also work with families.

They provide a mixture of office-based sessions and outreach sessions.

Website: <https://cchp.nhs.uk/cchp/explore-cchp/young-peoples-substance-misuse>

Referral process: To speak to a member of staff or to make a referral call 0117 342 5729.



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## OTR (Off The Record)

OTR is a mental health service for 11 – 25-year-olds. They offer a variety of services to make support accessible for many:

- Counselling
- Group sessions
- Peer mentoring
- Courses e.g. boxing, yoga
- Book club

Please look at their website for more details: <https://www.otrbristol.org.uk/>

Referral Process: Young people can be supported to sign up online or attend a hub.

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## Counselling

### NAOS

NAOS is an Intercultural Therapy Centre. They provide a range of therapeutic projects using physical and creative activities.

Their offer includes (but is not limited to):

- Outreach therapy for those unable to access the centre.
- Adoption support
- Affirmation studios (using music to help young people engage with treatment)
- Support young people through and after care.

Website: <https://www.naos.org.uk/>



Referral Process: To make a referral, you need to complete a form on their website, and they will contact you.

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## The Greenhouse

The Greenhouse offers specialist counselling/therapy and support for anyone who has experienced or been affected by sexual trauma at any point in their lives. They offer both 1:1 support as well as advice and emotional support to parents.

Referral Process: Phone 0117 935 1707 or email [info@the-green-house.org.uk](mailto:info@the-green-house.org.uk)

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## Victim Support

Victim Support offer confidential support (emotional and practical help) for people affected by crime and traumatic events, both in the immediate and longer term. They offer peer support sessions and group work, provide advocacy, offer advice around personal safety services and they can help in understanding the criminal justice system.

Referral Process: Call 0300 303 1972 (24/7)

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Please also refer to Off The Record, HEAL programme within Barnardo's, CAMHS within schools and some of the mentoring services who can offer low level counselling support in groups through health and wellbeing workshops in schools etc.

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## Helplines

Many of the services detailed above offer a helpline service. There are also the following helplines which may be useful to include in safety planning work with children, young people, and their families:



- Childline (0800 1111 or online chat service [www.childline.org.uk](http://www.childline.org.uk))
  - NSPCC (for adults concerned about a child- 0808 800 5000)
  - SafeLink- 0333 323 1543
  - Samaritans (116 123)
  - SARSAS (0808 801 0456 for women and girls, 0808 801 0464 for men and boys)
  - Self-Injury Support
  - Kooth - online chat service <https://www.kooth.com/>
  - Tess - Text: 07537 432 444 or email and webchat: [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)
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## Specialist services for professionals

### SOTICS

Safer Options Trauma Informed Consultation Service. *Understanding me and my story*

#### Information for Professionals

This service offers a psychology led case formulation process to support trauma recovery and case management for children and young people with complex needs. The process involves working with the professional network around a child to understand what has happened to them, and how they can best be supported in a trauma informed way. It offers a clinical framework and support to those working directly with the child and family.

Whilst the service does not work directly with children/young people or their parents/carers, best practice would be that they are informed of and consent to the process (unless safeguarding concerns suggest otherwise). We would value the input of children/young people and their parents/carers via the direct worker, who can present their views in the consultation and formulation and give them feedback.

#### Referral Criteria:

1. Children known to be offending or at significant risk of harm to self or others.



2. Not currently on a Youth Justice order or in a custodial environment.
3. Receiving intensive social care or specialist services long term support (e.g. Routes or BASE), which includes regular direct contact and where a named worker will be involved for an additional 6 to 12 months following referral.
4. Where there is a professional network around the child that would benefit from consultation and formulation that is not already being provided elsewhere.

### **What happens at the formulation meetings?**

All professionals working with the child and family will be invited to the meeting. We will ask professionals to share information about the child's history and experiences to help develop a detailed time line. This will inform the development of a psychological understanding of the reasons behind a child's behaviours and a report is written to summarise this hypothesis. The report will also make recommendations for ongoing interventions, and the sequence of these, in line with the Trauma Recovery Model (Skuse, & Matthew, 2015).

The approach complements the Enhanced Case Management model that exists in the Youth Justice Board and Youth Offending Service, which brings trauma informed formulation into the support planning for children involved with the youth offending team. However, we will be working with children who are not currently working with the youth offending service.

### **What else is on offer to professionals?**

In addition to the initial formulation meetings and recommendations within the report, we will offer ongoing review meetings, reflective supervision, and training to support practitioners in continuing development in trauma informed responses.

### **Who is in the Team?**

- Rachel Marcarian – Forensic Psychologist
- Alice Hunt – Senior Practitioner and Therapist
- Alex Manning – Assistant Psychologist



We are based in Specialist CAMHS at Barton Hill and can be contacted on:

Email: [awp.sotics@nhs.net](mailto:awp.sotics@nhs.net)

Phone: 0117 3408700

If you would like to know more information, to ask about our referral pathway, or to discuss a case that may be suitable for referral, please email us.