



Service Six

# Wellbeing Services

Changing Lives • Creating Futures

<p><b>TARGET</b> Reducing Grooming &amp; Exploitation online in Northamptonshire</p>	<p>Youth Led project working with children and young people across Northamptonshire &amp; Leicestershire who are at risk or identified as affected by online sexual exploitation and abuse. We aim to increase children and young people's online protective behaviours, improve their wellbeing and increase transferrable knowledge &amp; skills.</p>
<p><b>OPAL</b> Support &amp; Guidance for Self-Harm in Northamptonshire</p>	<p>Let's talk about self-harm. The OPAL Project is an award-winning project, supporting young people aged 10-18 to become stronger, understand their feelings to cope better with every day situations and live a healthier and happier life.</p>
<p><b>HAPPY HEADS</b> Mental Resilience for Primary School Children in Northamptonshire</p>	<p>Supporting children 5 to 11 years old within their local schools and communities to build emotional resilience, manage their anxieties and develop a healthy mind. Special focus on year 6 student transitioning to Year 7.</p>
<p><b>ESPRESSO YOURSELF</b> Wellbeing Café – Drop-in in Wellingborough</p>	<p>Mental Health Drop-in service for 11 to 18 year olds in Northamptonshire Every Saturday 10am – 2pm at our head office in Wellingborough, 15 Sassoon Mews, NN8 3LT. No appointment needed.</p>
<p><b>LGBTQ+ OUT THERE</b> Wellingborough Youth Group</p>	<p>A safe, friendly and confidential space for young people up to 18 years old who identify as LGBTQ+ to explore their identity and connect with like-minded young people. OUT THERE Wellingborough is part of OUT THERE Northamptonshire.</p>
<p><b>Kidz &amp; Youth on the Mews</b> in Wellingborough</p>	<p>Youth groups every Monday at Service Six' Community Centre, 16 Sassoon Mews, Wellingborough, NN8 3LT. Kidz on the Mews – for Primary School Children 4.30pm – 6pm Youth on the Mews – for Secondary School Children 6.30pm – 8pm</p>
<p><b>SUPPORT PLUS</b> Bespoke and Needs-led Solution-Focused support</p>	<p>Support Plus is a wellbeing support service, providing 1-2-1 support for those people who are looking to access counselling; are on the waiting list for counselling; are not able to commit to Counselling and/or need to talk to someone or are in a crisis situation.</p>
<p><b>COUNSELLING &amp; THERAPY</b> Play Therapy, Talking Therapies, Family Therapy and more in Wellingborough &amp; East Northants</p>	<p>Counselling is a supportive relationship built on trust, and is available to children, young people and families to enable them to make progress and informed choices. Many young people experience difficulties at home, in school, with their peers and in understanding their feelings and emotions. Counselling lets you talk about how you feel, separate from school and home life and can help you get back to enjoying life.</p>
<p><b>HAPPIER FAMILIES</b> Parent &amp; Carer Drop-in in Wellingborough &amp; East Northants</p>	<p>Phone and Text support drop-in service to explore and understand your child's need, off-load and talk, being listened to, boost positivity and get support for yourself. Every Thursday 4pm – 5pm. Text or call Gemma 07813 366220</p>
<p><b>SPECTRUM</b> SEN Youth Group &amp; Support in Milton Keynes</p>	<p>For young people aged 11+ with Special Educational Needs (SEN). Every Thursday 4pm – 5pm at Chapter House Community Centre, Coffee Hall, Milton Keynes MK6 5EE. Booking is essential due to limited spaces</p>
<p><b>Youth Starz</b> Youth Support in Milton Keynes</p>	<p>Wide range of support services to increase disadvantaged children and young people's access to support, healthy positive activities and transferable life skills enabling them to improve their wellbeing to feel happier and provide youth volunteering opportunities.</p>
<p><b>STEPPING STONES</b> Inpatient Transition in Milton Keynes</p>	<p>Specialist and Preventative support and mentoring for young people transitioning from secure mental health provision to community integration.</p>



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Supporting Children, Young People, Adults, Families & Communities to be healthier and happier!



**For more information, please contact or visit:**

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 Service Six on YouTube  
<https://www.youtube.com/watch?v=tQxQlw1n02Y&t=6>

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