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HERE  
YOU



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# Holiday Activity and Food Programme

During the Easter, Summer and Winter we will be delivering the Department for Education's Holiday Activities and Food Programme (HAF) in Sunderland.

We have a wide range of local organisations who will be delivering food and activities across Sunderland - each will provide delicious healthy meals, allow children and young people to get active, learn new things, make friends and have fun.

The holiday programmes are open to school-age children and places will be prioritised for children eligible for free school meals. All clubs will be free to attend for those eligible for free school meals.

**For further information please visit:**

**[www.togetherforchildren.org.uk/HAF](http://www.togetherforchildren.org.uk/HAF)**

**Email: [HAF@togetherforchildren.org.uk](mailto:HAF@togetherforchildren.org.uk)**



**Department  
for Education**

# Growing Healthy 0-19 Sunderland

The School Nurses Team protect and promote the health, development and wellbeing of children and their families. We are a team of specialist Public Health nurses including school nurses and health visitors. We also have nurses in specialist roles, including infant feeding, SEND, emotional health, family nurses, young people's nurse, health screeners and early years practitioners.

For further information please visit:

[www.facebook.com/GrowingHealthySunderland](https://www.facebook.com/GrowingHealthySunderland)

Email: [spoc.hdftsunderland@nhs.net](mailto:spoc.hdftsunderland@nhs.net)

Tel: 0300 0031 552



# Relationships, Sex and Health Education (RSHE) Service

Our Relationship, Sex and Health Education (RSHE) service works with young people aged 8 to 18 and can be offered to young people with special educational needs and disabilities or those who are Care Experienced up to the age of 25. The purpose of the RSHE service is to help children and young people to develop the vital skills to make informed decisions about their sexual health, wellbeing, self-esteem and relationships.

For further information or to make a referral please visit:  
[www.togetherforchildren.org.uk/professionals/relationship-health-sex-education-rhse](http://www.togetherforchildren.org.uk/professionals/relationship-health-sex-education-rhse)  
Email: [youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)

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# Anti-Bullying Service

The Anti-Bullying Service provides advice, guidance and support to young people, parents and carers, and professionals who are experiencing issues around bullying. The service can undertake direct work with young people and offer support to families and schools to help implement safety plans for children and young people.

For further information please contact:  
[youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)



# Participation and Engagement

Our Participation and Engagement service is there to ensure that all children, young people and their families have the opportunity to actively participate in the decisions that affect their lives, in the delivery of the services they receive, and in the development of the policies that impact on them.

For further information please visit:

[www.togetherforchildren.org.uk/children-young-people/participation-and-engagement](http://www.togetherforchildren.org.uk/children-young-people/participation-and-engagement)

Email: [youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)



# Change Council

Change Council is a group of young people who are cared for or care experienced in Sunderland. Change Council gives children and young people the chance to shape and influence services and have a say about the things that really matter in their lives, helping to shape the overall strategy for cared for children and young people in Sunderland.

For further information please visit:

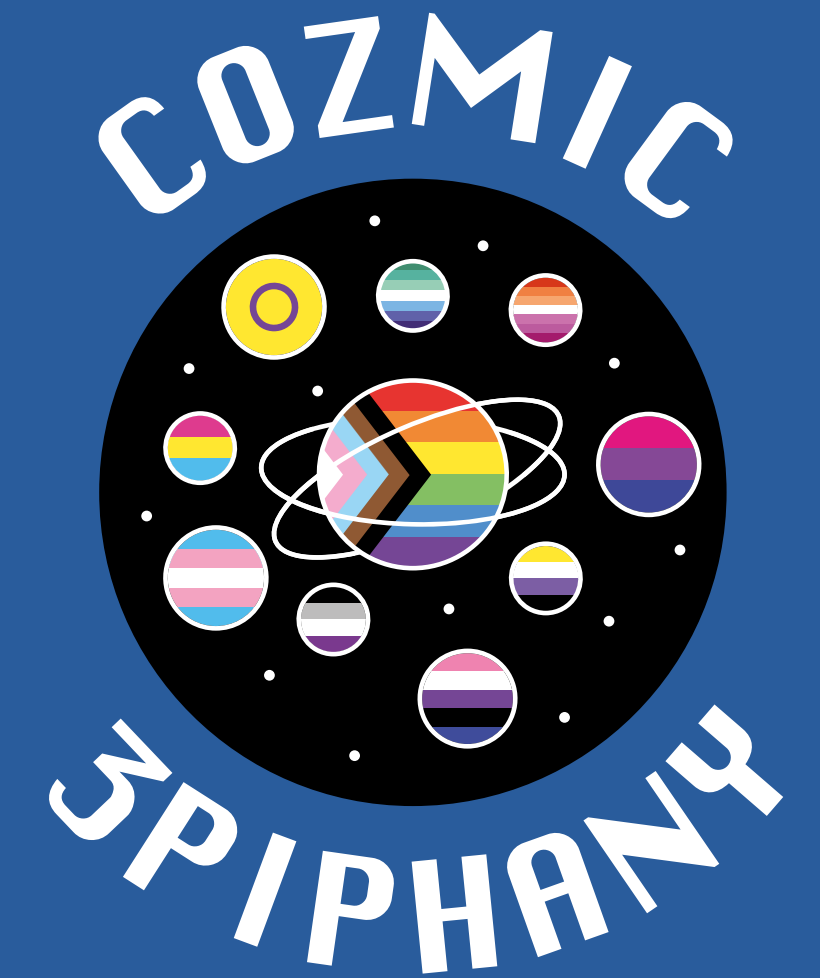
[www.togetherforchildren.org.uk/children-young-people/participation-and-engagement](http://www.togetherforchildren.org.uk/children-young-people/participation-and-engagement)

Email: [youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)



# Cozmic 3piphany

Cozmic 3piphany is a confidential space for young people aged 11+ who identify as LGBTQ+ or are questioning their sexuality or gender identity, facilitated by specially trained workers, where members feel heard, valued and safe.



## STARS

STARS is a group for young people aged 12 to 25 with special educational needs and disabilities. Members help shape services for young people across the city and advocate for inclusion and accessibility.

For further information please contact:  
[youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)





# Sunderland Youth Council

Sunderland Youth Council is open to any young person aged 11 to 19, or up to age 25 if you have a special educational need or disability. Sunderland Youth Council is an advisory network of young people who make sure young people's voices in Sunderland are heard at a local and national level.

For further information please contact:  
[youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)



# Youth Drug and Alcohol Project

YDAP works with young people whose substance use is problematic and impacting on their life with negative effect.

For further information please visit:

[www.togetherforchildren.org.uk/services/  
drug-and-alcohol-support](http://www.togetherforchildren.org.uk/services/drug-and-alcohol-support)

Email: [YDAP.Project@togetherforchildren.org.uk](mailto:YDAP.Project@togetherforchildren.org.uk)

Tel: 0191 5614000

# Kooth

Kooth provides free, safe and anonymous mental health and wellbeing service, providing online counselling and support for children and young people aged 10 to 25 years old in Sunderland.

For further information please visit:  
[www.kooth.com](http://www.kooth.com)



# Careers Service

Our Careers team offers impartial careers education, information, advice and guidance to young people in Sunderland aged between 13 and 18 years old, or up to the age of 25 if you have an Education Health and Care Plan (EHCP).

Our Careers Advisers can support you to make positive choices about your future, with information about college courses, apprenticeships, sixth form, employment and training, as well as a range of other options depending on your individual needs and interests.

For further information please visit:

[www.togetherforchildren.org.uk/children-young-people/careers-and-neet-service](http://www.togetherforchildren.org.uk/children-young-people/careers-and-neet-service)

Email: [YP.careers@togetherforchildren.org.uk](mailto:YP.careers@togetherforchildren.org.uk)

Tel: 0191 561 4084

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# Wear Kids

Wear kids is a voluntary intervention to support young people who might be at risk of offending and anti-social behaviour.

For further information please visit:

[www.togetherforchildren.org.uk/professionals/early-help](http://www.togetherforchildren.org.uk/professionals/early-help)

Email: [wear.kids@togetherforchildren.org.uk](mailto:wear.kids@togetherforchildren.org.uk)

Tel: 0191 561 4084

to discuss your worries with one of the Wear Kids team.



# C-Card

The scheme provides confidential sexual health advice and free condoms to anyone aged 13 to 24. You can use the Sunderland C-Card scheme regardless of your gender or sexual orientation. It doesn't matter whether you're having sex, thinking about having sex or just curious. C-Card is free and completely confidential.

**For further information please visit:**  
**[ccardsunderland.co.uk](http://ccardsunderland.co.uk)**



# Change 4 Life

Sunderland programme provides healthy lifestyle sessions aimed at encouraging and supporting families to eat well, move more and live longer. Sessions take place online and in community venues across the city. You can also bring along siblings for family sessions, or a friend if participating in a teen programme.

For further information please visit:

[www.sunderland.gov.uk/change4lifesunderland](http://www.sunderland.gov.uk/change4lifesunderland)



# Sunderland Altogether Consortium

We are Sunderland youth work, and we are all together. The Consortium is made up of eight youth work organisations, all of whom share one common goal: to transform the lives of young people across the city of Sunderland and to create a strong, sustainable future for youth work services.

For further information please visit:  
[www.sunderlandyouthwork.co.uk](http://www.sunderlandyouthwork.co.uk)  
or search for us on Facebook:  
[@sunderlandyouthwork](https://www.facebook.com/sunderlandyouthwork)



# SSCP

The Sunderland Safeguarding Children Partnership (SSCP) is a multi-agency group that safeguards and promotes the welfare of children and young people across Sunderland. We do this by listening to workers across the city, learning from achievements and also when things go wrong, providing training to enable professionals to do their job well, and listening to the views and opinions of children young people and their families.

**For further information please contact:**  
**[sunderland.scp@sunderland.gov.uk](mailto:sunderland.scp@sunderland.gov.uk)**



**SSCP**  
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S A F E G U A R D I N G C H I L D R E N  
P A R T N E R S H I P

# Everyone Active

Everyone Active runs Sunderland Leisure Centres. Whether you want to join as a regular member or on a casual basis, Sunderland Leisure Centres have some great opportunities to help you stay active.

For further information please visit:  
[www.everyoneactive.com](http://www.everyoneactive.com)





# Wear Here 4 You Prevention Bus

Our mobile prevention service Wear Here 4 You provides information, advice and support for children, young people and families in Sunderland. You might see us at school, in your local park, at a community hub or out and about across Sunderland!

For further information please visit:

[www.togetherforchildren.org.uk/wearhere4you](http://www.togetherforchildren.org.uk/wearhere4you)

Email: [youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)



# If you are worried about someone:

If you are in danger or are worried about someone, please call **999** in an emergency or call **101** if there is no immediate risk.

If you have any concerns about the safety or welfare of a child or young person, contact **Together for Children** on **0191 561 7007** (Monday to Thursday, 8:30am to 5:15pm and Friday, 8:30am to 4:45pm).

Outside of these hours, please contact the **Emergency Duty Team** on **0191 520 5552**.