

We are England's leading family charity. We support over 45,000 families every year with over 100 services in communities across the country. We offer practical, emotional and financial help to families and individuals in their communities.

The service is commissioned by the Eastern & Coastal NHS Primary Care Trust

Eastern and Coastal Kent 
Primary Care Trust

How To Contact Us

For more information or to make a referral please contact us at:

Family Action Sheppey
Young Persons Project
Seashells
Sheerness Children & Families Centre
Rose Street, Sheerness
ME12 1AW

Tel: 01795 889230

Email: ypp.sheerness@family-action.org.uk

Fax: 01795 889239

Directions to Seashells

From A249: Continue on the A249 over the Sheppey Crossing. Follow signs to Sheerness / Sheerness Docks. Pass the Steelworks on your right, and at the Docks roundabout, take the second exit over the small bridge. At the Tesco roundabout take the second exit following signs to the town centre. At the traffic lights (train station should be on your right) turn right into Railway Road. Take first left into Pepys Avenue, then fourth right into Rose Street. "Seashells" is on the left before Rose St. Primary School.

Should the car park be full there is plenty of on street parking nearby.

Family Action Central Office

501-505 Kingsland Road, London, E8 4AU. Phone 020 7254 6251

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family
action

Family Action Sheppey Young Persons Project

Therapeutic intervention for children & young people with emotional/mental health problems and support for their parents / carers who are living in Sheppey and Sittingbourne

supporting families since 1869

What Do We Offer?

The Family Action Young Persons Project:

- Provides a link between the primary care available in the community and the specialist child and adolescent mental health service
- Promotes a better understanding of the emotional and mental health difficulties experienced by young people
- Improves and extends access to information and support for families experiencing difficulties and for the professionals
- Provides assessment and early intervention to meet the needs of young people and prevent the development of more extended mental health problems

The service is aimed at children and young people of school age who require early intervention to address emotional and/or mental health needs that cannot be met in the home or at school. We work with children in Sheppey and Sittingbourne who are referred by teachers, GP's or professionals.

We provide:

- Initial assessment
- Individual therapy and counselling
- Group work in the community and in schools
- Family work

How Can We Help You?

Parent Group

The Parent Group is aimed at helping parents understand emotional needs of children and how emotions impact on behaviour. Parents are encouraged to get in touch with their own feelings about being parented, to re-evaluate what is best for their child and are encouraged to implement strategies to enable good parent-child relationships.

Adolescent Group

This group provides young people with support for the whole academic year. Young people can be referred to this group until the beginning of the summer term. The group aims to help young people find out who they want to be and helps them explore ways of making it happen.

Children's Groups

We set up younger children's groups according to the nature of referrals we receive.

Previous groups have covered issues such as changes in children's lives and exploring how it feels for children to be part of a blended family.

About Our Services

We would expect you to have the consent of the young person's parent/carer before making a referral. We will include parents/carers and other family members in our initial assessment, taking a holistic approach to the young person's experiences.

Other services we offer

- Telephone consultation for both families and professionals
- Multi-agency training events
- Children's Mental Health promotion
- A drop-in session for direct contact with young people

Referrals

All professionals can refer to the service in writing. Criteria include:

- Mild to moderate anxiety
- Mild to moderate depression
- Relationship difficulties
- Low self-esteem
- Inadequate sense of identity
- Reaction to loss or separation
- Behaviour which arouses concern regarding emotional well-being