

Local and National Advice Services

Children & Young People's Statutory Services

CAMHS



<https://www.oxfordhealth.nhs.uk/camhs/oxon/>

In Oxfordshire they provide a wide range of mental health services for children and young people within community services. A recent single point of access has been introduced and as such young people or their carers can now self-refer online or call 01865 902 515, or email at OxonCAMHSSPA@oxfordhealth.nhs.uk. Approx. 9-month waitlist.

Charitable Sector



Place2Be

The Banbury mental health project currently works in partnership with five schools in Banbury to support them to plan, develop and provide a whole school approach towards a mentally healthy school. The project evolved following the delivery of the Mental Health Champions Senior leader training which was delivered to several school's senior leaders in Banbury. Together with Place2be the Senior leaders developed an action plan for their whole school approach and identified the need for support from a mental health clinician to nurture and sustain this culture of positive mental health and well-being for each of their schools. The schools involved in the project include

- St. Leonard's CofE Primary School
- St. Josphe's Catholic Primary School
- Dashwood Aspirations Academy (Primary school)
- Harriers Aspirations Academy (Primary school)
- Wykham Park Aspirations Academy (Secondary School)

ROYAL PATRON HRH The Duchess Of Cambridge

<https://www.place2be.org.uk>



Banbury Young Homelessness Project

This charity supports all young people aged between 13 and 25 who are homeless, at risk of homelessness, disadvantaged (and often their families) or simply in need of some advice and support. BYHP covers the areas of Banbury, Bicester, Brackley, Chipping Norton.

<https://www.byhp.org.uk/>

The Hill Youth and Community Centre

This is located in the Bretch Hill area of Banbury

Youth work is primarily aimed at young people between the ages of 10 and 16. The programme includes sports, weekly social clubs and practical groups, such as homework club and art classes.

<https://www.banburycommunitychurch.com/the-hill-banbury>



Aquarius

Drug and alcohol support for young people. Also offering support to young people whose carers may have drug or alcohol difficulties.

<https://aquarius.org.uk/>

Children with additional needs



Parent's Talking Asperger's

A local charity that supports families that have children and young people with Asperger's

<http://www.parents-talking-aspergers.co.uk/>

Let's Play

Based in Banbury the service specialises in play and leisure activities for disabled young people from 5 – 18 years.

<http://letsplaybanbury.org/what-we-do/>

Under 5's Statutory Services

Home Visitors

Provide support from pregnancy and will see you once your baby is born and until the age of two, if the child is meeting milestones. They are also able to provide drop in support and advice within child health clinics and at any time until the child becomes five years of age.

<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/>

Under 5's Charitable Sector



Home start Banbury & Chipping Norton

Home-Start Banbury & Chipping Norton is a voluntary organisation which is committed to promoting the welfare of families with at least one child under five years of age. Volunteers offer regular support, friendship and practical help to families under stress in their own homes helping to prevent family crisis and breakdown.

<http://www.home-startbanbury.org.uk/>



Sunshine Centre

A voluntary organisation in Banbury, supporting children and families in the community. The service aims to provide practical help and emotional support to families who need a little extra help. For those who may be experiencing difficulties they offer support, guidance and advice to help overcome problems that a family may be experiencing.

<https://sunshinecentre.org>

Adults Statutory



Adult IAPT/Talking Therapies

TalkingSpace is the talking therapy service for people in Oxfordshire who are suffering from mild to moderate symptoms of anxiety or depression. There is a self-referral option, but GP's can also refer.

TalkingSpace Plus will offer you an initial telephone screening with a Psychological Wellbeing Practitioner who will talk to about which treatment option may be suitable.

The IAPT model is based on 'stepped care' with patients receiving either a Step 2 service (most often guided self-help, computerised CBT, group CBT or signposting) or a Step 3 (most often individual CBT) service depending upon their individual needs.

<https://www.oxfordhealth.nhs.uk/talkingspaceplus/>

Adult Charitable sector



Oxfordshire Mind

A mental health charity that aims to help anyone with a mental health problem and ensure that they have somewhere to turn for advice and support. Within Banbury they offer some group work for adults.

<https://www.oxfordshiremind.org.uk/>



Restore

Mental Health Charity <https://www.restore.org.uk/> with a local hub in Banbury offering a Recovery Group based in Banbury, the group offers opportunities to socialise and learn new skills in cooking, woodwork, and arts and crafts. Members decide together what activities they will do. Members have opportunities to gain insight into their strengths and consider positive changes they wish to make. Meeting as much as every day.

<https://www.restore.org.uk/restore/north-oxfordshire-recovery-group>



Turning Point

Offers a range to interventions to support recovery from alcohol and drug misuse. The Banbury hub is open five days a week and offers a variety of interventions to support recovery including key worker sessions, group work, peer led groups and open access drop in. They also offer art club and relaxation groups.

<http://wellbeing.turning-point.co.uk/oxfordshire/hubs/banbury-hub/>

Financial/Welfare services



Citizens Advice

Citizens advice bureau has some of its main offices and an outreach service in Banbury

<https://www.citizensadvice.org.uk/local/north-oxon-south-northant>

Great Website with lots of resources



<https://youngminds.org.uk/find-help/for-parents/>

This website has a wealth of advice for children and young people who are suffering from mental health issues as well as for their parents.



Beat

<https://www.beateatingdisorders.org.uk/>

Beat is a national eating disorder organisation supporting all those with any eating disorders or members of the family. They have a wealth of information, chat rooms support and advice to offer.



SeeSaw

Grief support
for children
and young people
in Oxfordshire

SeeSaw is a childhood bereavement charity who support children and families who have suffered the loss of a parent or sibling.

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



National Autistic Society

<https://www.autism.org.uk/>

Working with for better understanding and support of ADS.



ADHD Foundation

The ADHD Foundation works in partnership with individuals, families, doctors, teachers and other agencies to improving emotional well being, educational attainment, behaviour and life chances through better understanding and self management of ADHD, ASD and related learning difficulties such as dyslexia, dyspraxia, Irlen's Syndrome, dyscalculia and Tourette's Syndrome.

<https://www.adhdfoundation.org.uk/>