|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Tomorrow’s Women**  **Wallasey Cluster One Stop Support Leaflet**    Tomorrow’s Women Wirral is a charity based in Birkenhead for adult women aged 18+.  TWW offer support to women who may feel isolated, have low self- esteem or just want to try something new.  TWW has a wide range of facilities and a very full timetable of workshops, courses and activities.  **Contact:**  [kate@tomorrowswomen.org.uk](mailto:kate@tomorrowswomen.org.uk)  [www.tomorrowswomen.org.uk](http://www.tomorrowswomen.org.uk)  (timetable of events updated monthly)  0151 6477907 | **Little Foot HQ**  Fun based experience of bushcraft learning at Claremount Farm. Support available to develop outdoor areas within schools, also offers CPD and INSET training.  **Contact:**  [info@littlefoothq.com](mailto:info@littlefoothq.com)  07592502324 | **Little Sports Coaching**    Company dedicated to providing high standards of sports coaching for all abilities. PPA cover, CPD, breakfast and afternoon school clubs. Character and mentoring sports team training.  Offers a free trial session.  **Contact:**  [info@littlesportscoaching.co.uk](mailto:info@littlesportscoaching.co.uk)  0800 0321806  [eamon@littlesportscoaching.co.uk](mailto:eamon@littlesportscoaching.co.uk) | **Propulsion**  Propulsion is a community organisation trampolining club established in 2002 and is open to all, at any ability. Their focus is health and well-being.  They offer skills training for children and offer children the opportunity to gain skills levels and awards.  **Contact:**  [andrewwild@wirral.gov.uk](mailto:andrewwild@wirral.gov.uk)  0151 652 2372 | Offers good quality school uniform for primary and secondary pupils- FREE!  **F.U.S.S.**  **Contact:**  [www.wirralfuss.co.uk](http://www.wirralfuss.co.uk)  St Luke’s Hoylake  Pyramid Shopping Centre, Birkenhead |
| **Family Pack Project**    Project to help the community through the church. Family packs (which include toiletries, bed lining, stationary, children’s toys and books) are given three times a year in receipt of a voucher. Although support can be given on an individual emergency situation.  Schools can refer families to the project for vouchers.  **Contact:**  Christ Church Moreton  [info@familypackproject.org.uk](mailto:info@familypackproject.org.uk)  0151 6040049    **HYPE**    (Helping Young People Everyone) For aged 7 plus.  Work in communities across Merseyside to enhance the lives of local young people.  **Heritage Project** (funded) e.g. Leasowe Lighthouse.  **Green Space Development Project** – can offer support with bids to provide green spaces for communities  **Contact:**  Mathew Houghton  www.hype-merseyside .co.uk  07719171833  [enquiries@hype-merseyside.co.uk](mailto:enquiries@hype-merseyside.co.uk)  0151 345 1210 | **Place2Be**  Services include:  [**For children:**](https://www.place2be.org.uk/what-we-do/supporting-schools/our-model#children) individual and group counselling. [**For parents or carers:**](https://www.place2be.org.uk/what-we-do/supporting-schools/our-model#parents) dedicated therapeutic support. [**For Head teachers and school staff:**](https://www.place2be.org.uk/what-we-do/supporting-schools/our-model#staff) training, individual advice and support. Resources on the website available for schools.  **Contact:**  [enquiries@place2be.org.uk](mailto:enquiries@place2be.org.uk)  **Child Bereavement UK**    Offer support for staff, children and parents to prepare and cope with loss.  Free downloadable resources from the website.  **Contact:**  Debra O’Brian  [Debra.Obrien@childbereavementuk.org](mailto:Debra.Obrien@childbereavementuk.org)  [www.childbreavementuk.org](http://www.childbreavementuk.org)  0800 02 888 40 | **Next Chapter**  Next Chapter (NW) CIC is a company with social aims, promoting positive mental health, by encouraging people to focus on what they can achieve, celebrating small milestones of success.  **Contact:**  Claire Owens  Direct &Personal Growth Coach  [Claire.nextchapternwcic@outlook.com](mailto:Claire.nextchapternwcic@outlook.com)  07907445526    **Food Vouchers**  Provide food parcels for at least three days of healthy, balanced meals for individuals and families. Schools can become an issuing agency with ten vouchers at a time.  **Contact:**  Liz Appleby (Team Leader)  0151 638 7090  [www.wirral.foodbank.org.uk](http://www.wirral.foodbank.org.uk) | **CAMHS**  CAMHS is for children and young people aged 0-18. We help them and their families with emotional, relationship and behavioural difficulties when they are finding it hard to cope with family life, school or the wider world.  **Contact:**  Wirral CAMHS Advice Line  0151 488 8453 Mon-Fri 9.00-4.30pm  Parents/carers and staff can contact for advice.      **Beanstalk**  Provides one-to one support to children struggling with their reading.  £214 per child per year  Story Starters – Free (Dolly Parton Foundation) F1  **Contact:**  Sue Warren  [www.beanstalkcharity.org.uk](http://www.beanstalkcharity.org.uk)  [sue.warren@beanstalkcharity.org.uk](mailto:sue.warren@beanstalkcharity.org.uk) | **Mission Christmas**  Supports children aged 0-18 who are disabled, disadvantaged or suffering from abuse or neglect.  **Contact:**  Cash for Kids  0151 472 6965  [mission@radiocity.co.uk](mailto:mission@radiocity.co.uk)  Apply for presents for families in need.    **Early  Years Trust**    Engaging parents in play and learning for children under five.  Offer weekly parent workshops. Will train staff and offer support with home learning.  **Contact:**  Anne Parker  0151 647 4830  07817940787  [www.foundationyearstrust.org.uk](http://www.foundationyearstrust.org.uk)  [aparker@foundationyearstrust.org.uk](mailto:aparker@foundationyearstrust.org.uk) |
| **Wirral Lifelong and Family Learning**  Courses designed to help parents and carers support their children with their learning and develop their own skills.  Courses are between 5-10 weeks long or stand-alone 2 hr workshops (Lego Maths)  **Contact:**  Jayne Johns  [jaynejohns@wirral.gov.uk](mailto:jaynejohns@wirral.gov.uk)  0151 630 3486 ext 232 | **Wirral Youth for Christ Dara**    Momentous  Boys mentoring sessions for Y6 and above. Twelve sessions delivered over 24 weeks  £750 per year (group of 6)  **Contact:**  James Hennessey  [james@wirralyfc.org.uk](mailto:james@wirralyfc.org.uk)  07766740780 | **Wirral Youth for Christ Dara**  Cherish Girls self-esteem and self-awareness workshops for Y6 and above  6-8 weeks  £300 (group of 6)  **Contact:**  Alison Hardy  [alison@wirralyfc.org.uk](mailto:alison@wirralyfc.org.uk)  07544523238 | **Wirral Youth for Christ Dara**  Drugs Alcohol and Relationship Awareness  Christopher Winters materials used  One teaching session £30  **Contact:**  Alison Hardy  [alison@wirralyfc.org.uk](mailto:alison@wirralyfc.org.uk)  07544523238 | **Edsential**  Family Engagement Programmes to enable parents/carers to learn new techniques to support their children. Including outdoor learning, family cooking and developing resilience.  **Contact:**  [www.edsential.com](http://www.edsential.com)  [gaby.crolla@edsential.co.uk](mailto:gaby.crolla@edsential.co.uk) Health and Wellbeing Service Manager 0151 541 2170 |