

# SUPPORT FOR CHILDREN AFTER A FRIGHTENING EVENT



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

There are a wide range of services available to help children, young people and families who are in need of emotional support following the Grenfell Tower Fire.

The Royal Borough of Kensington and Chelsea is working with local community organisations, schools and youth clubs to increase the support that is available. This leaflet includes information on some of the key services available. More information will be made available via our website over the coming weeks via [www.rbkc.gov.uk](http://www.rbkc.gov.uk).

## ONLINE SERVICES

### **Kooth Online Counselling**

Kooth is a free online counselling and emotional well-being service for children aged 11-19. The service can provide one-to-one sessions with accredited counsellors, fully moderated peer-support and online articles. The service will be available via: [www.kooth.com](http://www.kooth.com).

### **NHS Go**

NHS Go provides online physical and mental health information and advice for young people under the age of 25. This includes advice on how to deal with anxiety, depression, stress, bereavement and youth mental health, and also has specific information on coping with stress after a major incident. To access the service please go to [www.nhs.go.uk](http://www.nhs.go.uk).

## TELEPHONE SERVICES

### **British Red Cross**

The British Red Cross helpline is available to anyone who has been affected by the Grenfell Tower fire. For practical or emotional support, please call the Red Cross helpline on **0800 458 9472**. The line is open from 8am to 8pm. Out of these hours messages can be left on an answer phone which will be picked up and responded to in the morning.

### **NSPCC Childline**

Childline are available to help children and families with whatever they are worried about following the fire. You can contact Childline and speak in confidence to a supportive, trained counsellor, anytime, day or night on **0800 1111** or for a **one-to-one online chat** at [www.childline.org.uk](http://www.childline.org.uk).

## SCHOOLS

Our Educational Psychology Service is supporting all schools with their response to the fire. Most schools are offering one-to-one counselling for pupils affected by the Grenfell Tower fire and many will be able to offer support to the wider family. For further information on what is available at your child's school, please contact the school office.

*If you require this information to be translated, please contact Labibun Nessa-O'Sullivan at [labibun.nessa-o'sullivan@rbkc.gov.uk](mailto:labibun.nessa-o'sullivan@rbkc.gov.uk)*

## CHILDCARE AND CHILDREN'S CENTRES

Our Children's Centres are able to offer advice and support for families with young children. The centres can also support you to access additional counselling services for you and your family. Officers from our Early Years Service are visiting affected families over next two weeks to give them information and to find out more about the needs of their children.

A therapeutic offer is being set up at Clare Gardens Children's Centre to provide physical therapy to parents and will include the provision of a dedicated space for discussions and reflections. This space will have the support of a trained therapist to speak to, if parents decide that this is what they want. This offer will be supported by a whole-day childcare offer. You can contact Clare Gardens on **020 7727 2725**.

## YOUTH CLUBS AND PLAY CENTRES

We have arranged an extended offer of activities delivered by key local organisations including EPIC, our Adventure Play providers and local schools. This provision will include a wrap-around offer of counselling support, play and art therapy for children and staff from local community organisations and specific mental health organisations such as Place2Be and MIND. A leaflet detailing activities available locally will be included on the Summer in the City website ([mysummerinthecity.org.uk](http://mysummerinthecity.org.uk)).

## COMMUNITY ORGANISATIONS

### Art Therapy

Art Therapy is a psychological therapy involving both verbal communication and communication through art and play. Art therapy can be an excellent way for children and young people to address emotional issues that they may be dealing with. The use of art to contain the things so hard to make sense of has been fundamental to the young people in the community and we are pleased to be able to offer this much needed service throughout the summer period at Henry Dickens, Venture and Al-Manaar. For more information, you can contact Susan Rudnik at [s.rudnik@gold.ac.uk](mailto:s.rudnik@gold.ac.uk) or call 07932 054 834.

### Big House Drama

The Big House will provide fun and high energy drama workshops at local community centres throughout the summer. They create a safe space for children and young people to explore their feelings through drama. For more details, you can contact Dawn Howley at [dawnthebighouse.uk.com](http://dawnthebighouse.uk.com).

### Support for Disabled Children and Children with Learning Disabilities

St Quintin Children's Centre are running weekend sessions and local community organisation, Full of Life, are providing an outreach counselling model to support for parents with disabled children. A programme of additional short breaks is being put in place for the summer period. More details regarding Full of Life can be found on their website at [www.fulloflifekc.com](http://www.fulloflifekc.com).

## IF YOU THINK YOU NEED MORE SUPPORT...

### NHS: Single Point of Access (SPA)

If you think you or someone else you know is in need of more support than can be provided by the services listed above, you can call the dedicated NHS response service number where your needs will be assessed and appropriate mental health support services as well as information and advice will be provided. This is available 24 hours a day. Please let the operator know you are calling as a result of the fire at Grenfell Tower. The number to call is **0800 0234 650** or email [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net).