

Latest local and national information and support

ROBERTSBRIDGE & SALEHURST
HELPING HANDS



Youth & Children Support - Last update Tuesday, 22 December 2020

Organisation /individual	What is offered	Contact details and other information
Active Sussex	FREE sports and activities from local Sussex providers via Youtube	FREE sports and activities
Childline	Free private confidential service to talk about anything	Childline 0800 1111 Childline
East Sussex County Council	Information for families	ESCC Info for Families or call 0345 60 80 192 Mon to Fri 10am to 3pm
e-wellbeing		Visit www.e-wellbeing.co.uk for mental health support if you're aged 13-25.
Free online counselling project for 12-18s in East Sussex	A confidential service offering counselling via email or live messaging	A confidential service offering counselling via email or live messaging
Joe Wicks	Kids fitness workouts on Youtube	workouts on Youtube
Kooth.com	Free, safe and anonymous support	Online wellbeing community kooth.com

Mental Health Support		youngminds and getselfhelp
Robertsbridge Children's Services		RCS website Nursery and pre-school for children 0-5 years
Robertsbridge Community College		RCC website term dates, Covid-19 information pupilsupport@robertsbridge.org.uk pastoral team support
Salehurst Primary School	Provides links on their website to support during Covid-19 (emotional well-being, activities, music)	Support during school closure Salehurst Primary School for term dates etc.
Stories for children	Free audio stories	audiostories and from East Sussex Libraries (Sign up online for free access to online books and magazines for children)
Sussex CAMHS		Visit www.sussexcamhs.nhs.uk for help supporting a child with their emotional wellbeing
Sussex Mental Healthline		0300 5000 101
The Mix	Free confidential support from under 25's including Group Chat	The Mix 0808 808 4994

This list is produced by Robertsbridge & Salehurst Helping Hands in partnership with Salehurst & Robertsbridge Parish Council, and supported by a grant from Sussex Crisis Fund (Sussex Community Foundation).