Emotional health and wellbeing support services for children and young people in North Kensington.

We understand that sometimes it’s hard to make sense of the range of services available to children and young people, particularly those who may have been affected by the Grenfell tragedy and may need support with recovery.

This brochure lists and describes the emotional health and wellbeing services available to children and young people in schools and community-based settings and provides information about what services are out there, who they are aimed at and how you can access them.

The services listed in this brochure include:

► Therapeutic and Counselling Support in Schools and the Community (pages 4-7)
► Family Support (page 8)
► Community Support, Outreach and Wellbeing Activities (pages 9-12)
► Wellbeing and Educational Support in School (pages 13-16)
► Broader specialist support accessed through schools (pages 17-18)

If you aren’t sure about what support your child needs, you can get in touch with their class teacher or their school to talk through this with them and share any concerns you may have.

It may be that support is already available at school and they can help you make a referral. If not, you can use this leaflet to find out more about the other emotional health and wellbeing services and how to access them.
I think my child or young person would benefit from some emotional health and wellbeing support but I'm not sure what, or where to ask for it.

Check with your child's school about what support is available there. Information about what support is available in what specific schools is set out in pages 19-20.

The school can help me get my child referred to the school-based support that s/he needs.

I'm still not sure that the service I think my child needs is delivered through school.

Pages 4-18 of this pack sets out the range of services available.

You can directly call or email the service to ask for more information, or to ask for help in referring your child to their service.

The service will let you know what information they need from you to make a referral, or if the referral has to be made by your child's school.

You can also ask a friend or family member to help you with requesting a referral.

Your child is referred (by you, by their school, or by another service) and begins to receive support.
Therapeutic and counselling support in schools and the community

**Catholic Children’s Society**

Who is this service for?
Children and young people in primary and secondary education

What is this service?
Catholic Children’s Society offers specialist early intervention counselling/therapy delivered on-site in school for children and young people. Alongside this support, the service works with parents and carers to strengthen relationships between the counsellors/therapists to equip them with the knowledge and skills to understand the challenges their children face, helping them feel empowered to provide effective and insightful support that will create a difference in their children’s lives.

How to get in touch
Primary School: speak to your child’s teacher and they can connect you to the service via the in-school Link Officer. Your child will undergo an assessment with the therapist who will also liaise with the parent/guardian.

Secondary School: students can self-refer to the service by speaking with their teacher or the Link Officer directly.

Call: 020 8969 5305  Email: info@cathchild.org.uk

**LCAT (Latimer Community Art Therapy)**

Who is this service for?
Children and adolescents and adults in need of psychotherapy support for mental health

What is this service?
Latimer Community Art Therapy (LCAT) is a grassroots organisation that provides a clinical Art Psychotherapy service for children, adolescents and adults in the community and in some RBKC schools. They are commissioned to deliver art therapy to the wider community of North Kensington to meet a need for accessible mental health support in the community.

Art therapy uses art as a form of communication between a therapist and their client. It is not dependent on spoken language and can therefore provide an accessible way to engage with children who struggle with difficult emotions. LCAT offers one-to-one therapeutic work for children as well as group and individual sessions with children and parents.

How to get in touch
You can ask for more information, or you can self-refer to LCAT by completing the online form at: http://www.lcat.org.uk/contact-us/ or email: referral@lcat.org.uk

(LCAT accepts self-referrals as well as referrals from professionals such as your GP, health visitor, CAMHS, social worker or youth worker).
Place 2 Be

Who is this service for?
Primary- and secondary-aged children and their parents

What is this service?
Place2Be helps schools to promote positive wellbeing, understand and identify mental health problems, enable children to focus on learning and gives them tools to cope with challenges throughout their lives. Support is delivered through one-to-one and group counselling for pupils, parents, and school staff.

They also have their own programmes called Parent Partnership, Place2Talk, Place for Parents, and Place2Think for teachers.

How to get in touch
If you would like to self-refer, please complete the online form, or call for more help and further information at:

Call: 020 7923 5500 Email: http://www.place2be.org.uk/

Grenfell Health and Wellbeing Service

Who is this service for?
Any child or adult affected by the Grenfell tragedy

What is this service?
Grenfell Health and Wellbeing Service is a free and confidential NHS service for children and adults who have been affected by Grenfell. The service provides a range of psychological therapies and support to help you feel better if you or your children are feeling traumatised, unable to sleep, having memories or pictures of the event unexpectedly popping into your mind, or feeling anxious, stressed, or worried.

How to get in touch
This service is accessed via self-referral. There is an online form to complete at: https://grenfellwellbeing.com/self-referral-form/

If you need help completing the online form, please ask for help from a friend, family member or your support worker (if you have one).
**Trailblazer Mental Health Support Teams**

Who is this service for?
Children and young people aged five to 25 years

What is this service?
This is a service delivered by the charity MIND. Trailblazers are Education Mental Health Practitioners (EMHPs) who are placed in schools where they help to identify the signs of mental health difficulties and provide evidence-based interventions to support children and young people who may be struggling.

How to get in touch
If you think this support would be of help to your child or young person, please speak with their school for further information on how to be referred.

**CNWL Eating Disorders Service**

Who is this service for?
Children and young people aged 17 or under

What is this service?
This service is made up of a team of professionals from a range of professional backgrounds (including doctors, psychologists, nurses, and other experts) who can assist with understanding and supporting young people who have a suspected or confirmed eating disorder diagnosis.

How to get in touch
To find out more information, please contact:
Call: 020 3315 3369  Email: cnw-tr.CEDS-CYP@nhs.net
South Kensington and Chelsea Mental Health Centre
1 Nightingale Place
SW10 9NG
Kooth

Who is this service for?
Free to all RBKC children and young people aged 11 to 25, until 10pm every day.

What is this service?
Kooth is an online mental wellbeing community for young people, and has access to magazines, discussion boards, chat with the Kooth team and journaling in-order to support better mental health for children and young people.

How to get in touch
Your child can access Kooth at: https://www.kooth.com/

The Clement James Centre

Who is this service for?
Children in primary and secondary school aged seven to 18 years who would benefit from academic support, one-to-one counselling and one-to-one literacy and numeracy sessions.

What is this service?
The Clement James’ Children and Young People’s provisions exist to support the wellbeing of local young people in the context of the Grenfell Tower tragedy and Covid-19 pandemic. A Children and Young People’s Counsellor offers one-to-one counselling sessions to manage trauma, self-esteem, emotional regulation and bereavement. Children and young people who have additional learning or behaviour needs can also benefit from intensive one-to-one literacy and numeracy support.

Staff and trained volunteers provide after-school sessions of structured academic study to students from ages seven to 18, alongside practical and emotional support.

How to get in touch
Call 02072218810 or email reception@clementjames.org if you would like more information about how to access this service.
Family Support

RBKC Early Help Service; Family Hubs

Who is this service for?
Families with children and young people aged up to 19 (up to 25 for young people with SEND)

What is this service?
The Early Help Family Hubs (North and South of RBKC) are a single point of access for support for children and families living in Kensington and Chelsea. Hubs offer access and information about a large range of services provided by the community and voluntary sector. In addition, they offer direct access to Early Help Practitioners (EHP) who provide support to families around parenting, child behaviour, and increasing school attendance. The EHPs link to all primary and secondary schools within the Borough and work with them to support early identification of any needs in families that might affect attendance or impact a child being able to reach their goals. EHPs also support schools to deliver the School Inclusion Programme which works to reduce the risk of exclusion for vulnerable children and young people.

How to get in touch
You can refer your own child for this service directly. If you would like to do so, please complete an online referral form at:
www.rbkc.gov.uk/earlyhelp
Or contact the service by telephone or email:
Call: 020 7598 4608   Email: earlyhelp@rbkc.gov.uk
Community Support, Outreach and Wellbeing Activities

**Latimer Community Art Therapy (LCAT) - Henry Dickens Community Centre**

Who is this service for?
Families, children, and young people who are members of the local community

What is this service?
Henry Dickens is a community centre at the heart of the Henry Dickens estate in North Kensington. Developed as part of the Latimer Community Art Therapy (LCAT) service, it provides a safe after school and holiday space, with educational, creative, and physical activities underpinned with the art psychotherapy services. Additional emotional health and wellbeing activities, older adult coffee mornings, physical activity programmes and community events have also been developed within the service in response to the community needs.

How to get in touch
You can visit the Henry Dickens Centre at:
**Henry Dickens Court, St. Anne’s Road, London, W11 4DH**
Or contact them through the following channels to request further information:
Website: [http://www.lcat.org.uk/henry-dickens/](http://www.lcat.org.uk/henry-dickens/)
Facebook: [https://www.facebook.com/hdcc.london](https://www.facebook.com/hdcc.london)
Call: 07961 939558 Email: info@hdcc.london

**Kids on the Green**

Who is this service for?
Children and young people aged 11 to 21.

What is this service?
KOTG works with young people aged 11 to 21 delivering a unique fusion of Arts Education and wellbeing support including workshops and classes in performance and creative Arts such as Circus, Music, Drama and Visual Arts. They also work side by side with complementary therapy and mental health providers who deliver sessions from their centre in Latimer Road.

KOTG focus on opportunity, employment, connectivity, and community. They aim to support young people through their life journey, using the Arts to develop confidence, creativity, self-esteem, and artistic excellence in the generations now growing up in the community.

Facilities include a community digital radio station, a fully equipped music studio, a 15ft Aerial Circus Rig and a developing multi-media suite to complement their Music Studio. All staff are qualified youth workers or industry professionals who bring real world experience of the creative industries to the projects they deliver and are inspiring mentors and practitioners.

How to get in touch
You can visit KOTG at: **Kids On The Green CIC, Unit 12 Latimer Road. W10 6RQ**
Call: 07985 394686 Email: online@kidsonthegreen.com
Baraka

Who is this service for?
Somali, other Muslim and BAME girls and young women aged between 11 and 25 years of age who live in North Kensington.

What is this service?
Baraka delivers a rolling programme of girls-only multi-physical, sporting and healthy living activities programmes for Somali, other Muslim and BAME girls aged between 11 and 25 years of age. Each programme runs for 24 weeks. Girls and young women can enrol in the ‘I Am Inspired’ programme and actively participate in the following activities: weekly healthy cooking sessions, health and wellbeing workshops, fitness sessions, cycling, canoeing, structured residential and away days, horse-riding lessons, bike maintenance workshops, group walks, tennis and ice-skating. The ‘I am Inspired’ girls project aims to build confidence and self-esteem of participants in order to enable them to reach their full potential.

How to get in touch
You can join by contacting us directly via:
Email: info@baraka.london or in person via:
10 Canal Side House
383 Ladbroke Grove
W10 5AA
www.barakacommunityassociation.org

P3

Who is this service for?
Children and young people aged 13 to 21 years who live in North Kensington.

What is this service?
P3 has a ‘Wellbeing Coach’ who is an integral part of the youth delivery programme at the Rugby Portobello Trust. The Wellbeing Coach delivers group work sessions, as well as one-to-one support for children and young people. The wellbeing coach is available 20 hours per week, supporting young people aged 13 to 21.

Group Sessions is delivered twice a week during term-time within our youth club. Utilising our mindfulness suite as a welcoming environment to work with young people, sessions focus on raising awareness of personal wellbeing and using the creative arts as a medium to help young people to learn ways to manage and improve their wellbeing. The Wellbeing Coach works with a small group of young people on a one-to-one basis where there is a specific need, and helps to signpost to other support and services to help address these needs. The support of the Wellbeing Coach will be available from 2022 for a three year period.

How to get in touch
Please email Michael Petiafo Youth Team Co-ordinator at Michael.petiafo@rpt.org.uk or by telephone at 020 7229 2928

You can become a member of the Youth Club youth services by clicking this link and following prompts to the Youth Club page
www.rugbyportobello.org

We are based at: 221 Walmer Road W11 4EY
**Youth Action Alliance**

**Who is this service for?**
Girls aged 13 to 15 who live in North Kensington.

**What is this service?**
'More Than A Woman' is a girls-only youth group promoting life skills, wellbeing and female empowerment. The project is for girls from North Kensington who were affected by the Grenfell tragedy, helping them to transition into the next stage of their lives in a positive way. The project combines learning and fun group-work sessions, as well as one-to-one support. The provision is for girls aged 13 to 15 years who live in the local area, and is available during term time with trips being scheduled for school holiday periods.

**How to get in touch**
For more information or to make a referral please email info@youthactionalliance.org or call 020 8964 3149

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**ACAVA**

**Who is this service for?**
Primary aged children who live and/or go to school in North Kensington and their parent/carers and siblings.

**What is this service?**
Flourish is a school holiday art programme for local families with primary school-aged children. It takes place at ACAVA's Maxilla Walk Studios and offers a space for families to get creative and enjoy learning new skills with professional artists. Workshops usually last about two hours and run during school half-terms and holidays with each workshop exploring a different theme. Past workshops have included building an installation that explores our relationship to the galaxy; science and art themed activities including making spinning planets and potato batteries; creating video installations using homemade camera obscuras, as well as activities such as printmaking, large scale collage and textile-based creations.

Flourish is a space for intergenerational collaboration; parents/carers must attend with their child(ren) and grandparents, aunts, uncles and other adult family members are welcome, as are younger and older siblings. It is also a social space and a great place to meet other local families and grow your peer network.

**How to get in touch**

Flourish programmes are publicised in advance of each half term or holiday. Sign up to ACAVA’s newsletter, checking the North Kensington box, to receive information about all of ACAVA’s North Kensington activity on a fortnightly basis.

Email programmes@acava.org to get in touch with members of the team.
**Caravan**

**Who is this service for?**
The project is for young people in North Kensington in Key Stage 2, in local primary schools as well as for older youth (aged 16 to 18) in local community centres based in North Kensington.

**What is this service?**
The Caravan Theatre is Small Truth Theatre’s mobile arts and cultural venue, housed inside a 1950s retro caravan, based in North Kensington. We love to take to the streets and are often seen on Portobello offering free micro theatre to all. Caravan Theatre is running a three-year project, commencing in Spring 2022 called ‘Caravan Theatre: OUR VOICES’, which looks to create, make, inspire and share brilliant stories - with young people from our local community of North Kensington at the heart of the project. Celebrating the voices and talent of local young people.

This is a three-year project starting in Spring 2022, in partnership with schools and community youth groups in the local area.

The project will be running performances and story creation workshops in schools and community centres, new stories created will then be recorded in the Caravan Theatre recording studio and made into new audio plays. Recordings will be available to download for free and listen to on all usual streaming platforms.

All the workshops, performances and online plays will be FREE to access for all participants and audiences. All audio plays will receive British Sign Language interpretation to ensure the project remains as accessible as possible.

**How to get in touch**
For more details about the project please visit the website: [www.caravantheatre.co.uk](http://www.caravantheatre.co.uk) and [www.smalltruththeatre.com](http://www.smalltruththeatre.com)

If you would like to be involved you can contact Caravan Theatre directly at: admin@caravantheatre.co.uk – putting ‘OUR VOICES’ in the subject line.
Wellbeing and Educational Support in School

**Dedicated Service Education Officer**

Who is this service for?
Primary- and secondary-aged Grenfell survivor or bereaved children, young people and young adults aged up to 25 who are eligible for support from the Dedicated Service.

What is this service?
This service delivers and facilitates bespoke support to encourage and improve the emotional wellbeing, academic and pastoral needs of each individual child. This support can include advice and guidance; support with school applications, school moves and transitions, enrichment activities and how the Dedicated Service can support with concerns around progress and attainment. Support can be individual, and it can also offer trauma training as well as training to support children in school with the public inquiry.

How to get in touch
You can refer your own child for this service directly. If you would like to do so, please call or email:

Lauren Fernback
Senior Education Lead
Grenfell Dedicated Service
Call: 07493 864 819 Email: lauren.fernback@rbkc.gov.uk

**FutureMen**

Who is this service for?
Primary and secondary aged boys and young men, including those in Pupil Referral Units

What is this service?
Future Men is a specialist charity that provides emotional and practical support for boys and young men. Through our practice-led services, we work with boys and men from childhood to 25 to help them become healthy, dynamic, future men. From structured school programmes and youth hubs, to individual one-to-one sessions and outreach work, we provide the vital support and advocacy that changes boys’ and young men’s lives for the better. We focus our work with boys and men who face structural discrimination and disadvantage, including of race, income, and community.

Future Men deliver two distinct programmes in RBKC: the ‘Boys Development Programme’ for boys transitioning from primary to secondary schools, and the ‘Ventoring Project’ providing outreach and one-to-one support in community-based settings.

How to get in touch
All referrals into the service are generated via the school, so please speak with your child’s teacher

Call: 020 7237 5353 Email: info@futuremen.org
**North Kensington School Inclusion Pilot**

**Who is this service for?**
Primary- and secondary-aged children in school

**What is this service?**
A pilot programme offering additional support for families and schools in North Kensington. Trained staff members who can focus on the underlying issues that lead to an exclusion will work in schools to support pupils and their families in a variety of ways, including:

- A dedicated family practitioner to support each child and family working on relationships and school behaviour
- Family support around parenting and couples work
- Family therapy
- Specialist work to support families who have children with violent or destructive behaviours
- One-to-one or group mentoring for the child, where appropriate.
- Provide advice and training for other professionals
- Signposting to help with identifying what other services might be useful for you and your family.

**How to get in touch**
To find out more about this support, please get in touch via the telephone and email address below:

Call: 020 7598 4608  Email: earlyhelp@rbkc.gov.uk

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**Virtual Transition Programme**

**Who is this service for?**
Pupils in Year 6

**What is this service?**
The Virtual Transition Programme supports families with children who are making the move from primary to secondary school. They offer three sessions (two pupil sessions and one parent session) delivered online (via Zoom or Microsoft Teams) for families and will also include activity packs for children.

The programme will help students focus on developing new friendships, improving their confidence, and getting used to their new routines and school organisation with great ease. It can also support parents with understanding the changes and challenges of Secondary School and help them to support their children more effectively.

**How to get in touch**
If you would like more information about this offer, please get in touch via the email address below:

Email: Earlyhelp@rbkc.gov.uk
**CNWL K&C Child and Adolescent Mental Health Services**

Who is this service for?
Children and young people up to 18yrs

What is this service?
CAMHS supports work with children, young people and their families who might be experiencing complex mental health difficulties. This support can be delivered in a range of different ways, depending on individual needs, which might include Autism, ADHD or other mental health concerns.

How to get in touch
Your child's GP, health visitor or School teacher, or other professionals, can refer them to CAMHS for you.
Call: 020 3317 3599  Email: cnw-tr.kccamhs.cnwl@nhs.net
Website: [https://camhs.cnwl.nhs.uk/](https://camhs.cnwl.nhs.uk/)
1B Beatrice Place, Marloes Road,
W8 5LP

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**West London Zone**

Who is this service for?
Primary- and secondary-aged children and young people.

Support can be offered daily, and for up to two years.

What is this service?
Provides direct support for children and young people who are having difficulties at school in a number of key educational domains (literacy, maths, displaying behavioural problems leading to exclusions, warnings). Therapeutic and practical support to improve educational attainment, mental health, attendance, and behaviour is offered. A WLZ link worker develops a supportive relationship with the young person through one-to-one sessions, and with parents/carers through home visits and regular meetings with teaching and other school staff.

How to get in touch
If you think this is a support offer which would benefit your child, please contact their school to discuss this further.
**Grenfell Education Fund**

**Who is this service for?**

All schools that have children and young people affected by the Grenfell tragedy can apply for additional funding from the Grenfell Education Fund.

**What is this service?**

An RBKC initiative specific to funding provision that supports the educational progress of individual or groups of children and young people affected by the Grenfell tragedy.

**How to get in touch**

Parents can speak with their children’s school about this support as schools are required to apply for this funding and set out the proposed intervention and support for the child/ren and young people. Applicants are also asked to set out how this additional support will complement the provisions that are already in place.

Please contact:

**Ian Heggs, Director of Education, Bi-Borough Children’s Services**
ian.heggs@rbkc.gov.uk

**Anita Stokes, Lead Strategic Finance Manager Children’s, Bi-Borough Children’s Services**
astokes@westminster.gov.uk
Broader specialist support accessed through schools

**Emotional Literacy Support Assistants / LearningMentors**

Who is this service for?
Primary- and secondary-aged children in school

What is this service?
Emotional Literacy Support Assistants are Teaching Assistants who have had special training from Educational Psychologists. This training enables them to support the emotional development of children and young people in school.

How to get in touch
Please speak with your child’s school to gain access to this support as they would need to raise a concern with the service and prioritise children to gain access to the support:

- Helen Kerslake
  Helen.kerslake@rbkc.gov.uk
  Call: 07739 314488

- Jane Roller
  Jane.roller@rbkc.gov.uk
  Call: 07739 314504

**Educational Psychologist support**

Who is this service for?
Primary- and secondary-aged children in school

What is this service?
The Educational Psychologist (EP) service is made up of link Education Psychologists (EP). Each school has an EP, and they are trained in bereavement and loss as well as critical incidents. The EP can work with your child, your family, and the school when there are particular concerns related to Grenfell. They can also help support with the identification of other avenues of support for schools where children and families are finding it difficult to cope and might need to access some more specialist input.

How to get in touch
Please speak with your child’s school to gain access to this support as they would need to raise a concern with the service and prioritise children to gain access to the support:

- Helen Kerslake
  Email: Helen.kerslake@rbkc.gov.uk
  Call: 07739 314488

- Jane Roller
  Email: Jane.roller@rbkc.gov.uk
  Call: 07739 314504
Healthy Schools Partnership

Who is this service for?
All schools in RBKC

What is this service?
The main aim of the Healthy Schools Partnership is to support and encourage schools to develop and deepen their focus on health and wellbeing which will support the attainment, achievement, and happiness of both their pupils, staff, and wider school communities.

How to get in touch
If you would like more information about what they are doing in your child’s school, please contact:

Becky Casey - Healthy Schools Coordinator
Call: 0773 444 5826   Email: becky.casey@healtheducationpartnership.com

Youth Mental Health First Aid Training

Who is this service for?
Open to all staff working with children and young people aged eight to 18 within Westminster and Kensington and Chelsea in a variety of settings.

What is this service?
Youth Mental Health First Aid (MHFA) courses are for organisations and services who work with young people aged eight to 18. We train the adults in a young person’s life to have the skills and confidence to step in, offer first aid and guide them towards the support they need. In doing so, they can speed up a young person’s recovery, stop issues from developing into a crisis, and ultimately save lives.

How to get in touch
If you would like to participate in this training, please contact:

Jill Watson, Kensington and Chelsea Mind
Call: 020 8964 1333 ext. 8   Email: jill.watson@kcmind.org.uk
### Support available in schools

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<th>CNWL K&amp;C CAMHS</th>
<th>Grenfell H&amp;WB Service (CNWL)</th>
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- **RBKC services**
- **NHS services**

* A checked box indicates where a service is available at that school.
### Support available in schools

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- **Voluntary and Community Sector Services (in schools)**
- **Broader specialist support accessed through schools**

*A checked box indicates where a service is available at that school.*
English
Information from this document can be made available in alternative formats and in different languages. If you require further assistance please use the contact details below.

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يمكن توفير المعلومات التي وردت في هذا المستند بصيغة بديلة ولغات أخرى. إذا كنت في حاجة إلى مزيد من المساعدة، الرجاء استخدام بيانات الاتصال المدرجة أدناه.

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اطلاعات حاول در این مدارک به صورتهای دیگر و به زبان‌های مختلف در دسترس می‌باشند. در صورت نیاز به کمک بیشتر لطفاً از جزئیات تماس ذکر شده در دیل استفاده کنید.

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Les informations présentées dans ce document peuvent vous être fournies dans d'autres formats et d'autres langues. Si vous avez besoin d'une aide complémentaire, veuillez utiliser les coordonnées ci-dessous.

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La información en este documento puede facilitarse en formatos alternativos y en diferentes idiomas. Si necesita más ayuda por favor utilice la siguiente información de contacto.

Contact:
Email: grenfellcommissioning@rbkc.gov.uk