

Universal offer

Services in green are part of our 'Universal' offer. These services are free and open to all young people. Many are drop-in sessions for young people to simply turn up. It's worth checking though as some require you to book a place if spaces are limited. Find out more on our Instagram, Facebook page and the 'What's On' tab on our website. There's more information about these services and everything you need to book.

Web: services.actionforchildren.org.uk/kernow-connect

 Kernow Connect

 @KernowConnectAFC

Targeted offer

Services in yellow are part of our 'Targeted' offer. They're designed for young people who need a little bit of extra support. This might include some group work, 1:1 work around building confidence and self-esteem, or supporting emotional wellbeing. To access these services, get in touch by: phone, text, email, WhatsApp or video call. We answer our phones on Monday, Wednesday and Fridays between 4pm and 6pm. During these times, a member of our team will be there to talk about what you enjoy doing, what time you have, and what service may be most suitable. Emails, texts and WhatsApp messages can be sent outside of these times but may not get an immediate response. An adult may support a young person to contact us via these methods, but they will have to speak with a member of our staff in person about what service would best suit their needs.

Full information can be found on the 'Getting Support' tab on our website.

The Blues Programme

The Blues Programme is part of our targeted offer. We deliver Blues to groups of young people in secondary schools with a focus on supporting young people experiencing anxiety. Schools can contact us directly to discuss a programme being offered. If you're interested in accessing Blues, speak to someone at your school and ask them to get in touch with us. There's more information on our website.

Specialist offer

Services in red are part of our 'Specialist' offer. They are designed for young people who need support with their mental health. We offer Cognitive Behavioural Therapy and counselling for young people who meet a certain criteria. We try to offer this support to young people who don't meet the criteria for other services such as Child and Adolescent Mental Health Services. Complete an online referral form to access this support, but check the criteria listed on our website first. If you don't meet the criteria for our support, our website has lots of information about other services that may be more suitable.

Web: services.actionforchildren.org.uk/kernow-connect

Phone: 01872 321486

Email: kernow.connect@actionforchildren.org.uk

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Kernow connect

Providing a range of universal, targeted and specialist services to young people aged 11-19 and those up to 25 with SEND in Cornwall. This brochure has all the information about what services are available and how to access them.



Service offer

Providing a range of universal, targeted and specialist services to young people aged 11-19 and those up to 25 with Special Educational Needs and Disabilities (SEND) in Cornwall.

Providing support that enables young people to meet friends, have someone to talk to and be listened to, while having fun and feeling happy.

Youth groups and activities in your area and online



1

2

Information, advice and guidance



3

iDEA Online employability skills programme



4

Youth Voice, Youth Parliament and other participation events



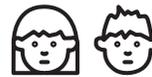
Schools-based Blues Programme



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1:1 Youth work



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Targeted group work



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SilverCloud Online CBT programme



9

Low Intensity Cognitive Behavioural Therapy (Wellbeing Practitioners)



10

Counselling (Dreadnought Centre)



Action for Children