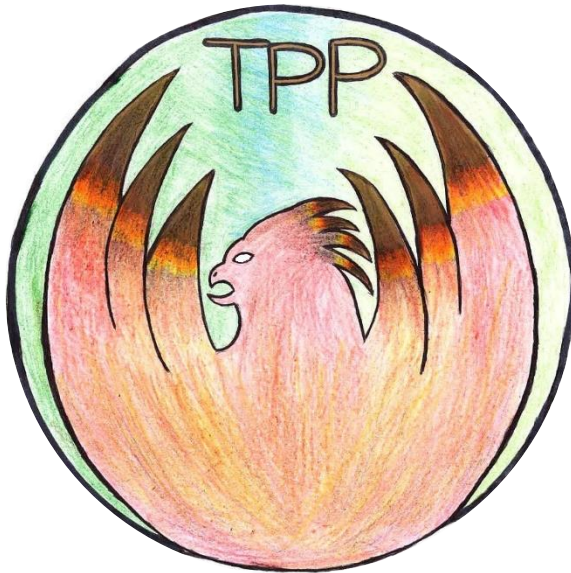


The Phoenix Project



Giving children and young people a voice, helping make stronger family relationships and encouraging positive mental health and wellbeing in children and young people

Who we are:

- A service set up by Barnardo's and London Borough of Redbridge to help children and their families who may be having family conflicts.
- We are here to help give children and young people a voice in their family.
- We are here to help families understand the effects of conflict on children and young people.
- We are here to empower children and young people to have positive mental health and wellbeing.
- We are a completely consent based service, and will only work with you and your family if you want us to.



What we do:

- We work with you to reduce the impact of conflict through early help.
- We offer short-term support that includes setting goals with you and your family and having both group sessions and individual parent and child sessions.
- We work to make children feel more valued and confident, and for families to have stronger and happier homes.
- All sessions focus on encouraging positive mental health and increasing the wellbeing of your children.
- We adapt all sessions to you and your family's needs. We can simply have a chat, we can do art work or we may even have a play session.
- We are here to help, and are happy to answer any questions you might have, so please give us a call or drop us an email.



Children's Centre

53 Albert Road,

Ilford

IG1 1HL

Wellbeing Hub

13 Granville Road,

Ilford

IG1 4RU

The Phoenix Project Mailbox:

0208 708 6512

0208 708 6513

You will be directed straight to the Phoenix Project mailbox. Please leave a message with your name and telephone number and we will call you back as soon as we can. We check the mailbox weekly between 9AM – 5PM, but if you need urgent help, please call the Multi-Agency Safeguarding Hub (MASH) on 020 8708 3885.

Email: PhoenixProject@barnardos.org.uk

Who else can help:

Whilst we can help you, your family, and your children, we understand that there are many things that could have an effect on a family and daily life.

We understand that we cannot help with everything, so here are some useful contacts for families:

Family Support Services:

Home Start – 020 8477 1387

Family Action – 020 7254 6251

Adult Counselling Support:

Woman's Trust – 0207 034 0303

Men's Advice Helpline – 0808 801 0327

Children and Young People Counselling Support:

Kooth — www.kooth.com

Young Minds – 0808 802 5544, text 85258

Victim Support Services:

Victim Support Redbridge - 0808 178 7035

Refuge Redbridge, Violence against Women and Girls (VAWG) – 0800 169 7759

Drug and Alcohol services:

R3 – Redbridge Recovery and Reintegration, 02082217600

MARAC, Stalking and Legal:

Safe Lives – 020 7922 7891





Information for Children:

What you have to say matters to us! Your views and opinions are very important. When you come to see us, you have a safe space to say what you think and to be listened to.

We can do all sorts of things, including art, music, play games or just have a chat. We want to work with you and your family but think the best way for us to help is by letting you have a say.

We want to learn about you and your life so that we can understand you and your family better. If you want, we can talk about things you might find hard or want help with. Don't worry, we won't make you do anything you don't feel like doing or talking about, and promise to let you take the lead.

If you want to come along, we plan to have sessions with your whole family as well as sessions with just you, and maybe your brothers and sisters. When we meet you, we can talk about what you and your family would prefer and go from there. Even if you're not sure about whether you want to take part in our project, why don't you come along with your parents or carers to have a chat with us... It might help you decide!

