**Commissioned support for children young people and families**

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| **Organisation** | **Who they work with** | **What they offer** | **Contact info**  |
| Wilderness Foundation funded by FIF-Xtra in response to Covid-19 | 0 to 19, including individuals, groups and families of all ages | Online Counselling to offer support for anxiety, depression, family and other relationships, addictions, self-harm or suicidal thoughts, loss and bereavement, confidence, phobias, abuse, exploitation, trauma, stress, behaviour, gender dysphoria, SEN etc | 0300 1233073 info@wildernessfoundation.org.uk |
| YMCA Essex funded by FIF-Xtra in response to Covid-19 | Young people aged 4-17, couples, whole families and peer groups | Online Solution Focused Reflective Listening. Help manage new routines, emotional difficulties, trauma, bereavement, behaviour management, relationships, positive well-being, changes within the home, activities to keep busy etc | 01245 355677 Sarah.daniels@ymcachelmsford.org.uk  |
| Evolve Intervention funded by FIF-Xtra in response to Covid-19 | 5 – 18 | Online 1:1 support through coaching and mentoring | 01245 526069info@evolve-intervention.com​ |
| Renew funded by FIF-Xtra in response to Covid-19 | Couples, families, individuals – children, young people and adults | Online Counselling | 01245 359353 Hilary@renew-us.org  |
| Open Door funded by FIF-Xtra in response to Covid-19 | 5-18 | Online Mentoring, coaching and counselling | 01375 390040**Fifxtra@opendoorservices.org** |
| Relate funded by FIF-Xtra in response to Covid-19 | Families, couples, individuals and children | Online Counselling to support and make positive changes to your life and relationships | 01245 676930 or 01708 441722 enquiries@relatelnee.org.uk  |
| The Children’s Society - FIF | 0-24 | Face-face and Online Counselling, Mentoring in group work or 1/1  | 01245 493311EssexReferrals@childrenssociety.org.uk |
| Kids Inspire - FIF | children and young people from 4-2 | Face-face and Online Counselling, Therapies, Mentoring in group work or 1/1 | 01245 348707clinicaladmin@kidsinspire.org.uk EssexReferrals@childrenssociety.org.uk |
| Family Lives - Covid-19 Wellbeing Support funded through COVID wellbeing funds | Parenting groups and individual support for any lone parent or parents of children with SEND  | Online parenting groups and individual support for any lone parent or parents of children with SEND living in Essex and affected by the impact of Covid-19 | 0204 522 8701 / 0204 522 8700 or email services@familylives.org.uk[www.familylives.org.uk](http://www.familylives.org.uk)  |
| Wilderness Foundation (Brave Futures) - Covid-19 Wellbeing Support funded through COVID wellbeing funds | Adults (20+)Children (7-12) | Style of working that offers therapy, tools and strategies for managing trauma, grief, relationships, boundaries, self-care, communication and emotional control, mixed with a range of activities. Activities are varied and include learning bushcraft, camp cooking, walking, foraging, nature art and craft work – as well as fun and games. | info@wildenressfoundation.org.uk<https://wildernessfoundation.org.uk/brave-futures/> |
| Renew (Reset with Renew) - Covid-19 Wellbeing Support funded through COVID wellbeing funds | * Women over 40
* Lone Parents
* Care Leavers
* Individuals in supported accommodation
* Unaccompanied asylum seekers
* Victims of domestic abuse
* Parents of children and young people with SEND
 | Counselling online and face to face to face  | 01268 822 800Bridge@renew-us.org  |

Additional information on recently funded services through COVID wellbeing funds will be included shortly and an updated list will be circulated.