

## Outside Agency Directory

The following directory of agencies and support for parents/carers, staff supporting pupils and pupils themselves. Some of the resources and support available are age-limited and this should be checked prior to sharing information with families, pupils or making direct contact with the agency themselves.

This has been grouped into sections to help locate the most appropriate or helpful support. This list is not exhaustive, appropriate additions are welcomed and it will be updated at regular points throughout the year.

Focus of Support	Agency	Offer	Contact
<b>I ROCK/ Drop-In SERVICES</b>	<b>i-Rock Drop-in</b>	<p>Support for children and adults from 14-25 years of age.</p> <p>Email the email address to the right to book a face to face appointment in Eastbourne, Hastings or Newhaven.</p> <p>Reaching young people remains IRocks number one priority.</p> <p>They can be contacted through their <a href="#">virtual platform Attend Anywhere</a>, or make an appointment face to face on the days they are open.</p>	<p>Monday-Friday: 11am-6pm - live chatline 11-6pm</p> <p>Email: <a href="mailto:irockeastsussex@spft.nhs.uk">irockeastsussex@spft.nhs.uk</a></p>
	<p><b>Open for parents (Triple P)</b></p> <p><a href="http://www.openforparents.org.uk">www.openforparents.org.uk</a></p>	<p>Open for parents provide information, advice and support for parents and carers who want to support their child's development and wellbeing. They may be experiencing some difficulty with managing their child's behaviour or simply want some tips and strategies for dealing with common childhood and teen issues.</p> <p>The Triple P program offers talks, one-off groups, longer courses, brief one-to-one support and online courses</p>	<p><a href="http://www.openforparents.org.uk">www.openforparents.org.uk</a></p> <p>Tel: 01424 725800</p> <p>Email: <a href="mailto:EH.0-19parentingteam@eastsussex.gov.uk">EH.0-19parentingteam@eastsussex.gov.uk</a></p>
		<p>Support is available in a wide range of places, including schools and local community venues.</p>	
	<b>ADHD Support group (St. Leonards)</b>	<p>Support group meeting every other Thursday at the Y Centre 6.30pm to 8.30pm. –</p> <p>Members from 16 years plus who have a diagnosis of ADHD</p>	<p>01424 429677</p> <p>email: <a href="mailto:ycentre2015@gmail.com">ycentre2015@gmail.com</a></p> <p>Facebook page: <a href="https://www.facebook.com/Y-Centre-YMCA-Hastings-UK">https://www.facebook.com/Y-Centre-YMCA-Hastings-UK</a></p>

		<p>Members from 16 years plus who suspect they have ADHD</p> <p>Adults who are supporting someone with ADHD, including children with a diagnosis.</p> <p>Adults with ADHD and a co-existing disorder such as autism.</p> <p>The Group have some very in depth discussions and a lot of good humour. Tea, coffee, juice and biscuits are provided!</p>	<p>Address: The 'Y' Centre, St. Paul's Road, St. Leonards-on-Sea, East Sussex, TN37 6RS</p>
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