Offering Advice & Support for Young People in Halton
Addaction are a national drug, alcohol and mental health treatment charity, working across England and Scotland.

- 27,202 people engaged with us for structured treatment with drug and alcohol problems
- 30,000 school pupils attended workshops and assemblies by the Amy Winehouse Resilience Programme
- 98% of our service users would recommend us to their friends and family
- If you have a problem with drugs or alcohol, Addaction is here for you

Our service users are at the heart of what we do and recovery for all our service users is our ultimate ambition. However, we know that this will require a different range of interventions for different people; this is why we offer such a wide range of services.

Young persons’ services

We provide friendly and expert advice on drugs and alcohol for young people aged 10 to 19 (up to age of 25 with additional needs). Young Addaction, support young people to understand the effects of their substance misuse and the harm it can cause to them and the people around them. You can rely on us for advice and information, and we can offer you a safe place to talk about things that are bothering you.

As well as one-to-one work, we offer a range of early intervention programmes in schools, youth clubs and other friendly settings, helping young people to reach their full potential. Our services are completely confidential and we will never share what you tell us without asking your permission first. That means you can tell us things without worrying about getting into trouble with your family, your school or other people.

Addaction support adults, children, young adults and older people to make positive behavioural changes. Whether that’s with alcohol, drugs, or mental health and wellbeing, we’re here to help people improve their lives in ways they never thought possible.

Contents

- Page 02 Introduction
- Page 04 VRMZ
- Page 06 StreetWize
- Page 08 Teenage Pregnancy Prevention and Sexual Health Support
- Page 10 C Card
- Page 12 Amy Winehouse Foundation Resilience Programme
- Page 14 Halton School Studies Services
- Page 16 FAME
- Page 17 Family Focused
- Page 18 Teens & Toddlers in Halton
- Page 20 The Duke of Edinburgh’s Award
- Page 22 Halton Mayor’s Award
- Page 24 GLOW
- Page 26 Halton Youth Cabinet
- Page 28 Halton Aiming High for disabled children
- Page 30 Youth Groups - Open Access
- Page 32 Helpful contact details

For further information, advice or support from the service or to make a referral please contact 0151 257 2530

Referrals may be made with consent by your self, friend, family or professional.
The VRMZ mobile outreach service offers young people appropriate information and advice to help them to develop their ability to make safe and informed choices. It travels throughout Halton delivering information and support to children and young people around:

- Substance Misuse – Alcohol/Drugs
- C Card – Contraception
- Signposting to other services
- Healthy Eating and Weight Management
- Smoking Cessation
- Emotional health and wellbeing
- Mental health
- Internet safety
- The bus is wheelchair accessible

Young people are more likely to engage in risk taking behaviors and find themselves in situations they would have otherwise avoided if they have consumed alcohol or drugs.

These risks include antisocial behavior, unplanned pregnancy or catching an STI, effects on their emotional health and wellbeing and breakdown of relationships.

The VRMZ bus travels throughout the Halton area throughout the day and on into the evening. Working in partnership with other local organisations it offers a wider range of services and information as well as signposting into positive activities, education, employment and training as well as other more appropriate services.

The project’s aims are to deliver healthy messages in a safe, supportive non-judgmental environment within the young people’s community.
Aims and Objectives

The aim of the StreetWize team is to provide the young people of Halton with information and guidance on how to stay safe whilst on the street. We work with young people aged 10-19 (up to 25 with additional needs). StreetWize will provide young people with information and an education on the effects of substance and alcohol misuse, staying safe, developing positive relationships and signposting to positive activities.

When working with young people on the street, Young Addaction engages and promotes to them diversionary activities that take place with partners and across youth centres in Halton. Some of the partners are:

- Canal Boat
- Vikings Sport Activities
- Sports Development Team
- Active Soccer - Soccer camp
- Well Being Enterprises
- Studio - Music events

Mako Education – Multi Media workshops, using the latest media techniques to create films that educate young people.

Unplugged – Music workshops including DJ-ing, Rapping and live bands.

Sports - We work in partnership with the Canal boat and the Vikings to provide a wide range of sporting activities including football, netball, basketball and street games.

Cooking with the fun chef at half term holidays – Engaging young people to experience foods from around the world.

Recent trips facilitated by Young Addaction included: canoeing, kayaking, walking Mount Snowdon, Snowdonia surfing and coast steering. Adventure trips to Bounce Below in North Wales, a Halloween Witch Walk, the Be Boulder climbing centre and the Chill Factor at Trafford Park have also taken place.
Our aim is to ensure that all young people in Halton have access to the right information and resources to have healthy relationships, respect themselves, consider the potential risks of substance misuse upon their sexual health and make informed decisions about their health.

We deliver the C Card scheme and promote access to specialist and clinical sexual health services.

We provide sexual health drop in services from our VRMZ outreach bus and the Youth Centre CRMZ in Kingsway, Central Widnes. This service provides C Card, chlamydia and gonorrhoea screening and pregnancy testing alongside providing confidential information and advice about relationships and health issues.

We work in partnership with schools, colleges and training providers to assist with their SRE delivery, and local health partners such as Bridgewater Health Care Trust, Community and Sexual Health Clinics, the School nursing team and Health Promotion teams. We aim to reduce risk taking behaviour around sexual health and the number of teenage pregnancies locally. We have succeeded in reducing this figure year on year since 2008.

- We work in schools and colleges to provide tailored group work around puberty, body changes, breast and testicular checks, sexually transmitted infections, healthy relationships and recognising relationship abuse, contraception and risk taking behaviour including the risks of substance misuse upon sexual health.

- We provide one to one key-work support for vulnerable and at-risk young people to improve their future sexual health and relationships.

- We deliver training to professionals around sexual health issues and C Card to enable wider coverage and access to the scheme and increased support to young people.

- We facilitate specialist events at key points of the year (such as World AIDS day) designed to raise awareness of local and national sexual health issues and encourage positive decision making.
What is a C Card Scheme?
A C Card (Condom Card) Scheme is a coordinated free condom distribution network. It provides quick, easy and confidential access to condoms, supported by nationally produced sexual health materials.

It also provides training to all its service providers, reinforcing good practice in their sexual health work with young people, as well as improving inter-agency networking.

The advantages of a local C-Card Scheme

So far the C Card scheme across Halton has improved access to sexual health information and free condoms. By providing the provision of condoms and supporting material in a simple, safe and confidential way, this leads to increased awareness about safer sex, unplanned pregnancies, and a reduction in the spread of HIV and STIs.

Access to Services
Young people need a range of access options, for example school-based, community-based, clinic-based, residential units, town centre-based and mobile based via outreach workers and VRMZ (Bus). Clinics and services are open at times that are convenient for young people.

Target Group
The C Card scheme targets young people from the age of 13-19 living in and around Halton.

Aims for the Scheme
- To support young people within indentified target groups to make informed choices regarding their sexual health.
- To increase the availability, accessibility and acceptability of condoms and information on sexual health issues to young people.
- To ensure that young people within indentified target groups who access the scheme are aware of appropriate sexual health services available in Halton.

Objectives of the Scheme
- To establish a partnership between a broad range of statutory and voluntary services, local colleges and schools in order to establish a condom distribution scheme.
- To provide a condom distribution scheme in community settings and with key workers who work regularly with the target groups.
- To train and support key workers identified within the scheme to give sexual health information, to distribute condoms to young people within identified protocols and to refer young people who require support to local sexual health services.
- To encourage condom use by sexually active young people within indentified target groups.
- Advantages are a reduction in unplanned pregnancies.
Life story share assemblies – we have a highly trained team of volunteers who are in abstinence based recovery. They deliver their life story shares including feelings as a young person, how they started using substances, significant events in their life which contributed to substance misuse, their time in active addiction and their road to recovery.

Workshops – after speaking to people who have experienced substance misuse, it was apparent that the three main reasons for misusing substances were that they had little or no self esteem, they felt a victim of peer pressure at some point during their lives and also weren’t able to identify the level of risk in certain situations. Taking this into account, a series of workshops have been put together in order to address these issues to prevent young people from experiencing the same issues.

Teacher training – we provide training for staff in schools to be able to identify substance misuse amongst young people and how to support them with this. We also look at identifying a young person who may have a substance misusing parent looking at how that may impact on a young person and how to support them appropriately.

Parents’ event – during the parents’ event, we support parents and give them information about drugs and alcohol and scenarios in order to be able to address substance misuse amongst children and young people. Nearly 3 quarters of children aged 9-17 said they would turn to their parents first for information and advice on drinking alcohol. From this information we have devised an effective training session for parents to deal with substance misuse issues if they arise.

The Skills 4 Change programme - a targeted programme for young people. We cover:

- Team building
- Goals, dreams and self esteem
- Drug and alcohol awareness
- Healthy Living
- First aid; and
- Barriers to learning

The Amy Winehouse Foundation Resilience Programme is a preventative programme to work with young people to build their resilience around situations they face on a daily basis.

1. Life story share assemblies – we have a highly trained team of volunteers who are in abstinence based recovery. They deliver their life story shares including feelings as a young person, how they started using substances, significant events in their life which contributed to substance misuse, their time in active addiction and their road to recovery.

2. Workshops – after speaking to people who have experienced substance misuse, it was apparent that the three main reasons for misusing substances were that they had little or no self esteem, they felt a victim of peer pressure at some point during their lives and also weren’t able to identify the level of risk in certain situations. Taking this into account, a series of workshops have been put together in order to address these issues to prevent young people from experiencing the same issues.

3. Teacher training – we provide training for staff in schools to be able to identify substance misuse amongst young people and how to support them with this. We also look at identifying a young person who may have a substance misusing parent looking at how that may impact on a young person and how to support them appropriately.

4. Parents’ event – during the parents’ event, we support parents and give them information about drugs and alcohol and scenarios in order to be able to address substance misuse amongst children and young people. Nearly 3 quarters of children aged 9-17 said they would turn to their parents first for information and advice on drinking alcohol. From this information we have devised an effective training session for parents to deal with substance misuse issues if they arise.

5. The Skills 4 Change programme - a targeted programme for young people. We cover:

- Team building
- Goals, dreams and self esteem
- Drug and alcohol awareness
- Healthy Living
- First aid; and
- Barriers to learning

The Amy Winehouse Foundation Resilience Programme is a preventative programme to work with young people to build their resilience around situations they face on a daily basis.
HALTON SCHOOL
STUDENT SERVICES

Working in partnership with teachers, students are supported to ensure their individual needs are met. Together a short assessment will be completed for each student which looks at substance use, family relationships, parental substance use, self harm and suicide.

Student appointments are time limited and interventions specific and targeted.

Motivational interviewing, ITEP Maps and mapping tools are used within appointments to enable the student to identify coping strategies and or further support needs.

Alongside providing informal advice, information and support we provide individual Recovery Plans with on going support, aimed at:

- Increasing self awareness
- Increasing self esteem
- Goal setting for future aspirations

The recovery plans look at the young person's lifestyle and can easily identify the need for a referral into Young Addaction's specialist programme or other agencies.

The consistency of staff has been highly praised by the schools and the feedback received from young people is that they feel comfortable talking to the same staff member each week.

We do strongly encourage young people to access other services within the area that we feel they may benefit from and when possible we will escort them to their first initial appointment.

We currently provide student services across high schools in Halton and have received positive feedback for the work we are completing. It has helped:

- Build confidence
- Increase self esteem
- Reduce bullying
- Reduction in drug/alcohol use
- Stop smoking
- Initiation of Common Assessment Framework (CAF) to support the young person
- Identify referrals into CAMHS
- Improve behaviour in schools
- Work closely with families of the young person when additional needs have been identified
- Help the young person understand parental substance use
- Improve young persons' lifestyle choices and their ability to make informed choices.

Alongside informal advice, information and support we provide individual Recovery Plans with on going support, aimed at:

- Increasing self awareness
- Increasing self esteem
- Goal setting for future aspirations

The recovery plans look at the young person's lifestyle and can easily identify the need for a referral into Young Addaction's specialist programme or other agencies.

The consistency of staff has been highly praised by the schools and the feedback received from young people is that they feel comfortable talking to the same staff member each week.

We do strongly encourage young people to access other services within the area that we feel they may benefit from and when possible we will escort them to their first initial appointment.

Alongside providing informal advice, information and support we provide individual Recovery Plans with on going support, aimed at:

- Increasing self awareness
- Increasing self esteem
- Goal setting for future aspirations

The recovery plans look at the young person's lifestyle and can easily identify the need for a referral into Young Addaction's specialist programme or other agencies.

The consistency of staff has been highly praised by the schools and the feedback received from young people is that they feel comfortable talking to the same staff member each week.

We do strongly encourage young people to access other services within the area that we feel they may benefit from and when possible we will escort them to their first initial appointment.

Alongside providing informal advice, information and support we provide individual Recovery Plans with on going support, aimed at:

- Increasing self awareness
- Increasing self esteem
- Goal setting for future aspirations

The recovery plans look at the young person's lifestyle and can easily identify the need for a referral into Young Addaction's specialist programme or other agencies.

The consistency of staff has been highly praised by the schools and the feedback received from young people is that they feel comfortable talking to the same staff member each week.

We do strongly encourage young people to access other services within the area that we feel they may benefit from and when possible we will escort them to their first initial appointment.

Alongside providing informal advice, information and support we provide individual Recovery Plans with on going support, aimed at:

- Increasing self awareness
- Increasing self esteem
- Goal setting for future aspirations

The recovery plans look at the young person's lifestyle and can easily identify the need for a referral into Young Addaction's specialist programme or other agencies.

The consistency of staff has been highly praised by the schools and the feedback received from young people is that they feel comfortable talking to the same staff member each week.

We do strongly encourage young people to access other services within the area that we feel they may benefit from and when possible we will escort them to their first initial appointment.

Alongside providing informal advice, information and support we provide individual Recovery Plans with on going support, aimed at:

- Increasing self awareness
- Increasing self esteem
- Goal setting for future aspirations

The recovery plans look at the young person's lifestyle and can easily identify the need for a referral into Young Addaction's specialist programme or other agencies.

The consistency of staff has been highly praised by the schools and the feedback received from young people is that they feel comfortable talking to the same staff member each week.

We do strongly encourage young people to access other services within the area that we feel they may benefit from and when possible we will escort them to their first initial appointment.
Interventions to support young people to cope with the issues at home

Knowledge and understanding of substance misuse and mental health including what is addiction and dependency

Advice on issues relating to school, coping with separation, divorce or domestic abuse and staying safe

Support to build on positive relationships

Anger management/self esteem

FAME looks at the effects of substance misuse and mental health on young people. At Addaction we provide a confidential service supporting young people aged 10-19 - up to 25 with additional needs. We offer:

- Interventions to support young people to cope with the issues at home
- Knowledge and understanding of substance misuse and mental health including what is addiction and dependency
- Advice on issues relating to school, coping with separation, divorce or domestic abuse and staying safe
- Support to build on positive relationships
- Anger management/self esteem

Referrals can be made by emailing HaltonAdmin@addaction.org.uk

We know that young people who access our services have families and friends who share their lives and who may be affected by their substance misuse. We also know that individuals with substance misuse problems tend to achieve better outcomes when they have positive and supportive social networks and family units; similarly, timely support to families is likely to result in better outcomes for them.

Addaction defines the family in its widest context, including parents, grandparents, partners, carers, siblings, children, next of kin and significant others who are affected by a primary substance misuser.

- No wrong door: contact with any service is opportunity to identify wider needs and engage whole family in support
- Practitioners look at whole family situation and needs
- Tailored coherent package of support
- Family strengths, not family problems
- All services share responsibility for family outcomes
The Young Addaction team in Halton deliver the Teens and Toddlers project in partnership with local secondary schools and nurseries over an 18 week period, delivering 2 cohorts per year.

The programme is delivered one day per week and consists of a nursery placement in which the teens will mentor a toddler to support the toddler to develop new skills and increase confidence.

The second phase of the project is a classroom based education session designed to encourage teens to themselves develop greater self esteem, raise their aspirations and identify their own goals and successes.

We perceive each young person as highly unique with many gifts, qualities and talents. We provide young people with new and positive experiences which build self esteem and aspirations.

Teens and Toddlers encourages educational attainment through building awareness of life goals and the actions needed to make those goals real.

We work to enable young people to develop the awareness and life skills to take responsibility for their lives, so that they are empowered to make choices that are constructive and to their benefit.

Following the completion of each project an awards ceremony event is held to celebrate each young person’s success during the project. Friends, families, schools, nurseries and representatives from children’s services attend the event held at CRMZ central to see the teens receive their nationally recognised awards, an NCFE (National Council for Further Education) level 3 personal and social development.
**What is D of E**

D of E is the world’s leading youth achievement award – with life-changing experiences for everyone. It is run locally in Halton through Young Addaction and is for young people aged 14 and above. There are three levels of programme you can do which, when successfully completed, lead to a Bronze, Silver or Gold Duke of Edinburgh’s Award.

**When can people start?**

– New groups are recruited in October/November but we will take referrals all year round.

**Commitment**

You’ll need to attend fortnightly meetings with the D of E team, to prepare for expeditions and ensure award evidence is up to date. Participants must attend a day walk, a practice expedition and an assessment expedition. D of E award requires a lot of commitment, one of the reasons it is so highly regarded. See D of E chart for more information.

**Why do it?**

The D of E Programme is recognised by colleges, universities and employers. Many large organisations now guarantee an interview to job applicants who have completed a Gold Award. They do this because it is testament to the applicant’s resilience, determination and motivation. All essential skills for the workplace.

**Venue**

Sessions take place at venues across Halton.

For more information please call Young Addaction.

---

**TIMESCALES**

<table>
<thead>
<tr>
<th>Section</th>
<th>Bronze:</th>
<th>Silver:</th>
<th>Gold:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteering</td>
<td>3 or 6 Months *</td>
<td>6 Months</td>
<td>12 Months</td>
</tr>
<tr>
<td>Physical</td>
<td>3 or 6 Months *</td>
<td>3 or 6 Months *</td>
<td>6 or 12 Months **</td>
</tr>
<tr>
<td>Skill</td>
<td>3 or 6 Months *</td>
<td>3 or 6 Months *</td>
<td>6 or 12 Months **</td>
</tr>
<tr>
<td>Expedition</td>
<td>2 Days/1 Night</td>
<td>3 Days/2 Nights</td>
<td>4 Days/3 Nights</td>
</tr>
<tr>
<td>Residential ***</td>
<td>-</td>
<td>-</td>
<td>5 Days/4 Nights</td>
</tr>
<tr>
<td>Age</td>
<td>14 - 25 Years</td>
<td>15 - 25 Years</td>
<td>16 - 25 Years</td>
</tr>
<tr>
<td>Time to Complete</td>
<td>6 - 9 Months</td>
<td>12 Months</td>
<td>12 - 18 Months</td>
</tr>
</tbody>
</table>

*One must be for 6 months
** One must be for 12 months
*** In a residential setting away from home
What is the Award?
The Mayor’s Award is a bespoke programme of exciting challenges and activities for 10 - 13 year olds in Halton. The Award is very similar to the Duke of Edinburgh Award Scheme which has been particularly successful in Halton and in essence will be like a mini D of E programme. The Award is now in its second year and will be running in secondary schools and youth venues across the borough.

What will the young people get out of it?
The award promotes learning and personal development through a variety of activities, encouraging commitment and a sense of achievement. It supports young people in developing new friendships, new talents and abilities and making a positive contribution in their communities. Young people can achieve up to three levels of the Award: Bronze, Silver and Gold.

Contact Young Addaction on 0151 257 2530 for more information.
In many respects GLOW is a youth club much like any other, offering a safe space for young people to socialise and take part in a range of positive activities. We also offer a range of support and information including work to help young people understand issues around sexuality, gender and identity.

**We offer:**
- A friendly, safe space and a chance for you to meet other young people.
- Access to information and advice.
- Youth worker and peer support.
- Interactive education and awareness raising sessions.
- Activities including arts and crafts, sports, film nights, music and more.
- Trips out.
- Access to events, activities and other LGBT groups from across the North West.

GLOW meets at CRMZ Kingsway in Widnes and young people attending can access the full range of facilities available.

If you have any concerns or worries about attending the group or would like to speak with one of our youth workers about attending for the first time or you simply want some more information, please contact us on 0151 257 2530 or HaltonAdmin@addaction.org.uk. You can also see our current plans and additional information on Facebook at GLOW Halton Youth LGBT.

Glow is a group for young people aged 13 – 19 (up to 25 with additional needs) who are Gay, Lesbian, Bi, Trans or Questioning.
Halton Youth Cabinet is an independent voice for young people across the borough.

If you are aged 11 – 19 and live or are educated in Halton, then Halton Youth Cabinet is here to help you get heard by the decision makers of the borough and beyond.

Halton Youth Cabinet offers young people the chance to discuss, debate and take action on the issues impacting on young people in the borough. Young people attending Halton Youth Cabinet act in a representative role to ensure that young people’s voices are heard by politicians and decision makers on a local, regional and national level.

Recent HYC campaigns have seen them getting involved in everything from the cost of school uniforms, to preventing homophobia in schools and being involved in the design of mental health services for young people.

Halton Youth Cabinet is supported to develop its own campaigns around local, regional and national issues. Halton Youth Cabinet is an active member of Youthforia (the North West regional youth voice forum) and HYC members have the opportunity to get involved in youth voice initiatives across the North West and the whole of the UK.

We offer youth cabinet members:
• Extensive training and support.
• Advice and guidance.
• Support to deliver projects and campaigns.
• Access to decision makers such as local and national politicians, council officers and more.
• Access to regional and national networks such as Youthforia and the UK Youth Parliament.

To join Halton Youth Cabinet you’ll need to complete a short application and be able to give between 4 – 8 hours a month for your Halton Youth Cabinet duties.

For more information about Halton Youth Cabinet and to receive an application pack contact them on HYC@gmail.com or call Young Addaction on 0151 257 2530. You can also find out more about their current campaigns and areas of work on Facebook at Halton Youth Cabinet or on Twitter @HaltonYC.

Organises events and activities throughout the year to promote participation and democracy including hosting events to mark Parliament Week and the annual Halton Mayoral Schools Debate competition.

There are over 400 Members of Youth Parliament across the UK, working hard to bring about positive change for young people. They work with politicians and decision makers across the UK to ensure that young people are seen, heard and listened to.

Other participation events and activities
Young Addaction Halton:
• Delivers sessions by request around issues related to participation and democracy to schools and youth clubs. Successful sessions in the past have included voter registration sessions for sixth form students, work with year 6 students about parliament and government, debating skills and awareness around youth democracy structures and opportunities. We are always happy to hear from schools and youth groups and more than happy to discuss how we can support young people to understand and participate in their community.

UK Youth Parliament
Young Addaction delivers the UK Youth Parliament here in Halton. As well as running elections every two years to choose a member of the Youth Parliament, we support our winning candidate and their deputies to make an impact on a local, regional and national level.
The Make It Happen Group is where Young People aged 10-25 who have additional needs, can meet and have fun whilst learning independent living skills.

Sessions offer support to enable young people to have fun, whilst learning how to live healthy, fulfilling and safe lives.

Anyone can refer a new group member just simply call 0151 257 2530 for further information.

Once a referral has been made the workers may meet with the young person/parent or carer to support introductions as they provide security and boost confidence to attend. We welcome parents to participate for the initial integration period and then they may slowly slip into the background when all feel more confident.

Sessions are tailored to meet individual needs. The group is facilitated and supported by experienced staff members with training to meet the needs of the individual.

Call now to find out more 0151 257 2530.

Key benefits:
1. Increases confidence, enabling them to take part in and enjoy further social situations.
2. They are supported to explore risks and identify safety measures.
3. Encouraged to identify their own aspirations and life goals and are encouraged to be included in education and society.
4. Supported to have a voice and given the opportunity to take control and have their say feeding back to GPs, Police and NHS England, The National Human Rights Tour and more.
5. First Aid Training and gaining Duke of Edinburgh Awards and volunteer leadership awards are achievable.
6. Build positive relationships and are signposted to other groups, within Halton. These include specialist groups such as sport and drama.
The sessions are run across several evenings and weekends at various times. Workers provide new members support with individuals completing an initial contact form and a behavioural contract so that boundaries are set and young people remain safe.

The sessions provide those from surrounding areas to have an opportunity to socialise with others of their age, develop new life skills and to build self-esteem and confidence.

All sessions are based around the needs of the young people and as a staffing team we are very flexible in last minute changes to sessions if needs be.

As well as tailored sessions, C-cards barrier contraception where appropriate, are provided by fully trained staff that are able to assess need using the Fraser guidelines.

Key benefits:

- Young people are able to meet and maintain friendships.
- Young people are able to develop their confidence and self-esteem.
- Young people are encouraged to participate and influence the planned programme for future sessions – which gives them a sense of control, independence and influence.
- Young people are able to learn new skills such as cooking skills, money management, and team building skills or just generally being given the opportunity to just be a young person.
- Young people are supported to identify, reduce risk-taking behaviours and learn coping strategies.
- Young people are additionally diverted to other groups and activities, for example the Mayor’s Award and the Duke of Edinburgh Award.
- Young people are able to attend trips out of area such as ice skating and climbing Snowdon.

Youth Groups – Open Access

The Youth Groups’ Open access sessions are tailored for young people between the ages of 10-19 or up to 25 with additional needs.
For further information, advice or support from the service or to make a referral please contact Young Addaction on: 0151 257 2530.

Referrals may be made with consent by your self, friend, family member or professional advisor.

Police Non Emergency: ......................................101
Young Addaction: ...........................................0151 257 2530
Emergency: ............................................................999
Child line: ...........................................................0800 1111
Samaritans: ......................................................08457 116 123
Frank: .................................................................0300 123 660
Domestic Abuse Helpline: ........................................0808 2000 247
Get It On website: ..............................................getiton.org.uk
Emergency duty team: ...........................................0845 050 0148
Brook: .....................................................0151 207 4000 www.brook.org.uk
NSPCC: ...............................................................0808 800 5000
Kooth: .................................................................www.kooth.com
Papyrus: ............................................................01925 572 444 www.papyrus-uk.org

Youngaddaction Halton
CRMZ Kingsway, Widnes, WA8 7QE.

For advice and support call: 0151 257 2530 or visit: www.addaction.org.uk

Join our Facebook page:
Search for Young Addaction Halton and like us for updates on where to find the VRMZ bus and Streetwise teams, drop-in info, up-coming community events and activities plus relevant videos.

Follow us on Twitter:
@HaltYoung