



Children, Adolescents & Families

Our Children, Adolescents & Families (CAF) Team support children, young people and their families with a whole range of issues and problems that may be affecting their **health and wellbeing**. We can help you to feel more **empowered**, **build your confidence** and enable you to **take greater control of your life**. Support is **person centered** and tailored to **your individual needs**.

CAF Link Workers will provide support and advice to children and young people who are experiencing issues with low level mental health, family relationships, education & training, health & wellbeing, special education needs & disabilities, and traumatic life events

Currently the CAF team support young people between the ages of **8–18 years old**. If you need support for a young person under the age of 8, please speak to your GP

Our CAF Link Workers:

- Enable young people by developing strategies and techniques to improve wellbeing
- Are a central point of contact for young people and their families, can be actively involved in managing their care, advocating for them, and developing personalised care and support plans
- Help young people and their families to make good choices and be empowered to address changes

Benefits of our support can include:

- Positive change to wellbeing and mental health
- Improved confidence, motivation, and self esteem
- Participation in new activities and learning new skills
- Making positive changes for a better quality of life

If you feel you or someone you know would benefit from the CAF service - please contact your GP who can make a referral

For further information please visit our website at:
www.onside-advocacy.org.uk/cafpn





PASSIONATE ABOUT EQUALITY

is a charity working across Worcestershire & Herefordshire, supporting over 8,500 local people each year to live the best life possible. Learn more about our FREE services and how they might help you and your wellbeing.



SOCIAL PRESCRIBING ADVOCACY
EMPLOYMENT SUPPORT MENTAL HEALTH
LIFESTYLE & WEIGHT LOSS
LONELINESS & ISOLATION WELLBEING
CHILDREN & FAMILY SUPPORT

We support people to tackle the issues that are impacting adversely on their health and wellbeing, providing independent and individually focused support, to enable them to live better lives.

We focus on making sure people are seen and treated as individuals, their needs and wishes are fully respected and they are connected to other people and their communities.

You can find us online at www.onside-advocacy.org.uk

and on social media too



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