

# Family Innovation Fund-Xtra



The current Family Innovation Fund (FIF) is a range of established services for Children, Young People and Parents/Carers with low level needs that cannot be supported by services such as Schools, and GPs alone. FIF provides that little bit of extra help to support children, young people and parents/carers.

FIF-Xtra services have been set up so there is even more help available during this time, online and via telephone, to support children, young people and their families who are experiencing the effects of the COVID-19 pandemic.



- Understanding Coronavirus
- Managing and coping with change
- Separation and loss
- Managing and coping with anxiety
- Healthy family relationships
- Staying active and curious

This support is strictly for those who are not open to specialist or statutory services such as social care or mental health services. Children aged 0-19 (up to 25 with special educational needs and learning disabilities) and their parents/carers can access support; either individually, in groups, as a couple or the whole family.

To make a referral please look below at the different services below to see which can best meet the needs of those you are referring. If a family has more than one need, the organisation you do call will be able to help get the right support for everyone.

All these services offer one to one, group work, family work and support for parents in managing the behaviour of their children, or struggling with their relationship whether together or not.

**Wilderness Foundation** offer counselling and therapeutic support and may bring nature, art and other practical & creative tools into sessions. Appointments available: Monday -Friday 9am-5pm. Evenings & weekends by appointment.  
[www.wildernessfoundation.org.uk](http://www.wildernessfoundation.org.uk)  
**Contact us on 0300 1233073**  
[info@wildernessfoundation.org.uk](mailto:info@wildernessfoundation.org.uk)



**Renew Counselling** are an experienced and accredited counselling service for all ages. Appointments available: Monday – Friday 10am – 5pm and Monday-Thursday 5pm-8pm. Saturdays by appointment.  
[www.renew-us.org](http://www.renew-us.org)  
**Contact us on 01245 359353**  
[hilary@renew-us.org](mailto:hilary@renew-us.org)



**Relate** are specialists in offering accredited mediation and counselling. Appointments available: Monday- Friday 9am-9pm and 9am-5pm on Saturdays.  
[www.relatelnee.org.uk](http://www.relatelnee.org.uk)  
**Contact us on 01245 676930 or 01708 441722**  
[enquiries@relatelnee.org.uk](mailto:enquiries@relatelnee.org.uk)



**Open Door** offer a wealth of experience including coaching, counselling, and mediation. Appointments available: Monday-Thursday 9am-7pm, Friday 9am-5pm. Saturday and Sunday by appointment. [www.opendoorthurrock.org](http://www.opendoorthurrock.org)  
**Contact us on 01375 390040.**  
[Fifxtra@opendoorservices.org](mailto:Fifxtra@opendoorservices.org)



**YMCA Family Support team** are here to help young people and families to identify beneficial strategies and solutions. Appointments: Monday – Friday 9am- 5pm Evenings and Saturdays agreed by appointment.  
[www.ymcaessex.org.uk](http://www.ymcaessex.org.uk) **Contact us on**  
[sarah.daniels@ymcachelmsford.org.uk](mailto:sarah.daniels@ymcachelmsford.org.uk)  
**01245 355677**



**Evolve Intervention** offer coaching and mentoring to enable people to support themselves. Appointments available: Monday -Friday 9am to 6pm. Some evenings and Saturdays by appointment only.  
[www.evolve-intervention.com](http://www.evolve-intervention.com)  
**Contact us on 01245 526069**  
[info@evolve-intervention.com](mailto:info@evolve-intervention.com)

