

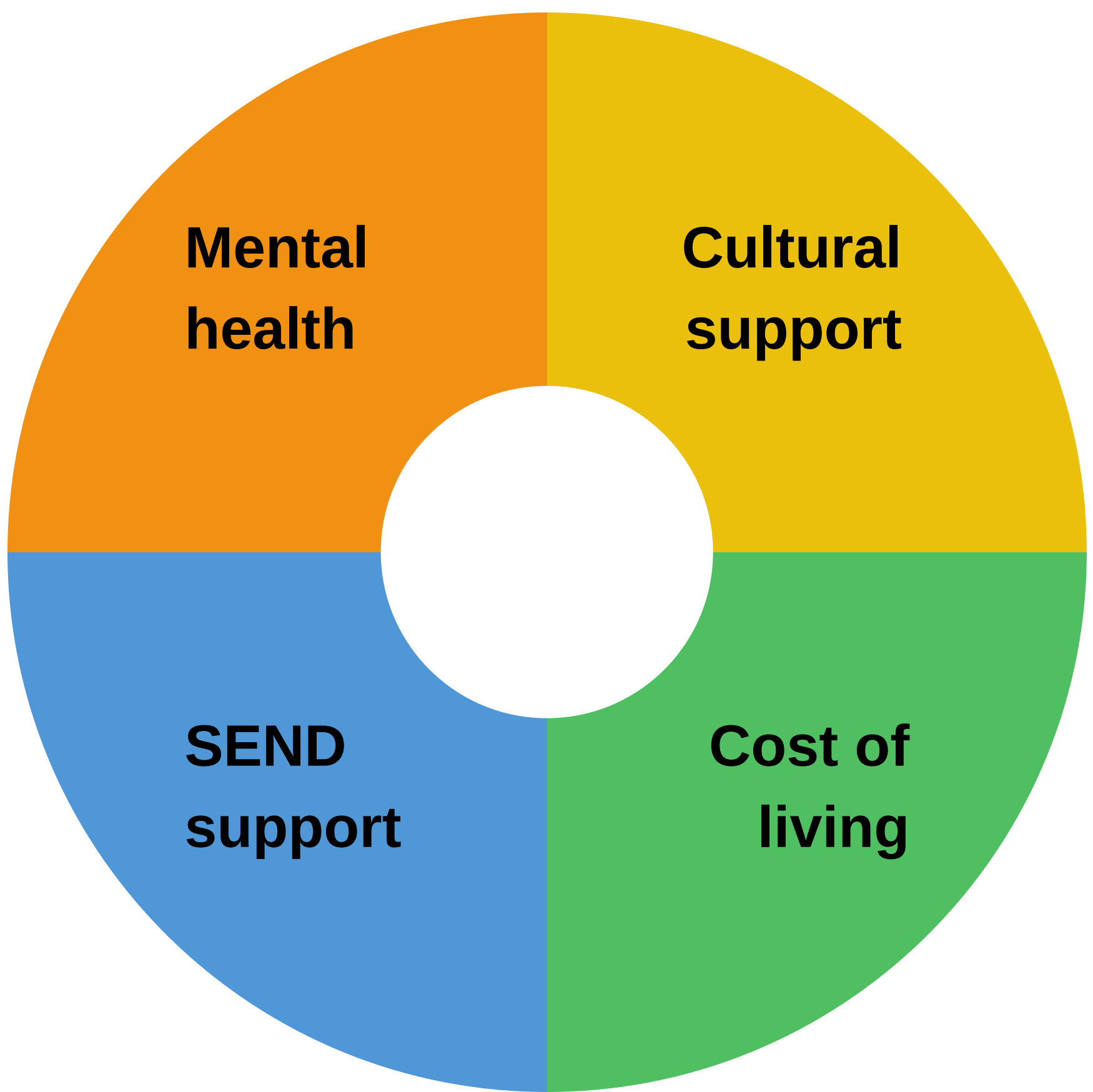


Directory

of local voluntary
support organisations

youngharrow
foundation

Topics of support



SEND Support

ORG	ABOUT	LINK	PRIMARY/ SECONDARY
	<p>Family Action's Harrow SENDIASS (SEND Information, Advice and Support Service) offers free, confidential, accurate and impartial advice and support to families living in Harrow with a child up to the age of 25 who has special educational needs or a disability (SEND).</p>	<p>youngharrowfoundation.org/projects/details/harrow-sendias</p>	Both
	<p>Harrow Parent Carer Forum (HPF) is a friendly, motivated, supportive and empowered community of parents with children/young people with special needs/disability, living in the borough of Harrow.</p>	<p>youngharrowfoundation.org/organisations/harrow-parent-forum</p>	Both
	<p>We are particularly passionate about the welfare and wellbeing of parents/carers. . We have an extensive London network to help signpost families to support. We also support BAME Autism parents and carers on their parenting journey</p>	<p>youngharrowfoundation.org/organisations/special-needs-community-cic</p>	Both
	<p>Youth ConneX service offers a wide variety of activities that children and young people can enjoy while learning to become more independent.</p>	<p>youngharrowfoundation.org/organisations/harrow-mencap-children-young-peoples-services</p>	Both
	<p>We provide services for children and young people with learning disabilities aged 5 to 25 including those with physical disabilities, autism, complex communication, and behavioural needs. Services include play, outreach, short breaks, after school clubs, counselling and family support services</p>	<p>youngharrowfoundation.org/organisations/kca-kids-can-achieve</p>	Both


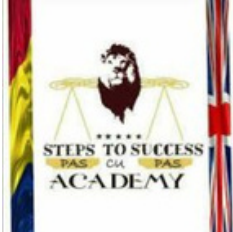





Mental health

ORG	ABOUT	LINK	PRIMARY/ SECONDARY
	<p>A range of FREE mental health services and resources for young people aged 5-25 is now available in Harrow, thanks to a partnership between CNWL, Harrow Council and Young Harrow Foundation. The services are designed to help empower young people to take control of their emotional health and well-being, before the crisis point.</p>	<p>youngharrowfoundation.org/HARROWMHP</p>	Both
	<p>The wish centre is a charity that prevents self harm, abuse and exploitation of young people. We provide open ended therapy and counselling in person at schools and at our Centre, plus digital therapy, in person peer support groups, out of hours help, and advice and training.</p>	<p>https://youngharrowfoundation.org/organisations/the-wish-centre</p>	Secondary
	<p>Kooth is a free online counselling and emotional well-being support service for children and young people. Young people can be signposted to Kooth or can sign up themselves, so no referral is required.</p>	<p>https://youngharrowfoundation.org/organisations/kooth-xenzone</p>	Secondary
	<p>The Arts for Life Project is a charity supporting young people and their families' emotional health and wellbeing through the therapeutic value of the creative arts. Our projects (mix of paid and free) focus on individuals with complex hidden needs.</p>	<p>https://youngharrowfoundation.org/organisations/arts-for-life-project</p>	Both
	<p>Heads Up Harrow is a partnership of 5 local charities offering specialist mental health services to young people aged 11-25 across Harrow who face additional barriers to support.</p> <p>(Mind in Harrow; Centre for ADHD & Autism; Mosaic; Paiwand; The Wish Centre.)</p>	<p>youngharrowfoundation.org/organisations/heads-up-mental-health-partnership</p>	Both
	<p>We use Equine Therapy to provide an alternative psychotherapeutic experience for children in year 3 and above. (Services carry a cost)</p>	<p>https://youngharrowfoundation.org/organisations/slth</p>	Both








Mental health

ORG	ABOUT	LINK	PRIMARY/ SECONDARY
	<p>We are a non-profit organisation providing specialist one-to-one fitness training to people with mental health problems.</p>	<p>https://youngharrowfoundation.org/organisations/fitmind</p>	<p>Secondary</p>
	<p>Harrow Horizons is there to support children and young people in Harrow who need help to improve their emotional health and wellbeing. We work with children and young people aged 0 to 18, or up to 25 with a special educational need or disability, alongside their families.</p>	<p>https://youngharrowfoundation.org/organisations/barnardos</p>	<p>Both</p>
	<p>Nip in the Bud® works with mental health professionals of the highest standing to produce FREE short evidence-based films and fact sheets to help parents, educationalists and others working with children to recognise potential mental health conditions.</p>	<p>https://youngharrowfoundation.org/organisations/nip-in-the-bud-2</p>	<p>Both</p>

Cultural support

ORG	ABOUT	LINK	PRIMARY/ SECONDARY
	<p>At Unique Community we devise inclusive & accessible arts projects for Ukrainian and Russian children & young people. All of our programs are supported by an arts therapist.</p>	<p>https://youngharrowfoundation.org/organisations/unique-community-charity</p>	Both
	<p>Steps to Success Academy is a vibrant community charity, supporting predominantly the Romanian community in Harrow (and surrounding areas) to thrive.</p>	<p>https://youngharrowfoundation.org/organisations/steps-to-success-academy-pas-cu-pas</p>	Both
	<p>RCCT is dedicated to supporting the Romanian community and our aim is to assist, signpost and create opportunities for our community.</p>	<p>https://youngharrowfoundation.org/organisations/romanian-culture-and-charity-together-rcct</p>	Both
 Paiwand	<p>Paiwand' supports refugees and migrants through free advocacy services, counselling, education, community youth and art projects, housing provision for unaccompanied minors and mentoring</p>	<p>https://youngharrowfoundation.org/organisations/afghan-association-paiwand</p>	Both
 <small>Afghan Association of London</small>	<p>Afghan Association of London has been supporting the Afghan community in Harrow for 23 years. We have initiated numerous successful projects in response to emerging needs of the community.</p>	<p>https://youngharrowfoundation.org/organisations/afghan-association-of-london</p>	Both
	<p>HASVO, an independent charity, is the Centre for the Somali Community in Harrow</p>	<p>https://youngharrowfoundation.org/organisations/harrow-association-of-somali-voluntary-organisations-hasvo</p>	Both
	<p>Kuwaiti Community Organisation supports the Kuwaiti and wider Arabic speaking community in Harrow.</p>	<p>https://youngharrowfoundation.org/organisations/kuwaiti-community-association</p>	Both

Cost of living

ORG	ABOUT	LINK	PRIMARY/ SECONDARY
	A borough-wide, co-ordinated approach to support residents to receive free food deliveries, mental health support, and advice services	https://helpharrow.org/	Both
	Every school holiday period in Harrow (Easter / Summer / Christmas) the HAF Programme is available for eligible children aged 5-16 living or studying in Harrow. It entitles children who are in receipt of means-tested free school meals, to a free place at local activities and holiday clubs - and includes access to a free healthy meal at every session.	https://youngharrowfoundation.org/haf-programme	Both
	We help people with things like money advice, benefit, housing or employment problems. You may be facing a crisis, or just considering your options.	https://youngharrowfoundation.org/organisations/citizens-advice-harrow	Both
	Currently we serve over 10,000 Londoners a week to battle food insecurity. We are also working with 40+ schools in the borough of Harrow, provide projects that will instil in children at a young age about health and nutrition.	https://youngharrowfoundation.org/organisations/londons-community-kitchen	Both
	We support young people aged 16-24, facing homelessness...	https://youngharrowfoundation.org/organisations/new-horizon-youth-centre-2	Secondary
	My Yard is a charity in Harrow that works with communities to reduce social isolation and empower young people and their families who feel disillusioned. We do this through community outreach, and relationship building. Often this may be creating a safe space for a community to come together to eat and socialise.	https://youngharrowfoundation.org/organisations/my-yard	Both
	Here's a list of the places helping people find warmth, food, support, and help this winter.	https://docs.google.com/document/d/1m9RitNyGGpg9Mlb9Z-ZK_XR3G2V25ktjAOoXF_cg4M/edit	Both

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Charity No. 1163589

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