

Docklands Outreach

Description

Service Description

Docklands Outreach is a health and preventative support agency providing practical and therapeutic support to children (3-13 years old) and young people (12-25 years old) living in Tower Hamlets, on a range of emotional and mental health difficulties.

These can range from low mood, depression, anxiety, self-harm, to young people effected by racism, family difficulties, identity, culture, alcohol or substance misuse.

Or those who need support with accessing positive activities, training or employment opportunities. Support is also provided to parents who have children aged 3-13 years old, with emotional, behavioural and conduct disorders via different parenting interventions.

Additional Information

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Current support on offer age range:

- Information, Advice and Psychosocial Support - 12-21 years
- Counselling, Psychotherapy & Cognitive Behavioural Therapy - 12-21 years
- Parenting Support - Individual (Personalised Individual Parent Training (PIPT), Parent Child Game (PCG) and group (Incredible Years (IY), Community Families Programme - children 3-13 years
- Community Connector - Young Adults Mental Health - 18 to 25 years
- Workshops and Discussion Groups up to 21 years.
- Street and Community Outreach - up to 21 years.

Our services are free, confidential and available for all children 3-13 years, and young people 12 and 25 years, regardless of gender, sex, race, ethnicity, religion, identity, sexual orientation or background.

Counselling and CBT:

Monday 1pm to 7pm

Tuesday 5pm to 8pm

Wednesday 2pm to 8pm

Thursday 6pm to 8pm

Street & Community Outreach sessions are delivered in the afternoons and evenings across the borough according to identified hotspots and according to needs.

- Emotional health and wellbeing and sex and relationship education workshops.

Costs

Cost

Free

Questions & Answers

Are The Premises Accessible For Wheelchair Users?

Yes

Can Families Self-Refer To The Service?

Yes

Do You Have Child Protection Policies And Procedures

Yes

Do You Offer Specific Support For Children With Additional Needs?

Yes

Has A Service Description? Yes

Registered For 2 Year Old Grant

No

OFSTED Information

OFSTED Last Inspection and Summary

30 June 2015

Outstanding

Further Information

Provider Type

Advice, Information and Support Services

Delivery Channels

E-Mail | In Person |
Other Electronic Media | Post |
Telephone |

Eligibility Criteria

Child Aged 5 And Above |
Tier 1: Universal |

Available Facilities

Disabled Access | Healthy Eating |
Ict Facilities | Kitchen | Play Area |
Public Toilets |

Referral Criteria

None (Self-referral) |
By Parents Or Family |
Via Gp Or Other Health Professional |
Via Voluntary Agencies |

Provider

Advice, Information and Support Services

Docklands Outreach

Contact Details

Telephone No

020 8629 8700 X 2019 Or 2010

Website

<http://www.dockout.org.uk/>

Email Address

training@phoenix.towerhamlets.sch.uk

Address Details

Street Number

St. Matthias Community Centre

Street

113 Poplar High Street

Postcode

E14 0AE

Opening Times

Monday	from 10:00	to 17:00
Tuesday	from 10:00	to 17:00
Wednesday	from 10:00	to 17:00
Thursday	from 10:00	to 17:00
Friday	from 10:00	to 17:00

Visit service website

Similar Organisations

St. Mary & St. Michael Holiday Scheme
Phoenix Outreach Service

Disabled Children's Outreach Service - D C O S
St Luke's Nursery School
Osmani Nursery School