

# 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.

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## Additional Information

### Additional Information

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 |

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### 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](mailto:training@phoenix.towerhamlets.sch.uk)

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## Address Details

### Street Number

St. Matthias Community Centre

### Street

113 Poplar High Street

### Postcode

E14 0AE

## Opening Times

<b>Monday</b>	from 10:00	to 17:00
<b>Tuesday</b>	from 10:00	to 17:00
<b>Wednesday</b>	from 10:00	to 17:00
<b>Thursday</b>	from 10:00	to 17:00
<b>Friday</b>	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