

Adolescent Development Services



We respond to the needs of the community

Adolescent Development Services



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www.hillingdon.gov.uk

A range of targeted programmes offering focused interventions all year round

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Children, adolescents and young adults **aged** **8-24** who live, learn, earn or are looked after by Hillingdon

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[Home](#) > [Education, learning and employment](#) > Targeted programmes

Targeted programmes for children and adolescents

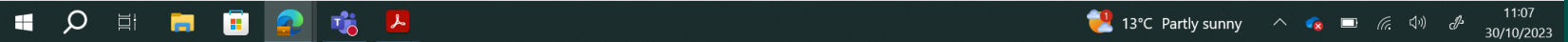
Fun and free sessions and workshops for 8 to 24-year-olds who live, learn or earn in Hillingdon and may benefit from additional targeted support.

#DOSOMETHINGTHISHALFTERM

Our sessions are fun, free and provided on a [referral basis](#)

Year-round offer

We offer the following programmes throughout the year, working with children, adolescents and young adults up to the age of 24.



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Year-round offer

We offer the following programmes throughout the year, working with children, adolescents and young adults up to the age of 24.

- **AIMS Mentoring | Ages 11 to 19**
One-to-one mentoring.
[📄 AIMS programme - objectives and referral criteria \(PDF\) \[238KB\]](#)
- **Being Me | Ages 8 to 17**
Programme for children who have witnessed domestic abuse to explore self-esteem, healthy relationships and personal safety.
- **BOUNCE | Ages 8 to 11**
Group programme to build resilience, communication and self-esteem.
- **iChoose | Ages 12 to 19**
Weekly groups for boys and young men. Each week, explore issues that affect young people through games, cooking, craft, sport, activities and discussion.
- **KISS | Ages 11 to 19**
One-to-one mentoring and support around sex, relationship, CSE and sexual health education.
- **LGBTQIA+ Drop-in | Ages 13 to 19**
Monthly groups for 13 to 16-year-olds and 16 to 19-year-olds who are questioning or identify as LGBTQIA+.
- **LINK | Ages 13 to 24**
One-to-one counselling. Delivered online and at various community locations.
- **M- PACT (Moving Parents And Children Together) | Ages 8 to 17**
Programme to educate family members on the impact of addiction on children and family life, and help families with communication and coping strategies, so they can make positive changes. The programme also ensures children and young people living with parental substance misuse are safe, visible and their voices are heard.
- **SORTED | Ages 11 to 19**
One-to-one mentoring and counselling around drugs and alcohol education.
- **SWITCH | Ages 8 to 11**
Transition support programme delivered in school to support with the transition from primary to secondary school.
- **Unique Swagga | Ages 12 to 19**
Weekly groups for girls and young women. Each week, explore issues that affect young people through games, cooking, craft, sport, activities and discussion.
- **Yoga For Wellness | Ages 15 to 21**
Group to support young people who struggle with stress, anxiety and/or depression.



Who can be referred to the programme?

Professional referrals can be made for children and adolescents who:

- are aged 8 to 24-years-old and either living, working or studying in Hillingdon, or in local authority care under Hillingdon, and are in need of targeted support
- are in the age range required to access the programme
- have the ability to participate in discussion-based and group work and/or one-to-one activities
- are willing and able to commit to the proposed intervention
- have the continuing commitment of the referrer to co-manage any issues of concern that arise during their programme participation , provide support and encourage attendance
- consent for their personal information and support/development needs to be shared with our Adolescent Development Services
- (if under 18 years of age) have their parent's or legal guardian's consent for their personal information to be shared with, and recorded by, our Targeted Programmes team
- agree that we may report anonymised data about their personal development and support needs to other teams within Hillingdon Council and to other relevant agencies.

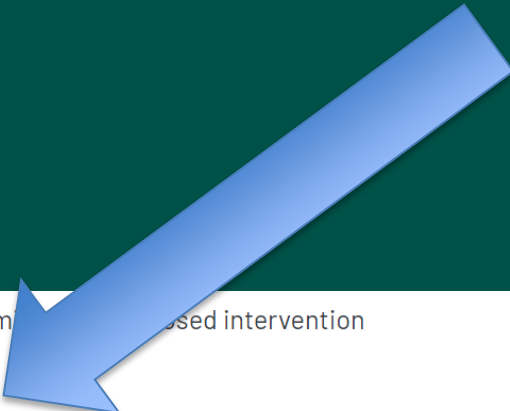
If there is not a professional working with your family, a self-referral can be made using the 'Make a referral' button.

Make a referral



Please note: Places will be confirmed via email once your referral has been reviewed by our team.






• are willing and able to commit to the proposed intervention

[Make a referral](#) →

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Page last updated: 22 Sep 2022 Was this page helpful? [Yes](#) | [No](#)

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Considered

Does the offer meet your referrals needs?

Consented

Does your referral/their guardian consent to their information being shared?

Committed

Is your referral committed to engage?

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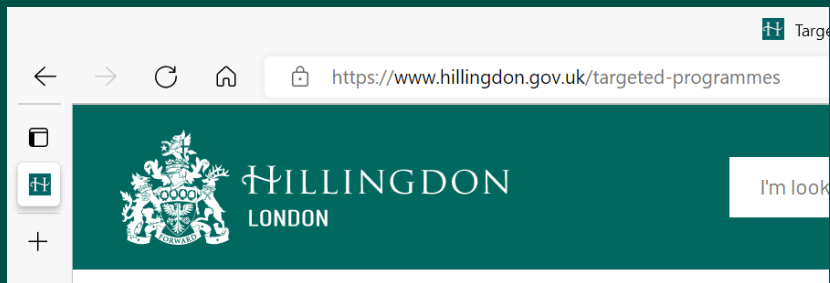
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Targetedprogrammes@hillington.gov.uk

01895 277222

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One Individuals Journey through Adolescent Development Services

- Referred to the holiday programme by parent
 - Attended the Unique Swagga Group
 - Attended One to One Kiss mentoring sessions
- Currently seeing a Kiss Counselor and invited to the new Drop – In session.

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3295

**Children, adolescents and young adults
reached during the last financial year**

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In the most recent visit to Hillingdon Children's Services, Ofsted referred to us as a...

Hillingdon Council's Children's Services judged "Outstanding" by Ofsted

"excellent champion for children, families and young people"

"...improving children's experiences and progress."

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Holiday Activity and Food (HAF) Programme

Delivering enrichment activities, promoting healthy lifestyles, engaging children in physical activity and providing healthy meals to children and young people who are in receipt of benefits related free school meals

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Holiday Activity and Food (HAF) Programme

**Open to children in reception to school year
11 (+ up to age 18 years for children
with SEND) in receipt of FSM in Hillingdon**

*** Additional discretionary places are available for
non-FSM children that may be vulnerable**

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Holiday Activity and Food (HAF) Programme

Delivered during Easter, Summer and Winter school holidays

Activities have included: Sports, performance arts, arts & crafts, film and STEM activities. Personal development programmes that focus on developing life skills and targeted SEND provision.

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Holiday Activities and Food Programme

Our HAF programme is open to school-aged children (reception to year 11) who receive benefits-related free school meals. HAF activity sessions run during Easter, summer and winter school holidays. This programme is funded by the Department for Education.

In this section:

[Information for parents](#)

[Winter HAF programme](#)

[Information for providers](#)

[Download the HAF annual report](#)

Information for parents

Through our programme of healthy food and fun activities, children and young people can develop new skills, take part in creative and physical activities, learn about food and cooking, and enjoy free nutritious meals each day.

Does my child qualify for the HAF programme?

Our holiday programme is open to school-aged children from reception to year 11 (inclusive) who are educated, live or under local authority care in Hillingdon and receive benefits-related free school meals.

Benefits-related free school meals (FSM) are available to pupils if their parents are in receipt

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Holiday Activity and Food (HAF) Programme

For further information please visit our webpages: www.hillingdon.gov.uk/haf

Email our team: HAFprogramme@hillington.gov.uk

Call us: 01895 277881

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