

## Adolescent Development Services



The Hillingdon Youth Offer's Targeted Team (previously known as the Adolescent Development Services) continues to offer support, advice and interventions for children, adolescents and young adults who live, learn, earn and are Looked After by the London Borough of Hillingdon. Visit [www.hillingdon.gov.uk/targeted-programmes](http://www.hillingdon.gov.uk/targeted-programmes) for our full offer.

### **Hillingdon Youth Offer**

We are introducing the Hillingdon Youth Offer.

Three teams: **Targeted; Universal; Community and Voluntary**. One offer for children and young people in Hillingdon. We are lucky to have three new Programme Coordinators join the Universal Team: Sarah Argent; Sophia Brewster; and Nick Webb. They are familiar faces in new roles helping to shape the Hillingdon Youth Offer.

Visit <https://www.hillingdon.gov.uk/article/11670/Exciting-new-Youth-Offer> for some insight to what is to come.

### **Holiday Offer**

Our Holiday Offer was a joy over the past two weeks. If you have children and young people who you feel would benefit from our future holiday activities, keep an eye out for updates or visit [www.hillingdon.gov.uk/targeted-programmes](http://www.hillingdon.gov.uk/targeted-programmes) where we keep up to date information on our offer.

### **NCS - Experiences for 16 and 17 year olds**

Boost your confidence. Nurture new skills. Grow your resilience. Be a force for good. Make a whole new set of friends. When you join an NCS experience, you'll do all that and more. You can do NCS experiences online, in your local community, and away from home. Don't miss out, check them out! Visit [Our Experiences | NCS \(wearencs.com\)](http://Our Experiences | NCS (wearencs.com)).

### **Young people interested in rap, drill and spoken word**

Hillingdon Music Service will select young performers to take part in the future Emerging Talent event. Interested grime, rap, drill and spoken word performers [should complete this form](#). If selected for the event they will have the opportunity to listen to and be coached by Yasmin Ali. To be eligible to enter this event, they must:

- Be of secondary school age
- Be a confident performer
- Be a resident of the London Borough of Hillingdon
- Be available on the afternoon of Saturday 13 April for the event

- Have permission from a parent/guardian to take part

If you have any questions or wish to discuss further please contact; Music Events [musicevents@Hillingdon.gov.uk](mailto:musicevents@Hillingdon.gov.uk)

### **KISS Drop-In**

The KISS drop-in is running at the Uxbridge Family Hub every Thursday from 3:15pm to 6pm. Please could I ask you to circulate the KISS drop-in with your teams and young people to promote this service to our young people. If you have any questions about how we can support young people, please feel free to get in touch at [SHWBP@hillington.gov.uk](mailto:SHWBP@hillington.gov.uk)



# DROP-IN

For 13-19 year-olds in Hillingdon

KISS is a confidential sexual health and wellbeing service that provides advice and information on:

### Healthy Relationships

- Safe place to talk about relationships, as well as understanding consent and boundaries.
- Signposting for further support.

### Contraception

- Discuss different types of contraception available and how to access this.
- Access free condoms through the c-card scheme.
- Advice on where to find emergency contraception. \*We do not provide emergency contraception.

If you are under 25 and registered for the c-card scheme, you can access free condoms here.

### Sexual health

- Information on where to access STI screenings - either at home or at a clinic.
- Advice on preventing STIs.

### Pregnancy Testing

- Access free pregnancy testing.
- Information and support around options with pregnancy and preventing pregnancy.

### Sexuality and Identity

- Information on LGBT+ groups.
- Signposting to support services.

## WHERE TO FIND US

Drop in to see us every Thursday  
Time: 3:15pm - 6pm

Uxbridge Family Hub  
Civic Centre  
High Street, Uxbridge  
UB8 1UW

Continue past the main entrance of the Civic Centre on the left-hand side towards the garden area, down the ramp and to the Uxbridge Family Hub.

### You can also find KISS at:

**The Wakley Centre**  
Grange Road,  
Hayes,  
UB3 2RR

**Mondays**  
**4pm - 6pm**

\*STI screening and emergency contraception available here

shwb@hillington.gov.uk

### **NHS Gro App - Free Hillingdon Service**

Introducing **Gro** – a new app that's designed to support families' physical and mental health. This app is currently available through North West London NHS for households with school aged children (5-18 years old). A household is determined by at least one adult over 18 years old and at least one child between 5-18 years old. Users will be able to use the service for 12 months from the point of registration.

Gro has four sections – mental wellbeing, nutrition, activity, and sleep. Each of these sections includes a variety of evidence-based behavioural change techniques and resources to promote the health of children and their families, such as digital magazine, health tracking, health coaching, yoga, guided meditation relaxing sleep bedtime stories and music, personalised workouts and tailored recipes.

Wellbeing education models targeted at children aged 5 to 11 include growth mindset, friendships, mindfulness and meditation and mindful rating. The offer for children aged 12 to 18 includes managing mental and emotional stress, managing relationships, succeeding with exam prep, mindful eating and the importance of sexual wellbeing. Caregivers are provided with access to the resources offering guidance on supporting the wellbeing of their children and young people.

The app can be found in your chosen app store.

### **ELOP**

ELOP is a holistic lesbian and gay centre that offers a range of social, emotional and support services to LGBT communities, and our core services include counselling and young people's services. Visit [elop : : holistic lesbian and gay centre](#) for more information.

### **SORTED**

SORTED team offers support for children young people affected by parental substance misuse. For more information, please contact SORTED team on [sorted@hillingdon.gov.uk](mailto:sorted@hillingdon.gov.uk)

With thanks,

Adolescent Development Services Team  
Targeted Programmes - Adolescent Development Services  
Children Services  
London Borough of Hillingdon  
2/South, Civic Centre  
High Street, Uxbridge, UB8 1UW

Telephone: 01895 277 222

Email: [targetedprogrammes@hillingdon.gov.uk](mailto:targetedprogrammes@hillingdon.gov.uk)

Website: [www.hillingdon.gov.uk/targeted-programmes](http://www.hillingdon.gov.uk/targeted-programmes)