



Hello,

We would like to introduce you to Croydon Drop-In (CDI).

Croydon Drop In is a charitable organisation which has been established since 1978. Our purpose is to support children, young people and their families who live, work or study in the London borough of Croydon. We offer a range of support to young people within the borough.

Our staff are trained and experienced in building rapport and forming relationships with young people to create a safe and comfortable environment to provide support. We deliver this through a variety of ways:

Counselling

Our counselling service is free and confidential. CDI can provide a safe place to talk and to help you understand what is happening to you and how you can put things in place to help yourself. As one young person said "I am the expert of me" having finished counselling here with us. We offer a range of person centred talking therapies and our family support is offered by our Systemic Family Practitioner. You can call to register for counselling, on Monday's from 12pm to 6:30pm and from Tuesday to Thursday between 4pm to 7:30pm on: **020 8680 0404**. We offer face to face counselling at our main base in central Croydon and at our satellite office in Upper Norwood. We can also offer telephone and Zoom appointments.

Go Further Go Higher

Go Further Go Higher is a project run by the Outreach Team that provides one to one transition support for 16 – 25 year olds within Croydon. Its aim is to support the emotional well-being of young people making the transition into, out of, as well as during, their time engaged in apprenticeships or further & higher education. Go Further Go Higher helps develop independence & decision-making skills, as well as improving mental health. If you'd like to refer a young person for one to one support you can contact Sonia on:

soniagarnett@croydondropin.org.uk

Advice, Rights and Advocacy

An Advice and Rights Advocate is based at our main office working with issues of mental health, housing, education, employment, training, debt, and money management. We are proud holders of the Advice Quality Standard accreditation. Contact: jacquihenry@croydondropin.org.uk

School & Academy Counselling

An evidence-based commissioned service working across Boroughs on site in Primary, Secondary, Sixth Form and Special Schools. Contact: gordonknott@croydondropin.org.uk

Mental Health Support Team (MHST)

Is funded by SWL CCG and is a partnership with Off The Record to deliver Wave 2 and Wave 6 of a national initiative set up as a result of the Government's Trailblazer Green Paper to address the need for more mental health support for schools. Contact: julie@croydondropin.org.uk and barbaraallen@croydondropin.org.uk

Parent Infant Partnership (PIP)

An integrated service, working with parents-to-be and parents of babies up to 2 years of age (the first 1001 critical days). The service aims to provide help for families within the local community to build stronger bonds and positive relationships with their babies.

Contact: enquiriesforcbspip@croydondropin.org.uk

Infant Mental Health Team (IMHT)

Is part of the CYP-IAPT 'Recruit to Train' Programme working with infants & children under 5 years old and their parents/carers. Contact:

julietlecointe@croydondropin.org.uk

Continuing Personal & Professional Development Training

Offered to young people, parents/carers/professionals including Essential Listening Skills (CPCAB accredited), Stretched Not Stressed and Choices & Consequences. Contact: gordonknott@croydondropin.org.uk

Reflective Practice Supervision

Offered to professionals either 1:1 or in groups to help discuss and support the impact of workloads.

Outreach Service (Talkbus)



At CDI we use a mobile unit, called the Talkbus (or Tallulah), to create a safe space for young people to be able to access support, guidance and also be signposted to receive counselling. Our team take the Talkbus into the community and throughout the borough, inviting young people and members of the public to come on board and talk with us.

The Outreach Team at CDI are able to deliver health education and provide information, advice and guidance at your school or college. We can also offer assemblies and workshops to present our CDI services. We have found creating relationships with young people within schools very beneficial as it creates familiarity and comfort that allows them to access our services out in the community.

The Talkbus is available to be commissioned for sessions within schools and staff can also give workshops and assemblies on a variety of important topics including: emotional health and wellbeing, sexual health and growing self-confidence.

A Talkbus session includes 3 workers over 3 hours, where young people access the bus individually or in groups to discuss any issues and get information, advice and guidance. The cost for this is £425.00.

Workshops are for one worker to discuss a relevant topic of your choice for 1 hour for the price of £60.

If you would like to book a Talkbus session or a workshop please contact: soniagarnett@croydondrop.in.org.uk or clintonwaller@croydondropin.org.uk

Throughout November our Talkbus will be out in the community as well as in school sessions. Below is our calendar where you can see which locations you can find the Talkbus in.

MON	TUE	WED	THU	FRI	SAT
	1 SCHOOL SESSION	2 Legacy Youth Zone 2:30pm - 5:30pm	3 Northend, Croydon 2.30pm - 5.30pm	4 Safe Space London Rd, Outside Invictus 2.30pm - 5:30pm	5 Safe Space Northend Croydon 1:30pm - 4:30pm
7 COLLEGE SESSION	8 Shrublands Estate 2:30pm - 5:30pm	9 Central Parade, New Addington 2:30pm - 5:30pm	10 STAFF TRAINING	11 STAFF TRAINING	12 Safe Space Northend Croydon 1:30pm - 4:30pm
14 COLLEGE SESSION	15 Monks Hill 2:30pm - 5:30pm	16 Tesco, Purley Superstore 2:30pm - 5:30pm	17 Northend Croydon 2.30pm - 5.30pm	18 Safe Space London Rd, Outside Invictus 2.30pm - 5:30pm	19 Safe Space Northend Croydon 1:30pm - 4:30pm
21 COLLEGE SESSION	22 TALKBUS MAINTENANCE	23 SCHOOL SESSION	24 Northend Croydon 2.30pm - 5.30pm	25 Safe Space London Rd, Outside Invictus 2:30pm - 5:30pm	26 Safe Space Northend Croydon 1:30pm - 4:30pm
28 SCHOOL SESSION	29 Arena, South Norwood 2:30pm – 5:30pm	30 Norbury Library 2:30pm – 5:30pm			