



Family Support with Home Start, Trafford, Salford and Wigan (families with children aged 0 – 18 years)



R'Space Programme for CYP aged 5-14 who have experienced domestic abuse



Short breaks for CYP aged 5 – 11 years and 11 – 18 years



Inclusive Youth Group and Saturday Challenge (11- 25 years)

Children's, Early Help and CAN Commissioned Services

For more details on any of these services/wider services available please visit the [Trafford Directory homepage](#) or the page here: [Early Help](#)

Please note that due to the impacts of COVID-19, a number of the services listed are offering support either partially or entirely through virtual means at the present time.



Trafford Get Out There 'GOT' Short breaks for CYP aged 5 – 18 years with Autism



Online support for 11 – 18 year olds with Kooth.com



Volunteer Coordination for Talk, Listen, Change (for the EHH's and YES)



Supported Internship for young people with a learning disability or autism (18 – 24 years)



Mental health support for young people aged 13-25



Free online parenting courses for all Trafford parents via www.inourplace.co.uk with password: waterpark



Rainbow Reflections LGBT+ Youth Group with The Proud Trust (11 – 25 years)



Young Carers service for young people aged 5-24



Emotional Wellbeing for 5 – 12 year olds with Trafford Sunrise



1:1 sleep support for the family (birth to 18 years)



Engage Mentoring Service with the Salford Foundation (8 – 18 years or 25 years with additional needs)