

Child/ Adolescent to Parent Violence & Abuse (CAPVA) Practitioners Toolkit

Supplementary Information

Directory of services

Luton
Safeguarding
Children
Partnership

Central Bedfordshire
and Bedford Borough
**SAFEGUARDING
ADULTS BOARD**

Luton Safeguarding
LSAB
Adult Board
Working in partnership
to protect adults at risk

BEDFORDSHIRE
DOMESTIC
ABUSE
PARTNERSHIP
IT DOESN'T HURT
TO ASK FOR HELP!

Bedford Borough
Safeguarding Children Partnership

Central Bedfordshire
Safeguarding Children Partnership

CAPVA
Practitioners Toolkit
Supplementary
Information
Directory of
services

Version: January 2026

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Raising a Safeguarding Concern

In an emergency, call 999. (Non-emergency reports; call 101 or [report online](#).)

I'm concerned about a CHILD/ YOUNG PERSON in...	
Bedford Borough	Report a concern about a child/ young person in Bedford Borough Tel: 01234 718700
Central Bedfordshire	Report a concern about a child/ young person in Central Bedfordshire Tel: 0300 300 8585
Luton	Report a concern about a child/ young person in Luton 01582 547653
If your concern is outside of office hours contact Pan Beds Emergency Duty Team: 0300 300 8123	

I'm concerned about an ADULT in...	
Bedford Borough	I am concerned about an adult in Bedford Borough 01234 276222 or adult.protection@bedford.gov.uk
Central Bedfordshire	I am concerned about an adult in Central Bedfordshire 0300 300 8122 or adult.protection@centralbedfordshire.gov.uk
Luton	I am concerned about an adult in Luton 01582 547730
If your concern is outside of office hours contact Pan Beds Emergency Duty Team: 0300 300 8123	

[Bedfordshire Domestic Abuse Partnership \(BDAP\) crib sheet](#) – a useful flowchart if approached by someone experiencing Domestic Abuse.

Child/ Adolescent to Parent Violence & Abuse (CAPVA) Toolkit

[Click here](#) to access the Pan Bedfordshire practitioner toolkit.

Intervention and Diversion

Chrysalis Centre

[The Programme – Chrysalis Centre](#)

Email enquiries@chrysaliscentre.net

Chrysalis Centre is a programme of interventions to break the cycle of domestic abuse making victims, families and communities safer. This is achieved by challenging underlying abusive behaviours and providing education and support to enable healthy, safe and positive relationships.

Worker for Young Persons exhibiting harmful behaviours. Young Person consent required to refer.

Youth Support Service

[Youth Support Service | Central Bedfordshire Council](#)

The Youth Support Service provides services for young people aged 13 to 19 years old (up to 25 for young people with learning difficulties and/or disabilities). The service manages the delivery of a comprehensive 'youth offer' which includes providing information, advice and careers guidance to support young people to access education, employment or training opportunities. It also co-ordinates the provision of youth work and positive activities. **Age 13-19 (up to 25 for SEND).**

GRIT – Growing Resilience in Teens

[Home - Grit \(gritcharity.org\)](http://gritcharity.org)

GRIT provides an early intervention group programme and 1:1 coaching session to support young people who are experiencing difficulties in managing their emotions.

Metaphors are a powerful way to explore our life and relationships. Through their Four Corners Method which combines coaching with non-contact boxing and boxing metaphor they support young people in getting to know themselves, building confidence and improving relationships. **Age 11-24.**

Groundwork

[Youth clubs in Central Bedfordshire | Central Bedfordshire Council](#)

Youth centres in Arlesey, Biggleswade, Houghton Regis, Leighton Buzzard and Sandy that offer support, advice and guidance to young people from trained youth workers. Centres provide young people with a safe space to spend time with friends, take part in sports and activities, and learn about issues that impact their lives.

ED Navigator programme

The project acts as an early intervention measure, providing support to young people who present at the hospitals with injuries linked to violence and exploitation.

The aim of St Giles's hospital work is to address the underlying issues behind the young person's admission to hospital and help ensure their safety once discharged, alongside connecting them to services helping with education, employment and housing. **Age 12 to 25.** [St Giles - Turning a past into a future](#)

RYPs – Respect Young People's Service

[Respect Young People's Service \(RYPs\) \(respectyps.org.uk\)](https://respectyps.org.uk)

Their flagship intervention is the Respect Young People's Programme (RYPP). The RYPP is an intervention for families where children or young people aged between 8 and 18 are abusive or violent towards the people close to them, particularly their parents or carers.

The programme works with young people and their families, encouraging everyone to take a role in stopping the abuse and learning respectful ways of managing conflict and intimacy. **Age 8-18.**

Mental Health and Wellbeing Support

Samaritans

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

116 123 – Free phone 24/7

BLMK Crisis Café's & Help

[Crisis Café Milton Keynes - Mind BLMK](#)

E-mail: crisiscafe@mind-blmk.org.uk or call us via: 0300 330 0648 (open 9am – 4:30pm)

Provides crisis services for individuals in need of mental health support. Crisis Cafés are safe, non-judgemental spaces that adults can attend if they find themselves in crisis or mental distress in the evenings. Persons attending will be met by a trained mental health worker who will listen and help them identify ways to address the problems they are facing.

Age over 18.

Young Persons Wellbeing Navigator

[Community wellbeing navigator | BLMK Mind](#)

The service strives to promote independence and resilience and works alongside the young person to offer support enabling and equipping them with the tools, skills and knowledge they need to navigate challenges and positively manage their own mental health and wellbeing. **Age 16-25.**

Young Minds

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Run a Parents Helpline - 0808 802 5544, and Online chat facility

Provide young people with tools to look after their mental health. Also empower adults to be the best support they can be to the young people in their lives. Provide young people the space to get their voices heard. For Young Persons – Help and Advice.

CAMHS

[North Bedfordshire CAMHS | East London NHS Foundation Trust \(elft.nhs.uk\)](http://elft.nhs.uk)

(01234) 893301

The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support, and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. The service works to provide them with a greater knowledge of their condition and improve coping techniques.

Any person can refer in.

NHS Discovery College Beds & Luton

[Bedfordshire and Luton Discovery College | East London NHS Foundation Trust \(elft.nhs.uk\)](http://elft.nhs.uk)

Email elft.camhsdiscoverycollege@nhs.net

The Discovery College is an educational project, focused on improving young people's wellbeing. They welcome any young person aged 13 to 18-years-old living in Bedford Borough, Central Bedfordshire and Luton to join free workshops held online and face-to-face.

Aims to support young people explore their potential, learn new skills and flourish within their community. All workshops are co-produced in a culturally sensitive way with young people or volunteers. Sessions include Life Skills, Creativity, Mental Health & Wellbeing, Personal Growth & Healthy Relationships. **Age 13-18.**

FACES

[Specialist Support | FACES \(facesbedford.org\)](http://facesbedford.org)

(01234) 270 601

FACES operate within a range of preventative services available to children in need or families under stress. Families are generally referred to FACES by professionals; however families can refer themselves.

Specialist Support includes Domestic Abuse and #SEEN – providing support for Young Persons and their families who are at risk of or who have experiences exploitation.

Brook

[Education Services in Central Bedfordshire – Brook](#)

Brook is offering support to schools in Central Bedfordshire to support children and young people with their mental health and wellbeing.

Coming soon is a [FREE webinar series](#) specially created for parents and carers who want to further support their children's relationships and sex education at home. Brook expert staff use their knowledge and experience to give you support on how to address potentially tricky topics at home.

Counselling Services

CHUMS – CBC services - Online referral

[Children & Young People | CHUMS](#)

(01582) 863924

The DHSE CHUMS Emotional Wellbeing Service **Early Intervention Hub** is a community-based team providing support to children, young people and young adults in Central Bedfordshire, Bedford Borough and Luton. We aim to help families of children aged 11-25 years old make sense of their difficulties and work with them to provide a psychological toolkit of strategies that can be used in everyday life. This team uses provides active outreach and creative approaches to engage with the needs of our communities. **Age 11-25.**

The DHSE CHUMS Emotional Wellbeing Service is a community-based team providing support to children and young people in Central Bedfordshire, Bedford Borough and Luton who are experiencing mild to moderate **mental health difficulties**. We aim to help families of children aged 4-18 years old make sense of their difficulties and work with them to provide a psychological toolkit of strategies that can be used in everyday life. **Age 4-18.**

Recreational Therapeutic Service – provides alternative, less traditional therapeutic support to children and young people through mediums such as music and multi-sports. Aimed at those with mild difficulties around managing emotions, challenging behaviours and/or anxiety, low self-esteem and low confidence. **Age 7-11.**

BBC Emotional wellbeing service

[Emotional wellbeing | Bedford Borough Council](#)

Advice page.

RELATE Counselling Service

[Amphill | Relate](#)

(01234) 356350

Relate has local Centres across England and Wales. The services each Centre provides vary based on the needs of local communities. They often include relationship counselling for partners and individuals; sex therapy; family counselling; counselling for children and young people.

PoetsIn

[Front Page – The Creative Mental Health Charity PoetsIN™](#)

[Contact Us – The Creative Mental Health Charity PoetsIN™](#)

To provide mental health and wellbeing support services through a variety of creative mental health programmes, designed specifically to help those struggling with mental illness by providing tools to reduce the symptoms of mental illness.

Bedfordshire Open Door

Bedford Borough and North Central Bedfordshire

[Free and confidential counselling to young people | Bedfordshire Open Door \(bedfordopendoor.org.uk\)](https://bedfordopendoor.org.uk)

(01234) 360388

Bedfordshire Open Door offers free and confidential counselling to people aged 13 – 25 years of age. Will offer an appointment to attend and speak with one of the qualified and experienced counsellors, so that they can get an idea of how best to help. Will be placed on waiting list to see a counsellor for an offer of up to 12 weekly counselling sessions. **Age 13-25.**

SORTED – Counselling Services Bedfordshire

[Sorted Counselling – Counselling Services Bedfordshire \(sortedbedfordshire.org.uk\)](https://sortedbedfordshire.org.uk)

(01582) 363040

Sorted offers a Free and Confidential counselling service for young people aged 10-25.

(Also offer counselling to 5–18-year old under the Fortis domestic abuse project).

The counselling can help the young person to make decisions and choices regarding their life. **Age 5-25.**

The Mix

[Speak To Our Team | Support For Mental Health & Other Issues | The Mix](#)

The Mix's counselling service offers short-term help with mental health and emotional wellbeing. Their telephone and webchat counselling service is available to young people aged 11-25 years old. Counsellors aim to support by listening to problems and helping to find ways to cope in a confidential, safe space.

The Mix also offer a Crisis Messenger service – 24 hours a day, 7 days a week by texting THEMIX to 85258. The text messaging support service is free and for any issue. Provides in-the-moment support and problem solving when needed most. This service is delivered in partnership with Crisis Text Line and Shout.

Age 11-25.

Shout

Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope.

Anyone of any age, who is a resident in the UK, can text the service for support.

[Shout: The UK's free, confidential, 24/7 mental health text service | Shout 85258](#)

SEND Support

SENDIASS services

[Central Bedfordshire Special Educational Needs and Disability Information, Advice and Support Service \(SENDIASS\) | Central Bedfordshire SEND Local Offer](#)

0300 300 8088

Parent referral - [Referral Form - Central Bedfordshire SENDIASS \(cbsendiass.org\)](#)

SENDIASS can offer:

confidential support and someone to talk to in confidence.

Information and advice about:

Special Educational Needs support in the education setting

Education health and care (EHC) needs assessment process

EHC plans and annual reviews

Appealing to the SEND tribunal

Exclusion processes

Bedford Borough – Parent/Carer Forum

The BBC Parent Carer Forum is a group of parents and carers of children with special educational needs or disabilities (SEND). These forums collaborate with local authorities, education settings, health providers and other providers to ensure that the services they commission, plan and deliver effectively meet the needs of disabled children and their families.

[Home | Bedford Borough Parent Carer Forum](#)

Central Bedfordshire – Parent/Carer Forum

[SNAP \(Special Needs Action Panel\) Parent Carer Forum | Central Bedfordshire SEND Local Offer](#)

SNAP (Special Needs Action Panel) is a pro-active, independent forum of parent carers who all have children or young people with Special Educational Needs and Disabilities (SEND). As members of the National Network of Parent Carer Forum's we support the development of parent carer participation, a process in which parents work together with professionals to make improvements to local services.

SNAP's purpose is to improve the services provided for our young people, aged between 0 and 25 years.

Luton – Parent/Carer Forum

EPIC Luton Parent Carer Forum (commonly known as EPIC) is the official Parent Carer Forum (PCF) for the Luton Borough. A non-profit, independent registered community interest company made up of parents and carers of children and young people with Special Educational Needs and Disabilities (SEND) aged 0-25.

[Home - EPIC Luton Parent Carer Forum](#)

Up to Age 25.

Autism Bedfordshire

[Autism Bedfordshire](#)

(01234) 350704

With the encouragement and support of specialist trained staff, help autistic people build their confidence, self-esteem, and social skills through taking part in social activities and mixing with other people. Furthermore, there is help to develop practical skills and independence which will improve prospects in life and help children be part of the community.

CONTACT TO EXPLORE SUPPORT

ADDISS

[ADDISS](#)

020 8952 2800

The National Attention Deficit Disorder Information and Support Service - provides people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals.

Me and My FASD

[Home - Learn about FASD - Me & My FASD](#)

This is a website is for young people with Foetal Alcohol Spectrum Disorder (FASD). It has information about FASD and things that can help.

Vulnerabilities

Link to Change

[Exploitation | Link to Change | England](#)

(01480) 474974

Projects include 1-2-1 support, outreach work, targeted group work programmes and co-delivered information workshops.

Staff use the children and young people's understanding, knowledge and awareness to create change within them. This change could be behavioural, social or cultural. This includes exploring support around healthy relationships, protective behaviours and self-esteem. Support is long-term allowing us to consistently demonstrate improved levels of wellbeing. **Age 7-17 years.** Referral by Adult.

Violence, & Exploitation Prevention Partnership VEPP (CVOC)

[Current Projects - Bedfordshire VEPP](#)

Violence, & Exploitation Prevention Partnership (VEPP) is one of 22 specialist units across the UK and the only unit to place an emphasis on the link between violence and exploitation.

A network of different agencies and groups aiming to tackle the root causes of societal issues that affect young people, they work with partners to prevent young and vulnerable people from being pulled into criminality, violence and exploitation. The team is made up of specialist professionals able to provide informed support and advice to help young people and families to better understand the risks and signs of exploitation and criminality, navigate challenging circumstances and make positive contributions to the wider community. Programmes include the EVOLVE project with SORTED in Dunstable.

EMBRACE (CVOC)

[Children's Charity, Supporting Child Victims of Crime | Embrace CVoC](#)

0345 60 999 60

Offering a wide range of support to children, young people and their families to recover from crime that caused harm. They will provide face-to-face emotional support and counselling in schools to children who've witnessed or been victims of crime. They also provide telephone and online emotional support to help young people understand their feelings, rebuild their self-confidence and self-esteem.

Also offer support to children who have experience Domestic Abuse through their KIDVAs (Child Independent Domestic Violence Advocates).

Ivison Trust

[Ivison Trust](#)

Main Office – Temporarily contact 07497767382. Main number 0113 240 3040.

Ivison Trust (formerly Pace) is a national charity working to keep children safe from exploitation by supporting their parents, disrupting the exploiters, and working in partnership with police and family services. They will also train professionals to support affected children and their parents using a trauma-informed, family-centric approach.

Bedfordshire Young People's Service – Aquarius

[Support for under 18s effected by Substance Misuse in Bedfordshire \(aquarius.org.uk\)](#)

0330 008 3925

Anyone can refer in – via Email - ypbedfordshire@aquarius.org.uk

Support anyone under 18 in Bedfordshire who is affected by substance misuse.

Many of the children and young people are also facing other challenges, such as school exclusion, homelessness, mental health, unemployment, or experience of the care system. Aquarius provide the support needed. **Age under 18.**

Ormiston Families

[Get involved - Ormiston Families](#)

Ormiston Families work with families affected by offending, this could be a parent/carer or sibling who has been convicted and sent to prison and the child/young person is having difficulty coming to terms with this.

Parent / Carer and Practitioner

Victim Support - Central Bedfordshire Community IDVA – Independent Domestic Violence Adviser

[Bedfordshire - Victim Support](#)

(01234) 763785

National 24-Hour Support Line 0808 1689111

NOTE: Must be at high risk of harm to meet the criteria for this service.

Victim Support Overview: Victim Support is a national charity to help anyone affected by crime, including their friends, family and any other people involved. They provide free and confidential support 24 hours a day for people affected by crime and traumatic events – regardless of if the crime has been reported to the police.

Self-referral or via professional.

SPF – Supporting & Progressing Families

For parents and carers to attend virtually. Free 8 week programme aimed at those with children aged 10 years and over. Based on the philosophy of Non-Violent resistance. Aimed at creating positive change. Referrals via child's school. **Age 10 and over.**

Holes in the Wall

[HOLES IN THE WALL | documenting parent abuse](#)

Information, leaflets and booklets available for parent/carer and practitioners.

PEGS – Parental Education Growth Support

[Child to parent abuse | Parental Education Growth Support \(PEGS\) \(pegssupport.co.uk\)](#)

PEGS aims to reduce the impact of CPA by helping parents, training frontline professionals, impacting policy and raising awareness.

CAPA First Response

[Capa First Response | Together for safer families - Capa First Response](#)

CAPA (Child Against Parent Aggression) is a 'First Response' service to families and professionals impacted by a child using harmful and/or aggressive behaviours in the home.

In this instance 'Parent' is anyone taking on the caring responsibility for a child under the age of 18. We also support young people up to the age of 25 years if there is a neurodiverse diagnosis including ASD, ADHD or a learning disability. **Age under 18 (up to 25 if neurodiverse or learning disability).**

Contacts - The Bedfordshire Domestic Abuse Partnership

For any suggestions or update please contact:

- By email: bdap@centralbedfordshire.gov.uk
- On the web: [Home - Bedfordshire Domestic Abuse Partnership \(bedsdv.org.uk\)](https://bedsdv.org.uk)
- By Post: BDAP, Central Bedfordshire Council, Priory House, Monks Walk, Chicksands, Shefford, Bedfordshire SG17 5TQ