



CAVS

*Essex Children &
Young People's Service*

Providing personalised care and support to children, young people and their families to lead safer, happier and healthier lives across Essex.

How to contact us

CAVS office is open 9am to 5pm, Monday to Friday.

To speak to a member of the CAVS team, you can contact us on



01268 638416



cavsessexcyp@castlepointavs.org.uk



www.castlepointavs.org.uk

Head Office:

Castle Point Association of
Voluntary Services Ltd (CAVS)
The Tyrells Centre, 39 Seamore Avenue
Thundersley, Essex, SS7 4EX

Registered Charity No. 1103968



Better together...



CAVS Essex Children and Young People's Service

There's no guide book on being a parent or carer. Facing challenges on a daily basis is part of everyday life but when they become overwhelming you may need a helping hand.

The CAVS Essex Children and Young People's Service provides a network of support to children, young people and their families through the allocation of a non-judgemental support worker and trained volunteer.

A CAVS co-ordinator will arrange a level of care that suits you, from general support in coping with daily life to bespoke programmes or one to one mentoring.

The aim of the service is to help children, young people and their families to make positive lifestyle choices, to feel connected and included in the community and ready for developments in their life

Do you need support with any of the following?

- Employment or training
- Isolation
- Self - Confidence
- Anxious/worried
- Drugs/alcohol
- Friendships/relationships
- Family life
- Bullying
- Managing my behaviour
- Self-harming
- Loneliness
- In a situation I can't deal with
- Information on clubs or activities in your local community.
- Other

"As a teacher, with consent, I can refer a family into the service"

"If 13 and over I can refer myself into the service".

