

WHO can CONTACT COPES?



HOW TO CONTACT COPES:

- * CHILDREN
- * PARENTS/CARERS
- * SCHOOLS
- * EDUCATION WELFARE OFFICERS
- * HEALTH VISITORS
- * SCHOOL NURSES
- * SOCIAL WORKERS
- * DOCTORS
- * YOUTH WORKERS
- * ANY OTHER PERSON

COPES is a confidential service and will not disclose any information without the individual's agreement, except when a child may be at serious risk of harm



GENERAL ENQUIRIES

01273 407336

email: nicola.dudley@ruralsussex.org.uk



PROJECT MANAGER

01273 405455

email: dave.ely@ruralsussex.org.uk

The family outreach link worker will give you their mobile number once they have made contact with you

Action in rural Sussex

www.ruralsussex.org.uk

Sussex House, 212 High Street, Lewes BN7 2NH

Action in rural Sussex is a registered charity which was formed in 1931 to serve rural communities. Our major role is to identify problems and respond to the needs of rural communities - providing practical support and helping villages in Sussex remain vibrant living and working places. Charity No 1035401

COPES

CHILDREN'S OUTREACH AND PARENTS' EXTENDED SUPPORT SERVICE

WHAT IS COPES



COPES is an early intervention family support project that aims to offer help before problems get too big. We offer tailored help to 5-13yr olds and their families at school, at home and in the communities of East Sussex

In our work with children and young people we use play and a range of therapeutic techniques with the aim of improving emotional wellbeing, social skills and motivation to learn.



Our work with parents assists with boundary setting, emotional support and developing child centred parenting. We can also support parents to manage their own wellbeing and to build confidence.



We actively aim to involve all service users in the project



COPES is a

Professional team of experienced and qualified family outreach link workers

- * All staff appointed are CRB checked
- * Young people assist us in interviewing and choosing the staff we appoint
- * All our staff work to the standards of the General Social Care Council

We welcome your views on COPES

Should you feel dissatisfied with our service we would hope to resolve this with discussion, but if we are unable to agree we have a formal complaints procedure

WHAT CAN COPES HELP WITH



- * Family breakdown
- * Confidence & self esteem
- * Friendship issues
- * Bullying
- * Managing anger
- * Feeling unhappy
- * Bereavement and loss
- * Problems at school
- * Supporting effective communication between parents and school

Or maybe you need someone to talk to or just want someone to listen to you

