



**Useful Contacts across BANES &  
Wiltshire  
(Epilepsy Specific)**

# BANES – Primary

## Epilepsy Support

Epilepsy Action  
General information & Support

Young Epilepsy  
General information & Support

## Social

Mentoring Plus  
Professional mentors (R) (£); youth clubs

Bath Rugby - Holiday camps  
Holiday Clubs (£ - concessions)

## Behavioural

Cerebra  
Information & advice (sleep; behaviour; anxiety; sensory needs)

## Emotional Wellbeing

Kooth  
Online support; counselling; Discussion boards

Ollee  
Online advice & support

Off the Record  
Mental health & wellbeing support; Counselling services

Bath Mindfulness  
Mindfulness; coaching; Workshops (£)

## SEND

Bath Rugby - Hi5!  
Inclusive after school sports clubs (£ - concessions)

Bath Area Play Project  
Clubs/Playschemes (£ - concessions)

Gympanzees  
Accessible Leisure facilities; toy library (£ - concessions)

SENSations Social Club  
Week/Holiday Clubs (£ - concessions)

WECIL Play Group  
Weekly Clubs (£ - concessions)

Fun Swimming  
Bath swimming pool Swimming sessions (£)

## Wider

Hub of Hope  
Support Database; can filter to area/need/etc

Bath Parent Carers Forum  
Independent advice & support

SENDIAS  
Independent advice & support for CYP with SEND

Live Well BANES  
Information, Support and Signposting

St John's Foundation  
Financial Support; grants

Community Wellbeing Hub  
Community services for family support

# BANES – Secondary

## Epilepsy Support

[Epilepsy Action](#)  
General information & Support

[Young Epilepsy](#)  
General information & Support

[The Channel](#)  
Online Support for young people with epilepsy

## Social

[Mentoring Plus](#)  
Mentoring (11-21yrs); youth clubs

[Youth Connect](#)  
Early help; Targeted support; Groups & advice

[Bath Rugby - Holiday camps](#)  
Holiday Clubs (£ - concessions)

[Bath Rugby - Mixed ability](#)  
Community group; inclusive rugby group

[Pathways to Wellbeing](#)  
Targeted community groups (art & craft)

[Bath Uni ASD Summer School](#)  
Overnight residential camps (Year 11+)

## Behavioural

[Cerebra](#)  
Information & advice (sleep; behaviour; anxiety; sensory needs)

[Project 28](#)  
Advice & guidance around substance misuse

[Bath Rugby ALP](#)  
Alternative Learning; Support employability & education (R)

## Emotional Wellbeing

[Kooth](#)  
Online support; counselling; Discussion boards

[Off the Record](#)  
Mental health & wellbeing support; Counselling services

[Bath Mind](#)  
Local groups; Community support; Teen groups

[Bath Mindfulness](#)  
Mindfulness; coaching; Workshops (£)

[Talking Therapies](#)  
Age 16+. Therapy sessions.

[Boys in Mind](#)  
Support with mental health in boys/young men

## SEND

[Bath Rugby - Hi5!](#)  
Inclusive after school sports clubs (£ - concessions)

[Bath Area Play Project](#)  
Clubs/Playschemes (£ - concessions)

[Gympanzees](#)  
Accessible Leisure facilities; toy library (£ - concessions)

[SENSations Social Club](#)  
Week/Holiday Clubs (£ - concessions)

[WECIL Play Group](#)  
Weekly Clubs (£ - concessions)

[SWALLOW SEND Support](#)  
SEND Support for teens/Young adults

## Wider

[Hub of Hope Support Database](#); can filter to area/need/etc

[Bath Parent Carers Forum](#)  
Independent advice & support

[SENDIAS](#)  
Independent advice & support for CYP with SEND

[Live Well BANES](#)  
Information, Support and Signposting

[St John's Foundation](#)  
Financial Support; grants

[Community Wellbeing Hub](#)  
Community services for family support

# Wiltshire – Primary

## Epilepsy Support

[Epilepsy Action](#)  
General information & Support

[Young Epilepsy](#)  
General information & Support

## Social

[Bath Rugby - Holiday camps](#)  
Holiday Clubs  
(£ - concessions)

[Active Trowbridge](#)  
Holiday Clubs  
(£)

[Youth Action Wilts](#)  
Holiday Clubs

[Fuel Holiday Clubs](#)  
Holiday Clubs  
(£ - concessions)

## Behavioural

[Cerebra](#)  
Information & advice  
(sleep; behaviour; anxiety; sensory needs)

## Emotional Wellbeing

[Kooth](#)  
Online support; counselling; Discussion boards

[Ollee](#)  
Online advice & support

[Off the Record](#)  
Mental health & wellbeing support; Counselling services

## SEND

[Bath Rugby - Hi5!](#)  
Inclusive after school sports clubs  
(£ - concessions)

[Bath Area Play Project](#)  
Clubs/Playschemes  
(£ - concessions)

[Barnardo's Chippenham](#)  
Clubs/Playschemes  
(£ - concessions)

[Dolphins swimming group](#)  
Salisbury Pool  
(£)

[Play session \(Corsham\)](#)  
Inclusive play sessions (£)

## Wider

[Hub of Hope](#)  
Support Database; can filter to area/need/etc

[Wiltshire Parent Carer Council](#)  
Independent advice & support

[SENDIAS](#)  
Independent advice & support for CYP with SEND

[St John's Foundation](#)  
Financial Support; grants

# Wiltshire – Secondary

## Epilepsy Support

[Epilepsy Action](#)  
General information & Support

[Young Epilepsy](#)  
General information & Support

[The Channel](#)  
Online Support for young people with epilepsy

## Social

[Youth Action Wilts](#)  
Holiday Clubs

[Bath Rugby - Holiday camps](#)  
Holiday Clubs (£ - concessions)

[Fuel Holiday Clubs](#)  
Holiday Clubs (£ - concessions)

[Bath Uni ASD Summer School](#)  
Overnight residential camps (Year 11+)

## Behavioural

[Cerebra](#)  
Information & advice (sleep; behaviour; anxiety; sensory needs)

[Bath Rugby ALP](#)  
Alternative Learning; Support employability & education (R)

## Emotional Wellbeing

[Kooth](#)  
Online support; counselling; Discussion boards

[Off the Record](#)  
Mental health & wellbeing support; Counselling services

[Wiltshire Mind](#)  
Local groups; Community support; Teen groups

[TeenTalk Wiltshire](#)  
Counselling; 10-25 years; Youth Clubs

[Boys in Mind](#)  
Support with mental health in boys/young men

## SEND

[Bath Rugby - Hi5!](#)  
Inclusive after school sports clubs (£ - concessions)

[Bath Area Play Project](#)  
Clubs/Playschemes (£ - concessions)

[Barnardo's Chippenham](#)  
Clubs/Playschemes (£ - concessions)

[No Limits SEND Youth Club](#)  
Clubs/Playschemes (£)

[Seeds 4 Success](#)  
Clubs/Playschemes in Wilts (£)

[SWALLOW SEND Support](#)  
SEND Support for teens/Young adults

## Wider

[Hub of Hope](#)  
Support Database; can filter to area/need/etc

[Wiltshire Parent Carer Council](#)  
Independent advice & support

[SENDIAS](#)  
Independent advice & support for CYP with SEND

[St John's Foundation](#)  
Financial Support; grants

# Swindon Specific Resources

## NEAD Support

[Epilepsy Action](#)  
General information & Support

[Young Epilepsy](#)  
General information & Support

[The Channel](#)  
Online Support for young people with epilepsy

## Social

[Youth Action Wilts](#)  
Holiday Clubs

[Just for Fun Holiday Club](#)  
Holiday Clubs

[Smash Youth Project](#)  
Support and Mentoring service.

## Behavioural

[Cerebra](#)  
Information & advice (sleep; behaviour; anxiety; sensory needs)

## Emotional Wellbeing

[Kooth](#)  
Online support; counselling; Discussion boards

[Ollee](#)  
Online advice & support

[BeU Swindon](#)  
Mental health support, Swindon

[On Trak](#)  
Youth Counselling Service

[Swindon Mind](#)  
Local groups; Community support; Teen groups

[Boys in Mind](#)  
Support with mental health in boys/young men

## SEND

[SENDIAS](#)  
Independent advice & support for CYP with SEND

[Additional Needs & Neurodiversity Youth Group](#)  
10-25. Wednesday Evenings.

## Wider

[Hub of Hope](#)  
Support Database; can filter to area/need/etc

[Swindon Families Voice](#)  
Independent advice & support

[Wiltshire Parent Carer Council](#)  
Independent advice & support

[The Dock Swindon.](#)  
Information hub for resources/activities in Swindon



# Immediate Mental Health Support

In an emergency, **call 999** or attend a local Emergency Department.

If it is not a 999 emergency, but you still need help fast;

Speak to a  
trusted adult

Call your GP

Contact CAMHS  
helpline (new patients)  
**0800 023 2133**

Contact CAMHS helpline  
(already known to CAMHS)  
**01865 903 889 (BANES)**  
**01865 904 665 (Marlborough)**  
**01865 903 777 (Melksham)**  
**01865 901 901 (Sailsbury)**

## National Resources

Samaritans  
**116 123**

Shout  
**Text 85258**

Kooth  
[www.kooth.com](http://www.kooth.com)

Hub of hope  
<https://hubofhope.co.uk>