

## What We Do

The Caretaker's Cottage team provides professional evidence-based mental health support for children and their families drawing on services embedded in the local community. Interventions are focused on preteens to reduce the escalation of need in adolescence. The service is intended to provide a safe space built around the needs of the community. Parents, schools and other services can make referrals directly to the cottage.

## This Can Look Like

- Information, advice and signposting to existing social prescribing programmes
- Psychoeducation
- Attachment-based interventions
- Play therapy
- Psychodynamic interventions
- Cognitive behavioural strategies
- Social and family interventions
- Community based programmes

These can be offered in groups sessions or one-to-one.

## Our Aims

- To provide a safe space and clinically trained staff to help children and their families presenting with mental health difficulties.
- To provide a welcoming space where children and their families can be supported and guided to access appropriate services.
- To prevent children developing more challenging mental health issues in adolescence requiring CAMHS tier 3 and 4 interventions.



## Appointments by referrals

Tuesday: 2-7pm

Wednesday: 2-7pm

Thursday: 2-7pm

## Drop-in times for SCA

Monday: 9am-4pm

Friday 9am-4pm

## Contact us.

Phone: 0000000000

Email: [Caretakerscottage@gmail.com](mailto:Caretakerscottage@gmail.com)

Website: [www.caretakerscottage.com](http://www.caretakerscottage.com)

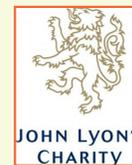
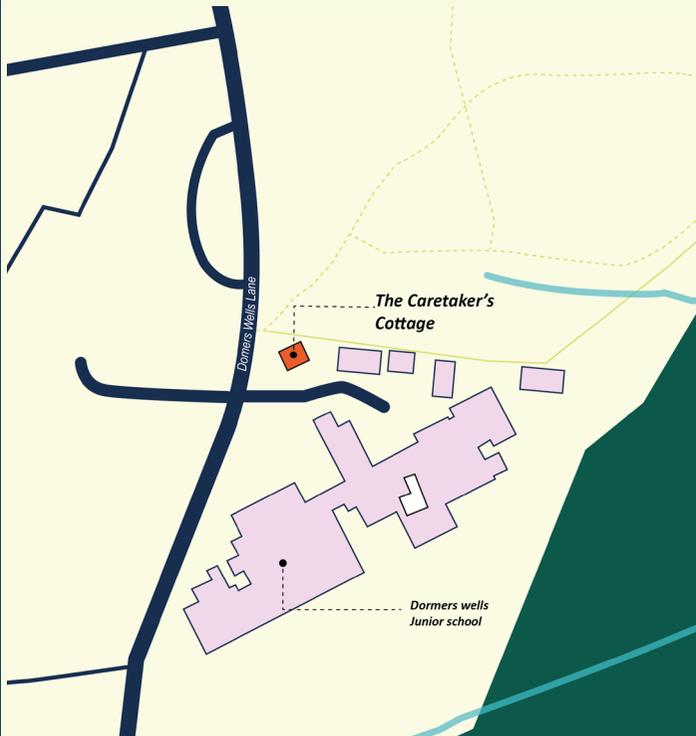
The  
Caretaker's  
Cottage



# The Caretaker's Cottage

## Where to find us

Caretaker's Cottage  
Dormers Wells Primary School,  
Dormers Wells Lane,  
Southall,  
UB1 3HX



# The Caretaker's Cottage

## Who We are

The Caretaker's Cottage is a mental health and wellbeing space in the heart of the Southall community. The cottage is run by the Dormers Wells Learning Trust and the Southall Community Alliance with support from the John Lyon's Charity. The cottage is a welcoming and non-judgemental space set in a home environment that offers early intervention and support for children aged 5-12 and their families.