

STAR CENTRE

Supporting Children, Young People & Families in Sefton – Information for referrers

Thank you for considering the Star Centre as a source of support for children, young people and families in Sefton. The Star Centre works with children, young people and their families who are resident in Sefton (based on home address) up to the age of 18. For primary-aged children, support is often initially provided to parents or carers where such an approach is considered the most appropriate way to meet the child's needs.

What We Offer:

The Star Centre is a short-term therapeutic service, with support typically lasting around eight weeks. All accepted referrals begin with an initial assessment appointment, enabling us to understand the needs of the child or young person and determine the most appropriate support.

Short-Term Therapeutic Support

- Counselling (Person-Centred & CBT-Informed)
- Low-intensity CBT for anxiety & low mood
- Support for neurodivergent CYP & families
- Parenting support
- Systemic family practice

Group Programmes

- Riding the Rapids - Support for parents/carers of children and young people with diagnosed ASD, learning disabilities or physical disabilities who display challenging behaviour
- Incredible Years (ages 3–10) - for parents/carers of children with conduct concerns and ADHD
- Cathy Creswell's Parenting the Anxious Child programme
- Wellbeing groups and weekly drop-in sessions for young people

Specialist CBT (limited)

Availability of these interventions may vary depending on demand and service capacity.

- OCD
- Social anxiety
- Panic disorder
- Phobias
- Depression

How We Work:

We aim to offer assessment appointments for accepted referrals within 4–6 weeks. Following assessment, waiting times for therapeutic interventions are currently approximately 4–6 months, depending on the intervention required. Appointments are delivered face-to-face or online from community venues across Sefton, including:

- Star Centre, 98b Linacre Lane, Bootle, L20 6ES
- Thornton Children's Centre, Stannyfield Drive, L23 1TY
- Marie Clarke Family Centre, Linacre Lane

Short-Term Support

Support typically lasts **around 8 weeks**.

Waiting Times

- Assessment: **4–6 weeks**
- Therapy: **4–6 months**

THRIVE Model



We sit within the **Getting Help** quadrant, offering early intervention for mild–moderate needs. The Star Centre forms part of Sefton's THRIVE approach to supporting children and young people's emotional health and wellbeing. We sit within the 'Getting Help' quadrant, providing early intervention and prevention services for children and young people experiencing mild to moderate emotional wellbeing and mental health difficulties. This includes support accessed through our ARRS-funded GP referral pathway for children and young people experiencing mild to moderate anxiety and low mood. Further information about the THRIVE Model can be found here: [https://phar.sefton.gov.uk/the-sefton-offer-the-thrive-model-what-our-children-and-](https://phar.sefton.gov.uk/the-sefton-offer-the-thrive-model-what-our-children-and-young-people-need-when-they-need-it/)

[young-people-need-when-they-need-it/](https://phar.sefton.gov.uk/the-sefton-offer-the-thrive-model-what-our-children-and-young-people-need-when-they-need-it/)

South Sefton GP ARRS Pathway

GPs can refer CYP registered with a South Sefton practice for low-level anxiety and emotional wellbeing concerns. We would ask referrers to consider whether the child or young person's needs align with our short-term therapeutic offer before they make a referral. This helps ensure children and young people receive the right support, at the right time, through the most appropriate service.



Open Access Drop-In:

Children, young people and parents/carers can access information, advice and guidance in a safe, welcoming and non-judgemental environment. For further information, please visit www.venuscharity.org or call 07483 909834 Monday to Friday between 12pm and 2pm.

Drop-In for Sefton Residents



Mondays: 4–6pm



Thursdays: 3–5pm



Star Centre, 98b Linacre Lane, Bootle, L20 6ES



Is the Star Centre the right place for support?



Suitable For:

- Mild–moderate emotional wellbeing needs
- Anxiety, worries, low mood
- Emotional regulation
- Mild–moderate behaviour concerns
- Family relationship difficulties
- Neurodiversity-related support
- CYP who can engage in short-term therapy



Not Suitable For:

- High risk or urgent concerns
- Complex needs requiring multi-agency support
- Long-term therapy
- EMDR (Therapy used to treat trauma-related conditions) or IPT-A (Therapy to help with depression by focussing on relationships and interpersonal issues)
- Needs beyond the early-intervention scope

Not Sure?

If you are unsure whether the Star Centre is the most appropriate service, you may wish to consider the following:

- Sefton's Mental Health Snapshot <https://www.sefton.gov.uk/media/6226/cyp-mental-health-snapshot-final.pdf>
- Mental Health Support Teams (for education settings) <https://www.alderhey.nhs.uk/services/mental-health-hub/liverpool-sefton-mhst/>
- Sefton's Talking Therapies Team <https://www.sefton.gov.uk/public-health/support-with-looking-after-your-mental-health/>
- Other services within Sefton's THRIVE framework <https://phar.sefton.gov.uk/the-sefton-offer-the-thrive-model-what-our-children-and-young-people-need-when-they-need-it/>

The Star Centre reviews all referrals through our triage process. If we believe another service would better meet the needs of the child or young person, we will provide feedback and, where possible, signpost alternative support options.

Contact & Referrals

Contact Us

Star Centre

98b Linacre Lane, Bootle, L20 6ES

Phone: 07483 909834 (Mon–Fri, 12–2pm)

Website: www.venuscharity.org

Young people, parents/carers and professionals can make referrals via::

- ✓ Sefton Liverpool CAMHS website
- ✓ Venus website
- ✓ Star Centre young people's drop-in

Referrals can also be made through our young people's drop-in sessions. Please note that referrals cannot be accepted via telephone, email or post. To help maintain timely access to support and manage waiting times, referrals are accepted in line with available service capacity and are reviewed regularly based on demand and available resources.