The Hub

A place to share your thoughts and get the support you need

EVERY CHILDHOOD IS WORTH FIGHTING FOR
What is the Hub?
The Hub is a place for you to come to and be supported. At the Hub you will be seen by doctors as well as someone from the NSPCC, who will give you the chance to share your thoughts and feelings.

Seeing a doctor
There will be two doctors at the Hub for you to talk to. They will try to give you the help you need. To do that, they will look at your body to make sure it is ok, and to help you feel better. You can decide that the doctors must stop what they are doing at any time. You will be in control of what happens to you.

Helping you get better
Being hurt can affect someone in all kinds of ways. Some children and young people have said that they feel confused and upset about what has happened to them. They have said that being given the chance to talk about how they are feeling really helps. The NSPCC is here to help you with your feelings.

During your time with the NSPCC you will usually meet your worker for an hour a week for up to 6 sessions. You might spend the time talking and taking part in art, play and other activities. However, this depends on what you prefer to do – your worker will ask you what you feel most comfortable with. We will also meet with you and your parent or carer to make a plan about what support would be helpful to you in the future.

What can you tell us about yourself?

Normally anything that you talk about with your worker will not be shared with anyone else. However, if you tell your worker something that makes them think you or another child is being hurt, or might get hurt, we would have to talk to other workers to keep you safe. We will always talk to you first if we have to do this. You can read any of the information we keep about you by talking to your NSPCC worker.

You might like to jot down some further questions you would like to ask here.

You can then bring this leaflet with you as a reminder when you come to meet us.
To find out more, please contact us at:

**NSPCC Croydon Service Centre**  
The Courtyard, 245 High Street  
Croydon, Surrey CR0 1NF

Phone us on: **0208 253 1850**  
Email us at: **croydon.servicecentre@nspcc.org.uk**

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**Need to talk?**

If you need to talk to someone, please contact Childline, for free, 24/7 support, on:

Phone **0800 1111**  
Visit [childline.org.uk](http://childline.org.uk) to have a 1-2-1 chat with a Childline counsellor, or to be able to email the Childline team.