



KEEPING BOTELER SAFE

SAFEGUARDING NEWSLETTER

OUR SAFEGUARDING NEWSLETTER | JANUARY 25

YOUR SAFEGUARDING OFFICER: MRS J CHILTON | [JCHILTON@BOTELER.ORG.UK](mailto:jchilton@boteler.org.uk)

Happy New Year!

Welcome back to what will be a busy but exciting year.

We hope all our students, families, guardians and wider community had a safe and peaceful Christmas.

The weather has already been a challenge since our return and making sure school is open and safe has been a priority.

In this edition we have sourced as much information as we can to help support our families and offer advice and guidance on how to seek help should this winter be a challenge.

We hope you find the information helpful and should you need any help, advice or support please contact school or myself directly.

Many thanks

Mrs Chilton

[Jchilton@boteler.org.uk](mailto:jchilton@boteler.org.uk)



The Household Support Fund can provide financial support for families receiving Free School Meals

If at least one child in your household is eligible to receive **Free School Meals**, then you qualify to receive payments from the **Household Support Fund**.



If you are entitled you would receive payment for each qualifying child, between now and March 2025 (paid at regular intervals).

The Household Support Fund is not a loan, will not have to be paid back and doesn't affect any of the other benefits you may be eligible to receive.

Further details and how to apply are overleaf – or you can visit warrington.gov.uk/hsf

If you need wider support or advice on the cost of living, please visit warrington.gov.uk/cost-living-support



WARRINGTON
Borough Council

If you have a child or children who receive Free School Meals or who has a SEN (Statement of Special Education Needs) or EHC (Education, Health and Care Plan), then you are eligible to claim Household Support Fund payments from the Government.

If you are entitled you could receive a payment for each qualifying child in your household, paid either into your bank account or by voucher around the following dates:

- Late October 2024
- Late December 2024
- Late February 2025

You only need to apply once to receive all these payments and you will never have to pay this money back.

If you would like to apply, visit warrington.gov.uk/hsf.
If you need support with your application, call us on 01925 443322 and we'll help you.

If you have any questions please email us at householdsupportfund@warrington.gov.uk

TALKING POINT



Talking Points are a place in your community where you can access the support you need.

We can help with:

	Carer support		Transport and travel
	Loneliness/social isolation		Employment opportunities
	Housing advice		Cost of living, debt and benefits support
	Lifestyle support		Mobility and adaptations advice
	Access to food/ temporary shopping support		Accessing community activities
	Energy advice		Volunteering opportunities

We can help with much more - just ask!

Visit warrington.gov.uk/talking-points or scan the QR code for more information. Contact us on talkingpoints@warringtonva.org.uk





Talking Points are taking place across Warrington. Drop in and access support in your community.

Fearnhead Community Centre, Insall Road, WA2 0HD

Every Monday, 11.00am - 12.30pm

The Living Well Hub, Horsemarket Street, WA1 1XL

Every Monday, 1.00pm – 4.00pm and Every Friday, 9.00am – 12.30pm

The Oaks Centre, Stocks Lane, Penketh, WA5 2QS

Every Tuesday, 11.00am - 1.00pm

Culcheth Library, Warrington Road, Culcheth, WA3 5SL

Every Tuesday, 2.00pm - 4.00pm

the Gateway, Sankey Street, WA1 1SR

Every Wednesday, 10.30am – 12.30pm

Latchford Baptist Church, Loushers Lane, WA4 2RP

Every Thursday, 10.30am – 12.30pm

The Table (The Church of Transfiguration), Birchwood, WA3 6QG

First and third Thursday of the month, 11.30am – 1.30pm (opening 7 Nov)

The Encounter Centre, Benson Road, WA3 7PQ

Second and fourth Thursday of the month, 1.00pm – 3.00pm

To view more Talking Point locations in Warrington, visit warrington.gov.uk/talking-points



Connecting people, places and services to support people to 'Live Well' in Warrington

Affordable Community Food Spaces in Warrington

In Warrington there are a range of affordable community food spaces that can help you save money on your food bills and stretch budgets further. These projects help tackle food waste, often using surplus food that would have gone into to landfill. They are all welcoming, friendly spaces, ran by local communities.

The bread and butter thing.

The Bread and Butter Thing is a food club which is open to anyone. Members can access 3 bags of food for £8.50. This includes one bag of chilled items, one bag of cupboard items and one bag of fruit & veg.

Locations/ Opening times:

Monday:	1:30pm - 2pm	The Old School, Fairfield Street, WA1 3GF
Tuesday:	1:30pm - 2pm	Sankey Bridges Community Centre, Old Liverpool Road, WA5 1EB
Wednesday:	2:30pm - 3pm	Dallam Primary School, Boulting Ave, WA5 0JG
Thursday:	1pm - 1:30pm	Birchwood C of E Primary School, Admirals Road, WA3 6QG
Friday:	1:30pm - 2pm	Westy Community Centre, Bridgewater Avenue, WA4 1TA

Cost: £5 - 1 bumper bag (perfect for a single person household)
£8.50 - 3 x bags (perfect for a couple or family)

To become a member: Text 07860063304 with your full name, postcode, and the name of the hub you will be collecting from. Once you are a member you will receive a text every week to ask you if you want an order, reply YES and your order will be available at your chosen hub at the time above.

Community Shop

The Community Shop is a Social Supermarket where you can access deeply discounted food as well as their community kitchen, activities and support. Members can shop every day and buy as much as they wish.

Location: The Community Shop, 8 Bewsey Park Cl, Bewsey, Warrington WA5 0AN

Opening times: Monday - Friday; 10am - 6pm & Saturday 10am - 4pm

Cost: Membership is free and you can purchase any items you wish

To become a member: You must be on a means-tested benefit to become a member. Turn up during the opening hours or go to www.companyshopgroup.co.uk/community-shop-membership to sign up. You must bring proof of address and benefit on first visit.



The Community Grocery is a Food Pantry where anyone who is feeling the financial impact of the rising cost of living can become a member.

Members can purchase up to 12 items for £5, 18 items for £7.50 or 24 items for £10.

This includes fruit & veg/ fresh/ cupboard/ frozen items. They also sell 'little extras' which you can purchase in addition to your shop. Members can shop everyday and can access their cafe and courses ran by life church

Location: Life Church Warrington, Cotswold Road, Orford, Warrington, WA2 9SE

Opening times: Monday - Friday; 9:30am - 2pm

Cost: Membership fee - £5 per year, £5/£7.50 or £10 per shop

To become a member: Just turn up during the opening hours and you can sign up.



The Little Shop at Fearnhead is an Affordable Food Pantry where anyone can become a member. The shop stocks fresh fruit & veg/ chilled/ cupboard/ frozen items. Members typically save over £15 per shop. Members can purchase 10 items plus extra fruit & veg for £5.

Location: Fearnhead Cross Community Centre, Insall Road, Fearnhead, WA2 0HD

Opening times: Tuesday: 10am - 12pm
Wednesday: 10am - 12pm & 1pm - 3:30pm
Thursday: 1:30pm - 3:30pm

Cost: £5 per shop (membership is free)

To become a member: Just turn up during the opening hours and you can sign up with a team member.



The Little Shop at Latchford is an Affordable Food Pantry where anyone can become a member. The shop stocks fresh fruit & veg/ chilled/ cupboard/ frozen items. Members typically save over £15 per shop. Members can purchase 10 items plus extra fruit & veg for £5.

Location: Latchford Baptist Church, Loushers Lane, Latchford, WA4 2RP

Opening times: Tuesday: 5pm - 7pm
Thursday: 10:30am - 12:30pm & 1:30pm - 3:30pm

Cost: £5 per shop (membership is free)

To become a member: Just turn up during the opening hours and you can sign up with a team member.

If you are struggling and need to access emergency food support, or if you are interested in attending a community meal, please visit our food provision map for local spaces and support;

www.warringtonva.org.uk/warrington-food-network

For cost of living related support, please visit; www.warrington.gov.uk/cost-living-support





HEAT

STRUGGLING WITH FUEL PRICES?

Are you struggling with fuel prices and need some advice?

If you, or someone you know, is struggling with their energy bills, we may be able to help

Our dedicated mentors can provide advice by visiting you at home and continue support through further visits or remote assistance to help you save money on your energy.

We may be able to help speak to your supplier about any questions you may have regarding billing issues or outstanding debt.



We can support you with:



ENERGY CRISIS & ADVOCACY SUPPORT



ENERGY SAVING AWARENESS



INCOME MAXIMISATION



ENERGY EFFICIENCY ADVICE

PLEASE CONTACT OUR HOME ENERGY ADVICE TEAM TODAY!




HEAT@THEWISEGROUP.CO.UK




0800 092 9002

OUR EXPERT HEAT ADVISORS ARE HERE TO HELP YOU WITH **ANY** HOME ENERGY QUESTIONS YOU HAVE.

Speak to us about how to:

 **CONTROL YOUR HOUSEHOLD
ENERGY USAGE**

**TAKE METER READINGS TO
MONITOR YOUR COSTS** 

 **SWITCH ENERGY SUPPLIER
AND TARIFF**


 **APPLY FOR SUPPORT SUCH AS
WARM HOME DISCOUNT AND
SUPPLIER PRIORITY SERVICES**

**ACCESS ELIGIBLE
HARDSHIP FUNDING** 

 **ACCESS SUPPORT FOR ANY
ENERGY-RELATED ISSUE
YOU HAVE**



 **HEAT@THEWISEGROUP.CO.UK**

 **0800 092 9002**

HEAT 

Stuck arguing with your child's other parent?

we can **Relate**

You don't need to deal with stress,
anxiety or relationship issues alone.

Relate's new AI tools can help you
communicate and problem solve with a
parent or co-parent, to make things
calmer at home.

Try them now



Relate

Christmas and New Year Helpline Numbers-If you urgently need any advice or support during the Christmas period or have any safeguarding concern please ring MASH on 01925 443400 (9:00 – 5:00pm).

First Response Team for aged over 18 is 01925 443322-Out of hours - Emergency number for 01925 444400

NHS Direct 111

Warrington Hospital 01925 635911

Warrington Women's Aid 01925 417138

Kooth.com – Online counselling for young people

LGBT Foundation Helpline – 0345 3 30 30 30 Drinkline – 0300 123 1110
(www.drinkaware.co.uk)

HOPELineUK – 0800 068 41 41 (suicide prevention - Papyrus) Frank (national drugs helpline) - 0300 123 66 00 (www.talktofrank.com)

Samaritans – 116 123

Childline – 0800 1111

NSPCC — 0808 800 5000

Mind – (for better mental health) 0300 102 1234

MASH – 01925 443400

Wakefield House – 01925 666660

Pathways – 01925 415176/07919558644

Foodbank—01925 977630

Domestic Abuse Hub 01925 243359

Health visitor — 01925 946856 (Spencer House), 946528 (Grappenhall Clinic), 946915 (Penketh)

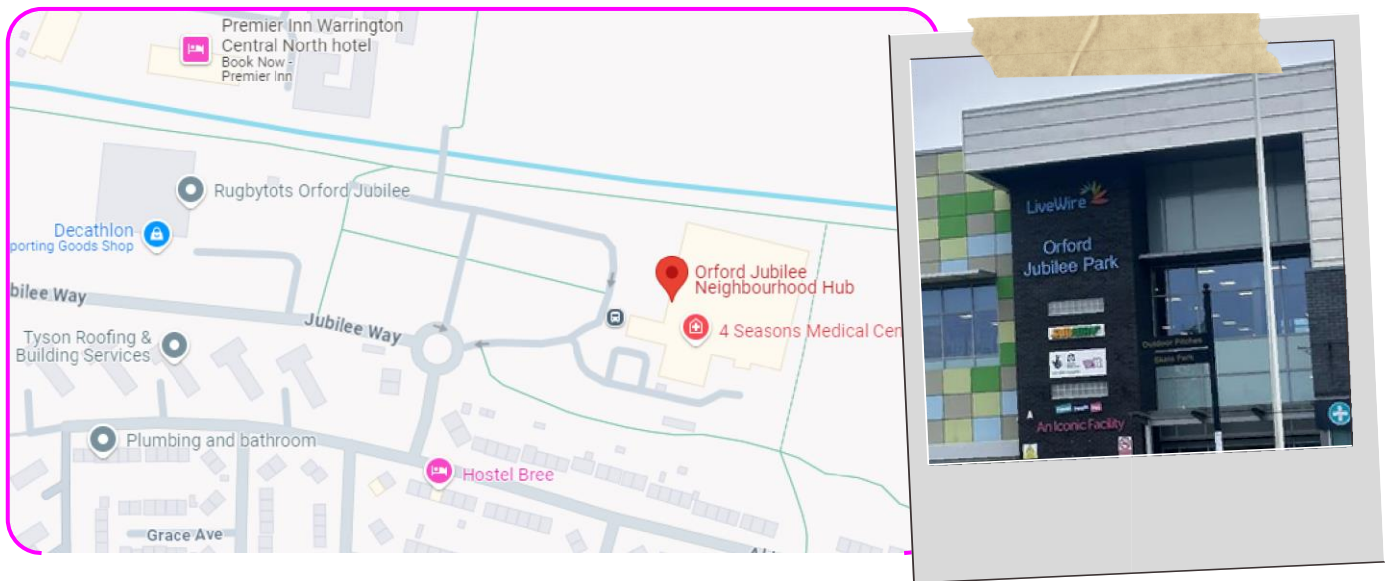
Community Midwives—01925 662092

Face Book Pages with free food available - Free Food Warrington, Helping Hands Changing Lives CIC

Emergency line for gas leaks - 0800 111 999

axess 4u

Axess 4 u sexual health clinic for those aged 19 and younger opening at Orford Jubilee Neighbourhood Hub in Warrington



Rooms 15 and 16, Floor 1, Orford Jubilee Neighbourhood Hub, Jubilee Way, Warrington, WA2 8HE



Opens Tuesday 26 November and runs on Tuesdays between 3.30-6pm. No appointment required!



- Emergency contraception
- Contraception
- STI testing and treatment
- Pregnancy testing
- Information and advice

0300 323 1300

X@ @axess_sh

www.axess.clinic

Scan the QR code for information on all axess 4 u clinics



HAF

Holiday Activities and Food

Are your children
on benefit related
free school meals?

Scan me



If yes, they can attend fully funded
holiday activities at Easter, Summer and Christmas.
Register your interest now at warrington.gov.uk/haf
or email haf@warrington.gov.uk to find out more.

Not eligible?

Many clubs offer paid places at a reduced rate.



WARRINGTON
Borough Council



Department
for Education

Stay well this winter



Warrington Borough Council is encouraging residents to take steps to protect their health and wellbeing this winter.

Monday, 11 December 2023

Health

The winter months can be a challenging time but there are lots of things you can do to keep healthy and well this winter.

The best way to protect yourself and others against illness is to get vaccinated.

Being vaccinated not only protects yourself but your loved ones and helps ease pressure on the NHS.

If you're over 65, are a carer or have certain health conditions, you may be eligible to receive free vaccinations. Make sure you get your [flu](#), [COVID-19](#) and [pneumococcal](#) vaccinations, if you are eligible to protect yourself and others.

Visit, [nhs.uk/seasonalvaccinations](https://www.nhs.uk/seasonalvaccinations) to find out more about vaccinations and see if you're eligible.

Other precautions you can take to prepare for the cold weather and look after your wellbeing:

- **Keep warm** - Keeping warm over the winter months can help prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression. Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. People in financial difficulty may find it more difficult to heat their homes sufficiently. This increases the risk of becoming unwell due to cold exposure. There are grants, benefits and sources of advice available to help you make your home more energy efficient, improve your heating or help manage energy bills. Check if you can get any heating and housing grants – [gov.uk/browse/benefits/low-income](https://www.gov.uk/browse/benefits/low-income). You can also find support and guidance to help you navigate the cost of living crisis this winter on the [council's cost of living support directory](#).
- **Keep active** - Make sure that you keep moving and spend less time sitting still for long periods. Short and regular episodes of movement, physical activity, or chair-based exercises can keep your circulation flowing throughout the day. Visit the Better Health website for ways you can keep active - [nhs.uk/better-health/](https://www.nhs.uk/better-health/)
- **Eat well** – Visit Warrington Foodbank website if you need extra support this winter - [warrington.foodbank.org.uk](https://www.warrington.foodbank.org.uk)

- **Look after your mental health** – Winter can be a particularly difficult time. People can feel isolated and lonely, particularly on colder, darker days. If you think you need help, visit Warrington’s mental health support directory - [Happy? Ok? Sad?](#)
- **Look in on vulnerable neighbours and relatives** - Remember that other people, such as older neighbours, friends and family members, may need some extra help over the winter. There's a lot you can do to help people who need support. Find out ways you can help - [nhs.uk/seasonalvaccinations](https://www.nhs.uk/seasonalvaccinations)

To help prevent the spread of illness this winter remember to wash your hands, sanitise surfaces, keep your distance if you feel unwell and cover your face if you cough or sneeze. If you find yourself unwell remember to call [NHS 111](#) for non-critical help. A&E is open to anyone who has an urgent, life-threatening injury or illness.

Cllr Maureen McLaughlin, cabinet member for public health and wellbeing, said: “With the cold weather winter brings and the hustle and bustle of the Christmas period, it’s easy for illnesses to spread. This is why it’s important to have your seasonal vaccinations and follow the guidance about winter wellbeing to prevent this happening.

“Simple steps like washing your hands regularly, covering your face when coughing and/or sneezing and sanitising surfaces can also go a long way to protecting yourself and others.

“Though Christmas time brings so much joy it can also be a lonely time for some. Please try to look out for those who may be by themselves during the festive period.”

For more information and guidance on keeping well this winter, travel safety, school closures and much more visit our [winter weather page](#).

ABANDONED BUILDINGS

Breaking into abandoned buildings isn't an adventure, it's a danger.

- They can be physically unsafe
- Unknown adults are often present
- Drugs and alcohol are being used
- Crime is occurring there

You and your mates could be at serious risk.

Keep out, keep safe



ABANDONED BUILDINGS



Vulnerable children and young people are repeatedly accessing derelict buildings in Warrington.

Please talk to them about the dangers of doing this!

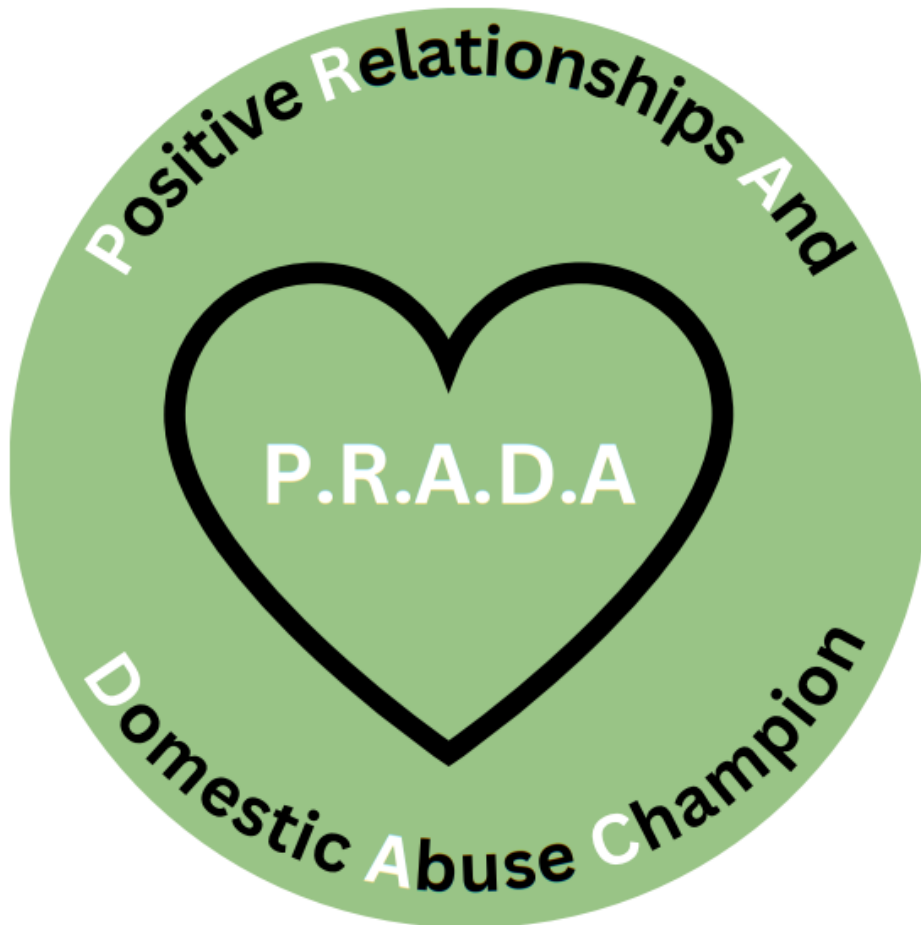
Their lives and safety may be at risk.

If you have any details of buildings that need securing, please contact **communitysafetywbc@warrington.gov.uk**



DO YOU LIKE TO SUPPORT AND HELP PEOPLE IN YOUR COMMUNITY?

Would you like to have more knowledge around healthy relationships and domestic abuse to support family and friends?



**PLEASE COME ALONG TO OUR P.R.A.D.A
INFORMATION EVENT ON
Monday 25th November, 12:30–14:30
at the Hub, Capesthorpe Road, WA2 0JF**

Please contact Sonya Dennis for further information
sonya.dennis@warrington.gov.uk



WARRINGTON
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Support for neurodivergent children, young people and their families

[Click Here: Autumn 2 Half Term Newsletter 2024](#)

Click the purple link above for more information about the groups, workshops and learning programmes that we will be offering for parents and carers for this half term. Please contact our office on 01925 320863 if you would like any further information. We hope to see you at some of our delivery soon.

ADDvanced Solutions Community Network is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. No diagnosis or referral needed to access the support we have available.

Have a look on our website, www.addvancedsolutions.co.uk, for more information, including useful resources and our What's On calendar.



<https://www.axess.clinic/axess-services/axess-sexual-health-clinics/>

Sexual Health



Information for Young People, Schools Staff and Parents

VAPING AND E-CIGARETTES
THE FACTS

NICOTINE VAPES CAN HELP ADULT SMOKERS TO STOP SMOKING.
SMOKING CAUSES DISEASE AND EARLY DEATH.
Vaping is much less harmful than smoking as you don't inhale the **toxic tar** and **carbon monoxide** you get from tobacco smoke.

BUT VAPES ARE NOT HARMLESS.
Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.

MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE.
DON'T SMOKE? DON'T START TO VAPE.

Smokefree Sheffield
 ash.
action on smoking and health
 LiveWire

Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)
talktofrank.com
livewirerarrington.co.uk/lifestyles/stop-smoking

Warrington Food Pantry

The Warrington Food Pantry at Fearnhead Youth and Community Centre has now re-opened

- Opening hours are Wednesday & Thursday 10.00am – 1.00pm

Warrington Food Pantry is the first of its kind in Warrington and is a joint venture between the council, local housing providers Clarion Futures of Clarion Housing Group, Torus and Warrington Foodbank.

The pilot project has been set up at Fearnhead Youth and Community Centre to support residents to improve their health and wellbeing.

People can be referred to the pantry by the council and local partners, including the Warrington Wellbeing service, Torus, Clarion, Citizens Advice Bureau and local GPs. Once registered, service users can pay a weekly £3.50 membership fee, which entitles them to choose a basket of 10 items of food worth up to £20.

Who to contact

Contact Name	Lyn Mullen
Contact Position	Senior Administration
Telephone	01925 443057
E-mail	lmullen@warrington.gov.uk

Where to go

Name	Fearnhead Community Centre
Address	Insall Road Fearnhead Warrington Cheshire

Time / date details

When is it on	Wednesday & Thursday
Time of day	Morning
Session Information	Sessions are drop-in from 10.00am to 2.00pm

WARRINGTON FOODBANK
WE ARE HERE FOR YOU...

[Read here...](#)



184,248

meals provided to Warrington families in 2023



1962

People fed in December 2023
1,175 adults
787 children
Equating to 17,658 meals



90%

of low-income households on Universal Credit are currently going without essentials



<https://warrington.foodbank.org.uk/>



We can help you with mental health, relationships, alcohol, smoking, bullying & more...

Get confidential & anonymous advice from an NHS Specialist Community Nurse via text:

- **Young People aged 11-19:** Text: 07507 33010



TikTok (13+)

You can choose to have a public or private account. If you set your account to private, then only those you accept as friends can see your videos. To do this go to your profile, tap the settings icon (three dots), tap Privacy and Safety and turn on Private account (by default accounts for people under 16 are set to private).

Report inappropriate content: you can report an account, video, comment and message. Follow the instructions here: <https://support.tiktok.com/en/safety-hc/report-a-problem>

Family Pairing

You can use Family Pairing to link your own TikTok account to your child's account. This will give you access to additional controls such as:

- **Screen Time Management:** Control how long your child can spend on TikTok.
- **Direct Messages:** Limit who can send messages to them or turn off direct messaging completely. *Direct messaging is automatically disabled for registered accounts between the ages of 13 and 15.*
- **Restricted Mode:** Restrict the appearance of inappropriate content.
- **Discover Search bar** - Option to disable.

Find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>



Twitter (13+)

When you set up your Twitter account, you can choose whether you would like to keep your tweets public or protected (private). To keep them private, go to Settings and Privacy, select Privacy and Safety, select Audience and tagging and ensure protect your tweets is selected.

Unfollow somebody: Click the the three dots next to their tweet and select unfollow.

Blocking: Click the three dots next to their tweet and select block.

Location: To keep your location private (so followers can't see the location you are tweeting from), go to Settings and Privacy, select privacy and safety, select location information and ensure precise location is disabled.

Find out more here: <https://help.twitter.com/en/safety-and-security/twitter-privacy-settings>

We have been made aware of a WhatsApp group titled "Add People".

The group contains hundreds of children and young people and has very inappropriate content such as naked images of AI adults. It is believed that children as young as 7 years old are being added to this group, and as the title suggests the aim is to add as many other children as possible to the group. This has been reported to us by a number of pupils. We have sent a message out to all parents asking them to check their children's phones for this group and generally monitor their social media usage. It is clear that this spans across the whole town, and potentially the whole country, so we also wanted to make yourselves aware in the hope that you can please be vigilant.



Facebook (13+)

Included in Facebook's setting are the ability to set who can see your posts, who can contact you and the ability to review all posts before appearing on your timeline (Timeline Review).

Unfriend: go to their profile, click on Friends and select Unfriend.

Blocking: go to their profile, click on the three dots and select Block.

Facebook Privacy Check up: this tool helps you review your settings.

Find out more here: <https://www.facebook.com/help/1297502253597210>



Instagram (13+)

When you set up your account, it is automatically set as public (except if you are under 18 and it is set to private as default). To change your profile to private (so only people you approve can follow you) go to your profile, tap Settings (from menu), tap Privacy and tap to toggle Private Account on.

Remove a follower: Go to your profile and tap followers and select remove to the right of the person.

Blocking: If you want to stop somebody from liking or commenting on your posts, you can block them. To do this, tap their username, tap on the 3 circles in the top right and select block.

Turn off commenting on a post:

Tap the 3 circles above your post and select Turn Off Commenting.

Find out more here: <https://help.instagram.com/196883487377501>



WhatsApp (16+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photo. To change any of these settings, go to settings, account and privacy.

Reporting: When you receive a message from an unknown number for the first time, you will be given the option to report the number. You can also block and report a user by clicking on their name and selecting Block or Report. You can report any issues direct to WhatsApp within the app by going to settings, help and contact us.

Find out more here: <https://faq.whatsapp.com/general/security-and-privacy/staying-safe-on-whatsapp/>



Snapchat (13+)

When you set up your account, it is automatically set so only friends you've added can contact you or view your story.

Unfriend: Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Remove Friend'.

Block a friend: Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Block'.

Location settings: This feature allows your friends to see where you are (including when you are at home) when you have the app open. **It is so important that you check your child's settings for this feature.** Your location won't be shared on the map until you open it for the first time, at which point you can choose (please note that snaps you submit to Snap Map can still show up on the Map, no matter what location setting you choose):

- **Ghost Mode (Only Me):** your location won't be visible to anyone else.
- **My Friends:** your location will be shared with all of your friends.
- **Select Friends, Except ...:** your location will be shared with your friends, except the friends on this list.
- **Only These Friends ...:** choose specific friends to share your location with.

Who Can Contact Me: in your privacy settings you can choose who can contact you directly with Snaps, Chats, calls, etc. Remember, if you're in a group, then anyone can communicate with you in that Group Chat regardless of your settings.

Find out more here: <https://support.snapchat.com/en-GB/article/privacy-settings2>

Get urgent help

Contact us

Warrington CAMHS
The Alders
12 Birch Avenue
Warrington
WA2 9TN
Tel: [01925 575 904](tel:01925575904) (9am to 5pm, Monday to Friday)
Crisis Response Team

Our 24 hour crisis response team is for young people up to the age of 18 experiencing a crisis needing an emergency response.

Contact us on [01744 415 640](tel:01744415640)
Those over 18 can contact the crisis line on [0800 051 1508](tel:08000511508)

Going through a crisis? Based in the UK? Place2Be can't provide support outside of our schools, but there are other organisations that can help.

If someone's life is in immediate danger, please call **999**.

Shout (in partnership with Place2Be)

Text **CONNECT** to **85258**

- **For:** anyone in the UK
- **Available:** free, 24 hours a day
- **More info:** [giveusashout.org](https://www.giveusashout.org)

Childline

Call **0800 1111**

Chat online (set up an account first)

Send an email (set up an account first)

- **For:** children and young people in the UK
- **Available:** free, 24 hours a day
- **More info:** [childline.org.uk](https://www.childline.org.uk)

Samaritans

Call **116 123**

Send an email (response within 24 hours)

- **For:** adults in the UK
- **Available:** free, 24 hours a day
- **More info:** [samaritans.org](https://www.samaritans.org)

Knowing I wasn't alone got me through a difficult night. Texter, Shout

Support for under-18s

If you're worried about something, talk to an adult that you trust as soon as possible.

This could be:

- Someone in your family, like your mum, dad or carer
- Someone at school, like a teacher or Place2Be (if you have it in your school)
- Your doctor.
If you are not sure who to talk to:
- Call Childline on **0800 1111** or
- Text **CONNECT** to **85258** to contact Shout (in partnership with Place2Be).

Talk or text for free any time, wherever you are in the UK.

Find other places where you can get help and advice **I'm worried about my child or young person**

If their life is in immediate danger, call **999**.

If not, we recommend talking to someone who can help you understand what they might be going through and refer you to support in your area.

This could be:

- Your doctor
- The Place2Be staff member at their school OR a similar support service if the school doesn't have Place2Be
- The Young Minds Parents Helpline, which you can call for free on 0808 802 5544 (9.30am-4pm, Monday-Friday, UK).

Read more about supporting your child or young person

Support for teachers

Education Support Partnership Helpline

Call **08000 562 561**

Text **07909 341229**

For: Teachers / educators

Available: free, 24 hours a day

More info: [educationsupport.org.uk](https://www.educationsupport.org.uk)

Warrington Multi – Agency Safeguarding Hub (MASH) – 01925 443322

Out Of Office – Duty Team – 01925 443322 – Option 2