

**OUR SAFEGUARDING NEWSLETTER | MARCH 2025**

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

Warm welcome to all our families and carers,

We have had a real focus this half term on inappropriate online behaviour and how to keep yourself safe online.

In the ever-changing current climate of Social Media, it is becoming harder for adults to keep up!

This half term we invited our parents/carers from our school and our feeder primary schools along to an evening with DC Andrew Kevan. DC Andrew worked with our students in school and then extended his advice and guidance to parents/carers with a fabulous, informative and hard-hitting session around the legalities and consequences of not keeping yourself safe online.

We had a similar input from Andrew last year and we were able to see first-hand the impact of how being armed with knowledge made our students re think some of their online behaviours. This session was also well received by parents/guardians so we ensured this was available to them again.

It was great welcoming Andrew back and we would like to say a massive thank you for his work and helping to make our students make safer choices online.

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)



1. A great site to help you lock your social media setting is: [WWW.INTERNETMATTERS.ORG](http://WWW.INTERNETMATTERS.ORG)

There is a Social Media section on their page which provides a 'step by step' guide on how set the security setting for each site.

2. Protect your online world with good strong passwords. 'Three Random Words' <https://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-words>
3. Family Link <https://familylink.google.com> If you have a Goole account you can monitor individual devices in the home and turn off internet access to individual devices.
4. ReThink [ReThink - Before the Damage is Done](#)
5. [Report Remove | Childline](#) – Help having indecent images removed from some Social Media servers.
6. [Smartphone Free Childhood](#) – Support for parents.

# HAF

## Holiday Activities and Food

Are your children  
on benefit related  
free school meals?

Scan me



If yes, they can attend up to four fully funded holiday activities this Easter. Browse now at [warrington.gov.uk](http://warrington.gov.uk). Bookings open 9am on Monday 10 March. Email [haf@warrington.gov.uk](mailto:haf@warrington.gov.uk) to find out more.

### Not eligible?

Many clubs offer paid places at a reduced rate.



#HAF2025



WARRINGTON  
Borough Council



Department  
for Education



BACK ON TRACK

# Get back on track with our youth mentor scheme!

(for ages 9-17)



For more information, tap the QR code or email [livewiresportsdev@livewirewarrington.org](mailto:livewiresportsdev@livewirewarrington.org) with your child's age and contact details.

@yourLiveWire



 WARRINGTON  
Borough Council

LiveWire 

livewirewarrington.co.uk



**NHS**  
**Mersey Care**  
NHS Foundation Trust

WARRINGTON  
**YZ**  
An OnSide Youth Zone

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**YOUTH IN MIND**

**DROP IN TIMES**  
Monday - Sunday  
3.30pm - 7.30pm

A free and discrete drop-in service offering early intervention support to young people aged 7-19 (up to 25 with a disability) who are experiencing challenges with their emotional wellbeing.

No appointment or referral is necessary and young people do not have to be a Youth Zone member to access this support.

Our friendly Key Workers are here to listen, offer advice and guidance, and will introduce you to a range of wellbeing projects and mental health services at the Youth Zone, in your local community, and online.

The service is commissioned by Cheshire & Merseyside NHS as part of 'Warrington Place' Starting Well plans to support 'Children and Young People's Emotional and Mental Health & Wellbeing'.

The project delivery is a partnership between Warrington Youth Zone and Mersey Care 'Child & Adolescent Mental Health Services' (CAMHS).




**YOUTH IN MIND**

**NHS**  
**Mersey Care**  
NHS Foundation Trust

Warrington Youth Zone  
Dallam Lane  
Warrington  
WA2 7NG



warringtonyouthzone.org

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- **Mental Health Crisis Line.** The local Mental Health Crisis Line is: available 24 hours a day, seven days a week for people experiencing a mental health crisis, who need urgent support for people who live in Warrington, Halton, Knowsley or St Helens for people of all ages, including children and young people free to call [0800 051 1508](tel:08000511508)
- **Samaritans.** To talk about anything that is upsetting you, you can contact [Samaritans](https://www.samaritans.org) 24 hours a day, 365 days a year. You can call [116 123](tel:116123) (free from any phone), email [jo@samaritans.org](mailto:jo@samaritans.org) or [visit some branches in person](#). You can also call the Samaritans Welsh Language Line on [0808 164 0123](tel:08081640123) (7pm-11pm every day).
- **SANEline.** If you're experiencing a mental health problem or supporting someone else, you can call [SANEline](tel:03003047000) on [0300 304 7000](tel:03003047000)(4.30pm-10.30pm every day).
- **National Suicide Prevention Helpline UK.** Offers a supportive listening service to anyone with thoughts of suicide. You can call the [National Suicide Prevention Helpline UK](https://www.nationalsuicideline.org.uk) on [0800 689 5652](tel:08006895652) (6pm-3:30am every day).
- **Campaign Against Living Miserably (CALM).** You can call the [CALM](tel:0800585858) on [0800 58 58 58](tel:0800585858) (5pm-midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the [CALM webchat service](#).
- **Shout.** If you would **prefer not to talk** but want some mental health support, you could text SHOUT to [85258](tel:85258). [Shout](#) offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.
- **The Mix.** If you're **under 25**, you can call The Mix on [0808 808 4994](tel:08088084994)(3pm-midnight every day), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).
- **Papyrus HOPELINEUK.** If you're **under 35** and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call [Papyrus HOPELINEUK](tel:08000684141) on [0800 068 4141](tel:08000684141)(weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm-10pm), email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text [07786 209 697](tel:07786209697).
- **Nightline.** If you're a **student**, you can look on the [Nightline website](#) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.
- **Switchboard.** If you identify as **gay, lesbian, bisexual or transgender**, you can call [Switchboard](tel:03003300630) on [0300 330 0630](tel:03003300630) (10am-10pm every day), email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their webchat service. Phone operators all identify as LGBT+.
- **C.A.L.L.** If you live in **Wales**, you can call [the Community Advice and Listening Line \(C.A.L.L.\)](https://www.call.org.uk) on [0800 132 737](tel:0800132737) (open 24/7) or you can text 'help' followed by a question to 81066.

# COMING UP ON SPRINGBOARD

3rd March - Spring is Here

10th March - Family Day

17th March - St Patrick's Day

24th March - World Book Day

31st March - Easter Egg Hunt

7th April - National Autism Awareness Month

14th April - Family Day

21st April - Wilderness

28th April - Springboard Circus Party

5th May - Eurovision and Europe

12th May - Family Day

19th May - Movie Madness

26th May - Springboard Animal Party



**QUALITY ACTIVITIES FOR  
CHILDREN WITH DISABILITIES  
AND ADDITIONAL NEEDS**

**DELIVERED AT  
WARRINGTON  
YOUTH ZONE,  
SUNDAYS 11 - 3**

WARRINGTON



An OnSide Youth Zone

PA's welcome to attend if needed for a young person to access. For more information, contact Molly at [molly.swatton@wyz.org.uk](mailto:molly.swatton@wyz.org.uk)

**For ages 7 - 19**



Our Local Youth Engagement Officer has recently made us aware of a new drug that is doing the rounds.

This tablet smells like cannabis but was in above photo in a soft mint format. although this mint does smell like cannabis and minty, it has also tested positive for MDMA.

It is an actual soft mint upon cutting and we imagine it has just been soaked in the drugs.

This combination of drug use is of course not advisable and can cause negative drug interactions and together can lead to severe psychological and physical effects.





This is a shout out for **Warrington Pride 2025** which will take place on Saturday 14h June 2025.

**TAGS** (Teenagers, Gender & Sexuality Youth Support), is a Warrington based constituted youth group supported by Warrington Borough Council Early Help Targeted Youth Service who provides LGBTQ+ (lesbian, gay, bisexual, transgender, questioning and other) young people aged 11 - 25 a safe space to meet, socialise, access support, and develop skills and confidence. The group aims to empower young people to be active members of the group and to inspire them to pursue leading roles in the future.

**TAGS** will be hosting the daytime entertainment for **Warrington Pride 2025 in the 'Old Fish Market Place in Golden Square between 12-4pm.**

This is a shout out to all budding performers, artists, allies, volunteers, sponsors, businesses community groups etc....who would like to get involved in this year's pride event called 'A Place where we all belong'

Please let us know ASAP if you would like to get involved in any way.

For more information please contact Sharon & Jaime on;



[Sharon.johnson@warrington.gov.uk](mailto:Sharon.johnson@warrington.gov.uk)

[jaime.graham@warrington.gov.uk](mailto:jaime.graham@warrington.gov.uk)

We look forward to hearing from you.

Sharon & Jaime

**Can you please share widely please,  
Many thanks  
jaime**

 Warrington Youth Service  
 @warringtonyouthservice





# Warrington Youth Service

## IN-VISION Project

Want to join a project where to have fun, go on trips to normally unseen areas and develop new skills? If you are interested, Aged 13-16 and live life on the edge. Contact Lois on [lois.muir@warrington.gov.uk](mailto:lois.muir@warrington.gov.uk) /07581 051925 to get more information

### WEEK 1

Games  
Script writing  
Aims of the project  
your voice, your role!



### WEEK 2

Get your creative brains brewing, decide what you want your video to look like, scripts and creativity with the movie creators.



### WEEK 3

A trip to safety central - an interactive centre which will help us get the best shots for the film!!



### WEEK 4-5

Work with your team to review the edited piece and get any last shots for premiere week!



### WEEK 6

First aid week!!



### WEEK 7

REWARD TRIP WEEK



### WEEK 8

Premiere week, this is going to be the premier of your film and celebration of all your hard work. This will also include a red carpet and buffet!!



## MORE ABOUT THE PROJECT

This project is going to play a key role in tackling the issue of young people putting themselves at risk in derelict buildings in Warrington but in a fun and interactive way. You will allow create a video raising awareness of the risks, and have full involvement the featuring and the creative sides. We are going to link up with public services and allow you to create and participate in scenes with the professionals themselves!

**WEEK 1- FUN AND INTRODUCTION SESSION-** everyone gets to know each other through interactive games and opportunity to give their voice on the project. This we will also do some brain storming from the young people on what you want you roles to be in the project

**Week 2- CREATION OF THE STORYLINES!** LOOKING AT OTHER VIDEOS, support from qualified film professionals to create scripts and scenes!

**Week 3 - Filming locations!** You will attend the interactive fun centre SAFETY CENTRAL where you can have fun and film some amazing shots in court rooms, cells and other cool settings.

**Week 4-5-** Film around your community at exciting locations and start to edit your piece of work.

**Week 6- FIRST AID WEEK -** Get credited certificates through interactive and fun session with our First aider and paramedic.

**Week 7-** Let your hair down and go on a trip with some food and head to escape rooms!

**Week 8!- A red carpet event!** Young people invite professionals/family members and friends to watch your new creation! Followed by certificates and vouchers to young people to reward you and your participation, then end with some snacks!



## 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](https://warrington.gov.uk/hsf)

If you need wider support or advice on the cost of living, please visit [warrington.gov.uk/cost-living-support](https://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](https://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](mailto:householdsupportfund@warrington.gov.uk)



**WARRINGTON**  
Borough Council

# 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](http://warrington.gov.uk/talking-points) or scan the QR code for more information. Contact us on [talkingpoints@warringtonva.org.uk](mailto: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](http://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 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.companysgroup.co.uk/community-shop-membership](http://www.companysgroup.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](http://www.warringtonva.org.uk/warrington-food-network)

For cost of living related support, please visit; [www.warrington.gov.uk/cost-living-support](http://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](mailto: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

**Helpline Numbers-If you urgently need any advice or support 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](http://www.drinkaware.co.uk))

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

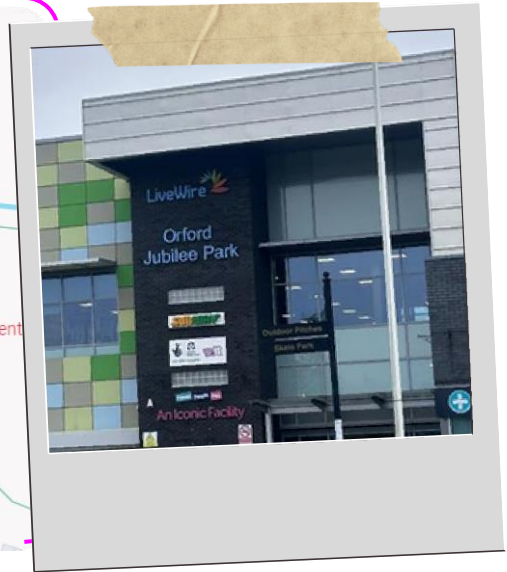
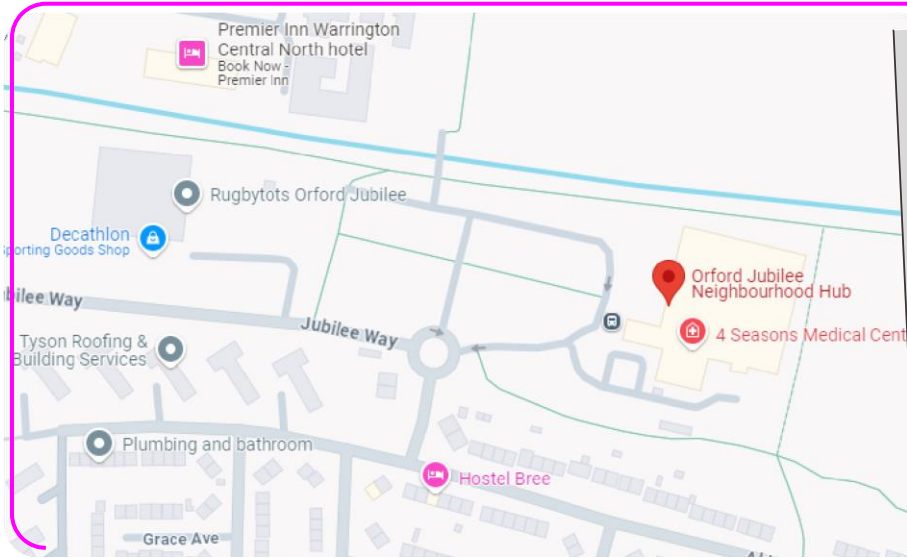
Community Midwives—01925 662092

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

Emergency line for gas leaks - 0800 111 999

Axess 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

  @axess\_sh

[www.axess.clinic](http://www.axess.clinic)

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



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



# 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.**



Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

[talktofrank.com](http://talktofrank.com)  
[livewirewarrington.co.uk/lifestyles/stop-smoking](http://livewirewarrington.co.uk/lifestyles/stop-smoking)

# Warrington Food Pantry

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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

<b>Contact Name</b>	Lyn Mullen
<b>Contact Position</b>	Senior Administration
<b>Telephone</b>	01925 443057
<b>E-mail</b>	<a href="mailto:lmullen@warrington.gov.uk">lmullen@warrington.gov.uk</a>

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## Where to go

<b>Name</b>	Fearnhead Community Centre
<b>Address</b>	Insall Road Fearnhead Warrington Cheshire

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## Time / date details

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

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

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

## Call to Warrington Parents



Bridgewater NHS are engaging with High Schools in the Warrington Borough with the aim of improving safe access to the toilets in school for children with and without continence difficulties.



Please can you answer a few questions about your child's experiences of accessing school toilets. This will help us make sure we are helping as many children as possible. **You do not need to put your name on the form.**



Scan this code to go to the survey



or use this link: [Bridgewater Bladder Survey](#)





# UPSKIRTING

What You Need To Know:



A vertical poster with a teal background and a white dotted pattern. At the top, the word "UPSKIRTING" is written in bold black letters inside a white box. Below it, another white box contains the text "What You Need To Know:". A large QR code with red and white pixels is positioned in the center. At the bottom, a pair of hands is shown holding a blue smartphone.



YOURPOLICE.UK



A vertical poster with a white background and a repeating pattern of chocolate-glazed donuts with sprinkles. In the center, there is a QR code with a white Instagram logo in the middle. Below the QR code, the text "YOURPOLICE.UK" is written in black capital letters.

# SO, YOU SENT A NUDE?

OMG



A vertical poster with an orange background and a white dotted pattern. The text "SO, YOU SENT A NUDE?" is written in large, bold, blue letters. Below it, a yellow speech bubble with a red border contains the word "OMG" in bold yellow letters. A QR code with black and white pixels is located in the bottom left. In the bottom right, there is a cartoon illustration of a man's face with a surprised expression.

# 5 THINGS POLICE OFFICERS MUST DO DURING A STOP AND SEARCH



A vertical poster with a solid purple background. On the right side, there is a QR code with orange and white pixels. To the left of the QR code, the text "5 THINGS POLICE OFFICERS MUST DO DURING A" is written in white capital letters. Below this, the words "STOP AND SEARCH" are written in a much larger, bold, white font.

## 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)**

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

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

### **Childline**

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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://childline.org.uk)

### **Samaritans**

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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**

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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**

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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**