



## ST MARY'S CALNE

### Early Help for Children and Families

At St Mary's Calne we recognise the challenges that families face in bringing up children. There may be times when you need extra help and support. If this is the case, please come and talk to us. There are many ways in which we can help as outlined in this offer of Early Help.

The diagram below shows the range of needs at different levels. We use this graduated approach to make sure we provide the best support for different families' individual situations



Providing early help to our pupils and families means we are more effective in promoting support as soon as we can. Early Help means providing support as soon as a problem emerges, at any point in a child's life.

#### Key Personnel:

At St Mary's Calne, our Pastoral and Safeguarding team includes:

Mrs Sophie Toland – Deputy Head Pastoral and Designated Safeguarding Lead (DSL)

Mrs Diana Harrison- Senior Deputy Head and Deputy DSL

Mrs Claire Bolton – Head of Community Outreach and Deputy DSL

Mrs Vicky Firth – Housemistress & Teacher of Biology and Deputy DSL

Discussions with House staff and Tutors allow us to identify any pupils and families that would benefit from early help and allows us to help them access the services in the school and beyond the school.

All staff are appropriately trained in safeguarding in line with government guidelines.

The nominated safeguarding governor is Mrs Tricia Pearce, and the chair of governors is Mr Svante Adde.

### **Anti- Radicalisation Training**

The DSL and DDSLs have received Prevent, and Anti-radicalisation training.  
All staff complete an online anti-radicalisation training module.

### **Online Safety Training**

All staff complete an online e-safety training module.

### **Safeguarding and Training**

All staff complete an online KCSIE (Keeping Children Safe in Education) and an online Safeguarding training module which cover the different types of abuse and how to identify them, as well as covering the signs of various safeguarding issues such as identifying CSE (Child Sexual Exploitation), CCE (Child Criminal Exploitation), FGM (Female Genital Mutilation) and other so-called honour-based abuse, peer on peer abuse and serious violence.

- All teachers and staff know how to identify and report concerns, via staff training on induction and our regular updates on safeguarding.
- All new staff complete safeguarding inductions
- Child protection files are kept by the DSL.
- We have a log recording that all staff have read and understood relevant sections of Keeping Children Safe in Education (Sep 2023).

### **We meet the needs of our children through a variety of ways:**

Pupil Voice – pupils are actively encouraged to speak about any concerns they have to their House staff, tutors, teacher, Chaplain or school counsellor. to our pastoral team. Children are encouraged to speak openly about their emotions. Pupils know the staff take all their concerns very seriously. At St Mary's Calne there is a School Parliament, Food Committee, Head Girl's Team, Company families and a Peer Support Scheme.

### **Attendance**

House staff monitor attendance carefully and is overseen by the Senior Deputy Head.

### **Pastoral Support**

Sophie Toland, DSL and the Housemistresses and Housemasters/Heads of Year and Tutors work with pupils and can signpost them to the school counsellor (pupils can also self-refer) or various external sources of support including online organisations or professionals. With the consent of families, we can refer families for further family support.

### **Learning Skills and Learning Support**

Sarah Lindsay works with children and families with additional needs and can signpost parents to many different agencies.

### **Designated Safeguarding Lead (DSL)**

The DSL and DDSLs ensure rigorous and robust systems are in place within the school to ensure the safety of all our children.

In **Keeping Children Safe in Education 2024** it makes it clear that ALL staff should be aware of their local early help process and understand their role in it. In addition, this statutory document makes it clear that any child may benefit from early help, but all school and college staff should be particularly alert to the potential need for early help for a child who:

- Is disabled and has specific additional needs;
- Has special educational needs (whether or not they have a statutory education, health care plan);
- Is a young carer;
- Is showing signs of being drawn in to anti-social or criminal behaviour, including gang involvement and association with organised crime groups;

- Is frequently missing/goes missing from education, home or care
- has experienced multiple suspensions, is at risk of being permanently excluded from schools, colleges and in alternative provision or a pupil referral unit
- has a parent or carer in custody or is affected by parental offending.
- Is misusing drugs or alcohol themselves;
- Is at risk of modern slavery, trafficking or exploitation;
- Is in a family circumstance present challenges for the child; such as substance abuse, adult mental health problems or domestic abuse;
- Has returned home to their family from care;
- Is showing early signs of abuse and/or neglect; -
- Is at risk of being radicalised or exploited; -
- Is a privately fostered child.
- Is persistently absent from education, including persistent absences for part of the school day.
- Is at risk of “Honor” based abuse such as FGM or Forced Marriage.

Everyone needs help at some time in their lives and therefore an ethos of Early Help is important for any school.

The coordinated offer of Early Help is outlined in the table below. We believe that early interventions for children or families, in many cases, will prevent children from experiencing harm.

At all times, staff should consider if there is any offer of early help that we can make in order to help a child thrive.

We also liaise with other agencies and people within the local community. Annex A includes some National organisations that can support children, young people and their families

### **St Mary's Calne Early Help Offer:**

Designated Safeguarding Lead (DSL) and deputy DSLs	If you have any safeguarding concerns regarding a child at our school or in the community, then please contact the DSL or DDSL as listed above. <b>If you think a child or young person is at <u>immediate</u> risk of significant harm then you should call the police on 999. Please also alert the DSL or DDSL</b>
Pastoral Support Team	Generic queries should be directed to the House staff or Tutor at the first instance. However, if you feel you would like to have a chat with the pastoral team regarding more sensitive issues, please contact Sophie Toland (DSL).
Wellbeing Practitioners	Wellbeing Practitioners are available to pupils if they would like some support for anything that might be worrying them. They offer one to one sessions, drop in sessions and group sessions. They can be contacted on: <a href="mailto:wellbeing@stmaryscalne.org">wellbeing@stmaryscalne.org</a>
Health Centre	The Health Centre is staffed 24hrs a day. The nurses work on rota system. A nurse will always be available during the day and on call at night.

School Counsellor	The school counsellor, Josie Ballenden, can be contacted on <a href="mailto:jballenden@stmaryscalne.org">jballenden@stmaryscalne.org</a> . Pupils can self-refer using the referral form in the St Mary's Team, or can be referred by a member of staff. The usual provision is a series of six free sessions after which pupil may be signposted to other agencies as appropriate.
External Support	If more support is recommended, pupils may be offered a GP appointment. The school or GP may also suggest and signpost the pupil to external support; e.g. online support, NHS or private therapy.

## Annex A

<b>Wiltshire Council Early Help Information</b>	<b>Details Below Describe LA Support Available to Families</b>
What is our Early Help Offer?	<p>Early Support</p> <p>Effective early support means that we:</p> <ul style="list-style-type: none"> <li>• identify children and families who would benefit from early help</li> <li>• undertake an assessment of the need for early help</li> <li>• provide targeted early help services to address the assessed needs of a child and their family which focuses on activity to improve the outcomes for the child</li> <li>• In Wiltshire we have a new <u>Early Support Assessment (ESA)</u>, which replaces the CAF. The form is designed to be easy to use and enables: <ul style="list-style-type: none"> <li>○ a holistic, strengths-based approach</li> <li>○ shared language across the professional network</li> <li>○ provides a framework for information sharing</li> <li>○ evidences progress</li> </ul> </li> <li>• To register this assessment, please email or scan a copy, password protected if necessary, to <a href="mailto:CAF@wiltshire.gov.uk">CAF@wiltshire.gov.uk</a>. An <u>Early Support Review Form</u> can then be used for Review Meetings after the assessment.</li> </ul> <p>Wiltshire's Multi-Agency Thresholds Guidance provides a model of integrated working and gives practical guidance on making decisions across service thresholds. For more information about multi-agency thresholds go to: <a href="https://www.wiltshirescb.org.uk/professionals/safeguarding-thresholds/">https://www.wiltshirescb.org.uk/professionals/safeguarding-thresholds/</a></p>
<b>MASH</b> (Multi Agency Safeguarding Hub) –  The Front Door to Children's Social Care	<p>If a member of staff, parent/carer or member of the public thinks a child or young person is at immediate risk of significant harm they should contact the MASH on 0300 456 0108 or in an emergency always call 999.</p> <p>The MASH will triage all incoming referrals and decide if it should be assigned to the Early Support Hub or be given a MASH assessment if it reaches safeguarding thresholds.</p> <p>Do not wait to discuss this with the DSL/DDSL but do report it afterwards.</p>

<p><b>Wiltshire Safeguarding Vulnerable People Partnership website</b> (formerly WSCB - Wiltshire Safeguarding Children's Board)</p> <p>And <b>Wiltshire.gov.uk</b> website</p>	<p><a href="https://www.wiltshirescb.org.uk/">https://www.wiltshirescb.org.uk/</a></p> <p><a href="https://www.wiltshire.gov.uk/children-young-people-contact">https://www.wiltshire.gov.uk/children-young-people-contact</a></p> <p>Important information for <b>parents</b> and <b>professionals</b> across Wiltshire in relation to keeping children safe and avenues of support including early help options</p>
<p><b>Domestic violence</b></p>	<p><b>Child line</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a> 0800 111 Call child line free access online. Whatever your worry, they are there for you.</p> <ul style="list-style-type: none"> <li>• Managing anxiety</li> <li>• Domestic abuse</li> <li>• Report a nude image online</li> <li>• Helping a friend and more</li> </ul> <p><b>Government website</b> <a href="http://www.gov.uk">www.gov.uk</a> This gives useful information on how to recognize domestic abuse and how to report it. It also provides information of other services who can provide help and support. Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, socio-economic status, sexuality or background. There are different kinds of abuse that can happen in different contexts. The most prevalent type of domestic abuse occurs in relationships. But the definition of domestic abuse also covers abuse between family members, such as adolescent to parent violence and abuse. You can read our guidance on adolescent to parent violence and abuse (APVA) (PDF, 682KB, 35 pages).</p> <p><b>Karma nirvana</b> <a href="http://www.karmanirvana.org.uk">www.karmanirvana.org.uk</a> Supporting victims of honour-based abuse and forced marriage.</p> <p><b>www.galop.org.uk</b> LGBT and anti-violence charity 0800 999 5428 This charity has a reduces services at this time, it does provide a national domestic abuse advice line which can be called. Monday to Friday 10:00am - 5:00pm Wednesday to Thursday 10:00am - 8:00pm</p> <p><b>ManKind</b> on 0182 3334 244 (Monday to Friday, 10am to 4pm) For men suffer from domestic abuse</p> <p>Men's advice line <b>www.mensadviceline.org.uk</b> 0808 801 0327 This website offers friendly Men's Advice Line Advisors who will believe you, offer you non-judgmental emotional support, practical advice and information. Monday: 9am – 8pm Tuesday: 9am – 5pm Wednesday: 9am – 8pm Thursday: 9am – 5pm Friday: 9am – 5pm</p>

	<p><b>National Domestic abuse Helpline</b> <a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a> 0808 2000 247 The website also provides information and guidance around Domestic abuse, it gives definitions, your rights and options, how you can be supported and supporting a survivor.</p> <p><b>NSPCC</b> <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> helpline 0808 800 5000 Witnessing domestic abuse is child abuse. If you're worried about a child, we have advice to help you keep them safe. This website also provides information regarding</p> <ul style="list-style-type: none"> <li>• What is domestic abuse</li> <li>• What are the signs of domestic abuse</li> <li>• Effects of domestic abuse</li> <li>• Help if you are worried about your behaviour</li> <li>• Types of domestic abuse</li> <li>• If a child reveals abuse</li> <li>• Support for parents, children and young people</li> </ul> <p><b>Opoka</b> <a href="http://www.opoka.org.uk">www.opoka.org.uk</a> 0300 365 1700 Free line for Polish Women who experience Domestic Violence and Abuse in the UK. This website offers a helpline, Advice, Therapy, Group support, Training, Advocacy and Mentors.</p> <p><b>SPLITZ</b> support service <a href="http://www.splitz.org.uk">www.splitz.org.uk</a> Splitz Support Service is a registered charity delivering support services to adults and young people experiencing the trauma of domestic abuse and sexual violence. Splitz delivers services across south-west England.</p> <p><b>Refuge</b> Advice on dealing with domestic violence  Phone: 0808 2000 247 (24-hour helpline) Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a> Phone: 0300 999 1212 (daily, 10am to midnight) Website: <a href="http://www.ukna.org">www.ukna.org</a></p> <p><b>Recovery Focus</b> 020 7697 3300 <a href="http://www.recoveryfocus.org.uk/">http://www.recoveryfocus.org.uk/</a> Recovery Focus is a national group of charities, who are all highly experienced in providing specialist support services to individuals and families living with the effects of mental ill health, drug and alcohol use, gambling and domestic violence across the country.</p> <p><b>The Salvation Army</b> <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a> phones numbers are per area website provide lots of useful and helpful information The salvation army provide support for lots of families in all sorts of situations.</p> <ul style="list-style-type: none"> <li>• Children and families</li> <li>• Homelessness</li> <li>• Modern slavery</li> <li>• Older people</li> <li>• People in poverty</li> <li>• Domestic abuse</li> </ul>
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	<p><b>Victim support</b> <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a> 0808 1689111 This website shows you how to recognize the signs of domestic abuse including early warning signs and how to seek for help.</p> <p><b>Young minds</b> <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines) If your child has witnessed or experienced domestic violence, this website provides advice and information on places you can get help.</p> <p><b>Women's aid</b> <a href="http://www.womensaid.org.uk">www.womensaid.org.uk</a> Women's aid gives extensive advice around making a safety plan if you are experiencing abuse from a partner. This website also provides information on the next step to take as well as a survivor's handbook.</p> <p><b>Twitter</b> - sign up for a free account Twitter has some good advice groups set up around Domestic violence and Domestic abuse. Just search Domestic violence or domestic abuse and several advice services will come up.</p>
<b>Mental Health</b>	<p><b>Anxiety UK</b> Charity providing support if you have been diagnosed with an anxiety condition. Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm) Website: <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a></p> <p><b>Anxious minds</b> <a href="http://www.anxiousminds.co.uk">www.anxiousminds.co.uk</a> Making it easy to get support fast, Providing early intervention and long-term support.</p> <p><b>Avon &amp; Wiltshire Mental Health Partnership</b> <a href="http://www.awp.nhs.uk">www.awp.nhs.uk</a> Feeling low anxious or depressed online help</p> <p><b>Barnardo's</b> <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a> From the 1 April 2020 Barnardo's are providing the following Mental Health Support to Wiltshire's 5-18 year olds :</p> <ol style="list-style-type: none"> <li>1. Information, advice and guidance</li> <li>2. Online and face-to-face counselling</li> <li>3. Information on positive activities in the community</li> </ol> <p><b>Bipolar UK</b> A charity helping people living with manic depression or bipolar disorder. Website: <a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a></p> <p><b>Big white wall</b> <a href="http://www.bigwhitewall.com">www.bigwhitewall.com</a> by over 120 organizations globally, we're an online service providing access to millions with anxiety, depression and other common mental health issues.</p> <p><b>CALM</b> CALM is the Campaign Against Living Miserably, for men aged 15 to 35. Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: <a href="http://www.thecalmzone.net">www.thecalmzone.net</a></p> <p><b>Child line</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a> 0800 111 Call child line free access online. Whatever your worry, they are there for you.</p> <ul style="list-style-type: none"> <li>• Managing anxiety</li> <li>• Domestic abuse</li> </ul>

	<ul style="list-style-type: none"> <li>• Report a nude image online</li> <li>• Helping a friend and more</li> </ul> <p><b>IAPT</b> <a href="http://iapt-wilts.awp.nhs.uk">iapt-wilts.awp.nhs.uk</a>  We offer a wide range of support. from psycho-educational courses to one-to-one intervention, as everyone's needs and preferences are different.</p> <p><b>Living life</b> <a href="http://www.lltff.com">www.lltff.com</a>  Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. Our courses are free for individuals using them in their own lives</p> <p><b>Men's Health Forum</b>  24/7 stress support for men by text, chat and email.  Website: <a href="http://www.menshealthforum.org.uk">www.menshealthforum.org.uk</a></p> <p><b>Mental Health Foundation</b>  Provides information and support for anyone with mental health problems or learning disabilities.  Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></p> <p><b>Mind</b>  Promotes the views and needs of people with mental health problems.  Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)  Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a></p> <p><b>No Panic</b>  Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.  Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge  Website: <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a></p> <p><b>OCD Action</b>  Support for people with OCD. Includes information on treatment and online resources.  Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge  Website: <a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a></p> <p><b>On your mind</b> <a href="http://www.onyourmind.org.uk">www.onyourmind.org.uk</a>  Signposts children and young people in Wiltshire to sources of support for good mental health and emotional wellbeing</p> <p><b>PAPYRUS</b>  Young suicide prevention society.  Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)  Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></p> <p><b>Rethink Mental Illness</b>  Support and advice for people living with mental illness.  Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)  Website: <a href="http://www.rethink.org">www.rethink.org</a></p>
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	<p><b>Samaritans</b> Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline) Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a></p> <p><b>SANE</b> <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a> Emotional support, information and guidance for people affected by mental illness, their families and Carers. SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm) Textcare: comfort and care via text message, sent when the person needs it most: <a href="http://www.sane.org.uk/textcare">www.sane.org.uk/textcare</a> Peer support forum: <a href="http://www.sane.org.uk/supportforum">www.sane.org.uk/supportforum</a></p> <p><b>Young Minds</b> Information on child and adolescent mental health. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> Abuse (child, sexual, domestic violence)</p> <p><b>Twitter</b> - sign up for a free account Twitter has some good advice groups set up around Mental health Just search Mental health and several advice services will come up. You can also search for support groups and what support is available locally.</p>
<b>Substance misuse</b>	<p><b>Alcoholics Anonymous</b> Phone: 0800 917 7650 (24-hour helpline) Website: <a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a></p> <p><b>Catch 22</b> <a href="http://www.catch-22.org.uk">www.catch-22.org.uk</a> Substance misuse rarely occurs in isolation but is symptomatic of wider problems in young people's lives. Catch22 are specialists at providing targeted substance misuse services for young people and offer a truly holistic approach, putting the young person at the centre of the treatment to understand and address the factors driving behaviour and build their personal resilience.</p> <p><b>cgl - Change Grow Live</b> <a href="http://www.changegrowlive.org">www.changegrowlive.org</a> Offer a range of services including Drugs service which supports adults and young people to understand the risks their drug use pose to their health and wellbeing, and support them to reduce or stop their use safely.</p> <p><b>Drink aware</b> <a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a> The Drinkaware Trust is an independent UK-wide alcohol education charity, funded largely by voluntary and unrestricted donations from UK alcohol producers, retailers and supermarkets. The Trust is governed independently and works in partnership with others to help reduce alcohol-related harm by helping people make better choices about their drinking.</p> <p><b>Families Anonymous:</b> 020 7498 4680 <a href="http://www.famanon.org.uk">www.famanon.org.uk</a></p> <p>Telephone and other support services for families and friends of drug users. 50 groups throughout the UK offering help and support to members based on the 12-step programme.</p>

	<p><b>Frank:</b> 0300 123 6600 <a href="http://www.talktofrank.com">www.talktofrank.com</a> Helpline for anyone concerned about drug or solvent misuse. Advice and information for drug misusers, their families, friends, carers. (Formerly known as the National Drugs Helpline).</p> <p><b>Motvi8</b> <a href="http://www.motiv8.org.uk">www.motiv8.org.uk</a> is a substance misuse service for young people aged 11-18 in Wiltshire. We provide advice, guidance and one-to-one sessions for young people who are having problems with drugs and/or alcohol.</p> <p><b>NSPCC</b> <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> This website gives advice on How to support children living with parents who misuse alcohol and drugs.</p> <p><b>NHS</b> <a href="http://www.nhs.uk">www.nhs.uk</a> This gives advice and other services available to offer support</p> <p><b>Phoenix Futures:</b> Central Office 020 7234 9740 <a href="http://www.phoenix-futures.org.uk">www.phoenix-futures.org.uk</a> Charity and housing association which has been helping people overcome drug and alcohol problems for more than 40 years. Residential, prison, community and specialist services run across England and Scotland.</p> <p><b>Recovery Focus</b> 020 7697 3300 <a href="http://www.recoveryfocus.org.uk/">http://www.recoveryfocus.org.uk/</a> Recovery Focus is a national group of charities, who are all highly experienced in providing specialist support services to individuals and families living with the effects of mental ill health, drug and alcohol use, gambling and domestic violence across the country.</p> <p><b>Release:</b> 020 7324 2989 <a href="http://www.release.org.uk">www.release.org.uk</a> Helpline and support for drug users, families, friends. Advice on drug related subjects including health, welfare and legal issues. Referrals to lawyers and local drug services.</p> <p><b>Re-Solv Enquiries:</b> Helpline: 01785 810762 <a href="http://www.re-solv.org">www.re-solv.org</a> Helpline providing information and support for people concerned about solvent or volatile substance abuse problems.</p> <p><b>Salvation Army:</b> 020 7367 4500 <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a> Runs homes for the treatment of alcoholics and drug addicts.</p> <p><b>The Mix</b> For information about drugs check out the information on <a href="https://www.themix.org.uk/drink-and-drugs">https://www.themix.org.uk/drink-and-drugs</a></p>
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	<p><b>Turning Point:</b>  <a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>  To enable people with serious problems related to drug and alcohol misuse, mental health and learning disabilities to lead more independent lives by providing high quality community services. Run over 200 projects and schemes nationally ranging from residential rehabilitation centres to drop in counselling services, needle exchanges, phone advice services and individual community workers.</p> <p><b>UK Narcotics Anonymous :</b> 0300 999 1212, <a href="http://www.ukna.org">www.ukna.org</a> - Helpline and regular self-help meetings for addicts who have a desire to stop using and who wish to support each other in remaining drug free.</p> <p><b>WASP Wiltshire Addiction Support Project</b> <a href="http://www.wiltshirefis.org.uk">www.wiltshirefis.org.uk</a>  Wiltshire Addiction Support Project Find it! is a single directory where you can search to find the contact details for Services (including a Special Find it! section), Activity and Parent and Toddler Groups and Children's Centres.  <a href="http://www.lukeandmarcustrust.org.uk">www.lukeandmarcustrust.org.uk</a>  For anyone fighting drug or addiction problems within their family or circle of friends and needs help, information, or just a shoulder to cry on.</p> <p><a href="http://www.smartrecovery.org.uk">www.smartrecovery.org.uk</a>  Smart Recovery UK runs a network of self-help/mutual aid meetings where, through open and confidential discussion participants help each other and themselves with recovery from any kind of addictive behaviour. Also online community of meetings. The purpose is to help individuals seeking abstinence from addictive behaviours to gain independence, achieve recovery and lead meaningful and satisfying lives.</p> <p><b>Twitter</b> - sign up for a free account  Twitter has some good advice groups set up around Substance misuse  Just search Substance misuse and several advice services will come up.  You can also search for support groups and what support is available locally.</p>
<b>Young carers</b>	<p><b>Children society</b> <a href="https://www.childrenssociety.org.uk/advice-hub">https://www.childrenssociety.org.uk/advice-hub</a>  This site is to support young carers. Get advice on lots of issues that face the young people that we work with, as well as many other children across the country.</p> <p><b>Carers trust</b> <a href="http://www.carers.org.uk">www.carers.org.uk</a>  Getting support if you are a young carer or a young adult</p>
<b>Online safety</b>	<p>Online Activity (phones, computers) can be a serious risk to children: The use of technology has become a significant component of many safeguarding issues. Child sexual exploitation; radicalisation; sexual predation – technology often provides the platform that facilitates harm. With the right support, education and safety measures in place the internet and new technologies can also bring great benefits but we must all be vigilant.</p> <p><b>CEOP</b>  <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a>  This is the Child Exploitation and Online</p>

	<p>Protection (CEOP) Centre. It's a one stop shop for most information about online safety.</p> <p><b><a href="http://educateagainsthate.com/">http://educateagainsthate.com/</a> -</b>  This is the government website to help parents and professionals understand the risks of children and young people being radicalised by extremists online and how to keep children safe from this</p> <p><b>Internet matters</b> <a href="http://www.internetmatters.org.uk">www.internetmatters.org.uk</a>  Whatever their age, we can help you to find out more about what they might be doing online and give you practical advice on the steps you can take as a parent to keep them safe in their digital world.</p> <p><b>NSPCC</b> <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>  Support with online safety</p> <ul style="list-style-type: none"> <li>• Sexing and texting nudes</li> <li>• Talking to your children about internet safety</li> <li>• Inappropriate or explicit content</li> <li>• Online games</li> <li>• Livestreaming and online video apps</li> <li>• Online Porn</li> <li>• Internet connected devices</li> <li>• Parental controls</li> <li>• Net aware</li> </ul> <p><b>PACE</b> (parents against child exploitation) UK is a useful website to engage parents with safety issues.  <a href="http://www.paceuk.info/">www.paceuk.info/</a> <a href="https://www.thinkuknow.co.uk/parents/">https://www.thinkuknow.co.uk/parents/</a>  <a href="https://www.thinkuknow.co.uk/teachers">https://www.thinkuknow.co.uk/teachers</a>  (excellent resources)</p> <p><b>UK internet safety</b> centre <a href="http://www.saferinternet.org.uk">www.saferinternet.org.uk</a>  This website provides the latest tips, advice and resources to help children and young people have a safe and positive time online.  There is also an online help line.</p> <p><b>Safety net kids</b> <a href="http://www.safetynetkids.org.uk">www.safetynetkids.org.uk</a>  This site is aimed at children and provides advice on staying safe in different scenarios including online safety.</p> <ul style="list-style-type: none"> <li>• online safety.</li> <li>• Personal safety</li> <li>• School safety</li> <li>• Community safety</li> <li>• Wellbeing and more</li> </ul> <p><b>Thinkninja</b> App- NHS support for 10-18YO</p>
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<b>Bullying (including cyberbullying /child death/ Suicide/prevention</b>	<p>Cyberbullying is using the internet, email, online games or any digital technology to threaten, tease, upset or humiliate someone else.</p> <p>If the police consider a message or post to be potentially criminal, they will take appropriate action. This could involve arresting the person responsible or interviewing them under caution. Cases involving sustained abuse or where someone's life is threatened will be treated seriously. The police will consider all of the circumstances when considering the best response to a report of cyber bullying. They will assess how vulnerable the victim is and what resources are required to trace the offender via social networking sites that often operate abroad and to different legislation. In certain cases it may be difficult to take action if the offender isn't in the UK. They will work with the victim to bring about the most suitable and proportionate conclusion, this will include alternative options that include the officer in the case using their discretion and working with the offender to record an apology to the victim. Useful links</p> <ul style="list-style-type: none"> <li>• Bullying UK</li> <li>• Childline</li> <li>• KidScape: <a href="https://www.kidscape.org.uk/resources-and-publications/">https://www.kidscape.org.uk/resources-and-publications/</a></li> </ul> <p>Our resources provide information on issues surrounding bullying, online and personal safety. They can be used directly by young people and parents, as well as in the classroom within schools and youth organisations.</p>
<b>LGBT+</b>	<p><b>GIDS</b> gender identity development service <a href="https://gids.nhs.uk/">https://gids.nhs.uk/</a> The Gender Identity Development Service (GIDS) is a highly specialised clinic for young people presenting with difficulties with their gender identity.</p> <p><b>Mermaids</b> 0808 801 0400 Text 85258</p> <p>The proud trust <a href="http://www.proudtrust.org.uk">www.proudtrust.org.uk</a> <b>The Proud Trust</b> is now operating digitally, as we make significant changes to how we operate in this time of international concern. All youth groups and 1-1s (face-to-face contact) are not running in their usual venues and are being delivered virtually instead. Our LGBT Centre is closed, and our training is being postponed or moving virtual. Youth workers will be sending out Google Hangout links for our group work and 1-1 support. Please contact us if you have any questions. We are still here for you and all LGBT+ young people. Please share this with young people or colleagues where relevant.</p> <p><b>Stonewall</b> <a href="https://www.youngstonewall.org.uk">https://www.youngstonewall.org.uk</a> We're here to let all young lesbian, gay, bi and trans people - as well as those who are questioning - here and abroad, know they're not alone.</p>
<b>Housing/ Homelessness</b>	<p><b>Centre point</b> <a href="http://www.centrepoin.org.uk">www.centrepoin.org.uk</a> Giving homeless young people a future</p> <p><b>Housing options</b> <a href="http://www.wiltshire.gov.uk">www.wiltshire.gov.uk</a> for advice regarding homelessness</p> <p><b>Shelter</b> <a href="http://www.shelter.org.uk">www.shelter.org.uk</a> Housing advice if being made homeless</p>

<b>Other Useful Online Support</b>	<p><b>Action for children</b> <a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a> We protect and support children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives. Last year, we helped more than 387,000 children and families across the UK.</p> <p><b>Bereavement</b> Cruse Bereavement Care Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm) Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a></p> <p><b>Eating disorders</b> Beat Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s) Website: <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a></p> <p><b>Family Lives</b> Advice on all aspects of parenting, including dealing with bullying. Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm) Website: <a href="http://www.familylives.org.uk">www.familylives.org.uk</a></p> <p><b>Gingerbread</b> – provides single parents with advice and practical support. You can call the Gingerbread Single Parent Helpline on 0808 802 0925</p> <p><b>Learning disabilities</b> Mencap Charity working with people with a learning disability, their families and carers. Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm) Website: <a href="http://www.mencap.org.uk">www.mencap.org.uk</a> On your mind <a href="http://www.onyourmind.org.uk">www.onyourmind.org.uk</a></p> <p><b>Rape Crisis</b> To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm) Website: <a href="http://www.rapecrisis.org.uk">www.rapecrisis.org.uk</a></p> <p><b>Relate</b> The UK's largest provider of relationship support. Website: <a href="http://www.relate.org.uk">www.relate.org.uk</a></p> <p><b>Streetwise</b> <a href="http://www.streetwise.org.uk">www.streetwise.org.uk</a> Free and Confidential Advice, Counselling, Sexual Health and Support Services for Young People aged 11-25</p> <p><b>Wiltshire Parent carer council</b> <a href="http://www.wiltshireparentcarercouncil.co.uk">www.wiltshireparentcarercouncil.co.uk</a> Welcome to the website of the WPCC. Here you can find out who we are, what we do and who we work with. You'll also discover a wealth of information about special educational needs, benefits &amp; money, social care services, schools &amp; learning, legal matters and more, as well as how to apply for the Short Breaks Scheme, which is funded by Wiltshire Council.</p>
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Reviewed by SLT	Date	Published
SGT	November 2020, September 2021, January 2022, September 2022, September 2023, September 2024	School Website, Teams and Parent portal

