

## Keeping our children safe – Useful links for parents

We all have a responsibility to help our children grow up in a safe and positive environment. In an ever changing world and one that is probably different from the one we grew up in it is sometimes difficult to keep up. The links below provide information and advice on a range of issues including on-line safety, Child Sexual Exploitation (CSE) and self-harm as well as links to some organisations who can help when life becomes challenging.

### 1. Mental Health

- a. **Reach 4 Wellbeing** (self-referral service available).  
A local service supporting young people with a range of mental health issues.  
<https://www.hacw.nhs.uk/starting-well/reach4wellbeing/>
- b. **Samaritans.**  
Confidential support for people experiencing feelings of distress or despair.  
Phone: 116 123 (free 24-hour helpline)  
Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)
- c. **YoungMinds**  
Information on child and adolescent mental health. Services for parents and professionals.  
Phone: Parents' helpline 0808 802 5544 (Mon-Fri, 9.30am-4pm)  
Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- d. **Self harm in young people**  
Provides help and information.  
<https://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/self-harm.aspx>
- e. **Kooth**  
Kooth is an online counselling service that provides vulnerable young people, between the ages of 11 and 25, with advice and support for emotional or mental health problems. Kooth.com offers users a free, confidential, safe and anonymous way to access help.  
[kooth.com](http://kooth.com)

### 2. CSE (Child Sexual Exploitation)

Remember that with many young people having access to a range of internet platforms, they could be vulnerable. If you are concerned that your child or a child you know may be subject to CSE then contact the police or the DSL (Ms Gordon), DDSL (Ms Sliwiska) via the school office ASAP.

- a. **PACE.**  
An online course to educate parents about CSE.  
<https://keepthemsafe.safeguardingchildrenea.co.uk/>
- b. **Parents Protect!**  
A child sexual abuse awareness and prevention website created by the child protection charity Lucy Faithfull Foundation and Stop it Now! Campaign. This

site provides information on CSE and where to get help, as well as a list of useful contacts. For more information, call 0808 1000 900 or visit:

<https://www.parentsprotect.co.uk/home.htm>

c. **CSE the Signs**

Within this website there is a specific section designed for parents regarding recognising the signs of CSE, keeping your child safe online and how to access help and support for your child. For more information, visit:

<http://csethesigns.scot/parents/>

d. **Safe and Sound Group**

This organisation fighting CSE has created a parent support resource pack providing various sources of useful information regarding supporting a child who is a victim of CSE. For more information, call 01332 362 120 or visit:

<http://safeandsoundgroup.org.uk/help-support/parentscarers/parent-support-pack/>

e. **Think U Know**

Website includes different sections designed for children and young people aged 5-7, 8-10, 11-13 and 14+, ensuring that children and young people are taught about CSE using the appropriate resources and terminology for their age. For more information, visit: <https://www.thinkuknow.co.uk/>

f. **CEOP**

This national crime agency website can be used to make a report when a child is worried about online sexual abuse or the way someone has been communicating with them online. For more information, visit:

<https://ceop.police.uk/safety-centre/>

g. **NSPCC**

Well known national children's charity where you can find lots of helpful information.

<https://www.nspcc.org.uk/what-we-do/>

### 3) Money Matters

a. **John Martin Trust**

Providing financial support for families in Evesham.

<https://www.johnmartins.org.uk/>

b. **Roundabout**

Charity supporting families by providing furniture ( online referral form accessible).

<http://www.roundaboutevesham.org.uk/>

- c. **Caring Hands**  
Linked to the Church this is a charity supporting those in need in Evesham with practical support.  
<http://www.chands.org.uk/>

#### 4) Bullying

- a. **Kidscape.**  
Whatever your problem or concern they will support you.  
Parent's Helpline: 020 7823 5430 (Mon-Tues 10-5pm).  
[kidscape.org.uk](http://kidscape.org.uk)
- b. **Childline.**  
A counselling service for children and young people. You can contact ChildLine in these ways: You can phone on 0800 1111, [send us an email](#), have a [1-2-1 chat](#) with us, [send a message to Ask Sam](#) and you can post messages to the [ChildLine message boards](#).
- c. **Thinkuknow.**  
Find the latest information on the sites your child might like to visit, mobiles and new technology. Find out what's good, what's not and what you can do about it.  
[thinkuknow.co.uk](http://thinkuknow.co.uk)

#### 5) Family issues/relationships

- a. **Relate.**  
The UK's largest provider of relationship support.  
[www.relate.org.uk](http://www.relate.org.uk)
- b. **NSPCC.**  
Children's charity dedicated to ending child abuse and child cruelty.  
Phone: 0800 1111 for Childline for children (24-hour helpline)  
0808 800 5000 for adults concerned about a child (24-hour helpline).  
Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)
- c. **Refuge.**  
Advice on dealing with domestic violence.  
Phone: 0808 2000 247 (24-hour helpline) or [www.refuge.org.uk](http://www.refuge.org.uk)
- d. **Family Lives.**  
Advice on all aspects of parenting including dealing with bullying.  
Phone: 0808 800 2222 (Mon-Fri, 9am-9pm. Sat-Sun, 10am-3pm)  
or [www.familylives.org.uk](http://www.familylives.org.uk)
- e. **Gingerbread.**  
A charity that supports the needs of single parent families.  
<https://www.gingerbread.org.uk/>

- f. **Young Carers Worcestershire.**  
An organisation offering help and support for young people who are carers.  
<https://www.yss.org.uk/worcestershire-young-carers>
- g. **LGBT information.**  
Stonewall - <https://www.stonewall.org.uk/>  
Mermaids - <https://www.mermaidsuk.org.uk/>
- h. **West Midlands Rape and sexual abuse support centre.**  
<https://www.wmrsasc.org.uk/>
- i. **Your Life Your Choice.**  
Parenting support: Advice on issues surrounding parenting.  
<https://ylyc.worcestershire.gov.uk/>

## 6) Bereavement

- a. **Cruse Bereavement Care**  
Phone: 0844 477 9400 (Mon-Fri, 9am-5pm)  
[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)
- b. **Footsteps**  
A local charity providing free support for bereaved children.  
<http://talktofootsteps.co.uk/>

## 7) General

- a. **Worcestershire County Council Links page for education e.g. free school meals.**  
<http://www.worcestershire.gov.uk/info/20062/schools>
- b. **You Turn, Evesham**  
You Turn is a project in Evesham, run by Wallace House community Centre. They work with the most at-risk and NEET (not in education, employment or training) young people between the ages of 13-25. They focus on supporting and helping young people re-engage through a variety of interventions including healthy Eating and cooking skills, a range of portfolio based qualifications and certificates, support with housing, budgeting and benefits, confidence, anxiety and anger management, colleges, apprenticeships and employment. A youth organisation offering support for children who are at risk of exclusion  
01386 48190 or <https://www.facebook.com/you.turn.71>  
Substance Misuse  
[www.swanswell.org](http://www.swanswell.org)