KEY

	Rhyddings – Free for all pupils
	Pupil Safeguarding Toolkit
	Families Safeguarding Toolkit
	Community Services in Hyndburn and Lancashire for parents and families

Rhyddings

Free for all pupils

Breakfast club Morning, (Start 8:15am)

Lunch time and afterschool clubs (until 4pm)- Sport, arts, revision,

LET'S BE Foundation- Social Enterprise

Hobby Clubs- over 25 clubs across school

MHiST- Early mental health Schools team- 1:1 Support, group sessions, Healthy relationships

NEST- Victim Support services

HARV- Domestic abuse

School Counsellor- Mr Slattery

Nurture/ Hub provision- self regulation of emotions, bereavement counselling

YNOT- Ynotaspire- Counselling in school for pupils.

School Nurse- Mrs Braithwait

Pupil Safeguarding Toolkit

Personal Safety, Mental Health, online Safety

CEOP

Report online Abuse

Report online sexual abuse- (Harmful comments, inappropriate images emailed to you, unwanted contact from adults)

Free confidential service 24/7

Report Concern

https://www.ceop.police.uk/Safety-Centre/

Advice- Age 11-18

https://www.ceopeducation.co.uk/11_18/



CHILDLINE

Help for anything

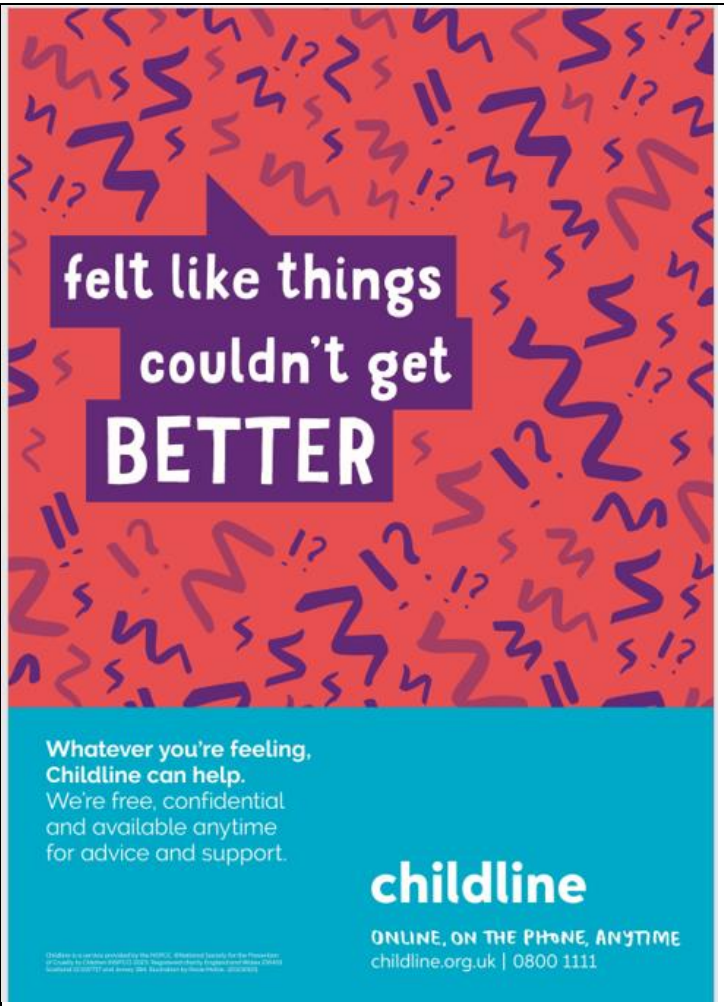
Report any concern

Phone line- Speak to a trained adult for help.

Free confidential service 24/7

Call us free on 0800 1111

- **Accessibility:** Calls are free, and it doesn't show up on phone bills.
- **Various Channels:** Children can contact Childline through phone (0800 1111), online chat, or email.
- **Safe Space:** It serves as a secure, anonymous way to discuss worries without fear.
- **Resources:** In addition to counseling, the website offers "Ask Sam" for advice, message boards to connect with peers, and a "Calm Zone" for managing stress.



KOOTH

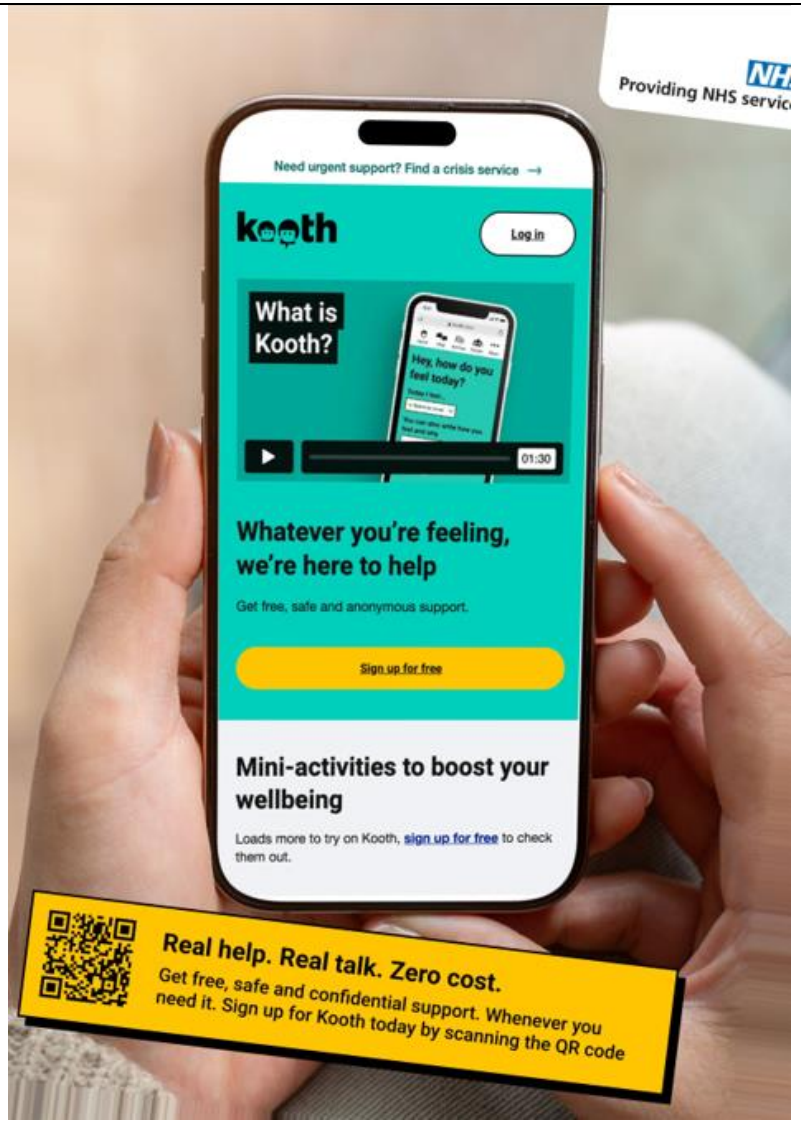
Mental Health

Online counselling service with trained adults.

Free Confidential Service 24/7

- **One-to-One Counselling:** Users can engage in live text-based chat or messaging with professional therapists and counsellors until 10 pm, 365 days a year.
- **Safe Community Support:**

  discussion forums to share experiences and receive support.
- **Self-Help Tools:** The platform includes "mini-activities" for wellbeing, a journal to record feelings, and a "good mood" playlist creator.
- **Instant Access:** It is used as a self-referral service, meaning young people do not need a GP or school referral to start, removing common barriers to care.



Minds Matter

Mental and physical health

Every Mind Matters is an NHS England campaign and digital resource designed to help people manage stress, anxiety, low mood, and improve sleep through practical, expert-approved tips.

- **My Mind Plan:** A free, 5-question tool providing a tailored mental health action plan.
- **Mental Wellbeing Tips:** Advice on managing anxiety, boosting mood, and improving sleep.
- **Resources for Specific Groups:** Support tailored for children's mental health, parents, and caregivers.



NSPCC

Help for anything

Report any concern

The NSPCC stands for the **National Society for the Prevention of Cruelty to Children**. It is the UK's leading children's charity, dedicated to fighting child abuse and neglect. it provides services like Childline for young people and supports for adults concerned about a child's safety.

- **Mission:** To prevent abuse, help rebuild children's lives, and protect children at risk.
- **Services:**

  Provides a 24-hour national helpline for adults, training for professionals, and direct services for children.
- **Childline:** The NSPCC runs Childline, which offers confidential support for children and young people.



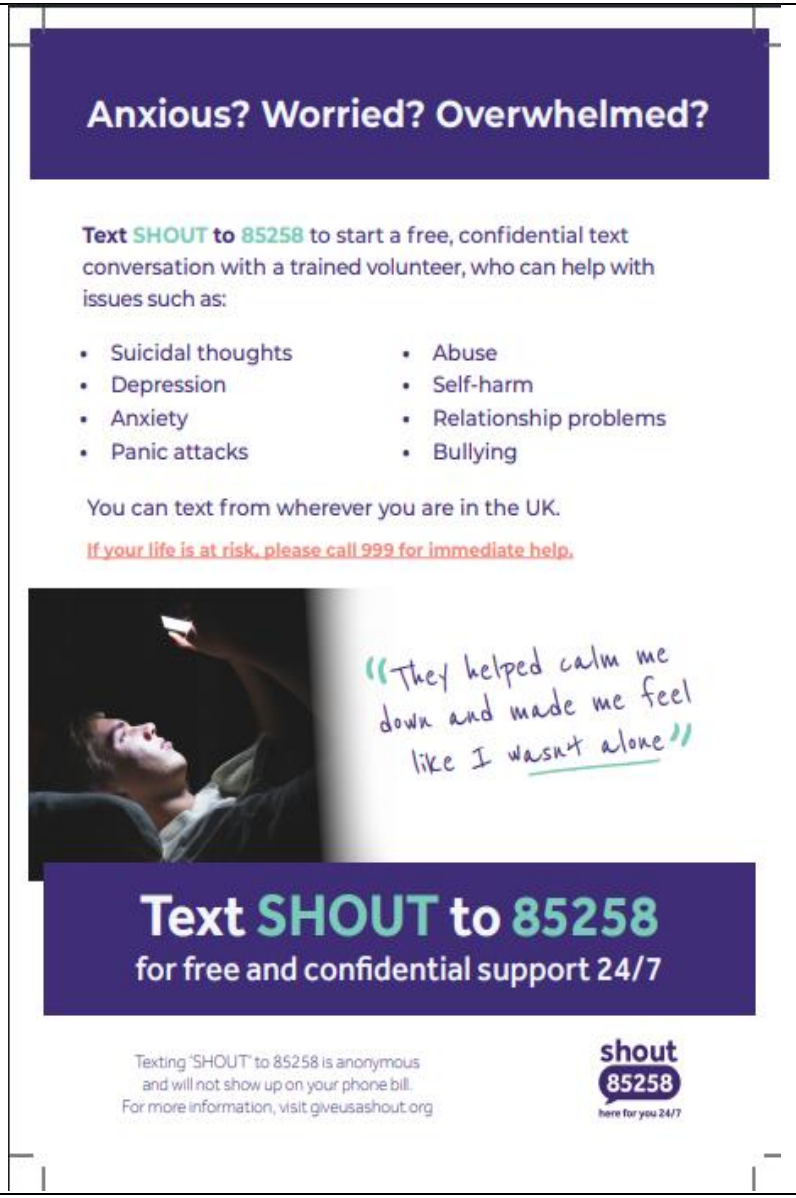
SHOUT

Help for anything

Report any concern

Shout is a free and confidential text messaging support service that's there to help anyone in the UK who is struggling with how they feel. If you're sad, worried or lonely, text the word 'CALMER' to 85258 to start a conversation with Shout:

- Once you send the text, you'll get four automated messages. They will send you a message to introduce themselves and ask how you're feeling. You will then message each other back and forth. You can tell them about anything that might be upsetting you and only need to share what you want.
- The mental health professional will listen to how you're feeling, talk to you about it and help you make a plan for after the chat ends, once you feel calmer and safer. Conversations with Shout usually last between 45 minutes and one hour.
- Your conversation will be saved in your messages if you ever need to look back



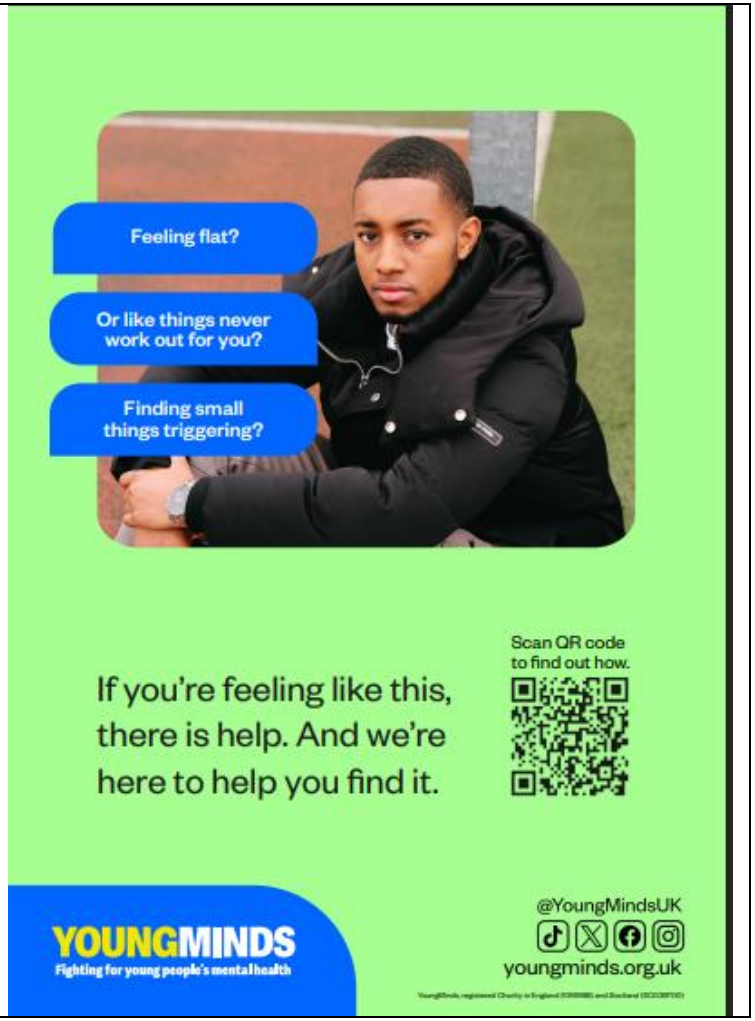
	and Shout is here 24/7 if you ever want to text again..	
WHISPER **Help for anything** **Report any concern**	Rhyddings Safeguarding reporting system. Any concern can be reported: If you are worried about yourself If you are worried about a friend If you need to talk to someone If you have any concern. If you have a suggestion about school. Stay safe- this is safe platform and is monitored by the school system, a member of the safeguarding team will respond to you with response. The response will come through on the same platform.	

Young Minds

YoungMinds is the UK's leading charity committed to improving the mental health and emotional well-being of children and young people.

Free service for support and guidance.

- **Youth Mental Health Support**
- **Child Wellbeing Advocacy**
- **Adolescent Mental Health Services**
- **Young People's Support Network**



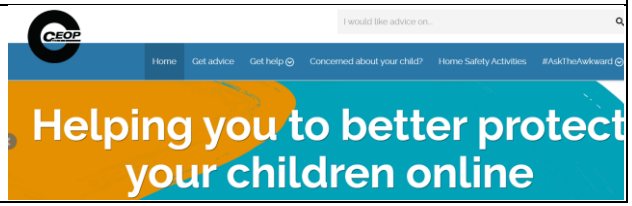
Families Safeguarding Toolkit

Personal Safety, Mental Health, Online Safety

Bereavement Support	Child and adult bereavement support- trained professionals https://wellbeing.lscft.nhs.uk/support-for-you/bereavement **Cruse Lancashire** - Cruse offers face-to-face, telephone, email and website support. They have a Freephone national helpline and local services, and a website (hopeagain.org.uk) specifically for children and young people. Cruses services are provided by a network of 5,000 trained volunteers and are confidential and free. Email: lancashire@cruse.org.uk **Telephone:** 01772 433645 **Cruse Bereavement Care** - In addition, Cruse Bereavement Care has a Freephone National	

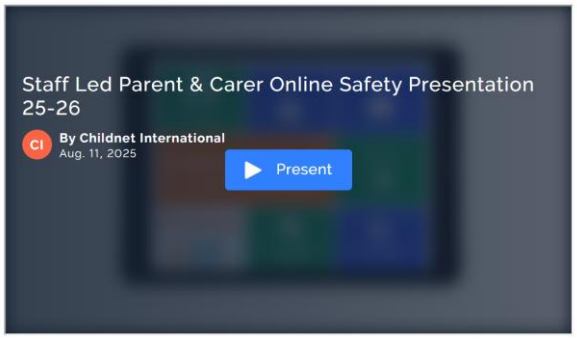
	Helpline staffed by trained bereavement volunteers who offer emotional support to anyone affected by bereavement. **Telephone**: 0808 808 1677 **Child Bereavement UK** - Child Bereavement UK provide support and information for people who have lost a baby, child or young person, they provide support to families, parents and carers and professionals by telephone and digital means. The Helpline team can be contacted for confidential support, information and guidance to families and professionals. The team is available to take calls and respond to emails and Live Chat from 9am to 5pm from Monday to Friday (expect Bank Holidays) **Email**: support@childbereavementuk.org **Telephone**: 0800 028 8840 **Child Death Helpline** - Contact the helpline for help and support if you are affected by the death of a child. **Telephone**: 0800 282 986 **Wintons Wish** - Offers practical support and help to bereaved children and their families following a loss.	

	Telephone: 08088 020 021 **Bags for Strife -** Bags for Strife is a charity for people bereaved by suicide set up by people who have lost loved ones. Many people can experienced blame, anger, guilt and sadness, Bags for Strife can support and they share what has helped others	

BROOK	https://www.brook.org.uk/service/cgl-inspire-accrington-2/ Personal care and Health Mental health services for alcohol addiction Counselling for alcohol addiction Alcohol services for offenders Alcohol Addiction support Alcohol addiction - support for family and friends Alcohol addiction treatment	brook CONTACT INFO 01254 495 382
CEOP	Report online sexual abuse- (Harmful comments, inappropriate images emailed, sexual exploitation). Free confidential service 24/7	

	https://www.ceopeducation.co.uk/parents/- Advice What is sexual grooming? https://www.ceopeducation.co.uk/parents/articles/online-grooming/ Concerned about your child? https://www.ceopeducation.co.uk/parents/Concerned-about-your-child/	
HARV	**Hyndburn and Ribble Valley (HARV) Domestic Abuse Team** https://www.harvoutreach.org.uk/ Domestic abuse is a crime. It is never the fault of the person who is experiencing it. And it can happen to anyone — regardless of age, background, gender identity, sex, religion, sexual orientation or ethnicity. However, statistics show most domestic abuse is carried out by men and experienced by women.	HARV Identifying, supporting and protecting adults and children from abuse, exploitation and violence. **Harv Domestic Violence Team** Po Box 77 Accrington Lancashire BB5 1GJ Tel: 01254 879855 email: info@harvoutreach.org.uk

Internet Matters.org	Internet Matters exists to make sure that positive action is taken to support children and young people's online safety and wellbeing https://www.internetmatters.org/advice/ https://www.internetmatters.org/parental-controls/ https://www.internetmatters.org/digital-family-toolkit/	
Papyrus	**PAPYRUS is the national charity dedicated to the prevention of young suicide.** PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Today, we are a leading youth suicide prevention charity in the UK. Our suicide prevention helpline, HOPELINE247, is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide. HOPELINE247 is a free and confidential call, text and email service,	

	which is available 24 hours a day, every day of the year (weekends and bank h holidays included),	
Parent online safety	https://www.parentkind.org.uk/online-safety-toolkit Parentkind exists to: Empower all with parental or educational responsibility to improve the life chances of children, young people and their communities.	Parentkind
Uk Safer Internet Centre	**https://www.childnet.com/resources/parent-and-carer-toolkit/** **https://www.childnet.com/resources/staff-led-parent-online-safety-presentation/**	

Community services in Hyndburn & Lancashire

Awaz-	Accrington based- offering bilingual support for members of the Muslim community.	https://www.aawaz.org.uk/ **Phone number** 01254 398176
Citizens Advice Centre	**Monday** **Generalist Drop-in Session** (10.30am-1.00pm) • New Era, Paradise St, Accrington BB5 1PB **Tuesday** **Pre-arranged appointments**	**Generalist Advice:** **Phone number** 0808 278 7975 **Debt Advice:** **Phone number** 01282 616750 **E-mail** debtteam@cael.org.uk

	• New Era, Paradise St, Accrington BB5 1PB **Rhyddings Methodist Church Oswaldtwistle** -First Monday of the month 1.00pm-3.30pm **Wednesday** **Debt Drop-in Session** (Every Wednesday 2pm-4.30pm) - **no appointment needed** • New Era, Paradise St, Accrington BB5 1PB **Generalist Drop-in Session** (10.30am-1.00pm) • New Era, Paradise St, Accrington BB5 1PB **Thursday** **Pre-arranged appointments**	**Energy Advice: Phone number** 07851 755127 **E-mail** energyproject@cael.org.uk **Help-to-Claim (Universal Credit Help): Phone number** 0800 144 8 444 **Macmillan Support: Phone number** 07475 418354 **Tax, Benefits, and HMRC queries: Phone number** Coming soon **Digital Support Sessions** in Nelson: **Phone number** 07946 234535 **(Book your appointment)**

	• New Era, Paradise St, Accrington BB5 1PB	
Community Solutions 	Based in Accrington-Elmfeild Hall- Gatty Park Support social groups, counselling	**https://www.csnw.co.uk/who-we-are** **Phone number** 01254 460080
Family Wellbeing Service 	Based at: Hyndburn The Park Norfolk Grove, Church, Accrington, BB5 4RY Tel: 01200 420460 We support families of children and young people from 0-19 years old and young people with special educational needs and/or disabilities up to 25.	

	Some of this will be in groups and some of this will be with individuals. Some of the services are available to all children or families and others are for those who are in most need of support. We offer different services across a range of locations to meet the needs of the local community including: • Support for individual children, young people or their families • Health services – ranging from health visitors to breastfeeding • Parenting advice for mums, dads and carers • Activities and groups where your baby, toddler or child can play and learn • A place to pick up Healthy Start vitamins and tablets • Advice to help you to support your child's learning from birth	

	• A great place to make new friends • Connecting with the local community • Access to specialist support for families with children with disabilities/additional needs • Groups for expectant mums and dads • Advice and guidance on how to keep you and your child healthy • Sensory rooms • Information about local childcare • Groups for young people to attend • Advice for young people • Help to access adult learning opportunities • Advice on jobs, training and benefits • Opportunities for volunteering	
	Map/ numbers/ locations of local food banks- Hyndburn	https://www.hyndburnbc.gov.uk/food-support/ https://www.ourfoodbank.co.uk/clayton-baptist-church

Food banks in Oswaldtwistle Hyndburn Foodbank Network	Local church groups as Food Banks- Hyndburn	
Hyndburn Food Network	All the food banks in Hyndburn are now keeping centralised records and all the food banks will be able to see when a client requests a food parcel and when it was delivered or collected and it will enable us to see which parts of the Borough have to use the food banks and perhaps encourage to opening of a new food bank or food pantry like those	ourfoodbank@gmail.com **Phone number** Tel - 07594 478 093

	existing in Accrington and one in Oswaldtwistle. A.C.T Foodbank Wednesday 1.30pm – 3pm St James Church, Cannon Street, Accrington BB5 2ER 07510248359 Union Road Community Foodbank Tuesday Saturday 10am-11am Union Road Community Church, Union Road, Oswaldtwistle BB5 3JD 07833670208 Oswaldtwistle Churches Together Foodbank Monday 1pm – 3.30pm	

	Rhyddings Methodist Church, Chapel Street, Oswaldtwistle BB5 3EP 07535434380 Accrington & Rossendale College Food Share Wednesday 9.30am - 10.30am Sandy Lane, Accrington BB5 2AW 01254 389933 Our Food Bank Deliveries - Tuesday Thursday 2pm – 4pm **Rishton, Clayton and Great Harwood areas and delivery only** Trinity Methodist Church King St Gt Harwood 07594478093 ourfoodbank@gmail.com	

	www.ourfoodbank.co.uk Rishton Foodbank Tuesday 9am – 10am. Rishton only St Peter & St Paul's Church, Blackburn Road, Rishton BB1 4DD 07495054024 Clayton Baptist Church Foodbank Everyday 9am – 1pm (Lunch served Wednesday 11am - 1pm) Must call first and ideally be referred Clayton Baptist Church, Sparth Road, Clayton BB5 5PZ 07834724530	Address- 27 Broadway, Accrington, Lancashire, BB5 1ES **Phone number** 01254 399460 **E-mail**
	Hyndburn Food Pantry Tuesday Thursday	

	Saturday 10am – 2pm Pay £3 27 Broadway, Accrington BB5 1ES	hyndburnpantry@gmail.com
Hyndburn community HUB	A list of services in Hyndburn to support the community. Over 60 local services available.	https://www.hyndburnbc.gov.uk/costofliving/
Lancashire Family HUB Network	Support is available for all stages of family life, from pregnancy through to 19 years	The Park Family Hub **Phone number** 01200 420460

	old or 25 for those with special educational needs and disabilities (SEND). Families can access a wide range of services at Family Hubs, such as: • midwife and health visitor appointments • groups for expectant mums and dads • counselling for families • baby feeding advice • SEND support groups and advice	**E-mail** hyndburnfamilyhub@lancashire.gov.uk Website:https://lancashire.gov.uk/children-education-families/family-hubs/
Maundy Service Maundy Relief a gift of time and service	Accrington based- support for -Drop-in Community Lunch-Food Bank -Housing homeless and advice -Health advice/ advocate -Therapies- welfare benefit advice -Refugee and Asylum Seeker support	https://maundyrelief.org.uk/ **Phone number** 01254 232328
SEND LCC Local Offer	Lancashire County Council Website link	https://www.lancashire.gov.uk/children-education-

Lancashire County Council SEND Lancashire Parent Carer Forum "Our vision is to champion equality, fairness and support. Empowering families with children and young people living with additional needs in Lancashire"	Monthly Newsletters SENDIAS- Lancashire SEND information, Advice and support service, it offers free, confidential, impartial advice, guidance and support to parents of children with special educational needs and children and young people with SEND. LCC- Parental Forum for SEND- List of events	families/special-educational-needs-and-disabilities/ https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/send-newsletter/ https://www.lancssendias.org.uk/ **Phone number** 0300 123 6706 Monday to Friday 9am to 5pm Email: information.lineteam@lancashire.gov.uk https://www.lancashireparentcarerforum.org.uk

Shelter **Legal Aid Service**	Housing, debt, eviction support Blackburn based.	https://england.shelter.org.uk/get_help/local_services/blackburn **Phone number** 0808 800 4444 **Phone number** 0344 515 1882 Monday- Friday- 9-5pm