KEEPING BOTELER SAFE

SAFEGUARDING NEWSLETTER

OUR SAFEGUARDING NEWSLETTER | MAY 2025

YOUR SAFEGUARDING OFFICER: MRS J CHILTON | JCHILTON@BOTELER.ORG.UK

Warm Welcome to all our families and carers,

Another half term comes to an end!

We have had a great half term packed with many activities, guest speakers and Parent Forums.

As we hurdle our way towards the final half term we can reflect on all the positive steps we have made in ensuring our students, families and wider community is safe and well.

We have an exciting last half term ahead filled with Award ceremonies, Prom and transition of a full new Year 7 cohort.

As always, we have filled this addition with helpful advice and guidance should you need support

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



Operation Sceptre week is running from 19th-25th May 2025.

This is part of the national police initiative to tackle knife crime.

Op Sceptre brings together all 43 police forces across England and Wales in a week of intensified action with forces coordinating activity which targets knife crime from the root cause right throu to enforcement.

A variety of tactics will be used by police forces, including weapons sweeps, engagement with schools and local communities, knife arches in public places and knife surrender bins to remove knives off the streets.

Youth engagement forms a significant part of the week, helping young people to move away fro violence and involvement in gang activity.

Here in Warrington, the number of knife related incident reports are low and are isolated.

To keep it this way, local police and key partners will be doing preventative and educational inpu within our local high schools/colleges and community over this week.

Warrington Mental Health Support Team (MHST)
RISK MANAGEMENT ADVICE

How can parents help?

As a parent, it's really hard to cope with a child/young person with self-harming behaviour or who attempts suicide. It's natural to feel angry, frightened or guilty. It may also be difficult to take it seriously or know what to do for the best. Try to keep calm and caring, even if you feel cross or frightened; this will help your child/young person know you can manage their distress and they can come to you for help and support.

Encourage them to talk about their worries and take them seriously. Show them you care by listening, offer sympathy and understanding, and help them to solve any problems.

- Try to maintain daily routine/structure and a healthy diet regular meals/exercise as appropriate.
- Plan positive things to look forward too.
- Aim to reduce social isolation and encourage social inclusion especially when the young person is upset. Often when alone this is when individuals can ruminate on negative thoughts about themselves/situations and may need help to reflect on more alternative balanced thoughts.
- Aim to replace historical self-harming behaviours with more positive coping strategies.
- Start to try alternative coping strategies suggested e.g. talk seek help from others friends or family, try distraction, relaxation, self-soothing techniques, do something positive they enjoy, etc.
- Consider using a code word to let family/friends know need support even if young person does not want to talk about problems.
- Consider utilising support from school/college/other services involved.
- Try accessing Kooth.com – review if online support can help.
- Reduce access to sharps, harmful substances, ligature materials, and, lock away medications in secure box.
- Increase supervision when young person is low in mood/ had bad news/in conflict with others - even if they are reporting they are fine as these are the times young people are often more likely to harm themselves.
- If the young person feels unable to keep themselves safe seek help from family - if family feel unable to keep them safe seek additional help (see contact details on next page).
- If the young person goes missing contact the Police and inform them of risk concerns
- Share risk management concerns/plan with close family members/friends who young person spending time with.
- Consider reviewing support from wider services who may be involved.
- Access additional advice via **http://www.cscb-new.co.uk/wp-content/uploads/2015/12/coping-with-self-harm-guide2.pdf**

- If a young person has injured themselves, you can help practically by checking to see if injuries (cuts or burns for example) need hospital treatment and if not, by providing them with clean dressings to cover their wounds. If un-prescribed medications are taken by the young person escort them to A&E for review ASAP.

If you are concerned about risk or safety of a young person please contact NHS 111 and select the mental health option, this is available 24 hours. If you need immediate medical attention, you should visit your local A&E department or call 999.



You can also access NHS 111 online via: 111.nhs.uk. If you aren't able to make the call yourself, anyone can call on your behalf.

If you're deaf or have hearing loss, please use the following link to be connected to a local crisis service: NHS 111 – British Sign Language (BSL) Service

Brief telephone support is available from –

Warrington MHST
9am – 5pm, Monday to Friday
(Excluding Bank Holidays)

Telephone: **01925 664 120**

Generic useful contacts –

- GP (or out-of-hours GP service Tel: 111 – Mon to Fri 6.30 pm – 8.00 am and weekends and public holidays 24 hrs a day)
- PAPYRUS (prevention of young suicide): 0800 0684141
- CHILDLINE: 0800 1111
- National Domestic Violence Helpline – REFUGE: 0808 2000247
- CALM Helpline (males only):0800 585858
- Switchboard (LGBTQ+ support): 0300 330 0630
- Warrington Social Care: 01925 444 239
- Non-emergency Police support: 101
- KOOTH.com (counselling)
- Samaritans - Helpline 116 123 (UK)
- YoungMinds Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

Stay Alive suicide app has been launched

A localised version of the 'Stay Alive' suicide prevention app has been launched across Cheshire and Merseyside (see Grassroots Suicide Prevention for more details) via:

https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html

The app can be downloaded for free using either Google Play or App Store, and includes sections around:

- National and local crisis support - crisis and other resources
- Stay alive - for someone who is thinking about suicide
- Worried about someone - for people who are concerned that someone is thinking about suicide
- Myths about suicide - to help to reduce misunderstandings and misconceptions around suicide




BACK ON TRACK
Get back on track with our youth mentor scheme!
(for ages 9-17)
SCAN ME
For more information, tap the QR code or email livewiresportsdev@livewirewarrington.org with your child's age and contact details.
@yourLiveWire
WARRINGTON Borough Council
LiveWire
livewirewarrington.co.uk





- **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
- **Samaritans.** To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org or visit some branches in person. You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day).
- **SANEline.** If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000(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 on 0800 689 5652 (6pm–3:30am every day).
- **Campaign Against Living Miserably (CALM).** You can call the CALMon 0800 58 58 58 (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. 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(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 on 0800 068 4141(weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm–10pm), email pat@papyrus-uk.org or text 07786 209 697.
- **Nightline.** If you're a **student**, you can look on the Nightline websiteto 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 on 0300 330 0630 (10am–10pm every day), email 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.) on 0800 132 737 (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 YZ

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

For ages 7 - 19

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 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 /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**

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

WARRINGTON
Borough Council

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

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

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

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

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

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

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

We can help with much more - just ask!

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



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

Fearnhead Community Centre, Insall Road, WA2 0HD
Every Monday, 11.00am - 12.30pm

The Living Well Hub, Horsemarket Street, WA1 1XL
Every Monday, 1.00pm – 4.00pm and Every Friday, 9.00am – 12.30pm

The Oaks Centre, Stocks Lane, Penketh, WA5 2QS
Every Tuesday, 11.00am - 1.00pm

Culcheth Library, Warrington Road, Culcheth, WA3 5SL
Every Tuesday, 2.00pm - 4.00pm

the Gateway, Sankey Street, WA1 1SR
Every Wednesday, 10.30am – 12.30pm

Latchford Baptist Church, Loushers Lane, WA4 2RP
Every Thursday, 10.30am – 12.30pm

The Table (The Church of Transfiguration), Birchwood, WA3 6QG
First and third Thursday of the month, 11.30am – 1.30pm (opening 7 Nov)

The Encounter Centre, Benson Road, WA3 7PQ
Second and fourth Thursday of the month, 1.00pm – 3.00pm

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

LIVING WELL

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

Affordable Community Food Spaces in Warrington

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

The bread and butter thing.

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

Locations/ Opening times:

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

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

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

Community Shop

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

Location: The Community Shop, 8 Bewsey Park Cl, Bewsey, Warrington WA5 0AN
Opening times: Monday - Friday; 10am - 6pm & Saturday 10am - 4pm
Cost: Membership is free and you can purchase any items you wish

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

Community Grocery

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

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

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

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

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

Cost: £5 per shop (membership is free)

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

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

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

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

Warrington Food Network

wise group

mentoring people out of poverty

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

wise group

mentoring people out of poverty

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

Speak to us about how to:

- CONTROL YOUR HOUSEHOLD ENERGY USAGE
- TAKE METER READINGS TO MONITOR YOUR COSTS
- SWITCH ENERGY SUPPLIER AND TARIFF
- APPLY FOR SUPPORT SUCH AS WARM HOME DISCOUNT AND SUPPLIER PRIORITY SERVICES
- ACCESS ELIGIBLE HARDSHIP FUNDING
- ACCESS SUPPORT FOR ANY ENERGY-RELATED ISSUE YOU HAVE

HEAT@THEWISEGROUP.CO.UK

0800 092 9002

HEAT

Stuck arguing with your child's other parent?

we can Relate

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

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

Try them now

Relate

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)

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

Samaritans – 116 123

Childline – 0800 1111

NSPCC — 0808 800 5000

Mind – (for better mental health) 0300 102 1234

MASH – 01925 443400

Wakefield House – 01925 666660

Pathways – 01925 415176/07919558644

Foodbank—01925 977630

Domestic Abuse Hub 01925 243359

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

Community Midwives—01925 662092

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

Emergency line for gas leaks - 0800 111 999

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

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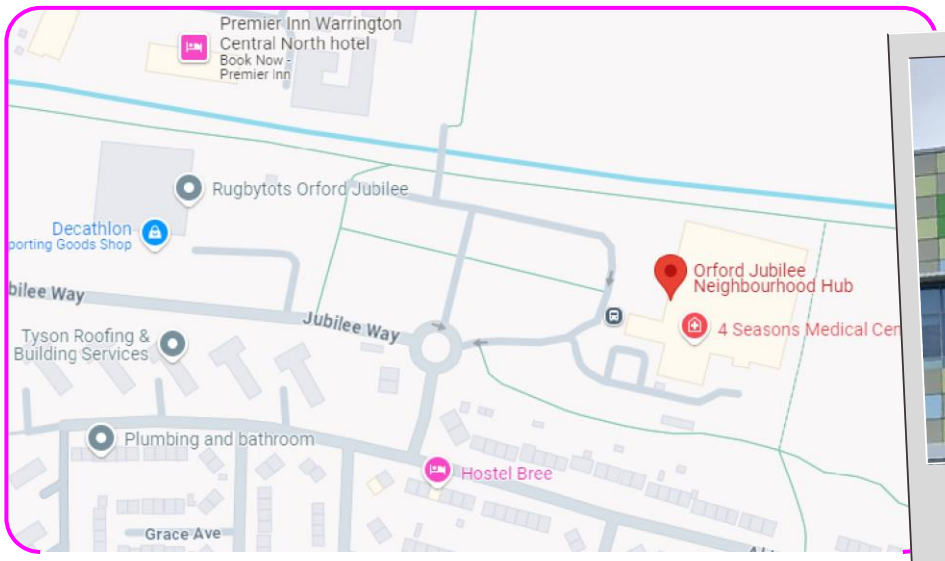
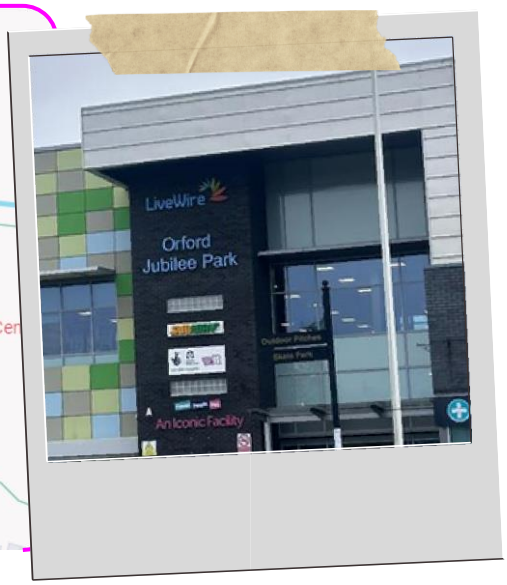
NEW





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

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

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

Sexual Health



Information for Young People, Schools Staff and Parents



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

Warrington Food Pantry

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

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

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

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

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

Who to contact

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

Where to go

Name	Fearnhead Community Centre
Address	Insall Road Fearnhead Warrington Cheshire

Time / date details

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

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

Call to Warrington Parents

NHS
Bridgewater
Community Healthcare
NHS Foundation Trust

aqua
Shape Change Inspire Quality Transform Care

NHS

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 →

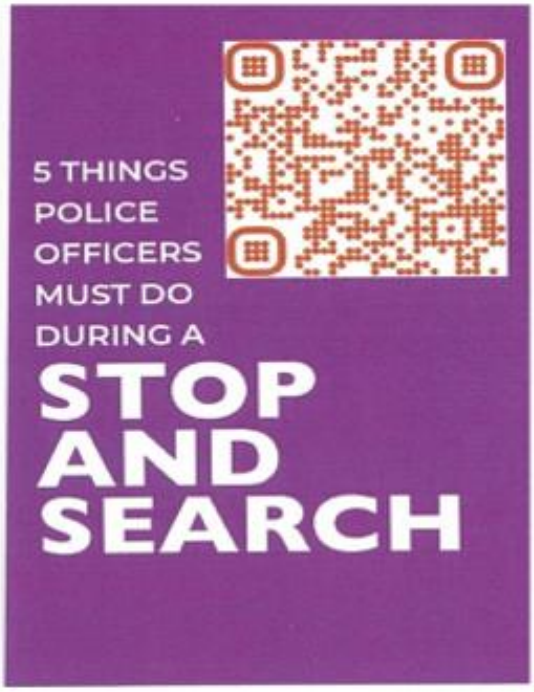
or use this link: Bridgewater Bladder Survey











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

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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' 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/

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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

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Get urgent help

Contact us

Warrington CAMHS
The Alders
12 Birch Avenue
Warrington
WA2 9TN
Tel: 01925 575 904 (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**
Those over 18 can contact the crisis line on **0800 051 1508**

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

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

Shout (in partnership with Place2Be)

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

- **For**: anyone in the UK
- **Available**: free, 24 hours a day
- **More info**: **giveusashout.org**

Childline

Call **0800 1111**
Chat online (set up an account first)
Send an email (set up an account first)

- **For**: children and young people in the UK
- **Available**: free, 24 hours a day
- **More info**: **childline.org.uk**

Samaritans

Call **116 123**
Send an email (response within 24 hours)

- **For**: adults in the UK

- **Available**: free, 24 hours a day
- **More info**: **samaritans.org**

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

Support for under-18s

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

This could be:

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

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

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

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

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

This could be:

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

Support for teachers

Education Support Partnership Helpline
Call **08000 562 561**
Text **07909 341229**
For: Teachers / educators
Available: free, 24 hours a day
More info: educationsupport.org.uk

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

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