



OUR SAFEGUARDING NEWSLETTER | DECEMBER 2025
YOUR SAFEGUARDING OFFICER: MRS J CHILTON | JCHILTON@BOTELER.ORG.UK

Dear Students, Parents, Carers and Families,

Merry Christmas!

We hope all our families enjoy a magical, peaceful and relaxing festive break.

Please enjoy our Christmas edition, filled with lots of updates from school life and celebrations of our amazing students.

We understand that although this time of year is wonderful, it can also bring challenges and added pressure. For this reason, we have included a range of support and useful information should you need it over the Christmas break.

We hope you find everything helpful. If you need any help, advice or support, please do not hesitate to contact the school or me directly.

Many thanks,

Mrs J Chilton



Once again, we were delighted to welcome Detective Constable Andrew Kevan into school. DC Andrew met with every year group and delivered engaging presentations focused on the importance of staying safe online, including current concerns around the use of artificial intelligence.

DC Keevan also provided students and staff with valuable guidance on the legalities of sharing and receiving images, as well as practical advice on how to keep safe when using social media and online platforms.

Detective Constable Andrew Kevan will be returning early in the new year to deliver a Parent Workshop, as it is vital that we all stay informed in an ever-changing online world.

Please see below for some top online safety tips that staff and students learned from his fantastic sessions.

Online Safety – Key Points to Know

Phones & Privacy

- Dial *#06# to see your IMEI number (your phone's ID).

- It does not show your location, messages, or who you are with.
- Police can use it to link a device to illegal activity or block stolen phones.

Protecting Your Accounts

- InternetMatters.org
Step-by-step guides to lock down privacy settings on apps and social media.
- Backups
Back up important data monthly to an external hard drive. Cloud-only backups can be lost if accounts are hacked.
- Have I Been Pwned
Check if your email has been in a data breach. Do this every 3 months.
If breached: change passwords and turn on two-factor authentication.

Images & Online Content

- Report Remove (Under 18s)
Helps remove sexual images of children from the internet. Deleting accounts or photos doesn't always remove all copies.

The Law (UK)

- Threatening or abusive messages are illegal (Malicious Communications Act 1988).
- Upskirting, down-blousing, sexual deepfakes
Criminal offences – up to 2 years in prison.

- Cyber-flashing (sending unsolicited sexual images)
Illegal – up to 2 years in prison.
- Being involved in illegal images, even without taking or sending them, can still be an offence.

Apps & Online Risks

- Wink
Works like a dating app and raises safeguarding concerns for young users.
- Rethink App
Encourages you to think before sending messages.

Online Exploitation

- Sextortion
Fake or AI profiles gain trust, then threaten to share images for money.
Do not pay – report immediately.
- Nudification apps
Using a child's face (under 18) is a serious criminal offence.

Remember

- *#06# does NOT track you
- It only shows your phone's IMEI number

**Need some kit to get active?
give us a shout**



**Ensuring that everyone can
Sweat today & shine tomorrow!**



Tri-Party Missing From Home & Care Newsletter December 2025

withyou

Seasons Greetings from the MFH Service

As we approach the end of the year, the Missing From Home Service would like to thank all our partners, schools, placements, services and parent/carers for your continued collaboration and commitment to supporting young people across the Tri-party area. Your involvement plays a vital role in helping us respond effectively and keep young people safe.

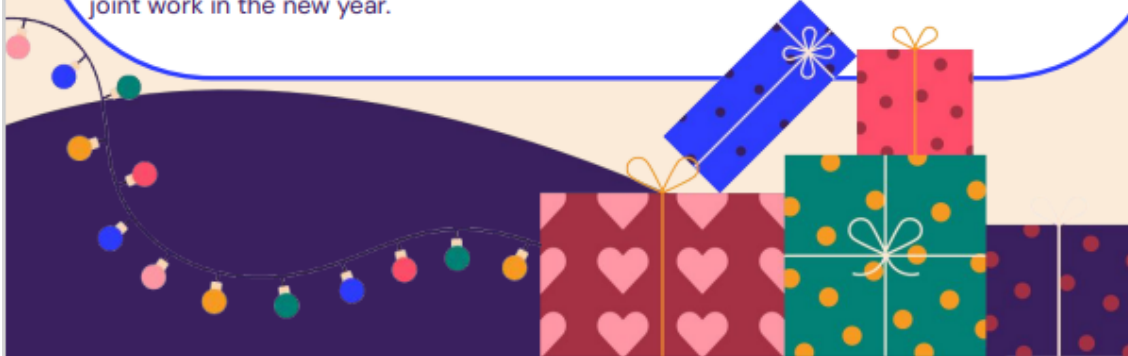
The festive period can be a positive time for many, but it can also increase pressures or vulnerabilities for some young people. Changes in routine, family stress, social expectations and disrupted support networks may heighten the risk of a young person going missing.

With this in mind, we are sharing some practical reminders to help reduce risks and promote safety over the holiday period.

Supporting Young People to Stay Safe Over Christmas

- ✓ **Maintain communication** - regular check ins - even brief ones - can help young people feel supported during a time when normal routines may be disrupted.
- ✓ **Agree plans in advance** - if a young person is going out, discuss where they are going, who they will be with and the safest route home. Clear expectations can reduce risk.
- ✓ **Reinforce that it's OK to say no** - young people may face pressures around socialising, alcohol, drugs, or group decisions. Reminding them they can decline anything that feels unsafe is important.
- ✓ **Encourage staying contactable** - a charged phone, updated plans, and staying in touch with a trusted adult or friend can support safety and reassurance.
- ✓ **Ensure they know where to seek help** - make sure young people are aware of who they can reach out to if they feel unsafe or unsure - whether that is a caregiver, a professional or a support service.

We appreciate your partnership throughout the year and look forward to continuing our joint work in the new year.



Activity Snapshot



77% of the 78 CYP with MFH incidents had a RHI



In November the service received 153 MFH incidents



120 incidents received a Return Home Interview



76% of RHIs were completed within 72 hours



11 Direct Work Sessions were completed with young people



In Warrington caseworkers received positive feedback from CYP highlighting the positive impact of their work:

"I feel like I can be more open and honest with you than staff at placement, because you give good advice and if there are any issues you help to resolve them. Whereas I feel sometimes like if I am not causing big scenes or in crisis everyone thinks i am ok, but that's not always the case. You see that"

"You were the only professional who seemed bothered that I was missing and was checking I was safe. That meant a lot to me. You also followed through with what you said you would do."

Thanks for exploring push & pull factors with my daughter. She has been hanging around with new friends the last couple of months, and now that you've said that might factor into her missings, I think you could be right! - Halton Parent

You're like my new favorite person you actually listened to me! - CWAC CYP

Recommended Resources, Reading & Surveys



Exploitation Learning Sessions

The Children's Society Look Closer Campaign continues in the new year with a session on [Financial Exploitation](#) on 13th January and [The Digital Lives of Children & Young People](#) on 10th February. Sessions are free of charge and delivered on Microsoft Teams.

Child Sexual Abuse

The North West Strategic Safeguarding Partnership are holding a [webinar on January 21st](#) on the Centre of Expertise on Child Sexual Abuse [CSA Response Pathway](#). CoEoCSA have also published a [communicating with children guide](#) which provides information and resources to give professionals the knowledge and confidence to speak to children about sexual abuse. The National Working Group (NWG) have published a briefing ["Where is CSE in 2025?"](#) following their conference. Discussions with NWG members highlighted a strong interest among safeguarding partnerships in exploring future focused responses to CSE.

National County Lines Coordination Centre

The NCLCC have launched a [WhatsApp Channel](#) – a one-way broadcast tool to stay informed about all things County Lines – from training opportunities and awareness sessions to public campaigns and the latest actions taking place. There is also a [LinkedIn](#) page to stay informed about the NCLCC's work & impact. The NCLCC has also produced three informative [videos](#) covering key aspects of County Lines and Cuckooing

Harmful Sexual Behaviour

[Shore](#) is an online safe space for where teenagers can go if they are worried about sexual behaviour. It includes a library of articles and resources, as well as a helpline. It is run by the Lucy Faithfull Foundation, a charity working (particularly with people who may offend) to prevent all forms of child sexual abuse.

Trafficked and unaccompanied children

ECPAT UK & Missing People have published a new [report](#) on unaccompanied and trafficked children going missing from care in the UK. Findings show that trafficked children continue to be one of the groups who are most at risk of going missing with nearly 2 in 5 going missing from care in 2024. Recommendations include calls for local authorities and police forces to ensure new arrivals to the UK are supported and focus on preventing children from going missing.

Parenting through adversity

Foundations have produced a [practice guide](#) on parenting support for families of 11 to 18 year olds experiencing adversities. It draws on a review of the existing evidence on parenting programmes to summarise the circumstances, experiences and preferences of families and to provide recommendations around the best evidenced interventions for improving a range of child and parent outcomes. The guide is designed to support senior leaders and practitioners in local authorities in ensuring effective practice and improving how services are commissioned, developed and delivered.

Relationship abuse

The National Youth Agency, Refuge & Tender have launched new [guidance](#) to support youth workers to tackle intimate partner abuse. The guidance includes: advice on recognising and responding to abuse; information about technology-facilitated and intimate image abuse; insights into intersectionality and tailored support for diverse identities, including people who have disabilities and LGBTQ+ young people; and tools for trauma-informed practice and listening to the voice of the young person.

Online Safety

The National Crime Agency, National Police Chiefs' Council and Counter Terrorism Policing have issued an [early threat identification notice](#) to inform safeguarding professionals about harmful online groups, referred to as 'Com Groups'. The notice aims to develop understanding and raise awareness of the threat, as well as ensuring safeguarding professionals are prepared to respond effectively should they identify any indicators of a young person's involvement, interest or victimisation. Ofcom have also recently published new [guidance](#) setting out actions for technology companies to take to improve women and girls' online safety.

Violence Against Women & Girls

The Crown Prosecution Service (CPS) has launched its five-year [strategy](#) for tackling violence against women and girls. The CPS's VAWG strategy includes crimes of child sexual abuse and exploitation; 'honour'-based abuse, forced marriage, and child marriage; and female genital mutilation (FGM) and other harmful practices. Work will include: developing and rolling out new VAWG training modules for staff; reviewing and updating guidance on 'honour'-based abuse and VAWG prosecution guidance; and piloting an improved service to all victims of crime who have their case charged by the CPS.

Criminalisation of Children in Care

The overrepresentation of children in care in the criminal justice system is sadly well known – this [report](#) from the Children's Commissioner shows that while most children in care won't offend, they are ten times as likely to have ever been found guilty of an offence than children not in care.

IOPC Youth Panel National Survey 2025

The Independent Office for Police Conduct Youth Panel, is gathering the views of young people aged 13–25 across England and Wales on policing and police complaints. The [survey](#) aims to explore lived experiences, trust, and local differences, and will help shape national recommendations for change. The survey closes 19th December 2025.

Artificial intelligence

The UK Safer Internet Centre has created new [educational resources](#) on the safe and responsible use of AI ahead of Safer Internet Day 2026. The resources have been designed for use with children and young people of different age groups from 3 to 18-years-old. The resource packs include presentation slides and activities.

Have your say in Cheshire West & Chester

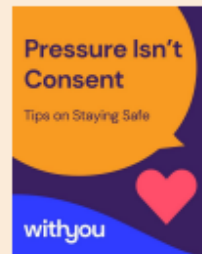
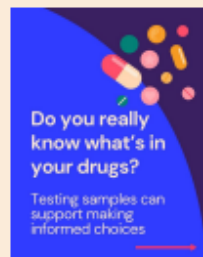
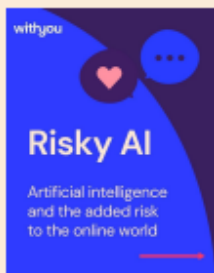
CWaC Council has launched a 12-week public consultation on proposals to change parts of its Healthy Child Programme. Families, young people and professionals are invited to have their say on the proposals via this [online survey](#).

Christmas tips for autistic people and their families

The National Autistic Society have compiled a list of [autism-friendly tips](#) for the festive period. With good planning and clear communication, we hope these tips will help you to have an enjoyable Christmas.

Social Media

During November the service shared tailored content to support young people in response to local trends. We shared information on the risks of synthetic cannabinoids in response to an observed increase in THC/Spice vaping among young people locally. We also shared information to support young people with online harms in relation to risky AI & how to keep safe. The service also ran a campaign week with information & advice to support young people around peer pressure & consent to use substances after local concerns, as well as advice & harm reduction information around cutting agents & spiking.



For regular resources, information & updates please follow our social media pages – click on the logos to be directed to our pages:

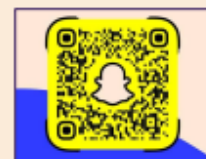


Facebook: facebook.com/WithYouCheshireMFH Instagram: withyoumfhcheshire



WithYou have developed the [Timeout Toolkit](#) to provide ideas on how to self soothe. It can support young people to feel safe and in control of feelings.

[WithYou Snapchat](#). Drugs. Alcohol. Mental Health. No lectures. No judgements. Just harm reduction, support & information. Scan the QR code or search withyousnap.



WithYou's [Substance Information Library](#) gives you the facts and information you need to know. Speak to a trained recovery worker via WithYou's [Webchat](#).

Website

Find all the information you need about MFH & our service on our [website](#).

Newsletters

We produce two monthly newsletters – one for professionals & one for parent/carers. [Sign up here!](#)

Reminders of how we can support



MFH Masterclass Training

WithYou run quarterly training sessions in Halton, Warrington & Cheshire West & Chester that:

- Provide an overview of the MFH Service & areas covered
- Explain the key elements of the Statutory Return Home Interview process
- Explore push & pull factors that contribute to MFH
- Detail support that WithYou offer; RHIs, Direct Work, Trigger Meetings etc
- Ensure you have key contacts for MFH staff in your area
- Provide a forum for question and answers and to discuss local themes and trends

The MFH Masterclass can be booked on to via your local authority Safeguarding Partnership website training schedule. [Cheshire West & Chester](#) [Halton](#) [Warrington](#)



Attendance at Trigger Meetings

Trigger intervention meetings are crucial in avoiding serious escalation of MFH incidents for young people and it's important that all relevant agencies are invited to the meetings, including WithYou MFH Caseworkers. Social Workers/Lead Professionals should invite the caseworker who completed the most recent Return Home Interview via email to the relevant team mailbox.



Out of Borough RHI Delivery

We offer Return Home Interviews to all Cheshire West & Chester, Warrington & Halton CYP placed out of borough (OOB). The method of RHI delivery is dependent on the CYP's geographical location and previous involvement with our service. To request that WithYou offer the RHI, Social Workers should send a completed notification form to the relevant team mailbox.



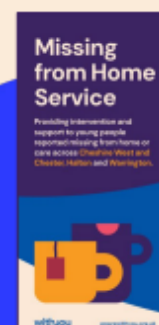
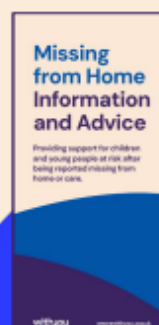
Return Home Interview Professional Guidance and Best Practice Example

WithYou have produced guidance documents to support social workers to deliver effective Return Home Interviews, when WithYou's RHI offer has been declined despite all endeavours. If you require a copy of the guidance please get in touch.



Leaflets

WithYou have produced two service leaflets detailing the services we provide - as well as advice and information around MFH. If you require a copy please get in touch.



Contact Information

If you need to speak to one of the team please find contact details below.



Cheshire West & Chester



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Megan.Jones2@wearewithyou.cjism.net



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Halton



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Connor.Costello@wearewithyou.cjism.net

Staffing Updates



There have been no staffing changes during November & December.

withyou

Pan Cheshire MFH Protocol 2023 – 2024

withyou



Please click [here](#) to view the Missing From Home Protocol. The protocol provides a detailed overview of the process for MFH in Pan Cheshire including the roles and responsibilities of different professionals.

WithYou can support by attending virtual team meetings to deliver training on MFH processes including talking through the protocol, providing guidance on Return Home Interviews and the escalation process (including triggers for intervention meetings).

If you would like more information or wish for a member of the WithYou team to provide a briefing to your team please get in touch.

WithYou Secure Email



Please send any electronic correspondence containing confidential information to our secure mailbox for the relevant area:

Cheshire West & Chester

cheshirewest@wearewithyou.cjism.net (Police) cheshirewestandchester@wearewithyou.org.uk (CSC)

Warrington

warrington@wearewithyou.cjism.net (Police) warrington@wearewithyou.org.uk (CSC)

Halton

halton@wearewithyou.cjism.net (Police) halton@wearewithyou.org.uk (CSC)

Local Procedures & Resources

Please click on the relevant Safeguarding Partnership logo to be directed to information regarding local procedures and resources :



Cheshire West and Chester
Safeguarding Children
Partnership

Ketamine use is increasing, and so are its harms

*Information and advice for educational settings

BACKGROUND

Ketamine use has increased in recent years and so have the related health harms. People now use ketamine in many different contexts, from party settings to self-medication. There are eight times more people going into drug treatment for ketamine use than there were a decade ago. People aged 18-24 have the highest rates of use.

Sustained ketamine use can cause painful bladder problems and damage to the urinary tract, leading to incontinence and other complications, some of which can be irreversible. This is an increasing cause for concern among urologists.

KEY FACTS

- Ketamine is a medicine used in anaesthesia and for its pain-relieving properties. One form of ketamine is licensed for the treatment of some types of depression in the UK, but it's not prescribed by the NHS.
- Street ketamine is produced and smuggled illegally into the UK and does not have the consistency and safety of medical ketamine.
- At the time of publication ketamine was a Class B drug, which means it's illegal to possess and supply. Possession has a penalty of up to 5 years in prison, an unlimited fine or both. The government has asked for advice on reclassifying ketamine to Class A, which could increase the penalties.
- People take ketamine for different reasons: for partying, to self-medicate for pain or mental health issues, or to experiment with altered states of consciousness. People who use ketamine are typically in their 20s but, according to the last school survey, the use of ketamine in children, although low compared to cannabis or alcohol, has more than doubled in five years.
- Common negative effects of using ketamine include memory problems, hallucinations, confusion, dissociation (feeling disconnected from yourself, your thoughts and your feelings), nausea, agitation, and depression. High doses can induce the so-called 'K-hole' or severe dissociation causing detachment from reality. This is typically an unpleasant experience that temporarily paralyses the person and puts them at risk of assault or accidents. Frequent use of ketamine causes dependence.
- Sustained ketamine use causes serious bladder damage, which can be irreversible. Chronic abdominal pain ('K cramps'). Other symptoms like frequent urination, incontinence, or blood in urine, can affect people who have been taking ketamine for a sustained period. Sometimes people keep using ketamine just to alleviate the pain this has caused, which can in turn, worsen the problem. The worst cases can end up with people having their bladder removed, and with a life-threatening risk of kidney or liver failure. However, if stopped in time, much of the damage can often be reversed.

ACTIONS TO CONSIDER AT EDUCATIONAL SETTINGS

- Include **education** about the risk of ketamine as part of **RSHE curriculum when teaching about drugs**.
- Ensure **staff are alert** to risks of ketamine use. They should pay special attention to unexplained bladder damage symptoms and have clear guidelines on how to approach students and respond to parents.
- Schools are required by law to have a **behaviour policy** which outlines effective strategies that will encourage good behaviour. **Guidance** is available to support school leaders and staff with managing behaviour.
- Schools and colleges should continue to have regard to **Keeping children safe in education which is the statutory guidance**. If a child has been harmed or is at risk of harm a referral should be made to children's social care immediately (and if appropriate the police).
- Have clear referral arrangements with your **local children and young people's specialist** and your **adult drug and alcohol service**, for children or adults who need any help, support or specialist advice in relation to drug use. You can find your local service at [Find drug and alcohol support near you | FRANK](#).
- Know where to refer **concerned parents** for support. Most **local adult and children and young people's drug services** offer support for parents, and further advice and support for parents is available from **ADFAM** to drug treatment and mental health services. You can find drug and alcohol treatment services in your area at [Find drug and alcohol support near you | FRANK](#) and more information for parents can be found at [Advice for parents & carers | FRANK](#).
- Work closely with your local authority's **Public Health Teams**, to stay connected to other stakeholders, such as health and social care services, police, drug and alcohol treatment services and other education partners (schools, further/higher education, universities, etc.).
- Every local authority has a **Local Drug Information System (LDIS)** that collects and spreads information on drug-related incidents in the area. Knowing about incidents that can affect your institution can help you be prepared. Likewise, informing of any incident in your institution will help others prepare.
- Explore options to **test** tablets which have caused any harm or are suspicious. Understanding the cause of harm can help people get appropriate treatment and can help public health and law enforcement agencies respond to the problem more effectively.
- **Higher education settings**, especially universities, should seek to ensure that students have the resources, support and knowledge needed to make informed choices on drugs and reduce harm, including in relation to the use of fake medicines. This can include support from the university's welfare, counselling and mental health services, local GPs services, and or the students' union advice services. Staff should be aware of the harms from fake medicines and of referral pathways to meet need.
- If someone is unwell, don't hesitate to get help. Call **111 and 999** if you think it's life-threatening. It is important the person who is feeling unwell is honest with any first responders about what they have taken.

INFORMATION AND RESOURCES

- FRANK offers easy to read information on the risks of using ketamine (<https://www.talktofrank.com/drug/ketamine>) and mixing it with other substances.
- FRANK has a local drug and alcohol services directory: [Find drug and alcohol support near you | FRANK](#)
- People, including teachers, parents and children and young people can also call FRANK on 0800 776600 or at www.talktofrank.com to find out more and get support
- Information on ketamine bladder syndrome and its management: [British Association of Urological Surgeons consensus statements on the management of ketamine uropathy](#)
- NHS advice on contacting urgent and emergency care services: [Find urgent and emergency care services - NHS](#)

FRANK



The British Association
of Urological Surgeons

'THC vapes' laced with other substances

*Information and advice for educational settings

BACKGROUND

So-called 'THC vapes' are becoming popular among young people and are illegally available through online platforms, including social media. THC (tetrahydrocannabinol) is the main psychoactive ingredient in the cannabis plant. Possession is always illegal, unless prescribed in a medicine by a doctor.

Using THC has its own risks, but vapes claiming to contain it often contain more harmful substances, such as synthetic and semi-synthetic cannabinoids, often known as 'Spice' (referred to as 'synthetic cannabinoids' here). The effects of synthetic cannabinoids can be very different to those of THC and have contributed to a number of overdoses, and even deaths, in recent years in the UK.

KEY FACTS

- Cannabinoids are chemicals in the cannabis plant that affect particular receptors in the brain, including Delta-9-tetrahydrocannabinol (THC). THC is the main substance causing the 'high' when people use cannabis. Synthetic (and semi-synthetic) cannabinoids are chemicals that don't occur naturally in the cannabis plant but have been manufactured and act on the same receptors, but their effects can be very different.
- Illicit vapes may claim to contain cannabis chemicals like THC, but may instead contain synthetic cannabinoids or other, even more harmful, substances.
- Vapes sold with THC or other drugs are not legal or regulated, so they don't go through any quality control. They can look very similar to nicotine vapes and therefore can be hard to distinguish. THC, synthetic cannabinoids and other substances can also be added to refillable vapes, so without testing the liquid in a refillable vape you can't be sure what is in it.
- Vapes containing synthetic cannabinoids have caused users to overdose and require hospital care. Many of these incidents have happened to children and young people. In some cases, incidents have occurred within school premises.
- Frequent use of THC and synthetic cannabinoids can cause dependence. Synthetic cannabinoids have been reported to cause withdrawal symptoms.
- THC and most synthetic cannabinoids are Class B drugs which means they're illegal to possess and supply. Possession has a penalty of up to 5 years in prison, an unlimited fine or both. If a vape contains any other drug, the penalty will be based on the classification of that drug, regardless of whether the user was aware or not. In the UK, it is against the law to sell nicotine vaping products to under 18s or for adults to buy them on their behalf. Young people should not have these products in schools.

ACTIONS TO CONSIDER IN EDUCATIONAL SETTINGS

- Schools have the autonomy to decide which items should be **banned** from their premises. School staff can search pupils for banned items as outlined in the Department for Education's [Searching, Screening and Confiscation](#) guidance.
- Schools are required by law to have a **behaviour policy** which outlines effective strategies that will encourage good behaviour. [Guidance](#) is available to support school leaders and staff with managing behaviour.
- Include education about the risk of THC vapes and synthetic cannabinoids as part of **RSHE curriculum** when teaching about drugs and vaping.
- Ensure **staff are alert** to risks of vapes containing THC, synthetic cannabinoids, or other substances and have clear guidelines on how to approach students and respond to parents.
- Schools and colleges should continue to have regard to [Keeping children safe in education which is the statutory guidance](#). If a child has been harmed or is at risk of harm, a referral should be made to children's social care immediately (and if appropriate the police).
- Have **clear referral arrangements** with your **local adult and children and young people's specialist and adult drug services**, for children or adults who need any help, support or specialist advice in relation to drug use. You can find your local service at [Find drug and alcohol support near you | FRANK](#).
- Know where to refer concerned parents for support. Most local adult and children and young people's drug services offer support for parents, and further advice and support for parents is available from [ADFAM](#). You can find drug and alcohol treatment services in your area at [Find drug and alcohol support near you | FRANK](#) and more information for parents can be found at [Advice for parents & carers | FRANK](#).
- Work closely with your local authority's **Public Health Team** to stay connected to other stakeholders, such as health and social care services, police, drug and alcohol treatment services and other education partners (schools, further/higher education, universities, etc.).
- Every local authority has a [Local Drug Information System \(LDIS\)](#) that collects and shares information on drug-related incidents in the area. Knowing about incidents that can affect your institution can help you be prepared. Likewise, informing stakeholders of any incident in your institution will help others prepare.
- Explore options to **test vapes** which have caused any harm. Understanding the cause of harm can help people get appropriate treatment and can help public health and law enforcement agencies respond to the problem more effectively.
- **Higher education** settings, especially universities, should seek to ensure that students have the resources, support and knowledge needed to make informed choices on drugs and reduce harm, including in relation to the use of THC and related products. This can include support from the university's welfare, counselling and mental health services, local GPs services, and or the students' union advice services. Staff should be aware of the harms from fake medicines and of referral pathways to meet need.
- If someone is unwell, don't hesitate to get help. **Call 111 and 999** if you think it's life-threatening. It is important the person who is feeling unwell is honest with any first responders about what they have taken.

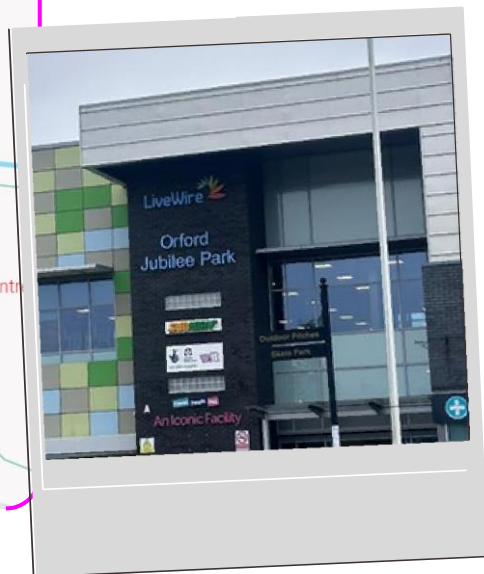
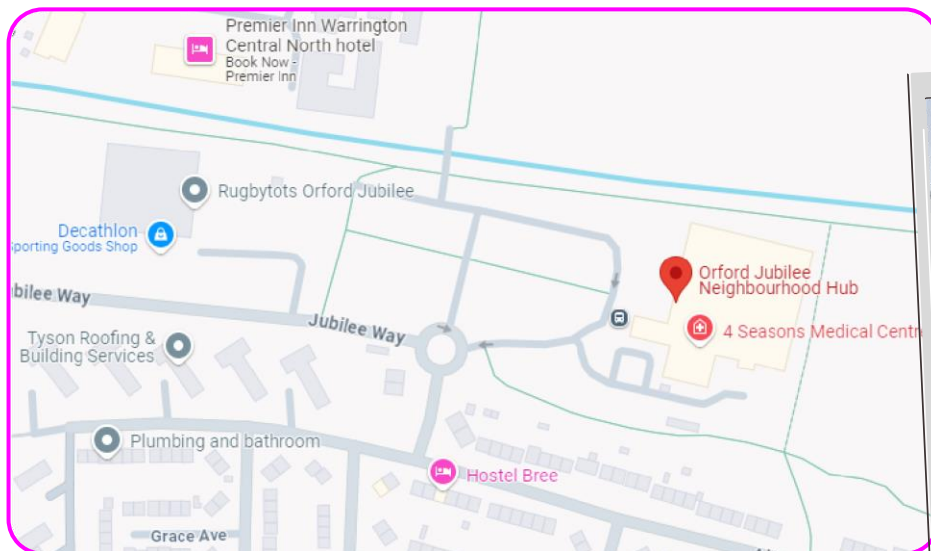
INFORMATION AND RESOURCES

- FRANK offers easy to read information on the risks of THC vapes (['Cannabis' vapes - do you know what you're vaping? | FRANK](#)) and synthetic cannabinoids ([Honest information about drugs | FRANK](#)) and mixing it with other substances.
- FRANK has a local drug and alcohol services directory: [Find drug and alcohol support near you | FRANK](#).
- People, including teachers, parents and children and young people, can also call FRANK on 0800 776600 or at www.talktofrank.com to find out more and get support.
- NHS advice on contacting urgent and emergency care services can be found here [Find urgent and emergency care services - NHS](#)

FRANK

NEW

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



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

X@axess_sh

www.axess.clinic

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



Sexual Health



Information for Young People, Schools Staff and Parents

What's on in Warrington

Spring Term 2026



ADDvanced Solutions Community Network

supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. **No diagnosis or referral is needed to access the offer.**

WARRINGTON Community Network Group

Thursday afternoons during term time



Join us from **12:30pm - 2:30pm**

Venue: Orford Community Hub,
102 Hughes Avenue, WA2 9EW

No booking needed, just come along

Come along and meet our team, to learn more about neurodiversity from those who can share lived experiences and practical strategies. Our groups create a welcoming, accepting and relaxed environment for parents and carers, you are not on your own.



The hub is located on the corner of Festival Avenue and Hughes Avenue - local buses can be taken to Poplars Avenue, a 10 minute walk away.

Topics this term:

Thurs 8 th January	Open Session seek advice around any challenges you are facing
Thurs 15 th January	Sensory Processing Difficulties
Thurs 22 nd January	Home-Start Parent Support
Thurs 29 th January	Supported Internships and Preparing for Adulthood
Thurs 5 th February	Improving Sleep for neurodiverse families
Thurs 12 th February	Supporting Siblings of neurodivergent children

Half Term Break

Thurs 26 th February	SEND Support
Thurs 5 th March	Open Session seek advice around any challenges you are facing
Thurs 12 th March	Toileting Difficulties in neurodivergent children
Thurs 19 th March	Sharing a Diagnosis of a neurodevelopmental condition
Thurs 26 th March	Welfare and Benefits Advice from Signs of a Rainbow

Learning Programmes

Neurodevelopmental Conditions Learning Programme

This programme equips parents and carers with a greater understanding of neurodevelopmental conditions, specific learning difficulties and associated mental health needs and provides practical strategies that support the difficulties that may present:

- **Neurodevelopmental Conditions - including Autism, ADHD, Sensory Processing Difficulties, Specific Learning Difficulties.**
- **Managing everyday challenges and behaviours - including sleep, toileting and eating difficulties.**
- **Your Local Offer, disability welfare rights and SEND, Early Help and Education Health Care Plans.**

No referral or diagnosis is needed.



Face-to-Face Programme - Spring 1
Wednesdays during the school day
 From **9:30am - 2:45pm**

Venue: Bank Park Pavillion, Warrington WA1 1UH

[Contact us to register](#)



[Click here for directions](#)

Session 1 & 2	Session 3 & 4	Session 5 & 6
Wednesday 14 th January	Wednesday 21 st January	Wednesday 28 th January

Or join us online...



Online Programme - Spring 1 (via Zoom)
Tuesday Evenings from 6:30pm - 8:30pm

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 6 th January	Tuesday 13 th January	Tuesday 20 th January	Tuesday 27 th January	Tuesday 3 rd February	Tuesday 10 th February



Online Programme - Spring 2 (via Zoom)
Monday and Wednesday Evenings from 6:30pm - 8:30pm

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Monday 23 rd February	Wednesday 25 th February	Monday 2 nd March	Wednesday 4 th March	Monday 9 th March	Wednesday 11 th March

Additional Online Workshops

Short, online webinars to help you better understand a topic related to neurodevelopmental conditions. Interact via the chat and Q&A with any questions.

Supporting Behaviours that Challenge Workshop

Exploring behaviours that challenge and what can cause them. Providing a deeper understanding and practical strategies.

Friday 30th January - 9.30am - 12.00pm [Click here to register](#)



Supporting Sleep Workshop

Exploring the reasons why neurodivergent children and young people can often struggle to sleep and the impact this can have on them and their family. Providing practical strategies to improve sleep.

Friday 6th February - 9.30am - 12.00pm [Click here to register](#)

Demand Avoidance Workshop

Exploring Autism with a Demand Avoidant Profile and strategies to support autistic children and young people presenting with varying degrees of demand avoidance.

Friday 13th March - 9.30am - 12.00pm [Click here to register](#)



Emotional Regulation and Praxis

Providing parents and carers with a greater understanding of how praxis and sensory processing difficulties can impact emotional regulation and explore strategies to support.

Friday 20th March - 9.30am - 12.00pm [Click here to register](#)

If you are using a phone, you will need to download the Zoom app beforehand. Please be mindful of your data usage. If you do not have an unlimited data plan, you may need to connect to a Wi-Fi connection to prevent charges.

[See below for our upcoming Professionals Training](#)



If you can't make it face-to-face, join us online...

Online opportunities to learn more about neurodiversity from the comfort of your own home! With your camera and microphone off for your privacy, you can interact using the chat/Q&A feature to ask any questions you may have. Come along, learn more and get some strategies.

Monday Online Community Network Group

Mondays during term time



**9:30am - 11:00am
Online via Zoom**

[Click here to register](#)

Monday 5th January	Open Session seek advice around any challenges you are facing
Monday 12th January	Puberty and Neurodiversity
Monday 19th January	Sensory Processing Difficulties
Monday 26th January	Supporting Siblings of neurodivergent children
Monday 2nd February	Supporting Situational Mutism
Monday 9th February	Troubleshooting Homework strategies for neurodivergent children and young people

Half Term Break

Monday 23rd February	Zones of Regulation
Monday 2nd March	Supporting Executive Functioning Skills
Monday 9th March	Open Session seek advice around any challenges you are facing
Monday 16th March	Toileting Difficulties in neurodivergent children
Monday 23rd March	Improving Communication with your neurodivergent child

Wednesday Online Community Network Group

Wednesdays during term time



**5:00pm - 6:30pm
Online via Zoom**

[Click here to register](#)

Wednesday 7th January	Open Session seek advice around any challenges you are facing
Wednesday 14th January	Sensory Processing Difficulties
Wednesday 21st January	Supporting Siblings of neurodivergent children
Wednesday 28th January	Separation Anxiety in neurodivergent children
Wednesday 4th February	Supporting Situational Mutism
Wednesday 11th February	Improving Sleep for neurodiverse families

Half Term Break

Wednesday 25th February	Open Session seek advice around any challenges you are facing
Wednesday 4th March	Gender Identity and Neurodiversity
Wednesday 11th March	Sharing a Diagnosis
Wednesday 18th March	Toileting Difficulties in neurodivergent children
Wednesday 25th March	Improving Communication with your neurodivergent child

If you are using a phone, you will need to download the Zoom app beforehand. Please be mindful of your data usage. If you do not have an unlimited data plan, you may need to connect to a Wi-Fi connection to prevent charges.

Professionals Neurodevelopmental Conditions Awareness Raising Training

Designed to improve understanding of neurodevelopmental conditions (NDCs), how they may present and how one condition may overlap with another. Professionals attending this training will develop knowledge, skills and confidence to better support neurodivergent children, young people and their families:

- Better Understand and recognise ADHD, Autism, and other NDCs
- Appreciate the impact that unsupported NDCs on an individual and their family
- Understand how sensory processing difficulties impact children and young people
- Identify local support available for professionals, children, young people and families



Next Available Training - ND Awareness

Monday 26th January

From 9:15am - 4:00pm

[Contact us to register](#)



Venue: Bank Park Pavillion, Bank Park, Warrington WA1 1UH

ADDvanced Solutions Community Network is commissioned to deliver a limited number of Neurodevelopmental Conditions Professional Awareness Raising Training. If you are interested in this full day's training for your team, please call the office on 01925 320863 or email info@advancedsolutions.co.uk



Seeking Crisis Support?

ADDvanced Solutions Community Network is not a crisis service. If you, a child or young person is experiencing acute distress and is deemed to be a risk to themselves or others, please visit your local crisis service.

The details we request when you register are kept securely and used in line with our privacy policy: <https://www.advancedsolutions.co.uk/wp-content/uploads/2025/04/Privacy-Policy.pdf>

**Need further information advice or guidance around neurodiversity or our offer in your area?
Please call the office on 01925 320863
email info@advancedsolutions.co.uk
or visit our website
www.advancedsolutions.co.uk**



**ADDvanced Solutions
Community Network**
Supporting you to find the answers

Get in touch with us





Empowering Communities, Inspiring Futures.

FREE SPORTS EVERY WEEK

TURN UP & PLAY

FOR MORE INFORMATION VISIT
www.firstkickfoundation.org

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

WARRINGTON FOODBANK WE ARE HERE FOR YOU...

Read here...



184,248

meals provided to Warrington families in 2023



1962

People fed in December 2023
1,175 adults
787 children
Equating to 17,658 meals



90%

of low-income households on Universal Credit are currently going without essentials



VAPING AND E-CIGARETTES THE FACTS



NICOTINE VAPES CAN HELP ADULT SMOKERS TO STOP SMOKING.

SMOKING CAUSES DISEASE AND EARLY DEATH.

Vaping is much less harmful than smoking as you don't inhale the **toxic tar** and **carbon monoxide** you get from tobacco smoke.



BUT VAPES ARE NOT HARMLESS.

Short-term effects can include **coughing, headaches, dizziness,** and **sore throats.** Long-term effects are as yet unknown.



**MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE.
DON'T SMOKE? DON'T START TO VAPE.**



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

talktofrank.com
livewirerarrington.co.uk/lifestyles/stop-smoking

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



We can help you with mental health, relationships, alcohol, smoking, bullying & more...

Get confidential & anonymous advice from an NHS Specialist Community Nurse via text:

- **Young People aged 11-19:** Text: 07507 33010



TikTok (13+)

You can choose to have a public or private account. If you set your account to private, then only those you accept as friends can see your videos. To do this go to your profile, tap the settings icon (three dots), tap Privacy and Safety and turn on Private account (by default accounts for people under 16 are set to private).

Report inappropriate content: you can report an account, video, comment and message. Follow the instructions here: <https://support.tiktok.com/en/safety-hc/report-a-problem>

Family Pairing

You can use Family Pairing to link your own TikTok account to your child's account. This will give you access to additional controls such as:

- **Screen Time Management:** Control how long your child can spend on TikTok.
- **Direct Messages:** Limit who can send messages to them or turn off direct messaging completely. *Direct messaging is automatically disabled for registered accounts between the ages of 13 and 15.*
- **Restricted Mode:** Restrict the appearance of inappropriate content.
- **Discover Search bar** - Option to disable.

Find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>



Twitter (13+)

When you set up your Twitter account, you can choose whether you would like to keep your tweets public or protected (private). To keep them private, go to Settings and Privacy, select Privacy and Safety, select Audience and tagging and ensure protect your tweets is selected.

Unfollow somebody: Click the the three dots next to their tweet and select unfollow.

Blocking: Click the three dots next to their tweet and select block.

Location: To keep your location private (so followers can't see the location you are tweeting from), go to Settings and Privacy, select privacy and safety, select location information and ensure precise location is disabled.

Find out more here: <https://help.twitter.com/en/safety-and-security/twitter-privacy-settings>

We have been made aware of a WhatsApp group titled "Add People".

The group contains hundreds of children and young people and has very inappropriate content such as naked images of AI adults. It is believed that children as young as 7 years old are being added to this group, and as the title suggests the aim is to add as many other children as possible to the group. This has been reported to us by a number of pupils. We have sent a message out to all parents asking them to check their children's phones for this group and generally monitor their social media usage. It is clear that this spans across the whole town, and potentially the whole country, so we also wanted to make yourselves aware in the hope that you can please be vigilant.



Facebook (13+)

Included in Facebook's setting are the ability to set who can see your posts, who can contact you and the ability to review all posts before appearing on your timeline (Timeline Review).

Unfriend: go to their profile, click on Friends and select Unfriend.

Blocking: go to their profile, click on the three dots and select Block.

Facebook Privacy Check up: this tool helps you review your settings. Find out more here: <https://www.facebook.com/help/1297502253597210>



Instagram (13+)

When you set up your account, it is automatically set as public (except if you are under 18 and it is set to private as default). To change your profile to private (so only people you approve can follow you) go to your profile, tap Settings (from menu), tap Privacy and tap to toggle Private Account on.

Remove a follower: Go to your profile and tap followers and select remove to the right of the person.

Blocking: If you want to stop somebody from liking or commenting on your posts, you can block them. To do this, tap their username, tap on the 3 circles in the top right and select block.

Turn off commenting on a post:

Tap the 3 circles above your post and select Turn Off Commenting.

Find out more here: <https://help.instagram.com/196883487377501>



WhatsApp (16+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photo. To change any of these settings, go to settings, account and privacy.

Reporting: When you receive a message from an unknown number for the first time, you will be given the option to report the number. You can also block and report a user by clicking on their name and selecting Block or Report. You can report any issues direct to WhatsApp within the app by going to settings, help and contact us.

Find out more here: <https://faq.whatsapp.com/general/security-and-privacy/staying-safe-on-whatsapp/>



Snapchat (13+)

When you set up your account, it is automatically set so only friends you've added can contact you or view your story.

Unfriend: Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Remove Friend'.

Block a friend: Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Block'.

Location settings: This feature allows your friends to see where you are (including when you are at home) when you have the app open. **It is so important that you check your child's settings for this feature.** Your location won't be shared on the map until you open it for the first time, at which point you can choose (please note that snaps you submit to Snap Map can still show up on the Map, no matter what location setting you choose):

- **Ghost Mode (Only Me):** your location won't be visible to anyone else.
- **My Friends:** your location will be shared with all of your friends.
- **Select Friends, Except ...:** your location will be shared with your friends, except the friends on this list.
- **Only These Friends ...:** choose specific friends to share your location with.

Who Can Contact Me: in your privacy settings you can choose who can contact you directly with Snaps, Chats, calls, etc. Remember, if you're in a group, then anyone can communicate with you in that Group Chat regardless of your settings.

Find out more here: <https://support.snapchat.com/en-GB/article/privacy-settings2>

Get urgent help

Contact us

Warrington CAMHS
The Alders
12 Birch Avenue
Warrington
WA2 9TN
Tel: [01925 575 904](tel:01925575904) (9am to 5pm, Monday to Friday)
Crisis Response Team

Our 24 hour crisis response team is for young people up to the age of 18 experiencing a crisis needing an emergency response.

Contact us on [01744 415 640](tel:01744415640)
Those over 18 can contact the crisis line on [0800 051 1508](tel:08000511508)

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

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

Shout (in partnership with Place2Be)

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

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

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

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

Need urgent help with your mental health?

Call the local 24/7 mental health crisis line on 0800 051 1508