



KEEPING SAFE

BOTELER SAFEGUARDING NEWSLETTER

OUR SAFEGUARDING NEWSLETTER | MAY 2026

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

As we head towards our last half term of the academic year, we are busier than ever. This half term has seen the start of the GCSE examinations for our Year 11 students, who have approached them with confidence and maturity. We wish them the very best of luck and cannot wait to celebrate their high school journey at the upcoming Prom.

Our transition programme is in full swing, and we have enjoyed meeting some of our upcoming Year 7 students. We are looking forward to welcoming them into the Boteler family during next half term's transition days.

As we fast approach our final half term and the weather is finally heating up, please take some time to read through the help and guidance regarding the dangers of open water and what to do if you or someone else needs help or support.

We also hope you find the information included helpful. Should you require any help, advice, or support, please do not hesitate to contact the school or myself directly.

Kind regards,

Mrs J Chilton
Safeguarding Officer

Jchilton@boteler.org.uk

Stay Water Aware: Safety Advice for Summer 2026

As we head into the warmer months, Warrington's waterways—including the Mersey, the Ship Canal, and Lymm Dam—become popular spots. However, even on a warm day, the water remains dangerously cold.

The "Float to Live" Technique

If you find yourself in the water unexpectedly, do not try to swim hard immediately. This can lead to cold water shock. Instead:

1. Tilt your head back with ears submerged.
2. Relax and try to control your breathing.
3. Move your hands to help you stay afloat.
4. Once calm, then seek help or swim to safety.

Essential Advice for Teens

- **Float to Live:** If you fall in, fight the urge to swim. Tilt your head back, ears in the water, and move your hands to stay afloat until your breathing is under control.
- **Stick Together:** Never swim alone. Make sure your friends get home safely, especially if you've been near water at night.
- **Shout, Reach, Throw—Don't Go:** If you see a friend in trouble, do not jump in to help. You could both drown. Instead, shout for help, reach with a branch, or throw a float.
- **Use What3Words:** In an emergency, use the What3Words app to give your exact location to 999 call handlers

Key Dates & Local Events

- **Drowning Prevention Week (13th–20th June 2026):** Look out for safety workshops and "Rookie Lifeguard" taster sessions at LiveWire Orford Jubilee and Woolston Neighbourhood Hubs.
- **Be Water Aware (Ongoing):** Cheshire Fire and Rescue Service are conducting "Throwline" training for local businesses near the town centre's waterfront.

Quick Safety Checklist:

- **Stop and Think:** Look for safety signage and hidden currents.
- **Stay Together:** Never swim alone in open water.
- **Emergency Contact:** Call 999 and ask for the Fire Service if inland, or the Coastguard if near the estuary.

The "Why" Behind the Warning

Teens are a high-risk group because they often misjudge their swimming ability in open water compared to a pool.

- Cold Water Shock: Even in a May 2026 heatwave, water temperatures in reservoirs and canals remain below 10°C. This causes an involuntary "gasp reflex," leading to water inhalation and potential drowning in seconds.
- Hidden Dangers: Warrington's canals and rivers often hide shopping trolleys, jagged metal, and thick reeds that can snag limbs.
- The "Alcohol Factor": Roughly 25% of adult drowning victims have alcohol in their system. Teens are warned that alcohol and swimming never mix.

There were 277 accidental drownings in the UK in 2021. 62% of these happened at inland waters and 83% of these were male.

These are scary statistics. We want to help you feel confident in making safe choices around water all year round, so that this doesn't happen to you or your friends.

Water may look safe, especially a familiar stretch of water local to you, but poor decisions around it can create a dangerous situation.

If you need to talk to anyone about the videos below or have questions about how to keep safe near the water, speak to a trusted adult (such as your parent/s, teacher, youth worker, caregiver).

[Water Safety Pack](#)

Find out more about how to keep you and your friends safe by water by taking a look at our Water Safety Pack.

Dossing about with your friends

A hot day in the summer holidays, what better way to cool down than by jumping into your local lock.

Big mistake.

There may be Tik Tok trends, and there may be dares and bets, but do not try to jump over the canal, jump into a lock or jump off bridges. There are no lifeguards along canals and rivers to help you. Also, if you're on a secluded part of the water, it will take the emergency services much longer to reach you.

Do you know how deep the water is? Canals are often quite shallow, and you could easily hit the bottom if you jump from a height.

Do you know what's in the water? Landing on a shopping trolley could really hurt you. Consider that there are [diseases](#) and reeds, and also plant life that can tangle around your limbs, possibly dragging you down.

Just because your friend suggests it, why hurt yourself to show off?

Remember, don't just be a by-stander, watch out for your mates. Tell them they're doing something dangerous, and they could get hurt.

No matter how strong a swimmer you are, you can't prepare for cold water shock.

James Goodship was a strong swimmer but, tragically, he drowned at Foulridge Reservoir when he was 17. His parents miss him desperately. [Hear about his last day](#).

Cold water shock – the stats

- Low water temperatures cause the body to go into 'cold water shock'.
- It reacts to the cold water by drawing the blood away from muscles to protect the organs and making it difficult to move limbs.
- The cold water will make you gasp uncontrollably and breathe in water
- Your heart will beat really fast, you'll lose energy quickly, and eventually your muscles will become paralysed.

Float to live

Instead, float on your back to keep your airways clear, control your breathing and allow the cold water shock to pass. Then you can call out for help or even swim to safety.

The [RNLi have a great video on how to float](#). This will help you in any stretch of water, not just the sea.

Alcohol and water do not mix

[Charlie Pope](#) died on a night out with his friends. He was on his own, he'd been separated from his friends.

Stick with your friends and make sure they get home safely.

[Water safety for teenagers and young people | Canal & River Trust](#)



*"The support has been amazing,
honestly from where I was at when I first contacted you
to where I am now is worlds apart.
My view and the way I feel about everything is totally
different"*
One of our dads

Are you a new dad or a dad to be? Want to be the best dad or partner you can be?

Dad Matters are here to support dads with attachment and bonding, supporting your mental health, and accessing appropriate services at birth, labour and beyond.

From 1-1 support peer support, group events, workshops, drop-ins and more..



Refer yourself today

**DAD MATTERS CO-ORDINATOR
NATHAN FERNYHOUGH
07856 916687**

NATHAN@HOMESTARTWARRINGTONANDCHESHIRE.ORG.UK





Warrington
Youth
Service



NEW
YOUTH CLUB



6.30 - 9PM
THE HUB
CAPESTHORNE ROAD
WARRINGTON
WA2 0JF

COME CHILL AND CHAT

LEAD YOUTH WORKER
TRACEY BAKER 07825844027

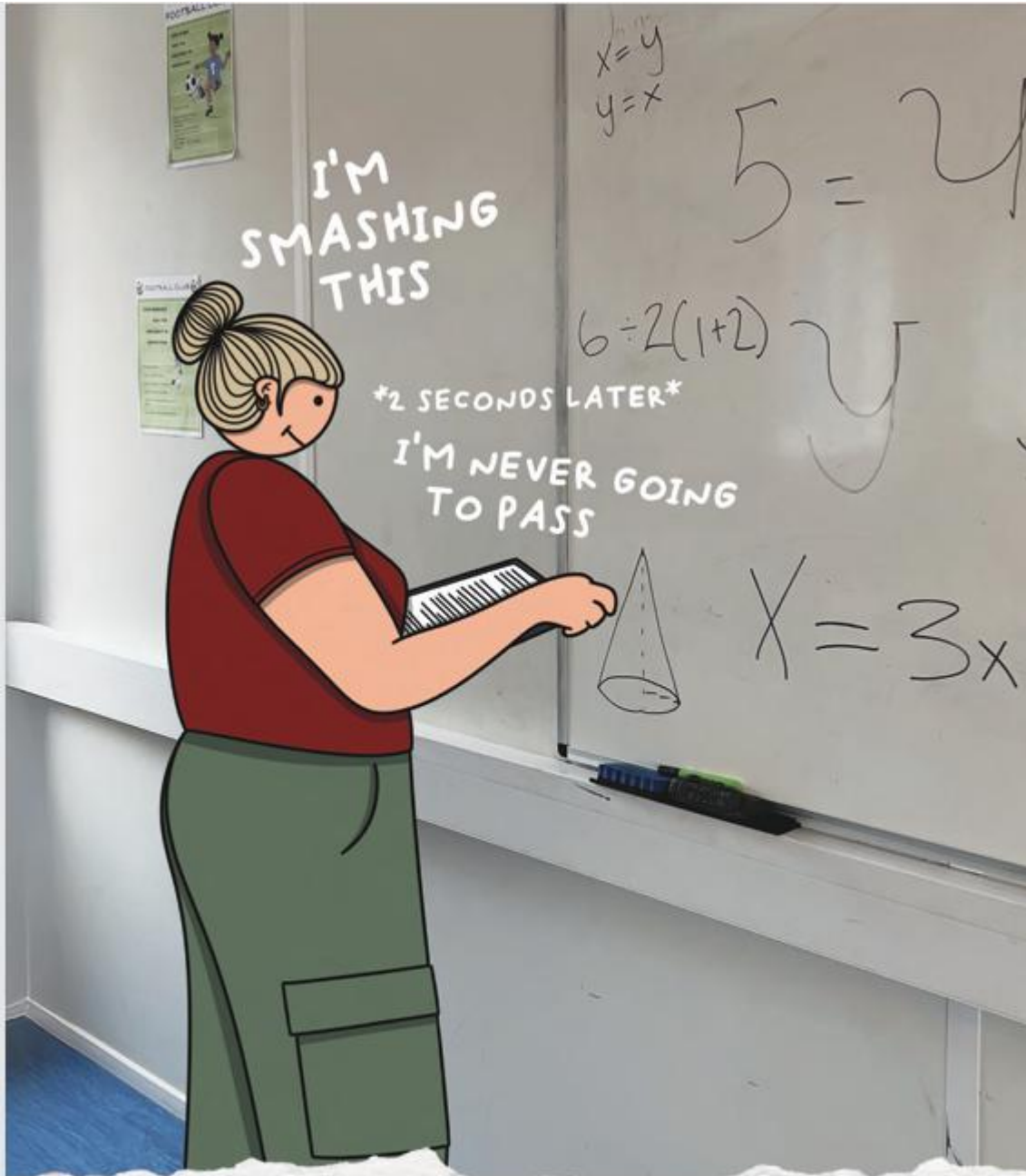


**WHATEVER
YOU'RE FEELING,
WE'RE HERE.**

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

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OMG CAN MY BRAIN JUST SHUT UP FOR ONE MINUTE?

IT'S A NO FROM ME

WHATEVER
YOU'RE FEELING,
WE'RE HERE.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Whatever you're feeling,
Childline can help.

We're free, confidential
and available anytime
for advice and support.

childline

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**felt like things
couldn't get
BETTER**

**Whatever you're feeling,
Childline can help.**
We're free, confidential
and available anytime
for advice and support.

childline

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childline.org.uk | 0800 1111

Childline is a service provided by NSPCC, a National Society for the Prevention of Cruelty to Children, Registered Charity, England and Wales, 274 922
Wolston Road, Leicester, LE1 7BE. Registered by HM Revenue & Customs, 1023048

ABANDONED BUILDINGS

Vulnerable children and young people are repeatedly accessing derelict buildings in Warrington.

Please talk to them about the dangers of doing this!

Their lives and safety may be at risk.

If you have any details of buildings that need securing, please contact communitysafetywbc@warrington.gov.uk



ABANDONED BUILDINGS

**Are you accessing
abandoned, derelict
buildings?**

Be aware of the dangers:

- The buildings can be physically unsafe
- Unknown adults are often present
- Drugs and alcohol are being used
- Crime is occurring there
- Children are at risk!



THINK!
Your lives and safety may be at risk!



Warrington
Youth
Service



NEW
YOUTH CLUB



6.30 - 9PM

**THE HUB
CAPESTHORNE ROAD
WARRINGTON
WA2 0JF**

COME CHILL AND CHAT

**LEAD YOUTH WORKER
TRACEY BAKER 07825844027**

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

Introduction to Autism

An introductory session to autism, how it presents in children and young people, and strategies to support at home and in school.

Tuesday 21st April - 9.30am - 12.00pm

[Click here to register](#)



Introduction to SEND Process and EHCPs

An introduction to navigating the SEND Process to ensure relevant, appropriate support is in place for your neurodivergent child or young person in their educational setting.

Tuesday 12th May - 9.30am - 12.00pm

[Click here to register](#)

Sensory Processing Difficulties

Exploring how our bodies receive and process sensory information, and the common challenges experienced by children and young people who have difficulty processing this information.

Tuesday 23rd June - 9.30am - 12.00pm

[Click here to register](#)



Executive Functioning Difficulties

Discussing how to support neurodivergent children and young people to develop their executive functioning skills - providing strategies to support organisation, sequencing and time management.

Friday 3rd July - 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 Page 5 for our upcoming Professionals Training](#)

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 - Summer 1

Wednesdays during the school day

From **9:30am - 2:45pm**

Venue: Great Sankey Neighbourhood Centre,
Lingley Green Ave, Warrington WA5 3AA



[Click here for directions](#)

[Contact us to register](#)

Session 1 & 2	Session 3 & 4	Session 5 & 6
Wednesday 22 nd April	Wednesday 29 th April	Wednesday 6 th May

Or join us online...



Online Programme - Summer 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 14 th April	Tuesday 21 st April	Tuesday 28 th April	Tuesday 5 th May	Tuesday 12 th May	Tuesday 19 th May



Online Programme - Summer 2 (via Zoom)

Thursday Evenings from **6:30pm - 8:30pm**

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Thursday 4 th June	Thursday 11 th June	Thursday 18 th June	Thursday 25 th June	Thursday 2 nd July	Thursday 9 th July

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 13 th April	Open Session seek advice around any problems
Monday 20 th April	Supporting Organisational Skills and Planning
Monday 27 th April	Using Music to Support Neurodiversity
Monday 4 th May	No Session due to BANK HOLIDAY
Monday 11 th May	Preparing Neurodivergent Young People for the Future
Monday 18 th May	Developing Theory of Mind in Neurodivergent Children

Half Term Break

Monday 1 st June	Supporting Transition and managing changes
Monday 8 th June	Supporting Neurodivergent Children to Access Learning
Monday 15 th June	Autism with a Demand Avoidant Profile (PDA)
Monday 22 nd June	Choosing a School making an informed choice
Monday 29 th June	Preparing for the Summer Holidays
Monday 6 th July	Encouraging Independence and Building Confidence

Wednesday Online Community Network Group

Wednesdays during term time



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

[Click here to register](#)

Wednesday 15 th April	Developmental Delay Supporting Areas of Need
Wednesday 22 nd April	Tantrums V meltdowns what is the difference?
Wednesday 29 th April	Using Music to Support Neurodiversity
Wednesday 6 th May	Preparing Neurodivergent Young People for the Future
Wednesday 13 th May	Supporting Transition and managing changes
Wednesday 20 th May	Specific Learning Difficulties Including dyslexia, dyspraxia, dyscalculia

Half Term Break

Wednesday 3 rd June	Supporting Neurodivergent Children to Access Learning
Wednesday 10 th June	Open Session seek advice around any problems
Wednesday 17 th June	Using Social Stories to support understanding
Wednesday 24 th June	Neurodiversity and Mental Health
Wednesday 1 st July	Preparing for the Summer Holidays
Wednesday 8 th July	ADHD, Autism and Masking

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.



Warrington
& Cheshire

WEEKLY GROUPS TIMETABLE

MONDAY

WARRINGTON

MONDAY GROUP

TERM TIME ONLY

Invite only via referral

1PM-2.30PM

Happy Hub - Evans House

TUESDAY

NORTHWICH/ONLINE

NEURODIVERSITY GROUP

TERM TIME ONLY

Invite only via referral

10AM-11AM

Alternative in person and online

- Mind Body Balance Studio
- Teams Session

WEDNESDAY

NORTHWICH

WILD TOTS

TERM TIME ONLY

9.30AM-11.30AM

LEFTWICH PIMHS GROUP

TERM TIME ONLY

Leftwich Children's Centre

9.30AM-11.30AM

THURSDAY

WARRINGTON

BABYZONE

TERM TIME ONLY

Warrington Youth Zone

9.30AM-2.30PM

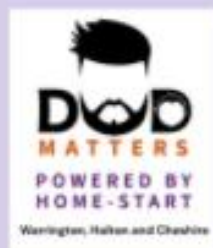
SINGING MAMAS

TERM TIME ONLY

St Rocco's Hospice

1PM-2.30PM

DAD MATTERS



MONTHLY MEETUPS

- Stay, Play & Chat
- Walk & Talks

OUTREACH

- New Dad Workshop
- Warrington Hospital
- Warrington Neonatal Unit
- Living Well Hub
- Halton Family Hubs

SEE FACEBOOK OR INSTAGRAM FOR DETAILS

OFFICE PHONE - 01925 652320

OFFICE@HOMESTARTWARRINGTONANDCHESHIRE.ORG.UK



POWERED BY
**HOME
START**

WEEKLY

T I M E T A B L E

MONDAY

New Dad Workshop
online via MS Teams
7pm - 8:30pm
(Every Third Monday of the month)

TUESDAY

Outreach @ Warrington Hospital
NICU and Birth Wards

Local online drop - in
with DM Halton and St Helens 7pm

WEDNESDAY

Drop-In session @ Living Well Hub
9:30am - 1:00pm

Stay, Play and Chat Session
@ Living Well Hub
1:30pm - 3:00pm
(4th Wednesday of the month)

Outreach @ Warrington Hospital
Antenatal Ward

THURSDAY

Drop-In and Outreach @ Babyzone
9:30am - 2:30pm

FRIDAY

Drop-In session @ Living Well Hub
9:30am - 1:00pm

SATURDAY

Dads Stay, Play and Chat session
@ Warrington Youth Zone
10am - 11:30am
(1st Saturday of the month)

Dad Chats @ Parent Education Classes
in partnership with
Community midwives team

SUNDAY

Walk and Talks @ Sankey Valley Park
10:30am - 12:00pm
(3rd Sunday of the month MAY-AUG)



SCAN ME



Contact:

(Nathan Warrington coordinator)

07856916687

nathan@homestartwarringtonandcheshire.org.uk

**CHESHIRE
COMMUNITY
FOUNDATION**



"The support has been amazing, honestly from where I was at when I first contacted you to where I am now is worlds apart. My view and the way I feel about everything is totally different"
One of our dads

**Are you a new dad or a dad to be?
Want to be the best dad or partner you can be?**

Dad Matters are here to support dads with attachment and bonding, supporting your mental health, and accessing appropriate services at birth, labour and beyond.

From 1-1 support peer support, group events, workshops, drop-ins and more..



Refer yourself today

**DAD MATTERS CO-ORDINATOR
NATHAN FERNYHOUGH
07856 916687
NATHAN@HOMESTARTWARRINGTONANDCHESHIRE.ORG.UK**





HAF

Holiday Activities and Food

Are your children
on benefit related
free school meals?

Scan me



If yes, they can attend up to four fully funded holiday activities this Easter. Browse now at warrington.gov.uk. Bookings will go live on 13 March at 12pm. Email haf@warrington.gov.uk to find out more.

Not eligible?

Many clubs offer paid places at a reduced rate.



#HAF2026





WARRINGTON
Borough Council

FAMILY
HUB



Parenting Drop In

No need to book, just turn up at the days/times below

3rd Mon of the Month	4th Tue of the Month	2nd Wed of the Month	1st Thurs of the Month
Barnes Close Family Hub WA5 1SB	Youth Hub WA2 0JF	Admirals Road Family Hub WA3 6QG	Tinsley Street Family Hub WA4 1RE
9.30am-11.30am	1.30-2.30pm	2-3pm	10am-11.30am
On the Following Dates: 12 th Jan 16 th Feb 16 th Mar 20 th Apr 18 th May 15 th Jun	On the Following Dates: 27 th Jan 24 th Feb 24 th Mar 28 th Apr 26 th May 23 rd Jun	On the Following Dates: 11 th Feb 11 th Mar 13 th May 10 th Jun 8 th Jul	On the Following Dates: 8 th Jan 5 th Feb 5 th Mar 7 th May 4 th Jun 2 nd Jul

WHAT IS **RADICALISATION?**


RADICALISATION MEANS SOMEONE IS ENCOURAGED TO BELIEVE
EXTREME IDEAS AND MAY BE PRESSURED TO SUPPORT OR DO
HARMFUL THINGS.

 IT CAN HAPPEN ONLINE OR IN PERSON

 ANYONE CAN BE TARGETED

 TALK TO A TRUSTED ADULT IF SOMETHING FEELS WRONG

SPEAK UP. STAY SAFE.



SOMEONE MAY BE AT RISK IF THEY:

START REPEATING EXTREME OR HATEFUL VIEWS

SPEND TIME ON UNSAFE WEBSITES OR GROUPS

BECOME SECRETIVE ONLINE

DISTANCE THEMSELVES FROM FRIENDS

ARE PRESSURED BY SOMEONE TO ACT OR THINK A CERTAIN WAY

**IF SOMETHING WORRIES YOU, TELL ANY MEMBER
OF STAFF, OR ANOTHER ADULT WHO YOU TRUST.**

KEEP YOURSELF SAFE

RADICALISATION MEANS SOMEONE IS ENCOURAGED TO BELIEVE EXTREME IDEAS AND MAY BE PRESSURED TO SUPPORT OR DO HARMFUL THINGS.

KEEP YOURSELF SAFE FROM RADICALISATION

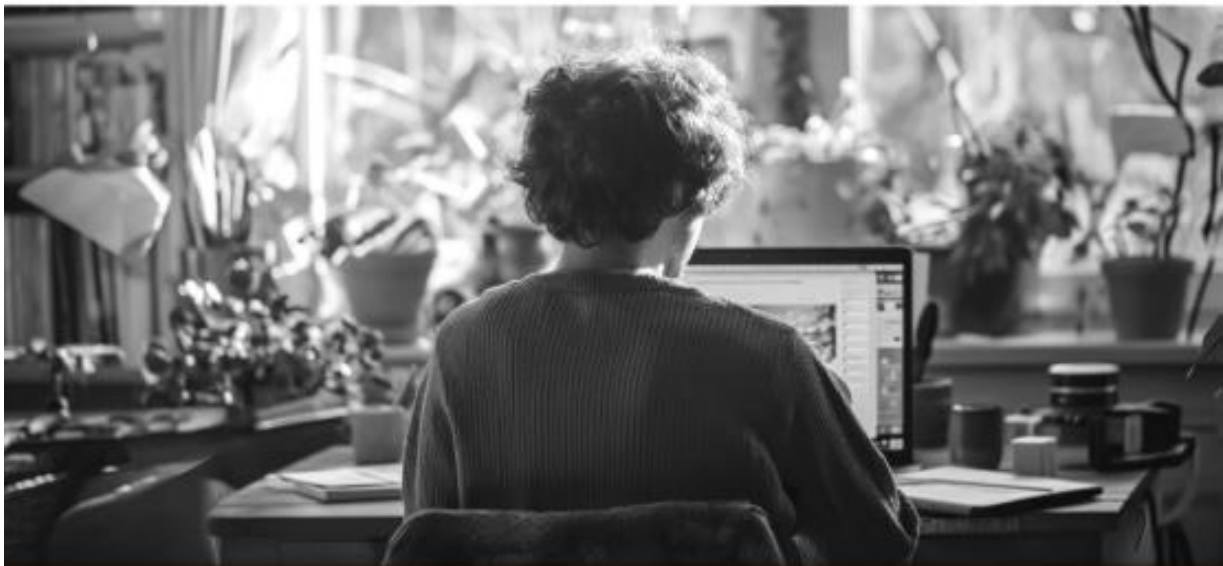
■ THINK BEFORE YOU CLICK

? QUESTION THINGS THAT DON'T FEEL RIGHT

⊘ DON'T JOIN GROUPS THAT ENCOURAGE HATE OR VIOLENCE

🗣️ TALK TO SOMEONE IF YOU FEEL UNCOMFORTABLE OR UNSURE

YOU ARE NEVER ALONE—SUPPORT IS ALWAYS AVAILABLE.



IF SOMETHING WORRIES YOU, TELL ANY MEMBER OF STAFF, OR ANOTHER ADULT WHO YOU TRUST.

PREVENT = PROTECTION

PREVENT IS A SAFEGUARDING PROGRAMME THAT HELPS KEEP YOUNG PEOPLE SAFE FROM BEING ENCOURAGED INTO DANGEROUS OR EXTREME IDEAS.

 SUPPORTS PEOPLE WHO MAY BE AT RISK

 PROMOTES POSITIVE, SAFE CHOICES

 STOPS HARMFUL GROUPS FROM INFLUENCING YOUNG PEOPLE

 HELPS EVERYONE STAY SAFE ONLINE AND IN REAL LIFE

YOU ARE NEVER ALONE—SUPPORT IS ALWAYS AVAILABLE.



IF SOMETHING WORRIES YOU, TELL ANY MEMBER OF STAFF, OR ANOTHER ADULT WHO YOU TRUST.



Information/ guidance

1. A great site to help you lock your social media setting is:

WWW.INTERNETMATTERS.ORG

There is a Social Media section on their page which provides a 'step by step' guide on how set the security setting for each site.

2. If you receive a suspicious text message forward it to 7726
3. If you receive a suspicious email, forward them to report@phishing.gov.uk
4. You can check to see if your data has been lost by checking your email address or phone number at: <https://haveibeenpwned.com>
5. Protect your online world with good strong passwords. 'Three Random Words' <https://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-words>
6. Use this free password checker to see if your current password is any good! <https://www.security.org/how-secure-is-my-password>
7. <https://www.truecall.co.uk/> Reducing unwanted incoming calls.
8. By dialling 159 will automatically connect you to your bank's fraud prevention service. If you suspect someone is trying to trick you into handing over money or personal details, hang up and call 159 to speak directly to your bank!
9. Family Link <https://familylink.google.com> If you have a Goole account you can monitor individual devices in the home and turn off internet access to individual devices.
10. Check your credit score with sites such as Experian. This is a **multinational consumer credit reporting agency** (CRA) based in Dublin, Ireland. [Experian | Credit Scores, Reports & Credit Comparison](#)
11. [Action Fraud](#)

12. Family Link <https://familylink.google.com> If you have a Google account you can monitor individual devices in the home and turn off internet access to individual devices.
13. ReThink [ReThink - Before the Damage is Done](#) – A great app to download onto a child's mobile phone to help monitor the content of messages being written.
14. [Report Remove | Childline](#) – Help having indecent images removed from some Social Media servers.
15. [Smartphone Free Childhood](#) – Support for parents.
16. [Cyber Governor programme - Governors for Schools](#) All schools should have a Cyber Governor. Great place to start supporting them.

Always report any suspicious activity online particularly if you are concerned with content your child has seen or if someone has been speaking to your child you do not know.

All Social Media Sites contain adult material, so negotiating Social Media can be difficult for a child.

Further information and support can be found on:

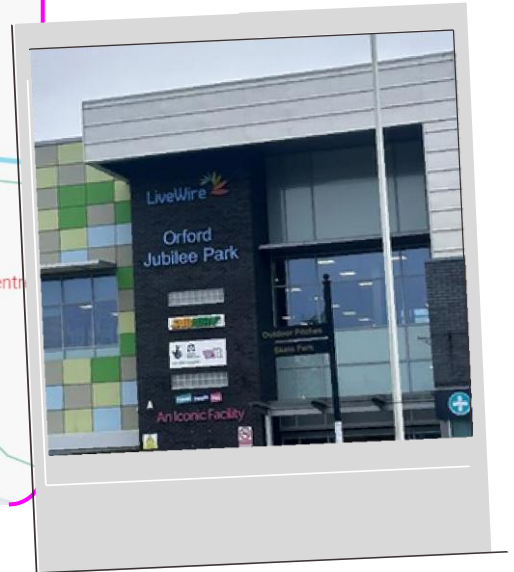
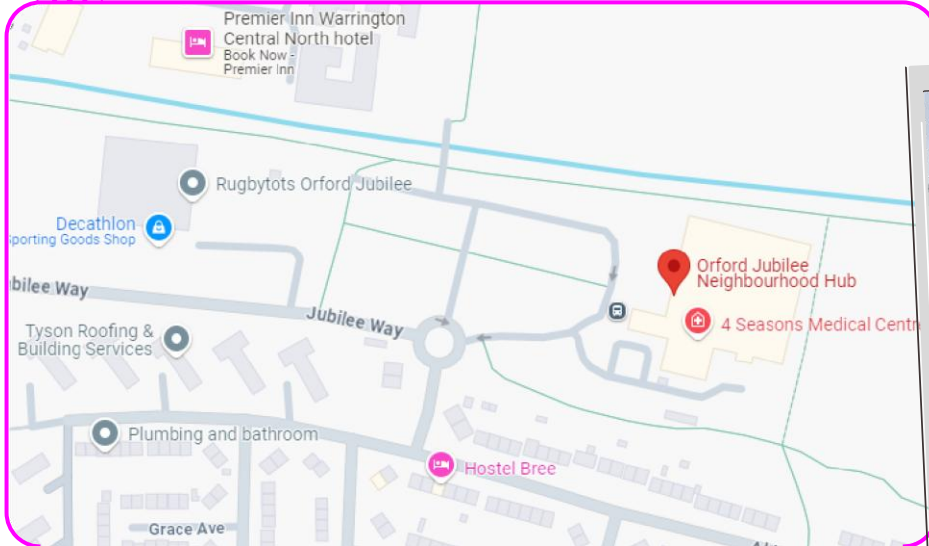
<https://www.iwf.org.uk/>

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

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

axess 4u

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



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

<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



Worried about self-harm?

Calm Harm is a free* app that helps you manage or resist the urge to self-harm.



About Calm Harm

Calm Harm is an award-winning app funded by teenage mental health charity **stem4**, to help manage the urge to self-harm. It was developed by Clinical Psychologist Dr. Nihara Krause MBE, in collaboration with young people and uses principles from an evidence-based psychological treatment called Dialectical Behaviour Therapy (DBT).

The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it.

Learn to ride the wave with the Calm Harm app by choosing activities from these categories:

Comfort, **Distract**, **Express Yourself**, **Release**, and **Random**.

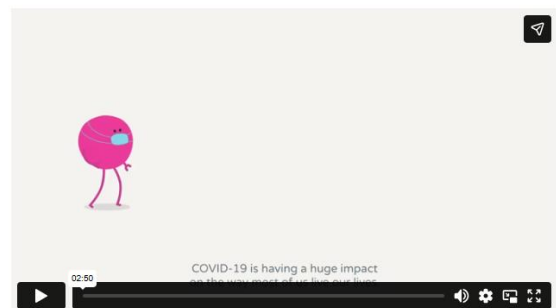
There is also a breathing exercise to help you be mindful and stay in the moment, regulate difficult emotions, and reduce tension.

When you ride the wave, the urge to self-harm will fade.

The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying trigger factors; the app supports you in building a 'safety net' of helpful thoughts, behaviours, and access to supportive people, as well as providing the opportunity to journal and self-reflect. The Calm Harm app also signposts to help.

The app is private, anonymous, and safe.

Please note that the Calm Harm app is not a substitute for the assessment and individualised treatment by a health or mental health professional.



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>



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