



RUSHCLIFFE
SPENCER ACADEMY

Wellbeing Support for Parents/Carers & Families

Where to go for help

Updated 15.11.21



Pastoral Support in school

Tel: 0115 9744050

- Assistant Heads of Year / Heads of Year:
 - Y7 Rosie Stevenson / Miss Vale rstevenson@Rushcliffe.notts.sch.uk
 - Y8 Naomi Batley / Mr Staiano nbatley@rushcliffe.notts.sch.uk
 - Y9 Emily Owen / Mr Morin eowen@rushcliffe.notts.sch.uk
 - Y10 Bo Laws / Mr Vickers blaws@rushcliffe.notts.sch.uk
 - Y11 Dawn Downs / Mrs Richardson ddowns@rushcliffe.notts.sch.uk
 - Sixth Form Mentor – Tracey Smith tsmith@rushcliffe.notts.sch.uk
 - Y12 Mr Cooper
 - Y13 Mr Lakin
- Pupil Well Being Leader & Safeguarding Lead – Helen Thorpe hthorpe@rushcliffe.notts.sch.uk
- Pupil Well Being Support Worker - Natalie Plau nplau@rushcliffe.notts.sch.uk
- School Counsellors – David Cook & Hannah Browne

Click on the link to access advice & support

- [Urgent helplines – talk to someone now](#)
- [Bereavement](#)
- [Disability & Special Educational Needs](#)
- [Drugs & alcohol](#)
- [Eating concerns](#)
- [Health & Sexual Health](#)
- [LGBTQ+ & Gender Identity](#)
- [Mental Health & Anxiety](#)
- [Online Safety](#)
- [Support for Families](#)
- [Support for Young People](#)



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Urgent helplines – talk to someone now

Mental health & anxiety

[CAMHS resources](#)

[Harmless \(self harm\)](#)

[Kooth](#)

[Metoo \(App\)](#)

[Nottalone](#)

[Think Ninja – mental health App](#)

[Young Minds](#)

Bereavement

[Child Bereavement UK](#)

[Cruse Bereavement](#)

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LGBTQ+

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Online safety

[CEOP – police - report concerns about online safety](#)

[Report Remove \(request to remove on line images\)](#)

[Think You Know – online safety](#)

Support for Young People

[Base 51 – Nottingham](#)

[Bullying UK](#)

[Childline](#)

[NSPCC](#)

[The Mix – support for U25s](#)

[Tu Vida – Young Carers](#)

Disability & Special Educational Needs

[Ask Us Nottinghamshire](#)

[Autism East Midlands](#)

[Notts Help Yourself : the SEND Local Offer](#)

Support for families

[Family Lives](#)

[Juno – Women’s Aid Nottinghamshire](#)

[Karma Nirvana \(Honour Based Abuse\)](#)

[Notts Help Yourself](#)





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Health & Sexual health

[ChatHealth – healthcare texting service](#)

[Children & Young People East Midlands Sexual
Assault Service](#)

[Healthy Families Team](#)

[Health for Teens](#)

[Victoria Health Centre – NHS sexual health clinic](#)

[Your Health Your Way](#)

Eating concerns

[Beat](#)

Drugs & alcohol

[CGL – drug and alcohol support](#)

[Frank: honest information about
drugs](#)





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Need to talk to someone now ...?

HopeLine

- 0800 068 41 41 (10am-5pm, 7pm-10pm weekdays, 2pm-5pm weekends, up to 35 years old)

CALM

- 0800 58 58 58 (5pm to midnight, for men of all ages)

ChildLine

- 0800 1111 (24 hours, up to 19 years old)

SANEline

- 0845 767 8000 (6-11pm)

Samaritans

- 08457 90 90 90 (24 hours)





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Information, advice and support
for children and young people with
a disability or special educational
needs and their parents/carers

- www.askusnotts.org.uk
- Access impartial advice, information and support across education, health and social care issues to parents and carers of children and young people with special educational needs and disabilities living in Nottinghamshire. Children and young people with SEND can also use the service.





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Autism | East Midlands



- www.autismeastmidlands.org.uk

The charity works to ensure autistic people can live their lives with dignity, choice and independence. Autism East Midlands was started on the initiative of a group of parents in 1968. Today they are still led by the parents and friends of autistic people. They provide help and support to families and individuals affected by autism from across Nottinghamshire, Derbyshire, surrounding counties and beyond.

- support and information for families and individuals
- a specialist day school, Sutherland House School
- play and leisure activities for children and young people
- adult residential homes
- outreach services
- support for independent living
- day services
- training for parents, carers and professionals
- a diagnostic and assessment centre





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- www.base51.org

Base 51
29-31 Castle Gate
Nottingham
NG1 7AR

E mail: info@base51.05g.uk

Tel: 0115 9525040

Supporting vulnerable young people to build life skills, healthy relationships and resilience to prepare them for the transition to adulthood.

Everybody is welcome to take part in activity sessions, counselling, workshops and much, much more...

Situated in Nottingham City Centre





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- www.beateatingdisorders.org.uk
- National helpline: 0808 801 0711
- Beat's [national Helpline](#) exists to encourage and empower people to get help quickly. People can contact Beat online or by phone 365 days a year.
- Beat supports anyone affected by eating disorders, difficulties with food, weight and shape. They also support family and friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health



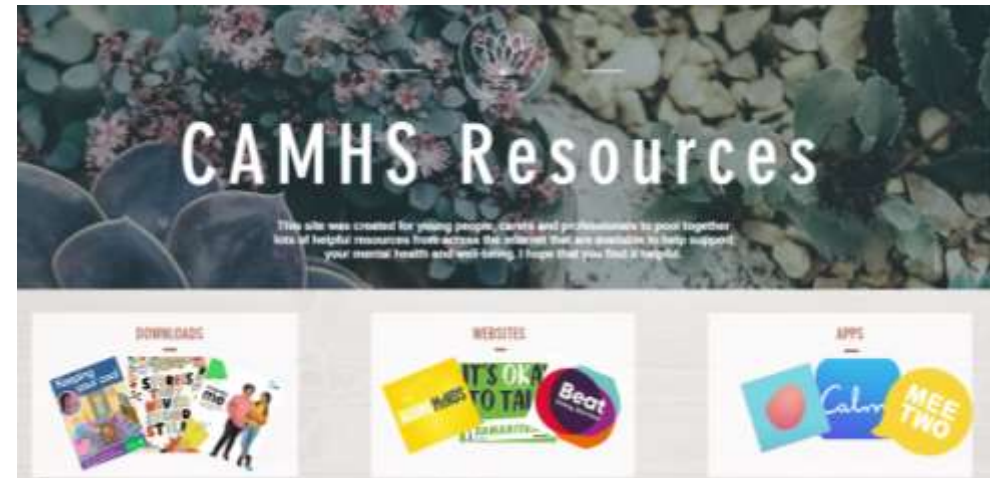


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CAMHS

Child and Adolescent
Mental Health Service

- This website was created by young people, carers and professionals to pool together lots of resources to help support your mental health and wellbeing. Lots of downloads, website recommendations, apps, videos, Covid info and much more
- To access CAMHS resources click [here](#)





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Chat Health Text: 07507 329952

- This is a confidential texting service for 11 to 19-year-olds in Nottinghamshire Healthcare NHS Trust. The ChatHealth text service is an easy way for young people to confidentially ask for help about a range of issues. They can also find out how to access other local services including emotional support or sexual health services.



Nottinghamshire Healthcare

NHS Foundation Trust





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- www.ceop.police.uk/Safety-Centre
- To support young people and their parents/carers who are worried about online abuse or the way someone has been communicating with a young person online.
- Make a report to one of CEOP's Child Protection Advisors





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Change
Grow
Live

Drug and Alcohol
Support for People
and their Families

Nottinghamshire

www.changegrowlive.org/nottinghamshire/children-young-people

CGL supports young people affected by someone else's substance use and support for young people using substances.

“Children and young people can be affected by drugs and alcohol in different ways. Some of the children and young people we help are using alcohol or drugs themselves. Other children and young people we help are affected by other people's drug and alcohol use, usually by those in their immediate family. Whichever way you are affected, we want to help you with the challenges you are facing. We will listen to you without judgement.”





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- <https://www.childbereavementuk.org/>
- Helpline: 0800 02 888 40

Child Bereavement UK helps children, parents and families to rebuild their lives when a child grieves or when a child dies. They support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age.

They offer free, confidential bereavement support by telephone, video or instant messenger, wherever you live in the UK.





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- www.childline.org.uk

“Childline is yours – a free, private and confidential service where you can talk about anything. We’re here for you online, on the phone, anytime.”





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Somewhere to turn when someone dies

- www.cruse.org.uk
- Helping people through one of the most painful times in life – with bereavement support, information and campaigning.





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- www.emcypsas.co.uk
- Advice line: [0800 183 0023](tel:08001830023)
- An NHS service open to children and young people under the age of 18 who have been raped or sexually assaulted.

“Anyone can be a victim of rape or sexual assault; so at our centres, we see all children and young people who have been assaulted, regardless of race, religion, gender identity or sexual orientation. The service is also available for young people over the age of 18 with learning difficulties as our service is often more suited for them.”





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- www.familylives.org.uk
- Helpline - 0808 800 2222
- Family Lives was formed over forty years ago by volunteers, with the aim of ensuring that all parents had somewhere to turn before they reached crisis point. They know that the right support at the right time makes all the difference.
- Family Lives provides targeted early intervention and crisis support to families who are struggling. The issues they support families with include family breakdown, challenging relationships and behaviour, debt, and emotional and mental wellbeing.





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FRANK

0800 77 66 00 talktofrank.com

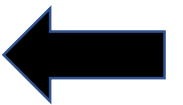
Friendly, confidential drugs advice

<https://www.talktofrank.com>

Tel: 0800 77 66 00

Text a question to 82111 and FRANK will text you back.

Find out everything you need to know about drugs, their effects and the law. **Talk to Frank** for facts, support and advice on drugs and alcohol today.





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- www.harmless.org.uk

HARMLESS HQ

The Sanctuary,
1 Beech Avenue,
Nottingham,
NG7 7LJ

Harmless work to provide support and information to young people who self harm and their friends & families.





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Nottinghamshire Healthcare
NHS Foundation Trust



Each **Healthy Family Team** works within a geographical area. These areas are based around local populations with the same boundaries as our children's centres and include the relevant 'families of schools'.

Parentline Text: 07520 619919

- The Healthy Family Teams' confidential texting service to provide parents and carers advice around child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.

Advice Line Tel: 0300 123 3387 and pick option 4

- A 'single point of access' Advice Line for parents and carers who want to speak to the Healthy Family Team for advice or support, covering the 0-19 years age range. It operates Monday to Friday, from 9am to 4.30pm.





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www.healthforteens.co.uk/?location=Nottinghamshire

This website features bite-sized information on a comprehensive range of physical and emotional health topics for teenagers, including healthy eating, body image, managing stress, advice on relationships, puberty, sexuality and much more.

Users can also find out about accessing support from local services.





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- www.junowomensaid.org.uk
- Nottingham Women's Centre, Chaucer Street, Nottingham
- Helpline: 0808 800 0340 (24 hours, 365 days, Freephone, specialist trained female support workers)

Services include:

- Information and advice
- Drop-ins and one-to-one support
- Healthy relationship courses and therapeutic groups
- Refuge and emergency accommodation
- Foster care for family pets





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KARMA NIRVANA

- www.karmanirvana.org.uk
- Honour Based Abuse Helpline: 0800 5999 247
- Karma Nirvana is a national charity (established 1993) who give practical and emotional support for male and female victims and survivors of honour based abuse, forced marriage and domestic abuse.





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- <https://www.kooth.com/>
- Online counselling service for young people who offer free, safe and anonymous online support. Visit the website for online chat with trained counsellors to support mental wellbeing.





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The MeeToo app allows you to talk anonymously about difficult things with other people of a similar age or experience. You can get help with your problems or use your experiences to help others. The app is a safe space where all posts and replies are checked before going live so there is no harassment, bullying or grooming.





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- www.mermaidsuk.org.uk
- Tel: 0808 801400
- Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. We also currently offer web chat support to students up to the age of 25.
- Transgender, nonbinary and gender-diverse children and teens need support and understanding, as well as the freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face.





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- www.nottalone.org.uk
- NottAlone is a new website sharing local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.
- Visitors to the NottAlone website can search the site according to the specific mental health issue they need help with and there are different versions of the information for young people, parents and carers.



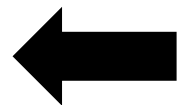


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**nottshelp
yourself
.org.uk**

- www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page
- Tel: Council's Customer Service Centre on 0300 500 80 80 / Relay UK: 0115 977 4050

Find information about a whole range of organisations and services including: activities, groups and events in your local community; childcare providers; support for children and young people aged 0 – 25 with a special educational need and/or a disability; health and social care information and support for adults and children; workplace health schemes.





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**nottshelp
yourself
.org.uk**



- [SEND Local Offer | Notts Help Yourself \(family servicedirectory.org.uk\)](https://family servicedirectory.org.uk)
- Tel: Council's Customer Service Centre on 0300 500 80 80 / Relay UK: 0115 977 4050

The **SEND (Special Educational Needs and Disabilities) Local Offer** brings together useful information across education, health and social care within one website where you can find information, advice and guidance and a range of provider services listed who support children and young people with SEND in our area.





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If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

Call or email help@nspcc.org.uk / tel: 0808 800 5000

NSPCC parents' guide to help keep your child safe online:

www.nspcc.org.uk/keeping-children-safe/online-safety/

18 or under?

Childline offers free, confidential advice and support whatever your worry, whenever you need help.

Tel: 0800 1111





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Nude image of you online?
We can help take it down.

www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/

- The NSPCC's service, Childline, has launched the Report Remove tool with the Internet Watch Foundation (IWF) to help young people remove nude images of themselves from the internet.
- The Report Remove tool can be used by any young person U18 to report a nude image or video of themselves that's appeared online. The IWF then review these reports, and work to have the content removed if it breaks the law.





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- www.stonewall.org.uk
- FREEPHONE 0800 0502020 - lines are open 9:30 - 4:30 Monday to Friday

Information and support for LGBT communities and their allies.





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- www.Samaritans.org
- jo@samaritans.org
- Tel: 116 123 (Freephone, 24 hours a day, 365 days a year)

“We're waiting for your call

Whatever you're going through, a Samaritan will face it with you.

We're here 24 hours a day, 365 days a year.”





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THE MIX

- www.themix.org.uk
- Tel: 0800 808 4994
- The Mix is one of the UK's leading support services for young people. Supporting young people under 25 to take on any challenge - from mental health to money, from homelessness to finding a job, from break-ups to drugs.
- *“Talk to us via our online community, on social, through our free, confidential helpline or our counselling service”.*





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- ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.
- Introduction to Think Ninja: https://www.youtube.com/watch?v=2pY36_kxIB0
- ThinkNinja is free to download during the coronavirus crisis from the App Store and Google Play. The app is usually commissioned by NHS organisations, such as Clinical Commissioning Groups (CCGs) and NHS Trusts. It's accessible at NHS sites and local schools within that geographical area.





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www.thinkuknow.co.uk

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline. Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.

11-13?

14+?

Parent/
Carer?





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Tü Vida
Supporting your life

- www.tuvida.org/nottsyoungcarers

- Nottinghamshire Young Carers Service: supporting a young people aged 7-17 years old, who care for a family member in Nottinghamshire.
- Information, advice, support... and fun!

“As a young carer, you'll be providing care for a parent, grandparent, brother or sister, or maybe somebody else. This is probably because they have an illness or disability, a mental health problem or problems with addiction to alcohol or drugs. The Nottinghamshire Young Carers Service is here to help young carers take breaks and get hold of information, advice and support when it's needed. We hold regular events where young carers across the county can meet, make new friends and learn new skills – as well as trying lots of fun activities.”





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Nottingham University Hospitals
NHS Trust



Victoria Heath Centre – Nottingham Sexual Health Services

- www.nuh.nhs.uk/sexual-health-services
- tel: 0115 9627627
- Glasshouse Street, Nottingham, NG1 3LW
- Contraception & Sexual health clinic & teenage services





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WINSTON'S WISH **WW**

Giving hope to grieving children

- www.winstonswish.org.uk
- Free helpline: 08088 020 021.

A national bereavement support service, offering practical support and guidance for children, young people and families after the death of a parent or sibling.





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YOUNGMINDS

- www.youngminds.org.uk
- YoungMinds Textline Text YM to 85258
Free, 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.
- A UK charity providing young people with reassurance and advice to help them make positive choices for their mental health and know what to do next if they are struggling.





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www.yourhealthnotts.co.uk

Tel: 0115 772 2515

E mail: yourhealth.notts@ablhealth.co.uk

Your Health Your Way is Nottinghamshire's new Integrated Wellbeing Service funded by Nottinghamshire County Council and delivered by ABL Health. The services provides help to all residents of Nottinghamshire (excluding Nottingham city) to get more active, eat healthier, manage weight, drink less alcohol and stop smoking. Realistic and practical support for people to make life long healthy behaviour changes.





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Everyone at Rushcliffe will be given the chance to shine brightly