

11<sup>th</sup> April 2022

Dear Parent/Carer

We are acutely aware of the additional pressures that families are under and the potential risks and challenges they face. As we approach the end of term, we felt it was an appropriate time to signpost sources of support, if they are needed.

I have attached a document to this letter that lists external phone, online and text messenger services that are available throughout the year.

We have further sources of support for keeping children safe on our website, including online safety <https://landau-forte.org.uk/college/safeguarding-young-people/>

To pass on safeguarding information during the break, please email [safeguarding@landau-forte.org.uk](mailto:safeguarding@landau-forte.org.uk) This email address will not be monitored every day during the College holidays and in **urgent cases** please take the following action:

- If a young person is in immediate risk of harm or there is an imminent threat of harm to others, please call 999
- For any other concerns relating to the safety or wellbeing of a young person please contact Derby City Council Social Care on 01332 641172
- Derby City Council Social Care have an out of hours' telephone number which operates from 5pm until 9am on weekdays and on weekends and Bank Holidays, their number is 01332 956606.








We wish you all a safe and happy Easter.








Best wishes,

Jane Hornby

Designated Safeguarding Lead

# SUPPORT HELPLINES, APPS AND WEBSITES

	PHONE	WEBSITE 	ONLINE CHAT? 
<b>Childline</b> Free, confidential service where you can talk about anything you want	0800 1111  free 24/7	<a href="http://www.childline.org.uk">www.childline.org.uk</a>	
<b>The Mix</b> Info and support for the under 25s for all kinds of issues	0808 8084994  free not 24/7	<a href="http://www.themix.org.uk">www.themix.org.uk</a>	4 - 11pm  
<b>Young Minds</b> Mental health support	Crisis text messenger 85258  free 24/7	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	24/7  
<b>Runaway Helpline Support</b> when you have gone missing	116000  free confidential 24/7	<a href="http://www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething.html">www.missingpeople.org.uk/ how-we-can-help/young- people/646-saysomething.html</a>	
<b>Kooth</b> Free, anonymous online counselling and support for young people	Mon – Fri 12pm – 10pm  Sat – Sun 6pm – 10pm	<a href="http://www.kooth.com">www.kooth.com</a>	
<b>Help at Hand Support</b> , advice and info for young people in care	0800 528 0731  free not 24/7	<a href="http://www.childrenscommissioner.gov.uk/help-at-hand">www.childrenscommissioner. gov.uk/help-at-hand</a>	
<b>CEOP</b> Reporting online abuse, sexual abuse or consent		<a href="http://www.ceop.police.uk/safety-centre/">www.ceop.police.uk/safety- centre/</a>	

	PHONE 	WEBSITE 	ONLINE CHAT? 
<b>Stop it now</b> Help if you are worried about your online behaviour or someone elses.	0800 1111  free 24/7	<a href="http://www.childline.org.uk">www.childline.org.uk</a>	
<b>The Mix</b> Info and support for the under 25s for all kinds of issues.	0800 1000 900	<a href="http://www.stopitnow.org.uk">www.stopitnow.org.uk</a>	
<b>B-eat</b> Support with eating disorders.	0808 1000 900  Free	<a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>	
<b>Brook</b> Sexual health advice for under 25's		<a href="http://www.brook.org.uk">www.brook.org.uk</a>	
<b>Derbyshire NHS Chat Health</b> Sexual health, relationships, emotional health, smoking, drugs and alcohol.	07507 327104  Free	<a href="http://www.chathealth.nhs.uk">www.chathealth.nhs.uk</a>	
<b>SelfHarm UK</b> A website to support students who self harm.		<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>	
<b>FRANK</b> Anonymous support for Drug and alcohol use	0300 1236600 Text 82111 Free 24/7		
<b>SHOUT</b> Crisis Text messenger service	Text 85258 Free 24/7	<a href="http://www.gveusashout.org">www.gveusashout.org</a>	