

## Safeguarding Information

At Hall Park Academy we understand that there will be parents, carers and students who may from time to time need some additional support or advice. Therefore, please find below a list of support services available to you if you have any concerns.

Your first option during school hours should be to call school and ask to speak to a member of the safeguarding team. If this is not possible or the school is closed, then below are some useful links to external agencies who will be able to offer advice and support.

**School office hours are: 7:30am - 4:30pm Monday to Thursday, 7:30am – 4:00pm Friday**

**Tel: 01773 786212**

**Please contact us if you have anything you would like to discuss:**

**HPAsafeguarding@hallparkacademy.org.uk**

### For urgent concerns see below:

#### **THOSE AT IMMEDIATE RISK**

##### **Nottinghamshire Multi-agency Safeguarding Hub (MASH)**

If you have urgent concerns for a child, or suspect that a child has been abused in any way, you can also report a safeguarding concern to Nottinghamshire Multi-agency Safeguarding Hub by calling:

**0300 500 80 90 (if you are a member of the public).**

If you require an urgent response outside of working hours (08:30-17:00), contact the Emergency Duty Team (EDT) on 0300 456 4546. In an emergency call 999.

<https://www.nottinghamshire.gov.uk/care/safeguarding/childrens-mash>

#### **FOR THOSE NOT AT IMMEDIATE RISK, BUT REQUIRE SUPPORT** **Early Help Unit**

The Family Service provides early help support for children & young people aged 5 to 18. Some examples of areas of support are listed below. The service will provide advice, information and will signpost you and your family to other sources of support and guidance.

Crime prevention via Youth Offending Teams, Supporting Families, Homelessness, Substance misuse, Defiant behaviour issues at home or school, Emotional health difficulties that do not meet CAMHS criteria, Support with finding work, training or re-entering education, Young Carers.

Telephone: 0115 804 12 48


Email: [early.help@nottsc.gov.uk](mailto:early.help@nottsc.gov.uk)

Opening Hours: Monday to Friday 09.00am to 4.30pm


## Further Support Contact Information:

	<p>Telephone: 0800 1111</p> <p>Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>
	<p>Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a></p>
 <p>online counselling service</p>	<p>Website: <a href="http://www.kooth.com">www.kooth.com</a></p>
 <p>PAPYRUS PREVENTION OF YOUNG SUICIDE</p>	<p>Telephone: 0800 068 4141</p> <p>Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></p> <p>Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a></p>
 <p>NHS support site for emotional wellbeing</p>	<p>Telephone: 07507 329952</p> <p>Website: <a href="http://www.healthforteens.co.uk">www.healthforteens.co.uk</a></p>
<p>Own GP</p>	<p>Radcliffe - 0115 933 2948</p> <p>Cotgrave - 0115 896 9991</p> <p>Bingham - 0115 896 9991</p>
<p>CAMHS Crisis Team</p>	<p>Work hours - 0115 844 0560</p> <p>6pm-10pm - 0115 969 1300</p> <p>(ask for CAMHS crisis team)</p>
 <p>Head2Head</p> <p>Drug and Alcohol support (via CAMHS)</p>	<p>0115 956 0842</p> <p>Email: <a href="mailto:CAMHS.H2HTeam@nottshc.nhs.uk">CAMHS.H2HTeam@nottshc.nhs.uk</a></p>

<p><b>WAM service</b></p> <p>Provide 1-1 support to children and young people affected by somebody else's mental health and/or substance use</p>	<p>Call: 0115 9691300 ext 16499 Email: <a href="mailto:wam.team@nottshc.nhs.uk">wam.team@nottshc.nhs.uk</a></p>
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 <p>CAS Y Counselling and Support for Young People</p> <p>CASY provides a confidential counselling service to young people aged from 6 to 25 within Nottinghamshire and Lincolnshire.</p>	<p>Telephone: CASY 01636 704 620</p> <p>Website: <a href="http://www.casy.org.uk/">http://www.casy.org.uk/</a></p> <p>CASY 23 Millgate Newark NG24 4TR</p>
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 <p>Cruse Bereavement Care</p> <p>Offer support and help to those who are grieving, following the death of someone close</p>	<p>Telephone: 0115 9244404</p> <p>Email: <a href="mailto:nottinghamshire@cruse.org.uk">nottinghamshire@cruse.org.uk</a></p> <p>Room 36 Lenton Business Centre Nottingham NG7 2BY</p>
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 <p>ChangeGrowLive</p> <p>Provide help and support to adults, children, young people and families. Services cover a wide variety of areas including health and wellbeing, substance use, mental health, criminal justice, domestic abuse and homelessness.</p>	<p><a href="https://www.changegrowlive.org/">https://www.changegrowlive.org/</a></p>
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Small Steps is a service providing early support and evidence-based interventions to families of children and young people displaying behaviours that cause concern or challenge. Support will be available where there is no formal diagnosis of ASD or ADHD, but where behaviours may be indicative or characteristic of these conditions and also for families of children and young people diagnosed with ASD and/or ADHD.

Telephone: 01623 672 152  
Information and Support Line: 07966 528 940

E-mail: [not-tr.small.steps@nhs.net](mailto:not-tr.small.steps@nhs.net)

**Healthy Families Team**

NHS

To contact your Healthy Family Team in Rushcliffe please ring the following numbers between 9am - 5pm Monday to Friday:

0115 883 7368 appointments only

0115 883 7361 advice only



Self-help resources for emotional problems

Website: <https://www.moodjuice.scot.nhs.uk/>

**YOUNG MiNDS**

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

If you need urgent help text YM to 85258

**selfharm<sup>UK</sup>**

SelfharmUK is a project dedicated to supporting young people impacted by self-harm

<https://www.selfharm.co.uk/>



Website: <https://www.mind.org.uk/>

Email: [contact@mind.org.uk](mailto:contact@mind.org.uk)

Telephone: 020 8519 2122



Support and advice on Self-harm

Website: [www.harmless.org.uk](http://www.harmless.org.uk)

Email: [info@harmless.org.uk](mailto:info@harmless.org.uk)

#### GetSelfHelp

Provides CBT self-help and therapy resources, including worksheets and information sheets.

Website: <https://www.getselfhelp.co.uk/>



Counselling service for young people (aged 12-25)

Telephone: 0115 9525040

Website: [www.base51.org.uk](http://www.base51.org.uk)

Email: [counselling@base51.org.uk](mailto:counselling@base51.org.uk)

Drop in sessions Tuesdays, Wednesday and Thursdays  
46pm



National Domestic Violence Freephone: 0808 2000247

Nottingham Women's Aid Advice Centre: 0808 8000 340

Parentline Plus: 0808 200 2222

Nottingham Rape Crisis Centre: 0115 941 0440

The Sexual Abuse Project: 0115 958 8859



[www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)

The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information, advice.

Phone 08000 50 20 20



[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18. Phone 0345 634 7650 (4pm – 10pm)

The logo for Redthread consists of the word "Redthread" in a white, cursive-style font, centered within a solid red rectangular background.

Redthread

Redthread

Youth Violence Intervention charity based at the QMC.

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

Redthread's work empowers young people to thrive as they navigate the challenging transition to adulthood by integrating trauma-informed youth work into the health sector.

The logo for Winston's Wish features the words "WINSTON'S WISH" in a bold, black, sans-serif font, with "WISH" in a larger size. Below this, the letters "WW" are written in a stylized, black, cursive font. Underneath the logo is the tagline "Giving hope to grieving children" in a smaller, black, sans-serif font.

WINSTON'S  
WISH WW  
Giving hope to grieving children

Winston's wish

<https://www.winstonswish.org/>

Winston's wish help children and young people after the death of a parent, sibling or navigating any grief.