

The West Bridgford School

A Signposting Directory for Parents and Carers



Also available on our school website www.wbs.school

APTCOO

Improving the lives of disabled children, young people and their families.

Address: A Place To Call Our Own (APTCOO)
Unit 15 Botany Park
Botany Avenue
Mansfield
Nottinghamshire
NG18 5NF

Tel: 01623 629902

Email: enquiries@aptcoo.org

Website: www.aptcoo.co.uk



Information:

APTCOO is a registered charity based in Mansfield, Nottinghamshire, providing at the earliest opportunity a wide range of information, advice and access to a personalised range of specialist health, care and education support services for children and young people with Special Educational Needs and Disabilities (SEND) and their whole family unit

Ask Us - Parent Partnership Services

Address: Ask Us - Parent Partnership Services
Futures
57 Maid Marion Way
Nottingham, NG1 6GE

Tel: 0800 121 7772

Email: enquiries@askusnotts.org.uk

Website: www.ppsnotts.org.uk/

Information: Provides information, advice and support to parents and carers of children with a disability or special educational needs. The service promotes partnership between parents, schools, the local authority and voluntary organisations.

Autism East Midlands

Contact: www.autismeastmidlands.org.uk/

Address: Sutherland House School
Bath Street
Nottingham
NG1 1DA

Tel: 0115 9609263 (school)
01909 506 678 (head office)

Email: enquiries@autismeastmidlands.org.uk

Information: A charity that enables people with autism to live their lives with dignity, choice and independence.

The charity was established in 1968 by a group of parents who wanted to ensure that there were appropriate educational facilities for children with autism in the Nottinghamshire area. The school they set up is Sutherland House. The charity also offers residential and day care services for adults. In addition, Family Services offers help and support to the families of people with autism.



Beat

Helpline 0808 801 0677

Youthline: 0808 801 0711

Studentline: 0808 801 0811

Website: www.beateatingdisorders.org.uk

Email: help@beateatingdisorders.org.uk - over 18
fyp@beateatingdisorders.org.uk – Under 18

Information:

Beat is the UK's charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.



Carers Federation – Adult Carers

Tel: 01159 629 310 – Margaret Usher for Rushcliffe

Email: info@carersfederation.co.uk

Website: www.carersfederation.co.uk

Information:

Are you supporting family members or friends because of their illness, disability, mental health issue or substance misuse?

You could be a carer.



Childline

Tel: 0800 1111

Website: www.childline.org.uk

Information: Helpline for children and young people



CRUSE Bereavement Care

Helpline: 0808 808 1677 FREE phone helpline

Website: www.cruse.org.uk

Email: info@cruse.org.uk

Information:

Helpline for adults and young people who have experienced the death of someone. Visit the website for local CRUSE services.



Family Lives

Tel: Free confidential helpline: 0808 800 2222.

Website: www.familylives.org.uk
www.bullying.co.uk

Information:

Confidential advice, information and support on any aspect of parenting and family life via the helpline and live chat. For further information, please visit the website.



FRANK

Tel: 0300 123 6600

Email: frank@talktofrank.com

Live chat (2pm – 6pm)

Website: www.talktofrank.com

Information: Friendly confidential drugs advice.



0800 77 66 00 talktofrank.com

Harmless

Address: 1 Beech Avenue
Nottingham
NG7 7LJ

Email: info@harmless.org.uk

Website: www.harmless.org.uk

Information: Harmless is an organisation that provides a range of services for people who self-harm, their friends, families and professionals.



Health For Teens – Nottinghamshire Healthcare

Text School Nurse: 07507 329 952 for confidential health advice and support

Website: www.healthforteens.co.uk

Twitter: @healthforteens1 #healthforteens

Teens can get help with all kinds of things like healthy eating, relationships, sex, emotional health, bullying, smoking, self harm, contraception, and alcohol and drugs.

Visit the website to see videos, find health information, take quizzes and find out the truth behind the rumours

The logo for Health For Teens is displayed on a black rectangular background. The words "HEALTH" and "TEENS" are written in a large, bold, white, sans-serif font. Between them, the words "FOR TEENS" are written in a smaller, white, sans-serif font, stacked vertically and centered between the two main words.

HEALTH FOR TEENS

Karma Nirvana

Tel: 0800 5 999 247
Email: info@karmanirvana.org.uk
Website: www.karmanirvana.org.uk

Information: Offer practical and emotional support for male and female victims and survivors of honour based abuse, forced marriage and domestic abuse.

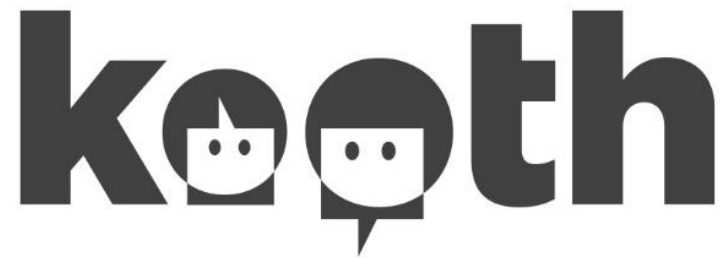


Kooth – online counselling service for young people

Website: www.kooth.com

Information:

Free, safe and anonymous online support for young people. Visit website for online chat with trained counsellors.



Local Offer

Website: www.nottshelpyourself.org.uk

Information:

This resource is a partnership between education, health, social care, the voluntary and private sector. It is intended to provide you with information relevant to children and young people aged 0 -25 years with special educational needs and/or disabilities. Its aim is to bring as much of this information together within one website

Mermaids

Tel: 0808 801 0400
Email: info@mermaidsuk.org.uk
Website: www.mermaids.org.uk

Information:

If you or a young person feels at odds with their birth gender, or you are a parent with a child who feels this way, Mermaids can help.



Base 51 NGYMyplace

Address: 29-31 Castle Gate, Nottingham, NG1 7AR
Telephone: (0115) 952 5040
Email: info@base51.org.uk
Facebook: [Facebook.com/ngymyplace](https://www.facebook.com/ngymyplace)

Situated in Nottingham city centre. Open Mon, Tues, Thurs and Friday 3.30pm – 8pm.
Open Wed 6pm – 8pm for Outburst:

Fully Equipped Gym (50p per session – first one free)

Dance Studio (£1 per person per hour)

Recording Studios

Film Making

Cyber Café

Lounge Area with TV and Games

Outburst - LGBTQ+ Support Group - Every Wednesday 6.00pm to 8.00pm

Laundry and Shower Facilities

Counselling Service

Drop-in Counselling Sessions*:

Tuesday & Thursday: 4.00pm and 5.00pm

Wednesday: 6.00pm and 7.00pm



working in partnership with:



NSPCC – A Parents' Guide to help keep your child safe online

Website: Visit www.nspcc.org.uk/ShareAware for
helpful advice

There have been some important recent updates on Snapchat so we have updated our guide for parents and carers accordingly. Updated Snapchat guide for parents and carers: <https://twitter.com/natonlinesafety/status/1019547820741877760>

National Online Safety Team (NOS)

Samaritans

Website: www.samaritans.org.uk

Email: jo@samaritans.org

Tel: Freephone 116 123

Information:

‘Every six seconds, we respond to a call for help. No judgement. No pressure. We're here for anyone who needs someone.’

Email or talk to the Samaritans about anything that is worrying you.

The logo consists of a solid green rectangle with the word "SAMARITANS" written in white, bold, uppercase letters.

SAMARITANS

School – support in school

Tel: 0115 974 4488

Email: admin@wbs.school

Website: www.wbs.school

Information: Pastoral Support in School

Mrs Mills & Mrs Clarke

Year 7

Mrs Mills & Mrs Kaur

Year 8

Miss Martin and Mrs Bauld

Year 9

Ms Masterson and Mrs Butcher

Year 10

Miss Martin and Miss Powell

Year 11

Mr Bowie and Ms Donovan

Post 16

School nurse drop-in on Tuesday lunchtime

Smoke Free Life

Contact: Front desk

Address: 0115 772 2515

Tel: 0800 246 5343

Text: Quit to 66777

Website: www.smokefreelifenottinghamshire.co.uk

Information: Free support for smokers who want to quit.

The logo for Smokefree life Nottinghamshire is displayed on a blue rectangular background. The text "smokefree life" is in white, with "free" in green. Below it, "Nottinghamshire" is written in green.

smokefree life
Nottinghamshire

Stonewall

Tel: 020 7593 1850
Email: info@stonewall.org.uk
Website: www.stonewall.org.uk

Information:

Stonewall is a lesbian, gay, bisexual and transgender (LGBT) rights charity in the UK.



The Mix – Essential support for under 25s

Tel: 0808 8084994

Website: www.themix.org.uk

Information:

The Mix is the UK's leading support service for young people. Advice and support from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to an advisor via online for free confidential helpline.

Think You Know

Website:

www.thinkuknow.co.uk



Information:

A guide to internet safety and safe surfing of the web for young people. Age-related tabs, including one for parents and carers who would like to understand more about keeping their child safe online

Victoria Health Centre – Nottingham Sexual Health Services

Contact: Reception

Address: Glasshouse Street, Nottingham, NG1 3LW

Tel: (01159) 627 627 contact centre.
(01159) 627 627 Contraception and Sexual health Clinic

Website: www.victoriamapperley.co.uk/victoria-health-centre

Information: For contraception, sexual health and teenage services.
Situated behind the Victoria Centre.

Open:	Mon	8.30am – 5pm	last appointment 4.20pm
	Tues	8.30am – 5pm	last appointment 4.20pm
	Wed	8.30am – 7pm	last appointment 6.20pm
	Thurs	8.30am – 5pm	last appointment 4.20pm
	Fri	8.30am – 5pm	last appointment 4.20pm
	Sat	10am – 2pm	last appointment 1.20pm
	Sun	CLOSED	

WAM – What About Me?

Email: wam.team@nottshc.nhs.uk

Website: www.wamnotts.co.uk

Information: A confidential support service for children and young people aged up to 18 that are affected by someone else's drug or alcohol use/misuse.
Face-to-face support, telephone/text support 9am – 7pm daily, including weekends.



JUNO Women's Aid (formerly known as WAIS)



Address: Nottingham Women's Centre
Chaucer Street
Nottingham

Tel: Helpline for women – 0808 800 0340 24hr Freephone Helpline
Interpretation also available through Language Line

General enquiries: 0115 947 5257

Website: www.junowomensaid.org.uk

Information:

We're a charity working with women, children and teens who have been affected by domestic abuse

We run a wide range of services including the 24 hour Nottingham and Nottinghamshire Freephone Domestic and Sexual Violence Helpline. This is where you can speak to one of our specialist trained female support workers 365 days a year.

We offer

Crisis support and drop ins
Ongoing one to one support
Refuge accommodation (BMER and Dispersed Refuge service)
12 week healthy relationship programmes (The Freedom Programme)
Therapeutic groups for mums and children
One to one support for teenagers
Foster care for family pets

Young Minds

The voice for young people's mental health and wellbeing

Tel: Parents Helpline 0808 802 5544
(9.30am – 4pm Mon- Fri. Free for mobiles and landlines)

Website: www.youngminds.org.uk

Information:

The UK's leading charity committed to improving the wellbeing and mental health of children and young people. Find out more about us, our mission and how we work. Visit the Young Minds website to find out more.

