



Cardinal Langley RC High School

'An Outstanding Catholic School' S48, March 2017

Pastoral and Safeguarding Support

The school office is open during the normal school day (except during school holidays) should you need to contact one of the pastoral or safeguarding team for advice or support - tel 0161 643 4009. We also have a bespoke email address (which is monitored daily by members of our Safeguarding Team) for parents or carers who have any concerns of a safeguarding nature: Safeguarding@clrchs.co.uk If you have any serious concerns, you should inform the EHASH team at the Local Authority on 0300 303 0440 or ehash@rochdale.gov.uk and, if you are in any doubt, please telephone the police.

For support outside of school hours please see below:

childline

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

Childline is a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, they're there for you online, on the phone, anytime: www.childline.org.uk



Anyone who is worried about online grooming or sexual behaviour online can contact CEOP: www.thinkuknow.co.uk



If you discover any criminal content when you're online you should report it to the Internet Watch Foundation: <https://report.iwf.org.uk/en>



Providing information on health, social care, childcare and family services within the borough of Rochdale - <https://www.ourrochdale.org.uk/kb5/rochdale/directory/home.page>

Rochdale Family Information Service is a free information and advice service for families: family.info@rochdale.gov.uk



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Health and Wellbeing support

	NHS ChatHealth (Pennine Care NHS) Phone: 0750 733 0382
Aged 11-19? Got a health question or worry? For confidential help, advice and support, text a school nurse	

Social, emotional and mental health support

	#THRIVE (Emotional Health and Wellbeing Support) www: healthyyoungmindspennine.nhs.uk/ Phone: 01706 676000
Are you feeling worried, angry or upset? Struggling to cope? Stressed about school or exams? Feeling bad about yourself? Experiencing bullying or relationship worries? Or are you just feeling a bit low and not enjoying things? Lots of young people feel this way, so you are not alone. Getting the right support as soon as possible can help you to feel better, enjoy life and achieve the things you want to: telephone – 01706 676000	

	KOOTH www: https://www.kooth.com/
Free, safe and anonymous online support for young people: Monday – Friday 12pm – 10pm and Saturday – Sunday 6pm – 10pm	

	Mind www: https://www.rochdalemind.org.uk/ Phone: 01706 752338
We exist to ensure that people do not face mental health issues alone and can lead their lives free from stigma and discrimination.	

Online safety


	Safety net kids www: http://www.safetynetkids.org.uk/
Online safety information for children including top tips to keep yourself safe	



Further support for parents and carers to keep their children safe online includes:

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and carers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carers

Food bank

	The Lighthouse Project Food Pantry www: http://www.lighthouseproject.org.uk/ Phone: 0161 643 1163 Thursday: 1.30pm-3.30pm Friday: 10am-12pm
S6b/c Middleton Shopping Centre Limetrees Road, Middleton, M24 4EL	

Middleton Police Station



Telephone: 0161 856 8701 (Heywood and Middleton Neighbourhood Policing Team)
0161 872 5050 (Greater Manchester Police Switchboard)
E-mail: heywoodandmiddletoninpt@gmp.police.uk
Website: <https://www.gmp.police.uk/>

You can contact the Police on **101** for non-emergencies.
In an emergency, if you feel that you or anyone else are in immediate danger or there is a risk to life then please call **999** and ask for the Police.



Looking after your mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. The **'Every Mind Matters'** NHS service has expert advice and practical tips to help you look after your mental health and wellbeing including guidance, advice and tips on how to maintain your mental wellbeing if you need to stay at home during the coronavirus pandemic or if you are anxious about it.

<https://www.nhs.uk/oneyou/every-mind-matters>