

Lantern Lane Primary School

A sign posting directory for parents



School support

- **Telephone:** 01509 820112
- **Email:** office@lanternlane.notts.sch.uk
- **Website:** <https://www.lanternlane.notts.sch.uk/>
- If you have a concern about your child please speak to the class teacher.
- Head teacher: Jane Butler
- Safeguarding leads: Jane Butler, Nuala Thompson, Paula Hancock
- SENCO/ Mental Health Lead: Nuala Thompson
- ELSA Support: Kellie Tate
- Well-being support assistant: Jen Evans

Healthy Families Team

- Telephone: 0300 123 3387
- Website: <https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>

Information: Healthy Family Teams are part of the Healthy Families Programme, an integrated service for children, young people and families which brings together care provided by health visitors, school nurses, the Family Nurse Partnership Programme (for first time teenage mums) and the National Childhood Measurement Programme.

Available between 9am and 4.30pm, Monday and Friday.

A member of the team will be able to give advice.

Small Steps Service Nottinghamshire

- **Tel:** 01623 672 152 Information and Support Line: 07966 528 940
- **Email:** NottinghamshireSmallSteps@family-action.org.uk
- **Info:** 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 maybe indicative or characteristic of these conditions and also for families of children and young people diagnosed with ASD and/or ADHD.



Turning Point

Helpline number: 0300 5550730

Website: <https://www.turning-point.co.uk/nottingham-helpline>

Info: A mental health helpline for adults and young people across Nottinghamshire. The Nottinghamshire mental health helpline offers access to support for people who need emotional support or information about their mental health.

Ask Us Nottinghamshire

- **Address:** Ask Us - Parent Partnership Services Futures 57 Maid Marion Way Nottingham, NG1 6GE
- **Tel:** 0800 121 7772
- **Email:** enquiries@askusnotts.org.uk
- **Website:** <https://askusnotts.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.

Local Offer

- **Website:**
<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page>
- **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

Autism East Midlands



- **Autism East Midlands Contact:**
<https://www.autismeastmidlands.org.uk/>
- **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.

Anna Freud Centre

- Anna Freud National Centre for Children and Families Website: <https://www.annafreud.org/>
- **Information:** The service aims to build resilience and support children, young people and families in distress.



Anna Freud
National Centre for
Children and Families

Child and Adolescent Mental Health Service (CAMHS)

Website: <https://www.camhs-resources.co.uk/>

Click the link to access CAMHS resources to help support your mental health and well-being.



Child and Adolescent Mental Health Service (CAMHs)

- **Website:** <https://www.nottinghamshirehealthcare.nhs.uk/camhs>
- **Information:** Child and Adolescent Mental Health Services are for people up to 18 years old. They are sometimes called CAMHS.
- If you are the parent or carer for a young person aged 0 to 18 years old with a Nottinghamshire GP, you can refer on their behalf to CAMHS. This means that you can directly approach our team to ask for help. The telephone number is **0115 8542 299** and it is open from 8am to 5pm, Monday to Friday. You will speak to a specially trained professional who will ask you some questions and talk to you about how they can help. If you prefer, you can ask for help by completing an online referral form.

Young Minds The voice for young people's mental health and wellbeing

- **Tel:** Parents Helpline 0808 802 5544
- **Website:** <https://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.



Nott Alone



- Website: <https://nottalone.org.uk/>
- **Information: Local mental health advice and help for young people in Nottingham and Nottinghamshire.**
- **What is NottAlone and who is it for?**
- It's a website with local mental health advice & help for young people in Nottingham and Nottinghamshire, all in one place. If you are aged under 25, are a parent or carer, or a professional that supports young people, you can find information, advice and where to go to get help locally.
- The website provides a variety of practical advice and resources to help young people with a range of issues including anger, anxiety, body image, family separation and suicidal thoughts. It also signposts them to further local services available.

Kooth - online counselling service for young people

- Website: <https://www.kooth.com/>
- **Information:** Free, safe and anonymous online support for young people. Visit website for online chat with trained counsellors.



Trent PTS



- Website: <https://www.trentpts.co.uk/>
- Phone: 0115 896 3160
- Email : enquiries@trentpts.co.uk
- Info: We provide free therapy which includes counselling, couples therapy and Cognitive Behaviour Therapy. During Lockdown we operate a full service accessible by phone or by video link. We provide treatment for: depression, anxiety, loss, grief, trauma, relationship problems and many other conditions.

MH:2K

- **Website:** <https://www.mh2k.org.uk/about/>
- **Information:** MH:2K is a powerful new model for engaging young people in conversations about mental health and emotional wellbeing.
- <https://www.nottinghamshirehealthcare.nhs.uk/download.cfm?doc=docm93jijm4n7568.pdf&ver=13279>
- Click on the link above to provide information about mental health services in Nottinghamshire.

Children's Bereavement Centre Nottingham

- **Website:** <http://www.childrensbereavementcentre.co.uk/>
- **Info:** The Children's Bereavement Centre is run by a committed team of friendly, supportive and professional people who are qualified to help with the grieving process brought on by the death or terminal illness diagnosis of someone close. The centre is open to children aged 3 to 18 and offers a welcoming and safe environment for them and their families to receive the help and guidance they need.

- Click on the website link to make an easy referral.



Child Bereavement UK

- **Tel:** 0800 02 888 40
- **Website:** <https://www.childbereavementuk.org/>
- **Information:** We help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves.



Cruse Bereavement Care

- **Helpline:** 0808 808 1677 FREE phone helpline
- **Website:** <https://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.



The Tomorrow Project



- **Website:** <http://www.tomorrowproject.org.uk/>
- Crisis pathway: crisis@tomorrowproject.org.uk
- Suicide Bereavement pathway:
bereavement@tomorrowproject.org.uk
- **Information:** Supporting those those who have been bereaved by suicide. A confidential, community based suicide prevention, intervention. No age restriction.
- **For more information contact us at info@tomorrowproject.org.uk or text on 07594 008 356.**

Childline

- **Tel:** 0800 1111
- **Website:** <https://www.childline.org.uk/>
- **Information:** Helpline for children and young people



NSPCC

- **Website:** <https://www.nspcc.org.uk/>
- **Helpline:** Call on [0808 800 5000](tel:08088005000) or email help@nspcc.org.uk.
- **Info:** If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.



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

- **Website:** <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Visit this website for some helpful advice.

- **Info:** It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.

Samaritans



- Website: <https://www.samaritans.org/>
- Email: jo@samaritans.org
- Tel: Freephone 116 123 - 24 hours a day, 365 days a year
- 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

Papyrus

Prevention of young suicide



- **Website:** <https://www.papyrus-uk.org/>
- **Call:** 0800 068 4141
- **Text:** 07860 039 967
- **Email:** pat@papyrus-uk.org
- **Information:** We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

APTACOO



- Improving the lives of disabled children, young people and their families.
- **Address:** A Place To Call Our Own (APTACOO) Unit 15 Botany Park Botany Avenue Mansfield Nottinghamshire NG18 5NF Tel: 01623 629902
- **Email:** enquiries@aptcoo.org
- **Website:** <https://www.aptcoo.co.uk/>
- **Information:** APTACOO 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

Nottinghamshire Carers Hub – Adults and Young Carers

- Website: <https://www.tuvida.org/>
- **Info:** When illness or disability strike, a lot of people can feel the impact. Suddenly it can seem as though life is on lockdown — whether it's you being cared for, or you're providing care to somebody else.
- Our aim is to help unlock doors; opening up the world again so that you can re-connect with others and make choices that enrich your life.
- At TuVida, we know that there is no 'one one-size-fits-all' formula for effective care and support. It's our aim to offer the best, most appropriate care and support to people who need it.

Think You Know

- **Website:** <https://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



Juno Woman's Aid



- **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:** <https://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

Reducing parental conflict

A new resource for parents and practitioners.

- A small group of colleagues from across Children and Families Dept have developed a new resource for parents and professionals, aimed at helping parents resolve their everyday disagreements in a positive manner, mindful of the impact that an unhappy home atmosphere has on their children.
- **Website:** www.nottshelpyourself.org.uk/relationshipsreallymatter
- Take a look at the video we have on YouTube: <https://youtu.be/xXCJ9qsxVtI>

Shout 85258

- **Website:** <https://giveusashout.org/get-help/>
- **Information:** If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night.
- If your life is at imminent risk, please call 999 for immediate help.
- Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.