

Useful Websites/Contacts



Ormiston SWB Academy Safeguarding advice, guidance and concerns please email. If during weekdays 09:00–15:00 you will be responded to within one hour;
Safeguarding@oswba.co.uk

Support for Online and E Safety concerns;
<https://www.ceop.police.uk/Safety-Centre/>

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline;
https://www.thinkuknow.co.uk/14_plus/help/CEOP/

Support for mental well-being and advice/guidance

Samaritans can help if:

- You are having a difficult time
- You are struggling to cope
- You are worried about someone
- You have got to deal with something difficult

<https://www.samaritans.org/> or 116 123

Childline is a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, they can offer help for you online, on the phone, anytime;
<https://www.childline.org.uk/> or 0800 1111

ONLINE Counselling support;
<https://kooth.com/>

Police;
<https://www.police.uk/west-midlands/>

Base 25 Counselling, advice and guidance on all matters;
01902 572040

Local numbers for Social Care support;

Wolverhampton; 01902 555392 (Out of Hours: 01902 552999)
Dudley; 0300 555 0055
Sandwell; 0121 569 2266 (Out of Hours: 0121 569 2355)

Food banks

<https://www.wolverhampton.gov.uk/benefits/benefits-universal-credit-welfare-reform/food-banks-and-soup-kitchens>

Staying healthy whilst in self-isolation

We can recommend:

- Basic 10 minute exercise routines, designed to meet the daily requirements of exercise. There are six workouts, one for every day of the week, plus a rest day.

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>