

BAS INCLUSIVE

“It is easier to build strong children than to repair broken men”
~Frederick Douglass

Safeguarding together

Autumn/Winter 2024- Issue One



NOTE FROM THE DSL

Battle Abbey School is committed to safeguarding and promoting the welfare of children and young people in our setting. The school community ensures that students are supported, cared for, and protected from harm, in line with [Keeping Children Safe in Education 2024](#) and [Working Together to Safeguard Children 2023](#) Government guidance.

Battle Abbey School also follows the procedures set out by the [East Sussex Safeguarding Children Partnership](#), and work closely with external agencies to ensure children and young people have the best possible outcomes.

The school's Safeguarding & Child Protection and Safer Recruitment policies are available for viewing on the [Policies page of the website](#).

Safeguarding means ensuring that everyone is protected from harm, bullying, discrimination, harassment, and radicalisation. We uphold the mentality of ***“it could happen here...in fact it probably is happening, it just hasn't been reported yet”*** to ensure that our practice is as robust proactively, as much as reactively, as it possibly can be.

If your child ever has concerns about their own safety or well-being, or that of a friend, we encourage students to speak to someone they trust, such as a parent or a member of staff at the school, including our dedicated Safeguarding Team across the sites.

Best wishes,

Rebecca Ingall
Whole School DSL/Head of Welfare



WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD?

If you are worried about a Child's safety or welfare, please do not hesitate to contact any of the Designated Safeguarding Leads straight away via the school or nursery office or via

safeguarding@battleabbey.school

The following members of staff are the DSLs for Battle Abbey School:

Whole School DSL:

Rebecca Ingall (ingallr@battleabbey.school)

Senior School Deputy DSL:

Emma Maxwell

Prep School Deputy DSLs:

Joshua Barraclough and Trudy Golding

Nursery/EYFS:

Amy Brown and Jackie Richards

THE SAFEGUARDING TEAM, 2024-25

In September, we had the privilege of welcoming Emma Maxwell onto the Safeguarding team, as the Senior School Deputy DSL and Mental health lead. Emma has moved from being our contracted school counsellor for the last four years, into her new role. Emma has a wealth of experience and knowledge, and it is exciting to see her develop in this position.

She is maintaining her counselling role on a Friday, and if you need to get in touch with her to gain support for your child, please do contact her at maxwelle@battleabbeyschool.com or call the Senior school office on 01424 772 385. For more information, please see the flyer at the end of the Newsletter.

The Prep and Nursery Deputy DSL team remain the same, and we want to take this opportunity to publicly thank them for all of the hard work they do to support our children and young people and families, as well as our staff, in ensuring that the children and young people in our Prep and EYFS settings are cared for and protected.

Sometimes this job is a thankless one, operating behind the scenes, but their resilience and dedication is a testament to the people behind the role and their heart for safeguarding and child protection.

Battle Abbey School

Safeguarding



	Mrs Rebecca Ingall Whole School Designated Safeguarding Lead Head of Welfare ingallr@battleabbeyschool.com safeguarding@battleabbeyschool.com DSL phone number: 07522184489		Mrs Emma Maxwell Senior Deputy Designated Safeguarding Lead and Mental Health Lead maxwelle@battleabbeyschool.com
	Mrs Trudy Golding Prep Deputy Designated Safeguarding Lead goldingt@battleabbeyschool.com		Mr Josh Barraclough Prep Deputy Designated Safeguarding Lead barracloughj@battleabbeyschool.com
	Mrs Amy Brown Nursery Deputy Designated Safeguarding Lead and EYFS Specialist brownab@battleabbeyschool.com		Mrs Jackie Richards Nursery Deputy Designated Safeguarding Lead and EYFS Specialist richardsj@battleabbeyschool.com

If at any point you have a concern about a child or young person, you must report to the DSL/DDSL in person or via MyConcern. Alternatively please email **safeguarding@battleabbeyschool.com**

If a child is at immediate risk of harm, dial 999.

Regional Safeguarding contacts:
SPoA (Single point of advice) 01323 464222
Emergency duty service (after hours, weekends and public holidays) 01273 335906/01273 335905
The LADO (Local authority Designated Officer) must be contacted via the DSL or Head

URGENT SAFEGUARDING ALERT



Financially motivated Sexual extortion

Globally, there has been a significant increase in reports of children and young people being victims of financially motivated sexual extortion, often referred to in the media as 'sextortion'. The National Crime Agency's CEOP Education have issued an alert in education settings across the UK in response to this threat. The alert will help professionals/carers to:

- **Recognise and understand financially motivated sexual extortion**
- **Raise awareness and help seeking behaviours amongst children and young people**
- **Give suitable messaging and support to parents and carers**
- **Support victims of financially motivated sexual extortion**

Financially motivated sexual extortion involves children and young people being forced into paying money or meeting another financial demand (such as purchasing a pre-paid gift card) after an offender has threatened to release nude or semi-nude images of them. It is a type of online blackmail and also a form of child sexual abuse.

Financially motivated sexual extortion is usually carried out by organised crime groups based overseas who are typically motivated by money. These groups target all ages and genders; however, a large proportion of cases have involved male victims aged 14-18.

Early intervention is key: Be aware. Respond. Report.

Please click the links for an essential guide of advice and sextortion explained more in depth, together with tips on having difficult conversations and how to report incidents.

[NCA Sextortion alert.odf \(ceopeducation.co.uk\)](#)

[iNEQE Financially Motivated Sexual Extortion](#)

[SWGfL 'So you got naked online...' resource for young people](#)



Where to Get Help

If you are worried, below are some key contacts:

School Safeguarding Team: Your school's safeguarding lead is available to discuss concerns confidentially (see details earlier in the newsletter)

Local Authority Safeguarding Hub: Reach out to your local authority's Multi-Agency Safeguarding Hub (MASH) for advice on child protection issues.

Childline: Children can call 0800 1111 for confidential support 24/7.

NSPCC Helpline for Parents: Call 0808 800 5000 for guidance on safeguarding or child protection issues

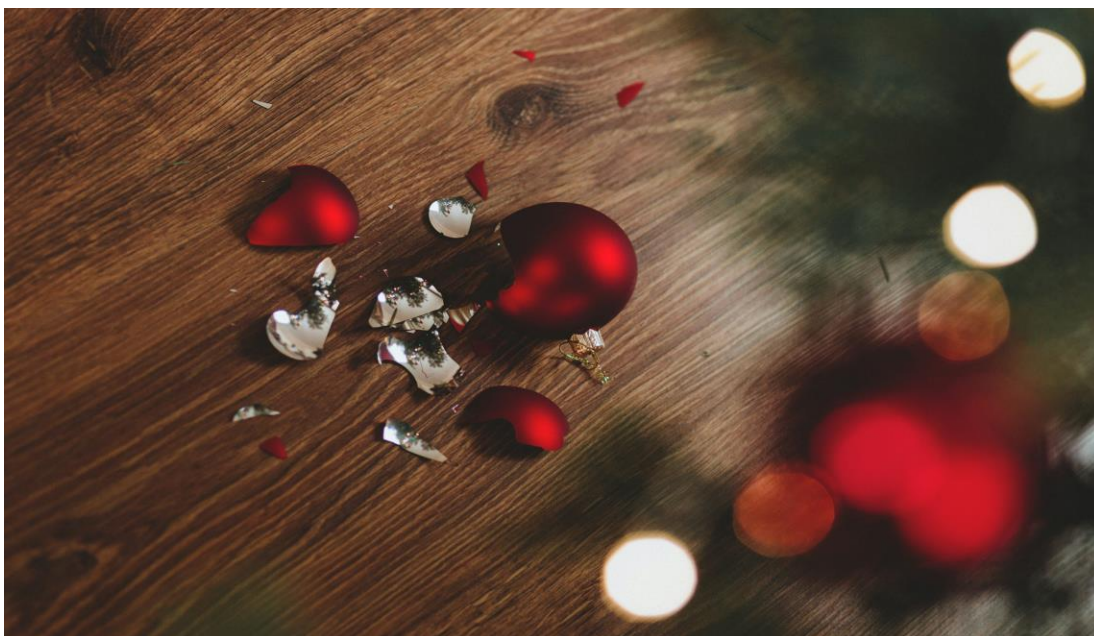


UNDERSTANDING EMOTIONAL DYSREGULATION DURING THE HOLIDAYS

Christmas, for many, is a time of excitement, joy and time with family and friends. However, for some, it can also lead to emotional overload for children, young people and adults alike. More and more we see glamourised snapshots of ‘the perfect Christmas’ in films and social media, then in reality sometimes it can be the most stressful and dysregulating time of the year.

For children, especially younger ones, the anticipation, changes in routine, and sensory overload can result in meltdowns. Teenagers, on the other hand, might struggle with the pressure of social expectations or feel disconnected from family traditions.

Parents, too, are prone to stress as they juggle holiday preparations, financial concerns, and their children’s heightened emotions. Recognising that these feelings are normal—and often temporary—can be a powerful first step in managing them.



Rest, Regulate, Reconnect: Here are some practical strategies to help navigate the holiday season

Prioritise Rest for Everyone

- **Establish Boundaries:** Set clear bedtimes or quiet times even during holiday breaks. Consistency helps maintain emotional balance.
- **Create Downtime:** Allow unstructured time during the day when children and adults can recharge—whether it’s through a nap, reading, or simply relaxing.
- **Lead by Example:** Show your children that it’s okay to rest. Take breaks when you need them and communicate why it’s important.

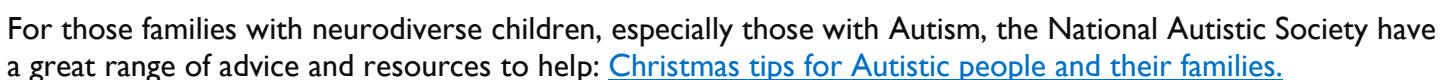
Manage Expectations and Emotions

- **Simplify Your Plans:** It’s okay to say ‘no’ to some events or activities. Focus on what brings joy to your family rather than meeting external expectations.
- **Talk About Feelings:** Encourage your children to share how they’re feeling. For younger children, use emotion cards or storytelling to help them articulate their experiences.
- **Have a “Reset” Tool:** When emotions escalate, introduce calming activities like breathing exercises, drawing, or listening to soft music.

- **Start a Gratitude Practice:** Encourage each family member to share one thing they're grateful for each day. This shifts the focus from material gifts to meaningful experiences.
- **Incorporate Nature:** Go for walks or spend time outdoors. Fresh air and movement can help everyone reset emotionally.
- **Create Traditions with Intent:** Choose one or two simple traditions that align with your values and bring genuine connection, such as baking cookies or watching a favourite movie together.

- **Be Aware of Triggers:** Bright lights, loud music, or crowded gatherings can overwhelm some children. Plan sensory breaks or quiet alternatives.
- **Prepare for Transitions:** Warn children about changes to routine, such as visiting relatives or opening gifts, and discuss what to expect.
- **Bring Comfort Items:** For younger children, a favourite blanket or toy can provide reassurance in unfamiliar settings.

The most magical Christmases are rarely perfect. It's the laughter over a burnt sprout or the shared giggles during an impromptu kitchen dance party that create lasting memories. You too can find joy in the beautifully imperfect moments.





YOU'RE NOT ALONE: COPING WITH LOSS DURING THE FESTIVE SEASON

WINSTON'S WISH **WW**

From the DSL, Rebecca Ingall

Throughout the last full term, I have been training with 'Winston's Wish': the UK's childhood bereavement charity, dedicated to supporting children and families after the death of someone important.

'Winston's Wish' offers tailored resources, child-focused interventions, including one-on-one support, group sessions, and resources that empower children to express their feelings in safe and meaningful ways and to help them navigate the often-overwhelming emotions of grief and loss. Their expertise in age-appropriate communication helps young people feel seen, heard, and supported during an otherwise isolating experience.

Giving hope to grieving children

It has been enlightening and heart-breaking to learn from these specialists, but as a school setting, we recognise that some of our children and young people, and our families, are facing this very real reality. We want to make sure we are equipped to help when you need us, as soon as you need us, to make sure that no one faces grief alone.

"This training has allowed me to understand further the complexities around helping a child or young person traverse loss, and the various resources and tools that can be used to support someone on their journey through bereavement."

For children experiencing complicated or traumatic grief—where loss may involve sudden or distressing circumstances—the charity provides specialised therapeutic approaches. These strategies address feelings of anger, confusion, and even guilt that often accompany such grief, helping children process their emotions and build resilience.

In cases of anticipatory grief, where children are coping with the impending loss of a loved one, the resources help them prepare for the transition; guiding families in fostering open conversations, creating cherished memories, and helping children understand and cope with the inevitable changes.

Winston's Wish not only supports children directly but also equips professionals like myself with the tools to identify and address grief effectively. Their training emphasises empathy, practical strategies, and the importance of a consistent support network, ensuring children receive the care they need to heal and thrive. By partnering with schools, families, and communities, Winston's Wish continues to be a lifeline for young people navigating the complexities of grief.

Moving forward, key strategic members of the Welfare and Pastoral teams will begin to develop their skills and understanding around supporting children with the facets of grief and loss, and we will continue to work closely with the charity to signpost and guide families facing these difficult challenges. More information will follow.



If you, your family or your child are facing the loss of an important person and it feels too hard to manage alone, please do reach out.

Winston's Wish provides digital bereavement information and advice also and can be found here: www.winstonswish.org
Alternatively, please do get in touch with me at ingallr@battleabbeyschool.com

ATTENDANCE

Why is school attendance so important and what are the risks of missing a day?



Education is a partnership between you as parents, and us as the school; You play a pivotal role in shaping their future. Regular attendance at school forms the cornerstone of your child's educational foundation, and every child has a right to access their education. Every missed school day represents a missed opportunity to acquire essential knowledge and skills that build over time. Consistent attendance ensures that your child receives a comprehensive education, preparing them for future academic challenges and opportunities.

School is not just about academic learning; it's also a crucial environment for social development; Interacting with peers, participating in group activities, and engaging in classroom discussions help children develop essential social skills. Regular attendance fosters a sense of belonging and contributes to the formation of lasting friendships, promoting emotional well-being.

A consistent routine, such as attending school regularly, is crucial for the emotional and mental well-being of children. School provides a structured environment that offers stability and support, contributing to a positive mindset. It also allows for the identification and timely intervention in case of any emotional or behavioural concerns.

Attending school prepares children for the challenges they will face in the future. It instils a sense of responsibility, time management, and discipline – essential skills for success in adulthood. Regular attendance teaches children to meet commitments, an invaluable lesson that will serve them well throughout their lives, and it is important to tackle attendance issues early, in order to see fruition further down the line.

Here's what the National data shows:

- Pupils with higher attainment at KS2 and KS4 had lower levels of absence over the key stage compared to those with lower attainment.
- Pupils who did not achieve the expected standard in reading, writing and maths in 2019 had an overall absence rate of 4.7% over the key stage, compared with 3.5% among pupils who achieved the expected standard and 2.7% among those who achieved the higher standard.
- Pupils who did not achieve grade 9 to 4 in English and Maths GCSEs in 2019 had an overall absence rate of 8.8% over the key stage, compared with 5.2% among pupils who achieved a grade 4 and 3.7% among pupils who achieved grade 9 to 5 in both English and maths.
- Generally, the higher the percentage of sessions missed across the key stage at KS2 and KS4, the lower the level of attainment at the end of the key stage.
- Among pupils with no missed sessions over KS2, 83.9% achieved the expected standard compared to 40.2% of pupils who were persistently absent.
- Among pupils with no missed sessions over KS4, 83.7% achieved grades 9 to 4 in English and maths compared to 35.6% of pupils who were persistently absent

Source: [Gov.co.uk](https://gov.co.uk)

What if my child is struggling to attend school?

We recognise that for some children, there can be barriers to attending school. This can range from normal seasonal sickness, all the way up to persistent absence or even school avoidance. The Safeguarding and Welfare team will work with each child and family, in partnership with their Head of Year or form tutor to help support children attend school, with early intervention and support, in line with our [Attendance Policy](#).

The safety and well-being of children are paramount, and we recognise that we play a crucial role in ensuring a secure environment. Regular attendance allows teachers and school staff to monitor each child's well-being, promptly identify any issues, and take appropriate action. This collaborative effort between parents and educators contributes to a safer and more supportive school environment.

For more information around how to support your child's attendance, or to find out more about the legal responsibilities, please see links below:

- [Working together to improve school attendance](#)- Department for Education
- [Summary table of responsibilities for School attendance](#)- Department for Education
- [School anxiety and refusal- a guide for Parents](#)- Young Minds
- [Top tips for when your child won't go to school](#)- Amaze Sussex



ABSENCE

Please may we remind all Parents and Guardians that it is essential you are informing the school office of any absences as timely as possible, by phoning the respective school offices:

Nursery: 01424 213283 or emailing nursery@battleabbeysschool.com

Prep School: 01424 219 674 or emailing prep@battleabbeysschool.com

Senior School: 01424 772 385 or emailing attendance@battleabbeysschool.com

If a pupil is absent from school, and we do not have a reason for the absence, Parents/Guardians will be contacted by the office to establish where they are.

For Senior school pupils, please remind your children to sign in and out of the office if they are late arriving or early leaving for any reason. This helps us keep a track of who is on site.

If your contact details have changed, please do let the office know as soon as possible so we can keep accurate records.

MEDICATION AND MEDICAL CONDITIONS

Just a reminder that if your child requires medication during the day for any condition, please do inform the Medical team with as much detail as possible. You can email the Senior school medical team on medical@battleabbeysschool.com or alternatively contact the form tutor who will be able to pass the information along. For Prep school and Nursery children, please hand over the medication to the Office team. All prescribed medication must be handed over to an adult in the school by yourselves or your child, and a Medication form must be completed.

WHAT'S BEEN HAPPENING THIS TERM?

PSHE/RSE TALKS

We are always hoping to enrich the wellbeing of our children and young people with external speakers on a variety of topics including careers and future prospects, charity events, politics and democracy but also through our PSHE/RSE curriculum. In the past, these have focused on internet safety, drug and alcohol awareness, screen time and sexism and violence.

At the Senior school, there has been a flurry of different PSHE/RSE talks and events this term, that pupils have been accessing.



In September, we welcomed Eliza Ellis-Hyman from 'Aim a Little Higher' education who spoke to our Sixth Form cohort around healthy and unhealthy relationships and recognising our own self worth. We were also fortunate enough to also welcome her back to speak in November to speak to our KS3 and 4 cohorts around the topic of Racism.

Her talks were engaging and inspiring, and our young people really connected with her approach around both topics. We recognise that there are many issues out there, and we want to equip and empower our young people to recognise the importance of developing themselves in and around their communities and social circles.

For more information about 'Aim a Little Higher', please click here: www.aimalittlehigher.com

In the new year, we will be welcoming back Dr Aric Sigman, (www.aricsigman.com) who is a lecturer on PSHE and Health topics and previously spoke to our community about screen time, and the dangers of vaping.

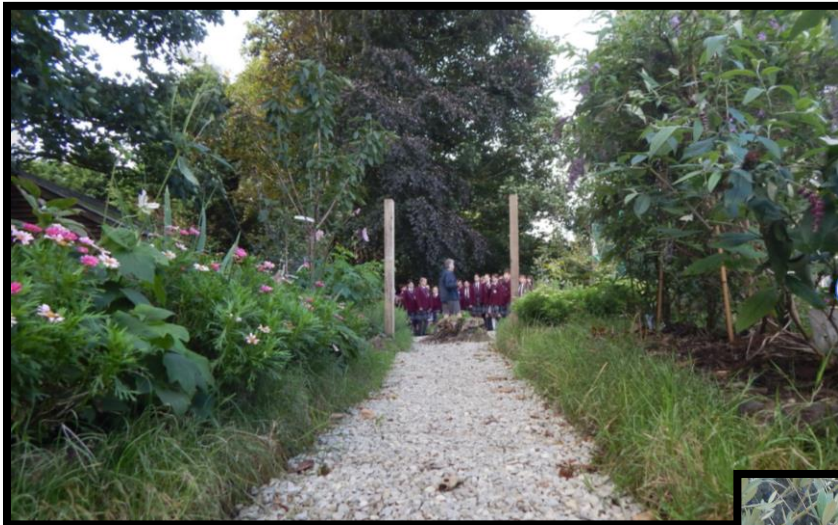
He will be talking to KS4 around the dangers of Pornography, and the distorted and displaced experience it can create when it comes to young people's expectation of relationships. More information on this will follow in the new year.

"I am both a Chartered biologist and Chartered psychologist, therefore the talk will not be a finger-wagging approach but a straight forward evidence-based discussion. I am not associated with any 'relationship' organisation such as those increasingly cited in the press and I have no political or social agenda. I also have 2 sons and 2 daughters, so I hope I have a somewhat balanced view of things."



For more information about our PSHE/RSE curriculum, please do head to Firefly, where all of our PSHE/RSE resources and lesson details can be found.

If you have a question about the PSHE/RSE curriculum at the Senior school, please contact Mr Tucker-Wall at tuckerwp@battleabbeysschool.com



PREP SCHOOL WELLBEING GARDEN

Our Wellbeing Garden within our Prep school grounds, was completed and officially launched in 2024 and it's a lovely space for pupils, staff and parents to use all year round for gentle reflection, peaceful thoughts and the opportunity to spend time within a natural and beautiful space.

Featuring a living Willow yurt and a variety of planting, the garden is a fantastic space to commune with nature.

The garden (which has a footprint and floorplan based on the 'Tree of Life') is just part of a number of green, eco and sustainability themed projects in action at the Prep site, which include wide scale tree planting, an orchard, a wildflower meadow, a wetland habitat and some brand new Wheat planting areas.



We hope that this will be a wonderful place for pupils and staff to enjoy and find peace, connection, and inspiration amidst the demands of school life. A space where moments of reflection, relaxation, and togetherness can flourish, fostering wellbeing and strengthening our school community for years to come

Wellbeing Advent Calendar 2024

360 SCHOOLS

MONDAY

25. JINGLE & JIVE DANCING

Dance to fun, festive songs to lift everyone's mood.



TUESDAY

26. POSITIVE WINTER CARD

Make a card with a positive message, uplifting drawings – or doodles for someone special

WEDNESDAY

27. BREATHING STAR

Teach students a simple breathing exercise in the shape of a star - inhale on one side, exhale down the next.



THURSDAY

28. FESTIVE SENSORY PLAY

Set up a sensory station with themed items - e.g. pine cones, cinnamon sticks, jingle bells to stimulate senses and encourage creativity.

FRIDAY

29. JOLLY STORY TIME

Come together and have a story time with festive books and poems that sum up the season.



2. COSY ZONE

Create a calm zone using cushions, fairy lights, blankets, soft lighting and calming activities such as puzzles and colouring sheets.

3. END OF YEAR GLOBAL WISHLIST

Ask students to write down wishes for others – e.g. the environment or world peace.



4. COMPLIMENT CHALLENGE

Challenge students to give three compliments to classmates or family to spread positivity.

5. HOLIDAY JUMPER DAY

Have a festive jumper day where everyone can wear a fun or favourite item of clothing.



6. MINDFUL WALK

Take a mindful walk around the school or local area - paying attention to the sights, decorations and smells of winter.

9. CHRISTMAS PLAYLIST

Encourage students to create a holiday playlist that makes them feel happy and energised! Encourage them to take it home and share with family.



10. FESTIVE YOGA

Have a short yoga session using holiday things like a 'Christmas tree pose' and 'Snow Angel'.

11. GRATITUDE PAPER CHAIN

Create a paper chain where each student writes one thing they are grateful for on a link – the chain reflects the class's collective gratitude.

12. PRACTICE GRATITUDE

Take 10 minutes to think about all the amazing things you've done this year. What made you feel proud?

13. CHRISTMAS SENSORY BOTTLES

Make festive sensory bottles filled with glitter, water and small decorations. Watch the glitter swirl for a soothing experience.



PRIMARY SCHOOL

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YOUNGMINDS

Wellbeing Advent Calendar 2024

360 SCHOOLS

MONDAY

25. JINGLE & JIVE DANCING

Dance to fun, festive songs to lift everyone's mood.



TUESDAY

26. POSITIVE WINTER CARD

Make a card with a positive message, uplifting drawings – or doodles for someone special.

WEDNESDAY

27. COMPLIMENT CHALLENGE

Challenge students to give three compliments to classmates or family to spread positivity.



THURSDAY

28. CHRISTMAS THEMED WORKOUT

Create a '12 days of fitness' challenge where each day focuses on a different fun exercise or stretch to keep active.

FRIDAY

29. MINDFUL WALK

Take a mindful walk around the school or local area - paying attention to the sights, decorations and smells of winter.



2. COSY ZONE

Create a calm zone using cushions, fairy lights, blankets, soft lighting and calming activities such as puzzles and colouring sheets.

3. END OF YEAR GLOBAL WISHLIST

Ask students to write down wishes for others – e.g. the environment or world peace.



4. GRATITUDE LETTER

Ask students to write a heartfelt letter to someone who has made a positive impact on them this year.

5. HOLIDAY JUMPER DAY

Have a festive jumper day where everyone can wear a fun or favourite item of clothing.



6. MINDFUL HOT CHOCOLATE

Make a comforting cup of hot chocolate with students – encouraging them to practice mindfulness when drinking it together.

9. FESTIVE SELF-CARE BINGO

Create a bingo card with self care activities like listen to a favourite song, take a walk. Encourage students to tick as many of as they can in the week

10. HOPES AND DREAMS

Create a Vision Board filled with their dreams, goals and things that inspire them. Play holiday music in the background to encourage a joyful atmosphere.

11. JOLLY STORY TIME

Gather together and have a story time with festive books and poems that capture the warmth of the season.



12. PERSONAL REFLECTION

Encourage students to spend 10 minutes journaling on their personal growth this year. What are they proud of? What challenges did they overcome? What special moments did they have?

13. WINTER AROMATHERAPY

Create winter fragrance bags using seasonal herbs such as cinnamon sticks, cloves, pine cones, dried cranberries, vanilla and essential oils



SECONDARY SCHOOL

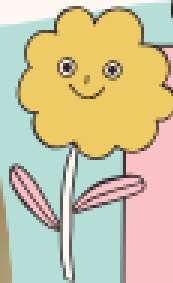
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YOUNGMINDS

Meet the School Counsellor



MRS EMMA MAXWELL



I work on Fridays at the Senior School, and I am able to support you with school life, home life, or any personal issues you are experiencing. Sessions are kept confidential unless I am concerned about your safety or someone else's and you will be informed what happens next..

What I can help with:

- Bullying
- Low self esteem
- Struggling with school/home life
- Thoughts of wanting to hurt yourself/others
- Feeling anxious/worried
- Coping with loss

Things to know about me:

My Likes: Baking, Tea, Dog walks

My dislikes: spider, sprouts

Favourite animal; Giraffes

Favourite colour: Purple

Please contact me at
maxwelle@battleabbeyschool.com or speak with a
member of the Welfare Team, Heads of Years or
Form Tutors.

FURTHER SOURCES OF SUPPORT FOR PARENTS AND GUARDIANS

Being a Parent or Guardian can be hard. If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help.

Supporting family life:

Family Lives (support on any aspect of parenting and family life. Freephone) | 0808 800 2222 | askus@familylives.org.uk | familylives.org.uk

Care for the Family (support with promoting strong family life) | 029 2081 0800 | careforthefamily.org.uk

Mental health:

For you:

Samaritans (free) | 116 123 | jo@samaritans.org | samaritans.org

Mind (calls charged at local and network rates) | 0300 123 3393 | info@mind.org.uk | mind.org.uk

If you're worried about your child:

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

Domestic abuse:

According to the Office of National Statistics (ONS) about 4.2% of men and 7.9 % of women suffer domestic abuse in the UK during 2018. This equates to about 685,000 male victims and 1,300,000 women. If you find yourself suffering in an abusive relationship. Please note, we are an Operation Encompass school and work in close liaison with Sussex Police to support the children and young people in our setting who may have witnessed domestic violence in the home.

National Domestic Abuse Helpline (free) | 0808 2000 247 | nationaldahelpline.org.uk

Men's Advice Line (free) | 0808 8010 327 | mensadvice.org.uk

Galop (free, LGBT+) | 0800 999 5428 | galop.org.uk

Safe in Sussex – phone 0330 333 7416

Alcohol, drugs and gambling:

Drinkline (free) | 0300 123 1110

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | bit.ly/2NoQx7T

Frank (for support around drugs and alcohol. Calls charged at local and network rates)

| 0300 123 6600 | talktofrank.com

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | gamcare.org.uk

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website: adfam.org.uk

