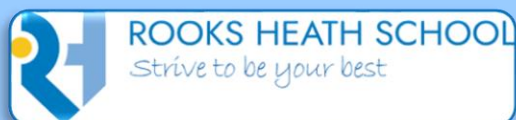


# SAFEGUARDING NEWSLETTER



SPRING 2022 – Issue 4

Latest advice for Parents and Carers



Welcome to our latest edition of the Newsletter from the Rooks Heath Safeguarding Team. We aim to bring you all the latest, relevant help and advice on issues we feel will be of importance to you.

The Spring term is now well underway, unbelievably half term is fast approaching too. This first edition of 2022 will focus on safe internet use and young people's mental health. This coincides with Safer Internet Day, Tuesday 8<sup>th</sup> February and Children's Mental Week, Monday 7<sup>th</sup> -11<sup>th</sup> February. We wish you all a happy and safe half term break!

## THE THINGS I WISH MY PARENTS HAD KNOWN ABOUT... ONLINE SEXUAL HARASSMENT

The Children's Commissioner recently published a guidance document for parents helping to support them to understand online sexual harassment. It is a sensitive topic, and not one all parents feel comfortable discussing with their children. The commissioner's team gathered a group of 16 -21-year-olds and asked them about what they think parents should know and what they should say to their children when talking about sexualised bullying and the pressures of growing up online.



### Key advice from the young adults included:

- Start conversations early, before your child gets a phone or social media account. Keep the conversation going over time, adapting to your child.
- Young people want their parents to learn about new technology and trends, including risky behaviours and dangerous spaces online.
- Create a safe and trusting home environment. Young people told us the home environment is key, they want to share things with their parents but don't always feel able.

For more information, the report 'The things I wish my parents had known...' can be downloaded here: <https://www.childrenscommissioner.gov.uk/report/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/>

## CHILDREN'S MENTAL HEALTH WEEK

The theme of this year's Children's Mental Health Week is *Growing Together*.

The week aims to encourage children (and adults) to consider how they have grown and how they can help others to grow.

**Growing Together** is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time and sometimes we might feel a bit 'stuck'.

1 in 6 children and young people have a diagnosable mental health problem and many more struggle with challenges from bullying to bereavement. As parents and carers, you play an important role in your child's mental health.

Here you will find some [handy top tips and activities](#) to try at home.



## SAFER INTERNET DAY – 8<sup>th</sup> February 2022

*Safer Internet Day 2022 will be celebrated on 8<sup>th</sup> February with the theme 'All fun and games? Exploring respect and relationships online'.*

From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are part of. Safer Internet Day 2022 celebrates young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers.

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children. At Rooks Heath promotion of the day will be embedded across the curriculum to advise and empower students and enable them to stay safe as possible whilst using the Internet.

Further information can be found on the **UK Safer Internet Centre's website here**. As well as leading on Safer Internet Day, they also have a useful annual calendar of suggestions to promote and have discussions with young people around online safety. **Click here to find out more.**

Other useful online safety resources can also be found at: **ThinkUKnow, BBC Teach, LGfL**



## BUILDING RESILIENCE FOR YOUR TEENS



The Family Lives charity aims to offer all parents somewhere to turn before they reach crisis point. Crisis support, provided for over 40 years through their helpline, has always been at the heart of what they do.

Family Lives also have an excellent website to help parents with the ups and downs of family life. For advice and useful tips about building resilience in children and teens can be download from here: <https://www.familylives.org.uk/advice/your-family/wellbeing/building-resilience-in-children-and-teens/>

The Family Lives parents' helpline is available Monday to Friday, 1.30 - 9pm on 0808 800 2222. The website can be found here: <https://www.familylives.org.uk/>

## Advice for young people feeling down and unable to cope

Young Minds have a page dedicated to advice for people when they are struggling to cope. It covers a wide range of reasons why a young person might be feeling down or in need of support, as well as links to support services and tips to feel better.

**See the webpage here** – useful advice to signpost young people to.



## GUIDE TO NFT's ....what they are and their risks?

After just beginning to try and understand cryptocurrencies and Deepfakes and the risks, we have news for you – there is another online trend on the rise! The digital craze of NFT's has exploded in popularity the last few months and doesn't show any signs of stopping.

In simple terms, NFTs are unique digital assets that hold value. They are bought using cryptocurrency. NFT stands for 'non-fungible token'. As NFTs are non-fungible, they can't be split into parts and traded. If something is fungible, it means that it can be broken down into units and traded as an asset with another of the same type. A £20 note is fungible because you 'break it down' and use it to pay for things in smaller amounts.

NFT's come in the form of art, videos, photos and audio files. What makes NFTs different from standard digital art is the way they are bought, sold and owned.

NFT's are useful for online content creators who wish to sell 'one of a kind' ownership of their art or 'digital assets'. This exclusivity has helped them rise in popularity and become part of online culture. Celebrities, influencer and even public figures have been buying, selling and creating NFT's, making the concept even more popular. YouTuber Logan Paul made \$3.5 million in one day after announcing a limited run of 3000 NFTs.

For more information and advice click link below

[A Beginner's Guide to NFTs - Ineqe Safeguarding Group](#)





## WHATSAPP SCAM ALERT – BE VIGILANT!

There is currently a convincing WhatsApp scam in circulation responsible for some victims losing thousands of pounds.

The victims receive texts claiming to be from their son/daughter or other family member saying they have lost or broken their mobile phone, and that the number they are texting from is their new number. They then request financial help, asking money is sent urgently.

Some of the scam's victims have suffered a significant financial loss in addition to emotional upset.

Remember that on WhatsApp (like emails and phone calls) people are not always who they claim to be!



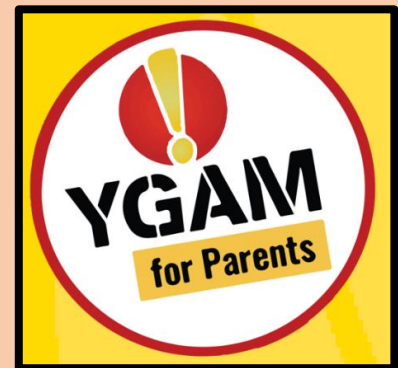
## GAMBLING (Young Gamers and Gamblers Education Trust)

The Young Gamers and Gamblers Education Trust (YGAM) is a national charity whose purpose is to inform, educate and safeguard young and vulnerable people, helping them build resilience and understand the potential harms caused by gambling and gaming.

Parents can often feel overwhelmed with constantly advancing technology and YGAM is keen to provide simple, usable resources to help parents have honest and open conversations with their children around the topics of gaming and gambling. There are supposed to be protections in place to keep children away from the risk of gambling.

In late 2019, the Gambling Commission published a report investigating the impact of gambling on 11–16-year-olds in the UK. The report found that 44% of young people who are familiar with in-game items had paid money to open loot boxes in-game. Loot boxes can be bought within a game and contain a random selection of items.

The Young Gamers and Gamblers Education Trust (YGAM) resources for parents can be found here: <https://parents.ygam.org/about-ygam-parent-hub/>



*"The industry, as far as we can see as families, are grooming the next generation with a whole set of online games and these are aimed at 7, 8, 9 year olds – that's the next generation who are going to be their income generators" - Liz Ritchie, Gambling With Lives*

The digital world that we live in can be a minefield for families and parents/carers. The way in which children 'game' now is completely different to how modern day parents and carers would have experienced. The 'monetization' of gaming is at the forefront of research and there are increasing concerns surrounding online gaming and the subsequent links this has with underage gambling.



# From ONLINE GAMING to ONLINE GAMBLING

## Recognising the Signs



### 10 Signs for Parents to Look For:

Disordered gambling is sometimes referred to as the 'silent killer'. Unlike drug or alcohol addictions the signs are sometimes harder to spot and if not dealt with at an early age can have a devastating affect on both the gambler and their families later on in life.

- 1 EXCESSIVE USE OF DEVICES**  
 This can lead to increased isolated behaviour and lying about the amount of time spent online.
- 2 SPENDING MONEY ONLINE WITHOUT PERMISSION**  
 If a child is willing to spend money online (invariably on a parent's card) without permission then this should act as an early warning sign to parents to ensure that there are some barriers and parental controls in place.
- 3 CHANGES IN BEHAVIOUR**  
 Children may become moody, aggressive or argumentative particularly during or shortly after periods of online gaming.
- 4 A CHANGE IN ATTITUDE TO SCHOOL**  
 Children may display an obvious change in attitude to learning and a more negative view of school.
- 5 DISENGAGED WITH FAMILY LIFE**  
 Children start to prefer spending time alone online rather than engage in normal family activities.
- 6 COMPULSIVE EATING**  
 This includes both eating the wrong types of food excessively and not eating healthily.
- 7 IMPATIENT**  
 Not prepared to wait for anything (mirrored in excessive online game play and in app purchases) and nothing is ever good enough.
- 8 'THE LOOK'**  
 Compulsive gamblers are often said to look zoned out, have a greyness, look ill, experience a loss of weight and stop taking pride in their appearance. The same can be said of those who are starting to develop a gaming addiction.
- 9 OBSESSIVE BEHAVIOUR**  
 Children who demonstrate obsessive behaviour in everyday life are often reported to be 'at risk' of developing an online gaming disorder.
- 10 DISHONESTY**  
 This could include starting to tell lies and in the more extreme cases even stealing things.

### 10 Top Tips for Parents:

If you think that your child may be at risk of developing a gaming addiction then there are a series of measures that you can put in place. This is by no means an exhaustive list but just some strategies that could ensure a potential situation does not escalate.

- 1 BE AWARE**  
 Do not fall into the trap that it's just what children do – as parents/carers/families be 'on the same page' and do not be allowed to be played off against one another.
- 2 VISIT THE GP**  
 Although both gaming/gambling addictions are now recognised as a mental disorder, some doctors may not be experts in these areas – families can self-refer to NHS Gaming and Gambling Clinics.
- 3 DO YOUR RESEARCH**  
 See what help and support is available. Visit [www.gamfam.co.uk](http://www.gamfam.co.uk) and become an expert.
- 4 SPEAK TO THE SCHOOL**  
 Have an open and honest conversation. Schools are investing heavily in mental health and can arrange or direct you to the most appropriate support services.
- 5 TAKE AN ACTIVE INTEREST**  
 This applies to school work and in creating a learning environment at home. Find activities and hobbies that create a life away from the screen and be part of it.
- 6 BECOME THE EXPERT**  
 Research the game your child is playing – does the game have loot boxes?
- 7 PUT BARRIERS IN PLACE**  
 Set up parental controls for all devices (including phones) and set up screen time. Visit the 'Partnership with Parents' section at [www.gamfam.co.uk](http://www.gamfam.co.uk) for further details.
- 8 FINANCIAL CONTROLS**  
 Turn off in-app purchases. Do not link your debit/credit card to your child's device and use a prepaid card instead. For example Monzo, Go Henry, Nimbli or speak to your bank for advice.
- 9 DISCUSS LOOT BOXES AND SKIN BETTING**  
 Have a conversation about loot boxes and skin betting. Many games can still be played and completed without using loot boxes on the console version but be mindful of the mobile versions.
- 10 DO NOT LEND MONEY FOR GAMBLING**  
 Or if you think it will be used for online gaming, without your permission.



The above guidance has been produced by





## PARENTAL ON-LINE SAFETY TIPS

With the technological advances that had to be made during the lockdown periods over the last 18 months, learning from home was forced to be increased. This meant that young people were spending a lot more time on-line doing their schoolwork, gaming and socialising. However, it's important we all consider how we can help keep young people safer online. Here's some information about what your child may enjoy online and what you can do to help keep them safer!

### Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video:

**[In-game chat: a guide for parents and carers](#)**

### Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are riskier than others.

For information about the contexts in which images are shared and how best to respond, take a look at **[nude selfies: a parent's guide](#)**.

### More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their **[parents website](#)** and download their **[home activity worksheets](#)** for fun, online safety activities to do with your family.

## Steps you can take to help keep your child safer online

**Have an ongoing conversation:** Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report.

For help starting this conversation, read **[having a conversation with your child](#)**.

**Make sure they know where to go for support:** Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit:

**[Supporting your child with reporting unwanted content online](#)**

**Make sure they know about NCA CEOP:** Young people can report a concern about grooming or sexual abuse to NCA CEOP at **<https://www.ceop.police.uk/safety-centre/>** and get support from a specialist Child Protection Advisor.

# DIRECTORY OF AVAILABLE MENTAL HEALTH SUPPORT



## Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

### shout 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required  
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

### SAMARITANS

[Samaritans](#) 24/7 365 days a year - they are here to listen and provide support  
Call: 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)

### Crisis Tools

[Crisis Tools](#) helps professionals support young people in crisis - short accessible video guides and text resources  
Sign up for free resources [here](#)

### PAPYRUS

[Papyrus](#) provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person  
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

### childline

ONLINE, ON THE PHONE, ANYTIME  
[Childline](#) confidential telephone counselling service for any child with a problem  
Call: 0800 1111 anytime or [online chat with a counsellor](#)

## Urgent and other support available

### Good Thinking

[Good Thinking](#) is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

### THE MIX

[The Mix](#) provides free, confidential support for young people under 25  
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

### Beat

[Beat](#) provide support to help young people who may be struggling with an eating problem or an eating disorder  
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

### kooth

[Kooth](#) is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine

## WELLBEING SUPPORT



Is a Digital Mental Wellbeing website that has various support for young people, parents and carers, employers and employees and faith and belief communities.

You will find help on topics such as sleep, anxiety low mood and stress. There are podcasts, apps, workbooks, and guides together with self-assessments that you can take. Click link below to take you straight to the Parent and Carers section of the website.

[Parents and carers | Good Thinking \(good-thinking.uk\)](https://www.good-thinking.uk)



Offering self-care along with help and support for your children's mental health. Link will take you straight to the parent/carer section [Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Useful directory of subjects that you may require support for [Mind in Harrow Mental Health Information Directory - Subjects](#)

## SCHOOL SOCIAL WORKER



**Parents, are you worried about:** Your child's behaviour, finances putting food on the table, employment, housing, your own mental health, or relationship difficulties and want to talk about these?

**Students, are you worried about:** Your mental health, food, arguments or fights at home, covid-19, or do you have worries about your brother or sister or friend?

***I will be holding drop-ins over the telephone on the days and times listed below:***

**Mondays 2-4pm    Thursdays 10am-12noon**

**Please email:  
Ariz.baig@harrow.gov.uk to arrange a call back. If these times don't work for you, we can find another time.**

## SAFER SCHOOLS WEEKLY DROP-IN SESSIONS



Another fantastic new service we have to offer, is Our Safer Schools officer will be facilitating Drop-in sessions weekly on Thursdays between 9.30am and 12.30pm.

This service provides another vital support link for our students.

- The session is a chance for our students to speak to our Safer Schools Officer for any reason including to enquire about Police Cadets or gain information on personal safety.
- Students have been made aware of this service via their year group assemblies.

Thursday  
s 9.30am-  
12.30pm



**NSPCC** Dedicated Helpline  
0800 136 663

This new dedicated helpline provides support to both children and adults who have experienced sexual abuse in educational settings or has concerns about someone or the issues raised. Support and advice include how to contact the police and report crimes if they wish.

The helpline will also provide support to parents too. More information is available at

[Dedicated helpline for victims of abuse in schools](#)  
[NSPCC](#)

**stop it now!** UK & Ireland  
Together we can prevent child sexual abuse

### [Stop It Now! UK and Ireland](#)

encourages adults to create a society that no longer tolerates the sexual abuse of children. There is a confidential and anonymous helpline and email service – 0808 1000 900 or live chat, secure email if you are not ready to speak to someone on the phone.

Click the following links:  
[Live chat - Stop It Now](#)  
[Stop It Now! Secure email](#)

## Parents/Carers Learning Programme

### Sexual Abuse Learning Programme (Parents Protect)

Parents Protect has developed this online child sexual abuse and exploitation awareness learning programme for parents/carers and professionals to help:

- Understand potential risks
- Recognise the signs of possible abuse in children
- Beware of inappropriate behaviour in adults
- Know where to go for help if you have concerns and would like to talk about them

Click here: [Sexual Abuse Learning Programme - Parents Protect](#)

**Parents Protect**

Together we can prevent  
child sexual abuse

## On-Line Grooming



IWF safety campaign aims to help parents have conversations with their children about keeping their 'door' closed to child sexual abusers. The campaign includes a booklet for parents, explaining the risks, explaining why children are vulnerable, and suggests practical steps that parents can take.

**TALK** to your child about online sexual abuse. Start the conversation – and listen to their concerns.

**AGREE** ground rules about the way you use technology.

**LEARN** about the platforms and apps your child loves.

**KNOW** how to use tools, apps and settings that can help to keep your child safe online.



For further details go to: <https://talk.iwf.org.uk/>

## USEFUL ON-LINE SAFETY WEBSITES

*National Online Safety – safety guides on ALL aspects of internet use*

<https://nationalonlinesafety.com/>

**Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.**

<https://www.internetmatters.org/>

## EAL RESOURCES FOR ONLINE SAFETY

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

**Parents: Supporting Young People Online (Childnet)**

<https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf>

Leaflets available in other languages here

<https://www.childnet.com/resources/supporting-young-people-online>

- Arabic
- Bengali
- English
- Farsi
- French
- Hindi
- Polish
- Punjabi
- Somali
- Spanish
- Turkish
- Urdu
- Vietnamese
- Welsh

## PARENTAL SUPPORT

YOUNG MINDS

During these extremely tough times, parents find themselves pulled in many different directions. Concerns about COVID-19, work from home/children at home, along with a possible financial impact make for a stressful household. **Young Minds** have created a useful 'Supporting Parents Help Finder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond). Find the help finder here:

<https://youngminds.org.uk/supporting-parents/>

## HelpHarrow

### Help Harrow Digital Product

Help Harrow is being delivered in partnership with Harrow Council. It is a self-referral system for all ages, targeting acute needs in specific social areas in Harrow.

#### Help Harrow Key Points:

- A portal as a way of connecting vulnerable residents to vital services in the borough during and throughout the current pandemic.
- Currently offers support for food poverty, advice/information in all areas of life, as well as mental health and emotional wellbeing support.
- A 'Single Point of Contact' referral system.
- Referrals can be made directly by the person in need or via an Access Point.

#### Key Benefits to HelpHarrow.org Users:

- A virtual One stop shop" to organisations and services in the Harrow.
- A choice of relevant organisations listed to support the user's needs.
- Process to start engagement with a person in need within 2 working days of referral received.
- Key organisations in the system including but not limited to Citizen Advice Bureau, MIND, Age Concern and Harrow Carers.

#### Who is Help Harrow for?

- Local Harrow residents for self-referral
- Households affected by Covid-19
- All ages
- Organisations

Please click on link for more details

<https://helpharrow.org/>

## PARENTING SMART (Place2Be)

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they may experience with children.

Advice can be found on over forty topics including:

***Understanding sibling rivalry***

***My child is lying, what does it mean, what should I do?***

***My child has trouble going to sleep***

***My child says, 'I hate you!'***

***Cultural identity: who am I?***

The Parenting Smart website can be found here: <https://parentingsmart.place2be.org.uk/>





## HELPING LOCAL PEOPLE IN CRISIS

Do you need help from the foodbank?  
**THE MOST IMPORTANT STEP IS TO GET A  
FOODBANK VOUCHER.**

To provide the most appropriate help for your circumstances, Harrow foodbank works with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

Agencies that they work closely with include: Citizens Advice, housing support officers, children's centres, health visitors, social services, and some local charities.

### To Get In Touch

If you [call or email](#) the foodbank they can talk through your situation and put you in touch with the relevant local agency.

[Harrow Foodbank | Helping Local People in Crisis](#)

## LEARN HARROW

If you are struggling with Home Learning and supporting your children during this current Lockdown, Learn Harrow, promoted by Harrow Council, provides a wide choice of learning opportunities for all ages and abilities across the borough in partnership with various providers.

They have created a google form for parents to tell them what they are interested in:

<https://docs.google.com/forms/d/1pfXbm0GNJh1Xq3bQqjs8oSfBo3z3v23gZdfVSPk8whg/edit>

They are running various different courses for secondary school parents to attend such as:

- How to use learning platforms such as Google, Zoom and Teams
- Awareness of teenage mental health and how to approach this with your own child
- How to monitor children on the internet
- How to motivate their children to do work
- ESOL
- Functional Skills Maths/English/ICT



*Online Counselling Service  
for 11-25-year-olds in Harrow*

As part of Mental Health services for young people in Harrow, the service complements their existing early intervention, Harrow Horizons.

It is a free online counselling and emotional well-being support service providing young people in Harrow, aged 11-25 years (up to 25th birthday), with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors.

## SAFEGUARDING TEAM

The Rooks Heath College Safeguarding Team have been trained to an advanced level on all aspects of safeguarding. The team is available to any student, parent or school staff member to discuss and report any safeguarding concerns.

The team Members are as follows:

**Designated Safeguarding Lead -**

Ms S Rockell

**Deputy Designated Safeguarding Leads –**

Ms V Cobblah-West and Miss L Dale

**School Social Worker**

Mr Ariz Baig

## Are all your contact details up to date?

If you change your home phone/email/mobile number, please let the school know, so that we have the most up-to-date contact details.

**Useful contacts to report a concern  
If you are worried and need help, then please  
contact one of the following:**

For children click here



Online here



Harrow Children's Services [click here](#)

**020 8901 2690**

Share the HOPE  
Save a life

**HOPELINEUK**  
0800 068 41 41 07860 039 967 pat@papyrus-uk.org

EMERGENCY  
APPEAL

