

Mental Health Services

Mental Health Crisis Intervention

Support for families in crisis: Royal Glamorgan's Mental Health Unit

Telephone: 01443 443712

Child and Adolescent Crisis (CAMHS Crisis)

Telephone: 01443 443008

Cwm Taf Morgannwg -MIND

Telephone: 01685 707480 Email: info@ctmmind.org.uk

<https://ctmind.org.uk>

Samaritans

Telephone: 116123 (24/7)

The CALM zone

Telephone: 0800 585858 (5pm-midnight)

SHOUT

Text "shout" to 85258 (24/7)

Meic

Telephone: 08088023456 or text 84001

Mental Health Wales

Telephone: 0800 123737 (24/7)

C.A.L.L.

<https://www.callhelpline.org.uk> Telephone: 0800 132 737

BCBC ARC

Telephone: 01656 763176

Email: ARCInformationandAdvice@bridgend.gov.uk



Signposting for ALN and Wellbeing

Article 28

It is your right to learn and go to school

Article 17

You have the right to access information

Article 32-39

You have the right to help if you've been hurt, neglected or badly treated.

You have the right to be safe.



Who can help me?



Katrina Pryse
Headteacher

Gill Edbrooke
ALN co-ordinator



United Nations Convention on the Rights of the Child



Article 1
Everyone under 18 has these rights.

Article 1 Everyone under 18 has these rights.	Article 10 If you live in a different country than your parents do, you have the right to be together in the same place.
Article 2 All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.	Article 11 You have the right to be protected from kidnapping
Article 3 All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.	Article 12 You have the right to give your opinion, and for adults to listen and take it seriously.
Article 4 The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.	Article 13 You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.
Article 5 Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.	Article 14 You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.
Article 6 You have the right to be alive.	Article 15 You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.
Article 7 You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country).	Article 16 You have the right to privacy.
Article 8 You have the right to an identity - an official record of who you are. No one should take this away from you.	Article 17 You have the right to get information that is important to your well-being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.
Article 9 You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a family who cares for you.	Article 18 You have the right to be raised by your parent(s) if possible

Legal Services/ Advocacy

Citizen's Advice Bureau (CAB)

Offers advice on debt management, rights, housing, employments and legal issues.

Telephone: RCT 0800 7022020

Bridgend 03444 772020 / 01656 7629800

<http://www.carct.org.uk>

SNAP Cymru

Provide information and support for families with children who have an ALN. Advocates for the child.

Telephone: 08088 010608

<http://www.snapcymru.org>

CAFCASS Cymru

Putting children first in family courts.

Telephone: 03000 628877

Email: cafasscymrusouthwales@gov.wales

National Children's Support

NSPCC

Telephone: 0800 1111

<https://www.nspcc.org.uk> Email: help@nspcc.org.uk

Family Action

<https://family-action.org.uk>

Action For Children

<https://actionforchildren.org.uk>

Telephone: 0300 1232112 Email:

ask.us@actionforchildren.org.uk

Barnardo's

Telephone: 0800 0087005 <https://www.barnardos.org.uk>

Childline

24 hour Telephone: 0800 1111

The Children's Commissioner for Wales

Telephone: 01792 765600 / 08088 011000

Email: post@childcomwales.org.uk

<https://www.chilcomwales.org.uk>

Winston's Wish

Support for children who are struggling with bereavement.

Telephone: 08088 020021

<https://www.winstonswish.org>

Cruse

Bereavement support

Telephone: 02920 886913 <https://cruse.org.uk>

Email: wales.cymru@cruse.org.uk

Article 19 You have the right to be protected from being hurt and mistreated, in body or mind	Article 32 You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.
Article 20 You have the right to special care and help if you cannot live with your parents.	Article 33 You have the right to protection from harmful drugs and from the drug trade.
Article 21 You have the right to care and protection if you are adopted or in foster care.	Article 34 You have the right to be free from sexual abuse.
Article 22 You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country), as well as all the rights in this Convention.	Article 35 No one is allowed to kidnap or sell you.
Article 23 You have the right to special education and care if you have a disability, as well as all the rights in	Article 36 You have the right to protection from any kind of exploitation (being taken advantage of).
Article 24 You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.	Article 37 No one is allowed to punish you in a cruel or harmful way
Article 25 If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are the most appropriate.	Article 38 You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.
Article 26 You have the right to help from the government if you are poor or in need	Article 39 You have the right to help if you've been hurt, neglected or badly treated.
Article 27 You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can d	Article 40 You have the right to legal help and fair treatment in the justice system that respects your rights.
Article 28 You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.	Article 41 If the laws of your country provide better protection of your rights than the articles in this Convention, those laws should apply.
Article 29 Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.	Article 42 You have the right to know your rights! Adults should know about these rights and help you learn about them, too.
Article 30 You have the right to practice your own culture, language and religion - or any you choose. Minority and indigenous groups need special protection of this right.	Articles 43 to 54 These articles explain how governments and international organizations like UNICEF will work to ensure children are protected with their rights
Article 31 You have the right to play and rest.	

Child Protection and Safe Guarding

The Local Authority designated lead officer for child protection for our school is...

Melanie Treharne

Multi-Agency Safeguarding Hub (MASH)

Bridgend postcode addresses: 01656 642320

Email: Mashcentra@bridgend.gov.uk

Out of Hours Emergency Duty Team

Bridgend Telephone: 01443 743665

Resilient Families

Telephone: 01443 281435 / 01443 425006

Email: rfs@rctcbc.gov.uk

Article 32-39

You have the right to help if you've been hurt, neglected or badly treated.
You have the right to be safe.



Additional Parental Support Groups

Challenging Behaviour Support CIC

Run locally, by parents for parents.

No diagnosis needed.

Meet 1st and 3rd Thursday of the month.

<https://challengingbehavioursupport.org.uk>

Telephone: 01443 492624 / 07562 223697

Email: info.cbs2014@gmail.com

Article 3

All adults should do what is best for you.
When adults make decisions, they should think about how their decisions will affect children.



Fostering or Adoption

Action For Children

Support for families.

Support on adoption and fostering.

Training for young people in care/leaving care.

Fostering Telephone: 0845 2005162

Adoption Telephone: 0845 3555533

Email: fostering@actionforchildren.org.uk or
adoption@actionforchildren.org.uk
<https://actionforchildren.org.uk>

The Fostering Network

Support for foster carers.

Support for children of foster carers

Telephone: 0800 3167664

Email: info@fostering.net
<https://www.thefosteringnetwork.org.uk>

New Family Social

Support for foster and adoption families for LGBT community.

Regular meet ups and social gatherings.

Telephone: 02038 802683

<https://www.newfamilysocial.org.uk>

Domestic Violence

Women's Aid

Telephone: 08088 010800 / 02920 541551

Email: info@livefearfreehelpline.wales
<https://www.welshcomensaid.org.uk>

Cwm Taf Morgannwg Safeguarding Board

A Non gender specific domestic abuse support service. Oasis RCT or Calon Bridgend

Oasis... Telephone: 01443 494190

Email: pontypriddsafetyunit@rctcbc.gov.uk
Calon... Telephone: 01656 766139

The DYN Project (Wales)

Support for Males victims of Domestic Violence

Telephone: 08088 010321

<https://www.dynwales.org>

Email: support@dynwales.org

New Pathways

Specialise in sexual violence but do offer generic counselling from age 3+

Telephone: 01685 379310

Email: enquiries@newpathways.org.uk

Refuge

For women and children.

<https://www.refuge.org.uk>

Sexual Violence

New Pathways

Specialise in sexual violence but do offer generic counselling from age 3+. Counselling for victims of rape and sexual abuse.

Support regardless whether they want to report the incident or not. Advocacy and Support offered.

Sexual Assault Referral Centre (SARC) mean medical examination can occur and results stored up to 7 years, should someone wish to prosecute at a later date.

Telephone: 01685 379310

Email: enquiries@newpathways.org.uk

BAWSO (Black Association of Women Step Out)

Main focus- Female Genital Mutilation, Forced Marriage, sexual Violence and Domestic Abuse

Telephone: 02920 644633 / Out of hours 0800 7318147

Email: info@bawso.org.uk

<https://bawso.org.uk>

NSPCC

Telephone: 0800 1111

<https://www.nspcc.org.uk>

Article 32-39

You have the right to help if you've been hurt, neglected or badly treated.



Physical Disabilities and Medical Conditions

Cerebra

Charity to improve lives of children with brain related conditions, through research, education and support.

Telephone: 0800 3281159

Email: enquiries@cerebra.org.uk

<https://www.cerebra.org.uk>

Contact a Family

Support, advice and information for families with children who are disabled. Cardiff based.

Telephone: 08088 083555

Email: info@contact.org.uk

<https://www.contact.org.uk>

Epilepsy Wales

Supports people with Epilepsy and their families

Telephone: 0800 2289016

Email: info@epilepsy.wales

<https://epilepsy.wales>

Disabled Children's Partnership

Group of more than 90 organizations campaigning for disabled children, young people and their families.

<https://www.disabledchildrenspartnership.org.uk>

Dispute Resolution

Carers

Carers Wales

Telephone: 02920 811370

<https://carersuk.org>

Carers Network

Offers legal clinic, counselling and support.
Carer is ANYONE who looks after ANYONE.

Telephone: 01656 658479 (Bridgend),
01443 281463 (RCT)

Young Carers Wales (Dewis Cymru)

Young carers are children or young people who take a significant role in caring for a family member. The family member could be suffering from physical or mental health problem, a disability or drug and alcohol problems.

<https://www.dewis.wales>



Article 17

You have the right to get information that is important to your well-being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and

10

Gender and Sexuality

Stonewall Cymru

Offer advice and support for schools, families and individuals regarding sexuality, They recommend books and have free educational books and posters. Also offer training for staff.

Telephone: 08000 502020

Email: cymru@stonewallcymru.org.uk

<https://www.stonewallcymru.org.uk>

TransForm Cymru (Part of Youth Cymru)

Promote awareness of Trans community and aim to give children their voices,

Telephone: 01443 827840

Email: mailbox@youthcymru.org.uk

<https://youthcymru.org.uk>

Mermaids Charity

Offer support to individuals, families and professionals. Help to navigate NHS and education systems regarding rights and services for people in the Trans Community.

Telephone: 08088 010400

<https://www.mermaidsuk.org.uk>

Families with same sex parents

Local Facebook Groups

Run by individuals supporting the community

- ✓ Proud Valleys
- ✓ South Wales Rainbow Families
- ✓ Proud to be Parents

Autism Services

Integrated Autism Service (IAS)

Support families and individuals who have autism. Offer advice and support.

Telephone: Western Bay (Bridgend) 01639 862936

Email Bridgend... sbu.wbias@wales.nhs.uk

<https://www.autismwales.org>

Life with Autism

Facebook Page—life with autism

Email: lifewithautismrct@gmail.com

ASD info Wales

<https://www.asdinfowales.co.uk>

Ap Cymru

A peer support outreach service for families.

Telephone: 07735 875839 / 07735 888752

<https://www.apcymru.org.uk>

Neurodevelopment

Neurodevelopment Team

Admin Office 1st Floor

Keir Hardie Health Park

Aberdare Road

Merthyr Tydfil

CF48 1BZ

Telephone: 01685 351026

Neurodevelopment Assessment Unit

Cardiff University Centre for Human Developmental Science
(CUCHDS)

School of Psychology

Cardiff University

Tower Building

70 Park Place

Cardiff

CF10 3AT

Email: ndau@cardiff.ac.uk

Telephone: 02920 870354

Article 24

You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

