



USEFUL CONTACTS

Organisation	Support for	Contact Details
Fulbrook Middle School Safeguarding & Welfare	Safeguarding / Pupil Welfare Support for pupils	safeguarding@fulbrookmiddleschool.org.uk 07562 691109 - Messages/calls will be responded to during school hours, Monday - Friday 8:30am – 3:30pm
Children's Services (Central Bedfordshire)	Safeguarding and Child Protection	0300 300 8585
Children's Service (Milton Keynes)	Safeguarding and Child Protection	01908 253169 or 01908 253170 Out of hours emergency - 01908 265545
CHUMS	Emotional well-being and bereavement	01525 863924 www.chums.uk.com
Grief Encounter	Confidential helpline for bereavement support	0808 802 0111 https://www.griefencounter.org.uk/
Childline	Anything – online counsellors	0800 1111 www.childline.org.uk
HOPELine UK	Prevention of Young Suicide	0800 068 4141 Text: 07786 209697 / pat@papyrus-uk.org
Young Minds	Mental Health and Well-being Parent/Carer helpline available	https://youngminds.org.uk/
NSPCC	Advice and Support	0808 800 5000 www.nspcc.org.uk
Internet Matters	Keeping Children Safe Online	www.internetmatters.org



USEFUL CONTACTS

Organisation	Support for	Contact Details
Tactic	Teenage advice and information centre	01525 373838 www.tactic@leightonlinlade-tc.gov.uk www.tactic-centre.co.uk
Anti-bullying Helpline	Bullying	0845 225 5787 or 07734 701221 https://www.nationalbullyinghelpline.co.uk/
BEAT	Eating disorders	0345 634 1414 www.b-eat.co.uk
Brook	Sexual health	Text: 01234 761090 www.brook.org.uk
Carers in Beds	Young carers	0300 111 1919 www.carersinbeds.org.uk
Aquarius	Drugs information, advice and counselling	01234 344911 www.talktofrank.com
Domestic Violence Helpline	24 hour Helpline for those suffering from or witnessing Domestic Violence	0808 2000 247 www.bedsdv.org.uk
Kooth	Free, safe and anonymous online support for young people	www.Kooth.com



USEFUL CONTACTS

Organisation	Support for	Contact Details
Chat Health	Text health related questions you might have including mental health, drugs, relationships, healthy eating and much more	07507 331450
Milton Keynes Council SEND Local Offer	Special Educational Needs general enquiries and support	01908 253414 www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer
Milton Keynes SEND IAS		01908 254518 www.milton-keynes.gov.uk/schools-and-lifelong-learning/special-educational-needs/mk-special-educational-needs-and-disability-information-advice-and-support-service
Central Bedfordshire Council SEND Local Offer		https://www.centralbedfordshire.gov.uk/info/15/special_educational_needs_and_disability_-_local_offer
Central Bedfordshire SEND IASS		https://www.facebook.com/CBCSENDIASS/
Central Bedfordshire Council SEND Information on Coronavirus (Covid-19)		https://centralbedfordshire.app.box.com/s/1yf1d1tk1gge89yow6hc3tpvsr5vari8
Parent zone	Support and information to help families to navigate the internet safely and confidently	https://parentzone.org.uk/
CEOP	Child Exploitation and Online Protection	https://www.ceop.police.uk/safety-centre/



USEFUL CONTACTS

Organisation	Support for	Contact Details
Parentline	A confidential text messaging advice and support line for Bedfordshire parents and carers of children aged 0-19	Text: 07507 331456
ChatHealth	A confidential text messaging service for pupils aged between 11 and 19 for any concerns about the risks posed by the COVID-19 virus or the effect on schooling or future exams. ChatHealth's school nurses are there to help and also can help with areas of support such as healthy relationships, healthy lifestyles, emotional wellbeing, sexual health, smoking, drugs, alcohol, bullying.	Text: 07507 331450