

IN THIS TOGETHER



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**LOCAL INFORMATION AND
SUPPORT YOU NEED TO KNOW**

HELP IS IN YOUR HANDS

By picking up this leaflet you have the power to make a difference. Maybe it's for you, maybe it's for someone else that you've been worried about. The difference starts here.

If you ever need help, you're not alone. This leaflet lists local sources of help and support for a range of things. We know it can feel hard to ask for help, but that's what we're here for. **Get in touch – you don't need to struggle alone.**



Worried about someone else?

Maybe you've noticed a neighbour, a family you know or just someone you see now and then who might be finding things difficult? Maybe you're worried a child isn't getting everything they need? It can be hard to know what's the 'right' thing to do.

But you can help them, right now. Here's how:

1. Note the information in this leaflet and pass on the information – through the letterbox, in conversation or via a school (if appropriate).
2. Think about whether the person you're giving it to might need help to access these services – can you help?
3. Share your worries with someone that can help, using the information in this leaflet.

HERE TO HELP

Local information and support for everyone in Bedfordshire.

Safeguarding Bedfordshire Website:

Useful resources and contact information relating to safeguarding for professionals, parents and young people:

Visit safeguardingbedfordshire.org.uk

Children's Services:

Concerned about a child - How to refer a child or young person to children's services:

Bedford: 01234 718700

Central Bedfordshire: 0300 300 85 85

Luton: 01582 547653

NSPCC Helpline:

For any concerns about a child. Whether you're a parent or carer looking for advice, you're a professional in need of information and guidance, or you're worried about a child. No worry is too big or too small – the NSPCC's child protection experts are here to help.

Call 0808 800 5000

Email help@nspcc.org.uk

Local Council Services Customer Services:

For any queries about local council services – from garden waste to benefits, council tax and housing.

Bedford: 01234 267422

email customerservices@bedford.gov.uk

Central Bedfordshire: 0300 300 8000

email customers@centralbedfordshire.gov.uk

Luton: 01582 546000

Local SEND Offers:

If you have a child or young person with Special Educational Needs and/or Disabilities (SEND), then think of the Local Offer as all of the services and support available to them and you as a parent or carer

Bedford: <https://localoffer.bedford.gov.uk>

Central Bedfordshire: <https://localoffer.centralbedfordshire.gov.uk>

Luton: <https://directory.luton.gov.uk>





Foodbanks

We know that anyone can reach crisis point and our local Food Banks are here to help if that happens. To find out how to get food vouchers, get in touch.

Bedford: 01234 268569 bedford.foodbank.org.uk

Central Bedfordshire: 07874 200056 trussell.org.uk

Luton: 01582 725838 lutonfoodbank.org.uk

Everything ok?

Feelings can be confusing. It's ok to have questions - lots of questions - about what you're thinking or how you feel, and to not get what's going on inside your head.

Everything OK is a website designed to help you find the help and support you need when you've got questions about your thoughts or feelings. For when you're wondering if everything really is ok, or not.

www.everything-ok.co.uk

Chat Health:

Help and advice

It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name.

Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.

chathealth.nhs.uk

Bedfordshire Domestic Abuse Partnership:

Help and advice

If you are a survivor or current victim of domestic abuse or are worried about your behaviour there are a number of support services available to you. More information and advice is available through the Partnership website:

bedsdv.org.uk





Childline:

A free, confidential service where children and young people can talk about anything to a trained counsellor – online or over the phone. They can also find information and support on a range of topics on the Childline website.

Telephone: 0800 1111

www.childline.org.uk

Mental Health Support Services:

East London Foundation Trust - We provide a wide range of mental health, community health, primary care, wellbeing and inpatient services to young people, working age adults and older adults across the City of London, Hackney, Newham, Tower Hamlets, Bedfordshire and Luton.

www.elft.nhs.uk/service-users-and-carers

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Bedford Borough
Safeguarding Children Partnership



Central Bedfordshire
Safeguarding Children Partnership



NSPCC