



## Information, advice and guidance during school closure

### The Curriculum Team

You can still contact teaching staff when school is closed through Microsoft teams or [studyhelp@middtech.com](mailto:studyhelp@middtech.com)

### The Inclusion Team

You can still contact pastoral staff when school is closed:

Staff	Email address
Mrs Adele Hulton	<a href="mailto:mtsahulton@middtech.com">mtsahulton@middtech.com</a>
Mr Adam Smith	<a href="mailto:mtsasmith@middtech.com">mtsasmith@middtech.com</a>
Mrs Jackson-Horner	<a href="mailto:mtssjacksonhorner@middtech.com">mtssjacksonhorner@middtech.com</a>

These contacts are monitored during normal school hours, Monday to Friday, 8am to 4pm only. For support outside of these hours please see below:

# childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

Childline is yours – a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, they're there for you online, on the phone, anytime: [www.childline.org.uk](http://www.childline.org.uk)



Anyone who's worried about online grooming or sexual behaviour online can contact CEOP: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



If you discover any criminal content when you're online you should report it to the Internet Watch Foundation: <https://report.iwf.org.uk/en>



Providing information on health, social care, childcare and family services within the borough of Rochdale - <https://www.ourrochdale.org.uk/kb5/rochdale/directory/home.page>

Rochdale Family Information Service is a free information and advice service for families: [family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk) or 0300 303 8801

If you have concerns about the safety of a child you should call Rochdale Children's Social Care on 0300 303 0440 (Monday-Friday 8:30am-4:45pm) or out of office hours 0300 303 8875.

### Health and Wellbeing support

The logo for 'ChatHealth' features a blue speech bubble with a white figure inside, followed by the text 'ChatHealth' in green.	<b>NHS ChatHealth</b> (Pennine Care NHS) Phone: 0750 733 0382
Aged 11-19? Got a health question or worry? For confidential help, advice and support, text a school nurse	

### Social, emotional and mental health support

The logo for 'HEALTHY YOUNG Minds' features the words 'HEALTHY' and 'YOUNG' in green and pink boxes, with 'Minds' in a blue speech bubble. Below it, it says 'A CHILD AND ADOLESCENT MENTAL HEALTH SERVICE'.	<b>#THRIVE</b> (Emotional Health and Wellbeing Support) www: <a href="http://healthyyoungmindspennine.nhs.uk/">healthyyoungmindspennine.nhs.uk/</a> Phone: 0161 716 2844
Are you feeling worried, angry or upset? Struggling to cope? Stressed about school or exams? Feeling bad about yourself? Experiencing bullying or relationship worries? Or are you just feeling a bit low and not enjoying things? Lots of young people feel this way, so you are not alone. Getting the right support as soon as possible can help you to feel better, enjoy life and achieve the things you want to: telephone – 0161 716 2844	

The logo for 'kooth' features the word 'kooth' in a bold, lowercase font, with two speech bubbles integrated into the letters 'o' and 'o'. To the right, it says 'Free, safe and anonymous online support for young people'.	<b>KOOTH</b> www: <a href="https://www.kooth.com/">https://www.kooth.com/</a>
Free, safe and anonymous online support for young people: Monday – Friday 12pm – 10pm and Saturday – Sunday 6pm – 10pm	



### Mind

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

Phone: 01706 752338

We exist to ensure that people do not face mental health issues alone and can lead their lives free from stigma and discrimination.

## Online safety



### Safety net kids

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

Online safety information for children including top tips to keep yourself safe

## Food banks



### The Lighthouse Project Food Pantry

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

Phone: 0161 643 1163

Thursday: 1.30pm-3.30pm

Friday: 10am-12pm

S6b/c Middleton Shopping Centre  
Limetrees Road, Middleton, M24 4EL



St Vincent  
de Paul Society

England and Wales

Turning Concern into Action

### Heywood Food Bank

www: <http://heywoodfoodbank.com/>

Phone: 0739 607 1193

Monday & Friday

10am-12pm

94 Adelaide Street  
Heywood  
OL10 4HE

## Middleton Police Station



Telephone: 0161 856 8701 (Heywood and Middleton Neighbourhood Policing Team)

0161 872 5050 (Greater Manchester Police Switchboard)

E-mail: [heywoodandmiddletoninpt@gmp.police.uk](mailto:heywoodandmiddletoninpt@gmp.police.uk)

Website: <https://www.gmp.police.uk/>

You can contact the Police on **101** for non-emergencies.

In an emergency, if you feel that you or anyone else are in immediate danger or there is a risk to life then please call **999** and ask for the Police.



## Looking after your mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. The '**Every Mind Matters**' NHS service has expert advice and practical tips to help you look after your mental health and wellbeing including guidance, advice and tips on how to maintain your mental wellbeing if you need to stay at home during the coronavirus pandemic or if you are anxious about it.

<https://www.nhs.uk/oneyou/every-mind-matters>