

Useful contacts and Services



Dear Parents and Carers,

We have put together a bank of contact details and links to services that can offer support to families around different issues including; online safety, keeping healthy and keeping safe. We have included links to local Devon-based support services as well as national services.

The Care & Safeguarding Team 😊

Online Safety:



In partnership with



We understand that you may have worries about your child keeping safe when being online. Below you will find links to useful websites/organisations that provide specific resources around online safety for children and young people.

www.common sense media.org

Check if the games, apps, films and social networks are age appropriate. The minimum age for most social networks is 13 including Facebook and Instagram. You can check specific games, films, TV programmes and apps on

www.parentinfo.org/

Parent Info is a free web service providing information to parents and carers.

www.net-aware.org.uk

Advice from NSPCC and O2 on social networks, apps and games.

www.childnet.com/parents-and-carers

A non-profit organisation working with others to help make the internet a great and safe place for children.

www.internetmatters.org

Gives simple, practical and easy advice on the steps you can take as a parent to keep children as safe as possible online. Lots of very easy to understand step by step guides on setting controls.

www.thinkuknow.co.uk

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline. Useful advice for parents/carers.

Wellbeing:

[Mentally Healthy Schools -www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk)

Specific advice around managing emotional wellbeing and COVID-19 for children and young people.

Family Support Services:

Pinpoint Devon - www.pinpointdevon.co.uk

A database of local community services in Devon that covers a wide range including care, housing, money matters, childcare, social and learning opportunities. Links to local foodbanks and community services also.

The Devon Children and Families Partnership (DCFP) - www.dcfp.org.uk

Devon Children and Families Partnership is an agency that offers advice to families and professionals around keeping safe and keeping healthy.

Children and Family Health Devon – www.childrenandfamilyhealthdevon.nhs.uk

An NHS service that covers services such as CAMHS (Children and Adolescent Mental Health Service), Speech and Language Therapy, Occupational Therapy, and Learning Disability services.

Public Health Nursing

The North Devon hub is a single point of contact for families and professionals for all Public Health Nursing Services.

Tel: 0333 234 1904

rde-tr.NorthernPHNhub@nhs.net

COVID-19 – Support for Parents from Action For Children

The charity has a specific parent support section on their website around COVID-19 including information on services, tips and activities for children, advice on coping with worries and managing behaviour. Parent 'coaches' are also available online.

www.actionforchildren.org.uk

Child Protection:

Worried about a child's safety?



If you are concerned about a child or young person in Devon and want to speak to someone contact the Multi-Agency Safeguarding Hub (MASH) on **0345 155 1071** or email mashsecure@devon.gov.uk and give as much information as you can.

If a child is at immediate risk of harm contact the police on 999

You can also contact the NSPCC if you're worried about a child, even if you're unsure, you can contact professional counsellors for help, advice and support on **0808 800 5000** or email help@nspcc.org.uk

