



# NEWSLETTER

## Headteacher's Message

Dear Parents and Carers,

The 8<sup>th</sup> May marked the 75th anniversary of Victory in Europe Day. To commemorate the day, pupils and staff observed a two-minute silence, at 11am, in honour of the service men and women during World War Two.

You will find lots of advice on health and wellbeing, in this week's newsletter. Your child has access to many fantastic services, including our 'school nurse messaging service', ChatHealth.

Pupils have put on their creative caps and produced a number of impressive items for Miss Bostock's, 'Make It!' challenge. Read on to see their incredible work and to find out more...

Miss Santos, our new librarian, has included a wonderful article with instructions on how to access thousands of stories and non-fiction texts, that you can read for free!

Please enjoy this week's newsletter, and remember to follow our [Twitter](#) for regular updates! If you have any queries or concerns, please ring us. There are staff in school every day.

With best wishes,

Ms S. Finlay



Ms S. Finlay  
Headteacher



Dean Trust Ardwick @DT\_Ardwick • May 4

Follow our Twitter account for regular school updates, photographs, newsletters and more! We recently posted a video of Mrs Hardman and Mr Diaz taking part in the #blindinglightschallenge! Click here to be linked to our Twitter account, or visit: [twitter.com/DT\\_Ardwick](https://twitter.com/DT_Ardwick)



## Health and Wellbeing: Manchester Mind's 'Listening Ear Service'

Manchester Mind's new 'Listening Ear Service' is for young people aged 15-25 in Manchester. This is a telephone support line that young people can phone if they are feeling lonely, stressed, worried, or just need someone to talk to. Their webpage contains more information: [www.manchestermind.org/contacting-us-cyp](http://www.manchestermind.org/contacting-us-cyp)

## Listening Ear - Contacting Our Young People's Services

Further information for young people about contacting us for help



## School Nurse: ChatHealth SMS service

The school nurse service is still available, even during the current national situation. If your child needs to speak to a nurse, they can do so via text messaging service ChatHealth on: 0750 733 0205



If you're aged 11 - 16  
text the school health service  
**07507 330 205**

We can help young people with all kinds of things like:



Problems with  
friends or family

## ChatHealth is Open

- Aged 11-16? Our school nurses are still here to help with all kinds of things in these unsettling times.

# Schoolgateway

Please download the app now to enable you to receive important information about your child.

The app provides you with information on:

- Your child's attendance
- Timetables
- Clubs
- Detention
- Events and trips
- School news
- Links to our website

## What you need to do

**Download the app:** If you have a smart phone, please download 'School Gateway' from your app store (Android and iPhone). The app shows the same information as the website. This will also help us when we send you messages either individually or as part of a group of parents.

**Sign up:** Only use the same email address and your priority mobile number that you have provided to the school on your admissions form. Click on 'New User' and fill in the information. You will receive a text message with a PIN number. Use this PIN to login to School Gateway.

## If you can't activate your account

If you are having trouble logging in, it may be because the school doesn't have your current email and mobile phone number on record. Please call us on 0161 972 2988 and we'll update your details on our system.



## Manchester United Foundation: Stay at home challenges

Have you attempted the new Manchester United Foundation challenge? With new video challenges and worksheets each week, this is a great resource for pupils to use. You can access the challenges via the following link:

[www.mufoundation.org/en/Stay-at-Home-Challenges](http://www.mufoundation.org/en/Stay-at-Home-Challenges)

This week is 'Inclusive Bowling with Matt, Olly and Teddy'.



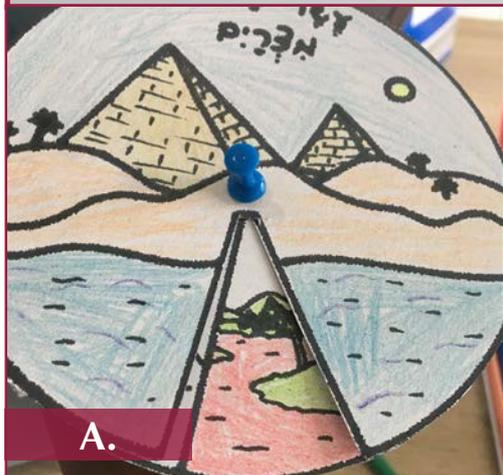
## Help and Support Manchester

As well as school based services available for support, *Help and Support Manchester* has a dedicated number, and website, for people who need support. If you need help dealing with the impacts of Coronavirus you can contact the [Manchester Community Response](#) helpline for advice/support with food, shopping, loneliness, homelessness, funds/financial, fuel, medication.

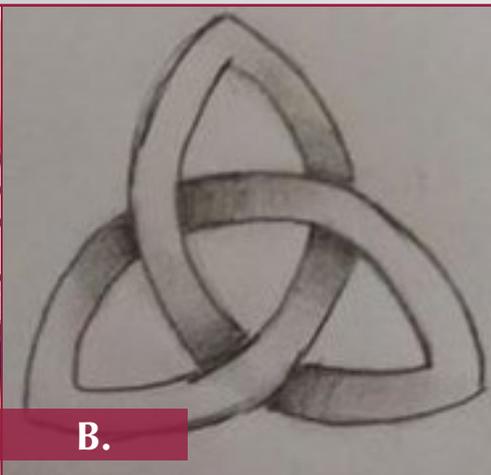
## Religious Education: Outstanding home learning!

Miss Bostock set her religious education pupils a 'Make It!' challenge. Pupils were tasked to create something that displays their knowledge of a particular topic that they have learnt about. We have featured some of the best creations below and they are very impressive! Great work!

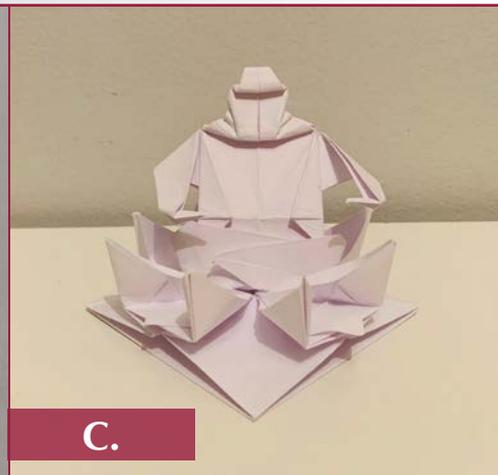
Miss Bostock would like to share this quote from Maaha: *'I had a great time designing this week's 'make it' challenge project. I used a henna cone to decorate and write the ten commandments on a plate. I wrote the words Ten Commandments in Urdu. Henna is an important part of my culture because we use it to decorate our hands on special occasions. I hope you like it.'*



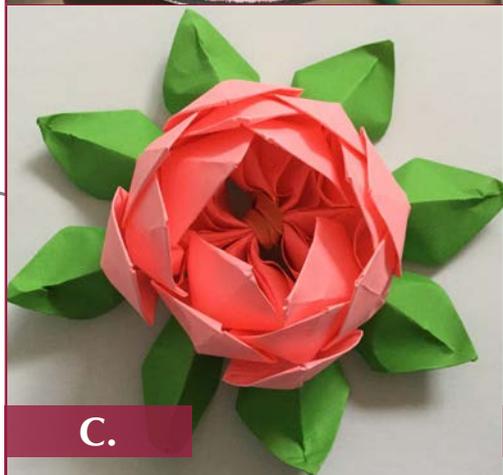
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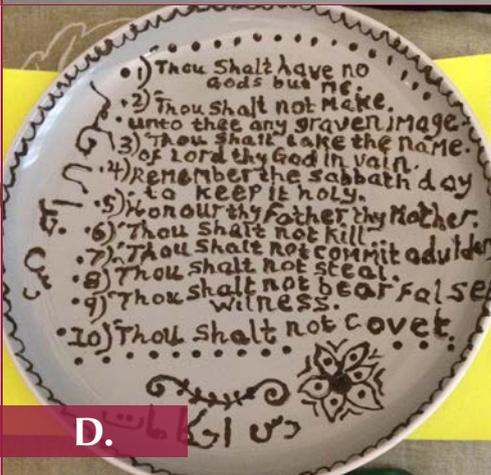
B.



C.



C.



D.

- A. Ramaya, Year 7 created this beautiful 'Plagues spinning wheel'
- B. Fatima, Year 9 drew this Holy Trinity symbol.
- C. Ferdous, Year 8 showed off his origami skills, creating a charming Buddha and vivid lotus flower.
- D. Maaha, Year 7 used henna to created this plate, listing the 10 commandments.

# DTA Proud to Belong - Work Showcase

Class code a5lnx44

## Proud to Belong Classroom: Do you want to have your work featured?

If you have a particular piece of work that you are proud of, and would like it featured in our weekly newsletter. Please upload a file, or screen shot, to the 'Proud to Belong Classroom'. The best examples of home learning will be in for the chance to receive a praise postcard, chocolate Easter egg and a featured article, with lots of pictures!

You can access the classroom via code: **a5lnx44**

## Computer science: Image file formats

Year 10 pupils have been working on their exam preparation during lockdown. Here you can see a great example from AJ, about a range of different image file formats and what their uses are.

File format / extension	An explanation of the file type.	What it is used for	Where it is best used	What the advantages are	What its disadvantages are
.jpg	This type of file is a joint photographic experts' group	This is used for multimedia/web use.	This is best used for multimedia/ web use	The advantages are that it can be used for websites	The disadvantages are that it cannot be used for printing.
.png	This type of file is a Portable network graphics	This is used for multimedia /web use	This is best used for multimedia/web use	The advantages are that the size does not have to be changed.	The disadvantages are that it cannot be zoomed in/out.
.tif	This type of file is a Tagged image format file.	This is used for printing.	This is best used for raster graphics or bitmaps	The advantages are that this file can be used for printing.	It must be used on a special software to be used.
.pdf	This type of file is a portable document format.	This is used for web/multimedia use.	This is best used for multimedia/web use	The advantages are that it can be used for multimedia websites	The disadvantages are that this can not be used for printing.
.bmp	This type of file is a bitmap image	This is used for printing	This is best used for raster graphics or bitmaps	The advantages are that it can be used for printing.	The disadvantages are that You cannot zoom in too much.
.gif	This type of file is a graphic interchange format	This is used for web/multimedia use	This is best used for Vector graphics	The advantages are that this can be used for software to zoom in/out	The disadvantages are that you must use a special software

AJ explains the differences in digital image formats. He has included the most popular formats that are used.

## Inclusion: A video message to you all!

The inclusion team have produced a video with personal messages to staff and pupils! You can view the video from our Twitter post: [twitter.com/DT\\_Ardwick](https://twitter.com/DT_Ardwick)



**Dean Trust Ardwick** @DT\_Ardwick · 6 May

The Dean Trust Ardwick inclusion team have produced a video on what is working well for them, whilst in lockdown at home. You can view the video here: [youtube.com/watch?v=Yyr5Wm...](https://www.youtube.com/watch?v=Yyr5Wm...) #StayAtHomeSaveLives



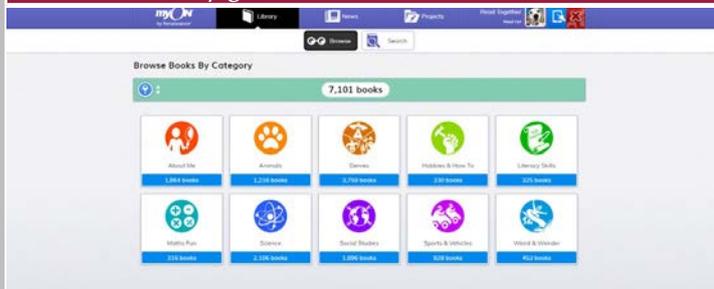
@DT\_Ardwick

## Miss Santos, Librarian: Reading recommendations!

My name is Miss Santos and I am the new librarian at Dean Trust Ardwick. I am looking forward to meeting you all when these crazy times start to calm down and we can finally get back to school. Hopefully, you are all well and have been reading lots of amazing things. I am looking forward to hearing some recommendations from you! In case you have run out of things to read, or if you are just looking for a little something to fill the time; I bring good news! We have found a place where there are thousands of stories and non-fiction texts that you can read, for free, on your laptop or phone. There is lots on there, so I am sure you will find something that you are interested in.

The site is called MyON, you can find it here: [readon.myon.co.uk/library/browse.html](https://readon.myon.co.uk/library/browse.html)

The link will take you to the below page where you can choose a book by genre.

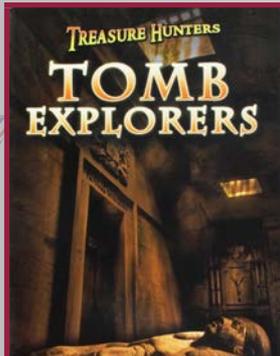


However, I would suggest you click on the 'Search' button. This will allow you to search for books by year level.



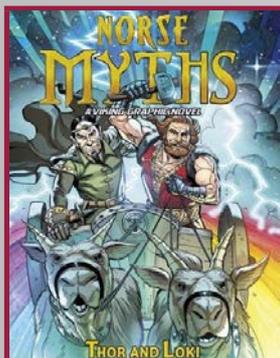
There is lots of books to choose from! The Year 7 section alone has over 2,300 books available for you to read. There are some fun, little stories and there is a heap of non-fiction. See if you can find out anything new. If you come across a word you do not know, click on the dictionary tool on the right hand side of the screen select the word you are unsure of, and it will give you the definition. It can even help you to pronounce the word properly, if you press the sound button.

As there's so much on the site, I thought I would start you off with a few recommendations:



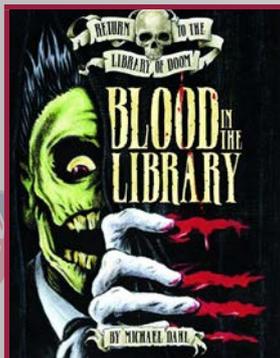
### Treasure Hunters: Tomb Explorers - Non-fiction

I have always loved history, especially ancient history. Since I first learnt about the Ancient Egyptians when I was in Year 3 (partially through a video I can still remember which was narrated by a cat), I have been fascinated by all the secrets and treasure that have been hidden away in tombs for thousands of years. This book gives you a great overview of some of the most astonishing finds in archaeological history. Some of the things that have been found underground are utterly amazing: think solid gold coffins, life-size clay armies and entire cities. Have a read and see which one you would have liked to discover yourself!



### Norse Myths: Thor and Loki

Something I really love about this website is that it has quite a few graphic novels available for you to read. I have always loved reading comic books, they are a great way to tell stories. If you have not really read comics before, I suggest you give it a go! This is one of the many myths about Thor (you know Thor – big guy with a magic hammer, has been in a whole bunch of films recently) and his brother Loki (the trickster god, also stars in films). This story tells of what happened to them when they went to the realm of the giants one day, just because Thor was bored.



### Blood in the Library

Stories can have the most amazing power. They can make you laugh, they can make you cry. They can make you fall in love with characters, visit new places without even leaving your chair and help you to believe in magic. Some stories can even freak you out. This is a creepy, short story that takes place in 'The Library of Doom'. I do not want to give anything away, but let us just say, I hope things like this do not happen in our library!

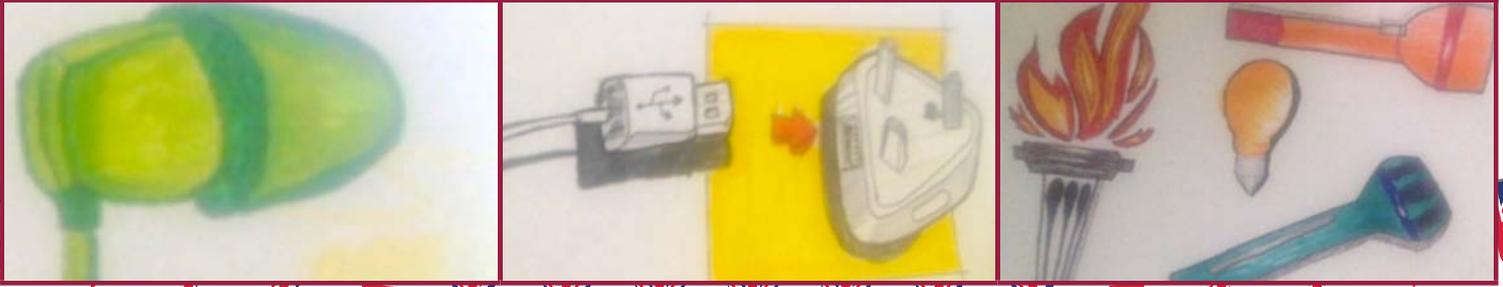


@DT\_Ardwick



## Design and Technology

Pupils continue to develop their sketching skills and upload excellent work onto the Google Classroom. I am sure you will be equally impressed with their submissions, from the images!



## Hospitality and Catering

Year 10 pupils have been busy completing two assignments, a theory based task on 'food allergies and intolerances', and a practical challenge to bake a lemon drizzle cake. The standard of work has been exceptional this week with pupils submitting detailed research and pictures, of their excellent bakes. Below, are some excellent examples of home learning that have been uploaded to the Google Classroom.

**Food Allergies:**  
Summarise the information in chapter 10, page 1 and 2 to complete the following:  
A food allergy is a condition where the body's immune system reacts to certain foods, which causes a range of symptoms.

Visible Symptoms	Non-Visible Symptoms	Common foods that cause allergies (images and names):
<ul style="list-style-type: none"> <li>Skin becomes red</li> <li>The lips and eyelids swell</li> <li>The nose and eyes itch</li> <li>The skin swells - often on the face</li> <li>A raised, red/pink itchy rash shows on the skin</li> </ul>	<ul style="list-style-type: none"> <li>The mouth, tongue and throat swell</li> <li>Person can't breathe, speak or swallow properly</li> <li>Wheezing</li> <li>Stomach pain</li> <li>Feeling sick - may be sick</li> <li>Blood pressure drops</li> <li>May collapse and become unconscious</li> </ul>	<ul style="list-style-type: none"> <li>Eggs</li> <li>Milk and dairy products</li> <li>Fish and shellfish</li> <li>Peanuts and other nuts</li> <li>Seeds</li> <li>Citrus fruits</li> <li>Soya</li> <li>Strawberries</li> <li>Kiwi fruit</li> <li>Celery</li> <li>Celery</li> <li>Mustard</li> <li>Some preservatives</li> </ul>

**Zaynob**

**Food Intolerances:**  
Summarise the information in chapter 10, page 2, 3 and 4 to complete the following:  
A food intolerance happens when something in certain foods makes someone feel unwell. It is not as life-threatening as an allergy.

Food Intolerance Symptoms	Lactose Intolerance	Coeliac Disease
<ul style="list-style-type: none"> <li>Muscle and joint aches/pain</li> <li>Eczema and dry skin conditions</li> <li>Feeling sick</li> <li>Tiredness and weakness</li> <li>Diarrhoea</li> <li>Swelling in the abdomen due fluid or gas inside</li> </ul>	<p><b>What is it?</b> Condition where people can't digest lactose in their body, so the bacteria in the large intestine break it down instead.</p> <p><b>What do people who have an intolerance to lactose not eat/consume?</b> They don't consume any type of dairy foods.</p> <p><b>What are the symptoms of an intolerance to lactose?</b> Flatulence, abdominal pains, nausea, diarrhoea.</p> <p><b>Which foods contain lactose?</b> Cheese, milk, yoghurt, butter, double cream, sour cream etc.</p> <p><b>What should people with an intolerance to lactose consume instead?</b> They should consume lactose-free foods and dairy-free food products.</p>	<p><b>What is it?</b> Condition concerning the immune system. Immune system can't tolerate gluten which is found in wheat, barley etc.</p> <p><b>What can't people who have coeliac disease eat?</b> Any foods containing gluten (oats, pasta, cakes).</p> <p><b>What are the symptoms?</b> Tiredness, loss of weight, improper growth, diarrhoea.</p> <p><b>Which foods contain gluten?</b> Barley, oats, pizza, most processed meats, breakfast cereals.</p> <p><b>What should people with an intolerance to gluten consume instead?</b> They should consume gluten-free products.</p>

**Kumbukenu**

**Food Intolerances:**  
Summarise the information in chapter 10, page 2, 3 and 4 to complete the following:  
A food intolerance is when a person has difficulty digesting a particular food. It is different to a food allergy as it involves the digestive system.

Food Intolerance Symptoms	Lactose Intolerance	Coeliac Disease
<ul style="list-style-type: none"> <li>Nausea</li> <li>Stomach pain</li> <li>Gas, cramps, bloating</li> <li>Vomiting</li> <li>Heartburn</li> <li>Diarrhea</li> <li>Headaches</li> <li>Irritability</li> <li>Nervousness</li> </ul>	<p><b>What is it?</b> It is when you can't properly digest lactose, a type of sugar found in milk and dairy products.</p> <p><b>What do people who have an intolerance to lactose not eat/consume?</b> They shouldn't eat/consume most dairy products such as some cheeses, milk, cream and etc as they can't properly digest them.</p> <p><b>What are the symptoms of an intolerance to lactose?</b> Diarrhea, bloating, stomach cramps and pains, flatulence of gas, nausea and feeling sick.</p> <p><b>Which foods contain lactose?</b> Milk, yogurt, cream, butter, ice-cream and cheese.</p> <p><b>What should people with an intolerance to lactose consume instead?</b> Other foods high in calcium such as eating more leafy green vegetables, nuts, seeds, beans and cereal.</p>	<p><b>What is it?</b> A condition where your immune system attacks when you eat gluten.</p> <p><b>What can't people who have coeliac disease eat?</b> Unless labelled as gluten free they can't eat bread, pasta, cereals, biscuits or crackers, cakes and pastries.</p> <p><b>What are the symptoms??</b> Diarrhea, stomach aches, bloating and flatulence, indigestion and constipation.</p> <p><b>Which foods contain gluten?</b> All wheat-based bread and pasta, cereals unless gluten-free and baked goods.</p> <p><b>What should people with an intolerance to gluten consume instead?</b> Most dairy products such as cheese, butter and milk, meat and fish, potatoes, rice and gluten-free flour.</p>

**Eman**

**Food Intolerances:**  
Summarise the information in chapter 10, page 2, 3 and 4 to complete the following:  
A food intolerance is when certain foods make someone feel ill quite a lot but it's not a life threatening condition it is not as dangerous or life threatening as a food allergy

Food Intolerance Symptoms	Lactose Intolerance	Coeliac Disease
<ul style="list-style-type: none"> <li>Vomiting</li> <li>Diarrhea</li> <li>Instant tiredness and weakness.</li> <li>Pain and bloating</li> <li>Muscle and joint aches</li> <li>Dry skin</li> </ul>	<p><b>What is it?</b> Natural sugar found in dairy milk (from cows, goats sheep etc.) They can not digest lactose in their bodies</p> <p><b>What do people who have an intolerance to lactose not eat/consume?</b> They can't eat any dairy foods but they can get lactose free milk and yoghurts</p> <p><b>What are the symptoms of an intolerance to lactose?</b> Vomiting, diarrhoea, swelling etc</p> <p><b>Which foods contain lactose?</b> All dairy foods</p> <p><b>What should people with an intolerance to lactose consume instead?</b> Dairy free milk or yoghurts</p>	<p><b>What is it?</b> A disease that involves the body's immune system but isn't an allergy it is caused by the immune system by not tolerating gluten</p> <p><b>What can't people who have coeliac disease eat?</b> People can't eat Wheat, rye, barley and oats Or any products that contain them.</p> <p><b>What are the symptoms??</b> Losing weight makes someone ill, children might not grow properly and their is not enough nutrients in their body.</p> <p><b>Which foods contain gluten?</b> Pizza, cake, pies, pastries, buns etc</p> <p><b>What should people with an intolerance to gluten consume instead?</b> They should buy gluten free products from the shops.</p>

**Armin-Jordan**



Nimo



Isabella

# Mr Ahmed's Youth Club work

A number of pupils have produced incredible work at Mr Ahmed's Youth Club. We thought it would be nice to share some examples with you so you can see what they have been working on.

## Survivalist

Corona virus, a deadly outbreak

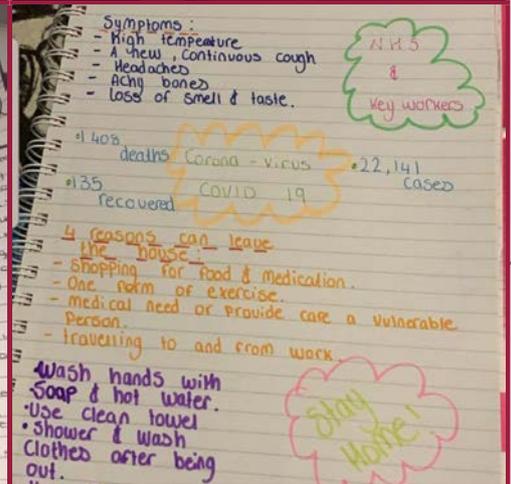
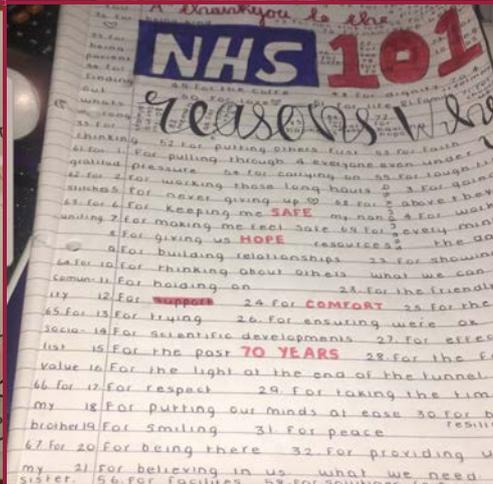
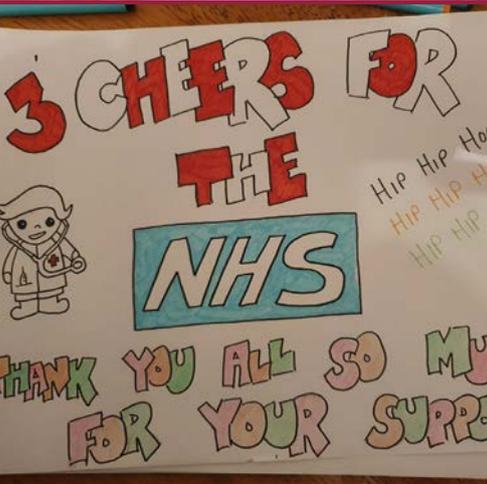
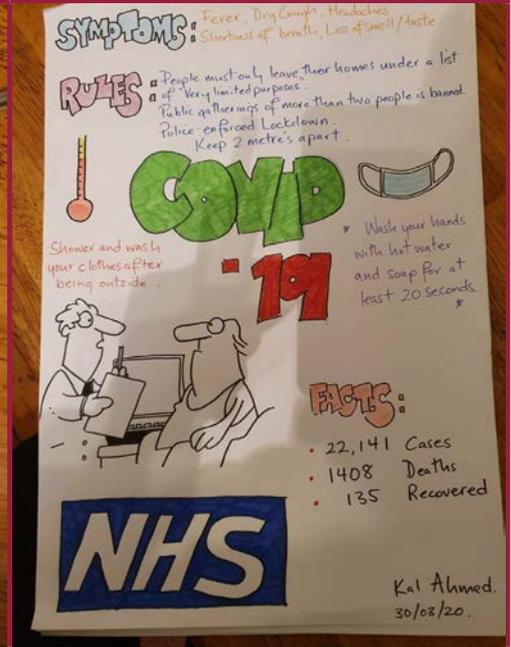
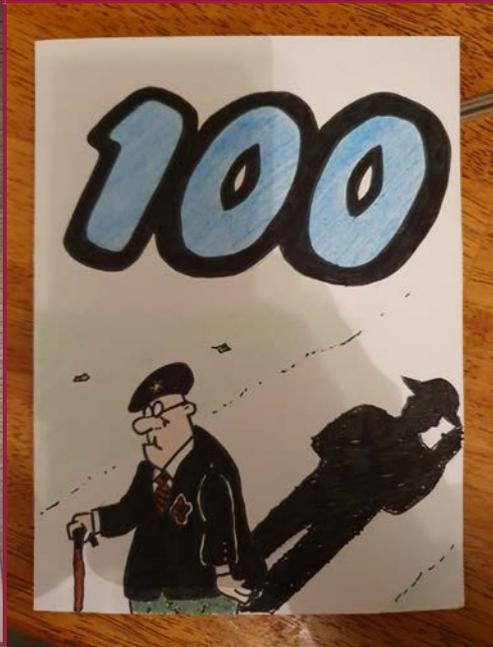
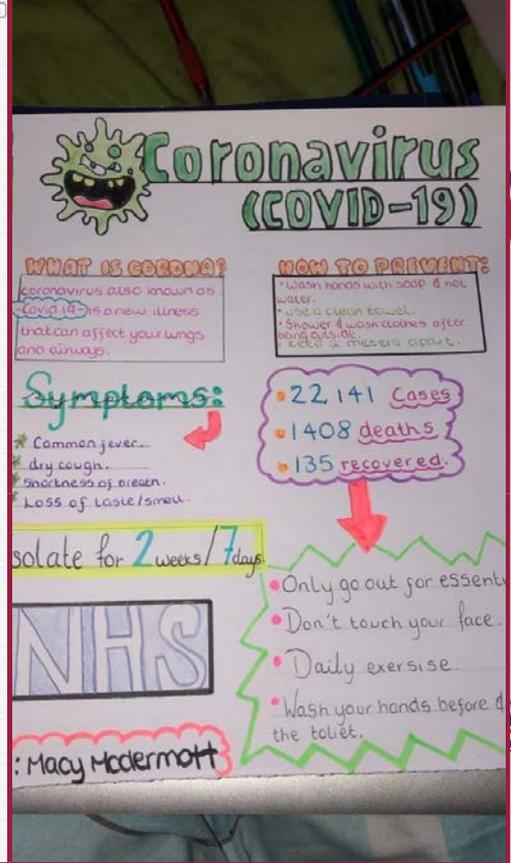
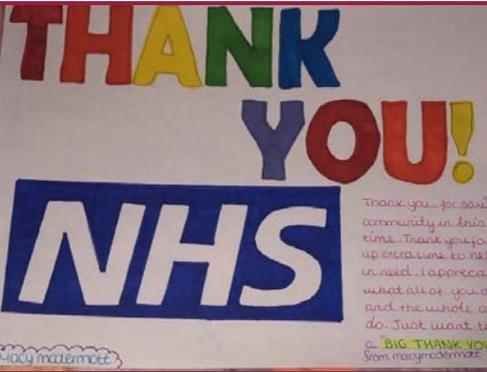
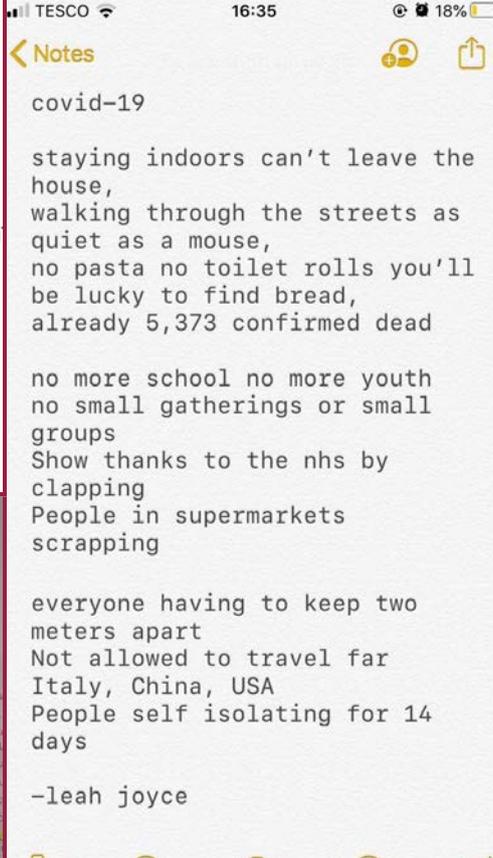
You cant give, nor can you take

Challenges and that, you cant participan

Its gonna get better, please just relate

Hope is all we need, in a figure 8

Turned sideways is the mean state





Facebook is an online social media platform that has over 2 billion users across the globe. It was initially for university students but soon expanded out and since 2006, anyone over the age of 13 is able to join the platform. It is available on all devices from your desktop and laptop computer to smartphones and tablets. Users can add photos and videos, update their status, interact with others and catch up with the latest news. Despite requiring users to be over 13, there are no age verification measures and children can easily create an account. It's therefore important that parents familiarise themselves with the main features of the platform to ensure their young ones remain safe if and when they use it.



# What parents need to know about FACEBOOK



## ADDICTIVE NATURE

Facebook can be hugely addictive as it offers a physiological high and a quick reward cycle which comes from the likes and comments on shared posts. Communication is so instant now that teenagers are always checking, and it can sometimes feel like self-worth. This keeps children going back, encouraging them to post things and also increases the Fear Of Missing Out (FOMO) that is commonplace today. On the flip side, because of the way teenagers interact these days through Facebook and Facebook Messenger, they can seem addicted even when they're not.

## CYBERBULLYING

Around a quarter of children have experienced online abuse, according to Ofcoms 2019 'Online Nation' report. Figures show that 23% have been cyberbullied, 39% subjected to abusive language and a fifth have been trolled. On Facebook, teenagers can receive communication in a number of ways, from private messages in Messenger to public comments on profiles, pages and posts to pages or groups set up just to torment a victim. Exclusion from pages or groups to cause the victim to feel left out has also been seen.

## FUTURE IMPACT

Regardless of age, anything that's posted on Facebook, or other social media platforms, develops a personal brand and leaves a digital footprint that is there forever. It can be difficult to explain the consequences but many universities (and employers) look at Facebook before making a decision on accepting people. It is therefore wise to always think twice before posting anything online you wouldn't want people to hear or see offline.

## STRANGERS/FAKE PROFILES

Generally, people are who they say they are online. That said, much like the real world, Facebook isn't free of malicious users and children have received friend requests from people they don't know, including individuals who may look to take advantage of young and impressionable children.

People you may know



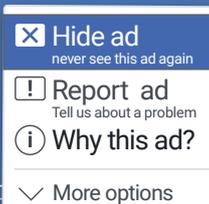
## OVERSHARING

Facebook encourages you to share "what's on your mind" but children need to be aware of what they're revealing about themselves online. Facebook allows users to share their location, create live videos and much more. Some photos can be traced using file data, too, so it's important to keep a tight group and share only with people you know.



## INAPPROPRIATE ADS

While Facebook is getting ever stricter on the content of ads and who they are targeted to, there is still the chance that children could be subject to ads during their experience on the platform. This could be innocuous but is worth bearing in mind when using the app.



## LIVE STREAMING

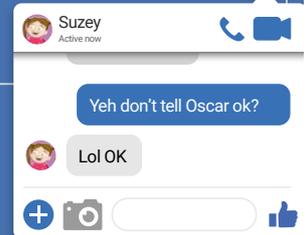
Facebook Live provides users with the ability to stream video live-time to their friends and followers or watch other people's broadcasts live. During the video, people can react and comment and it's difficult to moderate the content given everything happens in real-time. This could mean your child is exposed to inappropriate material or worse still, could be cajoled into doing something online by others which they wouldn't normally do.

LIVE

42 people watching

## PRIVATE MESSAGING

Facebook Messenger is closely linked to your Facebook profile and provides the ability to share private messages away from friends and family. It is therefore important that parents ask their children who they are communicating with and ensure that the only people they are exchanging messages with are people that they also know in real life.



# Safety Tips For Parents

## MAKE PROFILES PRIVATE

Within the settings of a Facebook account, you can choose whether a profile is public or private. Make sure that your child's setting is switched to private. This way they will only be able to interact with friends and people they know within the platform.



## LEAD BY EXAMPLE

Show your children how and why you use Facebook. This will help to demonstrate that it can be used safely when used in an appropriate manner and help to reduce the risk of them encountering harmful content.



## SHARE DEVICES

Depending on the age of your children, it's worth considering letting them use Facebook from a general family iPad or laptop. This allows them to use it without being constantly connected everywhere they go and may give you more reassurance around what they are doing on the app.



## REPORT VIOLATIONS

On Facebook you're able to hide people or groups and report things that are harmful. Make sure you spend some time to show your children how this works and why it's important to do so before they start spending serious time on the platform.



## RESPECT BOUNDARIES

As with anything, there are potential risks and dangers on Facebook but once you've talked about the ideas of safety on the platform, give children some space. Trust them to make smart choices but always be open to talking about social media.



## CHECK-IN

Once they've had some time to use the platform, don't be afraid to check in and see if there's anything on Facebook they'd like to discuss. This isn't always easy but being open with your children is the best way to deal with any issues head on.



## Meet our expert

Alex Wright is a former Facebook employee and social media expert with over 15 years' experience working in digital media. He has worked with some of the biggest organisations in the world and has a wealth of knowledge in understanding how social media platforms work and how they engage their audience.



LIVE

SOURCES: <http://facebook.com>, <https://www.independent.co.uk/life-style/social-media-addiction-young-children-under-five-youtube-instagram-a8953411.html>, <https://www.independent.co.uk/life-style/health-and-families/cyberbullying-social-media-children-online-abuse-facebook-research-ofcom-ico-a8936366.html>, <https://thriveglobal.com/stories/how-social-media-affects-our-ability-to-communicate/>, <https://www.care.com/c/en-gb/stories/4275/5-dangers-of-social-media-to-discuss-with-you>

**DEPAUL**

Homelessness has no place

# COVID-19 STAYING AT HOME SUPPORT FOR YOUNG PEOPLE AND THEIR FAMILIES

## LIVING TOGETHER

Following the recent government advice that we should all stay inside, we understand that being at home for a long a period of time can be difficult and that current restrictions due to the Covid-19 virus can put a lot of pressure on family relationships.

We also know that this is a worrying time for many young people and their families and it can be difficult to get help and support from friends and other family members at the moment.

If things are getting difficult at home and you are struggling with the relationships you have with those around you, we encourage you to get some help and support. There are a number of options available to help you and others in your family and we encourage you to seek advice and support as soon as possible.

School safeguarding leads are still able to support students and their families during the school closure period.

Remember, you should always call **999** if anyone is in immediate danger.

## HOW WE CAN HELP

Depaul UK have a range of services across Greater Manchester to support young people and their families throughout this challenging time. We keep up to date with government guidance to ensure the safe delivery of all of our services. Supporting social distancing, we provide the majority of our services remotely.

## RECONNECT GM

**Reconnect GM:** We offer young people aged 11-25 and their families, support, advice & guidance to help improve relationships with each other and reduce arguments and conflict in the home.

**Email:** [familysupport.GM@depaulcharity.org.uk](mailto:familysupport.GM@depaulcharity.org.uk) or call **0161 5073414**

**Oldham Reconnect:** We offer support to young people aged 15.5-25 who live in Oldham to prevent homelessness. We offer formal mediation, advice & guidance to help improve relationships at home and stay together.

**Email:** [oldham.reconnect@depaulcharity.org.uk](mailto:oldham.reconnect@depaulcharity.org.uk) or call **07971759140** Monday to Friday 9am till 5pm.

## NIGHTSTOP GM

**Nightstop GM** offers emergency accommodation for young people at risk of homelessness aged 16-25 in the spare room of trained and vetted volunteer hosts. We may also be able to offer respite accommodation.

**Email:** [nightstop.gm@depaulcharity.org.uk](mailto:nightstop.gm@depaulcharity.org.uk) or call **0161 5073414**

# OTHER SUPPORT AVAILABLE

## ALBERT KENNEDY TRUST

AKT supports lgbtq+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment.

[www.akt.org.uk](http://www.akt.org.uk)  
Phone: 0161 228 3308

## CHILDLINE

Childline is yours – a free, private and confidential service where you can talk about anything.

Because of the coronavirus, you can currently only speak to a Childline counsellor online or on the phone from 9am – midnight. **Phone: 0800 1111**

## RUNAWAY HELPLINE

Runaway Helpline is there for young people who are thinking about running away, if you have already run away, or if you have been away and come back.

[www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)  
Phone or Text: 116 000

## KOOTH

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

[www.kooth.com](http://www.kooth.com)

## CORONAVIRUS (COVID-19) WHAT YOU NEED TO DO

Remember, you can still spread the virus even if you don't have symptoms. Visit the official government website for accurate up to date guidelines.

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

If you think you have any symptoms, or for general health advice on the coronavirus, please visit the official **NHS** website.

[www.111.nhs.uk/covid-19](http://www.111.nhs.uk/covid-19)

**STAY AT HOME** 

**PROTECT THE NHS** 

 **save lives**

