

## Safeguarding Bulletin – Support over the holidays

### The Coves



An alternative community-based crisis service for people experiencing a crisis or mental distress

They have locations in Brent, Harrow and Hillingdon for people over 16 years old to access between 2pm – 10pm, Monday to Sunday.

<https://www.cnwl.nhs.uk/services/coves>

### Crisis



If you are homeless or at risk of becoming homeless, Crisis can help. They offer services at locations across the UK, and there is one specific for London.

<https://www.crisis.org.uk/get-help/london/>

### Hillingdon Food bank



You should contact the local Citizen's Advice or your local GP and they can issue you a voucher which can be redeemed in the food bank.

There are 54 food banks if you search for Hayes in the link below.

They provide a minimum of 3 days' nutritionally balanced, tinned and dried food

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

## The Childhood Trust



The Childhood Trust is London's child poverty charity, dedicated to alleviating the impact of poverty on children and young people living in the capital.

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

## Useful places to go for information for your son/daughter:

Samaritans: 116 123

Childline 0800 1111 Specifically online safety  
0808 800 5002

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

<https://www.thinkuknow.co.uk/>

<https://www.ceop.police.uk/safety-centre/>

<https://youngminds.org.uk/> 0808 802 5544

<https://www.kooth.com/>

