


Agencies that can provide advice, support and guidance in relation to Sex and Relationships Education

<p>Sex Education Forum Working together for quality sex education A unique resource to help keep you up to date- provides SRE news via email; research summaries and key implications of national policy highlighted; exchange ideas and have a voices in national policy and debates. They provide checklists for schools and colleges to help provide excellent SRE; a developmental curriculum and best teaching methods; explore involving young people in design and development of lessons.</p> <p>Includes sections for parents and carers and young people</p> <p>The SEF has links to many other national organisations</p>	<p>0207 843 6000</p>	<p>Website: www.sexeducationforum.org.uk</p> <p>Email: sexedforum@ncb.org.uk</p>
<p>PSHE Being a member is not essential though enables members to fully access resources to help them plan, review, and adapt lesson plans on a range of PSHE subjects. For example within SRE, good practice in the teaching of consent, abuse in teen relationships, addressing FGM in schools teaching and support.</p> <p>The website provides an overview of how PSHE fits within curriculum, specific support, resources and content guidelines.</p>	<p>020 7922 7950</p>	<p>Website: www.PSHE-association.org.uk</p>
<p>FPA Provides training courses, expert advice and resources including free downloads for professionals, young people and parents.</p>	<p>Tel: 020 7608 5290 for publications and resources</p>	<p>Website: http://www.fpa.org.uk/ Email: fpadirect@fpa.org.uk</p>
<p>Educate and Celebrate Making all schools and workplaces LGBT+ friendly Teaching resources</p>	<p>07748 102859</p>	<p>Website: www.educateandcelebrate.org Email: enquiries@educateandcelebrate.org</p>
<p>The Crown Prosecution Service Hate Crime school</p>		<p>Website:</p>

<p>Packs A link to lesson plans, posters and activities to address hate crimes/bullying</p>		<p>http://www.report-it.org.uk/cps_launch_hate_crime_schools_pack</p>
<p>Teenage relationship abuse-Gov.UK A teacher's guide to violence and abuse in teenage relationships, includes gender based violence</p>		<p>Website: www.gov.uk/file/9774/teen-abuse-teachers-guide.pdf</p>
<p>CEOP Online Safety and reporting The NCA's CEOP Command (formerly the Child Exploitation and Online Protection Centre) works with child protection partners to identify the main threats to children and coordinates activity against these threats to bring offenders to account. They protect children from harm online and offline. Think U Know parent information plus parent zone, a new free service for schools</p>		<p>Website: www.ceop.police.uk Website: education@nca-ceop.gsi.gov.uk</p>
<p>Childline Childline is a private and confidential service for children and young people up to the age of 19 yrs. They can contact a Childline counsellor for free about anything- no problem is too big or too small.</p>		
<p>NSPCC Provides advice and guidance including helplines FGM Helpline</p>	<p>0800 028 3550</p>	<p>Website: www.nspcc.org.uk Email: fgmhelp@nspcc.org.uk</p>
<p>CAMHS Single Point Of Access Service Live from August 2016 Deliver community based direct and indirect services including advice, assessments, diagnostic service and intervention for children and young people experiencing mental health and emotional problems, or learning disabilities and their carers/families. Contact County Durham and Darlington locality single point of access service (SPA) for referrals into child and adolescent mental health. The SPA team will be based at the Mulberry Centre within the Rowan building on the Darlington Memorial Hospital site.</p>	<p>Telephone referrals to 0300 123 9296</p>	<p>Email: TEWV.CAMHSCountyDurhamDarlington@nhs.net</p>

<p>A standardised the referral form and referral criteria is available on request</p>		
<p>County Durham Suicide Prevention Alliance:</p> <p>It provides lots of useful information and links to help support people to improve their mental health and emotional wellbeing.</p> <p>There is also a link to all of the local Cree groups in the County Durham area. This website is useful when looking at what resources are available locally to support families we are working with.</p>		<p>Email www.suicidesaferdurham.uk</p> <p>http://www.suicidesaferdurham.uk/get-involved/</p>
<p>The Meadows Sexual Assault and Referral Centre, Durham Provides support for people who have been raped or sexually assaulted recently or in the past. This can include medical confidential medical examination, advice, support and counselling</p>	<p>0191 3018554</p>	
<p>The Durham Rape Crisis Centre is a feminist organization that believes in the equality of all people regardless of race, class, sexual orientation or gender.</p> <p>They are committed to taking an active role in the community to end all forms of violence against women and children.</p> <p>The Rape Crisis Centre provides support services to recent as well as historical or childhood survivors of sexual assault, sexual harassment, and childhood sexual abuse and their families.</p>	<p>905 668 9200 Crisis Support and information</p>	<p>Email: info@drcc</p> <p>Website: www.durhamrapecrisiscentre.com</p>
<p>The Hide Out Women's Aid have created this space to help children and young people to understand domestic abuse and how to take positive action if it's happening to them</p>		<p>Website: www.thehideout.org.uk</p>
<p>WEAR VALLEY WOMEN'S AID Providing support and advice for all women including lesbian and bisexual women, services</p>	<p>01388 600094</p>	<p>Email: bishref_2003@yahoo.co.uk Website: www.wvwa.co.uk</p>

include accommodation and outreach. Refuge at Bishop Auckland.		
Panah Specialist refuge Newcastle for Black & Minority ethnic women	0191 2846998	Email: panahrefuge@hotmail.com
Angelou Support Centre Offers a range of services which includes free emotional, practical and advisory support to black and minority ethnic female victims of sexual violence, honour-based violence and FGM	0191 2260394	Website: www.angeloucentre.org.uk
The Halo Project Charity will support victims of honour based violence and forced marriages by providing appropriate advice and support to victims. They work with key partners to provide required interventions and advice necessary for the protection and safety of victims.	01642 683045	Website: www.haloproject.org.uk
Straightforward Middlesbrough Female Genital Mutilation (FGM) information and support service	07949592688 Or 07462799555	
Forward Information and online training FGM elearning		www.forwarduk.org.uk www.fgmelearning.co.uk
Lifeline Project (formerly 4 Real) Young Peoples & adults Substance misuse service Durham Offering brief interventions, targeted education and group work. Most recently praised for its proactive work around CSE and also working in the ever shifting landscape of the misuse of legal highs and contributing to the forthcoming Government guidelines on novel psychoactive substances.	03000 266666 Single access number for referrals	

<p>CASH Services: Contraceptive clinic, advice and support. Offers C card, sexual health, advice and referral for termination (women can also make their own referral on 01388 455333)</p> <p>Department for Sexual Health Includes GU testing: University Hospital of North Durham</p> <p>Department for Sexual health Includes GU testing, Bishop Auckland General Hospital (formerly Ward 1) Lower ground floor</p>	<p>0191 3728700 Appointment central booking</p> <p>Advice: Durham 0191 3332927 Apt: 0191 3332660/1 01388 455700</p>	<p>www.cddft.nhs-uk</p>
<p>MESMAC North East LGBT project provides counselling, young gay and Bi group, advice, support, training and workshops. Works to increase positive choices around safer sex, sexual and mental health, and offers general support to gay/bisexual men.</p>	<p>0191 2331333</p>	<p>Email: all@mesmacnortheast.com Website: www.mesmacnortheast.com</p>
<p>G.A.D.D. (Gay Advice Darlington and Durham) Offers information, support and advice. G.A.D.D also facilitates various groups.</p>	<p>Helpline: 01325 355551 Admin: 01325 252522</p>	<p>Website: www.gayadvisedarlington.co.uk Email: admin@gayadvisedarlington.co.uk</p>
<p>Mermaids Is a support group for children and teenagers with gender identity problems, and for their family and friends and for professionals dealing with the issues. Mermaids offer support, friendship and information through its telephone helpline, by email and postal service.</p>	<p>0208 123 4819 local rates apply 3-7pm Mon to Sat</p>	<p>Website: www.mermaids.free.uk.com Email: info@mermaidsuk.org.uk</p>
<p>Relate North East offers counselling for individuals, couples, families and young people who are lesbian or bisexual. Consultation sessions cost £35 and during that session you would discuss the price of ongoing counselling. If price is a problem, they have a number of sessions which are subsidised – please call to discuss.</p>	<p>01325 461500</p>	<p>Email: www.relatenortheast.org.uk</p>

<p>DISC, LGBT Health & Wellbeing A service which supports Lesbian, Gay, Bisexual and Trans* people aged 15 to 25 across County Durham on all areas of health and wellbeing. The project provides a one to one support service, group based support, and training events.</p>	<p>Tel: 01325 731160</p>	<p>Email: info@disc-vol.org.uk Website: www.disc-vol.org.uk</p>
<p>Parents Enquiry North East Offers advice, support, & group (every 2 months) for parents of gay, lesbian, bisexual and transgendered sons and daughters.</p>	<p>Contact Joan 0191 455 2868 at any reasonable time</p>	<p>Email: penejoan@supanet.com Website: www.parentsofgays.co.uk</p>
<p>True Vision County Durham Report hate crime in County Durham online</p>		<p>Website: www.canyousee.co.uk</p>
<p>Cruse Bereavement Care offers advice, information and support to bereaved people of all ages, however or whenever the death occurred.</p>	<p>01325 288633</p>	<p>Email: teesvalley@cruse.org.uk Website: www.crusenortheast.org.uk</p>
<p>Young Minds Offers loads of resources and advice for young people to help understand how they feel and put them on the road to dealing with problems and worries. Provides a parent help line Young Minds supports and informs professionals who work with children or young people. They also offer training, publications and practical resources.</p>	<p>0808 800 5544</p>	<p>Website: www.youngminds.org.uk</p>
<p>TheSite.org is an online guide to life for 16-25yrs in the UK. They provide non-judgemental support and information on everything from sex and exam stress to debt and drugs. Their straight talking is available 24 hours a day.</p>		<p>Website: www.thesite.org</p>

<p>Brook Brook promote the health, particularly sexual health, of young people and those most vulnerable to sexual ill health through providing information, education and outreach, counselling, confidential clinical and medical services, professional advice and training.</p> <p>Ask Brook Ask Brook is a text and webchat service for young people under 25 and is here to give sexual health information, support and signposting. Ask Brook is confidential, unless they think a young person is in really serious danger.</p>	<p>07717 989 023 (standard SMS rates) and webchat (IM).</p>	<p>Website: www.brook.org.uk</p> <p>Email: admin@brook.org.uk.</p>
<p>Just ASK, is a free text and telephone service for carers aged 14-25yrs, living in Durham. The free service provides a full package of support to young and adult carers. Monday to Friday 10-9pm</p>	<p>Test ASK then a question to 80800</p>	<p>Email: ASK@cornforthpartnership.org</p>
<p>One Point Service (OPS) Youth workers in this agency may be able to support delivery in schools, contact them direct</p>	<p>03000 261111</p>	<p>Website: www.durham.gov.uk/onepoint</p>
<p>School Nursing Service This agency may be able to support delivery in schools, contact them direct. Each locality has an SRE Champion, 6 across the county including SEN school.</p>	<p>03000 261111</p>	<p>Website: www.durham.gov.uk/onepoint</p>
<p>Erase Exploitation If you have concerns that a child is being sexually exploited. For more information, including forms to use.</p> <p>Concerned about a location, a website, a vehicle or a possible offender?</p>	<p>03000 267979</p>	<p>Website: www.durham-lscb.org.uk</p> <p>Email: requestforchecks@durham.pnn.police.uk</p>
<p>Barnardo's SECOS (Sexual Exploitation of Children on the Streets) Project works to enable young people to exit and recover from sexual exploitation. The project works with young people in the Tees Valley and Durham, and their bases are located in Darlington, Middlesbrough, and Stockton.</p>	<p>01642 819743</p>	<p>Website: www.barnardos.org.uk</p> <p>Email:</p>

<p>The projects also work with schools and others to educate vulnerable young people to protect them from exploitation, including the police to bring about the prosecution of perpetrators of sexual exploitation.</p>		<p>SECOS.Project@barnardos.org.uk</p>
<p><u>Help 4 Teens</u></p> <p>Help 4 Teens provides a range of information for young people around careers and further education including: careers database, qualifications, personal development opportunities, sources of financial support, volunteering opportunities, health and personal wellbeing.</p>		<p>Website: http://help4teens.co.uk</p>