



Learning together,
building for the future

Kirkistown Primary School
Main Road
Cloughey
BT22 1JA
Tel: 028 4277 1455

21 August 2021

New School Year

Dear Parent/Carer,

We hope you have had a fantastic summer and your children are looking forward to joining us for the new school year. Following the publication of new guidance from the Department of Education (N.I), we are now in a position to provide you with more details on how these measures will be implemented at Kirkistown Primary School.

What the school will do

We will act in accordance with current government guidance on hygiene and safe distancing. The following protective measures are in place and are expanded upon further later in this letter:

- Soap and water are available for frequent hand washing
- Hand sanitiser is available in every classroom and at both of our active entrances
- Teaching groups will be isolated in 'bubbles' from other groups of children as far as possible while 'inside' the school building
- Social distancing, as far as possible, will be applied in classrooms

We may need to change our decisions based upon new government guidance as the current situation develops or based upon our school context and the outcome of any reviewed risk assessment. Our 'Positive Behaviour Policy' includes the right for school to take appropriate measures to ensure the health and safety of our school community including sending children home who wilfully refuse to follow instructions from adults.

As a school we will:

- Continue to follow the safeguarding policies and procedures where concerns are identified
- Inform parents / carers of developments or changes in provision in as timely a way as possible
- Work through the hierarchy of protective measures to help ensure the safety of all at school:
 - Avoiding contact with anyone with symptoms
 - Frequent hand cleaning and good respiratory hygiene practices
 - Regular cleaning of settings
 - Minimising contact and mixing when indoors
- Contact parents / carers should their child become unwell or require the child to go home due to breaches of our 'Positive Behaviour Policy' or behaviours which are endangering pupils or staff in the school community
- Support the wellbeing and mental health of all our children
- Continue to make decisions about what the children will learn and how to help the children adapt to any change to routines
- Keep in contact with parents / carers to keep you updated with any developments

What parents / carers need to do to support your children and the school

- Work with school to help ensure a smooth start to the school year by remaining socially distant at drop off and collection times in so far as is possible.
- Please communicate regularly with us should your child be absent for any reason by phoning the school on **(028) 42 771 455**.
- Complete and return the 'Data Capture Contact Form' for your child(ren) ensuring that you provide all appropriate emergency contact details including an email address. School should be informed immediately if any of these details (including email addresses) change at any time.
- Recognise and support the school in any adaptations or modifications we make to our 'Positive Behaviour Policy' or other relevant policies.
- Understand that these are challenging times and accept that circumstances and the ability to provide education within the school setting may vary and change quickly.
- Follow all hygiene and sanitisation measures put in place by school. Only enter the school building if this has been arranged in advance.
- You should be aware of the recommendations on using transport to and from school.
- If you can safely, consider walking to school or parking further away from school (e.g. The public car park at Cloughey Beach) to lessen any crowding at the school gate.
- **Inform the Principal if anyone in your household develops COVID-19 symptoms. Please follow government advice regarding isolating measures to reduce the risk of transmission.**
- If your child has an Individual Education Plan (IEP), be aware that school may not be able to offer the full range of provision outlined in the plan- for example through the SEN hour. Where this is the case, school will try to put in place appropriate support for your child.

What pupils need to do- Guidance, encouragement and support will be offered by school staff to all children around these measures.

- Follow the routines put in place by school for arrival, leaving school, and moving around during the school day.
- Follow guidance from adults in the school to ensure their safety at all times.
- Be willing to use hand sanitiser, wash their hands, and follow the guidance on 'catch it, bin it, kill it'.
- Tell an adult if they feel unwell.
- Pupils must not share food or drink with others.
- Above all, all children should demonstrate their usual respectful behaviour towards each other and adults. They should try their best to ensure the health and safety of others by following instructions given by any adult to avoid unnecessary contact.

On the next pages, specific measures and arrangements based upon the new guidance will be detailed.

KIRKISTOWN PRIMARY SCHOOL SUMMARY INFORMATION FOR THE FIRST DAYS AT SCHOOL

1. Return to school dates and times

- For the continued safety of our pupils and staff, we would ask parents not to come into the school building without a prior appointment to help minimise cross contamination. Where a conversation is needed with a member of staff, we politely request that an appointment be made by telephoning the school office on (028) 42 771 455. Where exceptional circumstances may require a child to be accompanied into school by a parent (e.g. Special Educational Needs), arrangements should be made with the Principal for one parent to do so. **Children who are new to Kirkistown Primary School may be accompanied into the classroom by one parent / carer for the first two days.** Accompanying adults **must** wear a face mask.
- We will no longer need to formally operate a staggered start and finish and, on behalf of school, I extend my thanks to families for their flexibility and co-operation over the past twelve months. **School doors will open at 8:45am and registers will close at 9am. Lessons will begin promptly at 9am with children arriving after this time being recorded as late.**
- We politely ask that families waiting at the gate to collect their children remain socially distanced at all times where practically possible. In order to minimise the number of cars in the immediate vicinity, we encourage families that live close by to walk to school- particularly in the warmer weather. The Department of Education recommends families who arrive by car consider a 'Park & Stride' journey. In practical terms for families attending Kirkistown Primary School, this could, for example, include parking in the nearby Cloughey Beach Car Park and walking the short distance to school. Less traffic near school will also help keep clearer lines of vision on Main Road, reducing the likelihood of a near miss or accident.

Dates	Year Groups	School Day	Notes
Thu 26 August & Fri 27 August 2021	Reception P1 – P7	9am – 11:30am 9am – 12noon	Reception children must be 4 years old- 9am drop off & 11:30am collection
Mon 30 August & Tue 31 August 2021	All classes	Closed	School is closed on Monday 30 August 2021 (Bank Holiday) & Tuesday 31 August 2021.
Wed 01 Sept - Fri 10 Sept 2021	Reception P1 P2 – P7	9am – 11:30am 9am – 12noon Normal school day	School dinners are available from Wednesday 01 September 2021.
Mon 13 Sept onwards	Reception P1 P2 – P7	9am – 11:30am 9am – 2pm Normal school day	

2. Entrances for pupils to use

- Reception & Primary 1- Children should use the main entrance to school, ensuring they use hand sanitiser upon entering the building. **Children who are new to Kirkistown Primary School may be accompanied into the classroom by one parent / carer for the first two days.** Accompanying adults **must** wear a face mask.

- Primary 2 & Primary 3- Children should enter the front playground and make their way to the side entrance of their classroom where Miss Taggart will be waiting to receive them. Hand sanitiser should be used by children upon entering the building.
- Primary 4 & Primary 5- Children should use the main entrance to school, ensuring they use hand sanitiser upon entering the building.
- Primary 6 & Primary 7- Children should use the main entrance to school, ensuring they use hand sanitiser upon entering the building.
- All children will depart from the main school gate at the end of the school day. Families are asked politely to ensure they socially distance as far as is possible.

3. Hygiene

- As previously, staff will ensure that children are taught how to respect social and physical distancing guidelines while following good hygiene protocols upon their return to school.

All children will be shown:

- How to wash their hands thoroughly
- How to use a tissue or paper towel to 'catch it, bin it, kill it' safely
- How to cough into their elbow if they are without a tissue.

It would be greatly appreciated if families could revise this process prior to school recommencing.

- As last year, all children and staff will be expected to use anti-bacterial hand sanitiser on their entrance to the building. A supply will be available by the main door and through the entrance to Miss Taggart's classroom which will be used by Primary 2 and Primary 3 pupils. We would welcome children bringing their own hand sanitiser (minimum of 70% alcohol) and / or anti-bacterial wipes to be kept on their desk for personal use. We would also welcome children carrying their own pocket-sized tissues.
- Children and adults will continue to be asked to wash their hands regularly throughout the day with soap and water as previously.
- School cleaning will be carried out in accordance with Public Health Agency Guidance and routine cleaning will take place daily. Classrooms will continue to be cleaned regularly throughout the day with particular attention given to desk tops, door handles, light switches etc. Additional hand sanitising stations will also be in each classroom.

4. Classes, classrooms and equipment

- Classrooms will continue to be kept well ventilated, weather permitting, to improve the circulation of fresh air.
- Where possible, classes will adhere to 1m social distancing between pupils and 2m between adults and pupils.
- Classes will continue to operate as 'bubbles' when inside, effectively remaining distanced from each other. However, as an early step to reintegrating as a school community and following guidance issued by the Department of Education, outdoor playtimes will once more be shared. Children in Reception –

P3 will share their outdoor playtime in the extended area we have available at the back of school. Children in P4-P7 will do the same. Classes will immediately become separate once more when returning inside with children washing their hands upon re-entry to their classrooms.

- List of resources for children to bring if possible:
 - Hand sanitiser- minimum of 70% alcohol
 - Anti-bacterial wipes- minimum of 70% alcohol
 - Pocket tissues
 - Disposable lunch bags / washable lunch box
 - School uniform (labelled with name)
 - Wellington boots or outdoor shoes suitable for the beach / Calhame pitch (labelled with name)
- In keeping with the updated guidance, children are welcome to bring in school bags and pencil cases if they wish. In most cases, however, these items will not be necessary and arguably were not largely missed last year. **It is not necessary for children to bring either a school bag or a pencil case.**
- **Reading books** will continue to be sent home on Mondays. Any completed books should be returned on Thursdays. Children will not be without reading books over the weekend as all children will continue to have access to Bug Club, our online reading scheme, with younger learners having the option of being 'read to.'

5. Lunch and break arrangements

- Children will always be taken outside at break times / lunch times save for extreme weather; please ensure your child has a waterproof coat with them at all times. The rear playground will be used by all classes for morning break on a rota basis. Children in Reception – P3 will share their outdoor playtime in the extended area we have available at the back of school. Children in P4-P7 will do the same. Classes will immediately become separate once more when returning inside with children washing their hands upon re-entry to their classrooms.
- Morning snacks for children must be suitable for taking outside and not require cutlery. Guidance on suitable foods for break times can be found on our website:
<http://www.kirkistownprimaryschool.com/healthy-break.html>
- As last year, all children, including those having school meals, will eat in the school dining hall- the school meal menu will be placed on the school website via the link below as soon as it is made available. The menu currently on the website is from last year so please check that it is the updated menu for 2021-2022 before ordering. School meals will be available from Wednesday 01 September 2021: <http://www.kirkistownprimaryschool.com/school-meals-menu.html>.
- School will continue to operate a 'cashless' system with payments for school meals, trips etc being made by SchoolMoney, our online payments system. Mrs O'Lone, our Executive Officer, will be in touch shortly to provide information for families new to Kirkistown.
- Children will continue to be very welcome to bring a packed lunch in a disposable lunch bag and / or a washable lunch box. Families should ensure that children have a cup or bottle if they wish to avail of drinking water at school as **cups / bottles must not be shared.**
- At lunchtime, school will utilise the larger rear playground to ensure a greater area for children to play in. Children in Primary 1 – Primary 3 will eat first while their older peers play outside. The two groups will then swap over.

6. Uniform requirements

- School uniform should be worn as normal. Please ensure that all clothing and footwear is clearly labelled to help with identification in the event that items are misplaced. We continue to recommend that no jewellery be worn in school during this time.
- On P.E days, children should continue to come to school in their P.E kit. Please note that **only school P.E kit should be worn**. Please note that for children not wearing plain navy tracksuit bottoms or plain navy shorts, leggings worn should be those used for sporting purposes with a heavier density and not be translucent. Most of our school uniform items are readily available from supermarkets as well as more specialised school uniform shops. P.E days will be communicated to families very shortly via Curriculum presentations and the September newsletter. Further information on school P.E kit is available via our website: <http://www.kirkistownprimaryschool.com/school-uniform.html>

7. Visitors to school / School trips

- For the safety of our pupils and staff, we would ask parents not to come into the school building without a prior appointment to help minimise cross contamination. Where a conversation is needed with a member of staff, we politely request that an appointment be made by telephoning the school office on (028) 42 771 455. Parents who require to enter the building **must** wear a face covering and hand sanitise upon entry to the building. Where exceptional circumstances may require a child to be accompanied into school by a parent (e.g. Special Educational Needs), arrangements should be made with the Principal for one parent to do so. Any adult entering the building **must** wear a face covering.
- **School trips and residentials are once more permitted.** School will shortly contact families with children in P6 & P7 to seek their views on a residential or suitable alternative this year. School will continue to make use of the excellent environment on our door step at, for example, Cloughey Beach, The Warren and Calhame Pitch for outdoor learning. Please ensure that your child has a pair of suitable shoes for these environments and a warm coat. Families are encouraged to consider keeping a pair of Wellington boots or alternative footwear in school for these purposes to help keep school shoes in their best condition for longer.
- We are hopeful that after-school clubs will be able to recommence this year without the need for 'bubbles' and we look forward to being in touch regarding this shortly. **Kids Club** will continue to operate for families who require wrap-around care with advance booking strongly encouraged. **It is essential that families utilising Kids Club make payment by Friday of the week the service was used.**
- Where any visitors are permitted entry to school, a 'Visitor record' will be kept and a Track and Trace form completed by the visiting party, documenting which class(es) or individual(s) they have had contact with.

8. Pupil non-compliance

- In keeping with our Positive Behaviour Policy and Home-School Agreement, any pupil deemed by staff to repeatedly breach Health and Safety regulations associated with school's COVID Risk Assessment (e.g. by not promptly following the guidance and instruction of adults) will seriously impact the welfare of other pupils, their families, and staff. In such cases, parents / carers will be contacted to collect their child and take them back into their care. A re-integration meeting will be required with the Principal and class teacher prior to a child returning to school. Online learning will be set in the intervening period and should be completed by the child. Further breaches could result in exclusion from school.

9. Protecting the School Community

- Pupils should be kept at home if they or anyone within their household is displaying symptoms of COVID-19, or if otherwise advised to by school or another appropriate body e.g. GP or StopCovid NI Track and Trace.

Symptoms of Covid-19 include:-

- **A high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature), or;
- **A new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual), or;
- **Anosmia** - the loss or a change in your normal sense of smell (it can also affect your sense of taste)

Source: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice>

- Any child feeling unwell with Covid-19 symptoms during the school day will be taken to an isolation room with an appropriate adult. Full PPE of apron, mask, visor and gloves will be worn by first-aiders. Parents will be called to come and collect their child and must seek medical intervention as a matter of urgency, signing to confirm the action taken by school. **The school should be contacted as soon as possible with the outcome of any medical examination and especially if a positive COVID-19 diagnosis is made.**
- The latest ministerial announcement states that the Public Health Agency is currently preparing guidance to advise that school aged children identified as 'close contacts' of a Covid-Positive case need only self-isolate until they have received a negative PCR test. More information on self-isolating is available here: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-self-isolating>
- Where an individual or group of individuals have been advised to self-isolate, school staff will do their best to provide work for these pupils where they are well enough to undertake learning. It is unlikely in these circumstances that remote teaching will be possible due to staff fulfilling their roles within school for other pupils. Where a full class or larger group of pupils are required to self isolate, school will resume a level of remote learning via Seesaw (Reception – Primary 3) or Google Classroom (P4 – P7). We are very hopeful that such measures will not be required, however.

10. Medication

- As we enter a new school year, families are reminded that while school makes every effort to periodically check the expiry dates of medication, **it is essential that parents understand that they assume responsibility for this.**
- Families of children who have prescribed or emergency medication as part of a Healthcare plan should ensure the appropriate medication and a copy of the latest Healthcare plan are given to the school office, preferably in a sealed lunchbox containing:
 - Your child's name
 - Parent contact details
 - A list of contents
 - A sheet indicating when medication should be taken and the required dosage is available to complete at the school office and this should be placed with the medication also
 - All medication should contain the label showing the name of the child it has been prescribed for.

- It is equally important that families provide GP details on the Data Capture Contact Forms provided at the start of the year in the event of a medical emergency. Please ensure that any such changes to this information are provided to school as soon as possible.

11. Pupil and family mental health and wellbeing

- We are very much aware of the continued pressure and strain the last twelve months have placed on pupils, parents, the wider community and staff alike. All school pupils will continue to participate in *'myHappymind for Schools'*, a complete mental and emotional wellbeing package, upon their return.
- Staff will continue to pay particular attention to positive mental health management with time built in for reflection each week. School will continue to engage in activities that focus on wellbeing and promoting physical exercise and self-expression.
- A list of helpful organisations who provide helpful advice and services is, again, provided for families at the very end of this letter.

12. School Transport

- It is strongly recommended that all pupils wear a face covering on all dedicated school transport including buses and taxis where it is appropriate for them to do so. Parents should ensure their child has access to and understands the importance of wearing a face covering where it is appropriate for them to do so and disposing of it appropriately. A new face covering would then need to be applied for return travel.
- Pupils on buses should always seek to maintain a social distance from others wherever possible, however it is recognised that this will not always be possible.

13. Continuity of learning at home

- As last year, school will continue to ask families to assist their child in getting set up on **Seesaw** (Reception – P3) or **Google Classroom** (P4 – P7) in the event of any further periods of remote learning. We thank families for their feedback regarding these apps last year; school will continue to review and modify our use of them in light of this. Guidance will be sent home from your child's teacher early in the term.

Phonics & Early Reading skills (P1-P4):

<http://www.kirkistownprimaryschool.com/early-reading--phonics-at-home.html>

- We've received some very positive feedback about our phonics guides that can assist children in the development of early reading skills. By watching and repeating what they see in our videos, children can practice the individual sounds that each letter of the alphabet makes before they start to put them together to read short words e.g. c-a-t, n-a-p, t-a-p. Children will learn the 'pure sounds' of each letter rather than the letter name. This helps make it easier to blend the sounds together to read. The videos will introduce families to the pure sounds of each letter before introducing children to the sounds made by digraphs (2 letters) and a trigraph (3 letters). Our thanks are extended to the wonderful children who helped create these really useful guides.

Children will continue to have access to the following apps:

- **Nessy-** <https://learn.nessy.com/account/login#/accountLogin>
Nessy is an excellent website which helps children develop their phonic knowledge which is typically directly linked to both spelling and reading fluency. Children reported finding this app very helpful and we were delighted to secure funding for this app until March 2022.

- **Bug Club-** <https://www.activelearnprimary.co.uk/login?c=0>
Bug Club provides online reading with the option for younger readers to have texts read to them. There are quizzes to complete also.
- **Times Tables Rockstars-** <https://play.ttrockstars.com/auth/school/student>
Times Tables Rockstars allows children the option to practice times tables in a timed or untimed scenario. There are even competitions held periodically and also a world record exists!

In addition, a great number of **maths** teacher videos for **Key Stage 2** children are available to view on our website: <http://www.kirkistownprimaryschool.com/maths-at-home.html>. These maths videos are mirrored on our YouTube channel where now have nearly 70 subscribers with some of our videos having been viewed more than 2000 times!

<https://www.youtube.com/channel/Uck2P4BsM0Ti7umhkr8Cw1pA>

14. Safeguarding & Online Safety: 'Safer Schools App' for Parents & Key Stage 2 Learners

- School strongly encourages families to take advantage of the excellent and **FREE 'Safer Schools App'** which is available to download from both Google Play and App Stores. The app gives parents and carers access to information on the popular social media platforms used by their children and their friends. They are also provided with an insight on critical issues such as bullying, sexting and gaming and are given easy to follow advice on how they can make their homes and the devices they give their children safer. Parents can build their level of confidence by completing Parental Digital Proficiency tests in the App.

A full 2-page information leaflet detailing how to access the excellent 'Safer Schools App' is included below for families to view. Further information is available by visiting:

<https://ineqe.com/safer-schools-ni>

- Families are also encouraged to make use of the excellent App and game guides produced by the National Online Safety team. The guides will help parents identify both the positives and potential dangers of many popular apps and games- many of which young children can and do access. A selection of relevant guides are hosted, in alphabetical order, on our school website for your convenience:
<http://www.kirkistownprimaryschool.com/staying-safe-online.html>

Yours sincerely,



Mr R Graham
Principal

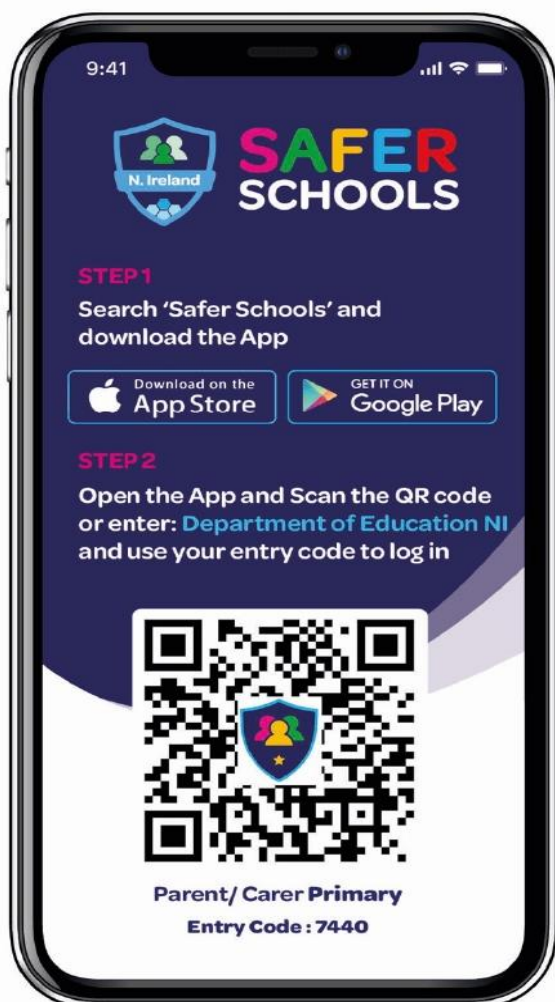
Educate, empower & protect the entire school community.

Dear Parents and Carers,

In these unprecedented times, we know everyone is spending more time online at home, including our children and young people. The Internet provides many benefits in keeping us all connected; however, for our children and young people especially, this can present more significant risks.

The online world can be a bit overwhelming at times, but it is important we understand what our children are doing online so we can help make them safer. The Department of Education Northern Ireland (DENI) Safer Schools App aims to help with this.

We are delighted to invite you download the DENI Safer Schools App using the instructions on the following page.



About the App

The App is designed to support you, as you keep the children and young people in your care safer online. The App will provide you with information on how you can make your home and devices safer. It gives you an in-depth understanding of Social Media and the benefits and risks of apps such as Snapchat, Instagram and Houseparty to name but a few.

The App will also provide you with more information on inspiring healthy media habits and screen time, as well as making you aware of scams and keeping personal information safer online. The in-app Safety Centre also provides you with up-to-date information on how to block, mute and report anything you or the child in your care may find worrying or upsetting online, from images to comments from online bullies.

Don't forget to check out our free Home Learning Hub for more online resources to support you further at www.oursaferschools.co.uk/home-learning-hub



Make sure to enable push notifications to keep up to date with our tips, advice and guidance on how to make your pupils safer.



Educate, empower & protect the entire school community.

Download and Login Instructions

STEP 1

Search 'Safer Schools' and download the App.



STEP 2

When you open the Safer Schools App, you will be presented with the login screen. Here you will see your two options for accessing the App - numeric or QR.

1) Scan the QR Code

First, tap the "Scan QR Code" button (...or just Scan QR on Android...).

Hold your device so the QR code appears in your camera view (you may need to give permission for the App to use the camera). When it scans the code, you will be logged in!



2) Using the Numeric Code

First, start to type the name 'Department of Education NI' in the "Select your school" section. Then, Select Department of Education NI from the dropdown list and click 'continue'.

Next, simply enter the 4-digit access entry code for your role within the school (parent/carers, staff or pupil).



PARENTAL AND PUPIL SUPPORT SERVICES - 1

Support Services	Address	Telephone	Website	Detail
Action for Children	10 Heron Rd, Belfast, BT3 9LE	028 9046 0500	www.actionforchildren.org.uk	Supports vulnerable children, young people and their families
Action Mental Health	27 Jubilee Rd, Newtownards, BT23 4YH	028 91828494	www.amh.org.uk	Services provided include a full range of therapeutic counselling for children, young people, adults and families. The charity also offers services for young and old alike, designed to promote mental well-being for those in work and currently unemployed
ASCERT	23 Bridge St, Lisburn, BT28 1XZ	028 9260 4422	www.ascert.biz	Charity to support young people and families with a variety of programmes to assist young families
AWARE	40-44 Duncairn Gdns, Belfast, BT15 2GG	028 9035 7820	www.aware-ni.org	AWARE has an established network of 23 support groups in rural and urban areas across the country which are run by trained volunteers
Barnardo's NI	542-544 Upper Newtownards Rd, Belfast, BT4 3HE	028 9067 2366	www.barnardos.org.uk	Barnardo's N.I works for children first and last- they help to improve the lives of children in communities across N.I
Citizens Advice NI	46 Donegall Pass, Belfast, BT7 1BS	028 9023 5633	www.citizensadvice.co.uk	Citizens Advice is the largest advice charity in NI, working against poverty and meeting the information and advice needs of over 95,000 people per year
Cruse Bereavement Care	Cruse Bereavement Centre, 10 College Green, Belfast, BT7 1LN	028 9043 4600	www.cruse.org.uk/get-help/local-services/northern-ireland/belfast	Provides a free and confidential support service for people who have been bereaved, to help them understand their grief and learn how to cope with their loss
Family Support NI	Gransha Park House, Gransha Park, Derry, BT47 6FN	0845 600 6483	www.familysupportni.gov.uk	The Family Support website gives details of a wide range of organisations that provide help and support to families
Gingerbread NI	169 University St, Belfast, BT7 1HR	0808 808 8090	www.gingerbreadni.org	Gingerbread works with and for lone parents and their children in N.I.
Housing Rights	Housing Rights, The Skainos Centre, 239 Newtownards Rd, Belfast, BT4 1AF	028 9024 5640	www.housingrights.org.uk	Tackling homelessness and housing problems in N.I. They operate a daily service helping people in N.I getting to grips with their housing problems
Lifeline		0808 808 8000	www.lifelinehelpline.info	Lifeline is the N.I crisis response helpline service for people who are experiencing distress or despair

PARENTAL AND PUPIL SUPPORT SERVICES – 2

Support Services	Address	Telephone	Website	Detail
NSPCC 24 hour helpline	First Floor, Unit 7, Jennymount Business Park, North Derby St, Belfast, BT15 3HN	028 9035 1135	www.nspcc.org.uk	Advice and support if you are concerned about the safety or welfare of a child
Parenting N.I	42 Dublin Rd, Belfast, BT2 7HN	0808 8010 722	www.parentingni.org	Provides support to parents through a helpline, parenting education and a parenting forum
Samaritans	5 Wellesley Ave, Belfast, BT9 6DG	0845 790 9090 028 9066 4422	www.samaritans.org	Confidential emotional support for those experiencing distress and despair
Young Minds		0800 018 2138	https://youngminds.org.uk/	A parents' information service providing confidential advice for any adult concerned about the mental health or emotional well-being of a child or young person