

ONLINE RESOURCES FOR CARE LEAVERS

We have put together some contacts and websites that you may find useful during this unusual time of Covid-19 and social distancing.

I'm sure you are currently receiving a lot of information, so please make use of the following as you feel appropriate. This is obviously an ever-evolving situation and advice about Coronavirus may change over the coming weeks.

AFC CONTACTS IN RBWM

16+/LEAVING CARE TEAM

T: 01628 682240

E: careleavers@achievingforchildren.org.uk

Marie Bell, Service Leader

01628 685942

07816 535866

Isabel Prinsloo, Team Manager

01628 682934

07894 237450

PERSONAL ADVISORS

Dawn Crowley

01628 685893

07770 425971

Marnie Liston

01628 685975

07925 893093

Carol Frost

01628 683668

07597 399737

Krystal Johnson

01628 796269

07849 303528

SOCIAL WORKERS

Natalie Taylor

01628 683229

07500 891807

Costel Buterchi

01628 683108

07784 007834

Ann-Marie Bellamy-Nolan

01628 683188

07590 232346

ELAINE KEATING, YOUTH ENGAGEMENT OFFICER

T: 07824 865297

E: elaine.keating@achievingforchildren.org.uk

JENNY GORDON, SPECIALIST NURSE FOR LOOKED AFTER CHILDREN AND YOUNG PEOPLE

T: 07827 881936

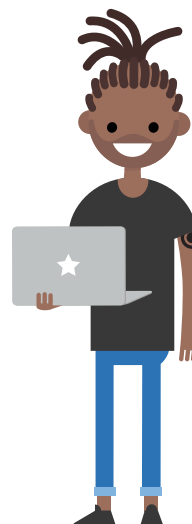
E: jenny.gordon@berkshire.nhs.uk

COMPLAINTS OR GRIPE CORNER

To complain about something you're not happy with you can email the Gripe Corner or find the link online which goes direct to a form.

E: gripecorner@achievingforchildren.org.uk

W: <https://surveys.achievingforchildren.org.uk/s/GripeCorner>



achieving
for children

INFORMATION AND ACTIVITIES

RBWM LINKS

W: <https://rbwm.afcinfo.org.uk>

W: <https://www3.rbwm.gov.uk/publichealth>

BECOME

Gives help and advice to any child looked after or a care leaver.

W: www.becomecharity.org.uk

Advice Line 0800 023 2033

E: advice@becomecharity.org.uk

GOV.UK

guidance for parents and carers on supporting children and young people during Coronavirus

W: www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

W: www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults

W: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876715/Coronavirus_COVID-19_advice_on_staying_at_home_20200328.pdf

COVID-19 AND MINDFULNESS

W: www.themindfulnessinitiative.org/Handlers/Download.ashx?IDMF=e7822fad-a910-496f-a7cd-1ad644e8f1d5

HEALTH AT HOME

A dedicated page to help you stay healthy and whilst you're at home.

W: <https://health.bracknell-forest.gov.uk/health-at-home/health-at-home-keeping-active>

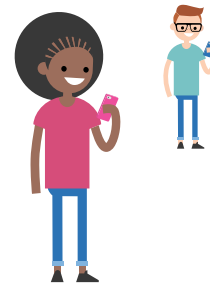
CHILDREN'S COMMISSIONERS GUIDE TO CORONA VIRUS & ACTIVITY LINKS

W: www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus

YOUNG MINDS

Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing.

W: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus>



EASY READ INFORMATION ABOUT CORONAVIRUS

Posters

W: www.photosymbols.com/blogs/news/coronavirus-poster-set

Learning Disability England

Information and resources about the virus, what you can do to stay safe and well and how people are staying connected.

W: www.learningdisabilityengland.org.uk/what-we-do/keeping-informed-and-in-touch-during-coronavirus

W: www.learningdisabilityengland.org.uk/wp-content/uploads/2020/03/Easyread-Government-Guidance-on-Social-Distancing-updated-24.3.2020.pdf

FOR INDEPENDENT ADVICE AND ADVOCACY FOR CHILDREN AND YOUNG PEOPLE LOOKED AFTER

Number 22

T: 01628 636661

W: <https://number22.org>

Coram Voice

Call 0808 800 5792 (Freephone Helpline)

W: <https://coramvoice.org.uk>



National Youth Advocacy Service (NYAS)

Call 0808 808 1001 (Freephone helpline Monday to Friday 9am to 8pm), Saturday 10am to 4pm

E: help@nyas.net

W: www.nyas.net

ONLINE SAFETY RESOURCES

NSPCC

W: www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety

Safer Internet

W: www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s

W: www.saferinternet.org.uk/blog/keeping-children-happy-and-safe-online-during-covid-19

ThinkUknow

Will give you information about websites and internet safety

W: www.thinkuknow.co.uk

ONLINE COUNSELLING AND HELPLINES FOR YOUNG PEOPLE

Kooth

Kooth is a FREE, anonymous, confidential website for young people 11 years and over commissioned in approximately 90 local authorities. You can register even if you live in Bracknell as you don't have to enter a postcode as it's a drop down asking for area, you could just select none of the above.

W: <https://kooth.com>

Young Minds

Looking after yourself when self-isolating

W: <https://youngminds.org.uk>

Childline

T: 0800 1111

W: www.childline.org.uk

Help at Hand

If you're in care, leaving care, living away from home or working with children's services we can offer you free support, advice and information.

W: www.childrenscommissioner.gov.uk/help-at-hand

Freephone 0800 528 0731

ONLINE ACTIVITIES FOR YOUNG PEOPLE AND IDEAS FOR WORKERS

National Youth Agency & UK Youth

A website which compiles and hosts guidance for youth workers and young people during the Coronavirus pandemic

W: <https://youthworksupport.co.uk>

Les Mills on Demand

Enjoy a 60 day free trial and try out all your favourite classes, including body pump, body combat, body balance and body attack

W: www.lesmills.com/uk/ondemand

Gympass Wellness

W: <https://wellness.gympass.com/partners-uk>