

In the event of an emergency always dial 999.

Sources of support

Support for issues raised in Lessons for Life are signposted throughout lessons by staff. A directory of sources of advice, support and further information specific to the project students are completing is also included in students' project workbooks for reference.

This document summarises a range of different websites and agencies which can provide support and further information with issues linked to the different strands of study that form OBA's Lessons for Life programme.

This document has been organised by category – please use the table of contents below to navigate through this.

Information about Safeguarding at Ormiston Bolingbroke Academy can be found [here](#).

Support can also be reached by emailing safeguarding@ob-ac.co.uk or by raising a concern on the [OBA Sharp System](#).








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Being a good citizen sources of support:

BBC Bitesize – Citizenship: Engaging articles, videos, and quizzes. https://www.bbc.co.uk/bitesize/subjects/z3ck2nb	
Halton Borough Council: The local council for Runcorn and Widnes. www.halton.gov.uk	
Parliament Education Service: Interactive resources on how UK Parliament works, democracy, and law-making. https://learning.parliament.uk	
UNICEF: Responsible for providing humanitarian and developmental aid to children worldwide. https://www.unicef.org/	
United Nations (The UN): The United Nations is a diplomatic and political international organization. https://www.un.org/en/	
Votes for Schools: Weekly debates and voting activities on current issues to encourage participation. https://www.votesforschools.com	
Young Citizens: A charity dedicated to promoting active citizenship among young people. https://www.youngcitizens.org	

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Staying safe sources of support:








<p>BBC Bitesize – Staying Safe: Articles and videos on personal safety, consent, and emergency situations. https://www.bbc.co.uk/bitesize</p>	
<p>Cheshire Police: The local police force for the Runcorn area. Crimes need to be reported to Cheshire Police, and they also provide advice and guidance to victims of crime and safety advice. https://www.cheshire.police.uk/ ALWAYS DIAL 999 IN AN EMERGENCY</p>	
<p>ChildLine: Talk to ChildLine on 0800 1111 for free, confidential 24-hour helpline. https://www.childline.org.uk/</p>	
<p>National FGM Centre: An organization that exists to put a stop to Female Genital Mutilation and to offer services for children and families affected by Female Genital Mutilation http://nationalfgmcentre.org.uk/about-us/</p>	
<p>NSPCC (National Society for the Prevention of Cruelty to Children): A charity that exists to end all forms of child abuse. www.NSPCC.com</p>	
<p>Police UK – Personal Safety Advice: Practical tips for staying safe in public, travelling, and avoiding harm. https://www.police.uk/crime-prevention-advice/personal-safety</p>	
<p>St John Ambulance: Dedicated to the teaching and practice of first aid in England. https://www.sja.org.uk/</p>	

Online safety sources of support:

Please click [here](#) to access a wide range of agencies providing support for online safety matters.







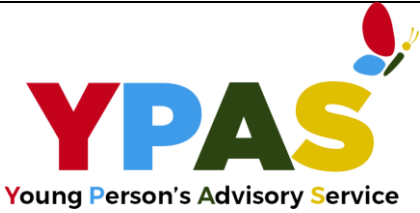

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Careers education sources of support:

<p>BBC Bitesize Careers: A massive careers library as well as practical advice such as how to write a great CV and what makes a good job interview.</p> <p>https://www.bbc.co.uk/bitesize/careers</p>	
<p>Careers Box: General careers information, presented with informative videos from people in many different industries.</p> <p>www.careersbox.co.uk</p>	
<p>Do It: A website aimed at anyone aiming to volunteer or gain work experience in several different career areas.</p> <p>https://doit.life/</p>	
<p>Gov.uk – Careers Guidance: Statutory guidance for schools on careers education.</p> <p>https://www.gov.uk/government/publications/careers-guidance-for-schools</p>	
<p>National Careers Service: Explore careers and courses, learn about yourself and find out about their phone line and webchat services for careers advice.</p> <p>https://nationalcareers.service.gov.uk/</p>	
<p>Start Profile: Interactive career exploration platform for students.</p> <p>https://www.startprofile.com</p>	
<p>OBA Careers webpage: Information about the careers advice and guidance arrangements at Ormiston Bolingbroke Academy.</p> <p>https://ormistonbolingbrokeacademy.co.uk/for-students/careers-guidance</p>	

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Physical health and development sources of support:

<p>British Nutrition Foundation: Reliable information on healthy eating and nutrition for young people. https://www.nutrition.org.uk</p>	
<p>Change4Life (NHS): Fun activities and tips for healthy eating and exercise. https://www.nhs.uk/change4life</p>	
<p>GPs: Your doctor can offer a free and confidential health care service. Find a GP here: https://www.nhs.uk/service-search/find-a-gp/</p>	
<p>NHS Live Well: Comprehensive advice on exercise, nutrition, sleep, and healthy living. https://www.nhs.uk/live-well</p>	
<p>Pharmacists: Your pharmacist can offer a free and confidential health care service. Find a pharmacy here: https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy/</p>	
<p>Teenage Cancer Trust: A cancer care and support charity in the UK that exists to improve the cancer experience of young people aged 13 to age 24. https://www.teenagecancertrust.org/</p>	
<p>Young People's Health Advisor: to speak to a Young People's Health Advisor call 01922 603804 or 07771692241 and 07876392974 or text OKAY to 64446 and an advisor will call to arrange an appointment. https://ypas.org.uk/</p>	
<p>Youth Sport Trust: Resources promoting physical activity and healthy lifestyles for young people. https://www.youthsporttrust.org</p>	

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Mental health/emotional wellbeing sources of support:

<p>Every Mind Matters (NHS): Practical tips and resources for improving mental health. https://www.nhs.uk/every-mind-matters</p>	
<p>GPs: Your doctor can offer a free and confidential health care service and is normally your first port of call. Find a GP here: https://www.nhs.uk/service-search/find-a-gp/</p>	
<p>Kooth: Free online counselling and emotional wellbeing support for young people. https://www.kooth.com</p>	
<p>Mental Health Foundation: Provides information and support for anyone with mental health problems or learning disabilities. www.mentalhealth.org.uk</p>	
<p>Mind: Promotes the views and needs of people with mental health problems. Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) www.mind.org.uk</p>	
<p>NHS - Mental Health Support: Advice on managing stress, anxiety, and emotional wellbeing. https://www.nhs.uk/mental-health</p>	
<p>Samaritans: Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline) www.samaritans.org.uk</p>	
<p>YoungMinds: Information on child and adolescent mental health. www.youngminds.org.uk</p>	

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Relationships and Sex Education sources of support:

<p>BBC Bitesize – Relationships and Sex Education: Videos and articles on consent, relationships, and sexual health. https://www.bbc.co.uk/bitesize</p>	
<p>Brook: Provides free, confidential advice to young people to take control of their sexual health, enjoy healthy relationships and explore their identities. www.brook.org.uk</p>	
<p>Chat Health: Free, confidential and anonymous advice on health and wellbeing for young people aged 11 to 19.</p>	
<p>GPs: Your doctor can offer a free and confidential health care service and is normally your first port of call.</p>	
<p>NSPCC – Relationships and Safety: Resources on healthy relationships and safeguarding. https://www.nspcc.org.uk</p>	
<p>Sexwise (from the Family Planning Association): Reliable sexual health information and advice. https://sexwise.fpa.org.uk</p>	
<p>Young People's Health Advisor: To speak to a Young People's Health Advisor call 01922 603804 or 07771692241 and 07876392974 or text OKAY to 64446 and an advisor will call to arrange an appointment. https://ypas.org.uk/</p>	

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Financial literacy (money management) sources of support:

<p>Barclays LifeSkills: A set of free resources from Barclays Bank designed to give young people the skills they need for a better future. www.barclayslifeskills.com</p>	
<p>Citizens Advice: A national charity offering confidential advice online, over the phone, and in person, for free. www.citizensadvice.org.uk/debt-and-money/</p>	
<p>Money Saving Expert: UK's biggest consumer website, with more than 16 million users a month. Founded by TV money expert Martin Lewis www.moneysavingexpert.com/</p>	
<p>MoneyHelper (formerly Money Advice Service): Free, impartial advice on budgeting, saving, and managing money. https://www.moneyhelper.org.uk</p>	
<p>My Money Week (by Young Enterprise): Annual campaign with free resources for schools to teach money skills. https://www.young-enterprise.org.uk/moneyweek</p>	
<p>NatWest MoneySense: Fun activities, games and resources from NatWest bank that help teach children about money at home, as well as in schools. www.natwest.mymoneysense.com/</p>	