



National Services

Childline: 0800 11 11 (regional base in our Leeds hub)

Childline is a free, confidential service for children and young people, available 24/7. Whatever their worry, children can talk to a counsellor over the phone, via email, or using our 1-2-1 chat. And the Childline website has a range of information and games, and message boards for peer-to-peer support.

NSPCC Learning

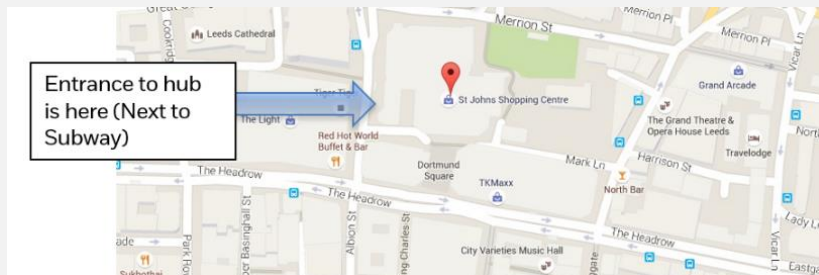
NSPCC Learning is there for people who work or volunteer with children, young people and their families. We deliver expert training e-learning courses, and face-to-face and virtual training. We also provide bespoke consultancy for organisations, and keep people up to date with the latest child protection policy, practice and research.

The NSPCC Helpline: 0808 800 5000

The NSPCC Helpline is there for any adult with a concern about a child's safety or wellbeing. It doesn't have to be an emergency – the Helpline's child protection specialists can offer guidance and support on a huge range of issues affecting children.

If you would like to visit our hub, or discuss another way that we could work together regionally, please contact our Hub Relationship Manager:

Email: katya.anfilogoff@nspcc.org.uk **Mobile:** 07973 786595





EVERY CHILDHOOD IS WORTH FIGHTING FOR

Welcome!

We are pleased to announce that the NSPCC North East, Yorkshire and The Humber Hub is now open in Leeds. Working with communities is at the heart of our ten-year strategy. By having a presence in every English region and devolved nation, we can work better with children, young people, families and partners in their communities. Our grounding in communities will also support our policy research and influencing at a local and national level.

Contact us for more information or to make a referral:

 01274 381440

 Suites 1-3, 5th Floor St John's Offices, Albion Street, LS2 8LQ

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Direct Services

[Letting The Future In](#) *(delivered from Leeds hub)*

Through Letting the Future In, we support children and young people, aged 4 to 17, to rebuild their lives after experiencing sexual abuse. Practitioners work with children in safe therapeutic spaces, doing things like messy play, writing, storytelling and art to help them express feelings they can't put into words.

[Domestic Abuse Recovery Together](#) *(delivered from Leeds hub)*

DART is a group work programme that helps children and mothers get back on track after experiencing domestic abuse. Over ten weeks, mothers and children aged 7 to 14 meet to explore their experiences, learn coping strategies and rebuild the individual parent-child relationships.

[Pregnancy in Mind](#) *(delivered online across the region)*

Pregnancy in Mind is a preventative mental health service that helps support expectant parents who have or are at risk of mild to moderate anxiety or depression. It uses a range of approaches including mindfulness, active relaxation and peer support. Parents-to-be can attend the programme between 12 and 26 weeks gestation.

[In Ctrl](#) *(delivered in schools in West Yorkshire)*

InCtrl helps to build young people's understanding of the risks and benefits of the internet. We work with children aged 9 to 13, using group sessions to build online resilience and promote emotional wellbeing. We also encourage parents and carers to get involved, to help protect their children from online abuse.

School Services

The NSPCC Schools Service engages with the entire school community, children, teachers, parents and carers, to ensure that they can speak out, feel safe, listened to understood. [For more information about our local offer contact: \[schools@nspcc.org.uk\]\(mailto:schools@nspcc.org.uk\)](#).

[Speak out. Stay safe.](#) *(delivered online across the region)*

Speak out. stay safe. is an online safeguarding programme for children aged 5-11 years old. It is available to all primary schools and comprises online assemblies, supporting resources and face-to-face follow on workshops in some areas.

[Talk Relationships](#) *(delivered online across the region)*

This e-learning course supports secondary education settings to be places that foster healthy relationships and keep young people safe from abuse.

Local Campaigns

Our Local Campaigns Team help people and organisations to keep children safe, and deliver resources based on the needs of the community. We develop initiatives designed specifically for local areas (e.g. our Healthy Relationships Play designed to prevent domestic abuse in Grimsby) or we can adapt our national campaigns for communities. [For more information about our local offer contact: \[hwesterman@nspcc.org.uk\]\(mailto:hwesterman@nspcc.org.uk\)](#).

[Look, Say, Sing, Play](#)

Look, Say, Sing, Play provides brain-building tips to encourage interactions between parents and their babies.

[Talk PANTS](#)

Talk PANTS is a simple conversation for parents and carers to have with children, to help keep them safe from sexual abuse.

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