



Health Promotion in
Education Settings
South Gloucestershire

Directory of Services and Support

Enabling South Gloucestershire education settings to develop and deliver effective programmes of PSHE, RSHE, Pastoral Support, and Health and Wellbeing

Introduction:

This directory lists a range of free-to-access services and support available to South Gloucestershire education settings for the purposes of:

- Enhancing and / or improving the impact of PSHE and RSHE
- Reducing health inequalities and improving inclusive practice
- Improving pupil, staff, and / or family health and wellbeing
- Improving pupil safety and welfare

The document is organised into six sections:

- Physical health and Physical Activity
- Mental Health and Wellbeing
- Sexual Health and Healthy Relationships and Sex Education
- Preventing Violence, Harassment and Abuse
- Equality, Diversity, and Inclusion
- Children and Young People's Safety

The directory will be reviewed and updated twice a year; if you are aware of support not listed, or requiring updating, please let us know by emailing:

healthpromotionineducation@southglos.gov.uk

To find out more about South Gloucestershire's Health Promotion in Education Settings work programme visit our [webpage](#).

Disclaimer:

Every effort has been made to ensure services and support listed in the directory are being offered by reputable providers and are appropriate for their described and intended purpose and audience. However, the Council takes no responsibility for the extent to which selected services and / or support meet a settings' intended need. It remains the responsibility of anyone using services and / or support listed in this directory to assess the extent to which they are likely to be suitable and appropriate for the intended purpose and / or audience. It also remains the responsibility of settings to undertake the necessary safeguarding checks and / or planning when using services or support that involve external visitors being on site to deliver lessons, assemblies, projects, events, or other sessions.

Date of most recent publication: June 2024

Date of most recent review: June 2024

Date of next review: January 2025

Physical Health and Physical Activity

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
Healthy Weight Programme (Families)	<p>Free and fun 12-week group programme, delivered at South Glos Active Lifestyle Centres, for families, children and young people who are above a healthy weight.</p> <p>Eligibility criteria:</p> <ul style="list-style-type: none"> • Aged 5 to 17 years • A BMI \geq91st centile with no co-morbidity (<i>above the healthy weight range on a centile chart</i>) • Lives in South Gloucestershire or registered at a GP surgery in South Gloucestershire • Parent/carer must consent to the referral and attend all provision alongside the child or young person. 	5 to 17yrs	<p>For families One You South Gloucestershire (southglos.gov.uk)</p> <p>Healthy Weight Programme (Families) Referral From (office.com)</p>
Sirona: Chat Health	<p>ChatHealth is a confidential text messaging service run by the BNSSG School Nursing service. It allows students to contact School Nurses about a range of issues including emotional health and wellbeing, relationships, smoking, stress and anxiety, self-esteem, bullying, drugs and alcohol and sexual health, however it is not an emergency service.</p>	11 to 19yrs	<p>ChatHealth – Children and Young People’s Services (sirona-cic.org.uk)</p>
Sirona School Health Nursing Service	<p>School Nurses work with children, young people, and their parents/carers to maximise their health and well-being. School Nurses can meet with children and young people in groups, for example in school, or individually in several venues such as at school, at home or another venue in your local community. School nurses provide information and support on several topics that children or young people come across that can affect their health.</p>	5 to 19yrs	<p>School Nursing Service – Children and Young People’s Services (sirona-cic.org.uk)</p>
Sirona: School Health Nurse Drop-in sessions?	<p>School Nurse drop-ins provide a confidential space for young people in secondary schools to meet with a School Nurse.</p>	11 to 19yrs	<p>Contact your named school nurse for further details</p>
South Gloucestershire Council: Bikeability free cycle training	<p>Bikeability gives children the skills and confidence to cycle safely. There are three levels. The sessions take children from the basics of balance and control, all the way to planning and making an independent journey on busier roads. Training is delivered by South Gloucestershire Council Road Safety Team’s qualified National Standard Instructors who are all DBS checked.</p> <p>(Please note as of December 2023 Level 1 and 3 courses are not currently on offer).</p>	<p>Level 1: Yr 3 & 4</p> <p>Level 2: Yr 5 & 6</p> <p>Level 3: Yr 6+</p>	<p>Cycle.training@southglos.gov.uk</p> <p>Bikeability BETA - South Gloucestershire Council (southglos.gov.uk)</p>

Physical Health and Physical Activity

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
South Gloucestershire Council: Road Safety Education – Scooter training	Delivered in terms 1, 4, 5, & 6, this training consists of an interactive classroom session and for those with a scooter and helmet a practical session in the playground, where all children get the opportunity to develop their skills learning through fun and games.	Year 3	roadsafetyeducation@southglos.gov.uk
South Gloucestershire Council: Road Safety Education – Pedestrian Training	Pedestrian Training aims to encourage independent journeys. This will be delivered by the Road Safety Team and consists of an interactive classroom session, learning safe strategies for crossing the road at junctions and between parked cars through group discussion and work sheets. Pupils then get the opportunity to put these skills into practice in a practical session out on the roadside in small groups.	Year 5	roadsafetyeducation@southglos.gov.uk
South Gloucestershire Council: Sustainable and Active Travel team - Clean Air Kids	Workshop delivered online by SGC staff via MS Teams. Resources for workshop, including a workbook for each pupil, delivered 1 week before booking. The first half of the workshop, using the workbook, introduces pollution and congestion from cars and how walking, scooting, and cycling can be a fun alternative to cars and helps keep us healthy, fit and alert. The second half will involve the pupils using the ideas from the first half of the workshop to create a poster (using the A4 paper provided) to promote active travel to school.	Year 3	sustravel4schools@southglos.gov.uk
South Gloucestershire Council: Sustainable and Active Travel team - Safer, Fitter, Greener	Workshop delivered online by SGC staff via MS Teams. Resources for workshop, including a workbook for each pupil, delivered 1 week before booking. The workshop looks at active travel to school focusing on staying safe on the journey to school and how active travel helps with our health and fitness as well as helping the environment. The second half of the session the children will create a poster (using the A4 paper provided) encouraging other children to actively travel to school.	Year 4	sustravel4schools@southglos.gov.uk
South Gloucestershire Council: Sustainable and Active Travel team - Air, Land & Sea	Workshop delivered online by SGC staff via MS Teams, supported by videos. Resources for workshop, including a workbook for each pupil, delivered 1 week before booking. The workshop focuses on how pollution affects the air, land and sea, and how pupils can take simple steps to improve the environment. Taking on these ideas the pupils design a poster to encourage others to actively travel to school.	Year 5	sustravel4schools@southglos.gov.uk

Physical Health and Physical Activity

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
<p>South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer</p>	<p>Structured 1:1 support (all years): face to face sessions during lesson time for young people whose substance use is at risk of becoming or has become problematic and who would like help to make changes.</p>	<p>All year groups</p>	<p>Referral is via the Access & Response Team: AccessandResponse@southglos.gov.uk Tel. 01454 866000 Please ensure that you gain the young person's consent before making a referral. Parental consent is not required. You may wish to send a separate email to milla.churchill@southglos.gov.uk or to the drug & alcohol specialist linked to your school with the initials of the young person being referred. There is a screening tool you might like to use to facilitate a conversation.</p>
<p>South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer</p>	<p>Targeted group work (all years): Early Intervention Groups are for young people where there are concerns around experimental substance use; three sessions per group are delivered to fit in with lesson times.</p>	<p>All year groups</p>	<p>ypdas@southglos.gov.uk</p>
<p>South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer</p>	<p>Education & Prevention work with year 6 to year 13:</p> <p>Year 6: lesson highlighting the effects & risks of experimenting with substances. Promotes discussion around making safe choices. Sessions planned collaboratively with the class teacher to ensure it complements the curriculum.</p> <p>Year 7 & 8: A presentation and related activities that cover the risks and effects of cannabis, alcohol, tobacco, e-cigarettes and nitrous oxide.</p> <p>Year 9 to 11: Presentations covering: the journey of drugs (from production to consumption); harms caused by Cannabis, Ecstasy and Xanax; Alcohol; and e-cigarettes</p> <p>Year 12 & 13: Interactive workshops around; drink driving with additional resources for tutors that explore the links between substance use & other risky behaviours; Debate style workshop looking at 'legalisation'; A presentation on alcohol; And a presentation covering drug use, exploring the hidden impact of the production & criminal activity involved in their supply.</p>	<p>Year 6 to 13</p>	<p>ypdas@southglos.gov.uk</p>

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Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Drug Awareness Parents' Evening: After school / evening session consisting of a presentation and activities engaging parents in discussion around the issues & concerns they have in relation to substance use.	Parents / Carers	ypdas@southglos.gov.uk
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Managing drug related incidents: Telephone support is available to school staff following a drug related incident. We also provide 1:1 support to the young people involved and their families.	For staff	ypdas@southglos.gov.uk
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Training: Bitesize sessions on illegal drugs, alcohol and how to work with young people who use them. Training on delivering a 'Brief Intervention' covering drugs, alcohol, smoking, and sexual health. This session includes tools and resources. Both sessions are available on request.	For staff	ypdas@southglos.gov.uk
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Outreach: During school holidays YPDAS provides outreach in the community. If you have any information that you feel might be useful, please get in touch.	All years	ypdas@southglos.gov.uk
South Gloucestershire School Games Organisers (SGOs)	SGOs provide advice, support, and guidance to schools so that they may translate the School Games pledges of: Tackling Inequality, Youth Participation, and Physical Literacy into reality. SGOs also have a remit to encourage and support all schools to work towards 5 key outcomes, one of which is the Chief Medical Officers guidance on ensuring all pupils have at least 60 active minutes per week (20mins for SEND pupils).	KS2 to KS4	South Gloucestershire has two SGOs: Ashley Smallwood: asmallwood@yateacademy.co.uk Wendy O'Donnell: wendy.o'donnell@cset.co.uk

Physical Health and Physical Activity

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
Studio You	Welcome to Studio You. Home to 100s of free video-based PE lessons, Studio You is here to help teachers bring fun to physical activity and change the way girls aged 11-16 see PE.	Key Stage 3 & 4	Home Studio You (studio-you.co.uk)
The Food Teachers Centre	A professional support network for secondary school food teachers. They help with secondary food and nutrition teaching, including KS3, GCSE and vocational exams in food. It provides a platform to exchange best practice, give advice and support to less experienced teachers, answering practical concerns and keeping them abreast of the latest curriculum changes.	Key Stage 3 & 4	The Food Teachers Centre – Better food teaching
Under 18's Smoking Cessation	<p>School Health Nurses: Smokefree advice delivered by School Health Nurses via drop-in sessions.</p> <p>One You South Gloucestershire: Smokefree telephone support delivered by Stop Smoking Advisors via the South Gloucestershire Council One You service.</p> <p>NRT products can also be prescribed to ages 12 onwards.</p>	12-18 yrs	<p>Contact your named school nurse for further details.</p> <p>More information can be found on the One You website - Quit Smoking One You South Gloucestershire (southglos.gov.uk) or by contacting the team on 01454 865 337.</p> <p>Referrals can be made via the One You contact form.</p> <p>For children aged 12-13 a parent/guardian must consent to be able to provide support. Ages 14 and over can self-refer. Children aged 16 and under will also need a parent/guardian to go with them to collect prescriptions at the pharmacy.</p>

Mental Health and Wellbeing

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
Anna Freud Centre for Children and Families: Mentally Healthy Schools	Mentally Healthy Schools brings together quality-assured mental health resources, information & advice for schools and further education settings in England, Northern Ireland, Scotland, and Wales.	Key Stage 1 to 5	Home: Mentally Healthy Schools For Primary For Secondary For Post 16
Kooth	Free, safe, and anonymous online mental health and wellbeing advice, support, information, and counselling for young people	11 to 18yrs	Home - Kooth
NSPCC: Building Connections service	Building Connections is an online service for young people up to the age of 19, empowering them to find a way through loneliness. <i>NB: to receive this service, young people must give their consent, and if under 18, their parent / carer / guardian will also need to give consent.</i>	Young people up to the age of 19	Building Connections Support service for young people NSPCC Learning
Off the Record: MH Literacy Workshop	A one-off, 1 hour mental health literacy workshop , aimed at increasing young people's understanding of the link between thoughts, feelings, bodily sensations, and behaviors.	Years 7, 8, and 9.	For more information email: schools@otrbristol.org.uk
Off the Record: Whole class Exam Pressure Resilience Lab	A one-off workshop (1 hour) around managing exam stress , using tips and techniques from mental health experts.	Years 10, 11, and 13.	For more information email: schools@otrbristol.org.uk
Off the Record: Whole class transition workshop	A one-off workshop (1 hour) to help young people emotionally prepare for transition to life after secondary school . The workshop will address the needs of those going to university, taking a gap year, or entering working life.	Year 13	For more information email: schools@otrbristol.org.uk
Off the Record: Small group Resilience Lab	A series of Resilience Lab workshops (5 x 1hr sessions across 5 weeks) aimed at improving the wellbeing of a small group of young people. This is an opportunity for a targeted intervention , allowing young people to access specialist support in a safe and contained setting.	Primary and Secondary	For more information email: schools@otrbristol.org.uk
Off the Record: Primary school - Resilience Lab Transition Session	A one-off workshop (1.5hrs duration) for young people who are going to moving up to secondary school after the summer holidays. Exploring hopes and fears.	Year 6	For more information email: schools@otrbristol.org.uk
Off the Record: Mental Health Champions Training	A series of workshops (5hrs across 3 weeks) to train young people to become 'Mental Health Champions' for their school. This training requires at least one dedicated staff member who can oversee the program after the young people are trained. The scheme combines peer mentoring with pupil voice .	Primary and Secondary	For more information email: schools@otrbristol.org.uk

Mental Health and Wellbeing

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Mental Health and Wellbeing

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South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Training: Bitesize sessions on illegal drugs, alcohol and how to work with young people who use them. Training on delivering a 'Brief Intervention' covering drugs, alcohol, smoking, and sexual health. This session includes tools and resources. Both sessions are available on request.	For staff	ypdas@southglos.gov.uk
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Outreach: During school holidays YPDAS provides outreach in the community. If you have any information that you feel might be useful, please get in touch.	All years	ypdas@southglos.gov.uk

Sexual Health and Sex Education

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
<p>Brook: Sexual Health Promotion Assemblies</p>	<p>Available annually to whole year groups (Year 9+). Duration between 15 and 60mins. In these assemblies, Brook signpost to the range of sexual health services available locally (including the Brook Clinic, Brook 1-1 education, Unity Sexual Health Young Peoples Community Clinics, C-Card and pharmacy services like emergency contraception). Aim: to ensure pupils know when they might need to access these services and where and how they can do this.</p>	<p>Year 9+</p>	<p>Catherine Fahmi Education & Wellbeing Coordinator Email: catherine.fahmi@brook.org.uk</p>
<p>Brook: My Life, One-to-One Programme</p>	<p>My Life supports pupils to improve their own health and wellbeing regarding relationships and sexual health. This programme gives individuals the chance to think about their lives in a reflective, supporting space. Sessions are designed to increase self-confidence and motivation, to build on strengths, and to help young people make their life the way they want it to be. The programme uses a combination of targeted RSE and coaching activities.</p> <p>This is NOT a counselling or therapeutic intervention.</p> <p>Brook offers up to six FREE 1-1 sessions, taking place in school or college, at the Brook clinic, online or on the phone.</p> <p>Topics offered:</p> <ul style="list-style-type: none"> • Healthy/unhealthy relationships • Consent / Sex and the Law • Understanding sexual harassment and assault • Contraception / STIs • Online safety / Online digital life & relationships • Sexual orientation / Gender identity • Pleasure • Pornography • Youth produced sexual imagery (nudes) • Sexual risk taking • Puberty • Self-Esteem 	<p>11 to 19 years (up to 25 if the person being referred has a learning disability)</p>	<p>Catherine Fahmi Education & Wellbeing Coordinator Email: catherine.fahmi@brook.org.uk</p> <p>The referral form and eligibility criteria can be found here: https://forms.office.com/r/ibMQs16Hs1</p> <p>Please note: Brook cannot work with young people who are involved in an active police investigation, either as a victim or perpetrator.</p>
<p>Sexpression:UK</p>	<p>Sexpression:UK is a near-peer independent UK charity with the goal of empowering young people to make decisions about relationships and sex by running informal and comprehensive RSHE in the community.</p>	<p>Key Stage 3 to 5</p>	<p>Sexpression:UK https://sexpression.org.uk/form/request-a-session/ bristol@sexpression.org.uk</p>

Healthy Relationships: Preventing Violence, Harassment and Abuse

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
<p>Brook: My Life, One-to-One Programme</p>	<p>My Life supports pupils to improve their own health and wellbeing regarding relationships and sexual health. This programme gives individuals the chance to think about their lives in a reflective, supporting space. Sessions are designed to increase self-confidence and motivation, to build on strengths, and to help young people make their life the way they want it to be. The programme uses a combination of targeted RSE and coaching activities.</p> <p>This is NOT a counselling or therapeutic intervention.</p> <p>Brook offers up to six FREE 1-1 sessions, taking place in school or college, at the Brook clinic, online or on the phone.</p> <p>Topics offered:</p> <ul style="list-style-type: none"> • Healthy/unhealthy relationships • Consent / Sex and the Law • Understanding sexual harassment and assault • Contraception / STIs • Online safety / Online digital life & relationships • Sexual orientation / Gender identity • Pleasure • Pornography • Youth produced sexual imagery (nudes) • Sexual risk taking • Puberty • Self-Esteem 	<p>11 to 19 years (up to 25 if the person being referred has a learning disability)</p>	<p>Catherine Fahmi Education & Wellbeing Coordinator</p> <p>Email: catherine.fahmi@brook.org.uk</p> <p>The referral form and eligibility criteria can be found here: https://forms.office.com/r/ibMQs16Hs1</p> <p>Please note: Brook cannot work with young people who are involved in an active police investigation, either as a victim or perpetrator.</p>

Healthy Relationships: Preventing Violence, Harassment and Abuse

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
<p>Next Link Children and Young People's Domestic Abuse Services</p>	<p>Back on Track: Groupwork with young people who have experienced domestic abuse in the home. For children over 7 years old, this programme gives younger people the opportunity to explore their experiences of abuse through safe, confidential, and interactive sessions alongside gaining tools that will help each young person feel more confident and less isolated.</p> <p>Outreach: One – to – one outreach for children aged 4 to 17 years who have experienced domestic abuse in the family home and/or in their own relationships. Our sessions give young people a space where they can begin to explore and articulate their experiences. This outreach may also include some family work, helping parents better understand how they may be able to support their child.</p>	<p>EYFS to KS5 (4 to 17yrs)</p>	<p>Referrals can be made by telephone, email or through the Next Link Plus Website.</p> <p>https://www.nextlinkhousing.co.uk/southgl os/</p> <p>The contact at Next Link for the CYP support service is Sian Scholes (Service Manager)</p> <p>Sian.Scholes@nextlinkhousing.co.uk</p>
<p>NSPCC Learning: Talk Relationships service</p>	<p>Talk Relationships is a service to ensure secondary school-aged young people can learn about sex and relationships in a safe education environment that recognises, responds to, and prevents abuse.</p> <p>Talk Relationships includes:</p> <ul style="list-style-type: none"> • a series of lesson plans created by sex and relationships education experts from the PSHE Association and the NSPCC • a dedicated helpline to provide advice and guidance to secondary school educators who deliver sex education. 	<p>Key Stage 3 & 4</p>	<p>Talk Relationships: resources to deliver sex and relationships education NSPCC Learning</p> <p>Call 0800 389 5347 or email help@nspcc.org.uk with "Talk Relationships" in the subject line.</p> <p>We are available from 8am-10pm Monday to Friday and 9am-6pm on Saturday and Sunday.</p>
<p>NSPCC Learning: Speak Out Stay Safe</p>	<p>Speak out Stay safe is a safeguarding programme for children aged 5- to 11-years-old. It is available to all primary schools in the UK and Channel Islands. It helps children understand:</p> <ul style="list-style-type: none"> • abuse in all its forms and how to recognise the signs of abuse • that abuse is never a child's fault and they have the right to be safe • where to get help and the sources of help available to them, including our Childline service. 	<p>Key Stage 1 & 2</p>	<p>Speak out Stay safe programme NSPCC Learning</p> <p>Schools form NSPCC Learning</p>

Equality, Diversity, and Inclusion

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
Black Families (Educational Support Group)	<p>Black Families provides 1-1 mentoring support for black and mixed-race children whom schools are concerned are experiencing identity issues or educational difficulties.</p> <p>The service can be accessed by any school where staff have worries about a downturn in a pupil's educational performance, or where they have become aware of concerning/self-hating behaviour.</p>	All stages / ages	<p>Schools can contact Black Families directly at: manager@educationequals.org.uk</p> <p>Or can contact South Gloucestershire Council Equality in Education Lead: Josiah.chudleigh@southglos.gov.uk;</p>
Bristol and South Gloucestershire Young Carers Support	<p>Provides schools with support to improve identification and support for young carers through the Young Carers in Schools programme and award.</p> <p>Free awareness raising assemblies and staff training.</p> <p>Facilitates a young carers school leads and champions best practice network.</p> <p>Young carers can be referred for support to help manage their caring responsibilities with their own health and well-being. Following an assessment, young carers will be offered different levels of support that may include 1-2-1 support, groupwork, and holiday activities.</p>	All years	<p>Young Carers Service Carers Support Centre The Vassall Centre Gill Avenue Fishponds Bristol BS16 2QQ youngc@carerssupportcentre.org.uk Phone: 0117 9589980</p>
Green Skills for Jobs and Entrepreneurship	<p>For BAME and/or female and/or from lower income households or NEET CYP is the opportunity to gain 1-1 mentoring and paid training from UWE with the opportunity for internships with larger firms within the sustainable and renewable resources industry. There is no required qualifications or STEM background required. The course is split over 8 separate training days and regular contact with a mentor to support their learning and development.</p>	Year 13	<p>For further information please contact Ms Jessica Tomico - jessica.tomico@uwe.ac.uk</p> <p>For students to apply for the 2024 course please go to – www.greenskillsforjobs.co.uk</p>
SARI (Stand Against Racism & Inequality)	<p>In South Glos SARI can provide up to 30 hours of interventions for schools (allowing 2 hours to set up, deliver, close, and evaluate for each one) which can be either:</p> <ul style="list-style-type: none"> • Direct, 1-2-1 empowerment/ education sessions for children / young people who are victims of, or perpetrators of, Hate Crime • Proactive interventions to support schools in their equality, diversity, and inclusion objectives, e.g. classroom sessions, assemblies, staff training and events to support key calendar events. 	Primary and secondary	<p>For further information, please email: Susannah@saricharity.org.uk or Anna@saricharity.org.uk</p>

Equality, Diversity, and Inclusion

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
South Gloucestershire Council Gypsy, Roma, Traveller team	The Gypsy, Roma, Traveller team at South Gloucestershire Council have school and education setting services including staff training, 1-1 mentoring support, and family liaison services.	All stages / ages	Schools / settings can contact: Lucie.Barber@southglos.gov.uk Sharon.Brown@southglos.gov.uk Nicky.Rice@southglos.gov.uk
The Diversity Trust	<p>The Diversity Trust offer to schools includes:</p> <p>Delivery of assemblies / whole school / year groups</p> <p>Thematic group work e.g. during LGBT History Month, International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT) and Pride Month</p> <p>1-2-1 mentoring support with LGBTQ pupils and young people</p> <p>Support for the establishment and development of LGBTQ groups and clubs in school</p> <p>LGBT+ & Trans inclusion policy support</p>	All stages / ages	<p>The Diversity Trust CIC</p> <p>124 City Road, London EC1V 2NX</p> <p>Phone: 07720 294 991</p> <p>info@diversitytrust.org.uk</p>

Children and Young People's Safety

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
Avon Fire and Rescue Service: EYFS Discovery Pack	Our new roleplay-based Fire Service Awareness discovery learning pack. The pack's activities align to the Early Years Foundation Stage outcomes and contains resources which inspire creative and engaging play. There is a 2-week loan of the resource pack.	EYFS	CYP@avonfire.gov.uk
Avon Fire and Rescue Service: Fire Safety Workshop	60-minute session delivered in your setting or at your local wholtime fire station. The content covers the four key safety messages for this age group as well as insights into what life is like as a firefighter.	Years 1 & 2	CYP@avonfire.gov.uk
Avon Fire and Rescue Service: Fire & Water Safety Workshop	90-minute session covering a range of messaging within Fire and Water safety to ensure those children who are getting more freedom as they start their transition to Secondary school have the skills and confidence to recognise risk and understand what actions will keep them safe.	Years 5 & 6	CYP@avonfire.gov.uk
Avon Fire and Rescue Service: Fire, Water and Road safety workshops	Option of three topics 60-minute risk awareness session where the learning focuses on exploring the possible outcomes of risk-taking and ensuring young people understand the actions, they need to take in an emergency to limit the likely negative consequences.	Years 7 to 9	CYP@avonfire.gov.uk
Avon Fire and Rescue Service: Safety Assemblies	We offer bespoke sessions from assembly-style to small group sizes, where we can address a particular topic for your setting – perhaps there has been a significant incident in the local area or in the national press, or maybe a series of fire alarms being set-off by pupils, or as a whole-school introduction to the topic of fire safety before we deliver individual classroom sessions.	All year groups	CYP@avonfire.gov.uk
Avon Fire and Rescue Service: Young Drivers Road Safety	Our 'Learn2Live' road safety package supports young drivers in understanding the specific risks the 'Fatal 5' factors present, leading to young people being killed or seriously injured on the roads	Years 10 to 13	CYP@avonfire.gov.uk
Avon Fire and Rescue Service: Tackling Fire setting behaviour in children & young people	Free intervention scheme by referral working with CYPs and their families to educate around the dangers of fire setting and associated behaviours.	5-18 (or 25 with an EHCP)	firesetters@Avonfire.gov.uk

Children and Young People's Safety

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
NSPCC Learning: Speak Out Stay Safe	<p>Speak out Stay safe is a safeguarding programme for children aged 5- to 11-years-old. It is available to all primary schools in the UK and Channel Islands. It helps children understand:</p> <ul style="list-style-type: none"> • abuse in all its forms and how to recognise the signs of abuse • that abuse is never a child's fault, and they have the right to be safe <p>where to get help and the sources of help available to them, including our Childline service.</p>	Key Stage 1 & 2	<p>Speak out Stay safe programme NSPCC Learning</p> <p>Schools form NSPCC Learning</p>
South Gloucestershire Council: Road Safety Education	<p>Road Safety workshop. Road safety team members will visit your school to discuss with your Year 4 children 3 topics. Pedestrian safety - covering the 'Green Cross Code' using our working Puffin crossing and roll-out road. Cycle safety using our egg helmet. In-car safety bringing our ramp and car with its road test crash dummies, covering seat belts, car seats, sharing seat belts and pet transporting. The presentations are visual and interactive, encouraging all pupils to participate in discussions.</p>	Year 4	roadsafetyeducation@southglos.gov.uk
South Gloucestershire Council: Road Safety Education – Pedestrian Training	<p>Pedestrian Training aims to encourage independent journeys. This will be delivered by the Road Safety Team and consists of an interactive classroom session, learning safe strategies for crossing the road at junctions and between parked cars through group discussion and work sheets. Pupils then get the opportunity to put these skills into practice in a practical session out on the roadside in small groups.</p>	Year 5	roadsafetyeducation@southglos.gov.uk
South Gloucestershire Council: Road Safety Education – My Journey	<p>Helping children to plan a walking journey and make good choices when crossing roads. We also discuss vehicle stopping distances and distractions. Suggested activities for the teach to do with the children are included.</p>	Year 6	roadsafetyeducation@southglos.gov.uk
South Gloucestershire Council: Road Safety Education – Be Bright, Be Seen	<p>When the clocks are due to go back in October, we can offer your school a Be Bright Be Seen assembly. The aim of the assembly is to encourage all children to wear something bright and take extra care when out and about near roads, especially as nights draw in and visibility is reduced. We have 4 exciting presentations which we rota year on year to keep it fresh and interesting for the children. This is a different presentation every year.</p>	Primary (all years)	roadsafetyeducation@southglos.gov.uk

Children and Young People's Safety

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
South Gloucestershire Council: Road Safety Education – Big Bro, Little Sis	In person. A member of the Road Safety team will visit your school with a 15-minute presentation. Emphasises what can be missed when being distracted by smart phone and headphones.	KS 3	roadsafetyeducation@southglos.gov.uk
South Gloucestershire Council: Road Safety Education – Peer Pressure: What Went Down	In person. A member of the Road Safety team will visit your school with a 15-minute presentation. Explores peer pressure and cycle safety through story, emphasising the good choice of wearing a cycle helmet and being aware of what's around you.	KS 3	roadsafetyeducation@southglos.gov.uk
South Gloucestershire Council: Road Safety Education – Bespoke Road Safety session	Tailored to meet your needs covering any Road Safety issues specific to your school, pupils and or area.	All secondary	roadsafetyeducation@southglos.gov.uk
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Structured 1:1 support (all years): face to face sessions during lesson time for young people whose substance use is at risk of becoming or has become problematic and who would like help to make changes.	All year groups	Referral is via the Access & Response Team: AccessandResponse@southglos.gov.uk Tel. 01454 866000 Please ensure that you gain the young person's consent before making a referral. Parental consent is not required. You may wish to send a separate email to milla.churchill@southglos.gov.uk or to the drug & alcohol specialist linked to your school with the initials of the young person being referred. There is a screening tool you might like to use to facilitate a conversation.
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Targeted group work (all years): Early Intervention Groups are for young people where there are concerns around experimental substance use; three sessions per group are delivered to fit in with lesson times.	All year groups	ypdas@southglos.gov.uk

Children and Young People's Safety

Name of Provider / Service	Details of the Service / Support	Target age / year group/s	Contact / Web information
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Drug Awareness Parents' Evening: After school / evening session consisting of a presentation and activities engaging parents in discussion around the issues & concerns they have in relation to substance use.	Parents / Carers	ypdas@southglos.gov.uk
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Managing drug related incidents: Telephone support is available to school staff following a drug related incident. We also provide 1:1 support to the young people involved and their families.	For staff	ypdas@southglos.gov.uk
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	<p>Education & Prevention work Yr 6 to Yr 13:</p> <p>Year 6: lesson highlighting the effects & risks of experimenting with substances. Promotes discussion around making safe choices. Sessions planned collaboratively with the class teacher to ensure it complements the curriculum.</p> <p>Year 7 & 8: A presentation and related activities that cover the risks and effects of cannabis, alcohol, tobacco, e-cigarettes and nitrous oxide.</p> <p>Year 9 to 11: Presentations covering: the journey of drugs (from production to consumption); harms caused by Cannabis, Ecstasy and Xanax; Alcohol; and e-cigarettes</p> <p>Year 12 & 13: Interactive workshops around; drink driving with additional resources for tutors that explore the links between substance use & other risky behaviours; Debate style workshop looking at 'legalisation'; A presentation on alcohol; And a presentation covering drug use, exploring the hidden impact of the production & criminal activity involved in their supply.</p>	Year 6 to 13	ypdas@southglos.gov.uk
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Training: Bitesize sessions on illegal drugs, alcohol and how to work with young people who use them. Training on delivering a 'Brief Intervention' covering drugs, alcohol, smoking, and sexual health. This session includes tools and resources. Both sessions are available on request.	For staff	ypdas@southglos.gov.uk
South Gloucestershire Council: Young People's Drug & Alcohol Service (YPDAS) Core Offer	Outreach: During school holidays YPDAS provides outreach in the community. If you have any information that you feel might be useful, please get in touch.	All years	ypdas@southglos.gov.uk