



# HARLINGTON SCHOOL

## Student Wellbeing, Safeguarding and Support Services Handbook 2023-2024



Wellbeing Award  
for Schools

Name \_\_\_\_\_

Form \_\_\_\_\_



## Wellbeing

We are proud of the fact that we are a Wellbeing School! Here is what we have in place to support your wellbeing:

We want to support all our students to achieve their potential. We know that how you feel about yourself and your place in the world can affect your studies. When things are going well and you are happy, we know that you can learn and progress. However we also know that if you are worried, anxious or have problems coping then this affects not only your learning but also your mental health or your wellbeing.

Our Wellbeing Strategy is to support you throughout your time at Harlington. This means we will:-

- Provide you with support in your personal development as well as your learning;
- Take an interest in you as a human as well as a student!
- Educate you in ways to keep yourself safe and happy;
- Have a listening ear and open door policy so you can talk to someone if you're are unhappy, stressed or distressed;
- Provide specialist help such as a counsellor if we think they can help you better;
- Ask you about what we can do to further support students

**Talk to us—we are here to listen!**



## THE SAFEGUARDING TEAM

Your safety and well being are important to us. If you have a safety problem, we need to know, even if we seem too busy, even if someone you care about will be upset, even if its embarrassing and even if you make a mistake. Please tell us and we will do all we can to help you.



**Mr A D'Onofrio**  
**Designated Safeguarding Lead**



**Ms D Finnock**  
**Designated Safeguarding Lead**



**Mr C Jefferies**  
**Safeguarding Team**



**Mrs S Beech**  
**Safeguarding Team**



**Mrs N Patel**  
**Safeguarding Team**

**USEFUL TELEPHONE NUMBERS:**  
**CHILDLINE: 0800 1111**  
**SAMARITANS (HILLINGDON): 01895 253355**  
**SCHOOL OFFICE: 0208 569 1610**



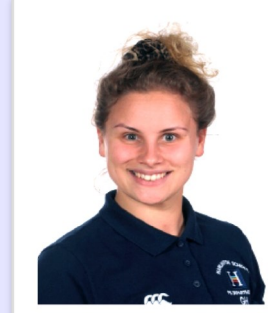
**Mr O'Donoghue**  
**Head of Year 7**



**Miss Tizzard**  
**Head of Year 8**



**Mr Richards**  
**Head of Year 9**



**Mrs Richard**  
**Head of Year 10**



**Mr Carrol**  
**Head of Year 11**

**Heads of Year**  
**Here to help—Just ask!**



# Keeping safe in London

We are fortunate to live in the best city in the world!

However you'll also know from the news that sometimes we have to take steps to keep ourselves safe when we are travelling or socialising in this wonderful city of ours.

Here are some simple tips for you:

- 1) Be alert— if you are 'plugged in' to music through headphones you will not be aware of what is going on around you.

Look confident. People are less likely to think you are vulnerable.

Try to go places with friends. If you do go out alone, always tell someone where you are going and what time you will return

- 2) Keep expensive devices out of sight—street robbery is unfortunately something you have to be aware of. Don't text whilst walking along, and keep your phone tucked away.
- 3) If someone asks for your property give it to them— then run. You can always replace a bike or a phone—but not a life.
- 4) If you are travelling alone and feel worried that someone may be about to approach you then pop into a shop and ask for help. Use well lit and busy roads rather than side streets.
- 5) Don't get involved in other people's business—if a crowd is gathering and something is happening, walk away!

This may seem silly – but if someone is frightening you and you can't get away, pretend you are going to be sick over them. It makes them move back, giving you a chance to run.

Remember that alcohol and drugs can harm your health and can also encourage you to take unnecessary risks.

- 6) NEVER carry a knife or weapon 'to protect yourself'. Not only are you breaking the law, you are more likely to come to harm and be a victim of knife crime if you do.

- 7) Call 999 if you are ever in immediate danger—the police are there to help you.

Carry a mobile phone and put emergency numbers – your parents, police, a trusted adult – on speed dial so you can make a call quickly if you need to.

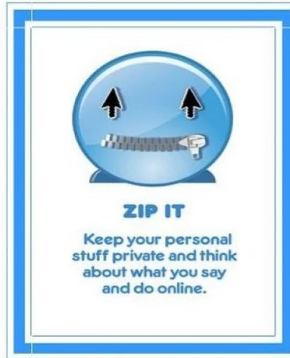
Remember, if an adult tries to hurt you it's not your fault. You don't have to do what they say just because they are an adult. Try to find the confidence to tell someone that you are worried

**Cyberbullying is the use of digital technologies with an intent to offend, humiliate, threaten, harass or abuse somebody**



Examples of cyberbullying include: nasty messages online or on the phone, comments on your posts or posts about you, being excluded from online groups or forums, embarrassing photos being put online without your permission, rumours and lies about you on a website, offensive chat on online gaming, fake online profiles being created with an intent to defame you. Here are 10 top tips to help you deal with cyberbullies

1. Never respond - Do not reply to anything that has been said or retaliate by doing the same thing back. Saying something nasty back or posting something humiliating in revenge may make matters worse or even get you into trouble.
2. Screenshot - If you can, take a screenshot of anything that you think could be cyberbullying and keep a record of it on your computer.
3. Block and report - Most online platforms have this function, make sure you block and report the offending users to the appropriate social media platform.
4. Talk about it. - You may not feel it at the time, but cyberbullying affects you in many different ways. You are not alone. Talking to somebody about bullying not only helps you seek support but it documents evidence and will take a huge weight from your shoulders.
5. How serious is it? - Assess how serious the cyberbullying is. If it is light name calling from somebody that you don't know, it may just be easier to just report and block that user.
6. Report it. - If you are experiencing cyberbullying from somebody you go to school or college with, report it to a teacher. If somebody is threatening you, giving out your personal information or making you fear for your safety, contact the Police or an adult as soon as you can.
7. Be private. - We recommend that you keep your social media privacy settings high and do not connect with anybody who you do not know offline. You wouldn't talk to random people on the street, so why do it online? People may not always be who they say they are and you could be putting you and those that you care about the most at risk.
8. Talk to them. - Sometimes it may be appropriate to request that a teacher or responsible adult hosts a mediation between you and the person who is bullying you online, if they go to the same school or college as you. A mediation can be scary but is often incredibly powerful. It is essentially a face-to-face conversation between you and the person bullying you in a controlled, equal environment. This is a proactive and effective way to deal with online bullying, and is often empowering for the victim.
9. Sympathise. - Always remember that happy and secure people do not bully others. People who bully are going through a difficult time themselves and will often need a lot of help and support.
10. Only have social media accounts if you are old enough—most of them have a minimum age of 13.

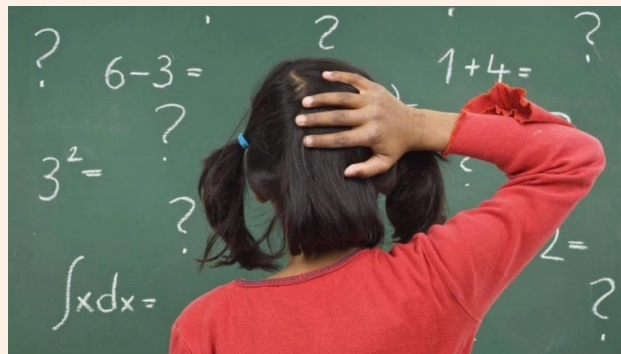
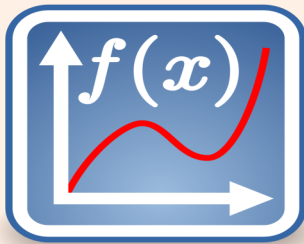


## Keeping yourself safe on your mobile and online

- ◆ Don't put up with abusive texts, photos or videos. Show them to an adult and make sure the person who sent them knows you are taking action to stop them.
- ◆ Think about the language you use in texts. If you wouldn't like it said about you, don't say it about anyone else.
- ◆ Don't lend your mobile to anyone unless it's an emergency.
- ◆ Never reveal your full name, address or phone number to people you meet on the internet unless you check it out with your parent or another adult first.
- ◆ Don't allow anyone online to trick you into doing something against your wishes or something you know you shouldn't do.
- ◆ Remember that any emails you send or photos you upload to the internet can't be destroyed. They are there forever. Think before you post something you might later regret.
- ◆ Never arrange to meet up with someone you meet online until you tell your parents or another adult. Most people are safe but some are dangerous.
- ◆ Block any users who you are unsure about and break off contact with anyone who makes you feel worried.
- ◆ Don't use your real name in chatrooms or use any handle or nickname that reveals personal details, such as the town or street you live in.
- ◆ You can report internet abuse at the click of a button on a really good website [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

If you do give out your personal details or upload a message or photo you later regret, tell your parents or a trusted adult about it. You won't get into trouble.  
Anyone can make a mistake.

# Activities you can get involved with at Harlington



In Mathematics we have a range of competitions and team activities throughout the year to celebrate Maths. It is important that not only we develop students mathematical skills, but we also develop; team work, resilience, being creative and independence. At Halloween, Christmas and Easter time the maths department deliver a quiz that relates Maths problems to these themes. In teams we answer problem solving questions e.g. How many hours are there till Christmas? Students are engaged and thoroughly enjoy these team activities as it brings maths alive and links it with the real world. On March 14<sup>th</sup> we celebrate Pi day. One of the ways we celebrate Pi Day is we have a competition running on who can remember the most digits of Pi. Last year a Year 8 student recited amazingly 200 digits!

**Look out for information from your teachers regarding other clubs and activities that may be planned for after school or lunchtimes.**

**Why not ask you teachers to set up clubs if you are really interested in a subject.**



If you are affected by any of these issues talk to Ms Pinnock straight away

Marriage:

it's YOUR choice

Call (+44) (0)20 7008 0151  
Email [fm@fco.gov.uk](mailto:fm@fco.gov.uk)

 department for children, schools and families

**I'M NOT ALLOWED**  
**to go out with my MATES**  
**I'm not allowed a BOYFRIEND**  
**I have to be careful with FACEBOOK**  
**I'm not allowed to go to COLLEGE**  
**I'm not allowed to be INDEPENDENT**  
**I have to hide my MOBILE PHONE**  
Like many others you could be experiencing  
**HONOUR BASED ABUSE**

Call **KARMA NIRVANA** in confidence  
**0800 5 999 247**  
**We CAN HELP you**

 Karma Nirvana

 KarmaNirvanaUK

**female genital mutilation**  
**of young girls**

**is**  
**child abuse**

It is illegal to practise FGM in the UK or to take girls out of the UK for FGM. There is a 14 year prison sentence for anyone performing, arranging or assisting FGM.

No religious doctrine supports FGM. It is a grave human rights violation with serious long term health consequences.

Be informed, be aware, and be ready to flag a concern.

**SAY NO TO FEMALE GENITAL MUTILATION**

**Don't let it damage another generation.**

[www.fco.gov.uk/fgm](http://www.fco.gov.uk/fgm)

 Foreign & Commonwealth Office

 Home Office

 Department of Health

 department for children, schools and families



# Are you feeling the urge?

Self-harm can take lots of physical forms, including cutting, burning, bruising, scratching, hair-pulling, poisoning and overdosing.

There are many reasons why children and young people may try to hurt themselves.

Once you start, it can become a compulsion.

That's why it's so important to not to ignore it and tell someone about it as soon as possible.

**We know that** rather than being a cry for attention or an attempt at suicide, self-harm is usually a way for young people to release overwhelming emotions.

**It may also be something you've seen in the media or online and feel you need to try.**

**Self-harm is becoming more common, but you can get help to resist the urges**

**Calm Harm app - helps you manage the urge to self harm**

Why not try the Calm Harm app?

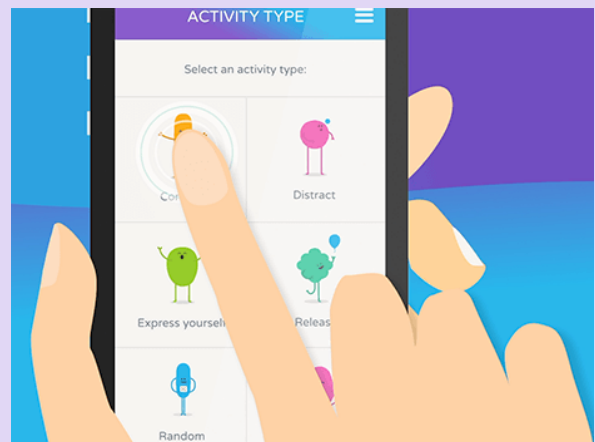
Calm Harm provides tasks that help you resist or manage the urge to self-harm and it's completely private and password protected.

## What does it do?

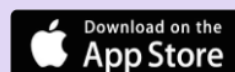
- The four categories of tasks target the main reasons for why people self harm:
  - **Distract** helps to combat the urge by learning self-control;
  - **Comfort** helps to care rather than harm;
  - **Express** helps get feelings out in a different way;
- **Release** provides safe alternatives to self-injury.

## How does it work?

**a great App to try:**



The app is developed for **stem4** by Dr Krause, Consultant Clinical Psychologist, using ideas from an evidence-based therapy called DBT. The focus is to help learn to identify and manage your 'emotional' mind with positive impact. The app enables you to track your progress. Please note that the app is an aid in treatment but does not replace it. The **stem4** Calm Harm app is available as a free download:



Here's





Coming to terms with their sexual orientation, and learning to form successful relationships should be a positive experience for all young people, including those who are lesbian, gay, transgender and bisexual. However, while being lesbian, gay, transgender or bisexual is not in itself a problem, lack of support from family, friends and services can make coming out and growing up confusing and isolating.

Positive Space is a group of both gay and straight staff who are committed to supporting you if you would like support with feelings and emotions connected with aspects of sexuality. Their classrooms and work spaces are available as a 'safe space' for students who are lesbian, gay, transgender or bisexual. Look out for the "Positive Space" stickers in their class rooms. Talk to these staff if you need support and some one to listen.

LGBTQ young people are suffering



*We are proud of our diverse school  
community -  
Don't tolerate Homophobic Bullying !*

*If you see it—Report it !*



# Sport is good for your wellbeing



<b>PE Flexi Timetable Half Term 1 2022</b>			
	<b>Lunch</b>		<b>After School</b>
	<b>Period 5</b>	<b>Period 6</b>	<b>3pm</b>
<b>Monday</b>	<b>Table Tennis</b> (Mr Richards) Main Hall	<b>Table Tennis</b> (Mr Walsh) Main Hall	<b>Monday Night Football</b> All Years Changing Rooms
<b>Tuesday</b>	No club due to lessons	No club due to lessons	<b>Basketball</b> Year 10 & 11 (Mr Kelleher) Sports Hall
<b>Wednesday</b>	<b>Badminton</b> (Mr Yates) Sports Hall	No club due to lessons	<b>Netball</b> All Years (Ms Jackson, Ms Parker-Brice) Sports Hall
<b>Thursday</b>	<b>Fitness</b> (Ms Jackson) Fitness Room	<b>Badminton</b> (Mr O'Donoghue) Sports Hall	No clubs due to meetings
<b>Friday</b>	No clubs due to lessons	<b>Fitness</b> (Mr Carroll) Fitness Room	

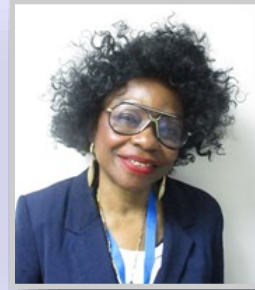
Why not sign up for some extra sporting activities.

# Your Future!

Careers at Harlington School aims to prepare you for an ever-changing world, empowering you to make informed decisions and have high aspirations for your future life.



Mrs Stephens  
Careers Leader



Ms Ogun  
Independent Careers Adviser  
Working Days—Monday,  
Tuesday and Thursday

Harlington careers provision aims to promote:

- your career learning, development and wellbeing
- enhance your subject learning and attainment
- support your overall personal and social development.

Opposite  
room A4

All students in year 11 and 13, plus those on a Year 12 one year course, will have a 1:1 or small group appointment with our careers adviser.

Year 9 students will have group sessions about how to make good decisions when choosing their options.

Other students may request a session or drop-in at lunch time.

Every year group will have careers sessions as part of their PSHE programme.

There will also be activities, workshops, visits and events for you to take part in to help you develop the skills you need to progress to the next stage in your education or into the world outside of Harlington.

[www.careerpilot.org.uk](http://www.careerpilot.org.uk)  
[www.ucas.com](http://www.ucas.com)

<https://icould.com/>  
<https://www.youthemployment.org.uk/>

Get in touch—Careers@harlingtonschool.org or drop in to see



Faith is an important part of many students' lives here at Harlington, and we welcome students and staff of all faiths into our community - embracing them and the way

they enrich our school life.

Students and staff are welcome to contact any of the Pastoral Prayer team for a general chat or if they have something troubling them that they want to share such as a death or illness in the family, issues of faith or struggles with work.

**The Pastoral Prayer Team includes:**

Mr Quartey  
Mr Antalika

Mr Malinski  
Mrs Gibbs

***We have links with the Hayes Muslim Centre, and Brothers Ijaz and Imaam Haaris are always happy to come to the school at our request.***

### **Multi—Faith Prayer Room WUDU Facilities for Muslim students Every Lunchtime—B2**

**The Multi—faith Prayer room is usually in the Dance studio. This room is open to students and staff from all faiths. There are prayer mats and a WUDU facility next to B2 for students who are Muslim.**

**Please do not enter the room unless you are there to pray or be there in quiet contemplation. Please respect the requirements for different religions in their prayers. Thank you.**



**Safer Schools Partnership**

Like all secondary schools in the Borough of Hillingdon, Harlington School has access to a Safer Schools Police Officer.

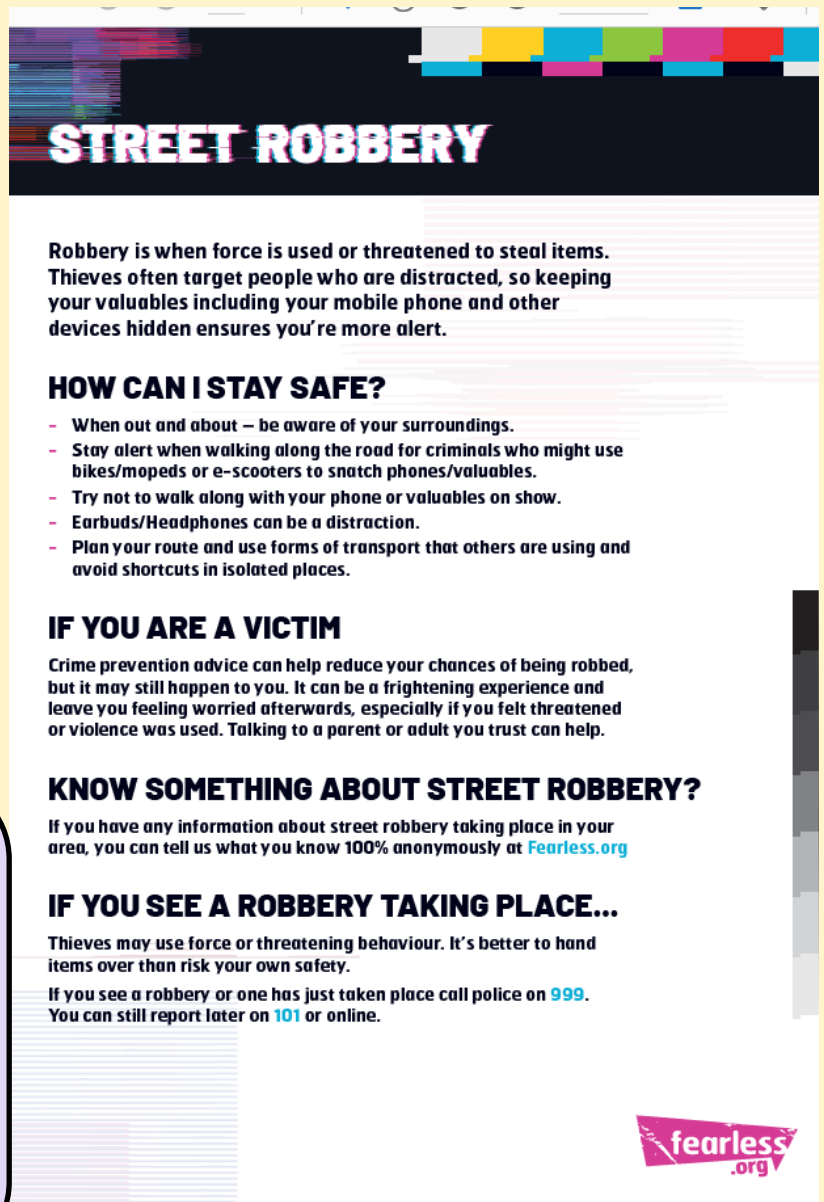
The Safer School Police officer works with us, and can help you if you are a victim of a crime, as well as providing support to keep you and your property safe. He sometimes assists us with cases of bullying if they occur, and we sometimes refer students to him if we are worried about them

getting involved in behaviour that would get them in trouble with the police in the future.

Although it is rare—we always tell them if you have been involved in illegal behaviour!

Make sure you get your phone marked by the police when they do property marking days!

Please see Mrs Patel in HAP or any of the Safeguarding team if you would like to speak to one of the Safer Schools Officers.



**STREET ROBBERY**

Robbery is when force is used or threatened to steal items. Thieves often target people who are distracted, so keeping your valuables including your mobile phone and other devices hidden ensures you're more alert.

**HOW CAN I STAY SAFE?**

- When out and about – be aware of your surroundings.
- Stay alert when walking along the road for criminals who might use bikes/mopeds or e-scooters to snatch phones/valuables.
- Try not to walk along with your phone or valuables on show.
- Earbuds/Headphones can be a distraction.
- Plan your route and use forms of transport that others are using and avoid shortcuts in isolated places.

**IF YOU ARE A VICTIM**

Crime prevention advice can help reduce your chances of being robbed, but it may still happen to you. It can be a frightening experience and leave you feeling worried afterwards, especially if you felt threatened or violence was used. Talking to a parent or adult you trust can help.


**KNOW SOMETHING ABOUT STREET ROBBERY?**

If you have any information about street robbery taking place in your area, you can tell us what you know 100% anonymously at [Fearless.org](https://www.fearless.org)

**IF YOU SEE A ROBBERY TAKING PLACE...**

Thieves may use force or threatening behaviour. It's better to hand items over than risk your own safety.

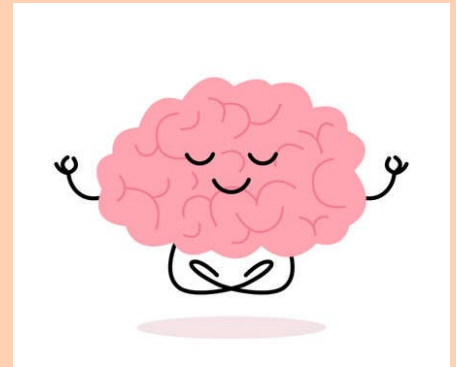
If you see a robbery or one has just taken place call police on **999**. You can still report later on **101** or online.



# Wellbeing

## 10 commandments of mental health

- 1 - Think positively; it's easier
- 2 - Cherish the ones you love
- 3 - Continue learning as long as you live
- 4 - Learn from your mistakes
- 5 - Exercise daily; it enhances your well-being
- 6 - Do not complicate your life unnecessarily
- 7 - Try to understand and encourage those around you
- 8 - Do not give up; success in life is a marathon
- 9 - Discover and nurture your talents
- 10 - Set goals for yourself and pursue your dreams



## Wellbeing Zone

A safe space to relax, talk  
and build friendships



# Your School Nursing Service

Someone you know and can trust...

Your School Nursing Service can work both in and out of School to help provide or find you support about:

**Keeping Healthy**

**Immunisations**

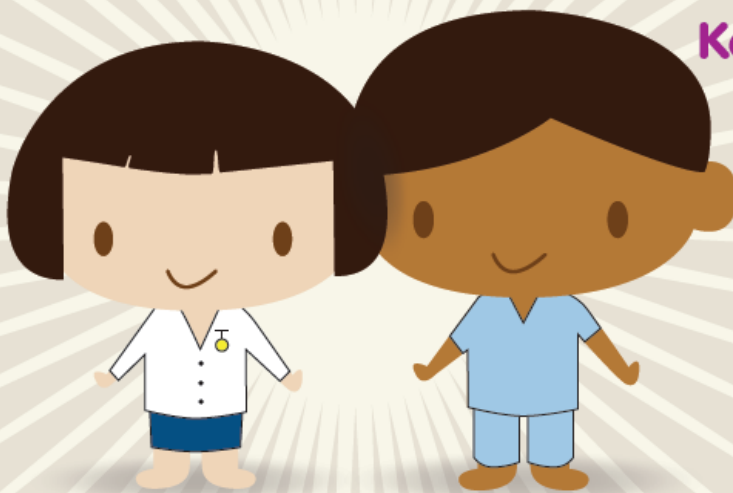
**Emotional Health**

**Weight Management**

**Sexual Health**

**Drugs and Alcohol**

**Smoking**



We can also help make sure that young people with disabilities, long term illness, or other needs can receive extra support when they need it. If we can't provide the help ourselves, we will connect you with someone who can.

## Confidential

We provide a confidential service. This means that you can discuss personal information in confidence. We will not discuss your personal information with anyone else without your permission. This includes parents and teachers. We would only pass on your information in order to protect you or someone else from serious harm. Whenever possible we would discuss this with you first.

## Qualified

School Nurses or Specialist Community Public Health Nurses are qualified nurses or midwives with specific graduate level education, and work with a team to support you.

## Non Judgemental

We are here to help, not to judge.

## When and Where can I Access my School Nursing Service?

If you would like to see the school nurse then please see your Head of Year or anyone in the Safeguarding Team who will book you in.



## Sexual harassment

What do we mean? We mean 'unwanted conduct of a sexual nature' that can occur online and offline and both inside and outside of school. Sexual harassment can include:

- sexual comments, such as: telling sexual stories, making lewd comments, making sexual remarks about clothes and appearance and calling someone sexualised names;
- sexual "jokes" or taunting;
- physical behaviour, such as: deliberately brushing against someone, interfering with someone's clothes (schools and colleges should be considering when any of this crosses a line into sexual violence - it is important to talk to and consider the experience of the victim) and displaying pictures, photos or drawings of a sexual nature; and
- online sexual harassment may include: consensual and non-consensual sharing of nude and semi-nude images and videos (taking and sharing nude photographs of U18s is a criminal offence) ; sharing of unwanted explicit content; upskirting (is a criminal offence<sup>20</sup>); sexualised online bullying; unwanted sexual comments and messages, including, on social media; sexual exploitation; coercion and threats

**You can report any instances of harassment to your Form Tutor, Head of Year or any member of the Safeguarding team. If you would rather report to another member of staff, that is fine too.**

### **Rest assured:**

**You will be listened to  
You will be supported  
You will be believed  
You will not be judged  
You will not be blamed**

**Who ever you confide in, staff will bring your concerns to the Safeguarding team so that you can be given the help you require to make it stop**

**We have a zero-tolerance approach to sexual violence and sexual harassment. It is never acceptable; it will not be tolerated and it will not be passed off as "banter", "just having a laugh", "part of growing up" or "boys being boys". On line incidents of sexual harassment will be dealt with in the same way as face to face encounters.**

A dedicated NSPCC helpline is now available to support anyone who has experienced sexual abuse in educational settings or has concerns about someone or the issues raised. The dedicated NSPCC helpline number is 0800 136 663 and more information is available at: [Dedicated helpline for victims of abuse in schools NSPCC](#).

# **LINK** Counselling Service for Young People

## HOW COUNSELLING CAN HELP

Many of us feel confused or unsure of ourselves at certain times in our lives. At LINK you can talk to someone outside of family and friends about something that is worrying you, in a confidential setting. Talking to a counsellor may be able to help you make sense of your thoughts and feelings, and develop your confidence and control of your own life.

We offer one-to-one counselling, by appointment, for people aged 14-25 years who live, work or study in The London Borough of Hillingdon.

We provide a safe setting for young people to talk with a trained worker about:

- relationships
- peer pressure
- safer sex and contraception
- sexually transmitted infections
- drug and alcohol problems

We also offer:

- free condoms
- pregnancy testing
- Chlamydia testing

No appointment is needed, just

drop-in at [Fountain's Mill Young People's Centre](#) during either of the following sessions. Tuesdays, Wednesday and Thursday 15:30 - 18:00 (with clinical nurse available) To access KISS services' enter fountain's mill from the back entrance, KISS is located on the first floor. KISS drop-ins are available at other [young people's centres](#) and young people's projects across the borough.

KISS can also refer young people, who have a drug issue to Sorted.

For more information, call 01895 250721.



### **USUAL OPENING TIMES**

Tuesday: 10.30am-7.30pm

Wednesday: 1.30pm-7.30pm

Thursday: 10.30am-7.30pm

Friday: 10.30am-7.30pm

Weekends/Bank Holidays: Closed



There are some great helplines which offer support and advice specifically for you on a range of issues. Some helplines like Childline and The Mix offer general support on any issue which may be worrying or upsetting you or a friend whilst others offer advice and support on specific issues like domestic violence and suicide.

24-hour National Domestic Violence  
Freephone Helpline  
**0808 2000 247**  
Run in partnership between [Women's Aid](#) and [Refuge](#)



Championing advice and counselling



Essential support for under 25s  
0808 808 4994



KISS (Keep It Safe 'n' Sorted) is a confidential sexual health drop-in service for 13-19 year olds in Hillingdon.



Guiding you through the reporting process

## **Sources of support and information**

### **Child protection**

NSPCC helpline: 0808 800 5000

Childline: 0800 1111

Samaritans Free and confidential emotional support 08457 909090

Careline confidential counselling line for children and young adults 0208 514 1177

Child Law Advice Line: 08088 020 008

Africans Unite Against Child Abuse (AFRUCA) 0844 660 8607 [www.afruca.org](http://www.afruca.org)

FORWARD – Help with issues around Female Genital Cutting 0208 960 4000  
[www.forwarduk.org.uk](http://www.forwarduk.org.uk)

London Lesbian and Gay Switchboard 0207 837 7324

Muslim Women's Helpline 0208 904 8193

Southall Black Sisters – specialist advice with regard to issues surrounding forced marriage. 0208 571 9595

### **Bullying**

NSPCC helpline: 0808 800 5000

Childline: 0800 1111

Kidscape: 08451 205 204 [www.kidscape.org.uk](http://www.kidscape.org.uk)

[www.beatbullying.org](http://www.beatbullying.org)

### **Mental health**

Young Minds: 0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Mental Health Foundation: 020 7803 1100

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Mind: 0845 766 0163 [www.mind.org.uk](http://www.mind.org.uk)

### **Sexual harm and sexually harmful behaviour**

Stop It Now! 0808 1000 900

[www.stopitnow.org.uk](http://www.stopitnow.org.uk)

## **Internet safety – national**

ChildNet International: [www.childnet.com](http://www.childnet.com)

Child Exploitation and Online Protection:  
0870 000 3344 [www.ceop.gov.uk](http://www.ceop.gov.uk)

Internet Watch Foundation [www.iwf.org.uk](http://www.iwf.org.uk)

Think U Know: 0870 000 3344  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## **Local agencies**

Police: 999 if you are in immediate danger or 101 if you wish to report a crime or incident.

Children's Social Care: 01895 556644 – if the offices are closed they will give you an out of hours number.

Hillingdon Hospital 01895 279537

Sexual Health Services – Specialist services for young people under 25  
HESA Centre Hayes 01895 486002

KISS Keep it Safe and Sorted – Fountains Mill Uxbridge 01895 257285

Connexions 13-19 information and advice on education, careers, housing, money, health and relationships

Youth Service Young People's centres and Projects – 01895 250561

Sorted – Young Peoples Drug and Alcohol Team Fountain Mill  
Uxbridge 01895 257285

Link – Counselling Service for  
Young People 14-25 Fountain Mill  
Uxbridge 01895 238884