

Chorley & South Ribble Primary Care Team Newsletter

Autumn 2024

Focus – bullying

Don't forget that anti-bullying week is the 11th – 15th of November this year

What is Bullying?

Bullying is any repeated behaviour that intentionally hurts someone else. It can be physically or emotionally hurtful, or both. It can happen anywhere. It might be at school, a workplace, online, in social spaces or at home. Bullying is never okay or excusable. It can have a huge impact on a young person's wellbeing. It can also have a longer-term effect on their mental health, even after it has stopped.

Examples of bullying behaviour include

- calling someone names
- making hurtful comments or repeatedly criticising someone
- making threats
- being violent or aggressive
- spreading rumours
- undermining, humiliating or excluding someone
- pressuring someone
- trying to control or manipulate someone
- When these types of behaviours happen online, it's often known as 'cyberbullying'.

What are the signs?

If a child or young person is being bullied, they might:

- seem worried, anxious or low
- avoid school or the place where the bullying is happening, for example by often saying they feel unwell
- have unexplained injuries such as bruises or scratches
- have belongings that get 'lost' or damaged
- seem less confident in themselves or show signs of low self-esteem
- withdraw from other people
- struggle more with their schoolwork
- get upset or panicky, or have outbursts of unexplained anger
- show changes in their behaviour, such as suddenly dressing very differently to 'fit in'
- act in a bullying way towards others
- eat or sleep significantly more or less than usual

It's important to remember that there could be lots of other reasons for these changes. If you've noticed some of these signs, the next step is to talk to your child or young person to find out what's going on.



Useful Websites, Helplines and Resources suggested by Young Minds

YoungMinds Parents Helpline

Opening times:

9.30am-4pm, Monday-Friday
0808 802 5544

Kidscape

07496 682785.

Opening times:

9.30am - 2.30pm, Mondays and Tuesdays
0300 102 4481

parentsupport@kidscape.org.uk

NSPCC

Opening times:

8am - 10pm, Monday - Friday; 9am - 6pm at weekends
0808 800 5000

help@nspcc.org.uk

Childnet

Information and advice about cyberbullying, staying safe online and setting healthy boundaries around screen time.

Young Minds 360°

Join the young minds 360° Schools Community for e-newsletters straight to your inbox. For more information please visit [Join The YoungMinds 360° Schools Community | YoungMinds](#)

Anti Bullying Alliance

Offers further resources and CPD training as well as regular newsletters. For more information please visit [Anti-Bullying Alliance](#)

Service Update

Following the success of the Parent-led group in South Ribble last term, this term, the CYWP team are planning to run a Parent-Led CBT group for managing Anxiety. Please contact the team at Shawbrook House if this is something you think your school might be interested in.

We would like to welcome the new Barnardo's service offering early intervention for children and young people. For more information, please visit their website [Lancashire and South Cumbria Thrive Service](https://www.lancashireandsouthcumbria.gov.uk/thrive-service) | [Barnardo's \(barnardos.org.uk\)](https://www.barnardos.org.uk).



HOW TO CONTACT PRIMARY MENTAL HEALTH WORKERS: PMHWCHORLEYSOUTHTRIBBLE@LSCFT.NHS.UK

CHILDREN AND YOUNG PEOPLE'S WELLBEING PRACTITIONER: 01772 644644

For any requests for consultation, training, advice or support around children and young people's emotional & mental health or early intervention.:

The Mental Health Crisis Line is available 24 hours a day, 7 days a week by calling 0800 953 110 and CAMHS Duty Worker for urgent queries around MH of children or if they are open to CAMHS on 01772 644644.

Useful Contacts

RAIST Team: 01772 215389

Coppull Clinic, Springfield Rd, PR7 5EJ
Drop In: 5pm – 7pm daily

Crisis Team: 0800 013 0708

24/7 urgent advice

PAPYRUS: 0800 0684141

(prevention of young suicide)

CHILDLINE: 0800 1111

Samaritans: 08457 90 90 90

KOOTH.com (live chat counselling)

Young Minds Parents Helpline: 0808 802 5544

Mon to Fri 9.30am – 4pm
Free for mobiles and landlines

Children's Social Care: 0300 123 6720 or 0300 123 6722 (out of hours)

Non-emergency Police support: 101

National Domestic Violence Helpline: 0808 2000247

CALM Helpline (for males only): 0800 585 858

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