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Believe in  
children



Barnardo's  
Cymru

in partnership with



# Cylchlythyr Newsletter

## Barnardo's Vale of Glamorgan School and Community Based Counselling Service

The holidays are coming and Christmas is almost here. It will be a very different celebration this year, due to the pandemic but we hope you have a wonderful time.

What we understand is that this time of year may not be the most wonderful time for everyone and it can in fact be a very difficult and sometimes sad time.

We have a team of counsellors who can offer you a safe space to talk, this can be face to face at school or in the community, we can also offer telephone or video counselling. **Contact us:**

**Mobile/Text:** 07738689262  
**Telephone:** 02920 577074  
**Email:**  
[valecounsellingservice@barnardos.org.uk](mailto:valecounsellingservice@barnardos.org.uk)

**Online Self-Referral Form**  
<https://www.barnardos.org.uk/what-we-do/services/vale-school-and-community-based-counselling-service/self-referral-form>

**Online Parent/Carer or Professional Referral Form**  
<https://www.barnardos.org.uk/what-we-do/services/vale-school-and-community-based-counselling-service/carers-professional-referral-form>

We will be back in your school in January. If you need to speak with someone urgently please speak to someone you trust, your GP or in an emergency get help to access the accident and emergency unit.

**To help you through some tough, stressful situations this video from StandForKind may be helpful**  
<https://www.youtube.com/watch?v=8IM8pgMgjEs>

We also have a new service for children young people and families

### See, Hear, Respond

The See, Hear, Respond Partnership is a new service funded by the Department for Education. With your help, the See, Hear, Respond Partnership will quickly identify and support children, young people and families who are struggling to cope with the impacts of coronavirus  
<https://www.barnardos.org.uk/see-hear-respond-wales>

#### See, Hear, Respond

will ensure vulnerable children, young people and families who are at risk, don't slip through the cracks.

[www.barnardos.org.uk/see-hear-respond](https://www.barnardos.org.uk/see-hear-respond)



**Services below might be helpful to contact whilst you wait to meet with one of our counsellors:**

**The Amber Project**

Offering Support and Information



Supporting any young person (aged 14-25) in Cardiff and the surrounding areas who has experience of self-harm.

**Telephone:** 029 2034 4776

**Text/Phone** 07905 905437

**Website:** [www.amberproject.org.uk](http://www.amberproject.org.uk)



Change Grow Live, Emotional Wellbeing Service in Cardiff and the Vale of Glamorgan. **Telephone:** 0800 008 6879

**Website:** [www.emotionalwellbeingservice.org.uk](http://www.emotionalwellbeingservice.org.uk)



You can sign up for an account with Childline to email or chat 1-1 with a counsellor 24hours, 7days/week.

**Telephone:** 0800 1111

**Website:** <https://childline.org.uk>



Support to families and young people affected by bereavement.

**Telephone:** 0800 02 888 40 **Website:**

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

**Email support:**

[support@childbereavementuk.org](mailto:support@childbereavementuk.org)



Support to anyone who has been bereaved. Also offers face to face local support

**Telephone:** 0808 808 1677 (freephone).  
Mon & Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.

**Website:** [www.cruse.org.uk](http://www.cruse.org.uk)

**Email:** [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)



**Dewis Cymru**

Information about well-being in Wales, and information about local organisations and services that can help.

**Website:** <https://www.dewis.wales/>

**GP:** If you need to contact your GP out of hours, you can ring your GP surgery and they will have another number to call to see a GP immediately, or contact your local accident and emergency department if necessary



Support Services

Online support via Facebook or Skype to young people aged 11+ when a close family member is diagnosed with a terminal illness.

**Website:**

<http://www.hopesupport.org.uk>

**Email:** [help@hopesupportservices.org.uk](mailto:help@hopesupportservices.org.uk)



Information, advice and advocacy for children and young people.

**Text** 84001 **Freephone:** 080880 23456

**Website:** <https://www.meiccymru.org/>



Support on a range of mental health issues.

**Telephone:** 0300 123 3393, Mon – Fri 9am – 6pm **Text:** 86463.



Created by young people for young people, provides information and links to services in relation to emotional health and wellbeing.

**Website:** <http://www.mindhub.wales/>



An organisation set up for the prevention of young suicide, and offers support to young people.

**Telephone:** 0800 068 41 41

**Website** [https://www.papyrus-uk.org/?gclid=EAIaIQobChMI4IjOjKm87QIVjbTtCh2yrwkUEAAYASAAEgJt5\\_D\\_BwE](https://www.papyrus-uk.org/?gclid=EAIaIQobChMI4IjOjKm87QIVjbTtCh2yrwkUEAAYASAAEgJt5_D_BwE)

## SAMARITANS

An organisation that provides confidential emotional support.

**Telephone:** 116 123, 24 hours, 7 days a week.

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Welsh language line: 0300 123 3011**  
open daily: 7pm – 11pm.



Text and email support for girls & young women up to 24yrs in the UK affected by self-harm. Open Sun, Mon, Tues, Wed, Thurs and Fri 7pm - 9pm

**Text** 0780 047 2908

**Website:**

<http://www.selfinjurysupport.org.uk/tess-text-and-email-support-service>

## YOUNGMINDS

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