



HILLINGDON

LONDON

The London Borough of Hillingdon Resources Guide

A guide for organisations providing support,
guidance and assistance to the persons in the
Community concerned about Violent Crime

*Version Two
January 2019*

Contents

Section 1

What is violent crime and what are the penalties?

Section 2

How a violent crime can affect you

Section 3

Support Help Lines Crime/Crime Concerns

Section 4

Diversions, Educational and Intervention Activities

Section 4

Diversions, Educational and Intervention Activities

Section 5

Community Based Organisations

Section 6

Health

Section 7

Bereavement

Section 8

Other Useful Advice and Information

Section 9

Report an Incident

Section 1

What is violent crime and what are the penalties?

Violent crime covers a variety of offences ranging from common assault to murder. It also encompasses the use of weapons such as firearms, knives and corrosive substances like acid.

Murder and manslaughter

Murder and manslaughter are crimes where one person unlawfully kills another. Both offences can be described as homicide.

The crime of murder is committed where a sane person unlawfully kills another person with intent to kill or cause serious injury. It is not considered to be unlawful killing if there is a reasonable justification, for example self-defence.

Manslaughter can be committed in one of three ways:

- where a person has been intentionally killed but it is not treated as murder because there is loss of control (previously “provocation”), diminished responsibility or a suicide pact.
- when death is the result of behaviour that is grossly negligent.
- where death is caused by an unlawful and dangerous act.

There are other specific homicide offences, for example, infanticide (the intentional killing of an infant) and causing death by dangerous or careless driving.

Throwing corrosive substances (acid attacks)

Acid and other corrosive substances, such as bleach or ammonia, may be used as weapons.

Acid and corrosive substance attacks have a devastating effect on victims. The long-term consequences of acid or corrosive substance attacks may include blindness, permanent scarring of the face and body, and social or psychological difficulties.

The most appropriate charges are likely to be drawn from the following:

- Throwing (or applying) corrosive fluid on a person with intent to burn, maim, disfigure or disable or to do some grievous bodily harm (section 29 Offences against the Person Act 1861) - maximum sentence: life;
- Possession of an offensive weapon (section 1 Prevention of Crime Act 1951) - 4 years' maximum imprisonment;
- Possession of offensive weapon on school premises (section 139A(2) Criminal Justice Act 1988) - 4 years' maximum imprisonment;
- Threatening with an offensive weapon in a public place (section 1A Prevention of Crime Act 1953) - 4 years' maximum imprisonment;
- Threatening with an offensive weapon on school premises or in a public place (section 139AA Criminal Justice Act 1988) - 4 years' maximum imprisonment;

- Causing grievous bodily harm with intent (section 18 Offences against the Person Act 1861) - maximum sentence: life.

Assault

Assaulting, or physically hurting another person, can lead to a number of different criminal charges. When deciding on the appropriate charge, prosecutors and police officers will consider how seriously the victim has been injured, the offender's culpability in committing the offence and the likely sentence that the court will pass.

Three different offences can be considered, depending on the level of injuries involved. These different offences will also lead to different possible sentences if a person is found guilty.

- Common Assault – where there is no injury, or injuries are not serious. It carries a maximum penalty of six months' imprisonment and/or a fine.
- Actual Bodily Harm (ABH) – where there is serious injury. ABH carries a maximum penalty of 6 months imprisonment in the magistrates' court, and five years' in the Crown Court and/or an unlimited fine not exceeding the statutory maximum.
- Inflicting Grievous Bodily Harm (GBH) or wounding – The offence of inflicting GBH is where there is a really serious injury, and it carries a maximum penalty of five years' imprisonment.
- Causing GBH or wounding with intent to cause GBH – where there is really serious injury, and an intention to cause GBH. The offence of causing GBH with intent carries a maximum penalty of life imprisonment.

Gun and knife crime

The UK has a wide range of laws which restrict the use and possession of guns and knives, as well as other offensive weapons. It is an offence to use a gun or knife to harm or threaten another person, and also to own, carry, manufacture or trade certain prohibited weapons.

The maximum sentence for importing or exporting a prohibited weapon or ammunition is life imprisonment.

The Firearms Act 1968 includes more than 50 offences related to different categories of weapons, including firearms, prohibited weapons, shot guns, air weapons and imitation firearms.

There are a number of knife crime-related offences, including possession in any public place of an offensive weapon without lawful authority or excuse.

- In recent years, additional laws have been passed which create a range of additional offences, including:
 - converting imitation firearms into functioning firearms
 - manufacturing or selling realistic imitation firearms, or bringing them into Great Britain
 - modifying an imitation firearm to make it realistic.

Weapons amnesties

From time to time, police forces may hold firearms amnesties where they will not arrest or initiate a prosecution against people who surrender unlawfully held guns, knives, or other prohibited weapons.

These amnesties usually last for a short period of time and are intended to help reduce the criminal use of firearms. They may also be held if new laws are being introduced which will make it an offence to possess a weapon that was not previously prohibited.

These provisions will rarely, if ever, extend to those committing offences which involve the criminal use of firearms.

Robbery

Robbery is an offence with a maximum penalty of life imprisonment.

The offence is committed when someone steals from another person, while either threatening or using force against the victim.

Violent crimes can also include:

- sexual violence (such as rape or sexual assault)
- alcohol and drug-related violence
- gang violence
- domestic violence
- hate crimes (disability, faith, gender, gender identity, race or sexual orientation)

Youths (under 17s)

There is specific guidance for how the criminal justice system will deal with young people involved in crime including offences of violence.

Depending on the nature and circumstances of the offence young people may be dealt with via an out of court disposal or charged and referred to the appropriate criminal court. There are some offences which will automatically lead to charge for example Murder, Manslaughter and Rape.

Whether or not the young person receives an out of court disposal or is sent to court and receives a court community sentence (other than fine or discharge) he or she will be required to engage in interventions delivered by or on behalf of the Youth Offending Service (YOS). These interventions may be to address factors that are impacting on the young person's behaviour, eg substance misuse, criminal exploitation by others, lack of education or employment, or to address specific offence types. The YOS delivers interventions on knife crime, robbery, offences of violence and joint enterprise to name a few.

Young people can receive a custodial sentence for the most serious offences in which case they will be placed in a Secure Training Centre or a Youth Offender

Institution depending on their age. These establishments will work with the YOS to deliver interventions of the type noted above.

Violent crimes can happen in public spaces such as in the street, clubs and pubs, as well as at home or in the workplace, and often the victim knows the person who attacks them. The important thing to remember is that it's not your fault – you haven't done anything wrong, and it's the person who has been violent that is to blame. **No-one has the right to hurt you.**

Section 2

How a violent crime can affect you

It can be extremely frightening to experience a violent crime. As well as possibly being hurt or injured physically, you can be very seriously affected emotionally.

Many people find it hard to deal with the feeling of being powerless when they are threatened. Other common feelings include:

- finding it hard to believe what has happened, and feeling numb
- feeling deeply upset
- feeling that your life is completely out of control
- physical symptoms such as 'the shakes', sleeplessness or crying all the time
- extreme anger towards your attacker
- self-blame for being in the wrong place at the wrong time.

All of these reactions, and more, are completely normal responses to experiencing violence.

Experiencing a crime can affect people in many ways, and every person's reaction is different.

You might suffer from:

- headaches
- nausea
- sleep problems or fatigue
- jumpiness
- repeated thoughts of the event.

Or you might have feelings that come and go, for example:

- guilt
- fear
- anger
- sadness
- confusion
- helplessness.

Your day-to-day life might be affected by:

- trouble with your concentration or memory
- reduced performance at work or school
- withdrawing from others
- feeling like you've lost control.
- Later, some people can experience depression or anxiety

However you react, you can talk in confidence to someone from one of the support help lines contained in this guide. Many have specially trained staff and volunteers to help people affected by violent crime. They also know that crimes like this can also have a strong impact on friends and family, and they are here to support anyone affected.

Section 3

Support Help Lines Crime/Crime Concerns

Victim Support

www.victimsupport.org.uk

0808 16 89 111 (free)

E.mail via web site:

www.victimsupport.org.uk/more-us/contact-us

Victim Support (VS) is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales. Their purpose is to provide specialist help to support people to cope and recover to the point where they feel they are back on track with their lives. Victim Support is here to help anyone affected by crime.

Because they are an independent charity, you can talk to them whether or not you've reported the crime to the police. If you want, they can support you without the involvement of the criminal justice system, and they will not contact them about you unless they feel someone is at risk. They are there just to support victims.

Childline

www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/gun-knife-crime

0800 1111

E.mail via web site:

www.childline.org.uk/get-support/contacting-childline

Childline is there to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, their trained counsellors are there to support you.

Childline is free, confidential and available any time, day or night.

NSPCC

www.nspcc.org.uk

Help for adults concerned about a child - 0808 800 5000 (free)

Help for children and young people call Childline on 0800 1111

Report online at www.nspcc.org.uk/what-you-can-do/report-abuse

E.mail: help@nspcc.org.uk

If someone contacts the NSPCC helpline because they're concerned about a child's welfare, they may refer the information they are given to other organisations, like children's services or the police, so they can investigate and take any appropriate action to make sure the child's safe.

You & Co

www.youandco.org.uk

Find a local service

www.youandco.org.uk/support-next-steps/support-available

You & Co is Victim Support's youth programme that helps young people cope with the impact and effects of crime. You do not have to report the crime to the police to get support from them.

AXIS Project
axis@hillingdon.gov.uk
01895 558203

Assesses young people believed to be at risk of criminal and sexual exploitation, delivers focused interventions and assists young people to engage with existing services and community activities which can provide ongoing support and help build resilience to risk

Gangline Foundation Trust

www.gangline.com
01375 483 239
07753 351 256
E.mail via web site:
<http://www.gangline.com/contact-us.html>

Gangline is a non-profit organisation established to provide help and support to young men and women involved in gang culture. They work with individuals from the deprived parts of our communities and with deeply entrenched social, educational, spiritual and family issues. Central to their ethos and success is a proactive, spiritual and non-enforcement led approach to gangs, and the gang violence embedded our local communities.

P3
www.p3charity.org/services/hillingdon-drop-in-navigator
01895 436114

Drop In:
18e Fairfield Road, Yiewsley, West Drayton, Middlesex, UB7 8EX.

Opening times:
Monday 09:00 - 17:00
Tuesday 13:00 - 19:00
Wednesday 09:00 - 17:00
Thursday 13:00 - 19:00
Friday 09:00 - 17:00

The community drop-in centre, or "Navigator", is open to all young people who need advice or support, be that about their tenancy or housing situation, relationship issues, or if they simply need support to access other services. You don't need an appointment, and one of our advisors will always be able to help you, even if it's as simple as pointing you in the right direction.

London Gang Exit

www.saferlondon.org.uk/services/london-gang-exit

020 3745 8374

E-mail: LGReferral@saferlondon.org.uk

LGE means that for the first time, anyone aged between 16-24 who is affected by gangs and serious violence can get support, no matter what borough they live in

Safer London is leading a consortium of organisations to deliver LGE. The service is designed to complement and enhance existing local services across London, and fill in the gaps in provision.

The Children's Society

[www.supportercare@childrenssociety.org.uk](mailto:supportercare@childrenssociety.org.uk)

www.childrenssociety.org.uk/what-is-county-lines

0300 303 7000

E.mail: supportercare@childrenssociety.org.uk

When children face a crisis we are with them step-by-step, for as long as it takes, making small changes that make a big difference.

Hillingdon Youth Offending Service (YOS)

www.hillingdon.gov.uk/article/30589/Who-are-the-Youth-Offending-Service

01923556432

E.mail: hillindonyos@hillindon.gov.uk

The YOS delivers interventions to those young people aged 10 -17 referred by the police and courts for interventions as part of legal proceedings. It works with young offenders, their families and their victims.

Rescue and Response

www.abianda.com/rescue-and-response-county-lines-activity

020 768 60520

E.mail: hello@abianda.com

Rescue and Response is a three-year MOPAC funded project which will support young Londoners affected by county lines activity.

Abianda is delighted to be part of a consortium working with vulnerable children and young people affected by county lines across London, significantly growing our services across the capital

Fearless.org

www.fearless.org/en

100% anonymous reporting of incidents and information follow -

www.fearless.org/en/give-info

The promise of anonymity is important as it is what makes this charity unique. They guarantee that if you choose to contact us anonymously:

- You can give us information about crime without giving any personal details.
- We will not make note of your gender or age.
- We will not record any personal details you might mention.
- We cannot trace your email or IP address.

They hope that this gives people the confidence to trust their service and remove any fears they might have about telling them what they know about crime.

Section 4

Diversionary, Educational and Intervention Activities

Family Lives

www.familylives.org.uk

0808 800 2222 (free) for emotional support, information, advice and guidance on any aspect of parenting and family life. Our helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.

askus@familylives.org.uk

As well as core family support services offered through the helpline, the service also works in many different areas and offering tailored support around issues such as:

- bullying
- special educational needs
- support for specific communities.

Barnardo's

www.barnardos.org.uk/what_we_do/our_work/youth_justice.htm

0208 550 8822

Report online at

www.barnardos.org.uk/contact_form.htm?email=web.manager@barnardos.org.uk&url=what_we_do/contact_us.htm

Barnardo's provides:

- diversionary, educational and intervention activities to prevent offending, especially for excluded children or those with substance abuse problems
- intensive support for families with children with challenging behaviour, including parenting courses and mentoring
- intensive intervention programmes as a direct alternative to custody, including restorative justice and remand fostering
- advocacy services for children in custody
- specialist therapeutic services for children displaying sexually harmful behaviour.

London Tigers

www.londontigers.org

020 7289 3395

E.mail: info@londontigers.org or

via web site: www.londontigers.org/pages/contact

London Tigers is an award winning charity working engaging disadvantaged people to improve their lives.

Asphaleia

www.asphaleia.co.uk

01903 522966

E.mail: headoffice@asphaleia.co.uk

Asphaleia action is a registered charity seeking to contribute to the care, upbringing & advancement of life for vulnerable children & young people in the UK and internationally.

Their approach is all about taking action. Where the most vulnerable children and young people are in need of specialist support, this charity will respond so that they are able to protect and support vulnerable children and young people through a range of projects and services.

Soccer Coaching Limited (SCL)

www.wearescl.co.uk

0345 644 5747

E.mail: enquiries@wearescl.co.uk

Their mission is to create a legacy in the communities we serve by:

- Equipping youngsters from all walks of life with the skills and motivation to lead active, healthy and happy lives and make a positive contribution to society.
- Allowing those with a passion for sport to gain the vocational qualifications they need to pursue a sporting career leading to employment, Further and Higher Education.
- Providing parents with trusted childcare of excellent, fully assessed quality where their children are being inspired to lead an active, healthy lifestyle.
- Working in partnership with primary, infant and junior schools to improve the quality of their PE provision, sporting programmes, and curriculum delivery.
- Pursuing social and environmental policies that ensure we are a social asset to the communities we serve.

Girlguiding

www.girlguiding.org.uk

0800 999 2016

E.mail via web site:

www.girlguiding.org.uk/about-us/our-organisation/contact-us

Through fun, friendship, challenge and adventure they empower girls to find their voice, inspiring them to discover the best in themselves and to make a positive difference in their community.

More than 400,000 girls already meet regularly as Rainbows, Brownies, Guides and The Senior Section. Together they learn skills, grow in confidence, make lifelong friendships, help their communities and have lots of fun.

The Scout Association

www.scouts.org.uk

0345 300 1818

Open 08:00 - 19:00 weekdays and 09:00 - midday on Saturdays

info.centre@scouts.org.uk

As Scouts, they believe in preparing young people with skills for life. They encourage young people to do more, learn more and be more. Each week, they help over 460,000 young people aged 6-25 enjoy fun and adventure while developing the skills they need to succeed, now and in the future.

They believe in bringing people together. They celebrate diversity and stand against intolerance, always. They are part of a worldwide movement, creating stronger communities and inspiring positive futures.

[Search for your local Group](#) to find out how to develop your skills, learn new ones and be part of the Scouting story.

The Duke of Edinburgh's Award

www.dofe.org

0207 630 9092

E.mail: london@DofE.org

"The Duke of Edinburgh's Award has helped countless young people on their sometimes difficult path to adulthood." HRH The Duke of Edinburgh

For the past seven decades, this Charity has inspired and transformed the lives of millions of young people from all walks of life. From volunteering to physical activities, life skills to expeditions, achieving a D of E Award is a passport to a brighter future, valued by employers and universities.

The world's leading youth achievement award, the D of E in the UK is proud to be part of [The Duke of Edinburgh's International Award Foundation](#), which drives and supports global growth.

It is their ambition to give another one million young people in the UK this life-changing opportunity by 2021.

Cadet Forces and MOD Youth Work

www.gov.uk/guidance/the-cadet-forces-and-mods-youth-work

Sea Cadets - 0207 654 7000

Army Cadet Force (local) - 0208 749 7956

Air Training Corps - 0345 6006601

E.mail:

Combined Cadet Force - via web site:

combinedcadetforce.org.uk/about-the-ccf/contact

Sea Cadets - info@ms-sc.org

Army Cadet Force (local) - gl-mxnw-ao1@rfca.org.uk

Air Training Corps - via web site:

www.raf.mod.uk/aircadets/who-we-are/contact-us

Combined Cadet Force - via web site:
combinedcadetforce.org.uk/about-the-ccf/contact

The Ministry of Defence sponsors and supports 4 cadet forces (voluntary youth organisations). They offer challenging and enjoyable activities for young people, and prepare them to play an active part in the community while developing valuable life skills.

They aim to provide challenging and enjoyable activities for young people living in the UK and certain locations abroad and to better prepare them for their role in the community. Not only do cadets have the opportunity to learn new skills and engage in adventurous activities in disciplined and well-structured organisations, they may also gain BTEC qualifications based on their achievements. These qualifications equate to 4 GCSEs and may help them in their future education and career.

Metropolitan Police Volunteer Police Cadets

www.met.police.uk/cadets

Local VPC coordinator - 0208 246 1849

Stuart.kenworthy@met.police.uk

The success of the VPC is based on research identifying what's effective in working with young people from a wide range of backgrounds, including those at risk of offending. This research suggests the following four principles, which are central to how the VPC works:

- Developing 'social citizens' using the latest ideas in pro-social modelling
- Creating a warm, supportive and enthusiastic youth community with a welcoming approach
- Providing effective peer, leader and role model guidance using proven techniques
- Inspiring community involvement using restorative problem solving approaches

Goals Soccer Centres PLC (Junior Academy)

www.goalsfootball.co.uk/kids/junior-academy

Email via web site: www.goalsfootball.co.uk/enquire

Goals are welcoming boys and girls aged 5-16 of any ability or background to become part of the new Goals Junior Academy.

The academy promotes an inclusive, safe environment where players are free to progress at their own pace while enjoying the professional feel of facilities and coaching in a football environment.

Academy players are coached by FA qualified and experience coaches who coach to our philosophy of "always on the ball" meaning maximum ball playing time for quicker development in many of football and sports key areas.

The academy programming provides twice weekly coaching for its players and has been structured to ensure maximum fun, participation and progression in areas such as team work, movement and balance, football skills and energy for football - and life.

Regular Individual and Team awards celebrate players' progressional points for parents and players. The Academy provides quarterly competitions for all its players culminating in team and player presentations.

XLP

www.xlp.org.uk

02072566240

General Enquiries: info@xlp.org.uk

XLP is about creating positive futures for young people growing up on deprived inner city estates, struggling daily with issues such as family breakdown, poverty, unemployment and educational failure, and living in areas that experience high levels of anti-social behaviour, criminality and gang activity. Every year XLP helps thousands of them recognise their full potential. We believe positive, consistent relationships can restore a young person's trust in people, nurture the belief that things can change and encourage them to set positive goals and work hard to achieve

Hillingdon Youth Centres

www.hillingdon.gov.uk/article/30093/Youth-centres

Contact numbers listed on web page

youthops@hillington.gov.uk

Across the borough, there are several young people's centres - jam-packed with modern, fully-equipped facilities and programmes of activities to suit all. All centres are accessible to wheelchair users.

Targeted Programmes

Email : targetedprogrammes@hillington.gov.uk

Phone : 01895 556300

Targeted programmes deliver a range of informal learning, personal development and support programmes to children, adolescents and young adults. They also offer one to one mentoring support and access to information and advice. Call one of their Programme Coordinators who would be happy to advise which of our ten programmes would be best suited to your requirements. Alternatively, you can email Targeted Programmes and request a brochure.

Section 5

Community Based Organisations

Horn of Africa Youth Association (HAYA)

www.haya.org.uk

0208 8589 9569

Email: info@haya.org.uk

One of the leading organisations providing services through advice, opportunities for positive engagement through recreational activities and providing employment and training opportunities in for young people.

HAYA Aims are to promote the benefits of young refugees and other disadvantage, by associating together with local authorities, voluntary and other organizations in a common effort to provide facilities in the interests of social welfare with the objects of improving the conditions of life.

West London Somaliland Community (WLSC)

www.wlsomalilandcommunity.org.uk

0208 848 1180

E.mail: info@wlsomalilandcommunity.org.uk

They facilitate and help the integration of the Somalilanders in West London into the wider society and promote community cohesion.

To raise awareness about parental responsibility and to enable Somalilanders to face the challenges of parenting of the 21st century.

To prevent the Somalilanders youth involvement in crimes, and to enable Somalilanders to face the challenges of parenting of the 21st century.

To Prevent the Somalilanders youth involvement in crimes, and to relieve those who are in conditions of need, hardship and distress.

To enable the Somalilanders in West London to remain involved through training, workshops and conferences, in the reconstruction and development of Somaliland while simultaneously participating actively in the UK society.

To promote and maintain the cultural identity and heritage of Somaliland and to advance the education of the public on all aspect of the history of Somaliland.

Safer London

www.saferlondon.org.uk

0207 021 0301

info@saferlondon.org.uk

Safer London believes every young person should be given the opportunity to live free from exposure to gangs, exploitation and crime. Safer London, work tirelessly to make this happen.

They are the leading London charity working to prevent and address gang violence, vulnerability and sexual exploitation. They provide needs led intensive support, early intervention and mentoring through our extensive, pan London services.

Their vision is a world where all young people can thrive, free from exposure to gangs, exploitation and crime.

YMCA St Paul's Group

www.ymcastpaulsgroup.org

020 8399 5427

enquiries@ymcaspq.org

YMCA St Paul's Group provides accommodation and supports vulnerable people, as well as offering activities for families and youth. They are an inclusive YMCA and welcome everyone in our day to day work in London and beyond. They want everyone who has an involvement with YMCA St Paul's Group to be met at their point of need and come to know life in all its fullness.

The Community Law Partnership (CLP)

www.communitylawpartnership.co.uk

0121 685 8677

Helpline open between 9.00 am and 5.00 pm Monday to Friday. Solely for emergencies concerning Gypsies and Travellers, we have an out-of-hours emergency number which is 07768 316755.

office@communitylawpartnership.co.uk

The Community Law Partnership (CLP) is an award winning, progressive firm of solicitors specialising in the law relating to Housing and Public Law. CLP incorporates the Travellers Advice Team (TAT) – a ground-breaking nationwide 24 hour advice service for Gypsies and Travellers.

Friends, Families and Travellers

www.gypsy-traveller.org

01273 234 777

Our helpline is open Monday-Friday, 10:00am-4:30pm, excluding Bank Holidays.

They are the only national charity that works on behalf of all Gypsies and Travellers regardless of ethnicity, culture or background. They provide advice and consultancy, promote health and wellbeing, work on research and policy, deliver training and much more.

East European Resource Centre

www.eeac.org.uk

Advice Line **0800 121 4226**

Free from landlines, Monday to Friday 09:00 – 16:30.

voice@eerc.org.uk

Their vision is of London being home to Central and Eastern European (CEE) migrants where they can make choices about their families, work and homes, and live fulfilled lives as respected members of local communities. Their mission is supporting CEE migrants who experience poverty, exploitation and social exclusion in order to help them to make choices about their lives and realize their potential as equal members of communities.

Section 6

Health

Kooth Counselling service for young people

www.kooth.com.

Kooth is a free on line counselling and support service for anybody in Hillingdon between the ages of 11 and 19. Young people can message a counsellor when they need to , or they can schedule in live text-based chat sessions. Kooth counsellors are trained professionals and are available 365 days a year, from 12-noon until 10pm on weekdays and 6pm until 10pm on weekends.

The Mix

www.themix.org.uk

0808 808 4994 (free)

E.mail via web site:

www.themix.org.uk/get-support/speak-to-our-team/email-us

The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile

Young Hillingdon

www.hillingdon.gov.uk/article/30004/Emotional-health

Moving from childhood to young adulthood can be both exciting and confusing. Read about issues that may affect you during this time, such as social and survival skills, physical and mental health.

KISS (Keep It Safe 'n' Sorted)

www.hillingdon.gov.uk/kiss

01895 250721

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

Hillingdon Mind

www.hillingdonmind.org.uk

01895 271559

E.mail via web site:

www.hillingdonmind.org.uk/index.php/contactusatmind

Hillingdon Mind believes that life experience and the environment we live in play a major part in influencing our mental health. Our upbringing, the pressures of day to day living, the experience of trauma, discrimination, harassment and poverty can all have adverse effects on our mental well-being.

Their vision is of a society that promotes and protects good mental health for all, and that treats people with experiences of mental distress fairly, positively, and with respect.

The needs and experiences of people with mental distress drive our work and they make sure their voice is heard by those who influence change. Our independence gives us the freedom to stand up and speak out on the real issues that affect daily lives. They do this to make it possible for people who experience mental distress to live full lives, and play their full part in Society.

Young Minds

www.youngminds.org.uk

0808 802 5544 (Monday to Friday 09:30 – 16:00pm, free for mobiles and landlines)

E.mail via web site:

www.youngminds.org.uk/contact-us/general-enquiries

Leading the fight for a future where all young minds are supported and empowered, whatever the challenges. They are there to make sure young people get the best possible mental health support and have the resilience to overcome life's difficulties

Section 7

Bereavement

Cruse Bereavement Care

www.cruse.org.uk

National Helpline on 0808 808 1677 (free) Monday-Friday 09:30 -17:00 (excluding bank holidays). Extended hours on Tuesday, Wednesday and Thursday evenings, when we're open until 20:00.

areasupport@cruse.org.uk

They offer support, advice and information to children, young people and adults when someone dies. They work to enhance society's care of bereaved people

Hope Again

www.hopeagain.org.uk

0808 808 1677 - Monday - Friday 09:30 - 17:00

hopeagain@cruse.org.uk

Hope Again is the youth website of **Cruse Bereavement Care**. It is a safe place where young people can learn from other young people, how to cope with grief, and feel less alone. At Hope Again you will find information about services they provide, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies.

Bereavement Trust

www.bereavement-trust.org.uk

0800 435 455 (free) Open every evening of the year from 18:00 - 22:00. Including weekends, Bank Holidays, Christmas Day and New Year

info@bereavement-trust.org.uk

If you are experiencing bereavement, this Trust can help. The loss of a loved one may cause deep and painful grief. After the funeral, as life continues, the understanding and patience of friends may soon be exhausted. For a bereaved person, the loneliness that follows can be hard to bear.

Section 8

Other Useful Advice and Information

Knife Crimes.org

www.knifecrimes.org

Tel: 01206 512445 - Mob: 07913 584260

KnifeCrimes.Org is an Online Knife, Gun & Gang related information Resource
Violence Reduction, fewer Victims by Changing Attitudes.

Knife Crimes are a National Registered Charity providing peer support to families and friends affected by Serious Violent Crime or Bereaved as a result of Homicide. Involved in training, education, research and raising public awareness to achieve better rights for victims.

Support After Murder & Manslaughter (SAMM)

www.samm.org.uk/index.php

HELPLINE 0845 872 3440 (Calls charged at local rate)

info@samm.org.uk

SAMM is a national UK Charity supporting families bereaved by Murder and Manslaughter. They also provide advice and training to many agencies on issues relevant to the traumatically bereaved.

Drop The Weapons.org

www.met.police.uk/droptheweapons

This is a website from the Metropolitan Police, the aim to show how real people can turn away from violent crime.

Anyone with ideas on how to help people to drop the weapons, then we would like to hear from you.

The website contains links to support networks and other organisations that can help.

Hillingdon Neighbourhood Watch

www.hillingdonnhw.co.uk

0208 246 1869

all@hillingdonnhw.co.uk

Neighbourhood Watch is involves volunteering, in partnership with the Metropolitan Police (Hillingdon), supported by Hillingdon Council. Active Membership is about helping to reduce crime and the fear of crime in the local neighbourhood, and increasing natural neighbourliness. Neighbourhood Watch is about looking out for neighbours and neighbourhood, especially the old, young or vulnerable. Neighbours will naturally look out for you just as you will look out for them.

LBH Early Intervention and Prevention Service Participation Team

www.hillingdon.gov.uk/article/13380/Early-intervention-and-prevention-service

01895 250858

participationteam@hillingsdon.gov.uk

Advising schools, professionals, parents, children and young people of statutory school age on school attendance and tracking of young people aged 16 to 19 who may be not in education, employment or training (NEET)

National Children's Bureau

www.ncb.org.uk

E.mail via web site: www.ncb.org.uk/contact-us

The National Children's Bureau wants every child to get the best start in life, because they know that the early years are the foundation on which a person's future life chances are built.

The Home Office

www.gov.uk/government/publications/criminal-exploitation-of-children-and-vulnerable-adults-county-lines

This guidance outlines what county lines (and associated criminal exploitation) is, signs to look for in potential victims, and what to do about it.

Section 9

Report an Incident

Crime Stoppers

www.crimestoppers-uk.org

0800 555 111 (100% anonymous)

Report online:

www.crimestoppers-uk.org/give-information/forms/pre-form

Crime Stoppers are there to help tackle crime in the community - by phone and online, 24/7, 365 days a year.

They are an independent charity that gives you the power to speak up and stop crime, 100% anonymously.

They know that it can be difficult to come forward with information. People might have seen or heard something about a crime but don't know what to do, or are scared to give information. It's easy to think there is nothing people can do, but Crime Stoppers offer a safe way to do this.

The Home Office

www.police.uk/information-and-advice/reporting-crime

Report it via website

If you have been the victim of a crime or think you have witnessed one, you should report it to the police straight away. Your information could be used to prevent other crimes and help keep other people safe. Find out about the different ways of reporting a crime.

Hillingdon Child Protection

www.hillingdon.gov.uk/article/6759/Child-protection

01895 556633

ratduty@hillington.gov.uk

Safeguarding vulnerable children and young people at risk or suffering from abuse.

Worried about a child's safety?

If you have concerns that a child or young person is being abused or neglected within the London Borough of Hillingdon, please report your suspicions by calling, in confidence.