



Newsletter December 2021

Dear Parents and Carers,

Last Christmas as I sat in my coat, scarf and hat, eating Christmas lunch in my mother-in-law's garden, it didn't cross my mind that one year on and Covid would still be very much part of our lives. It has been an extraordinary twelve months and I would like to take this opportunity to thank you for your support as we have navigated 'bubbles', social distancing and other mitigations. Fingers crossed that this new variant doesn't force us to return to any of these. (Although our much-loved Year 7 Carol Concert is online again this year).

It has been wonderful this last term to see the students returning to something like normality. In classrooms, our Build Back Better strategy has seen a renewed focus on learning behaviours and indeed on learning as we all strive to fill any gaps left by long months of virtual learning; supporting students to gain both the knowledge and the skills they need for success.

At last we have been able to bring back extra-curricular activities to enrich our offer and it has been wonderful to see our sports teams' successes and to feel that 'buzz' around school as students rehearse for 'Matilda'. (Although Cooking Club is probably my favourite – delicious!).

It is lovely to read of all the student successes within these pages, whether that be achieving TEAM points for demonstrating our core values; participating in sports teams or extra-curricular activities; representing student voice on the School or Trust Student Councils, or by simply being a good friend. It makes me very proud to be Headteacher at Saltash Community School.

I hope you have a restful and healthy holiday.

With all good wishes,

A handwritten signature in black ink, reading 'Kate Littleddyke'. The signature is written in a cursive style.

Kate Littleddyke



Celebrating Reading Progress

We recently launched our Accelerated Reader programme and reading badges. This programme will encourage students to embrace the joy of reading by celebrating their reading progress. Over the following weeks, students will be taught how to use Accelerated Reader to earn their reading badges.

Each badge represents a milestone in reading success, celebrating the number of words they have read, starting at 20,000 words and going all the way to 5 million. There are over 35,000 books that can be used as part of Accelerated Reader, many of which can be found in our brilliant library or online library catalogue.

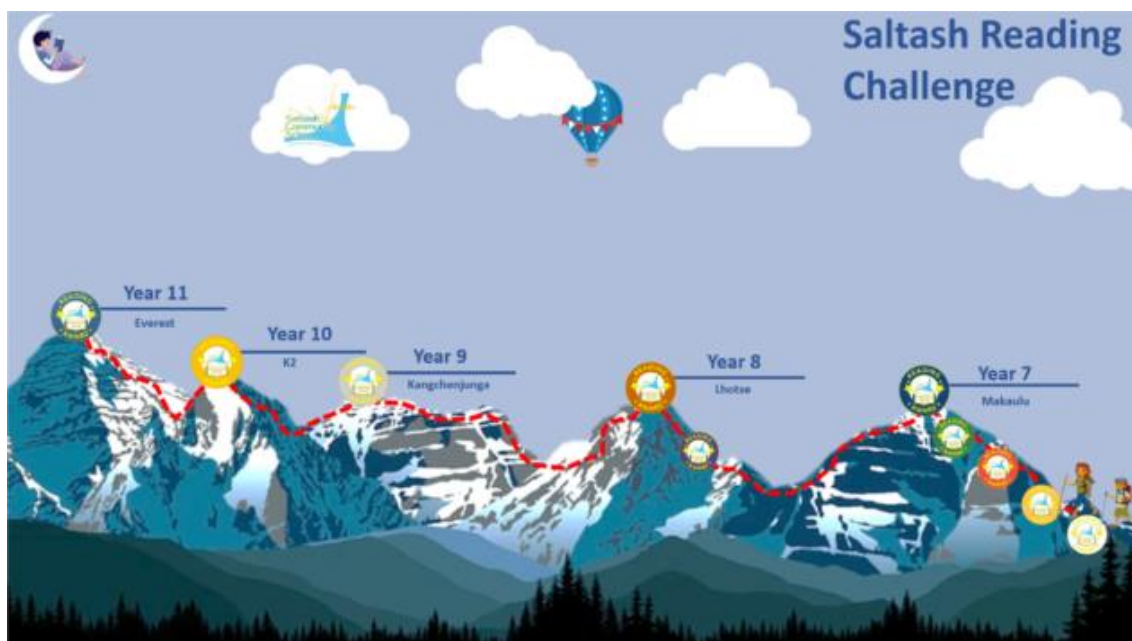


To support students with their reading, we have created our very own Reading Journey. Although there are many books to choose from, this journey includes suggested books for Year 7 all the way to Year 11, increasing in challenge to help students reach that 5 million badge.

Can they climb each mountain on the way to 5 million?

Who will be our first 5 million badge student?

We will hold a parent information session soon to answer any questions you have about the programme or the Accelerated Reader process.



YEAR 7

Year 7 – What a brilliant start to life at Saltash Community School!

Year 7 should be congratulated for the start they have made to their life here. As we all know, before starting in September, our Year 7 students had a really tricky time in both year 5 and 6 due to Coronavirus and so the transition from primary to us here at Saltash Community School had the potential to be even more challenging than in previous years. Our students have coped amazingly well, from Day 1 they have responded to our routines and expectations really well – thank you and well done 😊.

I was lucky enough to meet many of the students during the summer as part of our transition programme. During our Big Step Week over 150 of the year group got involved. The team that led the week commented on how brilliant our students were, they made a great first impression on them and me!

Since starting in September we have celebrated many success stories across the year group: Bluebell and Noah were elected as our MAT Student Council Reps – they were up against students in other year groups too, so this is a fab achievement. I know they have and will continue to represent both our year group and school brilliantly with a mature and considered approach.

Year 7 are brilliantly represented in our upcoming school production of Matilda and more imminently our Christmas Carol Service!



There have been some fantastic sporting achievements this term too. The PE Department were full of praise for the tenacity and aspiration shown by everyone who participated in our inter tutor cross country event. A particular well done to Harry, Dan, Preston, Merryn, Gemma and Isabella!

Some of our girls represented the school brilliantly when they took part in a Cornwall School Games event last month. Miss Smith said that they were an absolute pleasure to be with and were highly motivated to succeed:

Netball TEAM

Megan, Genevieve, Mia, Isla, Isla, Sophia, Kayleigh and Amy

Football TEAM

Merryn, Gemma, Millie, Ella, Erin, Lexie, Lyla and Pippa

The Inter Tutor Rugby and Football competitions have been contested in excellent spirit too with many of those involved competing for the first time. Thank you for getting involved and also for supporting one another.

Over 40 of the year group have already received more than 100 praise points, with Henry and Keira well on the way to 200 with 180 and 167 points respectively. It is great to see how tutor groups are performing too! It is very close across the board!

It is not just me and Mr McKie who have been impressed with the year group so far, our tutor team is also full of praise!

Thank you for such a positive term. I hope that you are proud of how you have settled, and the TEAM values you have shown so far. Have a fantastic Christmas break and we look forward to seeing you again in 2022!

Mrs Feldwick & Mr McKie

7HEM

7HEM recently took part in Battle Royale, where they went head-to-head with another tutor group to see who could get the most positive house points over the course of a week. They all did tremendously well and it got very competitive, which shows us that they have high aspirations to succeed and are motivated to do their best 😊 Well done to all!

Miss Markie

7XLB

What a whirlwind these three months have been. 7XLB are fantastic! Every single one of them has something to give to our tutor group; originality, humour, kindness, intelligence, resilience: the list is endless. Our Team Reader and quizzes in the mornings are a brilliant way to start each day and something I really relish and look forward to. Thank you for a great term and I look forward to seeing each one of you grow and progress throughout the years to come at Saltash. You are a great tutor group. Merry Christmas 7XLB! 😊

Mr Barnes

7SMO

Well, what a busy term this has been!

A big congratulation must go to Erin and Jay who have achieved the highest number of positive points in the tutor group; Erin was on 99 (at my last count) and Jay was on 122!

After a bit of debate, the tutor group came to the agreement that DT is their favourite subject. They have really enjoyed their DT practical lessons and have been cooking up a storm. There have been a few disasters though – James produced cupcakes that were burnt on the outside and liquid in the middle (not sure what Paul Hollywood would say about that) and Ethan's mum tried to reheat his cupcakes in the microwave and the blueberries exploded! Ella and Freya have really been enjoying their football training on Tuesdays, after school. Despite the cold weather, they are loving the opportunity to compete as part of a team. You really are great examples of our school values so well done!

The West End is calling for Joe P! He has been cast as Tommy in the upcoming school production of 'Matilda' and he has really been enjoying the Theatre Royal Drama Club as well. I will definitely be getting tickets to go and watch this fabulous musical.

Finally, Charlie R is the Form Rep for 7SMO and he was selected for this important role by Miss Gallie, after his fantastic application for the MAT School Council. I know that Charlie will do SMO proud and share our vision for making Saltash Community School the best that it can be.

Have a wonderful Christmas and don't forget Mr Hartley's wise words: *please try to wear a reusable face covering to reduce waste and to limit the negative impact on our planet.*

Mrs Oates

7SAS

7SAS have been impressively working on TEAM reader, getting to know where the Caribbean is, making drawings of what they have read and getting used to being attentive readers-along.

We have all made progress in lining up in a straight line and more quietly by rating our own line-ups every week. Having a no-minus-point day each week has been our last challenge after realising we get many positive points but still a few too many negatives. The students who get it right every day and on these days are numerous, a huge well-done and thank you to all of those.

We have been celebrating 4 students in our 'Celebrate 7SAS' sessions. These are Lewis, Tommy and Teagan for 100 praise points this term and Pasha and Oliver for settling in well into our tutor group.

Mrs Schon

7NCL

What a fantastic first term! I am extremely proud of my entire tutor group and commend them on their adaption to secondary school life following a difficult final year at primary school. They have gelled strongly as a group and have shown some great attributes, such as the ability to listen and reflect on their learning. A lot of their teachers have commented on their high level of maturity and empathy for each other that will ultimately help them progress towards their individual goals in the near future. During tutor period we have been reading *Mythos* by Stephen Fry which helps to build student vocabulary and strengthen their literacy skills. Each session we discuss key vocabulary and the characters' portrayal.

Collectively, 7NCL had earned the most praise points until last week when we were pipped by 7HEM but I'm sure we will bounce back with some extra effort after hearing this news! Well done to the following students who have already reached over 100 praise points Lauren, Isabel, Sapphire, Megan, Louie, Zach, and Matthew.

I have been particularly impressed by the number of Tutees who have been attending extra-curricular clubs: Megan and Isabel who attended surf club in the first half term; Jago and Louie, Basketball club; Rosen and Emily T have been attending drama club, working on the Matilda production. Please all continue to get involved and give the clubs a go and finally well done to the girls who have made it to the Inter tutor football finals this week taking place on Wednesday against 7SAS Good luck! I will be coming to support you.

Mr Lutey

7EEP

7EEP have made a fantastic start to their time at Saltash Community School. There has been so many examples of where students have shown kindness to each other; a hug when someone has felt anxious about school, guidance when someone was lost, a prompt to find the right page of our book, a smile to a new member of the form. They are a form to be proud of! We have been reading, 'Goldfish Boy' which has kept us guessing who it was that took little Teddy; was it Old Nina? Was it his evil sister Casey? We have explored themes such as black history, remembrance, bullying, well-being etc and the students always approach this with maturity and empathy. I am looking forward to another brilliant term after Christmas!

Mr Eaglestone

7PMB

What a great start to the day! With 7PMB I get to read *The Truth of Things* and together we have gasped, screamed and laughed – sometimes all at the same time. Meeting 7PMB at 8:30 could not be a better start to the day. So many smiling morning faces.

Mr Birch

7NGW

What a sensational bunch 7NGW are. Packing a punch in the house points competition, always setting the example and showing real empathy for others. Superstars!!!

Mr Granville-West

YEAR 8

What a fabulous term Year 8 have had. Like butterflies emerging from their chrysalides, students stepped out of the Year 7 Bubbles that dastardly covid had meant had been their main experience of Big School since transition, into the big wide world of their school. What excitement! What challenge! What great achievement!

It was with huge delight that Mrs Sloggett and I joined the Year 7 team, to move with the year group on their final step of transition. Year 8 have grasped every opportunity that has come their way and have embraced a full and fabulous more-regular school life. Getting lost as they explore the corridors of the school? Not a problem for the intrepid members of Year 8. Settling into the Key Stage 3 STAR Centre? A smooth step, bravely taken. Grasping the challenge of self-management, timetable-reading and before-school bag-packing? A cinch (*in general... Mrs Sloggett has a seemingly endless supply of reminder timetables!*). And more impressive yet is that every individual who has found a barrier to overcome, or a challenge to face in all these changes (which have not been inconsiderable) they have done so with truly admirable bravery and determination to succeed. What a truly magnificent group of young people. I am so proud of you.

And to prove this we have already led the way with stunning success. A huge well done to the cast of "Matilda," with both supporting and leading roles going to Year 8s. A mega-well-done to the Year 8 Netball team who WON the qualifiers or the Cornwall School Games finals, and the Year 8 football team who SMASHED a fab third too. An admirable well done to the energetic few who won our inter-tutor group cross country competition, and "ssshhh..." some quiet please, for our keen readers who are marching through their Accelerated Reader challenge. What huge success, and a huge well done too to those students who have smashed the 100 TEAM point mark already this year! There simply is no stopping you.

Well done to you all. Year 8 rock!

Mrs Metters

Head of Year 8

Year 8 DT Club students made Christmas themed tea light holders



YEAR 9

Year 9 have had a brilliant start to the 2021-2022 academic year. I am extremely proud of how they have handled the return to a 'normal' school day, it has been a challenge for all of us but as a TEAM we have grown and worked together, showing a great example of the school values to the younger year groups.

This term has given Year 9 a variety of opportunities from taking part in the Cornwall School Games, creating device cases from recycled plastics, reading as a tutor group, to travelling to London to watch Matilda and Come From Away.

Year 9 successfully represented Saltash in Girls' Football and Boys' Rugby at the Cornwall School Games, the Girls' Under 15 team also beat Callington 4-0 in a game that really brought them together as a team.



I am very proud of the tenacious attitude shown by the students who have been part of the Student Council and those involved in the MAT Student Leadership Council, they have all represented themselves and the school extremely well, showing exemplary leadership skills.

The introduction of TEAM Reader during registration time 3 mornings a week has been a huge success, reading is such an important part of education and taking the time to do this each week is really enriching the students' days. We have also covered a variety of different topics over the other 2 registrations a week including, anti-bullying, mindfulness, resilience, gender identity and Black History Month.

Each Friday the groups share the positives of the week and I am very proud to let you know that as a year group we have gained 12,029 positive behaviour points since September, this is the third highest of all the year groups in the school, great job TEAM Year 9!!

I wish you all a restful Christmas Break and look forward to welcoming everyone back in 2022.

Miss H Crook

Head of Year

YEAR 10

Year 10 have spent this term focussed on getting their classrooms as purposeful working environments. We've spent some morning registration time looking at what this means, and why this will help them with their learning. The Year Group have also been exemplary during their morning line up routines and setting this high standard.

Our school reps have attended meetings to feed back on what they would like to see changed and improved in school. We're also delighted that Jacob applied and was successfully selected to serve as a representative for SMART council.

Some of our Year 10 students attended an Employability workshop run by The Future First organisation. The session was supported by former students of our school who spoke to our students about the steps they have taken within their careers and the adversity that they have faced and how they have overcome it.

Students were able to ask a whole range of questions and also have opportunities to reflect on their own skills, what they are good at, their passions and how they build their resilience as well as receiving advice about what our guests would advise their 14 year old selves. It was brilliant to be able to have this session face to face once again and hopefully it will be the first of many to come to help our young people be the best versions of themselves and achieve amazing things.



As we move in to next term, closer to Easter, the Year Group will be selecting a Prom and Year Book committee so that we can ensure the planning for this takes place over the next few months, to allow them to help shape these key school moments, whilst also allowing this to be largely finished, so they can be focussed fully on their exam preparation in Year 11.

Mr S Wieprecht

Head of Year

YEAR 11

I would like to start by saying a massive thank you and well done to all the Year 11 students. They have had a challenging start to the year, amid new systems and routines, the students had to take on their mocks. The way they conducted themselves through this process was exemplary, gaining an ovation from the exam invigilators at the end of the it.

As the term has progressed it has been great to see so many of the students taking up some of the opportunities offered to them. The Prom committee has already met and started planning some of the arrangements for Prom and the yearbook. I am really looking forward to continuing to work with this group and seeing how their plans come together next summer. Lunch time sports club is proving popular, with students embracing the opportunity to play football or basketball in the sports hall. Again, the Year 11 students have been praised for the way that they conduct themselves during this.



Congratulations to Oliver, Huey, Catherine and Naomi who have been involved in representing the school in various team performances already this year. Well done to those students who have stepped up and taken on the role refereeing, acting as ambassadors for the school whilst supervising football and netball tournaments for younger year groups, again the feedback about how these students have represented themselves and the school has been incredible.

It has also been great seeing year 11 students putting themselves forward in performing arts, the open mic night held earlier this term was a brilliant opportunity for the students to show off some of their incredible talents and was a really entertaining evening. Congratulations to the students who have secured a part in 'Matilda' for the school performance, I am already really looking forward to watching this. I had the privilege of watching some of the GCSE Drama pieces and was blown away by the captivating performances, amazing!

In November, I was fortunate to be involved in taking a group of students to London as part of their Drama, Music and CoPE course. This provided the students with an opportunity to have a guided tour of London, explore Covent Garden, watch some incredible shows. The CoPE students had an opportunity to go to the London Dungeons (and witness me be absolutely terrified). With restrictions on trips due to COVID, it was great to see the students enjoying the opportunity of exploring somewhere different. Following the trip, the tour company wrote a letter to the school, praising the students and highlighting what a pleasure they were to be around.

As we move into the New Year, I am looking forward to supporting the students as they prepare for the next chapters of their educational journey.

There is so much to be proud of – you are all amazing!

Looking forward to seeing you all in January.

Ms S Rogers

Head of Year

SIXTH FORM

This has been a very busy start for the Sixth Form as everyone gets back into the routine of study. All Year 13, and most Year 12 students, have completed a week's study skills course with Mrs Johns, equipping them with ideas to support their revision and independent learning.

Sixth Form elected Summa, Aaron, Amy and Leon as their Head Student Team.



Well done to 12LGG who took the title of the 'Quiz of the Week' champions, with an amazing 33 points.

Some of our students (Erin, Freyja, Summa, Amy and Ellie) have been working with BBC Radio Cornwall to compose informative pieces about the Saltash experience. They can be heard here: <https://www.bbc.co.uk/programmes/p09x4jxw> (00:10 and 02:44) and here: <https://www.bbc.co.uk/sounds/play/p09x4kf4> (03:25)

We are really proud of them. Thank you to Mrs Gue for arranging this opportunity.

As part of Black History Month, students were engaged in learning about some significant black figures in recent British history. This learning culminated in a test of each group's knowledge with both 12LGG and 13CEH taking home the prize.

On Wednesday, Year 12 students were provided with the information needed to secure a work placement for the compulsory work experience week next year (18th -22nd July, 2022). Students need to ensure that they are contacting employers to meet the 17th December deadline. If you should have any queries, please contact the tutor team in the first instance.

Have a restful break.

Ms E Childs

U16 Girls Football success



I wanted to share the amazing news about the U16 Girls Football team. The team recently played Torpoint in the second round of the Cornwall Cup and won 4 – 2! After a difficult start due to missing players and going 1 – 0 down in the first half the girls fought back in the second half after scoring a penalty and 3 more goals. They showed real tenacity and resilience throughout!

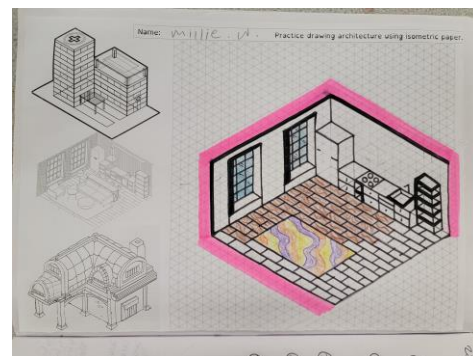
Bella made a huge impact in the second half and Hannah led the way with her determination and effort as Captain throughout the game. Hannah was selected player of the match. All of the girls involved played really well and we are very proud of the standard of football they demonstrated. The team are playing Launceston in the next round. A huge thank you to the Game Of Our Own girls for helping organise players.

Additionally, to Huey who refereed and Huck who was linesman, they both showed fantastic leadership skills!

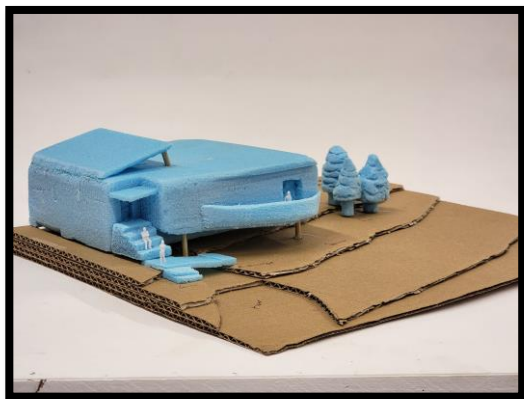
All round, a great team effort! Well done guys.



Technical drawings done by year 10-designing an eco friendly hotel

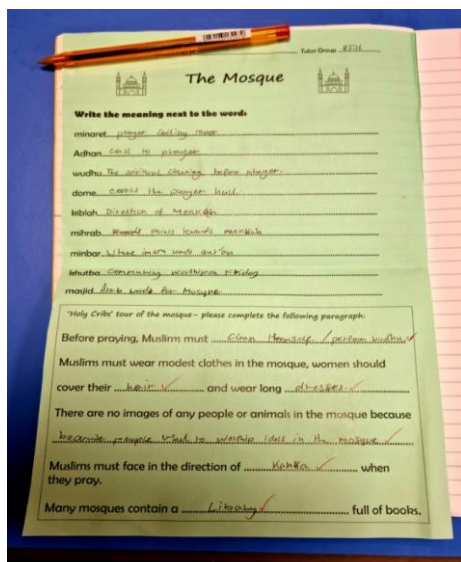
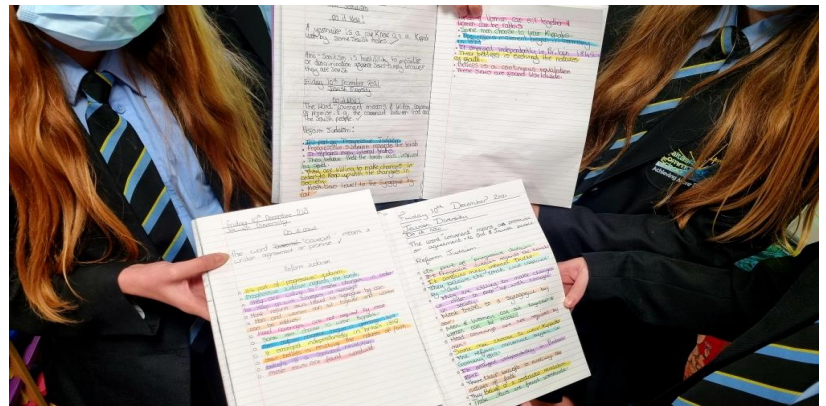


Some of the practical outcomes for year 10 GCSE design technology-eco hotel project

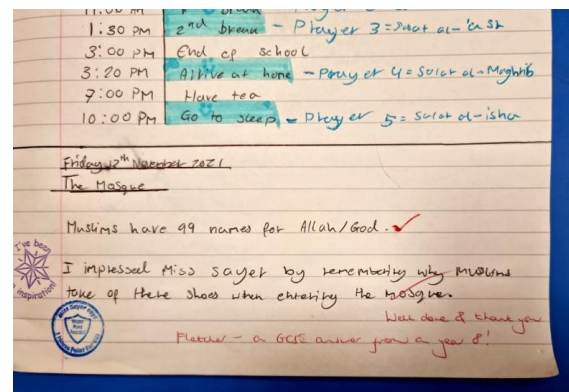


Exemplar Work from the RE Department – Autumn term 2021

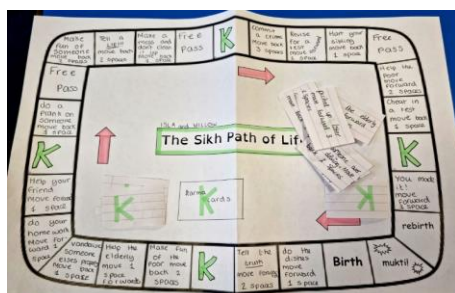
Year 7 demonstrated excellent tenacity and motivation when researching different groups within the Jewish religion.



Year 8 produced detailed work about the mosque, the Muslim place for worship.



Year 9 showed great aspiration and teamwork making board games to illustrate Sikh/Sikhi teachings about what happens in the afterlife.





At Saltash Community School we are committed to ensure best practice throughout the school and to continue to build on our strengths as an inclusive school. To that end the school is working to achieve the Rainbow Flag Award.

This Award is a national quality assurance framework focussing on LGBT+ inclusion and visibility.

The award supports schools to combat and prevent homophobic, biphobic and transphobic bullying and promote LGBT inclusion.

Our preliminary work towards this Award has begun this term with a focus on gender identities. Alongside this, we are hosting a fortnightly club for members of the LGBT+ community and their allies. In the new year we will be exploring LGBT+ history for the celebration in February.

Mrs Noble has sent me some lovely photos of the Royal Navy activity completed by the Year 11 **Hospitality and Catering students**. The winning group is wearing their new Navy t-shirts!



It is just so lovely to be able to enrich our curriculum with these opportunities once more.

London Trip

November was an exciting time for Performing Arts and CoPE, the team took 73 students from years 9, 10 and 11 to London to see the sights and watch two West End Musicals `Come from Away` and `Matilda`.

We had a fantastic tour of London on the Coach, some time in Covent Garden shopping and taking in the Street Theatre, followed by a late night watching `Come From Away` which was a really clever show about when the planes had to land in NewFoundLand during the 9-11 incident in 2001. The students then had a night in the Premier Inn, where the hotel staff commented about how we were the best school group they had ever had, so polite and well behaved!

The next day, the CoPE students went round the London Dungeons and had a tour of London on Foot and the Performing Arts Students watched `Matilda`, Mrs Venner was very emotional about this as she had been waiting to watch it in the West End since March 2020! Some fantastic laugh out loud moments in this show!

You soon won't need to go to the West End to watch it though as will be performing the Junior version at the end of the Spring term, here at Saltash Community School! We can't wait to run the London Trip again, our students were a credit to the school and we want to say a big thank you to them.



Super Car Visit to Saltash Community School

We were so fortunate to host former Saltash Community School student Brad Carr, who bought a number of Super cars with him to showcase his business which is a private cars members club, the cars turned up in secret parking at the front of the school to surprise our Y10-13 Business Studies students:

Mercedes A35 AMG (Yellow) - SCC Support Vehicle (310 BHP)

Ferrari 488 Pista (Blue) - Mid-Engined V8 Twin Turbo (710 BHP)

Ferrari F12 Berlinetta (White) - Front-Engined V12 Naturally Aspirated (730 BHP)

McLaren 570S (Grey) - Mid-Engined V8 Turbo (562 BHP)

McLaren 765LT (Orange) - Mid Engined V8 Twin Turbo (755 BHP)

Students were given a presentation by Brad about the importance of work experience and setting up your own business and the hard work that it has taken starting a business from scratch and what students need to do to achieve their ambitions and aspirations.

Students were then fortunate enough to have a tour around the cars and learn more about them, asking Brad and the car owners questions. All students involved were fantastic and a real credit to our school and thoroughly relished the opportunity including our zone students who loved being able to wave the cars off.

It was a morning to remember and the talk of the school,

Emma Gue



Support at Christmas

The festive season is here and while it can often be a joyful time, it can also be stressful and anxiety-provoking for many.

Prioritising self-care at this time can bring a wealth of wellbeing benefits, which are explored in our [Guide](#) from Psychology Associates.



There are also lots of different forms of support available as follows:

Phone Services

- TEXT shout to 85258 for support in a crisis
- TESS text support (girls/young women affected by self-harm) – 07537 432 444 (7pm – 9.30pm every day except Saturdays)
- ChildLine Telephone Support – 0800 1111
- Samaritans telephone support – 116 123
- Mind - 0300 123 3393 info@mind.org.uk Text: 86463 (9am to 6pm, Monday to Friday (except for bank holidays).
- Papyrus (Prevention of Young Suicide) Hope Line 0800 068 4141.
Email pat@papyrus-uk.org (9am – 10pm weekdays 2pm – 10pm weekends)

Websites

- Young Minds – www.youngminds.org.uk
- Kooth – on-line counselling/support for young people www.kooth.com
- Savvy Kernow – health/well-being/help/advice <https://www.supportincornwall.org.uk>
- Mind - www.mind.org.uk
- Samaritans www.samaritans.org

APPS

- Smiling Mind – A meditation app that aims to bring balance to individual's lives, to assist with depression, anxiety and stress, to manage unhelpful thoughts.
- SAM (self-help and anxiety management) – An app designed to help people manage their anxiety levels and identify different triggers
- Sanvello – Uses Cognitive Behavioural Therapy, mindfulness and relaxations based techniques to help with anxiety, depression and stress
- Sleepio – A six week tailored programme accessed online designed to treat insomnia and in doing so help with anxiety and depressions.
- Calm Harm - An app to support you in managing self-harm urges with a variety of techniques
- Self-Heal – Supports reduction of self-injury. Offers short and long term coping strategies.
- Stay Alive – Offers support both to those experiencing thoughts of suicide and to those concerned about someone else.

SOCIAL MEDIA

Twitter

- Rethink Mental Illness [@Rethink](#)
- School Mental Health [@SchoolMHealth](#)
- Mental Health First Aid England [@MHFAEngland](#)
- Dr Pooky Knightsmith [@PookyH](#)
- Natasha Deveon [@NatashaDevon](#)
- Young Minds [@YoungMindsUK](#)
- Samaritans [@Samaritans](#)
- Mental Health Foundation [@mentalhealth](#)
- SANE [@CharitySANE](#)
- Heads Together [@heads_together](#)
- Mind [@MindCharity](#)
- Time to change [@TimetoChange](#)

Facebook

- [The Invictus Trust](#)
- [Mind](#)
- [The self-esteem team](#)
- [Time to change](#)
- [Young Minds](#)
- [Mental Health Foundation](#)
- [Blurt Foundation](#)

Below are some dates for your diary when we return in January:

Tuesday 4th January:

**School closed for staff training day
Sixth form on site for Covid testing only**

Wednesday 5th January:

**Year 13 on site for mock exams
Year 12 on site for lessons**

Thursday 6th January:

**Years 8 and 11 on site for Covid testing only
Year 13 on site for mock exams
Years 8, 11 and 12 on site for lessons**

Friday 7th January:

**Years 7 and 10 on site for Covid testing only
Whole school returns
Year 9 Covid testing**

Tuesday 15th February:

Year 7 - Parents' surgery (virtual)

Monday 21st - Friday 25th February:

Half Term

Monday 28th February:

School closed for staff training day



USEFUL NUMBERS FOR OVER XMAS/NEW YEAR.

In case of a crisis or emergency over the Christmas period please contact the numbers below for advice and support

Plymouth Gateway (Option 1)	01752 668000
Harbour Drug and Alcohol Service	01752 434343
The Samaritans	03300945717
Plymouth Domestic Abuse Service	01752 252033
National Domestic Violence Helpline	0808 2000247
Refuge	01752 562286
Shelter	0300 3301234
Parent Line Plus	0208 85093895
Talk to FRANK	0300 1236600
Plymouth Food Bank	01752 254981
Non-Emergency Police	101
NHS Direct	111
Derriford Hospital	01752 202082
Water - Southwest Water	0344 3462020
Gas – Transco	0800 111999
Electricity – Western Power Distribution	08006783105
First Response (if experiencing mental health <u>crisis</u>)	0800 923 9323