

Web Site	Description
<p>www.babcockinternational.com/markets/training/vocational-training/</p>  <p>Tel: 0800 731 8199</p>	<p>The UK's Largest Provider of Work-Based Training. Delivering high quality government-funded and commercial training programmes within the workplace.</p> <p>Our Equality, Diversity & Inclusion policy is aimed at all Babcock Skills & Learning's customers and reflects the core values and guiding principles of 'being babcock' and 'All together different – diversity at Babcock', the company ethos for equality, diversity and inclusion.</p> <p>Babcock believes that fairness and equality of opportunity are a fundamental human right for all. We wholeheartedly support the principles of equal opportunity and diversity for all, including but not limited to: its employees, subcontractors, other stakeholders, partners and customers. In recognition of our commitment, we are proud to be awarded Investors in Diversity, which validates the above, and Matrix status for the quality of our information, advice and guidance provision.</p>
<p>www.babcocktraining.co.uk/theknowledge</p>  <p>Tel: 0800 731 8199</p>	<p>'The Knowledge' is an interactive online learning resource, exclusively developed for Babcock learners. It is an immediate and highly visual learning aid giving you access to a fun way of learning to support you on your programme.</p> <p>The Knowledge is built around a city, each building representing a sector delivered by Babcock Training. Once you have entered the building you are zoomed through a lift, where you are able to choose your level/qualification and find resource material relevant to your programme.</p> <p>The Knowledge also contains our customer policies on Equality, Diversity and Inclusion, Customer Care, Safeguarding and the Information Charter.</p>
<p>https://skills.big-learning.com/</p>  <p>If you have any questions regarding BIG-Learning or accessing the system please then please email: onlinelearning@babcockinternational.com</p>	<p>'BIG-Learning' is an online learning platform, exclusively developed for Babcock learners. It is a highly visual learning aid that will give you access to a variety of interactive learning resources that will support you on your programme.</p> <p>Once registered for BIG-Learning you will have access to an online learning programme that has been created specifically to develop the knowledge and understanding for the subject or qualification you are studying.</p> <p>At Babcock we understand it's not about the destination, but about the learning journey.</p> <p>BIG-Learning also contains our customer policies on Equality, Diversity and Inclusion, Customer Care, Safeguarding and the Information Charter.</p>
<p>https://www.babcockavol.co.uk/BabcockAvol/JVSeArch.aspx</p> 	<p>Apprenticeship and Traineeship vacancies advertised by Babcock.</p> <p>In addition to our own internal vacancies we work with many of our employer partners across the UK to assist in the recruitment of apprentices and trainees on their behalf, to search and apply for these vacancies please go to the BabcockAvol website or call 0800 731 8199.</p>
<p>www.careerswales.com/en/</p>  <p>Tel: 0800 028 4844 (from a landline) or 029 2090 6800 (from a mobile)</p>	<p>Apprenticeship Matching Service (AMS) found on Careers Wales for vacancies advertised by Babcock.</p> <p>Content available in English and Welsh language.</p> <p>Careerswales.com provides tools and resources along with information on jobs and training, pathways, careers advice, educational courses and events calendar.</p>

Web Site	Description
<p>www.economy-ni.gov.uk/</p> 	<p>Northern Ireland's Employment and skills programmes (including apprenticeships): Advice for jobseekers and employers on employment and recruitment programmes that aim to deliver a skilled workforce to meet the needs of the Northern Ireland economy. Further Education: Advice on all aspects of further education including policy, courses, how to apply and financial support available.</p>
<p>https://www.nidirect.gov.uk/campaigns/careers</p>  <p>Tel. 0300 200 7820 (Mon-Fri 9.00 am to 5.00 pm)</p>	<p>Northern Ireland's careers advice is only part of the many services offered by nidirect, which includes a Chat online with a careers adviser service. Other educational IAG include:</p> <ul style="list-style-type: none"> • 14-19: education, employment and training options • Adult learning • Careers • Education and jobs abroad • Higher education • Pre-school development and learning • Schools, learning and development • Skills to succeed
<p>www.myworldofwork.co.uk/</p> 	<p>My World of Work has been developed by Skills Development Scotland as part of the Scottish Government's commitment to an all-ages careers service.</p> <p>My World of Work is online to help you through every stage of your working life, from school right up until you retire. Includes feature articles on a wide range of topics like choosing a career, learning and training, applying for jobs and making a career change.</p>
<p>www.myjobscotland.gov.uk/home/</p> 	<p>myjobscotland is the national shared recruitment portal for Scotland's 32 local authorities.</p> <p>The recruitment portal has been designed to provide easy access to local authority jobs across the country and in doing so they have worked with the Equality and Human Rights Commission, the Scottish Human Rights Commission, the Equality Network and the Scottish Councils Equality Network, to ensure the site meets the needs of everyone.</p>
<p>nationalcareersservice.direct.gov.uk/Pages/Home.aspx</p>  <p>Tel: 0800 100 900</p>	<p>The National Careers Service provides information, advice and guidance to help you make decisions on learning, training and work opportunities. The service offers confidential and impartial advice. This is supported by qualified careers advisers.</p>
<p>www.rathboneuk.org</p>  <p>Tel: 0800 731 5321</p>	<p>Rathbone is dedicated to working with young people who very often have not been successful in their secondary education.</p> <p>Many such young people require access to education and training opportunities that are tailored specifically to their learning and social support needs.</p>
<p>www.campaign-for-learning.org.uk/cfl/index.asp</p>  <p>Tel: 020 7798 6067</p>	<p>We are all born eager to learn. But for too many of us, our enthusiasm for learning wanes as we get older. To create a learning society, we must remain keen learners throughout our lives. The Campaign for Learning believes this can only happen when learning is understood, valued and accessible to everyone, as a right.</p>
<p>www.prospects.ac.uk</p> 	<p>Graduate Prospects is the UK's leading provider of information, advice and opportunities to students and graduates. They publish a wide collection of journals and directories, as well as provide an extensive graduate careers website.</p>

Useful websites for you to access

Web Site	Description
<p>www.dfes.gov.uk/</p>  <p>Department for Education</p> <p>Tel: 0870 000 2288</p>	<p>The Department for Education is responsible for education and children's services in England. They work to achieve a highly educated society in which opportunity is equal for children and young people, no matter what their background or family circumstances.</p>
<p>www.gov.uk/government/organisations/department-for-business-innovation-skills</p>  <p>Department for Business Innovation & Skills</p>	<p>This gov.uk site gives access to tools and guidance for business, jobs and pensions. Learn about export control. Find business finance and grants and get export support. Information about How the Government works.</p>
<p>www.gov.uk/browse/education</p> 	<p>This gov.uk site will help if you are at school, planning to go on to further or higher education, looking for training or interested in a student or career development loan.</p>
<p>www.princes-trust.org.uk</p>  <p>Prince's Trust</p> <p>Tel: 0800 842 842</p>	<p>The Princes Trust helps 13-30 year olds to develop confidence, learn new skills and get into work.</p>
<p>www.bbc.co.uk/radio1/advice</p>  	<p>Explore the BBC's Advice site; including A-Z Fact files, on matters ranging from School, Studying and Work, Health & Wellbeing, Bullying, Racism and Law, Money & Your World sections.</p>
Debt Help	
<p>www.nationaldebtline.co.uk/</p>  <p>National Helpline: 0808 808 4000</p>	<p>The National Debt Line provides free confidential and independent advice on how to deal with debt problems.</p> <p><i>Refer to website as advice differs for each country – esp. NI.</i></p>
<p>www.hmrc.gov.uk/</p>  <p>See website for applicable Tel. number or email</p>	<p>HMRC are the UK's tax authority. Responsible for making sure that the money is available to fund the UK's public services and for helping families and individuals with targeted financial support.</p> <p>Refer to HMRC Contact Us page to access the telephone number or email address per your type of query.</p> <p>Also see, HMRC services for customers with particular needs: www.hmrc.gov.uk/contactus/particular-needs.htm</p>
Age – protected by the Equality Act 2010	
<p>www.ageuk.org.uk/</p>  <p>Tel: 0800 169 6565</p>	<p>Age UK works to improve later life for everyone by providing life-enhancing services and vital support.</p> <p>Age UK also have specific information on Age Discrimination and Rights. Age discrimination is unlawful in employment, training and education. They can explain what the new rights are and who they apply to.</p>

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Disability – protected by the Equality Act 2010	
<p>www.scope.org.uk/support/disabled-people/local-advice</p>  <p>Tel: 0808 800 3333</p>	<p>Disability Information and Advice Line (DIAL) services are run for and by disabled people. Every year, DIALs support around half a million disabled people.</p> <p>DIAL information and advice services are based throughout England and Wales. They provide information and advice to disabled people and others on all aspects of living with disability. DIAL groups give information and advice on: welfare benefits, community care, equipment, independent living, mobility and transport, discrimination, holidays, and much more.</p>
<p>http://patient.info/health</p> 	<p>Patient is one of the most trusted medical resources online, supplying evidence based information on a wide range of medical and health topics to patients and health professionals. Please refer to their A-Z on health as it is particularly comprehensive, not only giving you information about illnesses or disability, it also provides a wealth of condition-specific support sites, some examples included below.</p>
<p>Example support site: www.macmillan.org.uk/</p>  <p>Tel: 0808 808 00 00</p>	<p>Cancer or being associated with someone that has cancer is protected under the Equality Act 2010.</p> <p>Macmillan are a source of practical and/or emotional support, helping with all the things that people affected by cancer want and need. It's not only patients who live with cancer, Macmillan also help carers, families and communities.</p> <p>Please also refer to the Patient Info site which leads to multiple support lines where you or a family member can get advice and support.</p>
<p>Example support site: www.tht.org.uk/</p>  <p>Tel: 0808 802 1221</p>	<p>HIV or AIDS or being associated with someone that has HIV or AIDS is protected under the Equality Act 2010.</p> <p>The Terrence Higgins Trust (THT) is the largest voluntary sector provider of HIV and sexual health services in the UK, running services out of local centres across Great Britain.</p> <p>Their local services fall into three areas: long term condition management; health improvement and clinical services.</p> <p>Please also refer to the Patient Info site which leads to multiple support lines where you or a family member can get advice and support.</p>
<p>Example support site: www.mssociety.org.uk/</p>  <p>Tel: 0808 800 8000</p>	<p>Multiple Sclerosis (MS) or being associated with someone that has MS is protected under the Equality Act 2010.</p> <p>MS can be tough to deal with. Whether you have MS yourself or you're close to someone who does, it can throw a lot at you, often without warning. You don't have to face it on your own. The MS Society can help you get the right support.</p> <p>Please also refer to the Patient Info site which leads to multiple support lines where you or a family member can get advice and support.</p>
<p>Example support site: www.changingfaces.org.uk/Home</p>  <p>Tel: 0300 012 0275</p>	<p>Severe disfigurement or being associated with someone that has a severe disfigurement is protected under the Equality Act 2010. Causes of disfigurements fall into two main categories: congenital and acquired.</p> <p>Changing Faces is a charity for people and families who are living with conditions, marks or scars that affect their appearance. Their aims are to Change Lives and Change Minds.</p>

Web Site	Description
<p>All issues relating to a medical concern, please ask the individual if they have or are willing to see their doctor first.</p>	
<p>Disability – Mental Health and Addictions</p>	
<p>www.mind.org.uk/help</p>  <p>Info Line: 0300 123 3393</p> <p>https://www.mind.org.uk/workplace/workplace-wellbeing-wales/</p>	<p>Mind are a mental health charity who provide advice and support on a complete range of mental health topics; refer to their A-Z www.mind.org.uk/mental_health_a-z - includes information and advice on: anxiety, bipolar disorder, depression and postnatal depression, self-harm, eating disorders, sleep problems and medication information. They campaign to improve services, raise awareness and promote understanding.</p> <p>Mind Cymru have produced free downloadable resources which are now available online to support people in the workplace who may be experiencing mental health problems.</p>
<p>http://www.remploy.co.uk/info/20014/in_work/450/supporting_apprentices</p>  <p>Tel: 0300 456 8210</p>	<p>This free service supports apprentices who are feeling low, upset and struggling to keep up with their apprenticeship. It is completely confidential and run by fully trained professionals with expertise in mental health.</p> <p>To qualify for this service, individuals must:</p> <ul style="list-style-type: none"> • Be in an apprenticeship (attending or signed off sick) • Have a mental health condition that has resulted in absence, or is causing difficulties to remain in their apprenticeship
<p>www.rcpsych.ac.uk/healthadvice/problemsdisorders/copingaftertraumaticevent.aspx</p> 	<p>Although not a helpline, this site gives an excellent insight into trauma indicators, coping strategies or helping someone to cope after a traumatic event eg bereavement, illness or accident. The site also includes podcasts of people talking about their experiences of living with depression, bipolar and many other psychiatric and mental health problems.</p> <p>Their comprehensive A-Z Index is available in English, 25 other language translations, plus British Sign Language (BSL).</p> <p>There's also further reading and resources about Trauma available within: http://www.trauma-pages.com/trauma.php.</p>
<p>www.talktofrank.com/home.html.aspx</p>  <p>Tel: 0300 123 6600</p>	<p>Call their National Drugs Helpline regarding drug issues - 24 hours a day, 365 days a year advice. FRANK is around to give you FREE confidential advice about drugs.</p> <p>Just click or call to get in touch with local and national services that can provide counseling and treatment. Knowing what others have gone through can help you deal with your situation.</p>
<p>ukna.org/</p>  <p>Tel: 0300 999 1212</p>	<p>The UKNA Helpline is often the first point of contact for people needing support and advice about the nature of drug addiction. Anyone from the using addict, their friends and family members are welcome to call. UKNA also provide face-to-face group, resources and online meetings.</p>
<p>www.turning-point.co.uk</p>  <p>Local telephone numbers apply</p>	<p>Turning Point is a charitable organisation which provides help to people with drugs problems, alcoholism, mental health troubles and learning disabilities. Offers drop-in centres and residential services. Local telephone numbers are located in your local directory or from their website.</p>
<p>www.release.org.uk</p> <p>Tel: 020 7324 2989</p> 	<p>RELEASE is a voluntary organisation that gives 24hr advice to drug users, their families and friends. It specialises in drugs, the law and human rights.</p>
<p>www.alcoholics-anonymous.org.uk/</p>  <p>Tel: 0800 9177650</p>	<p>Alcoholism is a rough word to deal with. Yet nobody is too young (or too old) to have trouble with alcohol. That's because alcoholism is an illness. It can hit anyone. If you need help with a drinking problem either phone their national help line on 0800 9177650 or email: help@alcoholics-anonymous.org.uk.</p>

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<p>www.al-anonuk.org.uk/</p>  <p>Tel: 020 7403 0888</p>	<p>Al-Anon and Ala-teen's aim is to help families and friends of alcoholics recover from the effects of living with the problem of drinking of a friend or relative. Alateen is aimed at young people (aged 12-20) who are affected by a problem drinker. Their Helpline is open 10am - 10pm, 365 days a year.</p>
<p>www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx</p>  <p>Tel: 0300 123 1110</p>	<p>Livewell includes lots of useful information and advice, they recommend Drinkline as a national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline, in complete confidence.</p>
<p>www.gamblersanonymous.org.uk/</p>  <p>Tel: Local points of contact via the website</p>	<p>GA is a free organisation which is run by ex-gamblers. They provide help to people who want to stop gambling through therapy held at local Gamblers Anonymous meetings. They offer GA Meetings where you can sit with other compulsive gamblers and share support and strength by talking to each other about the issues surrounding a compulsive gambler in today's society.</p>
<p>www.gamcare.org.uk/</p>  <p>Tel: 0808 8020 133</p>	<p>GamCare's staff are dedicated and experienced professionals, helping problem gamblers and their friends and families. They work directly helping problem gamblers, providing advice on the phone and online or face to face counselling. They also have an education and prevention team working to raise awareness and prevent problem gambling before it starts.</p>
<p>smokefree.nhs.uk/</p> 	<p>NHS Choices website for help and advice on giving up smoking.</p>
Disability – Visual and Hearing Impairments	
<p>www.rnib.org.uk</p>  <p>Tel: 0303 123 9999 Email: helpline@rnib.org.uk</p>	<p>RNIB is a charity who have three clear priorities:</p> <ol style="list-style-type: none"> 1. Stopping people losing their sight unnecessarily. 2. Supporting blind and partially sighted people to live independently. 3. Creating an inclusive society.
<p>www.actiononhearingloss.org.uk/</p>  <p>Tel: 0808 808 0123</p>	<p>Action on Hearing Loss want a world where hearing loss doesn't limit or label people, where tinnitus is silenced – and where people value and look after their hearing.</p>
<p>www.hearinglink.org/home</p> 	<p>Hearing Link is the UK organisation for people with hearing loss & their families. They make it easy to find information, services & support, and to connect with others to share experiences & advice. Contact them in a variety of ways for all regions: www.hearinglink.org/contactus</p>
Disability – Carers	
<p>www.carersuk.org/</p>  <p>Carers UK: (England, Wales, Scotland) Tel: 0808 808 7777 Carers NI: Tel: 028 9043 9843</p>	<p>Carers UK provide information, advice and support for carers. By bringing carers together, they provide a stronger voice which shapes their campaigns to make life better for carers and influences policy makers, employers and service providers, to help improve carers' lives.</p>
<p>www.carers.org/</p>  <p>NI, Scotland, Wales</p>	<p>Carers Trust works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. email support@carers.org or post a question on their discussion boards.</p>
<p>revitalise.org.uk/</p>  <p>Tel: 0303 303 0145</p>	<p>Revitalise is a national charity providing respite care in a holiday setting for disabled people and carers for over 50 years. Revitalise also offers inspirational opportunities for volunteers through one of the largest and most diverse volunteering programmes of any UK charity.</p>

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Disability – Learning	
<p>www.beingdyslexic.co.uk/</p> 	<p>Being Dyslexic is a website and forum for anyone with dyslexia, or anyone interested in dyslexia, it provides a supportive environment to discuss and learn about dyslexia and also hosts one of the largest dyslexia community forums.</p>
<p>www.bdadyslexia.org.uk/</p>  <p>Tel: 0845 251 9002</p> <p>Email - helpline@bdadyslexia.org.uk</p>	<p>The vision of the British Dyslexia Association is a dyslexia friendly society enabling all dyslexic people to reach their potential. They campaign and lobby for long lasting and sustainable change for the benefit of dyslexic people, provide impartial and objective advice and support to dyslexic people and those with whom they come into contact, and promote research. Their website also includes information about other Specific Learning Difficulties in Adults.</p>
<p>www.dyslexia-help.org/</p>  <p>Tel: 0800 077 8763</p>	<p>The Dyslexic Foundation was set up to support dyslexic people. It focuses on those who need practical support and information in an accessible format.</p>
<p>aadduk.org/about/</p>  <p>THE SITE FOR AND BY ADULTS WITH ADHD</p>	<p>The main aim of AADD-UK is in raising awareness of ADHD in adulthood. Their site includes lots of useful information and links to resources and UK wide support groups.</p>
<p>www.learningdisabilities.org.uk/about-us/</p> 	<p>Aiming to break down the economic and social barriers and prejudices that people with learning disabilities face throughout their lives, as well as providing information, resources and services that can help people to lead fuller, more independent lives. Their A-Z site provides a complete guide to learning disabilities, topical issues and sources of support.</p>
Disability – Dementia/Alzheimer's Disease	
<p>www.alzheimersresearchuk.org/</p>  <p>Tel: 0300 111 5555</p>	<p>Alzheimer's Research UK is the UK's leading dementia research charity. As research experts, they fund world-class, pioneering scientists at leading universities to find preventions, treatments and a cure for dementia.</p> <p>Email: enquiries@alzheimersresearchuk.org</p>
<p>www.alzheimers.org.uk/</p>  <p>Leading the fight against dementia</p> <p>Email: enquiries@alzheimers.org.uk</p>	<p>The Alzheimer's Society is a membership organisation, which works to improve the quality of life of people affected by dementia in England, Wales and Northern Ireland.</p> <p>Many of their 20,000 members have personal experience of dementia, as carers, health professionals or people with dementia themselves, and their experiences help to inform their work.</p>
Transgender – Gender Reassignment – protected by the Equality Act 2010	
<p>www.genderedintelligence.co.uk</p>  <p>understanding gender diversity in creative ways</p>	<p>Gendered Intelligence is a community interest company that looks to engage people in debates about gender. They work predominantly within young people's settings and have educative aims. They respect that young trans people's lives are rich and diverse, including their gender identity, sexuality, age, abilities and disabilities, ethnic background, faith and beliefs.</p>
<p>www.mermaidsuk.org.uk/</p>  <p>Tel: 020 8123 4819 Local Rate, 3-7pm</p>	<p>Mermaids provides support for families, teenagers and children with gender identity issues. The site also includes information, links and support groups for over 19 yrs.</p>

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Sexual Orientation (LGBT) – protected by the Equality Act 2010	
<p>www.stonewall.org.uk/</p>  <p>Tel: 08000 50 20 20</p>	<p>Stonewall works to achieve equality and justice for lesbians, gay men and bisexual people. They do this in a number of different ways: Policy development, cultural and attitudinal change, lobbying for legal change, providing information, good practice design and advice.</p>
<p>www.lgbtconsortium.org.uk/</p>  <p>E-mail: admin@lgbtconsortium.org.uk</p>	<p>A national specialist infrastructure and membership organisation. They focus on the development and support of LGBT groups, organisations and projects so they can deliver direct services and campaign for individual rights. Their roles include: Support - provide advice, information and guidance. Share - develop networks and partnerships. Shout - represent and provide a voice for LGBT organisations and groups. Store - gather and collate information and research.</p>
<p>switchboard.lgbt/</p> <p>Tel: 0300 330 0630 Open 10am – 11pm Every day</p> 	<p>Switchboard provide non-judgemental information, support and referral service for lesbians, gay men and bisexual and trans people – and anyone considering issues around their sexuality and/or gender identity.</p>
<p>www.pflag.co.uk/</p> 	<p>"PFLAG" stands for Parents, Friends (& family) of Lesbians and Gays. They provide free information and support for parents, friends & family of lesbian and gay people in the UK. They have free resources for parents of gay children, information for friends and family of gay and lesbian people, as well as useful links and general support.</p>
<p>www.regard.org.uk/</p> 	<p>The national organisation of Disabled Lesbians, Gay Men, Bisexuals and Transgendered People, also known as Regard. It was founded in 1989. They aim to raise awareness of disability issues within the Lesbian, Gay, Bisexual and Transgendered (LGBT) communities, and to raise awareness of sexuality issues within the disability communities. They also work to combat social isolation amongst our membership, and to campaign on issues specifically affecting disabled LGBT people.</p>
<p>www.bisocialnetwork.com/</p> 	<p>Bi Social Network exists to work with underserved diverse communities, provide a voice in entertainment, news and opinion on social issues such as mental health education, poverty and homelessness, marginalized groups and the elderly.</p>
<p>www.lgbtyouth.org.uk</p>  <p>Tel: 07781 481 788</p>	<p>LGBT Youth Scotland is a national youth organisation working towards the inclusion of lesbian, gay, bisexual and transgender young people in Scotland. Providing a range of services and opportunities for young people, families and professionals. LGBT Youth Scotland runs youth groups, provides online information and advice, provides one to one support, delivers training, carries out schools work, and offers volunteering opportunities for adults and young people.</p>
Equality and Human Rights Commission	
<p>http://www.equalityhumanrights.com/</p> 	<p>The Equality and Human Rights Commission have a statutory remit to promote and monitor human rights; and to protect, enforce and promote equality across the nine protected characteristics/grounds - age, disability, gender, race, religion and belief, pregnancy and maternity, marriage and civil partnership, sexual orientation and gender reassignment. Also, refer to: country specific sites for Scotland and Wales (in English) and in Welsh language. For Northern Ireland refer to: http://www.equalityni.org/Home.</p>

Web Site	Description
Welfare and Safeguarding (see page 5 for more mental health and addition support)	
	<p>Babcock believes that it is always unacceptable for anyone to experience abuse of any kind and recognises its responsibility to safeguard the welfare and wellbeing of all learners or associates. This organisation is committed to safeguarding and promoting the welfare of individuals and groups and expects all employees, our representatives, learners and employer partners to share this commitment. All complaints, allegations or suspicions will be taken seriously, are recorded and action taken accordingly, and where appropriate signposting given to external specialist organisations. <i>(Extracts from our Welfare & Safeguarding Policy)</i></p>
All issues relating to a medical concern, please ask the individual if they have or are willing to see their doctor first.	
<p>www.bullying.co.uk/</p>  <p style="text-align: right;">Tel: 0808 800 2222</p>	<p>Bullying.co.uk is one of the UK's leading anti-bullying website and a destination for parents, children and schools to come for help. The website provides support for a wide range of bullying issues including; cyberbullying, sexual bullying and bullying at school and work. A bullying forum and confidential e-mail support and chat facilities are provided. The site is part of the Family Lives support group. You can chat online or call their free phone number: 0808 800 2222.</p>
<p>www.samaritans.org/ UK-wide samaritans-yng-nghymru Site in Welsh language</p>  <p>Tel: 08457 90 90 90 (24/7, call charges apply) Welsh Language Line: 0300 123 3011 (from 7pm - 11pm only, 7 days a week)</p>	<p>Samaritans is available UK-wide, 24/7, to all ages, and provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. They know a lot about what can help you through tough times. They can help you explore your options, understand your problems better, or just be there to listen. It doesn't matter who you are, how you feel, or what has happened. If you feel that things are getting to you, get in touch.</p>
<p>www.mind.org.uk/help</p>  <p>Info Line: 0300 123 3393</p> <p>Wales: https://www.mind.org.uk/workplace/workplace-wellbeing-wales/</p>	<p>Mind are a mental health charity who provide advice and support on a complete range of mental health topics; refer to their A-Z www.mind.org.uk/mental_health_a-z</p> <p>- includes information and advice on: anxiety, bipolar disorder, depression and postnatal depression, self-harm, eating disorders, sleep problems and medication information. They campaign to improve services, raise awareness and promote understanding.</p> <p>Mind Cymru have produced free downloadable resources which are now available online to support people in the workplace who may be experiencing mental health problems.</p>
<p>http://www.remploy.co.uk/info/20014/in_work/450/supporting_apprentices</p>  <p>Tel: 0300 456 8210</p>	<p>This free service supports apprentices who are feeling low, upset and struggling to keep up with their apprenticeship. It is completely confidential and run by fully trained professionals with expertise in mental health.</p> <p>To qualify for this service, individuals must:</p> <ul style="list-style-type: none"> • Be in an apprenticeship (attending or signed off sick) • Have a mental health condition that has resulted in absence, or is causing difficulties to remain in their apprenticeship
<p>www.papyrus-uk.org/</p>  <p>Call HOPElineUK: 0800 068 41 41</p>	<p>Every year many hundreds of young people take their own lives in the UK. Many thousands more contemplate suicide; many harm themselves or suffer alone, afraid to speak openly about how they are feeling. Papyrus (website) provide confidential support and advice to young people and anyone worried about a young person. A national helpline, HOPElineUK, including text and email services, is staffed by a team of mental health professionals who provide practical help and advice to vulnerable young people and to those concerned about any young person who may be at risk of suicide.</p>

Web Site	Description
<p>http://www.themix.org.uk/</p>  <p>Freephone 0808 808 4994</p> <p> 1-2-1 Chat</p>	<p>“The Mix” replaces “TheSite.org” and “YouthNet” and is an online guide to life for 16-25 year-olds in the UK. They provide non-judgmental support and information on everything from sex and exam stress to debt and drugs. Emotional support is available 24 hours a day. You can chat about anything you like on their moderated discussion boards and live chat room; browse over 2000 articles and videos full of facts you can trust; read about the experiences of other young people in their True Life section or ask trained advisors about friends, dating, love or family life. Their service is free and totally confidential. They also have a free online App called “Stressheads”, which has been designed as a fun-to-use distraction tool for young people to turn to when they are feeling under pressure.</p>
<p>www.childline.org.uk/</p> 	<p>ChildLine is the UK’s free, 24-hour helpline 0800 1111 for children in distress or danger. Bullying and Cyber/Online Bullying can happen to anyone at any age. No one has the right to hurt you or make you feel bad, and if you are being bullied you don't have to put up with it. Find out more about bullying and the help available.</p>
<p>www.nspcc.org.uk/html/home/home.htm</p>  <p>Tel: 0808 800 5000</p>	<p>The NSPCC Helpline provides advice and support to adults who are concerned about the safety or welfare of a child. They are available 24/7 by phone and online. It's free and you don't have to say who you are. They provide services in several languages, and also for deaf and hard-of-hearing people. Their and our vision is to end cruelty to children in the UK. They campaign to change the law, provide ChildLine and the NSPCC helpline service, offer advice for adults, and much more. Find out more about our work and how you can get involved.</p>
<p>www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/female-genital-mutilation-fgm/</p>  <p>Tel: 0800 028 3550 or email fmghelp@nspcc.org.uk</p>	<p>Female Genital Mutilation (FGM) or Cutting (FGC) amounts to torture and risks the health and lives of girls and women. The continued practice of FGM in Britain is therefore a clear violation of the rights of girls and women. Call or email the NSPCC FGM helpline if you're worried a child is at risk of, or has had, FGM. It's free, anonymous and available 24/7. There are also many other specialist FGM services provided by the NHS all around the country, and many specialist charities, such as Forward, Southall Black Sisters, Orchid Project who are dedicated to supporting victims of this crime, and speaking up on the issue to prevent it happening further.</p>
<p>www.nspcc.org.uk/fighting-for-childhood/news-opinion/protecting-children-from-radicalisation</p> <p>Tel: 0808 800 5000</p>  <p>or email help@nspcc.org.uk</p>	<p>The NSPCC helpline will provide support to adults who have concerns about children and young people being radicalised or who need advice on how to talk to their children about issues related to terrorism. NSPCC helpline practitioners have been trained to spot the warning signs of radicalisation so they can advise adults who are worried about a child being groomed.</p>
<p>www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/child-trafficking/</p>  <p>Tel: 0808 800 5000 or email help@nspcc.org.uk</p>	<p>Child trafficking is child abuse. Children are recruited, moved or transported and then exploited, forced to work or sold. They are often subject to multiple forms of exploitation. Many children are trafficked into the UK from abroad, but children can also be trafficked from one part of the UK to another. Please contact NSPCC if you have any suspicion or knowledge of child trafficking.</p>
<p>napac.org.uk/</p>  <p>Tel: 0808 801 0331 10am-9pm Mon-Thu & 10am-6pm on Fridays</p>	<p>Supporting recovery from child abuse. The damage caused by child abuse doesn't always end in childhood. NAPAC (the National Association for People Abused in Childhood) offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect.</p>

Web Site	Description
<p>www.salvationarmy.org.uk/human-trafficking</p>  <p>Tel: 0300 303 8151</p>	<p>The Salvation Army are a Christian Church and Charity who offer a wide range of practical and emotional support online, by telephone or at local centres across the UK and Ireland. Along with a wide range of services, they are committed to supporting victims - both men and women - of modern slavery. Their specialist support programme is designed to preserve the dignity of victims, protect and care for them in safe accommodation, and provide access to confidential client-based support services to give victims the space to reflect, recover and rebuild their lives. They are available 24 hours a day, seven days a week.</p>
<p>http://hopeforjustice.org/united-kingdom/united-kingdom-in-depth/</p>  <p>Tel: 0845 519 7402 Mon-Fri 9am – 5.30pm</p>	<p>Hope for Justice is an international organisation who's aim is to bring an end to human trafficking and slavery, in our generation. They have an expert team of specialists who provide training for front-line professionals, identification and rescue of victims, and advocacy and restoration to help victims become survivors and then 'over-comers' with a renewed sense of hope and purpose for their future.</p>
<p>www.saferinternet.org.uk/</p>  <p>Tel: 0844 381 4772</p>	<p>The UK Safer Internet Centre has multiple e-safety tips, advice and resources to help children and young people stay safe on the internet.</p> <p>People can email their Helpline: helpline@saferinternet.org.uk if someone experiences cyberbullying or has a digital safety concern such as hacking, online grooming, extremism or radicalisation (<i>Babcock staff to follow internal Prevent process</i>).</p> <p>Their "Need help?" page contains links where you can report grooming or other illegal behaviour; report criminal content such as child sexual abuse images, online terrorism or hate speech; report inappropriate media content and scams. There's lots of great advice for children, young people, adults and parents.</p>
<p>www.victimsupport.org.uk/</p>  <p>Tel: 0845 30 30 900 (England/Wales/N.I.) Tel: 0845 603 9213 (Scotland)</p> <p>Support line: 0808 16 89 111</p>	<p>Victim Support is the independent charity which helps people cope with the effects of crime. At Local and National levels, they provide free and confidential, practical and emotional support and guidance to help you deal with your experience.</p> <p>Crime impacts people in different ways. This is why their specially trained staff contact victims and spend time speaking to them to find out what kind of support they might benefit from to help them cope with the effects of crime and move on with their lives.</p>
<p>www.familylives.org.uk/</p>  <p>Regional numbers apply: www.familylives.org.uk/about/contact-us/</p> <p>National Helpline: 0808 800 2222</p>	<p>Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. They recognise that the best way to support families is to provide professional, non-judgmental support and advice in a way that all members of the family can freely access. They provide support around family breakdown, aggression in the home, bullying, risky teenage behaviour and mental health concerns of both parents and their children. Their helpline is 24 hour, extensive advice and links via their website, email and live chat services, befriending services, and parenting/relationship support groups. Nearly all of their services are accessible at no charge 365 days a year.</p>

Web Site	Description
<p>www.gingerbread.org.uk/</p>  <p>Tel: 0808 802 0925</p>	<p>Gingerbread provides advice and practical support for single parents. Their helpline includes support and expert advice on anything from dealing with a break-up, to going back to work or sorting out maintenance, benefit or tax credit issues. Friendly advisers will talk through your options and will send you useful information. Their website is packed full of useful information and online advice sessions. They also campaign to improve the lives of all single parent families. And because they're a national charity, it's all free.</p> <p>Gingerbread offers advice for single parents from England and Wales. If you are a single parent living in Scotland please contact One Parent Families Scotland or if you live in Northern Ireland contact Gingerbread NI.</p>
<p>www.thesilverline.org.uk/</p> 	<p>The Silver Line is the confidential, free helpline for older people across the UK* open every day and night of the year. Their specially trained helpline staff:</p> <ul style="list-style-type: none"> - Offer information, friendship and advice - Link callers to local groups and services - Offer regular befriending calls - Protect and support those who are suffering abuse and neglect
<p>www.thesilverline.org.uk/what-we-do/silver-line-scotland/</p> 	<p>As above, *Silver Line Scotland will be delivered by Age Scotland in partnership with The Silver Line during week days, 8am – 8pm. At all other times calls will be answered at the nation helpline HQ.</p>
<p>http://www.elderabuse.org.uk/Mainpages/Abuse/abuse.html</p>  <p>Tel: 080 8808 8141</p>	<p>Action on Elder Abuse (AEA) works to protect, and prevent the abuse of older adults. Their confidential free phone helpline provides information, advice and support to victims and others who are concerned about or have witnessed abuse.</p>
<p>www.rapecrisis.org.uk/</p>  <p>Local telephone numbers apply Or call free phone: 0808 802 9999</p>	<p>Rape Crisis Centres provide a range of specialist services for any one that has been raped or experienced another form of sexual violence - whether as adults or as children. There is also information for family, friends, students and professionals.</p>
<p>england.shelter.org.uk/advice/</p>  <p>The housing and homelessness charity Tel: 0808 800 4444</p>	<p>Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing. They do this by giving advice, information and advocacy to people in housing need, and by campaigning for lasting political change to end the housing crisis for good. Shelter provides free, confidential advice to people with all kinds of housing problems through their online housing information and their face to face local services.</p>
<p>www.b-eat.co.uk/Home</p>  <p>Helpline: 0345 634 1414 Youthline 0345 634 7650</p>	<p>b-eat.co.uk is an organisation who can offer advice if you or someone you know is affected by an eating disorder.</p>

Web Site	Description
<p>www.refuge.org.uk/</p>  <p>Tel: 0808 2000 247</p>	<p>Support for women, men, teens and children, including:</p> <ul style="list-style-type: none"> • A network of refuges across the country • Independent domestic violence advocacy • Child support workers • Outreach services • Culturally specific services • The Gaia Centre (London) • The Athena service (London) <p>Refuge advises and provides practical and emotional support for victims of domestic violence, FGM, Forced marriage and ‘honour’-based violence. Their National Domestic Violence Helpline is in partnership with women’s aid.</p>
<p>www.womensaid.org.uk/</p>  <p>Tel: 0808 2000 247</p>	<p>Women’s Aid provides help and support for those suffering from domestic violence.</p> <p>Their website provides an A-Z of topics, including other resources and regional support services.</p>
<p>www.mensaid.com/</p>  <p>Tel: 0871 223 9986</p>	<p>Men’s Aid provides support, practical information, advice on solicitors and local domestic abuse projects, to male sufferers of domestic violence.</p> <p>The aim being to help and support all men suffering any form of abuse or discrimination. Men’s Aid is run and supported by a group of concerned parents and professionals.</p>
<p>www.mensadvice.org.uk/mens_advice.php.html</p>  <p>Tel: 0808 801 0327</p>	<p>The Men’s Advice Line is a confidential helpline and email service for men (heterosexual or same-sex) who experience domestic violence from their partners or ex-partners.</p>
<p>www.ncdv.org.uk/</p>  <p>Tel: 0844 80 44 999 or Freephone:0800 970 2070</p>	<p>The National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation. Their service allows anyone to apply for an injunction within 24 hours of first contact (in most circumstances).</p>
<p>www.bpas.org/bpaswoman</p>  <p>Tel: 08457 30 40 30</p>	<p>The British Pregnancy Advisory Service offers information, advice and treatment with a range of services linked with pregnancy and fertility control. There is a central appointment booking service and all appointments are confidential.</p>
<p>www.fpa.org.uk/</p>  <p>Tel: 0845 122 8690 / 0845 310 1334</p>	<p>fpa is a service which provides straightforward information, advice and support to all people across the UK on all aspects of sexual health, sex and relationships. Ring them for confidential information on:</p> <ul style="list-style-type: none"> • contraception • sexually transmitted infections • planning a pregnancy • pregnancy choices • sexual health and wellbeing <p>The website has a 24hr local clinic search engine.</p>
<p>www.brook.org.uk/</p>  <p>Tel: 0808 802 1234</p>	<p>Brook is an organisation with local branches that offer contraceptive advice to young people under 25. Local addresses can be found in local directories and on their website.</p>

Web Site	Description
<p>www.ashiana.org.uk/</p>  <p>Tel: 020 8539 0427</p> <p>Email: info@ashiana.org.uk</p>	<p>Ashiana believe everyone has the right to live a life free of oppression, fear and violence. They are a charitable organisation based in London, to help women from the Asian, Turkish & Iranian community get help when they need it.</p>
<p>www.southallblacksisters.org.uk/</p>  <p>Helpline Tel: 020 8571 0800</p>	<p>Southall Black Sisters, a not-for-profit, secular and inclusive organisation, was established in 1979 to meet the needs of Black (Asian and African-Caribbean) women. Their aims are to highlight and challenge all forms of gender related violence against women, empower them to gain more control over their lives; live without fear of violence and assert their human rights to justice, equality and freedom.</p>
<p>www.cruse.org.uk/</p>  <p>Helpline (England, Wales, NI): 0844 477 9400 (weekdays 9:30am–5pm) Scotland: 0845 600 2227</p>	<p>Cruse Bereavement Care offers support after the death of someone close. Call or email helpline@cruse.org.uk.</p> <p>Also face-to-face and group support is delivered by trained bereavement support volunteers across the UK.</p> <p>They also offer information, publications, and support for children.</p>
<p>www.nhs.uk/Pages/HomePage.aspx</p>  <p>www.nhsdirect.nhs.uk/</p> <p>www.show.scot.nhs.uk/ www.hscni.net/ www.wales.nhs.uk/</p>	<p>NHS Choices has become the biggest and most visited health information website in Europe.</p> <p>NHS Direct for health advice and reassurance, 24 hours a day, 365 days a year.</p> <ul style="list-style-type: none"> - Scotland - Northern Ireland - Wales
<p>www.citizensadvice.org.uk/ - UK site leading into regional information...</p>  <p>Note: call charges apply: England site - call 03444 111 444 or local Wales site - call 03444 77 20 20 Welsh language site Scotland site - call 0808 800 9060 Northern Ireland site</p> <p>TextRelay users should call 03444 111 445</p>	<p>Citizens Advice self-help website has practical, reliable information to help you solve your problems.</p> <p>The site(s) also include frequently asked questions in other languages.</p> <p>The information is continually reviewed by a team of advisers and covers the law in England, Northern Ireland, Scotland and Wales. Call them or use their regional sites for region-specific help on: Benefits, Work, Debt and money, Consumer, Relationships, Housing, Law and rights, Discrimination, Tax, Healthcare, Education, plus much more...</p> <p>They can provide guidance on rights and discrimination issues regarding the protected characteristics of the Equality Act 2010:</p> <ul style="list-style-type: none"> •Age •Disability •Gender Reassignment •Race •Sexual Orientation •Marriage and Civil Partnership •Religion or Belief •Pregnancy and Maternity •Sex

Web Site	Description
<p>www.mywellbeinghub.co.uk/</p> 	<p>My Wellbeing Hub has been developed by VSP, Acorn, and Babcock to provide you with the information you need for a better wellbeing. The site is open to all and will guide you on the road to a better wellbeing with the help of excellent resources.</p>
	<p>Look through your Learner 'Induction' Pack or via BIG Learning where you'll find lots more useful information, resources and links regarding Babcock policies, Health and Safety, Forums, Government departments, Trade Unions, Departments of Education, Awarding Organisations, Funding Bodies, Sector Skills Councils and Government Inspectorates.</p>
<p>Utilise internet search engines</p>	<p>Available in all languages, the internet is an invaluable resource for you to search for additional Information Advice and Guidance.</p>
<p>Disclaimer: <i>The content throughout this document is only a sample of the wide variety of support organisations that are available to you and your learners. Please note that Babcock holds no endorsement or alliance to or for any of the external organisations above, nor takes any liability as to their content or suitability.</i></p>	
<p>Babcock employees:</p>	
<p>www.cic-eap.co.uk/index.html</p>  <p>Tel: 0800 085 1376 Email: assist@cic-eap.co.uk</p>	<p>CiC is Babcock's confidential employee assistance and wellbeing support service, includes: Babcock Managerial Adviceline CiC Babcock EAP Services Overview Employees CiC</p> <p>Babcock staff members - see Connect, S&L HR for login details.</p>
	<p>Babcock Skills & Learning have a dedicated site on our intranet which brings together all of our Equality, Diversity & Inclusion and Welfare & Safeguarding policies, procedures, learning resources, diversity calendar, internal and external contact information, including Diversity Group and Champions. This file which can be used online to access the links or copy to share selected rows of information using the MS Word file.</p> <p>Our All together different page is found on Connect, Skills & Learning.</p>



Babcock Skills & Learning employees should contact their region's [Designated Person for Safeguarding or deputy](#) regarding any equality/diversity or welfare/safeguarding issues raised, including what advice and signposting has been given. Records are to be kept on a confidential Diary of Issues form (C199) in full compliance with Babcock security, data protection policy and law.