

3.6 Physical and Mental Health Policy

This policy applies to all pupils in Senior School, Junior School and Willow Lodge.

FIRST AID POLICY

3.6.1 First Aid:

- a. The school aims to provide well stocked first aid kits and appropriately qualified personnel so as to ensure the health, safety and welfare, so far as it is reasonably practical, of all pupils, staff and visitors to the school.
- b. There are well stocked kits throughout the school; these include portable kits for sporting events and trips. Outside school hours there are well stocked first aid kits, easily accessible for pupils, staff and any visitors, located by the entrance to the Senior school and Junior school staff rooms. There are also defibrillators located in the Senior school and Junior School reception areas and also in Willow Lodge.
- c. All kits are checked and replenished once a term by the School Nurse or Medical Room Assistant. In each kit a leaflet is provided with information regarding basic first aid treatments.
- d. Eye wash is located in each of the science, art, and design & technology rooms in both the Senior and Junior school and the medical room of Willow Lodge. The contents are checked once a term and replaced if used.
- e. In addition to the School Nurse and Medical Room Assistant, many members of staff (both teaching and non-teaching staff) have undertaken first aid training and hold valid certificates which are renewable every 3 years. The School Nurse holds a record of their qualifications and co-ordinates further retraining dates before their certificate expires.
- f. In the absence of the School Nurse and Medical Room Assistant, the Deputy Head is asked to provide a first aid cover rota.
- g. Any first aid administered by the School Nurse or the Medical Room Assistant to pupils, staff or visitors is recorded. Injuries of a more serious nature (such as fractures, significant head injuries etc.) are also reported using the school's internal accident form, and if necessary are reported to the Health & Safety Executive. The School Nurse is the appointed person for reporting such accidents.
- h. An accident book is maintained by the Junior School and Willow Lodge to log First Aid interventions.

3.6.2 Dealing with illness and accident in school:

- a. Any pupil sustaining an injury or reporting with an injury or illness will be dealt with as quickly as possible.
- b. Persons other than the School Nurse or Medical Room Assistant will seek parental permission before giving any treatment apart from emergency first aid, to those under the age of 16 years.
- c. Details of all pupils reporting sick or injured will be recorded.

3.6.3 Medications in School:

- a. The school aims to alleviate suffering and to treat symptoms appropriately through the application of the rationale below.
- b. The school aims to ensure pupil's prompt return to lessons and to reduce pupil absences.

3.6.4 Health in school

- a. The School Nurse works throughout each school day during term time and is supported by a part time Medical Room Assistant. They work in the Senior school, the Junior school and the Infant school and are based in the Senior school medical room. Although it is their responsibility to deal with any accidents and emergencies that occur during the school day, many members of staff are trained in first aid and when necessary they can provide treatment or advice. Injuries that occur outside the school day should be dealt with by a family doctor or A & E.
- b. Parents should not send their children to school if they are ill as they may spread the illness to other pupils and staff, and cause unnecessary distress for the unwell child. If pupils are taken ill during the school day they may rest for a short period in the medical room. They may be given over the counter medication to relieve minor ailments provided that the School Nurse has written parental consent (which is normally obtained on entry into school by completing the relevant section of the medical questionnaire). If they are not fit to resume lessons, then parents will be contacted to collect them from school. Pupils who feel ill should **not** make direct contact with their parents to ask to be taken home but should see the School Nurse or Medical Room Assistant.
- c. Prior to a pupil joining the school, the School Nurse asks the parents to complete a medical questionnaire. This enables the nurse to keep a record of all pupils in school with asthma, epilepsy, diabetes and any other serious condition. It is important that she is kept informed of any changes in such pupils' treatment or medication and at the end of each summer term a medical update form is sent home with for all those who will be returning for the new academic year. Information regarding pupils' health is confidential and we ask parents to inform the nurse of any chronic medical problems, allergies or infectious disease that affect their son or daughter.

FIRST AID AND MEDICAL PROCEDURES

This policy applies to all pupils in Senior School, Junior School and Willow Lodge.

The King's School is committed to providing first aid that is appropriate for pupils, staff and visitors. First aid is given by qualified individuals who have received the necessary training. The school has a qualified paediatric nurse on site during term time 8.30am–4.30pm five days a week. The nurse is supported by a medical room assistant. The health, safety and welfare of pupils, staff and visitors is paramount.

Our aim is to:

- Have sufficient numbers of staff fully trained in adult and paediatric first aid to ensure pupils on or off site are treated by experienced first aiders.
- Keep staff updated with regards to pupil's medical conditions and needs such as asthma, diabetes, epilepsy and allergies.
- Have accessible first aid boxes around the school and to provide portable first aid kits that can be taken off site for trips and sporting events.
- Follow best practice with infection control

Located around the school are over 50 first aid kits which are checked by the medical room staff three times a year. Please contact the medical room if you use items from a first aid kit and they will be replaced. All staff are to use disposable gloves located in the first aid kits and all clinical waste it be disposed of in the clinical waste bins (located in all three school medical rooms). Please call bailiffs to assist with clearing away of bodily fluids. Eye wash is available in all first aid kits and is found in the eye wash stations in the science rooms. In addition to the school nurse and medical room assistant over 60 members of teaching and support staff are qualified first aiders. The school nurse will keep copies of certificates and arrange courses when needed.

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Health & Safety

The school nurse is the appointed person for reporting accidents and incidents. All accident forms are passed to the nurse and are reviewed in Health & Safety meetings. If needed, the school nurse will discuss accidents with the Health & Safety Executive. The school nurse documents all care given in her daily report, accident books are completed and maintained in the Junior School and in Willow Lodge.

Defibrillators

The King's School has four automated external defibrillators (AED) which are checked by the school nurse daily; they are located in:

- Senior school (outside staff room) **Adult mode**
- Junior school (outside staff room) **Adult and Paediatric Mode**
- Willow lodge (outside medical room) **Adult and Paediatric Mode**
- Sports Pavilion Kitchen Area (Sports field) **Adult Mode**

Immunisations/health screening

Nasal flu vaccination is offered to some of the Infant and Junior school year groups once a year. Reception aged pupils will be offered a hearing test, distance vision testing and will have their height and weight measured. Pupils in Year 6 will be offered to have their height and weight measured. Year 9 pupils will be offered the Men ACWY vaccination and a booster of Diphtheria, Polio and Tetanus. Girls will be offered the HPV vaccinations (two vaccines given 6-12 months apart) in Year 8 and second dose in Year 9. Consent forms will be sent out.

Medications in school

The King's school aims to alleviate suffering and to treat symptoms appropriately. The school nurse will administer over the counter medication if consent is obtained by parents. Parents will give consent on entry to school using the medical questionnaire. Parents will be informed if their child has been given medication in school (unless over 16 years of age). The school nurse will always check allergy status, medical conditions such as asthma before giving medication and will ask if any medication has been taken that day. The school nurse will keep accurate records on her daily report. The medical room assistant will also administer medication under supervision of the school nurse.

The school nurse will securely store and administer prescription medications for pupils. The nurse requests that parents complete a school consent form for such medications. Medications must be in the original packaging, clearly labelled and within the expiry date. The school nurse will store fridge items securely if needed such as oral antibiotics.

In Willow Lodge (including EYFS provision) – Teachers and Teaching Assistants administer over the counter medication when consent has been obtained from parents. This is done through a consent form in the admissions information. As an extra precaution parents/carers will be contacted before medication is given. Once medication is administered the time, quantity and type of medication is recorded in the child's diary. If a child requires prescription medication this is stored in the medical room in the fridge. Parents fill in a medical form at Willow Lodge reception before the medication can be administered. Medications must be in the original packaging, clearly labelled and within the expiry date.

Responsibilities of the school nurse

The school nurse ensures suitable medication/arrangements are in place for pupils with medical conditions/health needs such as diabetes, asthma, epilepsy and allergies. The nurse will train staff in the use of inhalers and Epipens and the administration of medications. The medical notice board in the staff room has action plans to assist staff who may need to deal with seizures, asthma, anaphylaxis and diabetes.

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Epipens

There are many pupils across the three sites who have Epipens (Adrenaline Auto Injectors) for serious allergies. These are stored in the relevant medical rooms on the shelves. Each pupil has a named box containing full instructions on usage and a photograph of the pupil. The school nurse will train all staff and Epipens will need to be taken on all trips/sporting fixtures.

Inhalers

There are many pupils across the three sites who have spare Ventolin inhalers in school. These are stored in the relevant medical rooms on the shelves. Each pupil has a named box and a photograph of the pupil will be evident. The school nurse will train all staff and they will need to be taken on all trips/sporting fixtures. If required school holds spare inhalers in each of the medical rooms on the shelves.

Illness

The school nurse follows The Department of Health regulations with regards to **infection control**. Pupils and staff who have gastroenteritis are advised not to return to school for at least 48hours after last episode of diarrhoea/vomiting. Pupils who feel unwell during the school day are advised **not** to contact their parents but to see the school nurse first.

In Willow Lodge (including EYFS provision) – Children are cared for by the Teacher / Teaching Assistant on duty. If a child is feeling unwell they are cared for by their class teacher and classroom assistant. If they are unable to remain in the classroom they are taken to the medical room in Willow Lodge where their temperature is taken and parents are contacted.

Minor injuries/illness

In the event of a minor injury such as a sprain, minor burns, minor head injury or illness such as headache, abdominal pain or cold symptoms the pupil will be cared for in the medical room by the school nurse. They will be allowed to rest if needed and the nurse will send pupils back to lessons when she feels they are fit enough. Parents will be called if necessary.

In Willow Lodge (including EYFS provision) – Children are treated in the medical room by the member of staff who is on duty. Children will remain in the medical room until they are well enough to return to the playground or classroom. The school nurse is contacted if the member of staff feels it is necessary and she will come and attend. The treatment given is put in the medical book and a copy is sent home in the child's book bag. If a child has had a head bump an additional head-injury letter is sent home and the parents are contacted via text message or phone call.

Major injuries/illness

In the event of a major injury or illness such as a fracture/dislocation, severe burn, anaphylaxis or head injury resulting in concussion the affected pupil will be cared for by the school nurse or first aider until parents/ambulance arrive. Pupils will be escorted to hospital with the nurse or first aider and will meet parents at the hospital if needed.

In Willow Lodge (including EYFS provision) – In the event of a major injury or illness such as a fracture/dislocation, severe burn, anaphylaxis or head injury resulting in concussion the affected pupil will be cared for by the member of staff who is on duty or the teaching assistant from their class until the school nurse/ ambulance can arrive. Parents are contacted immediately and will either meet the child at school or hospital depending on the time scales involved.

Guidance on calling an ambulance

- Dial 999 and ask for the ambulance service

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- Give school address **Wrexham Road Chester CH4 7QL**
- Give operator as much detail as possible - type of injury/emergency, name, age and location of casualty.
- Listen to the advice that the operator gives
- Ensure a staff member is waiting by the school gate to direct ambulance to casualty.
- Ensure a member of staff accompanies casualty to the hospital

Location of first aid kits

Willow lodge

- Medical Room
- Forest School

Junior school

- Main Reception
- Outside the staff room
- Technology Room
- Cookery Room
- Science Room
- 4 x portable kits for sporting fixtures
- After school club x 2 (outside Consterdine Hall)
- Art Room

Senior school

- Outside the staff room (main Reception)
- Sixth form centre (outside JPC office)
- Vanbrugh Theatre x 2
- PE office and Sports Hall
- Science laboratory rooms 33,34,35,36,39 and 40
- Science link rooms 30/31 and 37/38
- X6 portable boys (sporting fixtures)
- X6 portable girls (sporting fixtures)

First aid kits are also in:

- Music school (reception)
- Willow house (kitchen)
- Art and Design x 2
- Boat house/rowing x 3
- Design & Technology x 2
- Swimming pool
- Cricket pavilion
- Groundstaff Shed
- Portable x 2 for Minibus use (Bailiffs' office)
- Tennis court shed

Record of First Aid qualified staff

Senior School Teachers

Staff name	Date qualified	Renewal date	course attended
C Ashcroft	Sept 18	Sept 21	1 day Paediatric First Aid
D Blackham	Oct 16	Oct 19	Emergency First Aid Course including use of Automated External Defibrillator)
D Roberts	Apr17	Apr 20	Emergency First Aid at Work
S Bibby	Aug 16	Aug 19	1 day Paediatric First Aid
D Ortiz	Sept 17	Sept 20	1 day Paediatric First Aid
Sarah Glass	Sept 17	Sept 20	1 day Paediatric First Aid
Jamie Dunn	Sept 17	Sept 20	1 day Paediatric First Aid
S Bosworth	Sept 17	Sept 20	1 day Paediatric First Aid
Pete Neal	Jan 18	Jan 21	1 day Paediatric First Aid
S Gareh	July 18	July 21	1 day Emergency First Aid
Vicky Latifa	Sept 18	Sept 21	1 day Paediatric First Aid

Junior School Staff

Staff name	Date qualified	Renewal date	course attended
H Duncalf	May 16	May 19	Wilderness first aid course
J Benson	Aug 16	Aug 19	1 day Paediatric first aid
Helen Jones	Aug 16	Aug 19	1 day Paediatric First Aid
Annette Kinsey	Jan 18	Jan 21	1 day Paediatric First Aid
Hannah Fountain	Sept 18	Sept 21	1 day Paediatric First Aid

Infant School Staff

Staff name	Date qualified	Renewal date	Type of course attended
Jan Callaghan	Sept 18	Sept 21	1 day Paediatric First Aid
Katy Johnson	Sept 18	Sept 21	1 day Paediatric First Aid
Kirsty Williams	Sept 18	Sept 21	1 day Paediatric First Aid
Sarah Mallon	Sept 18	Sept 21	1 day Paediatric First Aid
Elaine Ferrara	Sept 18	Sept 21	1 day Paediatric First Aid
Fran Cameron	Sept 18	Sept 21	1 day Paediatric First Aid
Eszter Takacs	Sept 18	Sept 21	1 day Paediatric First Aid
Alison Nichols	Sept 18	Sept 21	1 day Paediatric First Aid
Sarah Talbot	Aug 16	Aug 19	1 day paediatric First Aid
Hannah George	Aug 16	Aug 19	1 day paediatric First Aid
Jane Hartley	Aug 16	Aug 19	1 day paediatric First Aid
Claire Shyne	Sept 17	Sept 20	1 day Paediatric First Aid
Tina Harwood	Sept 17	Sept 20	1 day Paediatric First Aid
Alison Stevenson	Sept 17	Sept 20	1 day Paediatric First Aid

MENTAL HEALTH and WELLBEING

The school is committed to promoting positive mental health and providing a rapid response to those in crisis.

- 3.6.5 The school aims to provide appropriately qualified personnel so as to respond to the mental health needs of all pupils, staff and visitors to the school.
- 3.6.6 Staff are MHFA(Eng) trained to respond to crisis, by preserving life, and providing help to prevent the issue from becoming more serious.
- 3.6.7 MHFA staff also aim to raise awareness of mental health issues and to reduce stigma and discrimination.
- 3.6.8 MHFA staff work in conjunction with pastoral staff under the management of the Pastoral Deputy Head.
- 3.6.9 MFHA staff liaise with the school Nurse, the school Medical Officer and the school counsellor as required

Mental Health First Aid qualified staff

Pastoral Deputy Head	Michael Harle
Head of PSHE/Head of Werburgh House	Michael Lee

GUIDANCE ON SELF-HARM AND SUICIDE PREVENTION

Self-harm is a way of expressing very deep distress; which sufferers struggle to put in words. It is a coping mechanism, but one that does not alleviate the distress because nothing has been done to resolve the original problem. It is often habitual, chronic, and repetitive and tends to affect young people for months or even years. It can include burns, cuts, bruising, head banging, biting, hair pulling, and deliberate ingestion of harmful substances, deliberate withdrawal of medication and eating disorders.

The School recognises that many staff will find this issue very difficult to deal with and will always offer support to those working with pupils who self-harm.

Aims

- Recognising the warning signs that a pupil may be self-harming
- Broaching the subject of self-harm to a pupil you suspect of deliberately harming themselves
- Reacting positively if a pupil comes to you wishing to discuss their self-harm
- Short-term planning of action for the care and management of the pupil which includes assessing the pupil's unique and individual needs
- Long-term planning of action for the continued support, assistance and monitoring of the pupil
- Practical and emotional support for staff members who are dealing with a self-harming pupil
- Implementing a 'harm-minimisation approach' to prevent the spreading of a self-harm culture within the school

Roles and responsibilities:

- The designated key staff to be responsible for all incidents relating to self-harm are the school nurse and the designated safeguarding leads.
- Self-harm is covered within the school curriculum (PHSE) and as an extra-curricular presentation
- An appointed 'key worker' will be designated if required for the pupil at times of emotional distress rather than resorting to self-harm in school
- The school will make it clear regarding which behaviours will not be tolerated, ensuring that all pupils are aware and understand school rules (for example, self-harming in front of other pupils or threats to self-harm as part of bargaining or manipulation may be deemed unacceptable).

Evaluation any risks:

The following questions need to be addressed.

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- How strong and how frequent is the desire to self-harm?
- Do you make plans to harm yourself and how frequent are these plans?
- What preparations do you make to harm yourself and what are your triggers?
- How do you care for any wounds?
- Are parents aware and if so what help has been sought?

Helping a pupil who is self-harming:

- Young people who self-harm need emotional and sometimes medical support
- Simply having designated staff available, whenever possible, to talk to a child who self-harms can make all the difference, as feelings of isolation are often part of the problem.
- Remain calm and non-judgmental at all times and avoid dismissing reasons for distress as invalid or trivial
- Do not guarantee confidentiality if significant harm is suspected or there is a potential risk of further significant harm. Explain there may be a need to share concerns but reassure sensitively the need for sharing is for their own safety and well being
- Do not chastise after an episode of self-harm and do not insist on inspecting the area of self-harm unless significant harm is suspected or the pupil volunteers for examination
- **Always** try to encourage parental involvement but consider whether 'Fraser Competent'; however, if parents are involved, ensure regular contact with home
- Identify 'triggers' and ask what specific significant changes can be made in their lives to prevent further episodes of self-harm. Empower the person to make those changes
- Monitor, review and suggest realistic targets to be met in order to make small positive steps. If the urge itself cannot be stopped, the aim should be to minimise the harm done
- Record very clear and concise written notes with user's name and date documents

Preventative measures aim to reduce acts of self-harm when urges become strong mainly through distraction techniques:

Although self-harm is often used as a coping mechanism, it must be recognised that the emotional distress that leads to someone needing to self-harm can also lead to suicidal thoughts and actions, particularly if attempts are made to 'stop' or 'control' the self-harm. If the self-harm has been long-term and escalating in its urgency and severity, then someone who self-harms in this way is at a higher risk of becoming suicidal.

Useful services:

- HOPELineUK 0800 068 41 41
- email pat@papyrus-uk.org Standard Messaging Service (SMS) 07786 209697
- Self-harm support 0117 925 1119 - selfharmsupport.org.uk
- Saneline 0845 767 8000 - sane.org.uk
- Mind Info Line 0845 766 0163 - mind.org.uk
- Samaritans 08457 90 90 90 Email: jo@samaritans.org Local tel: 01244 377999

PREVENTION OF SUICIDE

Any mention of suicidal intent should always be taken seriously and acted upon as a matter of urgency.

Acceptable questions to ask a young person when the threat of suicide is suspected

- Has suicide ever crossed your mind?
- Are you having suicidal thoughts?
- Are you feeling suicidal?
- Are we talking about suicide here?

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Risk Assessment questions for you to consider regarding the immediate safety of the young person:

- Has the person **told anyone else** how they are feeling?
- Does the person have a **plan**?
- Does the person have the **means** to carry out the plan?
- Has the person given a timescale as to **when** they will end their life?
- Have they attempted suicide **before**?

Safe plan:

- Who needs to know this information?
- Can we disable the suicide plan?
- How can they keep themselves safe?
- Can we help the student to avoid triggers?
- How long can the student keep themselves safe?

An immediate evaluation of the circumstances should be made and any necessary consultation undertaken with the DSL. If appropriate they will contact parents and either, make an urgent referral to CAMHs or accompany the person to A&E.

PERSONAL LOSS AND BEREAVEMENT PROCEDURES

(inc. supplement for procedures regarding separation and divorce)

Aim: In creating a clear policy the school provides a framework for school staff members to address death and the consequences of death. The policy will enable staff members to feel more confident when working with bereaved students and they will be able to support them more efficiently.

Guidelines: This policy provides a framework so that work can begin as soon as information is received. The policy needs to be flexible to deal with the individual circumstances surrounding the student. A teacher led group is responsible for meeting following the news of a death to discuss the individual needs of the student concerned.

Procedure for Students' loss of a relative

Informing:

- When news of a loss is received all members of the LT must be informed.
- MJH/MAA will alert the relevant pastoral staff and the School Nurse and make sure that all school staff are made aware of the child or young person's bereavement via a confidential notice on the CR notice board.
- AMW will inform ANP and details of the bereavement will be recorded in pupil notes on 3Sys.
- AMW will inform GLC and details of the bereavement will be recorded in billing notes on Pass.

Point of contact:

- The bereavement group will appoint a designated staff member who will act as a support coordinator and liaise with the bereaved child or young person and their family both prior to the child / young person's return to school and whilst they are at school.
- GJH will send a letter home to family of bereaved child to express condolences and indicate the point of contact for support at school.
- JMB will co-ordinate representation at the funeral.

Return to school:

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- The designated staff member will meet the bereaved child when they return to school and will ensure that the bereaved child or young person is aware that they can share their feelings. They will let them know who will be available to support them whilst they are at school.
- The designated staff member will negotiate a support plan and ensure that any support plans are circulated to all school staff members who will be supporting the bereaved child or young person, ensuring that staff are aware of any special measures that have been put in place to support the child/young person. For example; agreed time out periods from lessons, the relaxing of homework and extended course work deadlines.

The KLT will support staff to look after their well-being, ensuring that the member of staff providing support to the bereaved child has a senior teaching staff member available to support them.

Supplement: Procedure for separation/divorce

Parents are often reluctant to inform the school of changes in their marital circumstances. The school will aim to maintain accurate records via the annual update. Where information is obtained from a third party, the school will endeavour to ascertain its accuracy before confirmation with both parents where possible

Informing:

- When news of a loss is received all members of the KLT must be informed.
- MJH/MAA will alert the relevant pastoral staff and the School Nurse and make sure that all school staff are made aware of the child or young person's situation.
- AMW will inform ANP and details will be recorded in pupil notes on 3Sys.

Support:

- MJH/MAA will co-ordinate the monitoring of the student and will oversee any necessary short-term emotional support.
- The tutor will oversee any long term organisational and/or academic support whilst monitoring the student's well-being.

Procedure for School loss of a Community Member (Staff or Student)

Informing:

- When news of a loss is received all of the members of the KLT must be made aware.
- They will meet as soon as possible to decide on the appropriate action. The group will determine;
 - Is this a Critical Incident?
 - Who needs to know about the death?
 - Who will address the news of the loss to Students and School Staff?
 - How will official information of a death be distributed to Parents, Students and School Staff?
 - When will this information be distributed?
 - What external support may be required?
- Arrangements will be made for the school staff to meet at the end of the day or at the most convenient time to allow them to share their emotions and discuss ways to best support each other and the students.
- A point of contact will be established for the family of the bereaved and the school.
- School assemblies will be arranged to and explain the death in an appropriate and honest manner.

- All students will be reassured that should they want to talk about the death and discuss how they are they feeling, that they will be able to do so.

Reactions to Grief

There is no right or wrong way to grieve

It is therefore important to allow young people to grieve in their own way and own time.

Feelings may seesaw and they will move in and out of grief as they move through a series of stages

The person suffering the bereavement will need to

- Accept the reality of the loss
- Work through the pain of grief
- Adjust to an environment in which the deceased is missing
- Emotionally relocate the deceased and move on with life

Immediate support

- Supporting bereaved students
- Be there
- Listen
- Accept
- Anticipate
- Give the young person choices
- Be patient
- Believe in the young person's ability to recover and grow

Long term support

- Planning and recording for future events that may prompt a grief response.
- Continual awareness and monitoring to provide emotional support and academic guidance.
- Continued liaison with those who have parental responsibility for the student.

Ongoing education

It is recognised that children often receive mixed messages about death or may even be excluded from discussion. Bereavement is therefore discussed with students in PSHE lessons in years 7 and 9.

Dealing with supporting the school members:

- If there are students who have been particularly affected by news of the death, liaison with their families may be needed so that they are supported at home.
- Students will be allowed to take time from their lessons / normal school day to talk about their reactions to the death and to share their memories and reflections of the member of staff/ student who has died.
- The school will consider how the bereavement will be recognised in the longer term and also consider how to let those affected reflect in the short term eg school closure/quiet area/attendances at funeral /memory candle/memory book/tree/fountain etc.

Useful Organisations:

www.rd4u.org.uk (for students)

www.cruse.org.uk (for adults)