

Your Safety and Wellbeing at Reading Festival 2024



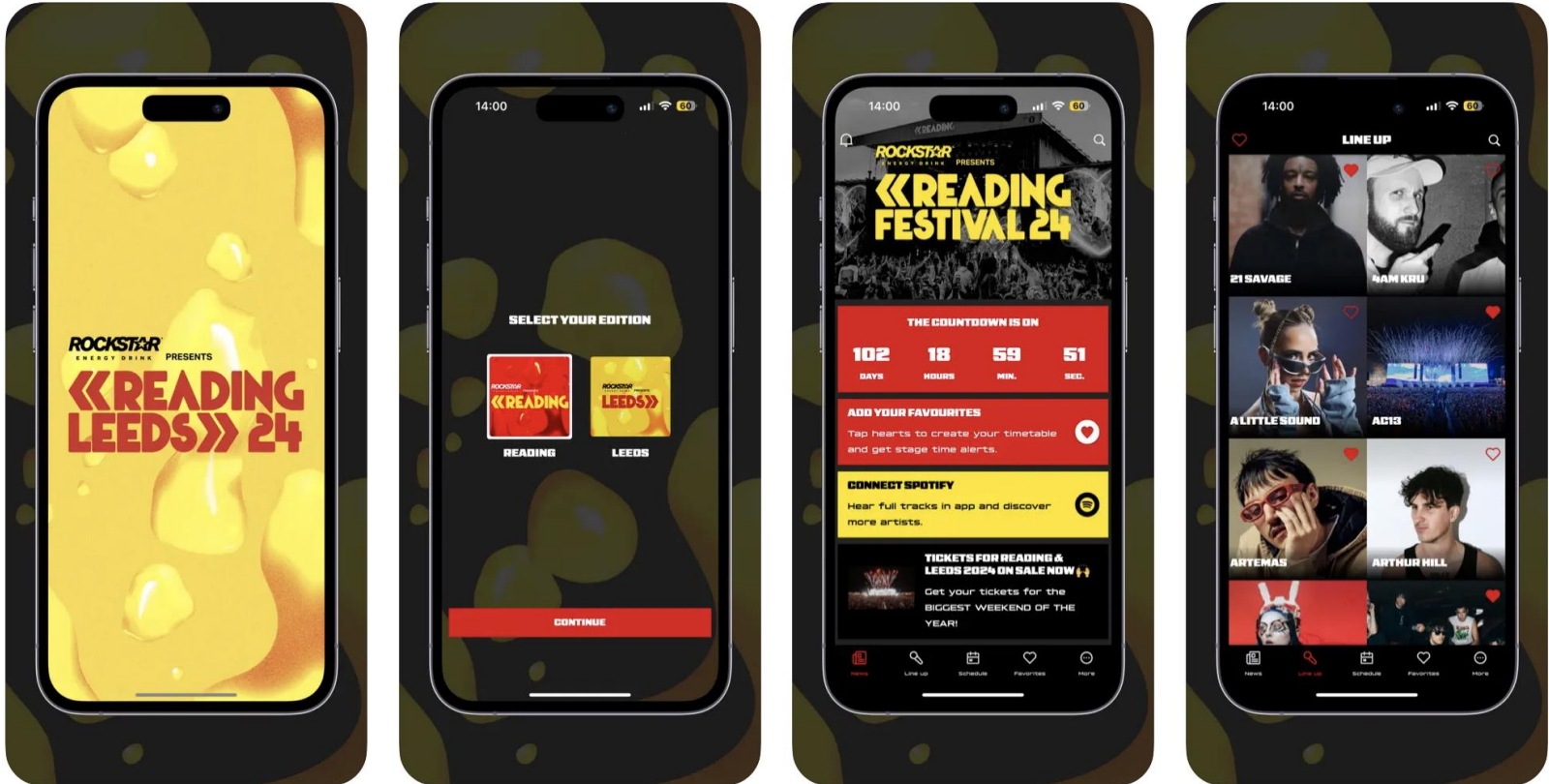


PLAN YOUR WEEKEND



www.brighterfuturesforchildren.org

Install the Reading and Leeds Festival app before you go



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- Signal can be inconsistent at the festival site
- Install the app in advance
- On-site, use text or phone calls instead of internet-based services.



Pack all essentials



ULTIMATE FESTIVAL
CHECKLIST

| | |
|--|--|
| <input type="checkbox"/> TICKETS | <input type="checkbox"/> BIODEGRADABLE WIPES |
| <input type="checkbox"/> TENT | <input type="checkbox"/> SOCKS, SOCKS & EXTRA SOCKS (NO REALLY, PACK AN EXTRA PAIR) |
| <input type="checkbox"/> CAMPING STUFF | <input type="checkbox"/> BIN BAGS |
| <input type="checkbox"/> A4 SIZE BAG | <input type="checkbox"/> GAFFER TAPE |
| <input type="checkbox"/> ID | <input type="checkbox"/> SUNCREAM |
| <input type="checkbox"/> CASH | <input type="checkbox"/> WARM CLOTHES |
| <input type="checkbox"/> GOOD SHOES | <input type="checkbox"/> SNACKS |
| <input type="checkbox"/> STRONG HAT | <input type="checkbox"/> DRY SHAMPOO |
| <input type="checkbox"/> PHONE & CHARGER | <input type="checkbox"/> REUSABLE BOTTLE |

ULTIMATE FESTIVAL
CHECKLIST



Stay connected to home



Stay up to date with your family by texting and phoning them regularly.





REMEMBER WHO CAN HELP



www.brighterfuturesforchildren.org

#LookOutForEachOther

- Stay with your friends!
- If you notice anything, go to security as quickly as possible
- You will not be punished if you have got something wrong.



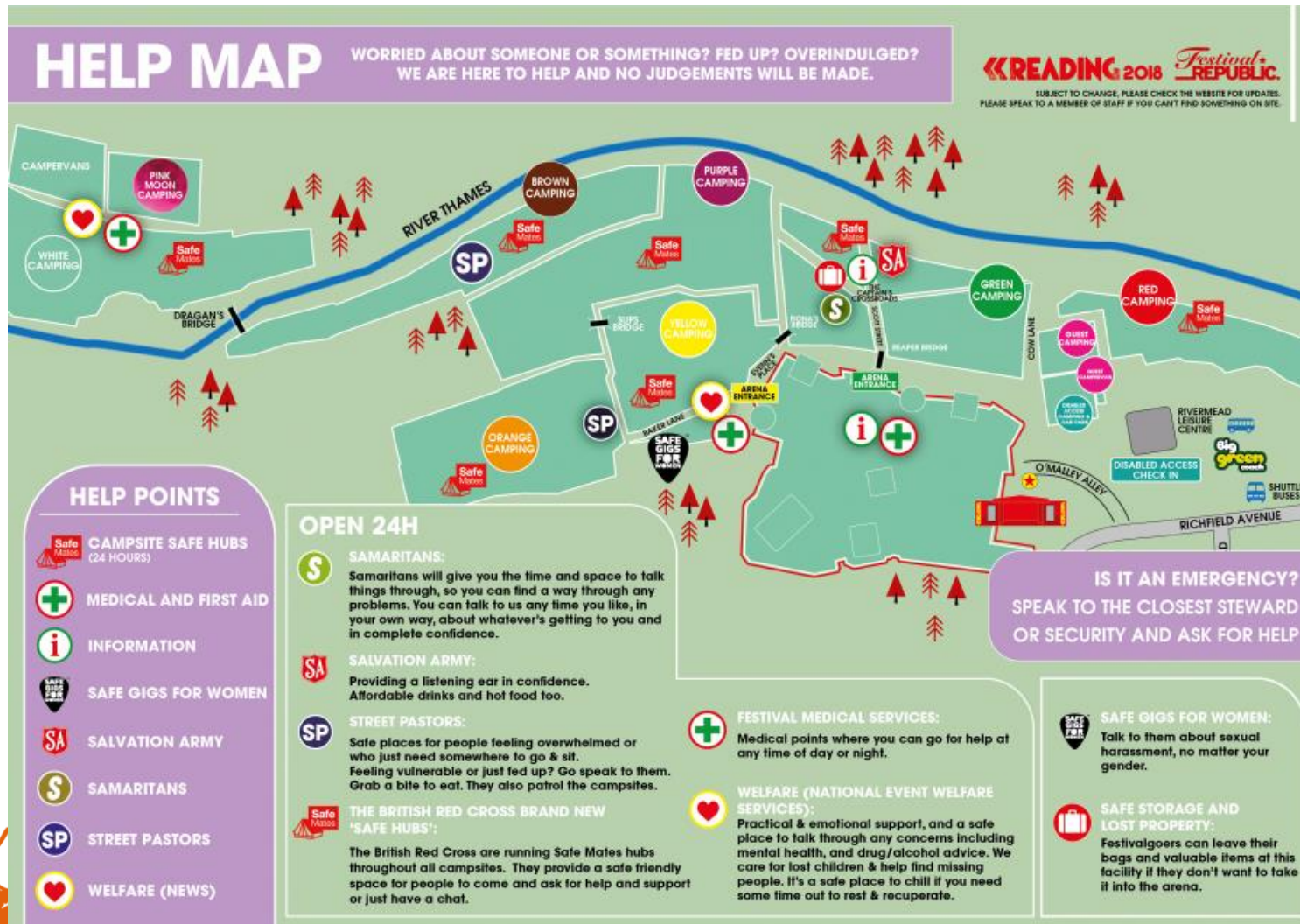
Help map



- Explore the map and know what support is available
- For urgent or non-urgent help, go to the welfare/medical tent or an AIR Hub
- Ask any staff member for directions - they are trained to help



Help map





Things to remember at the festival



Is the festival the best place for you to be?



Festivals can be overwhelming, especially for first-timers



It's okay to leave or go home if it feels like too much



Taking a break at home and returning later is fine



Plan your travel to avoid late nights or early mornings alone



Do you need a break?



Reading Festival is close to the town centre



There are many activities in Reading to help you relax, like going to the cinema, swimming, or eating some nice food



Consider taking a break from the festival to enjoy these activities



It is normal to have a range of feelings



It is normal to have a range of feelings



- Festivals can bring the highest highs and lowest lows, especially after stressful times like exams
- Take care of yourself and remember it's OK not to be OK
- Ask friends for advice and stay in touch with your support network



Substances are not your friend!



You may experience peer pressure or feel like you want to take alcohol or drugs to avoid feeling distressed, but this can easily go wrong and tomorrow they will make you feel worse.



#LookOutForEachOther

#LookOutForEachOther



**THERE IS NO SAFE
LEVEL OF DRUG USE**

#LookOutForEachOther



KNOW YOUR LIMITS

#LookOutForEachOther



**ALTERNATE ALCOHOL
WITH WATER**

#LookOutForEachOther



**IF YOUR HEAD IS NOT IN
THE RIGHT PLACE, TELL
SOMEONE HOW YOU FEEL**

#LookOutForEachOther



**DON'T BE A STATE
- HYDRATE**

#LookOutForEachOther



**LEAVE THE MIXING
TO THE DJ**

#LookOutForEachOther



**YOU CAN'T KNOW
WHAT DRUGS CONTAIN
FROM LOOKING**

#LookOutForEachOther



**IF YOU DON'T FEEL GREAT,
THE MORNING AFTER
- TAKE A BREAK**

#LookOutForEachOther



FIRST AID

**GET HELP IF SOMEONE
FEELS UNSAFE OR UNWELL**

#LookOutForEachOther



**THIS WEEKEND, MAKE
YOUR OWN CHOICES**

#LookOutForEachOther



**IF YOUR MATE'S A STATE,
HELP THEM KEEP SAFE**

#LookOutForEachOther



**SOMEONE CAN'T
CONSENT IF THEY ARE
DRUNK OR HIGH**

Other support that you might find helpful



TellMi app



Tellmi is an NHS commissioned digital peer support app

There are 600+ mental health self-management tools accessible 24/7

You can install the app by visiting www.tellmi.help or searching App Store/Google Play



If you need emergency support



Text 'SHOUT' to 85258 for 24/7 immediate support with your mental health (if you are off site/are not able to access an AIR Hub or the welfare team)



If you are off-site and cannot access an AIR Hub/welfare tent or you feel you're in danger, call 999.



We recommend you save SHOUT's number to your phone 85258.

Signs to notice when looking out for friends



If you notice any of these signs, you may want to seek advice from the **welfare tent or an AIR Hub**.

- Sudden changes in behaviour or mood
- Slurred speech or difficulty walking
- Dizziness
- Shortness of breath
- Unresponsive
- Loss of coordination or balance
- Vomiting or extreme nausea



Example of an emergency

- One of your friends feels isolated and depressed. One evening he tells you that he's thinking about self-harm and even ending his life.
- Immediately look for professional support alert the nearest welfare/medical staff or contact **SHOUT** or call **999**
- **Do not leave your friend alone**
- Stay with them until help arrives and try to provide any information you can to the responders.



**Lastly – festivals are meant to
be fun, enjoy yourself!**

