



# SAFEGUARDING BULLETIN



Ms Harwood



Mr Partridge



Mrs Cumberbatch

**If you have a safeguarding concern about a child or adult, please follow the instructions below for reporting your concern;**

During Schools Hours-Contact the designate safeguarding lead, Ms Harwood, to share your concerns.

Contact;  
harwood.cl@stowevalley.com  
or 01926 812560

Out of hours contact Children and Families Front door on 01926 414144 or contact 101.

**It is important to share concerns you have, no matter how small you think they may be. It is always better to say something, than nothing. We will treat all concerns shared with professionalism, confidentiality and respect.**


**kooth**

## KOOTH

Kooth is available to children, young people and adults aged 11-25 across Coventry and Warwickshire, providing free, safe and anonymous digital mental health and wellbeing support on Kooth.com.

## FAMILY INFORMATION SERVICE

provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including: family relationships. finance. housing.



## SAFELINE

parenting workshop via zoom on, Wednesday 7th December & Wednesday 14th December at 5-6pm

## RISE

Newsletter visit their website <https://cwrise.com>  
Parent workshops



Nude image of you online?  
We can help take it down.

## HOW TO GET YOUR IMAGE REMOVED

If you're under 18, live in the UK and a nude image or video of you has been shared online, you can report it to be removed from the internet. You'll need to select your age and follow the steps below:

If you're under 18, live in the UK and a nude image or video of you has been shared online, you can report it to be removed from the internet. You'll need to select your age and follow the steps below:

- create a Childline account so we can send you updates on your report
- report your image or video to the Internet Watch Foundation (IWF)
- check your Childline locker for a few days after your report to see if you need to add any more information and to see updates on your report
- report any issues with this process by sending an email from your Childline locker with the subject 'Report Remove' and as much information about the problem as you can.

IF YOU ARE

# EXPERIENCING MENTAL HEALTH PROBLEMS

OR NEED URGENT SUPPORT

there are lots of places you can go to for help.

## SAMARITANS

1

Telephone: 116 123 (24 hours a day, free to call)  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
Website: <https://www.samaritans.org>

*Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair*

## MIND INFOLINE

2

Telephone: 0300 123 3393 or text 86463  
Email: [info@mind.org.uk](mailto:info@mind.org.uk)  
Website: [www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)

*Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices.*

## RETHINK

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Telephone: 0300 5000 927  
Email: [advice@rethink.org](mailto:advice@rethink.org)  
Website: <http://www.rethink.org/about-us/our-mental-health-advice>

*Provides expert advice and information to people with mental health problems and those who care for them.*

## THE MIX

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Telephone: 0808 808 4994  
Email: <https://www.themix.org.uk/get-support/speak-to-our-team/email-us>  
Website: [www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)

*The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems*

## SIDE BY SIDE

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Website: <https://sidebyside.mind.org.uk/about>

*Side by Side is an online community where you can listen, share and be heard.*

## SHOUT

6

Text: 85258  
Website: <https://www.giveusashout.org/>

*Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.*

## CHILDLINE

7

Telephone: 0800 1111  
Website: [www.childline.org.uk](http://www.childline.org.uk)

*ChildLine is a private and confidential service for children and young people up to the age of nineteen.*

## SANELINE

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Telephone: 0300 304 7000  
Website: [www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

*Saneline is a national mental health helpline providing information and support to people with mental health problems*





# There is always someone that can **HELP**



During the Christmas holidays the **Safeguarding team** want to remind you that support is available



## **CHILDLINE**

You can talk to us about anything. No problem is too big or too small.  
**Telephone 0800 1111**



## **RUNAWAY HELPLINE**

If you are thinking about running away, if you have already run away, or if you have been away and come back. You can also contact the Helpline if you are worried that someone else is going to run away or if they are being treated badly or abused.

**Telephone 116 000** [www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)



## **SAMARITANS**

24hr service offering emotional support.

**Telephone 116 123** **Email** [jo@samaritans.org](mailto:jo@samaritans.org)



## **LOOK AHEAD**

Works with vulnerable people throughout the UK, those with learning difficulties, mental health, young people and the homeless.

**Telephone 0333 010 4600** [www.lookahead.org.uk/](http://www.lookahead.org.uk/)



## **STAY SAFE YOUNG MINDS**

If you feel overwhelmed, or like you want to hurt yourself, support is available for you to talk things through. You deserve help as soon as you need it.

**Telephone 0800 068 4141** **Text 85258**



## **KOOTH**

Safe, anonymous online community and counselling for young people

**Kooth.com**



**Stowe Valley**  
MULTI ACADEMY TRUST  
SAFEGUARDING & CHILD PROTECTION



## Mental Health in Schools Team (MHST)

### Tips For Wellness:

### Christmas



By many, Christmas is thought of as a very happy time of year. But for some, Christmas can unfortunately be a really difficult time. It can bring up upsetting memories for people, can make people feel very overwhelmed, or people can feel lonely over the Christmas period.

Christmas is a time of giving. Giving does not necessarily mean gifts, 'giving' can be an act of kindness, even something as small as smiling at someone. 'Giving' to others has been proven to support mental wellbeing. Not only is it nice to be a 'receiver' of an act of kindness, but it also helps the 'giver'. Evidence has shown that people who carry out an act of kindness at least once a week are more likely to rate themselves as 'happy'.

Being a 'receiver' makes us feel appreciated and valued. 'Giving' makes us feel rewarded, 'giving' also helps us to build social networks.

#### Try some of the below activities over the Christmas period:

1. Say thank you to someone, for something they've done for you
2. Phone a relative or friend who needs support or company
3. Ask a friend how they are and really listen to the answer
4. Go Christmas carolling!
5. Have a go at making your own Christmas present for someone from scratch
6. See how you could help out a charity
7. Arrange a day out for you and a friend or relative
8. Offer to help a relative with a job around the house (maybe theres something you could help your family with on Christmas Day!)

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSStars certificates and pin badges. Please spread this message amongst your school community, all you need to do is let us know by nominating the young person using this email address: [cwptr.thankskids@nhs.net](mailto:cwptr.thankskids@nhs.net) and we'll do the rest!!

**MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.**