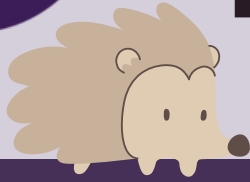




# SAFEGUARDING NEWSLETTER

Autumn Term 2023



We would like to welcome all students, parents and carers to the Autumn Term 1 Safeguarding Bulletin, we do hope you managed to have a rest over the long and rather wet summer break!

You can expect to see the Safeguarding Team pop up on social media throughout this term, offering support and advice as well as resources we feel appropriate.

If you would like to see anything particular focus for content in the next Safeguarding Bulletin (Autumn Term 2, November) please drop me an email using the address at the end of this page, or if you would like any specific advice, please do not hesitate to get in touch with the team.

We are excited to have re-launched The Student Voice platform to students this academic year and have already had over 150 submissions with suggestions regarding the canteen and stairs and concerns regarding areas in Rugby.

In this issue we talk about:

- Mental Health Support – At RFSS we take the mental health of students, parents and staff extremely seriously. Please find attached a poster from 'daydreami education' covering lots of support lines along with links to Mental Health Support and advice from the RISE Team.
- Recovery and Wellbeing Academy free online courses update – new courses available for Autumn 2023.



## MEET THE TEAM



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- Faye Smith
- Kelly Davies
- Claire Grocock
- Stuart Brambell

# Mental Health Support



If you are struggling with any mental health issue, it is important to get support. In addition to seeking support from within your school/college, there are a wide range of external support sources available.

## Face-to-Face Support



You can access support via your GP who can refer you to other services such as Child and Adolescent Mental Health Services (CAMHS).

Over 16s can contact local NHS services to ask for a referral to face-to-face counselling support or cognitive behavioural therapy (CBT).

Under 16s can be referred for face-to-face counselling support or CBT by their GP, parent, carer or school.

You can sign up to community groups in your local area that help people with their mental health through peer support, nature and art. These friendly groups are usually promoted on your council's website or by local charities.

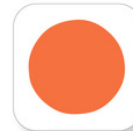
## Apps

10:45



### Tellmi

Connects people with similar problems, providing peer support & coping strategies.



### Headspace

A mindfulness app that helps users learn to manage their feelings and thoughts.



### distrACT

A self-care app that provides advice and support about self-harm & suicidal thoughts.



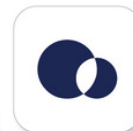
### Chill Panda

Provides various tools and games to help with emotion regulation and stress-reduction.



### Blue Ice (NHS prescribed)

A self-help app that provides advice and support on coping with self-harm.



### Silvercloud (NHS prescribed)

Offers a range of programmes on CBT to help users manage their wellbeing.

## Online & Telephone Support

Search

**Kooth:** An online mental wellbeing community offering support, including discussion boards and online chat.

[www.kooth.com](http://www.kooth.com)

**Childline:** Provides support to people under the age of 19, including 1-2-1 online counsellor chat.

[www.childline.org.uk](http://www.childline.org.uk) ☎ 0800 1111 (freephone)

**The Mix:** Supports people under the age of 25, via online 1-2-1 chat, social media and mobile.

[www.themix.org.uk](http://www.themix.org.uk) ☎ 0808 808 4994 (freephone)

**Samaritans:** Provides support to anyone in emotional distress, struggling to cope or at risk of suicide.

[www.samaritans.org](http://www.samaritans.org) ☎ 116 123 (freephone) ✉ [jo@samaritans.org](mailto:jo@samaritans.org)

**SHOUT:** A free text messaging service that provides 24/7 support for anyone experiencing a mental health crisis.

☎ text 'SHOUT' to 85258 to start a conversation

**Young Minds:** Provides advice and support resources for a variety of mental health conditions.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Mind:** Provides advice and support to adults and young people with mental health problems.

[www.mind.org.uk](http://www.mind.org.uk)



If you need urgent support, contact NHS Direct on 111. If you feel suicidal, or may have seriously harmed yourself, call 999, go straight to A&E or call your local crisis team.





# Links to Mental Health Support for Parents and Students

## Mental Health Support for Students:

- [Mental health services for young people – Warwickshire County Council](#)
- [YoungMinds – Mental health charity for children and young people](#)
- [NHS – Mental health for children, teenagers and young adults](#)
- [CWMind – Mental health and autism support in Coventry](#)
- [Rise | CAMHS \(cwrise.com\)](#) – Coventry and Warwickshire’s CAMHS service. NHS service that assesses and treats young people with emotional, behavioural or mental health difficulties.
- [Kooth](#) – Online mental wellbeing community
- [Papyrus UK Suicide Prevention | Prevention of Young Suicide](#)

## Mental Health Support for Parents/Carers:

- [Mental Health Employment Support Service](#) – [covwarkpt.nhs.uk](http://covwarkpt.nhs.uk)
- [Survivors of Bereavement by Suicide](#) – Overcoming the isolation of people bereaved by suicide ([uksobs.org](http://uksobs.org))
- [CWMind](#) – help and support for mental health problems
- [It Takes Balls To Talk](#) – campaign to encourage people to talk about mental health issues
- [Dear Life](#) – A website designed to offer local support, advice and self-help resources to those feeling suicidal, those caring for someone who feels suicidal and those bereaved by suicide
- [CRASAC – Coventry Rape and Sexual Abuse Centre](#) – provides specialist support to those who have experienced sexual violence directly and indirectly
- **Veterans’ Mental Health TIL Service: Call 0300 323 01327 24/7**



RISE

MHST

## Mental Health in Schools Team (MHST)

### Parent/Carer Tips for Wellness:

## STARTING CONVERSATIONS AROUND MENTAL HEALTH

It can be difficult to speak with your young person about their mental health and wellbeing. It is important to try different methods and see what works for you.

Useful conversation starters:

“How are you feeling?”

“What was the best and worst bit of your day?”

“How can I help you?”

*More conversation*

“I can see that you are feeling \_\_\_\_\_. Do you want to talk about it?” *starters!*

“Today I felt \_\_\_\_\_. How did you feel today?”



Some young people find it easier to have these conversations when they do not need to make eye contact. Try having these conversations whilst doing a normal activity, such as cooking dinner, washing up or even in the car!

*Top Tip: Try to avoid starting these conversations around bedtime.*

Discussing and expressing feelings:

- Try using emojis, coloured stickers or pictures to show how you are feeling.
- If your young person finds it hard to have these conversations, they could try sending you text messages to let you know how they feel or using a shared feelings diary.

Statements of encouragement can help a young person share their feelings:

“I love you, nothing can ever change that”

“Even if I don’t understand, know that I want to”

“If you need to talk to someone else, that’s ok too”

“It is ok to feel this way”

Warwickshire Family Information Service  
 Parenting Workshops In Rugby  
 October – December 2023



DATE	WORKSHOP	VENUE	LINK
5th Oct	Sleep	Claremont CFC	<a href="https://www.eventbrite.com/e/713820334837?aff=oddtcreator">https://www.eventbrite.com/e/713820334837?aff=oddtcreator</a>
26th Oct	Understanding Children's Behaviour	St Matthews Church	<a href="https://www.eventbrite.com/e/713828338777?aff=oddtcreator">https://www.eventbrite.com/e/713828338777?aff=oddtcreator</a>
30th Oct	Understanding Children's Behaviour	Virtual	<a href="https://www.eventbrite.com/e/710291058677?aff=oddtcreator">https://www.eventbrite.com/e/710291058677?aff=oddtcreator</a>
6th Nov	Understanding Your Teenager	Long Lawford CFC	<a href="https://www.eventbrite.com/e/705841911157?aff=oddtcreator">https://www.eventbrite.com/e/705841911157?aff=oddtcreator</a>
8th Nov	Understanding Children's Behaviour	Knightlow CofE Primary School	<a href="https://www.eventbrite.com/e/705854508837?aff=oddtcreator">https://www.eventbrite.com/e/705854508837?aff=oddtcreator</a>
9th Nov	Boundaries and Rules	St Matthews Church	<a href="https://www.eventbrite.com/e/713842842157?aff=oddtcreator">https://www.eventbrite.com/e/713842842157?aff=oddtcreator</a>
13th Nov	Sleep	Long Lawford CFC	<a href="https://www.eventbrite.com/e/705846715527?aff=oddtcreator">https://www.eventbrite.com/e/705846715527?aff=oddtcreator</a>
16th Nov	Understanding Children's Behaviour	Henry Hinde Junior School	<a href="https://www.eventbrite.com/e/713849201177?aff=oddtcreator">https://www.eventbrite.com/e/713849201177?aff=oddtcreator</a>
20th Nov	Nurture - 10 Week	Henry Hinde Junior School	<a href="https://www.eventbrite.com/e/689131289237?aff=oddtcreator">https://www.eventbrite.com/e/689131289237?aff=oddtcreator</a>
28th Nov	Solihull Approach 10 Week Programme	Long Lawford Primary School	<a href="https://www.eventbrite.com/e/672094160727?aff=oddtcreator">https://www.eventbrite.com/e/672094160727?aff=oddtcreator</a>
29th Nov	Boundaries and Rules	Knightlow CofE Primary School	<a href="https://www.eventbrite.com/e/713853042667?aff=oddtcreator">https://www.eventbrite.com/e/713853042667?aff=oddtcreator</a>
6th Dec	Sleep	Kightlow CofE Primary School	<a href="https://www.eventbrite.com/e/713854938337?aff=oddtcreator">https://www.eventbrite.com/e/713854938337?aff=oddtcreator</a>
7th Dec	Understanding Your Teenager	St Matthews Church	<a href="https://www.eventbrite.com/e/713857175027?aff=oddtcreator">https://www.eventbrite.com/e/713857175027?aff=oddtcreator</a>
20th Dec	Understanding Your Teenager	Boughton Leigh CFC	<a href="https://www.eventbrite.com/e/694642784267?aff=oddtcreator">https://www.eventbrite.com/e/694642784267?aff=oddtcreator</a>

# The Nurture Group

## 10-Week Programme

**10-week programme for parents/carers at:**

Henry Hinde Junior School  
Cornwallis Road, Rugby  
CV22 7HN

**The Programme starts on the 20<sup>th</sup> November and lasts  
till the 5<sup>th</sup> February at 12:30 – 14:30**

Being a parent is exciting and rewarding but there are also times when children behave in ways that are challenging.

The Nurturing programme helps deal with those challenges so that you can have a calmer, happier life.

The 10-week Nurture Programme gives parents/carers practical tools and information to support you to raise happy, confident, and emotionally resilient children.

To book a place  
scan QR code:



For any enquires please contact  
[ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk)



**Central Library, Smithford Way, Coventry, CV1 1FY:**

**Understanding How to Tolerate Distress (by Coventry & Warwickshire Partnership NHS Trust)** – 3 weekly sessions – starting Monday 4th September, 1pm to 3pm

**Gambling Awareness (by Red Card) (NEW)** – 1 session – Monday 6th November, 10am to 11:30am

**Valley House, 55-57 Bell Green Road, Coventry, CV6 7GQ:**

**Trauma Awareness (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Tuesday 24th October, 10:30am to 2:30pm

**Understanding how to Tolerate Distress (by Coventry & Warwickshire Partnership NHS Trust)** – 3 weekly sessions – starting Tuesday 14th November, 1pm to 3pm

**Relapse Management: Creating a personalised relapse plan to help manage mental health decline (by Coventry & Warwickshire Partnership NHS Trust)** – 2 weekly sessions – starting Tuesday 5th December, 12:30pm to 3pm

**Voluntary Action Coventry, Harp Place, 2 Sandy Lane, Coventry, CV1 4DX:**

**An Introduction to Volunteering in Coventry (by Voluntary Action Coventry)** – 1 session – Friday 15th September, 10am to 12pm

**An Introduction to Volunteering in Coventry (by Voluntary Action Coventry)** – 1 session – Friday 8th December, 10am to 12pm

**Wellington Gardens, Windsor Street, Coventry, CV1 1BT:**

**Food in Mind (by Groundwork)** – 6 weekly sessions-starting Wednesday 13th September, 10am to 12pm

**Food in Mind (by Groundwork)** – 6 weekly sessions – starting Wednesday 8th November, 9:30am to 11:30am

Our Academy is not a School, College or Academy in the traditional sense of the word, you don't need to be academically minded to attend and there are no tests, exams or assessments. The Academy delivers a learning approach to personal recovery and wellbeing that is offered by a partnership of organisations across Coventry and Warwickshire. We offer a wide range of FREE courses and workshops designed to empower you to become an expert in your own recovery and wellbeing.

**For course descriptions and to enrol, please see website below:**

Online registration:

Visit: <https://www.recoveryandwellbeing.co.uk/>

Email: [Recovery.Academy@covwarkpt.nhs.uk](mailto:Recovery.Academy@covwarkpt.nhs.uk) 0300

Call : 303 2626

