

Safeguarding Bulletin for Parents and Students from the Wellbeing Hub

There are lots of resources for support for parents and young people available at the moment. We have pulled together a mix of different resources to help you and your child overcome some of the pressures of lockdown. We have tried to cover a wide range of topics and appreciate that not all of these topics will be relevant for you or your child but we hope that you find some support from this bulletin.

If you have any question for our Safeguarding Team please email admin2@buckswood.co.uk

Best wishes to you all and stay safe and well.

Mind - Mental Health Charity

Mind (Mental Health Charity) have put together some information pulling together lots of support for parents during the Coronavirus. Subjects covered in this link include practical advice for staying at home, looking after your mental health and wellbeing, support for benefits, work and housing. They also include links to NHS websites for guidance on the Coronavirus and support for staying at home. The link can be found here <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

There is also a similar page for our young people which can be found here. <https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

E-Motion – Free On Line Counselling Service for Young People of Sussex.

As well as offering a free on line counselling service for young people, E-Motion is now offering a free drop in service every Wednesday throughout the pandemic. Please click this link to find out more about the service they are offering to young people of Sussex.

<https://czone.eastsussex.gov.uk/media/6218/emotion-corona-flyer.pdf>

East Sussex Careers Hub

While your family is home together it can be a perfect time for some fresh thinking about the world of work. Both children and adults can develop their skills and confidence, ready for future employment or study. The East Sussex Careers Hub has put together ideas to help you get started. The link to this resource can be found here

https://www.c360.org.uk/_app_/resources/documents/www.c360.org.uk/education-and-training/careers-advice-and-support/Family%20Learning%20Careers%20Resources.pdf

NSPCC - Supporting children with special educational needs and disabilities

The NSPCC have advice for parents and carers on supporting SEND children during coronavirus (COVID-19). The link to this guidance can be found here. https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-supporting-children-special-educational-needs-disabilities/?utm_source=Adestra&utm_medium=email&utm_content=Supporting%20children%20with%20special%20educational%20needs%20and%20disabilities&utm_campaign=SIEU-2020-05-07

East Sussex Libraries

Even though all local libraries are closed at the moment library services are all available on-line, you can access ebooks, audio books, ecomics, activities and book awards so plenty to keep our young people busy. Don't worry if you are not a member of a library you can register on line. See the link

Safeguarding Bulletin for Parents and Students from the Wellbeing Hub

below for more information. <https://www.eastsussex.gov.uk/libraries/library-at-home/library-services-for-children/>

ParentLine – Where to report and get support during COVID 19 lockdown.

Technology has helped us navigate the new reality imposed by COVID-19, but occasionally things do go wrong online. Fortunately, help is available to those who need it. ParentLine have pulled together a list of support services, helplines and reporting platforms that might be of use to children, parents and carers. This includes support on On-Line Safety, Mental Health, Child Sexual Exploitation and Abuse, Addiction and Substance Misuse, Bullying and Educational Resources. The link is found here https://parentzone.org.uk/article/where-report-and-get-support-during-lockdown?utm_source=Parent+Zone+Newsletter&utm_campaign=42cc0db979-EMAIL_CAMPAIGN_2020_05_07_12_31&utm_medium=email&utm_term=0_1ee27d9000-42cc0db979-179247841

ThinkUKnow – Keeping your Child Safe On-Line While they are away from school

Thinkuknow is the national online safety education programme from CEOP, the online child protection command of the National Crime Agency. They help parents, carers, teachers and others keep children safe from sexual abuse, offering learning activities, advice and support for children and young people aged 4-18 and their families.

While school is closed, here's what you can do to keep your child stay safe while they are learning, staying in touch with family and friends, and having fun online.

<https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-parents-helpsheet-secondary.pdf>

ParentLine - Hidden Benefits of Playing Video Games During Lockdown

If you're not a gamer yourself, you might not know about some of the many benefits that games have to offer families.

Here, video games expert Andy Robertson runs through some of the positive experiences you can have while playing.

https://parentinfo.org/article/the-hidden-benefits-of-lockdown-gaming?utm_source=Parent+Zone+Newsletter&utm_campaign=42cc0db979-EMAIL_CAMPAIGN_2020_05_07_12_31&utm_medium=email&utm_term=0_1ee27d9000-42cc0db979-179247841