

Safeguarding Bulletin for Parents and Students from the Wellbeing Hub

Hello to you all. Hard to believe that we are only two weeks away from the end of term. With the country beginning to re-open slowly hopefully we will soon find out what this new world will look like for us all.

In this week's bulletin 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.

Action Fraud Scam Watch from Sussex Police

Did you know scams cost the UK economy £5-£10 Billion a year, with over 50% of people over 65 having already been targeted by scams; and only 5% of all scams reported?



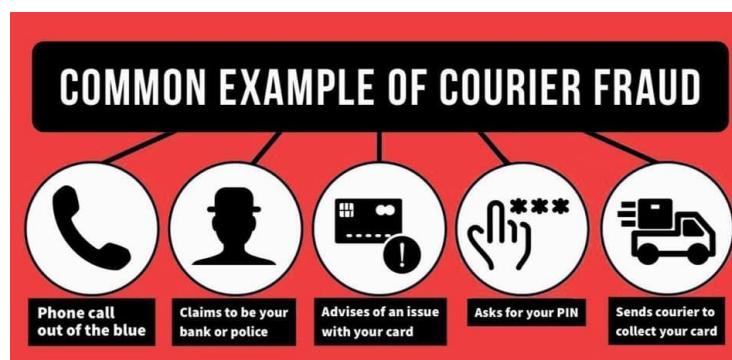
suspicious-emails

The police warn that they will never send someone to your home to collect money, or ask you to transfer funds out of your account. Don't make life easy for criminals.

This week's scam and fraud warnings from Action Fraud:

Have you received a suspicious email, but not sure who to tell? Help Sussex Police take action by reporting any suspicious emails you have received here:

<https://www.ncsc.gov.uk/information/report->



CITY OF LONDON POLICE
Action Fraud
Report a scam or fraud

Hold Still 2020 – National Portrait Gallery

The Duchess of Cambridge has launched ***Hold Still***, a community photography project, in collaboration with the National Portrait Gallery, to capture the spirit, the mood, the hopes, the fears and the feelings of the nation as we continue to deal with the coronavirus outbreak.

Anyone across the UK can submit a photographic portrait which they have taken during these extraordinary times along with a short written



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submission to outline the experiences and emotions their subjects. The project will focus on three core themes:

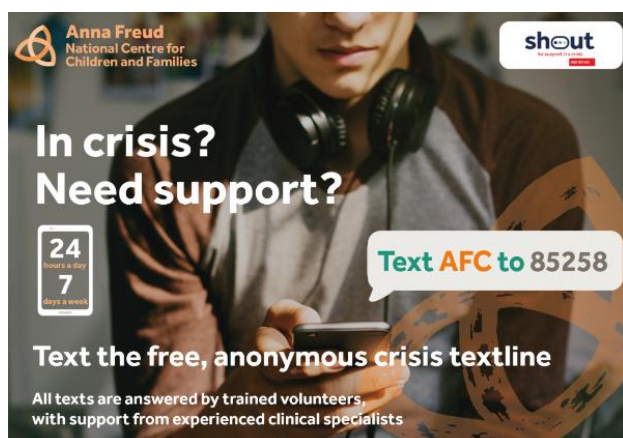
- Helpers and Heroes
- Your New Normal
- Acts of Kindness

The closing date will be the 18th June, 2020. One hundred shortlisted portraits will then feature in a gallery without walls – a one of a kind digital exhibition open to all. A selection of images will also be shown across the UK later in the year. The images can be captured on phones or cameras and each image will be assessed on the emotion and experience it conveys rather than its photographic quality or technical expertise.

[Find out more and enter here.](#)

Crisis Support – The Anna Freud Centre

The Anna Freud Centre has launched a Crisis Messenger text service provides free, 24/7 crisis support for young people across the UK. If a person is experiencing a mental health crisis and needs support, they can text AFC to 85258.



Finding the right support is important, especially if someone needs to talk right now. The Anna Freud Centre aims to connect every texter by a trained volunteer promptly to provide crisis help. They will listen and help the person to think more clearly, enabling them to take the next step to feeling better. For details of other organisations offering support, please click on this **[Urgent Help page](#)** or search for support services near you using the **[Youth Wellbeing Directory](#)**.



Returning to school: 8 tips to help your child after lockdown

From this week, our younger children in England have started returning to school – but not school as they know it. Parentzone have put together some advice on how you can help ease the transition for your child. For more information please click this link to Parentzone.

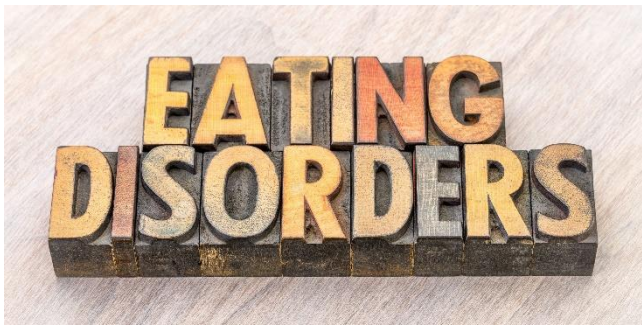
https://parentinfo.org/article/returning-to-school-8-tips-to-help-your-child-after-lockdown?utm_source=Parent+Zone+Newsletter&utm_campaign=c80213ace8-EMAIL_CAMPAIGN_2020_06_04_01_04&utm_medium=email&utm_term=0_1ee27d9000-c80213ace8-179247841

Eating disorders and lockdown – how to help

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Lockdown has been particularly hard for people who struggle with eating disorders, as routines have gone out the window and support services have changed. Here's how to help those close to you who are affected during this difficult time.

https://parentzone.org.uk/article/eating-disorders-and-lockdown-%E2%80%93-how-help?utm_source=Parent+Zone+Newsletter&utm_campaign=c80213ace8-EMAIL_CAMPAIGN_2020_06_04_01_04&utm_medium=email&utm_term=0_1ee27d9000-c80213ace8-179247841



Support Materials for Mental and Emotional Health



The Children's Society has a range of support materials for young people and parents in their mental and emotional health resource 'vault' including :

- Anxiety
- Depression and Mood
- Loneliness
- Obsessive compulsive Disorder
- Phobias
- Self-Care
- Emotional Resilience
- Mental Resilience

The resources can be found here: <https://www.childrenssociety.org.uk/coronavirus-information-and-support>

Food during the pandemic

Coronavirus has impacted on food shopping for many of us, but it can be particularly difficult if you're self-isolating or shielding at home.

Most supermarkets, shops and food delivery services have adapted how they're working in response to coronavirus. There's also local support available if you're struggling to get hold of food and essential supplies whilst you self-isolate or shield at home and don't have anyone else who can help you.



[Visit the East Sussex County Council website](#) if you need advice or help with food shopping, and what to do if you are struggling to afford food.

Also for advice on eating and drinking well during the pandemic, [watch this video message](#) from ESHD dietitian Lauren Dennis.

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Preventing suicide in Sussex

Suicide is a tricky subject to talk about, especially if you're concerned that someone you know is thinking about taking their own life.

Whether you're concerned for someone else, or in need of support yourself, Preventing Suicide in Sussex has been launched to provide support for those in need. As well as knowing where to go for help, it's also important to know what to look out for if you are worried about a friend or a loved one.

If you are worried about someone, [find out more about the warning signs and how you can help.](#)

If you are thinking about suicide, you don't have to struggle with difficult feelings alone. Please visit the [Preventing Suicide in Sussex website](#) for help.

