

Safeguarding Bulletin for Parents and Students from the Wellbeing Hub

Hello. We hope you had a good half term break and were able to spend some time together away from computers and other devices. The beautiful weather has certainly helped with this.

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.



#YOUARENOTALONE

There is #NoExcuseForAbuse - support for victims of domestic abuse now available 7 days a week

Since lockdown began, the WORTH Domestic Abuse Service has seen a 24% increase in reports compared to this time last year. As a result, we have made changes to provide additional support. This means that during lockdown the WORTH service is now available seven days a week to support anyone who needs help:

- Monday to Friday, 9am-5pm: 0330 222 8181
- Weekends, including bank holidays, 9am-5pm: 07834 968539

There is also a list of [other support and resources available](#) on their website.

If you or someone you know needs help or support, call the WORTH service as soon as you can.



Domestic Abuse Advice from Sussex Police.

While Sussex Police report they are not seeing a rise in domestic abuse reports, they are receiving more calls to domestic incidents such as arguing. The Police continue to work with support services to ensure that they are able to respond and support people if they call and need help.

Those people subject to violence or coercion behind closed doors, children vulnerable to online abuse; people vulnerable to exploitation should be in no doubt – They continue to be there for you.

For more help and support on how to report domestic violence please click this link.

<https://www.sussex.police.uk/advice/advice-and-information/daa/domestic-abuse/how-to-report-domestic-abuse/>

For further advice and guidance please go to Safe Space Sussex for a list of organisations that have services that can help you. <https://www.safespacesussex.org.uk/>

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Mental health resources and support from the NHS

Knowing where to get mental health support during the COVID-19 pandemic is really important.

Many people will want to know how to maintain good mental health, or be worried about their own mental health or the mental health of someone close to them.

Fortunately, there is a range of support you can access to support mental wellbeing.

[Read about available support on the website.](#)



Coronavirus: need help?

Support for everyone in East Sussex

If you are struggling to cope with the effects of coronavirus, your community hub may be able to help. **No one in East Sussex will be left on their own.** But some people may be able to get the support they need from family, friends or neighbours instead.

Get in touch with your community hub if:

You're struggling to cope with coronavirus because you're alone, worried, unwell, short of money or can't get medicine, food or other essentials

AND

There is no one living near you who you know and can trust to help

Get in touch with your community hub if:

Your GP has contacted you to say you have an extreme medical condition and you are getting food delivered to your home while you shield yourself for 12 weeks

AND

There is something else you need

Consider NOT getting in touch with your community hub if:

You have family, carers, friends or neighbours nearby who you can trust and rely on to help you (and who are not vulnerable themselves)

Contact your community hub:

Eastbourne 01323 679722 www.lewes-eastbourne.gov.uk/requestsupport	Lewes 01273 099956 www.lewes-eastbourne.gov.uk/requestsupport	Hastings 01424 451019 www.hastings.gov.uk/my-council/covid19/help	Rother 01424 787000, opt 4 www.rother.gov.uk/community-support	Wealden 01323 443322 my.wealden.gov.uk
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If you would like to request this information in a different language or format contact esccoronavirusenquiries@eastsussex.gov.uk



30 ways to support a bored teenager on line

There are thousands of fantastic online courses available for free on the internet – so whether your teenager fancies learning about video-game design or photography, football or fashion, there'll be something for them here.

https://parentzone.org.uk/article/30-ways-occupy-your-bored-teenager-lockdown?utm_source=Parent+Zone+Newsletter&utm_campaign=666e0130b6-EMAIL_CAMPAIGN_2020_05_14_11_45&utm_medium=email&utm_term=0_1ee27d9000-666e0130b6-179247841

w.e. 5th June 2020

Safeguarding Bulletin for Parents and Students from the Wellbeing Hub



Think U Know - Online Safety At Home Advice

This short video provides parents and carers with:

- An introduction to NCA-CEOP, the Thinkuknow education programme and its resources.
- Advice on how you can keep your child safe online, including a helpful tool to support them in having the right conversations about online safety.

https://www.thinkuknow.co.uk/parents/Support-tools/presentations-for-parents/?utm_source=Thinkuknow&utm_campaign=6647114059-TUK ONLINE SAFETY AT HOME 02_06_20&utm_medium=email&utm_term=0_0b54505554-6647114059-64718321



Nude Image Sharing

ThinkUKnow are excited to announce that *Send me a pic?* their new education resource for 12 - 14 year olds on nude image sharing, is launching this week. [Watch this space.](#)



June is Pride Month

June is the month chosen to celebrate **pride** as it was the month of the **Stonewall riots**, the protests that changed gay rights for a lot of people in America and beyond.

It's about people coming together in love and friendship, to show how far gay rights have come, even if in some places there's still some work to be done. Pride month is about teaching tolerance,

education in pride history and continuing to move forward in equality. It calls for people to remember how damaging **homophobia** was and still can be.

It's all about being proud of who you are no matter who you love.

BBC Newsround have published this report on Pride Month. To view the on-line article please click here <https://www.bbc.co.uk/newsround/52872693>



How to sleep during a global pandemic

Many people are experiencing disturbed sleep during lockdown, ranging from insomnia to disturbingly vivid dreams – so what's causing it?

In this Parentzone article we talk to several sleep experts and pull together their top tips for how you and your family can find a better bedtime routine.

https://parentzone.org.uk/article/how-sleep-easy-during-global-pandemic?utm_source=Parent+Zone+Newsletter&utm_campaign=003358604d-EMAIL CAMPAIGN 2020_05_28_10_20&utm_medium=email&utm_term=0_1ee27d9000-003358604d-179247841

w.e. 5th June 2020

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Sussex Police

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?

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

So far this month Sussex Police report that they have seen 260 reports about this coronavirus-related TV Licensing scam! If you receive an email you're not quite sure about, please forward it to the Suspicious Email Reporting Service: report@phishing.gov.uk

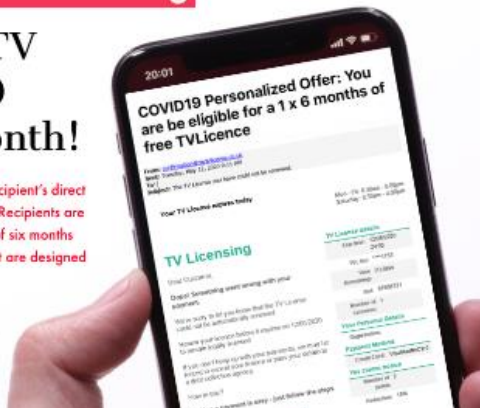


Coronavirus Scam Warning

New version of fake TV Licensing emails. 260 reports so far this month!

These emails purporting to be from TV Licensing claim that the recipient's direct debit has failed and that they need to pay to avoid prosecution. Recipients are told that they are eligible for a "COVID19 Personalized Offer" of six months free. The messages contain links to genuine-looking websites that are designed to steal personal and financial information.

Always question unsolicited requests for your personal or financial information in case it's a scam. Never automatically click on a link in an unexpected email or text.



The experts in digital family life

Six fun on-line activities to boost your child's digital resilience

While children mostly have positive online experiences, things can occasionally go wrong and it's important that they know how to respond. These six online activities will help your child build their digital resilience, while also entertaining them during lockdown.

https://parentinfo.org/article/six-fun-online-activities-to-boost-your-child-s-digital-resilience?utm_source=Parent+Zone+Newsletter&utm_campaign=003358604d-EMAIL_CAMPAIGN_2020_05_28_10_20&utm_medium=email&utm_term=0_1ee27d9000-003358604d-179247841

Wellbeing Service for Young People

w.e. 5th June 2020

Safeguarding Bulletin for Parents and Students from the Wellbeing Hub



e-wellbeing is a digital wellbeing service for young people, run by YMCA DownLink Group. The aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place, at a time that is right for them.

www.e-wellbeing.co.uk

Comment [S01]: