

Safeguarding Support and Information from The Hub

Bulletin 2

In this week's bulletin we have tried to cover a wide range of topics, advice and support from various agencies in the UK. We appreciate that not all of these topics will be relevant for you or your child but we hope that you find some support from the information included.

If you have any question or you are concerned about your child or another child please contact the safeguarding team on admin2@buckswood.co.uk

Best wishes to you all and stay safe and well.



Looking after your Mental Health - Support from the NHS

Having good mental health helps us relax more, achieve more and enjoy our lives more. The NHS have expert advice and practical tips to help you look after your mental health and wellbeing and that of your child.

<https://www.nhs.uk/oneyou/every-mind-matters/>



Parent Zone have gathered together some useful advice pages for parents and carers and put them together into one resources hub. These topics cover everything from online learning resources to internet safety to screen time. To access this hub please click the link below.

https://parentzone.org.uk/lockdown-advice-and-resources?utm_source=Parent+Zone+Newsletter&utm_campaign=69346bfb78-EMAIL_CAMPAIGN_allat17sept_uk_COPY_01&utm_medium=email&utm_term=0_1ee27d9000-69346bfb78-179247841



Explore the **British Red Cross** website to discover home learning resources on wellbeing, resilience building, kindness and first aid.

They also have some simple tools which can help improve your children and young people's wellbeing. There are quick animations on stress, worries and building connections.

- **Understanding stress:** how stress can affect people and how to reduce it
- **Circles of control:** helps you understand all the things you can and can't control and how understanding worries makes you feel better.
- **Meaningful connections:** activities on managing your relationships with others, ways to feel less lonely and helping others through their loneliness.

These quick animations may help to reduce feelings of worry.



Explore the activities

ThinkUKnow is a national online safety education programme which helps parents, carers and teachers keep young people safe on line. They offer support and education for children and young people aged 4-18. They have produced a parent help sheet which we hope you will find useful when monitoring your young persons on-line activity during this period of lockdown. The help sheet can be found by clicking the link below.

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

They have also produced some educational activities for parents of children aged 4-14 these are found below.

Simple 15 minute activities families can do to support their child's online safety at home. Packs are available for ages 4 to 14+. Parents can also watch our video guides on different online safety topics.



As of 7 January 2021, Action Fraud had received 57 reports from members of the public who have been sent text messages claiming to be from the NHS, offering them the opportunity to sign up for coronavirus vaccinations. The texts ask the recipient to click on a link which takes them to an online form where they are prompted to input personal and financial details. In some cases the online form has looked very similar to the real NHS website.

Pauline Smith, Head of Action Fraud, said:

"Remember, the vaccine is only available on the NHS and is free of charge. The NHS will never ask you for details about your bank account or to pay for the vaccine. If you receive an email, text message or phone call purporting to be from the NHS and you are asked to provide financial details, this is a scam."

How to protect yourself:

In the UK, coronavirus vaccinations will only be available via the National Health Services of England, Northern Ireland, Wales and Scotland. You can be contacted by the NHS, your employer, a local GP surgery or pharmacy, to receive your vaccination. **Remember, the vaccinations are free of charge and you will not be asked for a payment.**

The NHS will never:

- ask for your bank account or card details
- ask for your PIN or banking passwords
- arrive unannounced at your home to administer the vaccine
- ask for documentation to prove your identity, such as a passport or utility bills

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to report@phishing.gov.uk. Suspicious text messages should be forwarded to the number 7726, which is free of charge.

If you believe you are the victim of a fraud, please report this to Action Fraud as soon as possible by calling 0300 123 2040 or visiting www.actionfraud.police.uk.