

Safeguarding Support and Information from The Hub

Bulletin 5

Week 5 of our latest National Lockdown and the start of the Schools' assessment fortnight.

I'm sure you are all looking forward to the forthcoming half term break, which we hope will give you some valuable family time and a break for our young people (of course you) from electronic devices and sometime to do something different; let's hope for some nicer weather!

Next week, on 9th February, is [Safer Internet Day](#); to reflect this next week's bulletin will be about On Line Safety.

This week is [Childrens Mental Health Week](#) please see details below on how you can get involved at home. In this bulletin we have tried to bring together lots of support and advice from various organisations. This, of course, will not all be relevant to you and your family but we hope that you find some of the information enclosed useful and formative.

As always don't forget that you have the support of safeguarding staff via email at admin2@buckswood.co.uk or your child can contact us via Microsoft Teams @safeguardingofficer. For academic queries please contact your child's Head of Year, for IT support please contact our IT Manager at ict@buckswood.co.uk and our School Nurse is also available via email nurses@buckswood.co.uk

NHS

TOP TIPS FOR DEALING WITH ANXIETY

TIP 01
Try a short breathing exercise

TIP 02
Learn how to manage anxious thoughts

TIP 03
Keep a mood diary

WHEN THINGS AREN'T SO GOOD OUT THERE... MAKE INSIDE FEEL BETTER.
Visit **Every Mind Matters** for more tips and advice

Better Health every mind matters

Children's Mental Health Week

The theme of this year's Children's Mental Health Week is **Express Yourself**.



Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

As parents and carers, you play an important role in your child's mental health. Check these free resources to share with your young person.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Build a mental health first aid kit



Having provisions for your mental health is essential to good wellbeing and is increasingly urgent as we move through our third national lockdown.

A mental health first aid kit is there as a first response and is a collection of strategies and intentions of self-care.

[Build your mental first aid kit now.](#)

If you know a young person who is struggling, we also have some great tools to help here: [Mental health tools for young people.](#)

Stay local, reinvent your walk



At the moment, we can only go outside for exercise once per day and we must stay local.

This will probably mean that we're treading some well-known areas by now, so how can we keep our daily walk or exercise route walk fresh?

Whether you walk, run, cycle or skate, we have some ideas to make your local exercise routine more interesting: [Stay local, reinvent your walk.](#)

Things to do in lockdown



Looking for new things to do in lockdown?

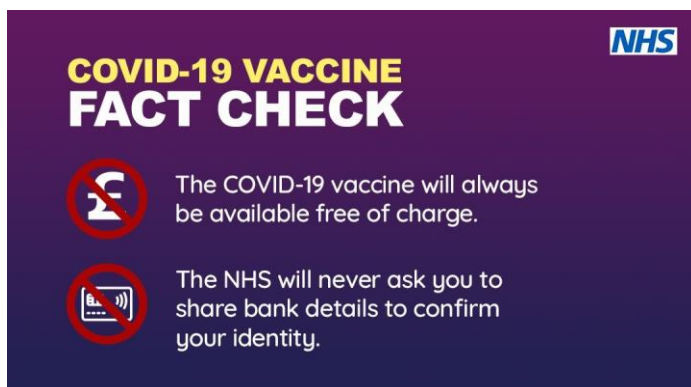
Staying at home is tough, but it's vital to do so in order to keep our loved ones safe and to protect the Hospitals and Health Carer workers.

To help, we've put together a list of things to do this lockdown which cover relaxing, looking after your wellbeing, as well as being productive and crafty.

[Things to do in lockdown 3](#)

Coronavirus Vaccine Scams Warning

Cyber criminals are using the roll out of the NHS Covid-19 vaccine to target victims with convincing looking text messages.



- The texts appear to be from the NHS and state the recipient has the opportunity to sign up for the vaccine.

- 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.

- Remember, the NHS will NEVER ask for your payment details.

If you have received one of these scam text messages:

- Do not respond or click on the link
- You can report spam texts directly to your mobile phone provider. All operators now use **7726** – with the exception of Vodafone who uses **87726** – as the short code to report spam texts which is free of charge. It's easy to remember as the number spells out SPAM on a mobile phone keypad. Once

reported you should get an automated response thanking you for the report and giving you further instructions.

If you have clicked and supplied your details, report it immediately [Action Fraud](#)

FREE Teenagers Online Physical Activity Sessions

Please find details of free online physical activity sessions for young people during this lockdown. From Monday (18th January), there will be NEW! online physical activity sessions for your teenagers to have a go at for FREE on the Active Sussex website! Physical Activity providers from around Sussex to provide 6 weeks of sessions, including;



- Basketball
- Skateboarding
- Yoga
- Street Dance
- Kickboxing & MMA
- Boxing, Core and HIIT training
- Street Funk,
- Adapted sports sessions
- Dance & Fitness

There will be new sessions for each activity launched every Monday for young people to try out at a time that suits you. Just follow this link: <https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/> then click on the Youtube link to the relevant channel.

Supporting Children with Special Educational Needs and Disabilities



Children with special educational needs and disabilities may face lots of changes in their day to day lives because of the coronavirus (COVID-19) situation. Their routines, regular support and the people they see may all be different now.

As a parent or carer you may feel concerned about how the current situation will affect your child. This could include being worried about how you'll manage your child's care, medication or educational needs at home. You may also be worried about juggling your home and work life.

Every child with special educational needs and disabilities (SEND) is different and will have different support needs in the current situation. We're here for parents and carers and have advice to help you and your child find ways to cope together.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-supporting-children-special-educational-needs-disabilities/>

National Support Scheme for Victims of Domestic Abuse



Ask for ANI (Action Needed Immediately) is a codeword scheme developed by the Home Office to provide a discreet way for victims of domestic abuse to signal that they need emergency help from the safety of their local pharmacy.

The scheme is to offer additional support to victims of domestic abuse who may be more isolated and finding it more difficult to access help and support as a result of the Covid-19 pandemic.

Victims of domestic abuse will be able to use the codeword ANI in participating pharmacies (including all Boots stores and participating

independent pharmacies) to let staff know that they require an emergency police response or help contacting a helpline or specialist support service.

- Participating pharmacies will display posters in their window and around the pharmacy to let customers know that they can approach their staff to seek help. Any information shared will be treated confidentially.
- When a victim uses the codeword or asks for help, the member of staff will ask the victim to accompany them to the consultation room. They will then check whether the victim is in danger and wants the police to be called. If so, the staff member will offer the use of a phone to dial 999 or make the call on the victim's behalf.
- If the victim is not in an emergency situation, the staff member will support the victim to contact a national domestic abuse helpline or local support service. They may also contact the police via 101. In East Sussex, we have worked closely with local partners including the Police and health to ensure that our local domestic abuse services are promoted to ensure victims gets the right support at the right time.

Domestic abuse and sexual violence services continue to support victims and survivors over the phone and virtually and are offering face to face support where needed and risk assessed. Restrictions do not apply if you are not safe at home and need to flee domestic abuse. Access to support continues to be available via the portal <https://theportal.org.uk/>

Food Banks

The Trussell Trust support a nationwide network of food banks and together they provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK.



There are more than 1,200 food bank centres in our network, about two thirds of the food banks in the UK. The Trust support these food banks to provide a minimum of three days' nutritionally-balanced emergency food to people who have been referred in crisis (for instance by advice agencies, GPs, social services and schools), as well as support to help people resolve the crises they face.

For more information on the support offered by the Trussell Trust please click this link
<https://www.trusselltrust.org/>

Help and Advice from The Citizens Advice Bureau



We can all face problems that seem complicated or intimidating. At Citizens Advice we believe no one should have to face these problems without good quality, independent advice.

That's why we're here: to give people the knowledge and the confidence they need to find their way forward - whoever they are, and whatever their problem.

<https://www.citizensadvice.org.uk/>