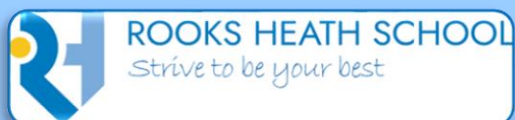


SAFEGUARDING NEWSLETTER



Autumn 2023 – Issue 1

Latest advice for parents and carers



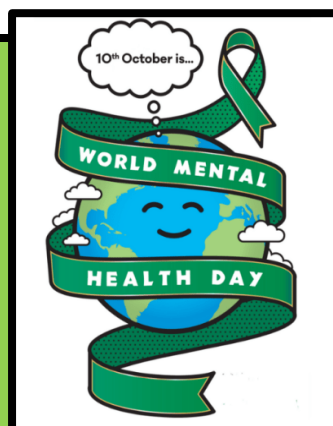
Welcome to our first edition, this new academic year, of our Newsletter from the Rooks Heath Safeguarding Team. The aim, as always, is to bring you all the latest, relevant help and advice on issues we feel are of importance.

We hope that you all had a relaxing, wonderful summer break, a distant memory now! This edition coincides with World Mental Health Day and Black History month. There is lots of support available and we hope you find the links useful. We also want to remind you again of the dangers of vaping and social media apps, please be vigilant and have those discussions, it is as important as ever.

MENTAL HEALTH SUPPORT

World Mental Health Day was celebrated on 10th October, as it is every year. The theme for 2023, set by the World Foundation of Mental Health is 'Mental health is a universal human right.'

World Mental Health Day is aimed at raising awareness of mental Health and forging positive change for everyone's mental health. It is a chance to talk about mental health, how we need to look after it and how important it is to get help if you are struggling.



Whatever we are worried about big or small, it is OK to feel overwhelmed, down, or anxious. Your GP is usually the first place to get help if you have concerns about your mental health that will not go away. You can also contact the following:

NHS 24 Mental Health Hub by calling **111** if you need to get help when your GP isn't open or available.

Call **Samaritans** on **116 123** at any time of the day or night

Message **SHOUT** to **85258** for 24/7 text support on your mobile

Call the **CALM** helpline on **0800 58 58 58** or use their **webchat** [here](#).
The helpline and webchat are both open 5pm to midnight, 365 days a year.

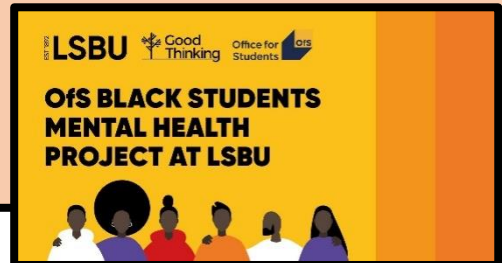
Call **Breathing Space** on **0800 83 85 87** or [visit their website](#)

BLACK STUDENTS MENTAL HEALTH PROJECT

To coincide with World Mental Health Day, 10th October and October being Black History Month, Good Thinking has linked up with the Black Students Mental Health Project to host a range of mental wellbeing resources, including blogs, podcasts and videos, which have been created by the black community within London South Bank University.

Please follow the link to find a wide range of useful, very insightful information

www.good-thinking.uk/black-students-mental-health



IMPROVE YOUR MENTAL HEALTH



NHS Every Mind Matters has lots of support and self-help tips to improve your mental health, lift your mood or ease any anxieties. There are little things that you can do to make big changes, from simply taking a walk, prioritising sleep patterns or opening up to a friend. Please see link below for a range of tips from self-help CBT to a quick quiz to check on your current mental health.

nhs.uk/every-mind-matters/



FAITH AND BELIEF COMMUNITIES

With London being the most religiously diverse region of England, Good Thinking has worked in conjunction with members of eight faith and belief communities to develop bespoke wellbeing resources.

Londoners have told Good Thinking that there is no 'one size fits all' solution when it comes to their health – they want information and support that reflects how they live and what their values are. They have worked with a diverse range of faith and belief communities across London to co-create tailored wellbeing content.

Click the link to find guides, videos, blogs and podcasts about mental wellbeing from the eyes of different faiths and beliefs, along with Good Thinking resources.

[wellbeing resources for faith and belief communities](#)



URGENT ONLINE SAFETY ALERT...Monkey Web

Online safety experts at Inege have been alerted to an extremely dangerous website and app called 'Monkey', which allow users to have video calls with strangers. The platform advertises itself as 'an alternative to Omegle, with a TikTok vibe'. Experts have reviewed and tested the platform and have found that it contains large amounts of inappropriate, disturbing and harmful content transmitted via web cameras.



What is Monkey Web?

- Monkey is an online video chat service that is similar to Omegle or Chat Roulette, with a TikTok style interface.
- Users can talk to strangers from all over the world via webcam.
- Once a conversation is finished, or one user wishes to leave the conversation or talk to someone else, they click 'next' and are presented with a new user who could be from anywhere in the world.
- Users are asked to select their gender before meeting people.

Key Safety Concerns for Parents and Carers

- **Harmful Content** – Whilst testing this platform, reviewers found that every second or third user was a male masturbating, with some attempting to interact. Reviewers found countless examples of adverts for sex, as well as pornography and bestiality. Extremely harmful content can flash up for a few seconds before the user clicks next, meaning there is no time to report in most cases.
- **No age verification** – There is little to no age verification mechanisms which children of any age can easily bypass. All users must do is tick a box to confirm that they are over 18. If users are signing in using their Facebook or Google accounts, the platform will still ask for a date of birth without any proof.
- **Designed to attract children** – Everything, from the name to the graphics used on the platform suggest this is created to attract children. It is described as 'an Omegle alternative with TikTok vibes'.
- **In-app purchasing** – There are ample opportunities to spend money via VIP profiles or through buying more in-app currency called coins.
- **Location sharing** – The location of every user is shared publicly (not specifically but will say a country and a town/city) and there is no option to block this.
- **Users can not access this platform without turning their camera on.** If you deny the camera, Monkey will prompt you 'Monkey needs the cam'.
- **Sharing personal information online** – As with all livestreaming apps, children and young people could give away personal information without realising.



For further information and safety tips on this app and many others, please click link below.

<https://inege.com/safeguarding-alert-monkey-web/>

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping; from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege

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VAPING – KNOW THE DANGERS...

In the UK, the proportion of 11–18-year-olds who vape doubled between 2020 and 2022. Unfortunately, the figure has continued to rise – contributing to this rise could be that social media platforms are frequently portraying vaping as cool and fashionable.

Many young vapers simply aren't aware of the habit's potential pitfalls – but with risks including unregulated products, toxic ingredients and future nicotine addiction, there is plenty of information for parents or carers to help children understand the dangers.

For tips and valuable information see ineqe.com/2023/04/20/youth-vaping

Risks

Addiction

Development issues

Health concerns

Loss of focus

Grooming behaviours



Red flags

Vaping can be a lot more discrete than smoking, and may be happening without a parent, carer, or teacher noticing it.

Some of the signs to be aware of with youth vaping, are:

- An unexplained cough, wheeze, or shortness of breath.
- Empty disposable vapes, plastic cartridges, containers, or bottles.
- Irritable behaviour if unable to go outside or have a break every few hours.
- Sudden moods swings, frustrations, paranoia, or anxiety.
- Lingering scents that are fruity or sweet smelling.

- **Be observant.** Keep an eye on a young person's behaviour. It is also helpful to know who they are friends with and if vaping is a regular part of hang outs.
- **Don't panic.** If you discover a young person in your care is vaping or has tried it, it is important to approach them calmly and avoid confrontation.
- **Ask questions.** Make sure you get your facts straight by asking questions, such as, "Have you ever tried vaping?" or "What do you like about vaping?"
- **Listen to them.** Rather than reacting in anger or disappointment, put your focus on them and give them space to open up to you without judgement.

HELPFUL RESOURCES

If you have any concerns at all around vaping or would like some further information, you can visit: FRANK website, call their helpline or use their text service (Text 82111)

www.talktofrank.com/drug/vapes

A useful guide for parents on the dangers, signs to look for [vaping-Parent/carers guide](#)

If wish to seek professional advice on helping a young person to stop vaping, then speak to your GP. The NHS website also has some useful tips nhs.uk/young-people-and-vaping

The Guardian newspaper had an interesting article on tips and ways to encourage your child to quit vaping theguardian.com/how-can-i-help-my-teenager-quit-vaping

What Parents & Carers Need to Know about

THREADS

AGE RESTRICTION
12+

However, Threads' reliance on an Instagram login effectively makes it 13+

WHAT ARE THE RISKS?

Threads is currently the number one trending social media app. Developed by Meta, the company behind Instagram and Facebook, Threads is a clear rival of Twitter (now known as X) in that it's a text-based conversation platform which allows posts of up to 500 characters, with the option to include links, photos and short videos. Threads is connected to a user's existing Instagram account, which lets people get started on this new app straight away: their followers and favourite creators will be imported from Instagram to their freshly created Threads account.

DIFFERING OPINIONS

Meta claim they will encourage friendly, positive engagements but haven't specified how they plan to moderate this. As we have already seen on the likes of Twitter, Facebook and so forth, any app where users can talk freely about topics meaningful to them also contains the possibility of offence being caused or hatred being spread.

ENDLESS SCROLLING

Threads doesn't currently have the facility to search for content – only for other users. Someone's feed, therefore, is made up of either threads from people they follow or content that Meta's algorithms have recommended. This could result in users absent-mindedly scrolling for long periods of time through nothing of particular interest, simply in search of that feeling of connectedness.

ACCOUNT DELETION IS COMPLEX

As Threads is linked to a user's Instagram account, it's comparatively tricky for someone to completely remove their Threads profile without automatically deleting their Instagram as well. Most 'Insta' users, having spent considerable time building up a bank of posts and followers, will absolutely not want to lose them and could therefore feel pressured into keeping their Threads account active.

OPEN NETWORKING PROTOCOLS

Reportedly, Meta's plan is for Threads to be compatible with ActivityPub, which will allow users to connect and share content more easily across different apps. If your Threads account is set to 'public', therefore, your posts would be accessible from other linked apps. What's more, people using these compatible apps would be able to interact with Threads users without needing an account.

DATA COLLECTION

In Threads' privacy policy, Meta states that certain data about users will be collected and linked to that person's identity, including details relating to (among other things) health and fitness, financial information, browsing history, usage data, purchases, location and contacts. This can paint a very detailed picture of a person's life, and Meta does not explain why it needs all this information.

POTENTIAL FOR EXCESSIVE TRACKING

Its tracking of every interaction, engagement and activity gives the impression of Threads being a sophisticated data-collection tool. There are no adverts on the platform right now, but – given the sheer volume of information being gathered and Meta's history of selling data for advertising purposes – it may not be long before ads start appearing on young people's Threads feeds.

Advice for Parents & Carers

READ THE SMALL PRINT

Privacy policies for apps are usually long and probably the last thing young people read (if at all) when signing up for a trending new platform. However, we'd advise parents and carers to take time to look through Threads' policy and see if they agree with their child's data being collected. Think critically about why Meta needs all that personal information, where it goes and what's done with it.

FILTER OUT OFFENSIVE WORDS

Like Instagram, Threads has an option to hide replies that contain offensive words, phrases or emojis. These are predetermined by Meta, but you can also customise the list with terms that you deem offensive or which you don't want your child to read. Usefully, there's a crossover between the two apps, so words that you select to screen out on Instagram will also be hidden on Threads.

HIDE THE LIKES COUNT

Research has shown that young users often feel anxiety over how many likes they receive for their social media posts – and question whether this reflects their real-world popularity. Through the settings menu, Threads allows users to hide the likes count on their (and others') posts. While your child's posts won't display an exact number of likes, they'll still be able to see who did like their post.

GO PRIVATE, AND STAY ALERT

Even if your child's Instagram account is already set to private, they'll need to select this option again in Threads (it's one of the first things the app asks at sign up). You can also edit who can mention them in a comment. Try to keep a regular eye on your child's account as Threads' popularity and number of features increases, so will opportunities for potentially harmful content to slip through the net.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: <https://www.theguardian.com/technology/2023/jul/11/threads-app-privacy-user-data-meta-policy> | <https://time.com/6292586/privacy-concerns-threads-meta/> | <https://about.fb.com/news/2023/07/introducing-threads-new-app-text-sharing/>

NOS
National Online Safety®
#WakeUpWednesday



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

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SUPPORT FOR CHILDREN AND FAMILIES

HOLIDAY ACTIVITIES AND FOOD PROGRAMME

The Holiday Activities and Food programme (HAF) provides healthy food and enriching activities to children and young people, with free places available for those who receive free school meals. It's available during the Summer, Easter, and Christmas school holidays.

School holidays can be a particularly difficult time for some families. This free holiday club programme helps children to enjoy active and healthy school holidays, where they can experience new activities, meet friends, and eat healthy meals.

For information, please contact your local council. [Find out more here](#)

CHILDCARE OFFERS FOR PARENTS

The Childcare Choices campaign aims to raise awareness and understanding of the support available from the government with the costs of childcare.

With school holidays upon us, it is more important than ever that parents and carers are able to access the financial support they qualify. You could be entitled to:

- Up to £2,000 a year of Tax-Free Childcare per child
- Help with up to 85% of their childcare costs for children up to 16 with Universal Credit.
- 30 hours of free childcare for 3 and 4 year olds

More information please see below:

childcarechoices.gov.uk

CNWL All Age Single Point of Access (SPA)

The CNWL SPA has expanded its service to include under 18-year olds!

CNWL Single Point of Access is a 24hr telephone service for children, young people and adults who may be experiencing a mental health crisis.

The crisis line provides an opportunity to talk to mental health practitioners who specialise in child, adolescent and adult Mental Health.

The crisis line also provides advice and information for families, carers and professionals concerned about a person who may be experiencing a mental health crisis.

Contact us:

In a mental health emergency, you can contact us via our single number:

Freephone: 0800 023 4650

We are open 24 hours a day, 7 days a week, 365 days a year



Central and North West London
NHS Foundation Trust



Please avoid visiting hospital A&E (Accident and Emergency) departments unless you have a physical health emergency. The number above will connect you to an adult mental health or children and adolescent mental health practitioner depending on your needs.

If you are or you are with someone who requires urgent medical attention call 999.

If you or anyone with you is at serious risk of harm, call 999 and ask for the police.

There are also many useful links to local support and resources on our [service](#) and [resources](#) pages. For example [Kooth](#), an on-line, free and confidential counselling and emotional wellbeing support service for children and young people.



Harrow's new mental health partnership for 5–25 year olds

A wide range of FREE new mental health services and resources for young people aged 5–25 is now available in Harrow – from 19 local organisations!

Counselling, workshops, mentoring, art therapy, peer support, training for professionals, and much more!

**Scan the QR code to search or visit:
www.youngharrowfoundation.org/HarrowMHP**



PARENTAL ON-LINE SAFETY TIPS

With the technological advances that had to be made during the lockdown periods, learning from home was forced to be increased. This meant that young people were spending a lot more time online doing their schoolwork, gaming, and socialising. However, it's important we all consider how we can help keep young people safer online. Here's some information about what your child may enjoy online and what you can do to help keep them safer!

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video:

[In-game chat: a guide for parents and carers](#)

Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are riskier than others.

For information about the contexts in which images are shared and how best to respond, take a look at **[nude selfies: a parent's guide](#)**.

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their **[parents website](#)** and download their **[home activity worksheets](#)** for fun, online safety activities to do with your family.

Steps you can take to help keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games, and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report.

For help starting this conversation, read **[having a conversation with your child](#)**.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble and that you are there to help. For a breakdown of report services, visit:

[Supporting your child with reporting unwanted content online](#)

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at **<https://www.ceop.police.uk/safety-centre/>** and get support from a specialist Child Protection Advisor.

DIRECTORY OF AVAILABLE MENTAL HEALTH SUPPORT

Urgent mental health support - 24/7 crisis lines



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Urgent and other support available

shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

[Samaritans](#) 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

[Crisis Tools](#) helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS
MEMBER OF YOUNG MIND

[Papyrus](#) provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline

ONLINE, ON THE PHONE, ANYTIME

[Childline](#) confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Good Thinking

[Good Thinking](#) is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX
Essential support for under 25s

[The Mix](#) provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat
Eating disorders

[Beat](#) provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the [Youthline \(under 18's\)](#) 0808 801 0711 or [Studentline](#) 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

[Kooth](#) is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine

SCHOOL COUNSELLOR

Another support service that we have based in school, is our school counsellor, Mrs Geoghegan.

The aim of the service is to provide a confidential Counselling Service for our students with social, emotional, and behavioural concerns to enable them to perform to their potential. This will help to improve attendance and therefore allow students access to the curriculum and improve attainment levels. The service will also provide our students with confidence and resilience which in the long term will improve their life chances.

SUPPORT BEING OFFERED TO OUR STUDENTS

- 1:1 counselling
- Group Therapy
- Multi Systemic

WELLBEING SUPPORT



Digital Mental Wellbeing website that has various support for young people, parents and carers, employers, and employees.

You will find help on topics such as sleep, anxiety low mood and stress. There are podcasts, apps, workbooks, and guides together with self-assessments that you can take. Click link below for more information.

[Parents and carers | Good Thinking \(good-thinking.uk\)](https://www.good-thinking.uk/)

MIND HARROW

Useful directory of subjects that you may require support for

[Mind in Harrow Mental Health Information Directory - Subjects](#)

SCHOOL SOCIAL WORKER



Parents, are you worried about:

Your child's behaviour, finances And putting food on the table, employment, housing, your own mental health, or relationship difficulties and want to talk about these?

Students, are you worried about: Your mental health, food, arguments, or fights at home, or do you have worries about your brother or sister or friend?

I will be holding drop-ins over the telephone on the days and times listed below:

Mondays 2pm-4pm Thursdays 10am-12pm

Please email:

Ariz.baig@harrow.gov.uk to arrange a call back. If these times don't work for you, we can find another time.

SAFER SCHOOLS WEEKLY DROP-IN SESSIONS



Another fantastic service we have to offer, Our Safer Schools officer facilitates Drop-in sessions weekly on Thursdays between 9.30am and 12.30pm. This service provides another vital support link for our students.

- The session is a chance for our students to speak to our Safer Schools Officer for any reason including to enquire about Police Cadets or gain information on personal safety.
- Students have been made aware of this service via their Year Group assemblies.

**Thursdays
9.30am-
12.30pm**



Dedicated Helpline
0800 136 663

This new dedicated helpline provides support to both children and adults who have experienced sexual abuse in educational settings or has concerns about someone or the issues raised. Support and advice include how to contact the police and report crimes if they wish.

The helpline will also provide support to parents too. More information is available at

[Dedicated helpline for victims of abuse in schools NSPCC](#)



[Stop It Now! UK and Ireland](#)

encourages adults to create a society that no longer tolerates the sexual abuse of children. There is a confidential and anonymous helpline and email service – **0808 1000 900** or live chat, secure email if you are not ready to speak to someone on the phone.

Click the following links:

[Live chat - Stop It Now](#)
[Stop It Now! Secure email](#)

Parents/Carers Learning Programme

Sexual Abuse Learning Programme (Parents Protect)

Parents Protect has developed this online child sexual abuse and exploitation awareness learning programme for parents/carers and professionals to help:

- Understand potential risks
- Recognise the signs of possible abuse in children
- Beware of inappropriate behaviour in adults
- Know where to go for help if you have concerns and would like to talk about them

Click here: [Sexual Abuse Learning Programme - Parents Protect](#)



Together we can prevent
child sexual abuse

On-Line Grooming



IWF safety campaign aims to help parents have conversations with their children about keeping their 'door' closed to child sexual abusers. The campaign includes a booklet for parents, explaining the risks, explaining why children are vulnerable, and suggests practical steps that parents can take.

TALK to your child about online sexual abuse. Start the conversation – and listen to their concerns.

AGREE ground rules about the way you use technology.

LEARN about the platforms and apps your child loves.

KNOW how to use tools, apps and settings that can help to keep your child safe online.

For further details go to: <https://talk.iwf.org.uk/>



USEFUL ON-LINE SAFETY WEBSITES

National Online Safety – safety guides on ALL aspects of internet use

<https://nationalonlinesafety.com/>

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

PARENTAL SUPPORT

YOUNG
MINDS

During these extremely tough times, parents find themselves pulled in many different directions. Concerns about Covid-19, work from home/children at home, along with a possible financial impact make for a stressful household. **Young Minds** have created a useful 'Supporting Parents Help Finder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond). Check the help finder here:

<https://youngminds.org.uk/supporting-parents/>

CHILDNET – SEND CHILDREN

There are relatively few resources to help children with Special Educational Needs and Disabilities. Childnet has created a set of free, adaptable resources that cover the important topics of healthy relationships, digital wellbeing and online pornography and are designed to equip and enable parents and carers, to support young people aged 11 and over with Special Educational Needs and Disabilities (SEND).

[Parents and Carers Toolkit](#) | [Childnet](#)

PARENTING SMART (Place2Be)

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they may experience with children.

Advice can be found on over forty topics inc:

Understanding sibling rivalry

My child is lying, what does it mean, what should I do?

My child has trouble going to sleep

My child says, 'I hate you!'

Cultural identity: who am I?



The Parenting Smart website can be found here:

<https://parentingsmart.place2be.org.uk/>

HelpHarrow

Help Harrow Digital Product

Help Harrow is being delivered in partnership with Harrow Council. It is a self-referral system for all ages, targeting acute needs in specific social areas in Harrow.

Help Harrow Key Points:

- A portal as a way of connecting vulnerable residents to vital services in the borough during and throughout the current pandemic.
- Currently offers support for food poverty, advice/information in all areas of life, as well as mental health/emotional support.
- A 'Single Point of Contact' referral system.
- Referrals can be made directly by the person in need or via an Access Point.

Key Benefits to Helpharrow.org Users:

- A virtual One stop shop" to organisations and services in the Harrow.
- A choice of relevant organisations listed to support the user's needs.
- Process to start engagement with a person in need within 2 working days of referral received.
- Key organisations in the system including but not limited to Citizen Advice Bureau, MIND, Age Concern and Harrow Carers.

Who is Help Harrow for?

- Local Harrow residents for self-referral
- Households affected by Covid-19
- All ages
- Organisations

Please click <https://helpharrow.org/>

EAL RESOURCES FOR ONLINE SAFETY

Leaflets available in other languages here

<https://www.childnet.com/resources/supporting-young-people-online>

- | | |
|-----------|--------------|
| • Arabic | • Punjabi |
| • Bengali | • Somali |
| • English | • Spanish |
| • Farsi | • Turkish |
| • French | • Urdu |
| • Hindi | • Vietnamese |
| • Polish | • Welsh |



HELPING LOCAL PEOPLE IN CRISIS

Do you need help from the foodbank?
**THE MOST IMPORTANT STEP IS TO GET A
FOODBANK VOUCHER.**

To provide the most appropriate help for your circumstances, Harrow foodbank works with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis. Agencies that they work closely with include: Citizens Advice, housing support officers, children's centres, health visitors, social services, and some local charities.

To Get in Touch

If you [call or email](#) the foodbank they can talk through your situation and put you in touch with the relevant local agency.

[Harrow Foodbank | Helping Local People in Crisis](#)

SAFEGUARDING TEAM

The Rooks Heath School Safeguarding Team has been trained to an advanced level on all aspects of safeguarding. The team is available to any student, parent, or school staff member to discuss and report any safeguarding concerns.

The team consists of the following members:

Designated Safeguarding Lead -

Ms S Rockell

Deputy Designated Safeguarding Leads –

Ms V Cobblah-West

Miss L Dale

Safeguarding Team -

Miss A Mahmoud

Ms H Pugh

School Counsellor

Mrs Lara Geoghegan

School Social Worker

Mr Ariz Baig



Online Counselling

Service for 11–25-year-olds in Harrow

As part of Mental Health services for young people in Harrow, the service complements their existing early intervention, Harrow Horizons.

It is a free online counselling and emotional well-being support service providing young people in Harrow, aged 11-25 years (up to 25th birthday), with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors.

ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone/email/mobile number, that you immediately let the school know, so that we have the most up-to-date contact details.

Thank you!

Share the HOPE
Save a life

HOPELINEUK

0800 068 41 41 07860 039 967 pat@papyrus-uk.org

EMERGENCY
APPEAL



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Online here



Harrow Children's Services [click here](#)

020 8901 2690