



Holywell Safeguarding Newsletter

MEET THE TEAM



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Welcome to our Safeguarding Newsletter.

We are hopeful you will find it useful.

The Safety and Wellbeing of our students are a priority to us! We hope that we can connect you

to local and national support, if you need it for you and your families.



Our focus this edition of our newsletter is keeping safe over the Christmas and New Year period, wishing everyone a restful and fun filled break.

If you have a topic you would like us to cover, or you are in need of support, information or advice, please do not hesitate to reach out to one of the team!



Christmas Survival Guide suggestions

Managing Expectations & Boundaries

Be Realistic: Don't aim for a perfect, advert-like Christmas; expect some chaos and things to go wrong. **Say "No":** It's okay to skip events or limit presents to protect your energy.

Set Routines: Stick to kids' bedtimes and regular habits to maintain calm.

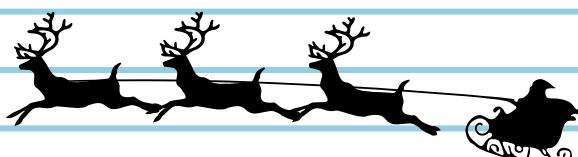
Sharing the Load & Self-Care

Ask for Help: Delegate tasks like cooking or cleaning to partners or family.

Create Your Own Traditions: If family visits are tough, plan alternative, smaller celebrations.

Digital Detox: Take breaks from social media

Limit Alcohol: Moderation helps prevent hangovers and poor decisions.





HOW YOU FEEL MATTERS

Getting help in Bedford Borough **IT IS IMPORTANT TO TALK**

Talk to your school/college mental/health support, a counsellor, doctor, friend, family or a trusted adult.
IF SOMEONE TALKS TO YOU: Help them get help and get support yourself if you need it.



Child And Adolescent Mental Health Service (CAMHS) (NHS) **ONE PLACE TO GET HELP**

A trained NHS mental health professional will respond to enquiries relating to getting help from the NHS child and young people mental health service and emotional wellbeing service. They can also provide self-help resources on how to understand and self help your own mental health. Enquiries, please call 01234 893362



1: INFORMATION

YoungMinds

Mental health charity with a wide range of resources and information
<https://www.youngminds.org.uk/>

CHAT HEALTH

Service for young people to confidentially ask for help on a range of issues. Talk to a school nurse <https://chathealth.nhs.uk/>
TEXT: 07507 331450

SCHOOL NURSING SERVICE

Providing support on a range of issues, 1-1 virtually or in school
<https://www.cambscommunityservices.nhs.uk/Bedfordshire/services/school-nursing>
TEL: 0300 555 0606

EARLY HELP (BEDFORD BOROUGH)

The Local Offer holds a wide range of information regarding services and support available, including early help support.
<https://localoffer.bedford.gov.uk/mentalhealthhub>
TEL: 01234 718 700

SEXUAL HEALTH

icaSH Provides all aspects of sexual and reproductive health including STIs and HIV testing & treatment, contraception.
www.icash.nhs.uk

DRUG & ALCOHOL SERVICES FOR YOUNG PEOPLE

Aquarius offer specialist services for children & young people who use substances or gamble and those who are affected by a parent or carers substance misuse.
www.aquarius.org.uk
TEL: 0330 008 3925

2: GETTING HELP

SHOUT

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. <https://giveusashout.org/>
TEXT: SHOUT to 85258

BEDFORD OPEN DOOR

Free, confidential counselling for young people aged 13 to 25.
www.bedfordopendoor.org.uk
TEL: 01234 360388

SORTED

Free, confidential counselling for children and young people aged 5 to 25. www.sortedbedfordshire.org.uk
TEL: 01582 891435

SAMARITANS

If you want someone to talk to, they listen, do not judge and do not tell you what to do
www.samaritans.org/how-we-can-help/contact-samaritan/
TEL: 116123

CHUMS

Bereavement mental health and emotional wellbeing support for children and young people. [https://chums.uk.com/](http://chums.uk.com/)
TEL: 01525 863924

HEALTHY WEIGHT

MoreLife provide weight management programmes for all ages.
www.more-life.co.uk TEL: 0808 208 2340

BEAT

National eating disorder charity with lots of resources and support. [https://www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)

3: NEED MORE HELP

CAMHS - Emotional & Behavioural Team

Provide assessments, support and treatment for children and young people up to the age of 18 for moderate to severe mental health problems.

For further information, please visit:

NORTH BEDFORDSHIRE CAMHS

<https://www.eft.nhs.uk/services/north-bedfordshire-camhs>
TEL: 01234 893301

SOUTH BEDFORDSHIRE / LUTON CAMHS

<https://www.eft.nhs.uk/camhs/where-we-work/south-bedfordshireluton-camhs>

TEL: 01525 638613

PCAS: You can also ask your GP to refer you to the Primary Care Access Service for mental health support.

4: URGENT SUPPORT

Call 111 Option 2 - 24/7

A free helpline for people of all ages who need urgent mental health support. Young people can talk to a CAMHS professional directly who can arrange additional support.

IN ANY EMERGENCY, DIAL 999



Holywell Support this Half Term

At Holywell we have been fortunate once again this half term in accessing some excellent wellbeing support for our students from outside agencies both one-to-one and in small groups.



Holywell has been lucky enough to continue our relationship with a qualified boxing and wellbeing coach and with the Boxing Saves Lives organisation. We have been able to offer group sessions with a Year 5 group this half term.



We have been fortunate to access some support from the Education Mental Health Team at CAMHS - they have been working with a number of our students.



In 2026 we have been able to secure some workshops on supporting students with Body Image, also through the Educational Mental Health Team. We look forward to accessing

Holywell School is now LIVE across Social Media Pages



@HolywellCoE



Holywell School Bedfordshire



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