



Holywell Safeguarding Newsletter

MEET THE TEAM



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Our focus this edition of our newsletter is to showcase some of the organisations both locally and nationally you can access to support your children.

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.

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!

Let's Chat! 



Chathealth

ChatHealth is a secure and confidential text messaging service for young people aged 11 to 19 across Bedfordshire and Luton.

Our team can help with all sorts of issues such as bullying, emotional health,

being active, healthy relationships, alcohol, drugs and much more. All young people need to do to start a conversation is text:

07507 331450 if they live in Bedfordshire

07520 616070 if they live in Luton

If a young person texts ChatHealth out of hours, they will receive a bounce back message.

The message explains where to get help if their question is urgent and when they can expect a response.

Texts are usually replied to within one working day and cost the same as a standard text

will come out of the young person contract message allowance.

YOUNGMiNDS
fighting for young people's mental health

YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

<https://www.youngminds.org.uk/parent/>

The website has lots of helpful guides on a variety of topics from anxiety to self-esteem.

YoungMinds also has a parent helpline and an online chat service available to offer support.



How You Feel Matters

Getting support in Central Bedfordshire

Central Bedfordshire

IT IS IMPORTANT TO TALK: Try talking to the school/college mental health support, a counsellor, doctor, friend, family or another trusted adult.

IF SOMEONE TALKS TO YOU: Help them get help and get support yourself if you need it.



Need some information?

Everything OK?

Everything OK is a website designed to help you find the help and support you need when you've got questions about your thoughts or feelings.

www.everything-ok.co.uk

CHAT HEALTH

Service for young people to confidentially ask for help on a range of issues.

Talk to a school nurse chathealth.nhs.uk TEXT: 07507 331 450

School Nursing Service

Providing support on a range of issues, 1-1 virtually or in school.

bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-0-to-19-health-visiting-and-school-nursing-service

TEL: 0300 555 0606

How do you get help?

SHOUT

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. 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 380388

SORTED

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

TEL: 01582 891435

RELATE

Free, confidential counselling for children, young people, couples and families. www.relate.org.uk

TEL: 01234 356350

CHUMS

Mental health and emotional wellbeing service for children and young people. chums.uk.com

TEL: 01525 863924

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-samaritans

TEL: 116123



Do you need 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 AN EMERGENCY, DIAL 999

Need more help?

CAMHS – Emotional & Behavioural Team

Provide assessments, support and treatment for children and young people up to the age of 18

NORTH BEDFORDSHIRE CAMHS

[www.elft.nhs.uk/services/north-bedfordshire-camhs](http://elft.nhs.uk/services/north-bedfordshire-camhs)

TEL: 01234 893301

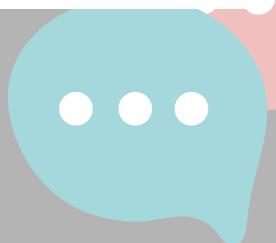
SOUTH BEDFORDSHIRE / LUTON CAMHS

[www.elft.nhs.uk/camhs/where-we-work/south-bedfordshire-luton-camhs](http://elft.nhs.uk/camhs/where-we-work/south-bedfordshire-luton-camhs)

TEL: 01525 638613

Primary Care Access Service PCAS

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





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 group of students of mixed ages.

The Mental Health Team (MHST) at CAMHS - this half-term they ran a small group intervention around positive body image with a group of our Key Stage 2 students.

We have been able to welcome the CHUMS team for a group intervention called **TACTICS** that support wellbeing through sports - this will begin after February half-term.

Holywell School is now **LIVE** across Social Media Pages



@HolywellCoE



Holywell School
Bedfordshire



@Holywellcoe



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www.holywellschool.co.uk