

Welcome to our Safeguarding and Well-Being Newsletter.

We have lots of exciting initiatives to share with you and we hope you find these both useful and interesting. The collaboration with the Local Authority is proving a big success and they continue to let us know about relevant services in our area that may be of interest to you, lots of example of these can be found in this issue.

Of particular interest I think is the appointment of a new Health for Teens Officer for our school. Georgie Murfitt has been appointed and will offer 1-1 sessions, group work focussed on mental health, friendships, risk taking behaviour and friendship issues, as well as drop-in sessions at lunchtime for any student to access.

Our Pastoral Leaders suggest referrals for us to make, but if you think your child needs a referral please get in touch. More information about the Teen Health Service can be found [here](#) and a reminder of our full Mental Health Offer and Family Support Directory can also be found [here](#).

We hope you enjoy looking through this edition.

Thank you,

Mrs K Priestnall & Miss I Pawley
The Safeguarding Team

kpriestnall@thehinckleyschool.co.uk

ipawley@thehinckleyschool.co.uk

VAPE USE

We are very aware of the threat that vapes present to our young people. We are working closely with the local authority and the local police to combat the illegal sale of them to children. We know this happens in our community, our children have told us.

We report any retailer we hear are illegally selling vapes to children and one such report resulted in the trading standards conducting a test purchase using 13-year-old girls. This particular store allowed these underage girls to purchase 2 bottles of vodka. This resulted in the individual allowing the sale being fined £100 and the shop owner being fined £10,000

A message to all our families – please let us know if you become aware that a local retailer is selling vapes to children. I will report this and ensure action is taken. Alternatively, you can report this yourself here: [Report a retailer to local authority Trading Standards](#)

More information on the risk of vaping in children can be found here [Young People and Vaping](#)


GO BEYOND

Go beyond is a charity that offers week long, free of charge, short breaks to children aged between 8-13years. Children who might have caring responsibilities, worry about where their next meal is coming from, fall behind at school, or struggle to make friends, children who have been bereaved or bullied are some of the criteria we use in the referral.

They have an activity centre in Derbyshire and offer breaks all year round, Monday – Friday. Take a look at the website here: [Go Beyond](#) and if you would like us to make a referral for your child then please get in touch.



YEAR 11 PROM FUND

 This year the Year 11 Prom will be held at Badgers Mount on Friday 5th July 2024.

We have set up a 'Prom Fund' for any student who needs support to access the Prom, be that help to get an outfit, help with ticket costs or anything else. The link is on parent pay if you wish to contribute to this fund, or if you have anything you wish to donate such as a pre-loved Prom dress or Tuxedo, these would be gratefully received. Please send anything in to Reception clearly marked for the Safeguarding team!

If you need help with anything, then please get in touch using either of our emails listed in the introduction and of course with your Year 11 Pastoral Leader Mr Arnold: rarnold@thehinckleyschool.co.uk

If you own a business and you want to sponsor the prom then please get in touch and we can give you more details.

IMMUNISATIONS AFTER EASTER

On Friday 17th May 2024 the Immunisation team will be in school delivering the Human Papillomavirus (HPV) vaccinations for young people. They will send out any consent forms they require you to complete.

More information about this can be found here:

[HPV](#) [Questions you may have about the HPV vaccine](#) [A guide to immunisations for young people](#)

Should you wish to contact the Immunisation team directly you can do so here:

Bridge Park Plaza | Bridge Park Road | Thurmaston | Leicester | LE4 8PQ **Tel:** 0300 3000 007
E-mail: lpt.sais@nhs.net **Website:** www.leicspart.nhs.uk/service/schoolagedimms

Any child that misses out on their vaccine will be offered a vaccine the next time they visit.

LOCAL AUTHORITY INFORMATION – HEALTHY START

Healthy Start is an NHS scheme that helps families with young children under 4 or people that are more than 10 weeks pregnant and are receiving benefits, to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops, with the allowance added onto this card every 4 weeks.

The card can be used to buy:

- Plain liquid cow's milk
- Fresh, frozen, and tinned fruit and vegetables
- Fresh, dried, and tinned pulses
- Infant formula milk based on cow's milk

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Borough Council

The Healthy Start card can also be used to collect Healthy Start vitamins, to support you during pregnancy and breastfeeding or vitamin drops for babies and young children, that are suitable from birth to 4 years old.

For more information on eligibility and applying, please see the attached or go to:

www.healthystart.nhs.uk

MENTAL HEALTH SUPPORT

Struggling with mental health and need help?

If you or someone you know is struggling, or you want to talk about mental health, please reach out. You're not alone and support is available.

Mental health support:

- **Childline** - Call 0800 1111 (24/7)
- **The Mix** - Call 0800 808 4994 or text THEMIX to 85258 (24/7)
- **Papyrus** - Contact HOPELINE247 - Call 0800 068 4141 or text 0786 003 9967 (24/7)
- **SHOUT** - Text SHOUT to 85258 (crisis 24/7)
- **NHS Central Access Point** - Call 0808 800 3302 (24/7) for urgent but not life threatening situations
- **Samaritans** - Call 116 123 (24/7)
- **LGBT Foundation** - Call 0345 3 30 30 30 for advice, support and information for LGBTQ+ individuals
- **Beat Eating Disorders** - support for anyone with or anyone supporting someone with an eating disorder **Beat Services in England** - Beat (beateatingdisorders.org.uk)
- **Local GP** - Find a GP - NHS www.nhs.uk/service-search/find-a-gp

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Urgent help:

Call 999 or go to A&E if	someone's life is at risk or you do not feel able to keep yourself, or somebody else safe
Call NHS 111 or ask for an urgent GP appointment if:	you need help urgently for your mental health, but its not an emergency or you are struggling to cope
Call Central Access Point on 0808 800 3302	for urgent NHS mental health support

If you are in an emergency or life threatening situation call **999**

Mental health information:

- **Kooth** - www.kooth.com
- **Mind** - www.mind.org.uk
- **Rethink Mental Illness** - www.rethink.org
- **The Mix** - www.themix.org.uk
- **YoungMinds** - www.youngminds.org.uk
- **Sane** - www.sane.org.uk

Apps:

- **Samaritans self help** - get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis
- **Headspace** - learn meditation and mindfulness skills
- **Daylio Journal** - Focus on your sleep, food, health and create new goals
- **Student Health App** - reduce your worries, feel more confident and get the health information you need as a student



Run Talk Run Hinckley

To sign up, download Heylo here



Time Every Monday, 18:00 with Em

Venue Meeting outside of Tarro Lounge, The Crescent, Hinckley, LE10 0QQ

Description Meet new people and support your peers on a weekly gentle and non-competitive 5km jog. When you arrive, meet the other participants and say hello to the Leader. The leader then explains the logistics of the route, if you are feeling a little anxious, we get it, come as you are!

Socials @runtalkrun

This group is provided **FREE** by amazing volunteers and powered by mental health charity Sport In Mind for

   @runtalkrun

 laura@runtalkrun.com

 www.runtalkrun.com



ADHD SUPPORT GROUP FOR PARENTS & CARERS

Drop-in 10am-12noon
 Earl Shilton Children & Family Centre
 St Simon & St Jude Primary school
 Alexander Avenue
 Earl Shilton
 LE9 7AH

Free tea & coffee

Our support groups are a great opportunity to meet new people and gain support and advice from our ADHD Practitioners



www.adhdsolutions.org
info@adhdsolutions.org
0116 261 0711



EASTER HOLIDAY ACTIVITIES AND FOOD PROGRAMME

Would you like your child to attend a fully funded holiday scheme this easter, with enjoyable experiences, fun activities, a hot meal, and snacks are all included.

Children in receipt of income-related free school meals are eligible to attend our holiday scheme for up to 16 hours.

Activities include.

- ✓ Daily physical activities
- ✓ Local walks
- ✓ Cooking sessions
- ✓ Arts and crafts
- ✓ Science projects
- ✓ Easter activities
- ✓ & so much more fun enrichment activities.

We are running Easter HAF
 Monday 25th March – Thursday 28th March &
 Tuesday 2nd April – Friday 5th April.
 You are entitled to a maximum of 16 hours of funded childcare over this period.

If your child is entitled for the HAF program, you will receive an E-voucher code to use to enrol your child in our HAF Holiday Club.

If you would like more information, or to register with your HAF voucher, please contact us at 01455630838 or email me at joanne.warden@westfieldsc.org.uk



Falcon

INFORMATION AND SUPPORT

HINCKLEY DROP IN

Tuesday 10am - 2pm
 Wednesday 10am - 5pm
 Thursday 10am - 5pm

- HOMELESSNESS
- TENANCY SUPPORT
- FORM FILLING
- EMPLOYABILITY COACH

- HARM REDUCTION
- RECOVERY AFTERCARE
- BENEFITS SUPPORT
- SIGNPOSTING

Community House,
 Peggs Close, Earl Shilton.
 LE9 7BP

Tel: 07356 121 965
 Email: falconsupportservice@falconsupportservices.org.uk



Find out more about our other drop in centers here



NEIGHBOURHOOD NEWSLETTER- MENTAL HEALTH HINCKLEY & BOSWORTH

ISSUE NO: 2 | MARCH 2024

Hinckley & Bosworth Neighbourhood Mental Health Leads & contact details:
Amie.Carrall@hinckley-bosworth.gov.uk
Jodine.Lepa@hinckley-bosworth.gov.uk

CONTENT:


- NEIGHBOURHOOD MENTAL HEALTH UPDATE
- MENTAL HEALTH Support Group
- MENTAL HEALTH SUPPORT
- RISK TALK BISHOP NICKLEY
- CAMPFIRE SESSIONS WITH BOTTLES AND DOORS (COPING STRATEGIES)
- MENTAL HEALTH SUPPORT FLOOD/POWER OUTAGE SUPPORT
- YOUNG PEOPLE'S SUPPORT
- KEY DATES FOR THE DIARY - MARCH 2024

[CLICK HERE TO READ THE NEIGHBOURHOOD NEWSLETTER](#)


AN UPDATE FROM THE NEIGHBOURHOOD MENTAL HEALTH LEADS

The Neighbourhood Lead's in Hinckley & Bosworth, working on behalf of the ICS/NHS are pleased to share our March 2024 Newsletter with partners.

February was a busy month with some fabulous events & awareness raising around Mental Health, including a brilliant Voluntary Community Sector (VCS) forum, hosted by the Rural Community Council highlighting local support offers for residents.



Want to promote your activity/support?



2024 is the deadline for promoting your activities and support to help promote to a wider group and support they need. To submit your please email: info@ruralcommunitycouncil.org.uk

THE SCIENCE OF MEN'S MENTAL HEALTH

I was invited to join a Local Authority presentation on this topic one evening a few weeks ago. It was being delivered by the TED Talker, Ryan Parke, so knowing TED have innovative speakers I decided this was worth a listen.

There is a link to the recording of this talk below, it is 90 minutes long but I would highly recommend listening to it. For all the men out there, and the women who live with them, know them, are related to them.... This is for you.

[The Science of Male Mental Health Webinar - 29/2/24 \(youtube.com\)](#)

