

# SAFEGUARDING NEWSLETTER

**January 2023**

From all of us at Padgate Academy, we would like to wish all families a very Happy New Year. It has been lovely to welcome the students back to school after the winter break, and we are looking forward to a busy spring term.

Welcome to the first safeguarding newsletter of the year. Included within this newsletter are the names and numbers of some key services available to help, should you require support. As always, if you need to contact the school, we will be happy to offer support where we can.

Kind regards,

Ms Jones and the Keep Kids Safe team.

## KEY NUMBERS

Anyone can contact the services below directly, regardless of whether you are a child, parent, carer or a member of staff. If you have a safeguarding concern, please ensure you pass it on: safeguarding is everyone's responsibility.

<p><b>01925 443322</b> (Option one, followed by option one)</p> <p><b>Warrington Multi-Agency Safeguarding Hub (MASH)</b></p> <p>For urgent safeguarding concerns about a child</p>	<p><b>01925 443322</b> (Option two)</p> <p><b>Out of Office Emergency Duty Team</b></p> <p>For urgent safeguarding concerns about a child outside of office hours</p>	<p><b>0808 800 5000</b></p> <p><b>NSPCC</b></p> <p>For adults who are worried about a child</p>
<p><b>0800 1111</b></p> <p><b>Childline</b></p> <p>For children who are worried about their own safety or need some advice</p>	<p><b>101</b></p> <p><b>Police Non-Emergency</b></p> <p>For reporting any crimes or concerns</p>	<p><b>999</b></p> <p><b>Emergency Services</b></p> <p>For anyone in immediate danger (including if you are worried about the immediate risk to a child)</p>

# AVAILABLE SUPPORT & SERVICES

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With the rise in living costs ever increasing, January can be a particularly stressful time for families. Below are links to a number of services and charities who can offer various types of support and also links to organisations who offer a range of activities for young people to participate in.

## COST OF LIVING SUPPORT

### Warrington Borough Council

The council has a dedicated website page containing lots of helpful information if you're concerned about how to pay for everyday costs or need any financial support. Visit the website below to check if you are eligible for any discounts or offers. <https://www.warrington.gov.uk/cost-living-support>

### Warrington Foodbank

Warrington Foodbank will provide three days worth of nutritionally balanced emergency food and support to local people who are referred to them in crisis. Referrals need to be submitted by a referring agency such as Citizen's Advice. Visit their website to find out more information.

<https://warrington.foodbank.org.uk/>

We also have a foodbank at school and are more than happy to provide food parcels to families who need them. To arrange collection of a food parcel, please email: [info@padgateacademy.co.uk](mailto:info@padgateacademy.co.uk)

### Free School Meals

If your circumstances have changed and you believe you may be eligible for free school meals, please complete the application form on <https://www.warrington.gov.uk/freeschoolmeals>

## ORGANISATIONS & ACTIVITIES

### Warrington Youth Zone

Warrington Youth Zone runs more than twenty activities every day for young people aged 7 – 19 (up to 25 with additional needs). Activities include: Film & Multi-media ☆ Art, Fashion & Design ☆ Gym ☆ Sports Hall ☆ Health, Beauty & Well Being ☆ Recreation Area ☆ Cooking & Life Skills ☆ Indoor Rock Climbing ☆ Boxing & Martial Arts ☆ Dance & Drama ☆ Enterprise & Employability ☆ Music ☆ Outdoor Garden

Hot, affordable meals are also provided. Visit <https://warringtonyouthzone.org/> for membership information.



## Early Help Coffee Morning

The Early Help team hold a coffee morning at the Orchards Children Centre, every Monday 8.45am-10am (term time only).

It's an opportunity for families/parents/carers to drop in for a cup of coffee and have a chat. The idea is to get the Early Help offer out and available to families at the earliest possible opportunity. In some cases, parents have attended for no reason other than a hot cup of tea/coffee with other parents/carers, and over time they have built relationships with each other which have been a great support network for them when facing life's challenges. It is also an opportunity to enquire about further support to find out who Early Help are and what they can do.

To begin with there will be representatives from Early Help, Torus Foundation (with a focus on health) and Department of working pensions (to help with getting parents back to work and benefit queries).

## School Nurse Support

Our school nurse is available to all students via a drop-in service every Tuesday lunchtime in K-block. Alternatively, students and parents can access advice via the ChatHealth service as detailed below:

## Advanced Solutions

If you have concerns about your child's behaviour or progress at school and suspect this may be due to a neurodevelopmental condition such as ADHD or Autistic Spectrum Condition, Advanced Solutions community network groups offer support to help you learn, understand and meet the needs of your child and family. They can offer parenting advice, emotional support, and guidance with regards to accessing the appropriate SEN support for your child.

Your child does not have to have a diagnosis in order for you to access their services: they will provide support at every stage of the diagnostic process. <https://www.advancedsolutions.co.uk/home.html>

# LOOKING AFTER YOUR MENTAL HEALTH

Everyone has mental health, in the same way we all have physical health. 'Mental health' covers our emotional, psychological and social well-being and it affects how we think, feel and behave. Having good mental health doesn't mean you feel happy 24/7: good mental health means you experience a range of everyday emotions including happiness, sadness, joy, anxiety, anger etc. However, if the feelings seem more intense than just everyday feelings and they hang around for a long time, then it's time to ask someone for help. There are lots of online resources and external agencies which can support you but please make sure they're appropriate: ask an adult if you're unsure.

## Recommended Services



A free, anonymous instant messaging service for young people



The Young Minds website contains lots of resources, real life stories and signposts to support children with mental health difficulties



The Samaritans are a charity who provide emotional support to anyone who needs it. You can call or email them to speak to someone.

## Recommended Apps

### Calm



A simple mindfulness meditation app

### Headspace



Guided meditations to support with sleep, stress, anxiety and lots more

### What's Up



An app which teaches practical coping skills to help with anxiety, depression, stress, anger and more

We hope you have found this newsletter useful. For further safeguarding information, please visit the school website: <https://padgateacademy.co.uk/safeguarding>