

Spring Wellbeing Newsletter

Dear parents, carers and family members,

We wanted to write to you ahead of the holidays to wish you a very pleasant and happy break and offer some guidance and advice on how to keep our young people safe over the holidays:

1) Keeping safe in the community:

Unfortunately, this year we have seen an increase of phone thefts.

We have shared the following advice with our students and we ask you to re-enforce this with them over the break:

1) If someone is threatening you, it's safest to hand over your valuables.

2) Plan your journey:

Plan your route: Keep to busy, well-lit streets, walkways and paths which are more likely to be covered by CCTV. Where possible travel with friends or family, but if travelling alone, let a friend or family member know your plans, where you're travelling to and an ETA.

3) Avoid unsafe areas:

There are some areas in Islington where there has been an increase in street robberies. These areas include, Chapel Market, Highbury train station and MacDonald's at Angel.

4) If getting on a bus, sit on the lower deck.

5) Keep valuables out of site:

Keep your mobile phone and valuables out of sight. If you're using your phone it's more likely to be snatched from your hand as you're not paying attention to your surroundings. With any travel, it is important to always keep personal belongings with you at all times. It's best to not have phones, headphones or any other technology on show, particularly in busy areas. Ensure your pockets are zipped up and you are aware of suspicious activity from other people.

6) If you witness an incident of crime please report it. This is really important for crime rates to go down.

<https://www.met.police.uk/ro/report/ocr/af/how-to-report-a-crime/>

You can also report a crime anonymously:

<https://shorturl.at/tXSX1>

7) You can access specific support for victims of crime here:

<https://www.police.uk/pu/support-services/support-children-young-people-crime/>

<https://www.victimsupport.org.uk/help-and-support/young-victims-crime/>

2) Keeping safe online:

Our advice is to monitor your young person's phone regularly, ensure that you have safety blockers/parental blockers installed on their phones and ensure they are adhering to social media age restrictions. For some helpful guidance on online safety please see below:

- Parent resources: <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>
- Child friendly resources from the NSCPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- Government online safety advice with further links: <https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>
- If you wish to report an online crime please do contact the police. Alternatively, you can report crimes anonymously on: <https://crimestoppers-uk.org/give-information/forms/give-information-anonymously>

3) **Mental Health support:**

We know that during breaks some of our young people may struggle with a lack of routine or structure and lack of contact with peers. Here are some useful resources to support them:

- If struggling with bedtime routines and screen time, please contact the National Sleep Helpline: 03303 530 541
- **Kooth:** Free, online mental health support for your young person: <https://www.kooth.com/>
- **Good thinking:** Digital wellbeing service, providing a range of resources for your young person: <https://www.good-thinking.uk/>
- **Childline:** A host of resources and access to counselling for your young person: <https://www.childline.org.uk/>
- **Samaritans:** To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), visit the website <https://www.samaritans.org/>
- **SANEline:** If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day) <https://www.sane.org.uk/how-we-help/emotional-support/saneline-services>
- Solace Women's Aid: violence against women ends here: <https://www.solacewomensaid.org/>
- Support for parents: <https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

4) **Further support:**

Need some extra help?

Islington Foodbanks:

<https://islington.foodbank.org.uk/get-help/foodbank-vouchers/>

<https://www.thearccentre.org/foodbank>

Free or Low-Cost Food in Islington:

<https://directory.islington.gov.uk/kb5/islington/directory/service.page?id=verXLO-lbWs#>

Camden food banks: <https://www.camden.gov.uk/access-food>

Hackney food banks: <https://hackney.gov.uk/meals>

Tower Hamlets food banks: https://www.towerhamlets.gov.uk/ignl/advice_and_benefits/cost-of-living/Help-with-food.aspx

Find a foodbank:

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

Cost of living support:

<https://www.islington.gov.uk/benefits-and-support/cost-of-living-support>

Local Islington Resources

- If you are you worried about a child, you can contact Islington Children's Services at 020 7527 7400. Outside 9.00 – 5.00pm call the out of hours number 020 7527 0992.

<https://www.islington.gov.uk/sitecore/content/iscp/are-you-worried-about-a-child>

- Family Information Service : Provides information on local services and support for families. Visit the Islington Family Information Service:

<https://findyour.islington.gov.uk/kb5/islington/directory/service.page?id=BsNZ36XvrPY>

Family Hubs can provide a range of services and support, ensuring that help is available even during the holiday season.

These are the opening dates and times: Family Hub Central (New River Green Children's Centre, N1 2SX)

Family Hub South (Bemerton Children's Centre, N1 0DX)

Family Hub North (Hornsey Road Children's Centre, N7 7EN)

Take care now, and we look forward to seeing you in the Summer Term

CFBS