



Safeguarding Snapshot Issue 2



Welcome to Safeguarding Snapshot!

Safeguarding Snapshot is a new guidance bulletin from the Safeguarding Team at Kings Avenue.

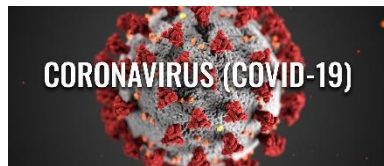
What is Safeguarding?

Safeguarding is the umbrella term used to describe the various ways in which schools keep children safe.

Each school is required by law to have externally trained Designated Safeguarding Leads and deputies.

The safeguarding team at Kings Avenue are:

Mrs McDonald, Mrs Nolan, Mr Ritchie, Mr Mitchell, Miss Mollett, Mrs Clarke and Mrs Shah.



*Working together to keep **our** children safe.*

Family Wellbeing and Mental Health



Coronavirus, mental health and wellbeing

Coronavirus has changed lots of things about family life. And we know that some parents and carers might be worried about how to manage stress and changes to their daily routines. It's important to remember that everyone copes with change and stress in different ways. We've got some hints and tips you might find helpful.

Taking care of your mental health during lockdown

Being a parent can be challenging in everyday situations. Now, more than ever, taking care of your mental health is important. Staying at home more or having to work during a difficult situation can put different pressures on everyone. And if you're struggling, it's okay to reach out for support from friends, families and organisations that are here to help.

Changes to our mental health can sometimes affect children and their wellbeing. They may pick up on your anxiety or low mood. This doesn't mean you should hide or minimise your feelings. You can try to explain them using phrases like, *"It's ok to get big feelings, everyone gets big feelings but it's still the grown up's job to look after the children"* or *"If grown-up's get big feelings it's not your fault - we can ask other grown-ups for help with our feelings."*

When things are different to what we're used to and everyone is going through a big change, it's important to give children reassurance and support. Looking after your own mental health is vital to their wellbeing so don't be afraid to try new things together or feel worried about doing something for yourself to take care of your own wellbeing.

You can also reach out to us, the Safeguarding Team, and we'll do our best to support you.

office@kingsavenue.lambeth.sch.uk



Family wellbeing during COVID-19

Below are a selection of resources to help families with income support (money, debt), essentials (food, healthy eating, and housing) and staying healthy. Also, there are local and online resources for mental health, relationships, confidential life advice and much more for your family's health and wellbeing.

Please access services via telephone or online first due to COVID-19 as opening times may be subject to change.

1

Income support


Free impartial money advice



Tel: 0800 138 7777
www.moneyadviceservice.org.uk/en

NATIONAL DEBTLINE

Free helpline: 0800 808 4000
www.nationaldebtline.co.uk



StepChange
Debt Charity

Free debt advice
Tel: 0800 138 1111
www.stepchange.org

For advice on benefits, money, housing.

Tel: 0800 254 0298
www.cam1.org.uk

citizens
advice

Family support, employment services, helpline for disabled people.

Tel: 0808 800 3333

SCOPE = Equality for disabled people



UK Bill Help
www.billhelp.uk

Every Pound Counts – advice on benefits
Tel: 020 7926 5555
<http://www.lambeth.gov.uk/benefits-and-council-tax/housing-benefit/get-benefits-advice>

2

Provide essentials

Advice on Arranging Childcare and Nursery

www.lambeth.gov.uk/child-ren-young-people-and-families



Requires a voucher

<https://norwoodbrixton.foodbank.org.uk/>
Tel 07722 121108

Shelter

Advice, support, legal services for poor housing/homelessness

www.england.shelter.org.uk
Tel: 0808 800 4444



Free fruit & veg, milk and vitamins

www.healthystart.nhs.uk
Tel 0345 607 6823

LAMBETH LARDER
 Connecting people, food & support

Emergency food, help and advice

www.lambethlarder.org



Family support, getting back to work, courses, stay and play, child development ☺

www.maytree-nursery.lambeth.sch.uk
 4 Allingham Road | London | SW4 8EG
 School & Children's Centre
Tel 020 8671 3298

3

Join in and thrive



Essential support for under 25s

Free life advice: money, housing, health, relationships.

www.themix.org
Tel 0808 808 4994



You can text a school nurse on
07520 631 130
www.evelinalondon.nhs.uk/parentline

ChatHealth: Lambeth Young People aged 11-19 can contact a school nurse via text for confidential advice and support. **Tel 07507 332 150**
www.evelinalondon.nhs.uk/chathealth

LEAP
 Lambeth Early Action Partnership

Support and resources for families with babies and infants:

Tel 020 7582 4182
www.leaplambeth.org.uk/



Free healthy lifestyle advice

<https://www.lambeth.gov.uk/ready-steady-go>



Free, safe, anonymous online mental health and wellbeing support for young people

www.kooth.com



Support and friendship for families from 3rd trimester of pregnancy to 5 years old:

Tel 0207 924 9292
www.homestartlambeth.co.uk



Please find some links which provide ways of supporting the wellbeing of your children.

- Lambeth Council pays for a subscription for our 11-16 year olds to have access to www.kooth.com which provides free, online counselling to young people. Please do share this resource.
- DHSC have produced guidance for parents and carers on supporting mental health and wellbeing of children and young people during COVID-19: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>
- Become also has a coronavirus advice line, which may be helpful to flag: <https://becomecharity.org.uk/for-young-people/care-advice-line/coronavirus-advice/>.

Several organisations have put together general advice for children and young people in dealing with the impact of Covid-19:

- Young Minds: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#dealing-with-self-isolation->
- Barnado's: <https://www.barnardos.org.uk/coronavirus-advice-young-people>
- Anna Freud: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Hi Jean Project (hygiene products)

- The voluntary sector are aware that whilst there are options in Lambeth to tackle food poverty, the needs for feminine hygiene products have been overlooked. If you are aware of a young person or family who may appreciate additional supplies, please direct them to the [Hi Jean project](#).