



Summer Edition Safeguarding in Education Newsletter –April 2022

Please note the information and links are provided to the relevant documents, which are being updated on an ongoing basis and are subject to change. The guidance shared is focussed on safeguarding themes and is not exhaustive.



Well, we are already in the final term for this academic year! How quickly has this year gone??

It is a busy term with children taking tests, exams and getting ready for transitioning to their next year and/or school. All moves including, in year transfers or end of

year moves require timely transfer of CP files. A short reference guide has been prepared to facilitate transitions for children and young people during the summer term. Please see page 9 for smooth transition support across all phases.

In addition, guidance for children known to the social care system moving to a new school has been designed to ensure that records are documented and passed on in a timely manner.

The guidance can be found here: [Guidance Documents | slough-the-link-demo.bbdtest.co.uk](https://www.slough-the-link-demo.bbdtest.co.uk)

We look forward to the annual revision of KCSIE to be released this summer. I will keep you informed of the important points before the start of the autumn term.

In this bumper edition, you will find a comprehensive update on upcoming awareness campaigns with ready-made resources, as well as lessons learned from national and local reviews. On p6 there is an interesting read about the most frequent 12 safeguarding factors, across 59 schools, which Ofsted inspectors found ineffective. There is also a special feature on sexual abuse with information, tips and useful signposting.

Make sure that you take advantage of your FREE mental health leader training. Also included on page 11 is a free ready-made survey to capture the child's voice for your school to learn what students need, what factors influence their well-being, and how they would like to access mental health services.

It is the time of year when some staff may be moving on. Please notify me of any changes so that I can update the lists of partner agencies accordingly. These individuals include all Headteachers, DSLs, DDSLs, SENCOs, Chairs of Governors, and Safeguarding Governors.

We know you go the extra mile every single day to increase the safety of children and young people. We greatly appreciate your ongoing passion and commitment - thank you all for what you do. Please remember that if you need to talk the free and confidential **Education helpline** is open 24/7 **08000 562 561**.

Slough Children First
If your concern is regarding the harm of a child or young person, please immediately contact: 01753 875362 and email a MARF to sloughchildren.referrals@scstrust.co.uk

Out of Hours can be contacted on: 01344 351999
Thames Valley Police
101
www.thamesvalley.police.uk

Slough LADO: Harvinder Rajasansi
LADO@scstrust.co.uk | 07927 681858 | 01753 690906

NSPCC Whistleblowing helpline: 0800 028 0285
help@nspcc.org.uk





S175 Audit update

Thank you to everyone for completing the 2020-21 S175 audit. I have included a short summary of the data/trend's information. The full report is available here: [Section 175/157 Safeguarding Audit | The Link \(slough.gov.uk\)](https://www.slough.gov.uk/section-175-157-safeguarding-audit-the-link)

Safeguarding in Education Audit 2021

The audit said...



Governance needs to be strengthened for effective leadership and capacity for challenge and scrutiny



A wider recognition of the relationship between challenging behaviour, mental health, and wellbeing, relating to Adverse Childhood Experiences (ACEs), is necessary



Identification and tracking of children and young people missing from education needs to be initiated earlier



There is a need to strengthen transition points between schools



In developing policies, it is imperative to consider both the welfare of children as well as the response to the allegations against the adult and the alleged incident



COVID has presented challenges in engaging in effective safeguarding professional meetings

We did...

- Develop a robust safeguarding module for governors and deliver in the summer term

- Work in collaboration with the Integrated Support Services to develop and promote trauma informed practices
- Offer a comprehensive CPD to upskill professionals on mental health and wellbeing in partnership with the CCG
- Support schools to adopt a 'Whole School Approach'

- Offer professional development and networking to develop professional curiosity amongst attendance officers
- Develop and improve 'Children Missing Education' (CME and children 'missing in education' reporting pathways

- Establish a task and finish to examine a Slough-wide protocol aimed at fostering prompt, orderly, and efficient transitions, and CP files transfers in accordance with GDPR guidelines

- Develop guidelines to assist schools in developing child-centric policies in collaboration with the LADO

- Work with the safeguarding partnership to redesign the SCF front door and work towards improving communication methods
- Facilitate the dialogue with the Independent Reviewing service to migrate towards video aided platforms for review meetings

ED-675/23-03-22

The 2021-22 audit will open on 13th July 2022. An email will be sent out to all DSLs to complete the audit. If you do not hear via email, please get in touch with me on Jatinder.matharu@slough.gov.uk .



News from Slough Children First

Safer in a Slough School

'Promoting the education of children with a social worker'

As part of the Virtual School's new responsibilities for 'The Education of Children with a Social Worker' we are excited to share the funding has been allocated to Slough to build on the 6-month pilot which has been led by Cherie Sears for an additional year. This project, '**Safer in a Slough School**' has the resources to support any education queries or advice, guidance and signposting in respect of school policy and education pathways. Whilst it cannot offer direct work with families, it is able to help facilitate the appropriate support alongside you. The education training offer will include both face-to-face sessions and bitesize chunks online.

The Safer in a Slough School aims to support professionals involved with children's education to positively impact their attainment.

Please send any queries or requests for information to our Virtual School Lead for Safer in a Slough School to Cherie.sears@SloughChildrenFirst.co.uk

Do you know what the Getting Help Team offer?

We have become aware that many schools are unfamiliar with the Slough Getting Help Team and how children and young people can be referred to our service for support with mild-to-moderate mental health difficulties. Therefore, they have put together a short video to introduce you to the team, what support they offer who is eligible for support from the team, and how you can make a referral to the service.

You can watch a pre-recorded presentation here: <https://vimeo.com/687091615/8577fd3a91>

Please can you complete this short survey **before watching** the video to help ascertain a baseline here: <https://forms.office.com/r/txsUSUJpG>

You can also access 'Getting Help' services by using the MARF which can be downloaded here: Emergencies/Concerns - [Home - Slough Children First](#)



www.scstrust.co.uk

If the child or young person requires immediate protection please call **01753 875362** and send the electronic multi-agency [referral form](#) (MARF) to sloughchildren.referrals@sloughchildrenfirst.co.uk. The operating hours (for this team only) are 9 – 5pm

Please note if you call the front door and the line is busy or not answered please email the referral email address sloughchildren.referrals@scstrust.co.uk for a response. The email is regularly monitored, and someone will call you back if you request an urgent call back for consultation!

Front door

The Safeguarding Partnership has worked with partners agencies to co-produce a new multi-agency protocol for working together to respond swiftly and efficiently to concerns about children at the front door.

There were 3 face to face workshops which took place to redesign the 'front door'.

The outcomes will be shared this coming term.



Safeguarding Partnership Updates

In March 2022, the Slough Safeguarding Partnership reactivated the Education Sub-Group and renamed it **KCSIE Sub-Group**. A plan is being developed to address the most pressing issues affecting education, including EHE, CME, and children refusing to attend school. The Slough Safeguarding Children Partnership will be sharing developments in the coming months that will have a direct effect on supporting children and young people back into education.

The **Safeguarding Partnership Communications sub-group** work together to produce and deliver an agreed communications plan for the partnership, promoting awareness of the Safeguarding Partnerships' strategic priorities including child abuse/neglect, safeguarding adults, exploitation, and domestic abuse and violence. See pages 14-17 for details.

Back to Basics – Effective communication

A number of adult and child reviews have identified a need for professionals to ensure that they are communicating effectively in multi-agency meetings, not just sharing information. The reviews revealed that there is a lot of good, well recorded, *efficient information sharing* occurring amongst partners in Slough. However *effective communication* has not always taken place. This can be a challenging in busy, highly charged meetings where there is a lot of information to share in a restricted timeframe. The following points of practice have been identified by the Learning and Development Forum to help practitioners.

- All Partners need to understand that there is a collective responsibility for true working together and effective communication
- There is a need to allow sufficient time for discussions both during and outside of meetings. (Professionals are becoming too cautious by having email trails for all communications that it restricts meaningful conversations)
- The importance of Leadership qualities, including explaining purpose of meetings/roles
- The need to build confidence and develop skills for chairing multi-agency meetings.
- Commitment from Senior Leaders to develop skills in staff involved with multi agency work
- Use of Effective recording in multi-agency risk meetings

A Practice development note has been developed to help agencies highlight this amongst front line staff. The note is available [effective communication vs efficient information sharing .pdf \(sloughsafeguardingpartnership.org.uk\)](https://sloughsafeguardingpartnership.org.uk) . All agencies are asked to discuss this in operational meetings to ensure Slough practitioners are clear that they are communicating effectively not just passing information on.

Policy and Procedures updates

The Pan Berkshire Policy and Procedures Subgroup ensure that, they develop and maintain high quality safeguarding and child protection policies and procedures in line with key national policy and legislative changes. The quarterly newsletter can be found here:

<https://proceduresonline.com/berks/>





Practice Learning



The 12 Key Reasons Safeguarding was Judged 'Not Effective'

In 2019-2020, 59 schools were considered ineffective in safeguarding children due to the following 12 factors. An interesting read that focuses on the management of records, tracking concerns, leadership, and governance, as well as risk assessment.

The main points can be found here: [Communications & DSL Networks](#)

[| The Link \(slough.gov.uk\)](#)



Ofsted 12 Key
Reasons Safeguarding

The **Child Safeguarding Practice Review Panel** has published their second [Annual Report](#), including commissioned analysis of [rapid reviews and LCSPRs](#), and an analysis of safeguarding partners' [yearly reports](#). Work is progressing on the 2021 Annual Report - available in summer 2022.

NSPCC 'Learning' Safeguarding considerations for getting changed at school

Schools have a duty to protect the children and young people in their care. This should include putting measures in place to make sure children and young people feel comfortable and are safe when getting changed for physical education (PE), drama and other activities. This briefing outline best practice on:

- appropriate changing areas
- supervising children and young people
- assisting children and young people with additional needs

[safeguarding-considerations-for-changing-rooms.pdf \(nspcc.org.uk\)](#)

Transitions: Last term I shared findings from the Safeguarding multi-agency case audits including:

- case delays in sending CP files when children transition between settings.
- closer working relationships between school's Admissions Officers and the DSL to ensure that new admissions identify any indicators or concerns about vulnerable children.

With the help of a small Task and Finish group a best practice guide has been developed which you can access here: [Guidance documents | slough-the-link-demo.bbdtest.co.uk](#)



Support for transitions

This short reference guide has been prepared to facilitate transitions for children and young people during the summer term. Several good practice guides for each phase are provided to assist with the transition and a flowchart with key dates for admission lists and offer dates.

Early Years



Early Year transition [Support Together Early Education Resources \(STEER\) | The Link \(slough.gov.uk\)](#)



Transitions tool kit.docx



Ready for the next stage of learning - CO



managing-unexpected-endings-transitions

[Play My First Day at School | Starting Primary School | Fun Online Games for Kids | BBC Bitesize - BBC Bitesize](#)

[Starting primary school - BBC Bitesize](#)

[Starting primary school | Family Lives](#)

[Starting school toolkit | PACEY](#) **Transition to reception class: [Transition to reception class : Mentally Healthy Schools](#) | [School Ready - Practitioners - YouTube](#)**

Parents and carers to contact nurseries directly for places

Primary school

10 practical tips for school staff to help children settle when starting primary school: [transitions-primary.pdf \(mentallyhealthyschools.org.uk\)](#)

Primary toolkit: [MHS primary transitions toolkit \(mentallyhealthyschools.org.uk\)](#)

KOOTH transition workshops 21st/22nd/23rd June and 27th/28th/29th June between 2pm-3pm.- [2022 Kooth Transition Workshop](#)



Anna Freud
National Centre for Children and Families

MENTALLY HEALTHY SCHOOLS

Transition toolkit: resources for starting, changing or leaving school or college
Free toolkits for primary, secondary and FE settings, full of practical resources to help pupils and their parents manage changes in their education.

Secondary and Post 16+

What a good transition process from primary to secondary looks like – five simple steps: [transitions-secondary.pdf \(mentallyhealthyschools.org.uk\)](#)

Secondary toolkit: [MHS secondary transitions toolkit \(mentallyhealthyschools.org.uk\)](#)



Anna Freud
National Centre for Children and Families

MENTALLY HEALTHY SCHOOLS

Transition toolkit: resources for starting, changing or leaving school or college
Free toolkits for primary, secondary and FE settings, full of practical resources to help pupils and their parents manage changes in their education.

Universal information from Education Psychology

The Integrated Support Service have added some additional 'readiness to transitions' webinars. The Resilience Readiness Recovery webinars can be accessed here:

https://www.youtube.com/channel/UCSS1rNoVkpOPiLYgdiNg_vaw

Contact the team directly with any queries re SEND; sendteam@slough.gov.uk





Sexual Abuse

Centre of
expertise
on child
sexual abuse

Communicating with children: A guide for those working with children who have or may have been sexually abused (Centre of expertise on child sexual abuse)

Many more children are being sexually abused in England and Wales than are identified or supported. Half a million children are estimated to experience some form of sexual abuse each year, yet research indicates only around one in eight cases of child sexual abuse ever reach statutory

services' attention.

In this new guide the Centre of expertise on child sexual abuse aims to give all people working with children guidance in talking about child sexual abuse and to help children speak about what is happening. It brings together research, practice guidance, and expert input – including from survivors of abuse - to help give professionals the knowledge and confidence to act.

The guide can be downloaded here: csacentre.org.uk

Medical assessments in child protection and sexual abuse conference

A half day virtual conference was delivered by Slough Safeguarding Partnership on the 17th of March 2022 to improve competencies for partnership working when working with children who need to undergo a medical assessment for child protection or sexual abuse. Details for the recorded webinar and presentation will be available on the Safeguarding Partnership website shortly.



JE intro slides
Medical assessments



TVP slides, Medical
assessments conferen



SP presentation re
SARC & medical asse:



LW - 1st presentation
Child Protection Medi



LW - 2nd
presentation Local prc

THE
LUCY FAITHFULL
FOUNDATION

Working to protect children

Child Sexual Abuse - Information from Lucy Faithfull

Foundation. With children spending more time online, it is even more important to ensure they are kept safe. It's not always easy to know how to spot the warning signs of abuse in both adults and children, or to know how to start difficult conversations. To help families, the Lucy Faithfull

Foundation have made 12 films that aim to inform parents, carers and professionals about the risks of child sexual abuse, how to prevent harm from happening in the first place, and where to get help if something has already happened

The films cover topics such as '*Understanding child sexual abuse*', '*The effects of sexual abuse on children*', '*Why children don't talk about abuse*' and '*What to do if you suspect abuse*'. There's also information on the warning signs of abuse in both children and adults, and how to make a family safety plan. You can [watch the films](#) on their Parents Protect website now.

STOP IT NOW! CONFIDENTIAL HELPLINE [0808 1000 900](tel:08081000900)

If any young person is affected by any sexual abuse in school you can get support from the [Dedicated helpline for victims of abuse in schools | NSPCC | 0800 136 663 | help@nspcc.org.uk](#)



The International Watch Foundation (IWF) also have “**MAKING SURE YOUR HOME DOESN'T HAVE AN OPEN DOOR TO CHILD SEXUAL ABUSERS**” A guide for parents and carers [A-guide-for-parents-and-carers-v7.pdf \(iwf.org.uk\)](#)

[TALK Checklist by Internet Watch Foundation | Home \(iwf.org.uk\)](#) helps parents engage in conversation with their children about staying safe online. Young people are being contacted, in their own homes, on online platforms and apps and asked for sexual pictures and videos, while their parents and carers believe they are safe.

The IWF has created a resource to help parents and carers understand the risks of 'self-generated child sexual abuse imagery' using the acronym 'TALK'.

T TALK to your child about online sexual abuse. Start the conversation – and listen to their concerns.	A AGREE ground rules about the way you use technology as a family.	L LEARN about the platforms and apps your child loves. Take an interest in their online life.	K KNOW how to use tools, apps and settings that can help to keep your child safe online.

The Report Remove tool can support a young person in reporting sexual images or videos shared online and enables them to get the image removed if it is illegal. [Report Remove | IWF](#)

NEED HELP NOW? If you think a child is in immediate danger, phone 999

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](#) | 0800 1111

Why children may experience denial after displaying harmful sexual behaviour (HSB)

- what denial and shame might look like in children and young people?
- the physical signs and non-verbal cues that children might display when talking about their experiences
- building trusting relationships and using therapeutic and trauma-informed approaches
- exercises for practitioners to help understand children’s lived experiences and explore feelings of shame and denial
- the impact on children of parents or carers experiencing denial
- techniques for working with a child or young person when they are fixed in their denial.

[Podcast: understanding denial in children displaying harmful sexual behaviour | NSPCC Learning](#)



The [Harmful Sexual Behaviour Support Service](#), run by [SWGfL](#) in partnership with the [Marie Collins Foundation](#), is now available to safeguarding professionals across England. This provides tools to equip and empower practitioners to address the alarming normalisation of harmful sexual behaviour in children and young people.

The telephone and email support, which is funded by the Home Office and developed in collaboration with the Department for Education, is available **Monday – Friday, 8am to 8pm.**
0344 255 0623 hsbs@swgfl.org.uk

[Harmful Sexual Behaviour Support Service | SWGfL](#)



Safeguarding in Education – Prevent

In preparation for Naheem Bashir, Prevent Manager's departure, a revised pathway for continued support has been developed and can be accessed here: [Prevent | The Link \(slough.gov.uk\)](https://www.prevent.gov.uk/)
Please check the link for any new information and resources from DfE regarding Prevent on the links below.

The Home Office has also developed three e-learning modules can be accessed here:
<https://www.elearning.prevent.homeoffice.gov.uk/>

1. **Prevent awareness eLearning** offers an introduction to the Prevent duty.
2. **Prevent referral eLearning** supports staff to make Prevent referrals that are robust, informed and with good intention.
3. **Channel awareness eLearning** is aimed at staff who may be asked to contribute to or sit on a multi-agency Channel panel.

Educate against Hate (Home Office) www.educateagainsthate.com is a government website designed to support school, teachers and leaders to help them safeguard their students from radicalisation and extremism. The platform provides free information and resources to help school staff identify and address the risks, as well as build resilience to radicalisation

The **LGfL course** helps schools promote a practical implementation of the Prevent duty through a whole school approach. As well as addressing the latest risk, trends and vulnerabilities, this 2-hour virtual session covers can be accessed here: <https://www.lgfl.net/digisafe/implementprevent>

Counter Extremism (London Grid for Learning) <https://counterextremism.lgfl.org.uk/>

DICE - Differentiating Islam, Culture and Extremism (Pacata Consulting)

<http://www.pacata.org/course/dice-differentiating-islam-culture-and-extremism/>

Me and You Education: Staff Workshop on two extremes (Me and You Education)

<https://meandyoueducation.co.uk/our-story/>

Prevention of Radicalisation Training (flick Learning Limited)

<https://www.flicklearning.com/courses/safeguarding/prevention-of-radicalisation-training>

WRAP Course (Rewind UK) <http://rewind.org.uk/workshops/wrap-courses-facilitation/>

Radicalisation and Extremism (Virtual College) <https://www.virtual-college.co.uk/courses/safeguarding/radicalisation-and-extremism>

Safeguarding and Prevent for Further Education (Education and Training Foundation)

The Education and Training Foundation (ETF), established in October 2013, is the expert body for professional development and standards in Further Education (FE) and Training in England.

The EFT has relevant Prevent Duty training for the FE sector. To find out more: <https://www.et-foundation.co.uk/supporting-professional-development/inclusion/prevent/>



Health & Wellbeing Updates

Worried about a child who may be self harming?

There are a range of resources to support you to manage children and young people who may be self-harming.

Self-harm is any act of intentional self-injury or self-harm. Examples include:

- Self-cutting
- Taking an overdose
- Swallowing objects or poisons
- Hitting or bruising
- Self-strangulation with ligatures
- Burning

Has a child taken an over dose OR has an injury that needs medical attention OR has active suicidal plans with intent?

→ ACTION - Call 999/and to A&E

Has a child disclosed to you they have self-harmed but it isn't treated with first aid/ OR not in immediate danger OR disclosed suicidal thoughts?

→ ACTION - Call 111 or other numbers

- Helpline: 0800 298 1234
- Samaritans: 01845 901 200
- NHS111: 111
- Text: 0800 513 4444

Online learning to spot the signs of early intervention into self-harm and how to speak to children and parents

Training is available from:

Partners:

- **koth** (The Children's Organisation)
- **YOUNG MINDS** (The Children's Mental Health Trust)
- **Healthier Together**

NHS (National Health Service)

Self-harm help, and support guides

The CCG have produced a graduated response to manage and access help for children or young people who are vulnerable to self-harm. The 3 versions, one for professionals, one for designed for young people and one for parents/ carers can be downloaded here:



self harm posters - yp2.1 .pdf



self harm posters parents 1.2.pdf



self harm posters - teachers 2.1.pdf

Please share these within your school/college communities and on your wellbeing webpages.

Self harm prevention is a key element of suicide prevention - both of which should be everyone's business. This foundational course primarily focuses on self harm, with elements of suicide prevention including the relationship between self harm and suicide.

It is designed to enable anyone to effectively respond to someone who is self harming or disclosing suicidal ideation, to enhance confidence in having 'the conversation' to help keep someone safe. Its aim is to enhance the confidence of listeners and encourage them to have 'the conversation' to help keep someone safe

Harmless are offering **FREE 3 hour**, online self harm and suicide prevention sessions.

There are several dates and time on offer until the end of the end of the term.

Please contactt the training team on 0115 880 0281 or email at training@harmless.org.uk to secure a place.

HARMLESS LET'S TALK TRAINING

Self Harm and Suicide Prevention training
Level 2: Intermediate

Target audience
any/all staff working with those who are self harming, at risk of self harm or at risk of suicide

Course aims
Self harm prevention is a key element of suicide prevention - both of which should be **everyone's business**. This foundational course primarily focuses on self harm, with elements of suicide prevention including the relationship between self harm and suicide. It is designed to enable anyone to effectively respond to someone who is self harming or disclosing suicidal ideation, to enhance confidence in having 'the conversation' to help keep someone safe.

Learning outcomes

- Improve knowledge and understanding of self harm and suicide
- Identify common risk groups and factors
- Explore stigma and discrimination
- Recognise risk factors and warning signs for self harm and suicide
- Develop understanding of the relationship between self harm and suicide
- Build skill and confidence in responding to someone who self harms
- Build and supporting someone in suicidal crisis
- Understand how to encourage an open, safe and sensitive conversation about self harm or suicide with an individual who may be at risk

GOOD MENTAL HEALTH **NHS**

THE FANTASTIC FRED EXPERIENCE

Introducing a **FREE NHS Mental Health Resource** touring primary schools from February 2022!

The Fantastic FRED Experience is a free, interactive and educational mental health resource. It is specifically designed to inform, equip and build resilience for children in Reception and Years 1 to 6.

FOOD Eating the right foods
REST Getting enough sleep
EXERCISE Being active
DEVICES Managing time on devices

It delivers simple, memorable and practical ways that young children can look after their mental health - with the letters in FRED's name representing the areas of educational focus.

Visit thefantasticfredexperience.com or call 01892 750900 to find out more and book your experience.

We look forward to seeing you!

Best wishes,
The Fantastic FRED Team

thefantasticfredexperience.com
01892 750900 hello@thefantasticfredexperience.com

The Fantastic FRED Experience?

The Fantastic FRED Experience is a free preventative and educational mental health resource for primary aged children delivered by a team of trained actors.

It provides six interactive performances per day, each lasting 30 minutes. There are 2 age-specific versions of the performance for Key Stage 1 and 2. We still have a number of places available FREE to primary schools. Please get in touch if you would be interested in arranging a performance at your school.

See flyer to find out more.



Young Adults Friends in Need East Berkshire, Bracknell, Slough, Windsor, Ascot & Maidenhead

A peer support group for 17 – 25-year-olds experiencing mild-to-moderate mental health and/or loneliness, in the East Berkshire area.

Young Adults Friends in Need is a friendly and welcoming peer-to-peer social support community where young adults come together to help manage the effects of depression, anxiety, loneliness, and isolation.

Our uplifting, fun and free of charge activities provide the opportunity to socialise and share experiences in a non-judgemental and completely confidential setting. Come and feel supported with others who understand how you might be feeling. Together, we help each other on our recovery journey.

Our activities are based on the **Five Ways to Wellbeing: Connected, Active, Notice, Learn, Give**. We have a mixture of virtual and face-to-face activities, as we are following Government guidelines.

If you would like more information or to join the group, please contact:
Ansa Khan, Team Lead on 07496 874882 or email: ansa.khan@bucksmind.org.uk



Young Adults Friends in Need is a friendly and welcoming peer-to-peer social support community where young adults come together to help manage the effects of depression, anxiety, loneliness, and isolation.

If you would like more information or to join the group, please contact: Ansa Khan, Team Lead on 07496 874882 or email ansa.khan@bucksmind.org.uk

Getting Help Teams and the Mental Health Support Teams (MHSTs)

Our clinicians support children, young people and their families who have emerging, mild or moderate mental health difficulties, such as low mood and anxiety, which may be affecting their day-to-day life.

We offer early intervention through brief evidence-based interventions that can last up to eight sessions directly (with child or parent depending on age) as well as offer advice and support on where to find the most appropriate support when we are unable to offer direct help.

The MHST serves 14 schools. We are currently setting up another MHST which will serve a further 11 schools. This will be operational from September 2022.

Getting Help Team Referral form can be found here:

[Mental Health Support Team \(MHST\) and Early Intervention/Getting Help Team | Slough For You \(sloughfamilyservices.org.uk\)](https://www.sloughfamilyservices.org.uk) | [Mental health support for children in Berkshire \(berkshirehealthcare.nhs.uk\)](https://www.berkshirehealthcare.nhs.uk)

Don't forget to access the **School/ College Senior Mental Health Leads training** funding grant opportunity if you haven't already done so. The DfE have collated all their resources for Promoting and Supporting a Whole Setting Approach to Mental Health & Wellbeing in Schools and Colleges on one webpage **HERE** including an opportunity for schools/colleges to apply for a funding grant for Senior Mental Health Leads training. More information and details of how to apply for a Senior Mental Health Leads training grant can be found **HERE**

The Emotional Health & Wellbeing Webinar and Resources Programme Offer for Education Settings will be available at the end of January with a range of FREE CPD sessions.



The OxWell School survey 2021 collected data from over 30,000 children and young people aged between 8 and 18 years across 114 primary schools, 55 secondary schools 2 middle and 5 through schools, and 1 FE college.

A brief report of findings from the **2021 survey** is available.

A survey is conducted annually to learn what students need, what factors influence their well-being, and how they would like to access mental health services.

A summary of school results will be provided to each participating school.

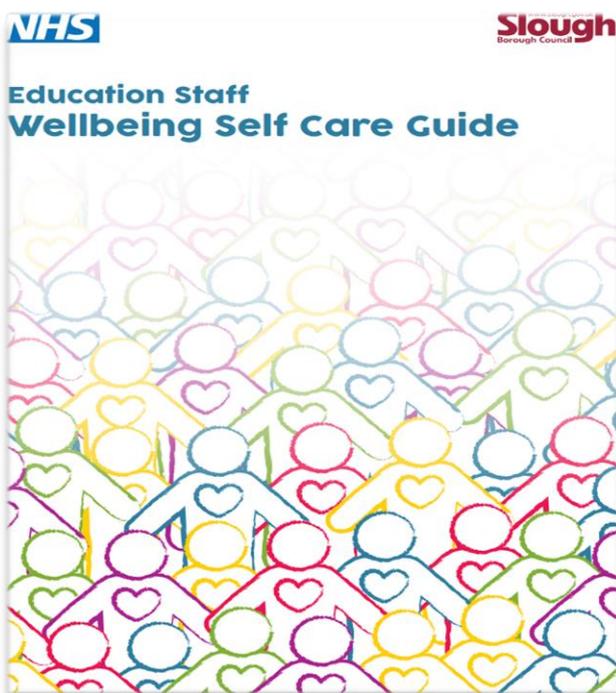
Interested schools should contact Gaby in order to access this free survey to capture pupils' views on health and wellbeing in the next round by emailing gaby.illingworth@psych.ox.ac.uk





Your health and wellbeing

- DfE [Education Staff Wellbeing Charter](#). Schools who sign up to the charter are demonstrating a public commitment to support the wellbeing and mental health of their staff. Over 1300 educational settings have signed up since the charter was launched last November. A series of wellbeing resources at the end of the charter page, explore the significance of staff wellbeing, guidance and tools to measure wellbeing.
- The DfE has awarded a contract to the charity [Education Support](#), to provide peer support and counselling to around 2,000 school leaders from autumn 2021 to March 2023, building on a previous pilot. Settings who don't already have access to Employee Assistance Programme (EAP) **can sign up for 1:1 counselling, 1:1 supervision, and group peer sessions** for school leaders at deputy head level and above. The website also provides some useful resources of schools and individual teachers. In addition, Education Support provides a free helpline for all staff working in education (regardless of whether they already have access to EAPs).
- The DfE has also appointed the training provider [Timewise](#) to train school leaders to implement flexible working practices in schools.
- The **Anna Freud** Centre can provide [bespoke support and training to schools](#), including on staff wellbeing. They also produced this [fantastic booklet](#) on the topic – including some top tips and case studies
- DfE has collated [lists of mental health and wellbeing resources for children and young people](#) – one aimed at education staff and the other for education settings to pass on to their students to enable them to seek support on a range of issues independently, should they wish to.



Education Staff Wellbeing web page

provides easy access to a collection of local and national sources of support and information about staff wellbeing: [School Health & Wellbeing Project | Education Staff Wellbeing | The Link \(slough.gov.uk\)](#)





Safeguarding CPD

There is a good range of CPD available for DSLs over the coming months. Most sessions are still being delivered virtually; many are short 2-hour sessions.

The Safeguarding Partnership Training sub-group will be conducting the annual Training Needs Analysis (TNA) in the Learning and Development Forum in mid-January. Jatinder Matharu represents schools on the Forum along with representatives of St Anthony's school and Upton Court Grammar. Please let your representatives know if courses are fully booked or you are searching for other multi agency training topics. They can then feed this into the TNA to ensure that we either continue to deliver the courses you need or develop new courses in response to your needs.

DSL training

Please note the new dates for safeguarding training have been released for the next academic year. This includes:

- Safer recruitment
- Managing allegations
- Experienced DSL training
- New to role of DSL

All these courses can be accessed via the LINK here:

[Continued Professional Development | The Link \(slough.gov.uk\)](#)

Dates of DSL Networks

Primary - 27th April 2022

Secondary - 28th April 2022

Emotional Health & Wellbeing Webinar and Resources Programme Offer for Education Settings

As part of the CAMHS offer for early intervention, the CCG have developed a comprehensive CPD Programme with a range of resources and webinars on mental health and wellbeing. You can access the FREE CPD sessions here: [Other Services | Children Young People and Families Online Resource \(berkshirehealthcare.nhs.uk\)](#)

The multi-agency courses being delivered by the **Slough Safeguarding Partnership** are **free of charge**. All the training has been developed as 2 hourly modules so that it is suitable for refresher training or practitioners can attend several modules to provide them with the skills, they need for a multi-agency safeguarding role such as the Designated Safeguarding Lead.

To book the training simply log on to the Slough Safeguarding Partnership website to create a personal training profile where all your attendance can be recorded in one place. For any questions on content of the courses, please contact Janine Edwards, Safeguarding Partnership Training and Development Lead on Janine.edwards@slough.gov.uk

[Slough Safeguarding Children Partnership - \(sloughsafeguardingpartnership.org.uk\)](http://sloughsafeguardingpartnership.org.uk)

Courses include:

- Practice Development - Child Protection Case Conferences in children's safeguarding 4th May 22
- Practice Development: Coercive Control awareness 13th July 22
- Practice Development - Difficult conversations regarding neglect in children's safeguarding, including the use of the thresholds and new toolkit. 12th May 22 & 19th July 22
- Practice Development – Core Groups in Children's Safeguarding 4th May 22
- Practice Development – Coercive control – 13th July 22

Book here: [Slough Safeguarding Partnership](http://sloughsafeguardingpartnership.org.uk)



Awareness Days!!

The Slough Safeguarding Partnership will send you quarterly updates on key safeguarding awareness days.

This page brings you the latest safeguarding messages to keep residents of Slough safe. There are various safeguarding awareness days coming up across this quarter. We would greatly appreciate if these can be incorporated into your communications to help deliver our messages far and wide too difficult to reach communities of Slough.

Action needed: Please lift and shift messages into your communications internally with your staff and externally with residents, venues, and settings to promote safeguarding across Slough. You can drip feed some of the messages if you send out more frequent communications.

Also included is a safeguarding poster to promote the various helplines to protect vulnerable adults and children from abuse, neglect, and exploitation.

14th July 2022 – Honour Based Violence (HBV) Day



KARMA NIRVANA

The 14th of July is now the **National Day of Remembrance for victims of honour-based abuse**, dedicated to the memory of the victims of so-called 'honour-based killings.'

So-called 'honour'-based violence (HBV) occurs in communities where the concepts of honour and shame are fundamentally bound up with the expected behaviours of families and individuals, particularly those of women.



Crimes like these are often difficult to tackle. The abuse takes place behind closed doors, often with the full knowledge and silence of the surrounding community. Those experiencing violence are isolated and terrified of coming forward, afraid that the abuse will escalate, or that they will be killed. This date has been chosen as it marks the birthday of Shafiea Ahmed, who was born in Bradford and murdered in Warrington in 2003 by her parents in an honour-based killing

Karma Nirvana operates a national Honour Based Abuse Helpline offering support and

guidance to anyone affected by Honour Based Abuse. The helpline supports men, as well as women and children, and is fully independent and confidential. **2,584** victims were supported in 2020/21

Helpline: **0800 5999 247** | [Karma Nirvana](https://www.karnanirvana.org)

Female Genital Mutilation (FGM) Awareness

NSPCC

Female genital mutilation (FGM) is when a female's genitals are deliberately altered or removed for non-medical reasons. It's also known as 'female circumcision' or 'cutting' but has many other names.

FGM is carried out for a number of cultural, religious and social reasons. Some families and communities believe that FGM will benefit the girl in some way, such as preparing them for marriage or childbirth.

But FGM is a harmful practice that isn't required by any religion and there are no health benefits of FGM.

If you are worried a child is at risk of or has already had FGM, call the free, anonymous dedicated FGM helpline on [0800 028 3550](tel:08000283550) or email fgm.help@nspcc.org.uk.

FORWARD (Foundation for Women's Health Research and Development) is an African-led women's rights organisation who can offer [guidance on emergency support and advice](#) for those affected by FGM.

FORWARD

FORWARD Youth works to ensure the safety, well-being and dignity of girls facing FGM. They have helpful [advice on FGM](#), as well as [support for children and young people](#).

Children and young people can get support from Childline if they're worried about or have experienced FGM. Childline has lots of helpful [advice on FGM](#), including how to get help and fears about speaking up. Calls to [0800 1111](tel:08001111) are free and confidential. Children can also contact [Childline online](#).



'Don't Hurt Me'

'I say NO to female circumcision and cutting'

It causes me:

- Extreme pain
- Risk of infection
- Trauma
- Nightmares
- Difficulty in childbirth

FGM is illegal in the UK

It is illegal to send a girl overseas for FGM

This is not a religious procedure

If family and friends suspect it, report it

- If a girl is in immediate danger call 999
- FGM national helpline 0800 028 3550
- Concerned that a child is at risk? Contact NSPCC helpline 0800 800 5000

Help protect me by speaking out

Safer Slough Partnership

Further national safeguarding awareness days can be found here: [Health and Wellbeing Awareness Days | The Link \(slough.gov.uk\)](#)

Thank you for your support in raising these important issues across our communities.

All the information contained in this newsletter is correct as of 12th April 2022. Information is changing rapidly so some elements may be out of date by the time to read it so please bear this in mind.



Summer Safe Water Campaign



Every year several young people drown in water incidents across the UK. The highest risk group is aged 15 to 24. In 2020 alone, 47 young people nationally (within that age group) lost their lives in a water incident. In several cases, young people did not have the knowledge and understanding of cold-water shock and the hidden dangers below the surface.

Although there is only a short stretch of the Jubilee River which runs through Slough, there have been several deaths of young people at the site, including

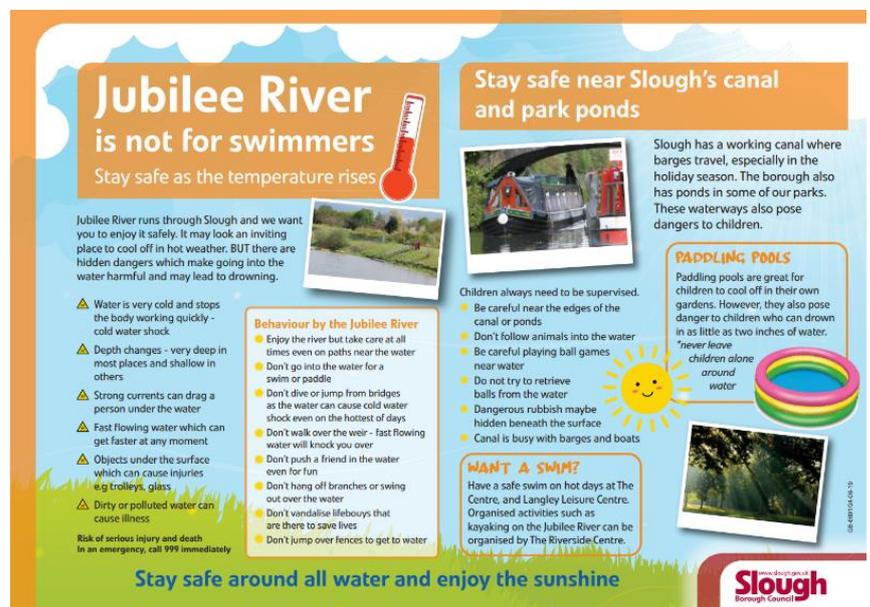
two within a three-week period in 2018. The Jubilee Safety Partnership is a group of interested partners that come together to look at how we can raise awareness of the dangers of the river and prevent more deaths.

This year will see the launch of a short video aimed at Y7+ which features the story of a young Slough man, Michael Scaife, who drowned in the Jubilee in 2015. This resource can be used for PHSE lessons, and we encourage sharing of the video to parents as well [KS3+ Water Safety \(rbfrs.co.uk\)](https://www.kes3plus.co.uk). The session has been designed to look at the dangers when carrying out activities such as swimming in bodies of open water (i.e., lakes, rivers, canals, seas, quarries, etc), participating in water sports, such as paddle boarding, jumping into water (tombstoning), being close to weirs and when visiting the coast. It also covers what to do when a person gets into trouble whilst in the water.

If you would like access or advice on using the package, please e-mail prevention@rbfrs.co.uk. You can also request RBFRS to come into school and do a road and water safety presentation. This proved very successful last year. Additionally, schools police officer PC Louise Sloane will be covering water safety amongst her messages in the terms leading up to the summer break.

By teaching young people how to protect

themselves from harm and to take responsibility for their own and others safety when being near to or in the water, we are taking those first, vital steps in keeping young people safe. More information can be accessed here: [Be Water Aware \(nationalfirechiefs.org.uk\)](https://www.nationalfirechiefs.org.uk)



GB-6691_A4
Poster.pdf



One Last
swim_SSP_A4.pdf

10th Sept 2022 World Suicide Prevention Day

There are a range of services that can support parents to manage their children and family unit when you have children that self-harm

Worried your child may be self harming?

My child has a really big cut on their arm, the bleeding has stopped but I think they might need stitches OR my child has disclosed active suicidal plans with intent. What should I do immediately?

- Take your child to A&E
- If your child refuses to go, call 111
- Self-harm first aid

I have noticed my child's cutting is getting worse, there are lots of fresh wounds OR they have disclosed suicidal thoughts. What should I do?

- Talk to them and listen
- Suggest seeing help, make contact with the GP and ask for a referral to Child and Adolescent Mental Health Services (CAMHS)
- If your child is reluctant to attend a GP appointment, make an appointment yourself
- If already involved with CAMHS or support services refer to care plan (if they have one) or remind the child about the strategies they have learnt from list of self-harm alternatives
- Try suggesting some of the alternatives to self-harm strategies
- Call 111 or crisis numbers:
 - Berkshire - 0300 355 1234
 - Buckinghamshire - 01665 901 000
 - Hampshire - 111
 - Surrey - 0800 915 4644

I have noticed marks on my child's arms and I think they are hurting themselves. What should I do?

- Say you have noticed the marks and simply ask your child how they are feeling? Would they like to talk?
- Would they like a GP appointment?
- Don't force them to talk about it, but be available when they do
- Offer online information, this will show your child you care and are willing to support
- Don't be surprised if your child appears defensive - this is a normal reaction

There are a range of services that can support parents to manage their children and family unit when you have children that self harm

Courses to help you understand: Virtual College (Virtual College, Young Minds)

Chat to someone for support: YOUNG MINDS (Young Minds, 0800 800 5054, 9.30am - 4pm, Monday - Friday), NSPCC (NSPCC, 0800 900 9000 or contact us online)

For more information: Healwell Together (Visit Frimley Healthier Together, Self-Harm), Frimley Healthier Together, Self-Harm

NHS Frimley Healthier Together

What do you do to stay hopeful when you're going through a difficult time?

In the UK, men are three times as likely to die by suicide than women. While there has been a reduction in the number of people completing suicide over the last ten years, the numbers are still worryingly high. World Suicide Prevention Day aims to start the conversation about suicide and to show that recovery is possible.

This year's theme for Samaritans this World Suicide Prevention Day, which will be the theme until 2023, is 'Creating Hope Through Action', which aims to empower people with the confidence to engage with the complexity of 'hope'.

We can all play an active part in suicide prevention. Helps us reduce the stigma by sharing the things you do to help people feel hopeful when they're going through a difficult time

What do you do to stay hopeful when you're going through a difficult time?

#WSPD SAMARITANS A registered charity

Simply going on a walk with a friend can help bring hope during a difficult time

#WSPD SAMARITANS A registered charity

Keeping a gratitude journal can allow you to focus on the things you are grateful for and can build your optimism

#WSPD SAMARITANS A registered charity

Taking the time to pause and reflect may help you prioritise and manage your thoughts

#WSPD SAMARITANS A registered charity

There is a list of tips and resources to help you remain hopeful during a difficult time. <https://bit.ly/2XIR8q0> #WSPD

[Staying hopeful during a difficult time | How we can help | Samaritans](#)

Remember, @samaritans are open 24/7 for emotional support if you need to talk.

You can call them any time, day or night, on 116 123, or email jo@samaritans.org