

# Safeguarding Newsletter

As the term draws to an end and as the academy will be closed over the Christmas break, we want to ensure that our students, families and staff know who they can contact should they have any concerns, queries or need any support

Included within this newsletter are the names and numbers for some key services available to help you over the Christmas break, whether it's a safeguarding concern, support with the cost of living, events and activities to participate in or seeking help with your mental health.

We hope you all have a very Merry Christmas and a Happy New Year

Miss Schulze and the Safeguarding Team



**Be Safe**



**Be Respectful**



**Be Responsible**

## Volume I, Issue I

## Key Numbers

Anyone is able to 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.

1. If you are concerned about a child's welfare or worried they are being abused, you should make a referral to Children's Social Care in the area where the child lives.  
In Derbyshire via Starting Point Telephone contact to StartingPoint 01629 533190 or via an online referral.
2. NSPCC - For Adults who are worried about a child: 0800 1111
3. Childline - For children who are worried about their own safety or need some advice.
4. 101 - Police Non-Emergency - For reporting any crimes or concerns.
5. 999 -Emergency Services - (Police, Fire, Ambulance) for anyone in immediate danger.

### Support for you this festive period



**0300 123 3393**  
Open 10am-6pm weekdays  
(except for bank holidays).



**116 123**  
Always open



**0800 58 58 58**  
Open 5pm - midnight

If you're in Wales:



**0800 132 737**  
Always open

If you're under 25:



**0808 808 4994**  
Open 4pm - 11pm

## AVAILABLE SUPPORT & SERVICES

With the rise in living costs ever increasing, Christmas 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.

**MacIntyre's Community Roast Dinner** will be held on December 25 from 12 noon to 2pm. Raffle prize donations will be welcome and can be dropped off at Swanwick Memorial Hall on High Street, Old Whittington, from Monday to Friday, 9am to 5pm, or call Michelle on 01246 766710, 07522 141290 or email: [michelle.wilkinson@macintyrecharity.org](mailto:michelle.wilkinson@macintyrecharity.org)

### **Cost of Living Payments**

You may be able to get a payment from the Government to help with the cost of living if you're getting certain benefits or tax credits.

If you're eligible, you'll be paid automatically in the same way you usually get your benefit or tax credits.

You could get up to three different types of payment depending on your circumstances.

Find out more about Cost of Living Payments on the Government website.

### **Find out how you can access support from the council and other organisations:**

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

### **Chesterfield Foodbank**

Local agencies issue foodbank vouchers to people who are in crisis. The Chesterfield foodbank collects and distributes long life emergency food packs to the people in crisis.

Mailing Address Only:

Unit 3

Carrwood Road Industrial Estate

Carrwood Road

Chesterfield

S41 9QB

email: [help@chesterfield.foodbank.org.uk](mailto:help@chesterfield.foodbank.org.uk) t: 07984 589456

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

### **Children's events**

[https://www.datathistle.com/events/kids/location:Chesterfield\(53.2391,-1.4246\)/](https://www.datathistle.com/events/kids/location:Chesterfield(53.2391,-1.4246)/)

## 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 loads of online resources and external agencies which can support you but please make sure they're appropriate - ask an adult if you're unsure.



here for you 24/7

A free, anonymous text service if you're in a crisis and need to talk to someone



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



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

What's Up



An app which teaches you ways to cope with anxiety, depression, stress, anger and much more

Source: <https://www.mentalhealth.org.uk/explore-mental-health/blogs/tips-looking-after-your-mental-health-christmas>

## Top tips for looking after your mental health at Christmas

The festive season can be a time of joy and spending time with loved ones but it can also be a stressful and lonely period.

During this time it is important to try to remember to look after your mental health and wellbeing. The next two pages provide you with some top tips to consider.

### Talk about your feelings

It's hard to admit that at such an exciting time of year you don't actually feel that great. But talking about your feelings can improve your mood and make it easier to deal with the tough times.

It's part of taking charge or '[self managing](#)' your mental wellbeing and doing what you can to stay healthy. It's important to create space for these conversations and also worth identifying who you can speak to if you are concerned about your wellbeing.

### Keep in touch

When putting the finishing touches on holiday plans, we can often become distracted from the support systems around us and lose our footing.

Friends and family can make you feel included and cared for. They can offer different views from whatever's going on inside your own head, keep you grounded and help you solve practical problems - enjoy this time to catch up.

If alone or away from family, the [Campaign to End Loneliness](#) provide some helpful resources.

### Do something you are good at

What do you love doing? What activities can you lose yourself in? Enjoying yourself helps beat [stress](#).

As busy as the holiday season gets, try and keep up the activities and hobbies you enjoy all year round. You could turn these into festive activities, like making gifts, cooking mince pies or playing your musical instruments to Christmas songs!

### Ask for help

Donning a Christmas jumper can make us feel pretty special, but none of us are superhuman. At times, we all get overwhelmed by how we feel, especially when things go wrong.

If things are getting too much for you in the next few weeks and you feel like you can't cope, ask for help. [Samaritans](#) are available to speak to all year round - their free helpline number is **116 123** and calls to this number do not appear on phone bills.

## Accept who you are

Some of us make people laugh, others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently.

If you have mental health problems, don't feel under pressure to do more than you feel up to this Christmas.

## Drink sensibly

Some people [drink](#) to deal with fear or loneliness, but the effect is only ever temporary.

It's great to catch up with friends or colleagues in the pub - spending time on good relationships is essential for good mental health - but know your limits. It's important to maintain your personal wellbeing too.

## Eat well

Christmas is typically a time of overindulgence, but what we [eat](#) can sometimes impact on how we feel.

For example, too much sugar can have a noticeable effect on your mental health and wellbeing in the short and long term. Christmas wouldn't be Christmas without a little overindulgence but a good tip is to balance this out over the festive period - everything in moderation.

## Keep active

It's no surprise that cold weather and short days are not the greatest motivation to get you out of bed and on a 5k run! But research shows that doing [exercise](#) releases chemicals in your body that can make you feel good.

Regular exercise can boost your self-esteem and help you to concentrate, [sleep](#) and feel better. Exercise also keeps the brain and your other vital organs healthy. So use that Christmas spirit for physical health as well as mental health - you might even enjoy the crisp air!

## Take a break

The holiday season is a perfect time to take some time out of your day-to-day life and gain some perspective to reflect on the year.

Whether spending time away from home or a stay-cation, re-energise by giving yourself a change of scene or pace. It's good for you!

Practicing [mindfulness](#) can be a great way to unwind.

## Care for others

Present-buying is not the only way of showing that we care about others.

Christmas is the perfect time to reach out to loved ones who you haven't spent much time with in the past year - ask how they've been and whether they have plans for the holidays. Caring for others is an important part of keeping up relationships with people close to you. It can even bring you closer together and make you feel good!

# Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

## 1. BOARD GAMES CAN BE FUN (HONEST)

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Mayfair, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.

## 2. MAKE YOUR OWN DECORATIONS

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.

## 3. GO FOR A WINTER WALK

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?

## 4. BAKE SOME FESTIVE TREATS

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours – and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.

## 5. READ A FAMILY STORY TOGETHER

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.

## 6. TURN OFF NOTIFICATIONS

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically – rather than reacting every time a notification arrives – helps you to stay present in the moment.

## 7. FEED THE BIRDS

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).

## 8. SET DAILY LIMITS

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.

## 9. GET ON YOUR BIKE

Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.

## 10. MAKE TIME FOR YOURSELF

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.

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#WakeUpWednesday



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