



Safeguarding NEWSLETTER

Spring Term 1 – February 2025

Mental Health and Wellbeing

Looking after our mental health and wellbeing can be challenging and so there are a wealth of resources that can help in times of need.

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time. It is a fantastic platform which sign-posts a range of agencies in your local area, from supporting trauma, substance misuse, financial support and many more challenges which may face our families.

<https://hubofhope.co.uk/>

What's In This Month's Issue?

- Mental Health
- Connect4Communities
- Tips for Supporting Children and Young People



Connect 4 Communities

Funded by the Department for Work and Pensions (DWP) and the Department for Education (DfE), the connect4communities programme coordinates a range of initiatives which aim to ensure that low-income households, families with children, pensioners, unpaid carers, care leavers and disabled people, do not go without necessities such as food and fuel.

It is a great resource that lists all of the help available locally; please do take a look:
<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities>

Top Tips for Supporting Children and Young People

Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.



<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>

Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.



<https://maudsleycharity.org/familiesunderpressure/>

Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.



Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.



<https://www.annafreud.org/resources/schools-and-colleges/seven-ways-to-support-children-and-young-people-who-are-worried/>

Build positive routines

We know it still may not be easy, but try to introduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important - try to get them into routines that fit with school.



<https://thesleepcharity.org.uk/information-support/children/relaxation-tips/>