

Mowbray Safeguarding Bulletin for Families Support and advice for parents, carers and pupils- May 2023

Dear Families,

Here at Mowbray School, we recognise that parents, carers and pupils can face challenges and difficulties with their emotional and mental health. This bulletin outlines where you can find useful advice and information to support. If you have concerns about a child, please see below for organisations that may help. The link below will take you to The Mini Market Place - Social and Emotional Health Offer for children and young people in North Yorkshire which has lots of helpful information.

[https://cyps.northyorks.gov.uk/sites/default/files/SEND/Medical Education Service/Mini Marketplace - SEMH in NY Updated Oct 21.pdf](https://cyps.northyorks.gov.uk/sites/default/files/SEND/Medical%20Education%20Service/Mini%20Marketplace%20-%20SEMH%20in%20NY%20Updated%20Oct%2021.pdf)

If you are worried about your child you could contact during normal school hours (Monday to Friday 9.00-3.15) call school on 01677 422446 and ask to speak to the Deputy Designated Safeguarding Lead: Sharon O'Rourke or outside of school hours: Ring North Yorkshire County Council - 01609 780780 or visit the North Yorkshire Safeguarding site

<https://www.northyorks.gov.uk/safeguarding>

To contact emergency services: Ring the Police (101 for non-emergencies or 999 for an emergency)

Go to Website	www.thegoto.org.uk
Shout	Free, 24/7 mental health text support in the UK Shout 85258 or www.giveusashout.org.uk
Compass Buzz	Our website gives lots of info as to what BUZZ offers including training www.compass-uk.org/services/north-yorkshire-compass-buzz/
Young Minds	Parent helpline 0808 8025544 free for mobiles and landlines - Monday to Friday for concerns relating to a child or young person up to the age of 25
Kooth	www.kooth.com offers free, safe and anonymous support for 11-19 year olds
Childline	0800 1111 or www.childline.org.uk
CAMHS	Children's Adolescent Mental Health Service - Single point of contact for adolescent support 0300 0134778
Mind	Mind is a charity specialising in Mental Health. Its website has links to support, information and advice www.mind.org.uk
IAPT	Improving Access to Psychological Therapies www.iapt.org.uk

Emotional First Aid for parents' course.

- ▶ Here at Mowbray, we also deliver Emotional First Aid for parents' course. This is **not a parenting course** but a opportunity to think about and care for own emotional wellbeing. We have run these courses for several years both for parents and carers and staff. Feedback has always been very positive so if you feel this is something you may like to attend and would like further information, please contact Sharon O'Rourke via email at Sharon.orourke@mowbrayschool.co.uk
- ▶ “Parents’ Emotional first aid is recognising and understanding signs of emotional distress within you. Through self-awareness and building strategies you will be able to move towards taking responsibility for managing your own wellbeing”.
- ▶ **Here are some of the feedback comments from parents, carers and staff.**

<p>“Fabulous course which has ‘unlocked’ feelings and emotions I didn’t realise were still there. I feel close to the people who have been on the course with me and we will forever have a bond.”</p>	<p>“It was fab and made us all feel better.”</p>
<p>“Outstanding deliverers who rode the line between serious discussion and hilarity perfectly. Brilliant course – Well done!</p>	<p>“I have felt being on this course has become my safe place. I didn’t want it to end. I have also seen how doing the course again has made a difference to others and would like to repeat it.”</p>
<p>“This course has been fab and has changed the way I think about my life and living for the moment and enjoying life. I have really enjoyed attending the people that delivered the course are amazing, very supportive, kind-hearted and good listeners. I would recommend this course to others so thank you.”</p>	<p>“Do more often/more courses that I can attend, really enjoyed it. “This course is amazing, I could have continued for a few more weeks.”</p>

The next course will be delivered from Tuesday 13th June from 9.30-12.30 and then consecutive weeks until Tuesday 18th July and will be held at a venue in Ripon. Information on how to ask for a place on the course will be sent out in due course.