

TG SAFEGUARDING

NEWSLETTER



Please look at the resources below which may be of interest to you.



Helpline: 0808 801 0677
help@beateatingdisorders.org.uk
www.beateatingdisorders.org.uk



The largest LGBT rights organisation in Europe
www.stonewall.org.uk



Believe in children
Barnardo's
www.barnardos.org.uk

www.kooth.com



Free, safe and anonymous online support
for young people

www.youngminds.org.uk



fighting for young people's mental health
If you are a young person struggling to cope, text
YM to 85258 for free, 24/7 support.
Whatever you are going through,
if it matters to you, it matters to us.



ONLINE, ON THE PHONE, ANYTIME
www.childline.org.uk | 0800 1111



Helpline:
0800 02 888 40

Child Bereavement UK
REBUILDING LIVES TOGETHER
helpline@childbereavementuk.org
www.childbereavementuk.org

Conversations About Life Online - NSPCC

Safer Internet Day 2023 was another success for the awareness campaign; the day is so important, with prevention better than the cure; making children understand the internet better is the best way to shield them from its worst excesses.

But an article of interest slipped through the net last week, and I'd like to draw your attention to it. The NSPCC earlier this month published 'Want to talk about it? Making space for conversations about life online. The page's gist highlights ways in which parents and teachers can have sensible, non-accusatory conversations about the online world and their children's role within it. It's a great page for those who are considering having a talk with their pupils about the online space. To find out more, follow the link below:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/want-to-talk-about-it-making-space-for-conversations-about-life-online/>

Supporting Foster Carers and Adoptive Parents Online - UK Safer Internet Centre

England has just over four thousand foster carers and two and a half thousand adoptive parents. Their needs are specific and often differ from that of parents with biological children. Their backgrounds can be traumatic, and the older they are, the more they remember their often-difficult pasts. Each memory and experience that's unconsciously present within the child involved will contribute to their inner trauma. This can sometimes make caring for such children and young people immensely challenging. With this in mind, the UK Safer Internet Centre has published guides and resources to help those bringing up children and young people with these needs online. To find out more, please follow the link below:

<https://saferinternet.org.uk/guide-and-resource/foster-carers-and-adoptive-parents>

Barnardo's support and mental health

We offer services to help support you and your mental health.

We have lots of centres where you can visit and talk to us. Some services can help you online or speak to you over the phone.

Our mental health services can help you with the following:

- build your confidence
- understand your mental health
- get help yourself (self-referral)
- get you the help you need (getting a referral)
- support you in school

The types of support we offer depend on what help you need. You can get help in different ways.

These include things like:

- one-to-one and group counselling
- cognitive behavioural therapy
- play and art therapy
- help from your school

There are lots of different ways to access services and it can be confusing.

You need to be referred to most of our services, but you can refer yourself to some.

<https://mymentalhealth.barnardos.org.uk/about-us>

Hope again, young people living after the loss

Hope Again is the youth website of Cruse Bereavement Support. It was created for young people, by young people. We offer support, advice, and signposting service solely online to children and young people who have lost a loved one/s. We want to break the isolation that grief brings by providing a space for young people to explore their grief and feel less alone.

How can Cruse help?

Cruse offers a range of services, including support face-to-face and in groups, and telephone and email support. Contact your local service **[HERE](#)** to find out what's on offer where you live.

Cruse services are provided by dedicated and skilled volunteers in local communities who support children, young people and adults through grief.

We offer advice, support and information for everyone and awareness-raising training days for teachers, parents, carers, social workers, and other professionals working with bereaved children and young people.

Cruse also has a national website, www.cruse.org.uk, which provides information for young people and adults about our services and information on how to help those dealing with grief.

Someone to turn to for young people

At Cruse, we can offer a safe, youth-friendly space where young people can work through their grief in their own time and own way accompanied by a trained and experienced volunteer who will work individually with the young person over 6-8 weekly sessions.

Due to Covid-19, Cruse can no longer offer counselling services face-to-face. Alternatively, counselling sessions are now offered over the phone or via Zoom. For more information, please contact your local Cruse office through the link above or call the free Cruse helpline on **0808 808 1677**. If over 18, you can also speak with a trained bereavement counsellor via the **CruseChat** feature available Mon-Fri

<https://www.hopeagain.org.uk>

The Children's Society

Advice and support for young carers

Are you a young person looking for advice or want to connect with other young carers? You have come to the right place.

Include

Our Include service helps young carers, families and those who work with young carers. We want you to be healthy, happy and focused on the future. We know caring for someone can be difficult, but you need to make time for yourself as well. We can help you understand your rights as a young carer, introduce you to other young carers, advise you on different ways into education and employment.

If you struggle to keep up with your homework at school, you should ask to join your school club for extra help. You can also visit our projects page to find out if there is a young carers homework club near you.

Some sites for homework, coursework, and revision help:

- [Grid Club](#): contains an up-to-the-minute news section and a library offering help with homework as well as puzzles and quizzes
- [BBC Bitesize](#): help with revision for GCSEs and other exams
- [Encyclopædia Britannica](#): online information on a variety of topics and subjects

<https://www.childrensociety.org.uk/information/young-people/young-carers/education-advice>