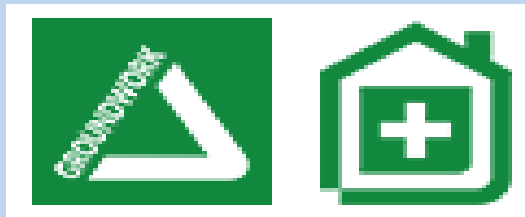




# **Safeguarding News Letter — Winter/Spring 2023**

**Latest Advice for parents and Carers**

**Welcome to our latest safeguarding newsletter from Kettering Science Academy for Winter/Spring 2023. We aim to provide parents and carers with information on where you can access support in the local community and how to keep your children safe both in the community and online. As we all know the increase in the prices of food, fuel and everything else is putting a lot of pressure on families. This issue aims to provide information on where you can access services if you are struggling financially, and support services for your own and your children's mental health and wellbeing.**



**Worried about your energy bills? Struggling to keep your house warm and dry? Our Green Doctors are here to help you take control. Groundwork's Green Doctors help UK residents stay warm, stay well, and save money on household bills. Some of the reasons people ask us for help are:**

- struggling to pay energy bills**
- finding it hard to manage fuel debt**
- worrying about keeping warm or choosing between eating and heating**
- feeling that the home is cold, damp or draughty**
- respiratory problems e.g. asthma or a persistent cough**

**For more information follow this [link](#) to visit the website.**



# Accommodation Concern

Accommodation Concern prevents and alleviates poverty, need, hardship and distress, by delivering advice, support and preventative services designed to end homelessness, build independence and resilience and improve well-being and life chances. All services are free, at the point of delivery, and open to anyone from 16 years of age.

The services that Accommodation Concern can offer support with are:

- ⇒ Housing and Welfare Benefit Advice
- ⇒ Supported Accommodation
- ⇒ Emergency food support
- ⇒ Money Advice
- ⇒ Emergency Food Support

Visit the website [here](#) for more information.

## KCU

### Supporting our local community

Our services include free Education, Training and Support for the unemployed, unwaged and low-income households of Kettering and surrounding areas. Furniture re-cycling and the provision of household goods to those in need through our charity shops. Foodbank services through ten registered partners and many other projects such as our inclusive Volunteering programme and our Dignity in Crisis initiative. We have a small staff team and over 60 volunteers who make our charity work. Click the KCU logo above for more information.

Below are the details of local Crisis Café's and mental health drop in services. These are for both adults and young people and offer safe spaces for people in mental health crisis to talk and feel listened to.

## MENTAL HEALTH DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE

If you find yourself needing support, we're here to listen and help in your time of need.

Book an appointment by calling the numbers provided or drop in during our opening times.

OPEN



### **Monday & Friday 4pm - 8pm**

the lowdown, 3 Kingswell Street,  
Northampton, NN1 1PP  
01604 634385

### **Tuesday 4pm - 8pm**

Youth Works at Corby Mind,  
18 Argyll St, Corby, NN17 1RU  
01536 518339

### **Wednesday 4pm - 8pm**

CHAT Youth Counselling,  
Souster Youth Building,  
30 Market Road, Thrapston,  
NN14 4JU  
01832 291422

### **Thursday 4pm - 8pm**

Youth Works, 471 Rockingham Rd,  
Kettering, NN16 9HX  
01536 518339

### **Saturday 10am - 2pm**

Service Six, 15 Sassoon Mews  
Wellingborough NN8 3LT  
01933 299520

### **Saturday 12pm - 4pm**

Time 2 Talk, The Abbey,  
Market Square, Daventry,  
NN11 4XC  
01327 906706



Northamptonshire Healthcare  
and Foundation Trust



Service Six  
Changing Lives - Creating Futures



# CRISIS CAFÉS

If you find yourself in crisis or need support with your mental health in the evening and/or at the weekend we are here to listen and help you in your time of need.

Mind Cafés have professional mental health workers who can offer you a safe space. Our aim is to support people to reduce any immediate crisis and to safety plan; drawing on strengths, resilience, and coping mechanisms to manage their mental health and wellbeing.

There is no need to call, just drop in to find a safe place with hope and comfort and find your pathway to recovery.

CRISIS CAFÉS TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Sanctuary @ Corby Mind 18 Argyll St, Corby, NN17 1RU Tel: 01536 267280				12-10 PM	12-10 PM		2-8 PM
The Mixing Bowl @ Kettering Mind 49-51 Russell St Kettering, NN16 0EN Tel: 01536 523216		12-11 PM	12-11 PM	12-11 PM			
Daventry Mind, The Old Gasworks Car Park, Brook Street, Daventry, NN11 4GG Tel: 01327 879416			5-9 PM				
Anchor House @ Northampton Mind 6/7 Regent Square, Northampton NN1 2NQ Tel: 01604 634310 / 624951	12-10 PM	12-10 PM				2-10 PM	
The Recovery Café @ Rushden Mind Phoenix House, Skinner's Hill, Rushden, NN10 9YE Tel: 01933 312800	12-10 PM	12-10 PM	12-10 PM				2-8 PM
Wellingborough Mind 14 Havelock Street, Wellingborough, NN8 4QA Tel: 01933 223591				12-10 PM	12-10 PM	2-8 PM	



**Young Minds are the UK's leading charity provide people with tools to look after their mental health. Their website is full of information and advice on what to do if you're struggling with how you feel. They empower parents and adults who work with young people to be the best support they can be to young people in their lives. Find more information about what Young Minds offer here: [www.youngminds.org.uk](http://www.youngminds.org.uk)**

## Under 25s

**YOUNGmINDS**  
Crisis Messenger

powered by  
**shout**  
85258  
CHOOSE YOUR LANGUAGE

**Text YM to 85258**  
Open 24/7

**THE MIX**

**Call 0808 808 4994**  
3pm - 12am, every day

**childline**

ONLINE, ON THE PHONE, ANYTIME

**Call 0800 1111**  
7:30am - 3:30am, every day

## Over 25s

 **mind**  
for better mental health

**Call 0300 123 3393**  
9am - 6pm, Mon - Fri

**SAMARITANS**

**Call 116 123**  
Open 24/7

## Parents

**YOUNGmINDS** | Parents Helpline

**Call 0808 802 5544**  
9:30am - 4pm, Mon - Fri

For more advice and information  
visit: [youngminds.org.uk/find-help](http://youngminds.org.uk/find-help)



# 12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature – both online and off.



## ONLINE



## OFFLINE



1

### Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

2

### Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

3

### Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

4

### Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

5

### Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

6

### Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

1

### Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2

### Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3

### A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4

### Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

5

### Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6

### Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

### Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



National  
Online  
Safety®

#WakeUpWednesday

Sources: <https://nhf.org/coronavirus-lockdown-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.05.2021



## Here are some more useful links for urgent and other mental health support

We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)



Childline is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything, our trained counsellors are here to support you.

Childline is free, confidential and available any time, day or night. [www.childline.org.uk](http://www.childline.org.uk)

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text 'SHOUT' to 85258 or Click [here](#) to visit shouts website.



The mix are a free and confidential multi-channel service. That means that you choose how you access their support, without the worry of anyone else finding out.

Visit the mix website [here](#)



Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal.

Visit [www.kooth.com](http://www.kooth.com) for more information and to sign up.



We listen to and learn from children and young people, work with them to build better solutions, and amplify their voices to aid better understanding of mental health conditions.

We work with those who bring up children and young people or work directly with them, from parents to foster carers, teachers, social workers and mental health professionals – those who know children and young people; designing approaches around the needs of young people then scaling them up; empowering the parents, carers and millions of professionals working with children and learning from them.



**Anna Freud**  
**National Centre for**  
**Children and Families**

If we can deliver this across three fronts, we can transform the mental health of this and the next generation – creating a more compassionate society for everyone. Please click the Anna Freud logo to be taken to the w

# Our Safeguarding Team



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