



## WELCOME TO THE HENRY BEAUFORT SAFEGUARDING NEWSLETTER

We are committed to providing parents and carers with up-to-date advice and guidance at the end of every half term. Our goal is to support you in helping your child navigate this pivotal time in their lives.

## CHILDREN AND BACK TO SCHOOL SOCIAL MEDIA - WAYNE DENNER

Some advice for parents when posting images of their children in school uniform: in recent years, it has become a tradition to share 'back to school' content on Facebook and Instagram. However, this comes with unseen dangers that parents need to be aware of, not only at the start of academic year, but all year round. Wayne Denner has written extensively about this issue on his blog, highlighting potential risks lurking in the digital space. His short but worthwhile read exposes some of these dangers. If interested, please follow the link below:

<https://www.waynedenner.com/protect-your-child-the-hidden-dangers-of-posting-back-to-school-photos-on-social-media/>



**WAYNE DENNER**

The following pages contain information on various events that can support parents, careers and professionals.



## SOLENT MIND SELF-HARM SUPPORT HUB



### SELF - HARM

Self-harm occurs when someone intentionally hurts themselves to cope with difficult feelings, painful memories, or overwhelming situations and experiences.

Self-injury is an expression of acute psychological distress. It is an act done to oneself, by oneself, with the intention of providing relief. Paradoxically, damage is done to the body to preserve the integrity of the mind.

### WHY DO YOUNG PEOPLE SELF HARM

- Express something too hard to say
- Change emotional pain to physical pain
- Have a sense of being in control
- Escape traumatic memories
- Have something in life they can rely on
- Punish themselves for feelings
- Stop feeling numb or dissociated
- Create a reason to physically care for themselves
- Turn invisible into something visible
- Express suicidal feelings and thoughts without taking their own life

### SUPPORTIVE CONVERSATIONS MATTER

Recognise how hard this conversation must be for the young person.

They are the sole focus of your attention.

You respond calmly even if you don't feel calm.

You spend most of your time listening.

They tell their story (don't assume).

There is acceptance and support, not judgement.

The self-harm is not dismissed as attention seeking.

Unrealistic promises are not made about confidentiality.

This is recognised as the first of a difficult journey.



## ONLINE SUPPORT FOR THOSE WHO SELF HARM

**Solent Mind self-harm support hub** - offers a peer support group and information

**YoungMinds** - text their crisis messenger service at any time for support

**Alumina** - provides free online self-harm support for 10-17 year olds

**Childline** - speak to a counsellor/ chat to other young people on message boards

**The Mix** - offers counselling, a helpline, webchat, community message boards

**Self Injury Support** - provides information and support for girls and young women in distress, including a text and webchat service

**SANE** - provides care and emotional support for people aged 16 and over affected by mental illness, including families and carers

**Tellmi** - app that allows them to talk about difficult things with people their age, while hiding their identity (posts and responses are moderated for safety)

**Calm Harm** - free app providing support and strategies to help resist or manage the urge to self-harm

**distrACT** - self-help tips and links to support and trusted resources for those who self-harm or feel suicidal, and those supporting them

Self-injury and self-harm are both coping mechanisms used by an individual to deal with difficult feelings, emotional pain and situations that can feel overwhelming.

Please visit Solent minds self-harm hub for help and support.

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



### 1 Connect

Try to do something different today and make a connection.

- Talk to someone instead of sending an email.
- Speak to someone new.
- Ask how someone's weekend was and really listen to what they tell you.
- Put five minutes aside to find out how a friend, family member, or colleague really is.



### 4 Give

Doing something kind helps people feel a greater sense of wellbeing.

- Do something nice for a friend or a stranger.
- Volunteer your time.
- Get involved in your local community.
- Thank someone.



### 2 Be active

Exercising makes you feel good.

- Take the stairs not the lift.
- Go for a walk at lunchtime.
- Walk into work, perhaps with a colleague, so you can 'connect' as well.
- Get off the bus one stop earlier than usual and walk the final part of your journey.
- Find an activity you enjoy and make it part of your life.

### 3 Take notice

Take some time to enjoy the moment and the environment around you.

- Be aware of the world around you and what you are feeling.
- Notice the changing seasons.
- Appreciate what matters to you and savour the moment.

### 5 Keep learning

Why not learn something new today?

- Sign up for a class.
- Read something new.
- Learn a new skill.
- Research something you've always wondered about.
- Try something new or rediscover an old interest.







Hampshire Child and Adolescent  
Mental Health Services

# Want to learn more about eating disorders in young people?

Hampshire CAMHS Eating Disorder Service are hosting a **FREE** event for parents, carers and professionals, who are interested in understanding more about:

- **Disordered eating**
- **Binge eating**

Tea and coffee provided.

**Thursday, 28 November, 2024**

Conference room, St Peters Church, Jewry Street,  
Winchester SO23 8RW

9am - 1pm



Scan the QR code to  
book or visit the events  
page of our website



**[hampshirecamhs.nhs.uk](https://hampshirecamhs.nhs.uk)**





Hampshire Child and Adolescent  
Mental Health Services

# TIME TOGETHER DAY

The first annual Time Together day launches on 14th November 2024. This day seeks to encourage people of all ages to take time together to talk, connect & learn how suicide can impact & how we can all make a difference

A call to all Schools across the country, clubs, groups and businesses. To reach out to anyone to get together and arrange something with family and friends.



For more information and ideas go to  
[www.hampshirecamhs.nhs.uk/campaigns/](http://www.hampshirecamhs.nhs.uk/campaigns/)

Everyone is encouraged to share what they are doing on social media with the hashtag #TimeTogetherDay #suicideprevention #menatlhealth Pictures can also be sent to [spnt.hantscamhsinnovation@nhs.net](mailto:spnt.hantscamhsinnovation@nhs.net) where some pictures will be posted on our website



THURS 14TH  
NOV 2024





## SUPPORT FOR PARENTS

Please see below the support that parents can access in the local area.

As a school we have a parent support page set up on our website please visit it by [clicking here](#).

**Parent Support Programme**

6 - 7.30pm

First Tuesday of every month

Quakers meeting house, 16 Colebrook St, Winchester

Continuing with different mental health topics each month

**WYC** Winchester Youth Counselling

**mind** for better mental health

Winchester Youth Counselling, in partnership with Solent Mind, will be delivering monthly information sessions on a variety of topics for parents/carers who support young people aged 11-25yrs in the Winchester district. The sessions will be delivered by clinical experts and will provide an opportunity to meet other parents/carers who support children or young people experiencing mental health and/or emotional difficulties. Booking is essential. £5 to secure your place (please contact us if you require support).

**To book please click on the 'Events' section on our website;**  
[www.winchesteryouthcounselling.org](http://www.winchesteryouthcounselling.org)  
**or for more information please contact [psp@winchyc.org](mailto:psp@winchyc.org)**

[f](#) @WinchesterYouthCounselling [t](#) @WinchYC [v](#) 01962 820444

**P.A.C.E. (Parent, Carer and Professionals Events)**

A free event to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.

**P.A.C.E. 2024**

MARCH 11<sup>TH</sup>

TESTBOURNE SCHOOL, MICHELDEVER RD, WHITCHURCH, RG20 7JF

11TH MAR 2024

PACE events are ran by CAMHS across Hampshire. Typically once a month but are designed to provide support of families to understand the needs of young people.

More information can be found here:  
[Events - CAMHS \(\[hampshirecamhs.nhs.uk\]\(http://hampshirecamhs.nhs.uk\)\)](#)

### SUPPORTING YOUR ADOLESCENT PARENTS & CARERS TOOLKIT

The toolkit has been designed in collaboration between Hampshire Safeguarding Children Partnership with parents/carers, to provide information and help on a range of topics that can affect pre-teens and teenagers as they journey into adulthood.

The subjects featured in the toolkit were chosen specially by parents/carers, and the contents carefully compiled by a range of services across both Hampshire and the Isle of Wight. The toolkit comprises of 10 themes, which are further broken further down into subthemes.

The main themes cover:

- physical health
- mental health
- sexual health
- online safety
- keeping adolescents safe outside the home
- relationships
- bullying
- identity
- substance use
- SEND





**SAFEGUARDING TEAM**

## The Henry Beaufort Safeguarding Team



MR COE  
Designated  
Safeguarding Lead



MRS BRIGGS  
Deputy Designated  
Safeguarding Lead  
Assistant Headteacher



MR APPLIN  
Deputy Headteacher



MISS MCMAHON  
Head of Year 7



MRS BURBIDGE  
Head of Year 8



MISS BEAN  
Head of Year 9



MR NAISBITT  
Head of Year 10



MR JANES  
Head of Year 11



MRS HODGE  
SENDCO



MISS BORWICK  
Support and Guidance  
Manager



MRS CALLEN-ORGAN  
Support and Seclusion  
Manager



MISS MOURANT  
Learning Manager OLC



MRS PETER - SIMMONDS  
Family Support Worker



MRS CAVELL-WELLS  
Safeguarding Governor



MR LIONEL JONES  
Safeguarding Governor



## SAFEGUARDING PROCEDURE

If you are concerned about the well-being of someone in school, please contact our safeguarding team via email at:  
[Safeguarding@beaufort.hants.sch.uk](mailto:Safeguarding@beaufort.hants.sch.uk)

When contacting us, please detail the name of the person you are concerned about, their tutor group (if known) and a brief description of your concern (what, when, where, who etc.).

If you are contacting us to raise a safeguarding concern and it is out of school hours or out of term time, please contact Hampshire County Council's safeguarding team on: 0300 555 1384 or, the police on 101.

If a child is in immediate danger, please contact the police using 999.

## Call It Out

Use this QR code to share any concerns you have about;

- Prejudicial, discriminatory, racist language or behaviour you have from a student(s) to another. This can include any acts of bullying.
- Vandalism which includes graffiti or damage to persons property or belongings.
- Vandalism which includes graffiti or damage to the school property.

We have a zero tolerance to this behaviour and together we must CALL IT OUT!







## SOURCES OF SUPPORT FOR YOU

If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help. Remember, it's ok not to be ok.

### FAMILY LIFE

Family Lives (support on any aspect of parenting and family life. Freephone) | 0808 800 2222 | [askus@familylives.org.uk](mailto:askus@familylives.org.uk) | [familylives.org.uk](https://familylives.org.uk)

### MENTAL HEALTH

For you:

Samaritans (free) | 116 123 | [jo@samaritans.org](mailto:jo@samaritans.org) | [samaritans.org](https://samaritans.org)

Mind (calls charged at local and network rates) | 0300 123 3393 | [info@mind.org.uk](mailto:info@mind.org.uk) | [mind.org.uk](https://mind.org.uk)

If you're worried about your child:

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

### DOMESTIC ABUSE

National Domestic Abuse Helpline (free) | 0808 2000 247 | [nationaldahelpline.org.uk](https://nationaldahelpline.org.uk)

Men's Advice Line (free) | 0808 8010 327 | [mensadviceline.org.uk](https://mensadviceline.org.uk)

Galop (free, LGBT+) | 0800 999 5428 | [galop.org.uk](https://galop.org.uk)

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | [bit.ly/2NoQx7T](https://bit.ly/2NoQx7T)

| 0300 123 6600 | [talktofrank.com](https://talktofrank.com)

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | [gamcare.org.uk](https://gamcare.org.uk)

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website: [adfam.org.uk](https://adfam.org.uk)

### FOOD BANK

Website : [WinchesterBasicsBank.co.uk](https://WinchesterBasicsBank.co.uk)

Facebook: @WinchesterBasicsBank

21a Penton Place, Milland Rd, Highcliffe, SO23 0PZ - Tue & Fri 10-3pm

St Gregory's Church, Grange Road, Alresford, SO24 9HD - Wed 10-12pm, and the first Thurs of every month 6-8pm

St Barnabas Church, Weeke, SO22 6EF - Thurs 10-1pm

Storehouse, Vineyard Church, SO23 9NR - Mon & Thurs 10-12pm \*\*Please note that we are not open on Bank Holidays\*\*