

SAFEGUARDING AND PASTORAL CARE



Parents should be aware of the following support networks available to them in this period. We understand that this could be a worrying and stressful time for families and we would like to make sure that families continue to feel supported by their networks in school and also know how to access support from outside agencies.

If the concern is about a particular piece of work, please ask your child to contact their teacher directly on MSTeams.

If the concern is about work generally, please contact your child's year manager:

Year 7 2020manager@bennett.kent.sch.uk

Year 8 2019manager@bennett.kent.sch.uk

Year 9 2018manager@bennett.kent.sch.uk

Year 10 2017manager@bennett.kent.sch.uk

Year 11 2016manager@bennett.kent.sch.uk

Year 12 ball@bennett.kent.sch.uk

Year 13 greenC@bennett.kent.sch.uk

If you have a welfare concern please either contact the relevant year manager or a member of the welfare team by e-mail in the first instance.

Mrs Aguiriano (years 7,8 and 9) aguiriano@bennett.kent.sch.uk

Mrs Woosey (years 10 and 11) woosey@bennett.kent.sch.uk

Mrs Chibhaga (years 12 and 13) chibhaga@bennett.kent.sch.uk

Reverend Rachael knapp@bennett.kent.sch.uk

Nurse Becki rampat@bennett.kent.sch.uk

Members of the welfare team that work currently with your child and family will be able to keep contact with you either by phone call or MSTeams.

In the event of an immediate and emergency safeguarding situation, please notify the Designated Safeguarding lead, Dr Karen Brookes and take the appropriate action set out below.

Dr Karen Brookes brookes@bennett.kent.sch.uk Designated Safeguarding Lead

Mrs Vicki Woosey woosey@bennett.kent.sch.uk Deputy Designated Safeguarding Lead

Mrs Nicola Santaana santaana@bennett.kent.sch.uk Deputy Designated Safeguarding Lead

Mrs Rachael Chibhaga chibhaga@bennett.kent.sch.uk Deputy Designated Safeguarding Lead

In an immediate and emergency safeguarding situation, families should contact the following:

Kent Social Services

03000 41 11 11 (Monday to Friday, 9am - 5pm)

03000 41 91 91 (outside of office hours - for emergencies only) text relay 18001

03000 41 11 11 email: social.services@kent.gov.uk

East Sussex Social Services, Single Point of Advice (SPOA) team

01323 464222

Opening hours: Monday to Thursday 8.30am to 5pm, Friday 8.30am to 4.30pm

Emergency Services

999 or 111, or visit the nearest A&E Department

In a mental health crisis

- **Samaritans**
Freephone 116 123 (free even from mobiles without credit)
- **SHOUT – mental health support**
text 'Shout' to 85258 for 24/7 crisis text support
- **Papyrus (Hopeline) – for preventing Young Suicide and support for those affected by suicide**
Call: 0800 068 41 41 or Text: 07786209697 or email: pat@papyrus-uk.org
- **Childline**
Between 9am and midnight: Call 0800 1111
- **Release The Pressure – open to anyone 16 years or older in Kent and Medway to provide confidential support in an emotional crisis or advice** Freephone 0800 107 0160

Other useful resources

Mental Health Referrals and Wellbeing Advice	
NHS Community School Nursing Teams	<p>Support for students with emotional wellbeing concerns, self referrals available</p> <p>Kent https://www.kentcht.nhs.uk/service/school-health/</p> <p>East Sussex https://www.kentcht.nhs.uk/service/schoolhealth/school-health-service-east-sussex/</p>
We are with you (Formally Addaction and Thinkaction)	<p>https://www.wearewithyou.org.uk/</p> <p>Free confidential support with drugs, alcohol or mental health.</p>
BEAT	<p>Support with Eating Disorders</p> <p>https://www.beateatingdisorders.org.uk/</p>
CAMHS Resources (not contact for CAMHS services)	<p>This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being</p> <p>https://www.camhs-resources.co.uk/</p>
West Kent Mind	<p>Resource for young people and families to gain support https://westkentmind.org.uk/ Email: hello@westkentmind.org.uk 01732 744950</p>
Young Minds	<p>Resource for young people and families to gain support https://youngminds.org.uk/ Email: ymenquiries@youngminds.org.uk 0808 802 5544 (9.30am-4pm Mon to Fri) Parents' helpline</p>
Nacoa The National Association for Children of Alcoholics	<p>Providing information, advice and support for everyone affected by a parent's drinking http://nacoa.org.uk/</p> <p>FREE Helpline 0800 358 3456</p>
Tonbridge LGBTQ+ Support Group Early Help and Preventative services	<p>A fun, chilled and confidential group for young people aged 13 to 19. Come along for advice, support, fun and friends.</p> <p>Dione has this to say: 'We have had this group going for a few years and are keen to reach new young people. We provide lots of different activities such as virtual craft, quizzes, cooking and much more! When we return to the youth group the activities are similar but we meet in person for 2 hours. We can also talk to any young people or parents beforehand if they are worried about attending the session. All sessions are held via Microsoft Teams so are easily</p>

	<p>accessible. Young people can also choose how much they want to participate’</p> <p>Contact: Carol Tanner carol.tanner@kent.gov.uk / 03000419510 Dione Jarvis - dione.jarvis@kent.gov.uk</p>
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Digital Wellbeing Services and Apps

StayAlive App	<p>https://www.prevent-suicide.org.uk/find-help-now/stay-aliveapp/</p> <p>A suicide prevention resource to support young people keeping safe in a crisis. You can also use this if you are worried about someone else considering suicide</p>
Calm Harm App	<p>https://calmharm.co.uk/ Helping to resist the urge to self-harm</p>
Kooth.com	<p>Online counselling and support and resources for young people Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm</p> <p>https://www.kooth.com/</p>
Chat Health	<p>A confidential texting service for young people aged 11-19 in Kent. Young people can talk about stress, anxiety, depression and really anything they need emotional support in Text: 07520 618850 Mon to Fri 9am to 5pm</p>
Reachout Youth	<p>Providing support to 13-19 year olds experiencing emotional or mental health difficulties. Offering:</p> <ul style="list-style-type: none"> •Weekly virtual peer support groups •One-to-one telephone support •Weekly support packs, including tips for managing wellbeing <p>More information can be found on facebook page https://www.facebook.com/MHReachoutYouth/ and website https://www.mentalhealthresource.org.uk/reachout-youth</p>
Childline Call 0800 1111	<p>https://www.childline.org.uk/get-support/contacting-childline/ An online support service as well as the phone line. Contains a safe ‘locker’ to access support, message boards, 1:1 counselling, calm zone and mood tracker</p>
Blueice App	<p>https://www.oxfordhealth.nhs.uk/blueice/</p> <p>Blueice is a prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm. It includes a mood diary, toolbox of evidence based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.</p>

<p>The BeYou Project</p>	<p>The BeYou Project connects young people in Kent who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity.</p> <p>We offer a safe, welcoming and non-judgemental space where young LGBT+ people can meet to socialise, have fun and help each other. There are also support groups for LGBT+ young people who are BAME, religious or under 12 Years.</p> <p>Support will be carried out over the phone or online using Zoom or WhatsApp instead of meeting face-to-face. The project can also support parents and carers with their questions, offering support and advice.</p> <p>Support Groups: https://www.porchlight.org.uk/news/more-support-for-lgbt-young-people-in-kent</p> <p>Contact the team by email: beyou@porchlight.org.uk 24/7 Helpline: 0800 567 7699</p>
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<p>Catch it App</p>	<p>https://www.liverpool.ac.uk/csd/app-directory/catch-it/</p> <p>Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary.</p> <p>The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).</p>
<p>MeeTwo App</p>	<p>https://www.meetwo.co.uk/</p> <p>Provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives.</p> <p>You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.</p>

<p>Bereavement Support</p>	
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<p>Jigsaw South East</p>	<p>Information, advice and guidance to help and support bereaved children and young people and for those facing a loss of a loved one during the Coronavirus outbreak and beyond Contact us: www.jigsawsoutheast.org.uk / info@jigsawsoutheast.org.uk</p> <p>Covid-19 crisis Bereavement Helpline 01342 313895 9am - 12 noon, Monday - Friday, Calls out of these hours are monitored</p>
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<p>Bereavement Support for Children Young People & Families</p> <p>The Counselling Centre, Tunbridge Wells</p>	<p>https://www.thecounsellingcentre.org.uk/bereavement/bereavement-support/</p> <p>The Counselling Centre began as a bereavement support service in 1989. Since then they have been providing mental health support through affordable, accredited counselling within Tunbridge Wells and surrounding communities.</p> <p>Email: info@thecounsellingcentre.org.uk</p>
<p>Child Bereavement UK</p>	<p>Advice for parents https://www.childbereavementuk.org/Pages/Site/youngpeople/Category/helping-a-young-person</p> <p>Advice for students https://www.childbereavementuk.org/get-support</p> <p>Helpline 0800 02 888 40</p>
<p>Holding On, Letting Go</p>	<p>http://holdingonlettinggo.org.uk/ Email: info@holg.org.uk 03445611511</p>
<p>Winston's Wish</p>	<p>https://www.winstonswish.org/ Email: ask@winstonswish.org 08088 020 021</p>

Keeping families safe

<p>Domestic Violence UK</p>	<p>Domestic Violence UK have compiled a list of 73 organisations providing either helplines, call-backs or email and web chat support services. This list can be accessed via the attached link; https://domesticviolenceuk.org/online-signposting-directory/</p>
<p>DAVSS Domestic Abuse Volunteer Support Service</p>	<p>To ensure that vulnerable victims of abuse get the support they need at this difficult time, they have expanded volunteer support services via the helpline - doubling opening hours and providing a named volunteer Advisor working from home to support people by telephone for as long as needed.</p> <p>Helpline is open Monday – Friday between 10am – 4pm. 01892 570538</p> <p>They continue to accept referrals from partner organisations and self-referrals via our website: https://www.davss.org.uk/referral/</p>
<p>We are with you (Formally Addaction and Thinkaction)</p>	<p>https://www.wearewithyou.org.uk/</p> <p>Free confidential support with drugs, alcohol or mental health.</p>

<p>'Thinkuknow'</p> <p>NCA-CEOP</p>	<p>Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.</p> <p>They have a space for 11-13 and 14+ students, plus a section for Parents and Carers</p> <p>https://www.thinkuknow.co.uk/</p>
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Support Schemes / Community Hubs

<p>Kent Together Helpline</p>	<p>A new 24-hour helpline has been set up to support vulnerable people in Kent who need urgent help, supplies or medication.</p> <p>The helpline – called Kent Together – provides a single, convenient point of contact for anyone in the county who is in urgent need of help during the Coronavirus outbreak.</p> <p>If you are vulnerable and have an urgent need that cannot be met through existing support networks, you can contact the Kent Together helpline at www.kent.gov.uk/KentTogether or by calling on 03000 41 92 92.</p>
<p>Tunbridge Wells</p>	<p>https://www.tunbridgewells.gov.uk/coronavirus/advice-and-support-for-residents/voluntary-organisations</p>
<p>East Sussex</p>	<p>Coronavirus - community support – East Sussex County Council</p>
<p>Tonbridge and Malling</p>	<p>Community Support telephone line 01732 876152</p> <p>https://www.tmbc.gov.uk/services/community-and-living/coronavirus-covid-19-information-for-community</p>
<p>Maidstone</p>	<p>https://maidstone.gov.uk/home/other-services/covid-19/tier-2-primary-areas/need-support</p>
<p>Kent Support and Assistance Scheme for those in crisis</p>	<p>The Kent Support and Assistance Service (KSAS) may be able to help you if you are having serious difficulties managing your income due to a crisis or if you are facing exceptional pressures because of an emergency.</p> <p>The support can be accessed via https://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis</p>

Foodbanks	
Find a foodbank tool using a postcode	The following website can be used to identify local foodbanks https://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis/find-a-foodbank
Tonbridge & Malling	<ul style="list-style-type: none"> • Nourish (South Tonbridge) https://www.nourishcommunityfoodbank.org.uk/link-to-us/ • Sustain Community Foodbank - Baptist Church (North Tonbridge) Darenth Avenue TN10 3HZ Tel: 01732 352824 jemma.graffin@tonbridgebaptist.church Open: 9.30 – 16:30 • FareShare - East Malling Centre Chapman Way, East Malling ME19 6SD Tel: 01732 846314 office.eastmallingscentre@gmail.com (opening times can be found on the FB page)
Maidstone	<ul style="list-style-type: none"> • Maidstone Family Foodbank Tel: 01233 500477 familyfoodbank@children-families.org https://www.familyfoodbank.org/contact-us.html • Greenfields Children Centre 5 Rutland Way, Maidstone ME15 8DR Have stocks to 1-2 bags per family, but need to use contact below to arrange parcels, as children's centres are closed. Kareen McKeown: 07810 544460 • Salvation Army Marion.rouffet@salvationarmy.org.uk
Tunbridge Wells	<p>Nourish https://www.nourishcommunityfoodbank.org.uk/link-to-us/ Referrals only via agencies, please contact welfare staff at school. Nourish do not accept self-referrals. Administrative Enquiries: admin@nourishcommunityfoodbank.org.uk All other queries should be directed to office@nourishcommunityfoodbank.org.uk</p> <p>Pembury Larder https://www.pemburybaptistchurch.org/?what-we-doing&global[id]=48</p> <p>The Community Store House – Paddock Wood, The Wesley Centre, Commercial Road, Paddock Wood TN12 6DS Self-referrals taken with ID evidence or via referral agency with a voucher (more information via link below) Normal Opening Hours – Tuesday 13.00 – 15.00, Thursday 09.30 – 11.30 07582 142948 https://communitystorehouse.co.uk</p>