



## WELCOME

Welcome to the second Henry Beaufort Safeguarding Newsletter. We continue to distribute every half term to give parents and carers up to date advice and guidance on how you can support your child as they go through a pivotal time of their lives.

## SELF-HARM GUIDANCE - YOUNGMINDS

Self-Harm is a significant issue among young people. The causes behind self-harm can come from many places, sometimes it's a reaction to difficult emotions. In other cases it can be related to poor self-worth and self confidence. In any case it is not only a traumatic practice for many, it is also physically perilous. Attempts at self-harm can sadly result in unforeseen injuries that may take years to heal, and produce life-long mental and bodily scars. To find out more about self-harm and how to deal with it in education, please follow the link below:

<https://www.youngminds.org.uk/young-person/my-feelings/self-harm>

## CURRENT SAFEGUARDING ISSUES FOR PARENTS TO BE AWARE OF

### CHROMING

Chroming is also known as huffing or sniffing. Chroming is a risky recreational activity which involves inhaling hazardous household chemicals and substances such as nail polish remover, hairspray, aerosol, paint, glue and deodorant.

### SNUS

A product for us all to be aware of is Snus as its starting to trend across the teenage population. Snus is an oral tobacco product which is placed in the upper lip and gum.

They are illegal for over 18s if they contain nicotine but legal if they are nicotine free.



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



Hampshire Child and Adolescent  
Mental Health Services

## 2024 PACE Events

Free health & wellbeing events for all parents, carers & professionals who support or work with young people

DATE	LOCATION
Friday 26 <sup>th</sup> January 2024	<b>Gosport</b> St Vincent College, Mill Lane, Gosport, PO12 4QA
Thursday 22 <sup>nd</sup> February 2024	<b>Basingstoke</b> Queen Mary's College, Cliddesden Rd, Basingstoke, RG21 3HF
Monday 11 <sup>th</sup> March 2024	<b>Andover</b> Testbourne School, Micheldever Rd, Whitchurch, RG28 7JF
Friday 19 <sup>th</sup> July 2024	<b>Waterlooville</b> Oaklands Catholic School, Stakes Hill Rd, Waterlooville, PO7 7BW
Wednesday 25 <sup>th</sup> September 2024	<b>Winchester</b> Winchester United Reform Church, Jewry ST, Winchester, SO23 8RZ
Monday 7 <sup>th</sup> October 2024	<b>Havant</b> Trosnant Federation of Schools, Stockheath Lane, Havant, Hampshire, PO9 3BD
Thursday 21 <sup>st</sup> November 2024	<b>New Forest</b> Lyndhurst Community Centre, Main Car Park, Lyndhurst, SO43 7NY

BOOK YOUR WORKSHOP SPACE AT: [hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)





## P.A.C.E ITINERARY

TIME	WORKSHOP 1	WORKSHOP 2
9:30 - 10:30	<b>Supporting a child with eating difficulties including AFRID</b> This workshop solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.	<b>Supporting trauma recovery</b> Understanding the Impact of trauma on children and young people and how together we can help them to recover.
10:45 - 11:45	<b>Introduction to managing ADHD - ADHD Team</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	<b>Supporting a young person in crisis &amp; managing self-harm</b> Supporting a young person in crisis & managing self-harm.
12:00 - 13:00	<b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	<b>Introduction to autism</b> What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.
13:30 - 14:30	<b>New Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD)</b> This workshop aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.	<b>Looking after yourself to support your child</b> This workshop will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.
14:45 - 15:45	<b>New Disability, difficulty, SEND &amp; mental health</b> An awareness session to offer a space for Q&A around Learning needs and how Mental Health issues can present; difficulty with language used when children and young people have varying learning needs with or without formal diagnosis.	<b>Understanding &amp; managing anxiety</b> What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.
16:00 - 17:00	<b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	<b>Supporting a young person in crisis &amp; managing self-harm</b> How to recognise crisis and how crisis develops. How emotional regulation difficulties can lead to mental health crises such as becoming suicidal or self-harming.
17:15 - 18:15	<b>New Introduction to managing &amp; supporting a young person with Tics and Tourette's</b> This workshop aims to give an introduction for parents and carers supporting a young person with Tics & Tourette's. It will provide information regarding what Tourette's is, how this develops and what keeps it going. It will give an overview of the treatment options and ways family members can support a young person at home.	<b>New Supporting your autistic child to thrive</b> This two-hour workshop will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.
18:30 - 19:30	<b>Introduction to managing ADHD</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	





Hampshire Child and Adolescent  
Mental Health Services

# HOW TO COPE WHEN YOUR CHILD CANT

A one-day event focused on parents/carers understanding their own needs and learning strategies to look after themselves as they support a child struggling with their own mental health.

Keynote speakers, Professor Roz Sharan, Dr Alice Welham and Ursula Saunders authors of "How to cope when your child cant"

An afternoon session of Gentle somatic movement, stretching, embodied meditation & mindfulness, deep relaxation & community connection. Led by Chameleon Coaching

For more information and to book a place go to:  
[www.hampshirecamhs.nhs.uk/events/](http://www.hampshirecamhs.nhs.uk/events/)

Thursday 25th April 2024, St Peters Church,  
Jewry St, Winchester SO23 8RY

First 20 bookings get a free parent  
manual worth £10

**TICKETS £25**  
includes tea,  
coffee and  
lunch





**Hampshire Child and Adolescent  
Mental Health Services**

# CELEBRATING NEURODIVERSITY

A day that focuses on skills and strategies, for parents and carers, and professionals supporting an autistic young person. Hampshire CAMHS Colleagues will be leading this day in co-production with HPCN.

The Kids Coach will focus on  
School based anxiety &  
Advocating with schools

Wednesday 19th June 2024,  
United Reform Church, Jewry St,  
Winchester SO23 8RZ



**TICKETS £25**  
includes tea  
and coffee

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



Hampshire Child and Adolescent  
Mental Health Services

# LIFE LINES

Anyone in the UK who has been affected by suicide will be invited to contribute a "Dedication Flag" that represents someone lost to suicide. Charities and relevant organisations will be invited to create a piece that shares their role in suicide prevention

Dedication flags will be joined together to form a visual reminder of the impact and ripple effect of suicide & joined together for world suicide prevention day on 10th September 2024

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

10TH SEPT  
2024





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 [w](#) 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.



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



Mr Coe  
Designated  
Safeguarding Lead  
Head of Year 9



Mrs Briggs  
Deputy Designated  
Safeguarding Lead  
Assistant Headteacher



Mr Applin  
Deputy Headteacher



Mrs Taggart  
Head of Year 7



Miss Bean  
Head of Year 8



Mr Janes  
Head of Year 10



Mr Naisbitt  
Head of Year 11



Miss Borwick  
Support and Guidance  
Manager



Mrs Callen-Organ  
Support and Seclusion  
Manager



Miss Maurant  
Learning Manager OLC



Mrs Peter - Simmonds  
Family Support Worker



Mrs Hodge  
SENDCO



Miss Price Harper  
Assistant SENDCO



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\*\*