



Willow Primary Academy

SAFEGUARDING NEWSLETTER—8

MAY 2024

Safeguarding Team

If you have any concerns about a child's welfare or safety, please speak to a member of the school's safeguarding team.



Debra Arthur

DSL/Family Welfare Officer



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Piper Centre
Manager /DDSL



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Deputy Head & DDSL



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Head teacher & DDSL

Dear Parents & Carers,

A warm welcome to our current and new parents/carers.

Each month a Safeguarding Newsletter will come out giving you information on different types of Safeguarding- what it can look like for you, what it looks like for your child and who you can contact outside of school if you need extra support.

Mental Health

We know that being a parent or carer isn't always easy. Although it's often amazing and rewarding to watch your children or young people grow up, it can also be really hard work. Things might feel especially difficult if your child or young person is struggling with their mental health at the moment. Or if their mood and behaviour seem different, and you're not sure why or what you can do to help. But you are not alone.

Giving our children and young people opportunities to open up is one of the biggest things we can do as parents and carers to support their wellbeing. It can be easy to forget the simple power of sharing what we're going through and feeling heard. But even though you can't fix everything when your child is struggling, you can make them feel seen and understood – and this in itself can make them feel more able to cope.

If you need more support

A General Practitioner (GP) is the doctor who provides overall care for your child's physical and mental health. GPs are usually the first place to go to access mental health support through the NHS. They can explore what's going on for your child, and suggest things that might help. They can also make referrals to specialist NHS and other local service such as

[Child and Adolescent Mental Health Service - CAMHS > Glos Health & Care NHS Foundation Trust \(ghc.nhs.uk\)](#)

<https://www.youngminds.org.uk/>- Parents helpline call free on 0808 802 5544 Mon-Fri 9.30-4.00.

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Quick tips for accessing help

- **Make a note of your concerns-** Before speaking to a professional, make a note of your concerns and the times you have noticed particularly worrying behaviours or feelings. An easy way to do this is by making a list on your phone. Take this with you to appointments to give the professional a clear sense of your child's situation, and to support any requests for referrals
- **Follow up appointments** -Where possible, follow up by email after appointments to confirm what's been agreed – for example with teachers or other staff at your child's school. Then check-in a week or two later to find out what's happened. This is a good way to keep things moving.
- **Explore other options whilst on waiting list** - If your child is on a waiting list for help, for example from CAMHS, find out whether there are other local services, such as counselling organisations, that can provide support in the meantime. Or, see if your child would like to access some immediate support from an online organisation like [The Mix](#).
- **Talk to other parents** - As you find your way around local services, try talking to other parents who have been through this, or speak to any friends or family who might be able to advise you about where to get started. For example, if you know anyone who works in mental health support, they might have a good idea about what's

What is CAMHS

CAMHS is a free NHS service that helps children and young people with emotional, behavioural and mental health difficulties.

The service provides support and treatment, including individual and family therapy, medication, staying in hospital (inpatient care) and parenting support courses. CAMHS teams also diagnose neurodevelopmental conditions such as autism and ADHD (though in some areas this may be through paediatric teams instead).

CAMHS teams include psychiatrists, psychologists, therapists, nurses, social workers and other professionals who specialise in working with children and families.

Report any concerns

If you suspect a child is being abused or is in danger of being abused, please contact the Designated Safeguarding Lead/team or any member of staff. You can also contact the Multi Agency Safeguarding Hub (MASH) on: 01452 426565 .

If a child is in immediate danger, call the Police immediately on 999