

Chipstead Valley Primary School Safeguarding Newsletter- Spring 1



CVPS



OUR SAFEGUARDING TEAM



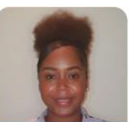
Clare Rackham
Designated
Safeguarding Lead



Hannah Harding
Designated
Safeguarding Lead



Laura Broad
Deputy
Safeguarding Lead



Samara Gray
Deputy
Safeguarding Lead



Lucy Leidecker
Deputy
Safeguarding Lead



Lara Westcott
Deputy
Safeguarding Lead



Agneta Rosewell
Deputy
Safeguarding Lead



Rebecca Herrera
Deputy
Safeguarding Lead

Speak to a member of our safeguarding team
if you are worried about a child.

Our safeguarding team liaise with children's social care
and other external agencies to support families.

Staff can contact children's social care directly in an emergency
where no member of the safeguarding team can be contacted.

Please remember that the safeguarding team are still
working throughout remote learning- we are here to help.

Benefit-related FSM Eligibility

If you have experienced a change in financial
circumstances, find out whether your child qualifies for
free school meals, and hence whether we would receive
additional funding, please fill in the details requested on
this site:

<https://www.croydon.gov.uk/education/schools-new/free-school-meals>



Croydon
TALKING
Therapies

We are a **free** and confidential
NHS service and offer workshops,
group sessions, online courses or
one-to-one support.

We can help support you to:

- ✓ manage stress and anxiety
- ✓ handle low mood and depression
- ✓ cope with difficult times

Worry Less
Enjoy Life More
Feel More Relaxed

Search for 'Croydon Talking Therapies' or call 0203 228 4040

Seeking Help

Being a parent can be challenging in everyday situations.
Now, more than ever, taking care of your mental health is
important. With the latest national lockdown in place, things
are different again for everyone. If you're struggling, it's okay
to reach out for support from friends and families. There are
also plenty of organisations that are here to help.

If you need support, at Chipstead Valley, we are here for
you and can often point you in the right direction of a service
who can help you out.

Please do not hesitate to contact Miss Harding or any of the
safeguarding team if you need support or advice.

You can email at: hharding4.306@lgflmail.org

Support Throughout Lockdown

Croydon Council-

A new dedicated helpline for residents who need urgent help
as a result of COVID-19.

Call: 020 8604 7787 – open Monday to Friday, 9am to 4pm.

NHS Volunteer Responders-

Help with food, prescriptions, essential items and also
Check in and Chat (short-term telephone support).

Call: 0808 196 3646.

Food stops-

Become a member of one of the four food stops
located in Fieldway, Selsdon, Thornton Heath and
Purley. If you are eligible, you can have £20 worth of
fresh food and other groceries for £3.50 per week.

Contact: gcc@croydon.gov.uk

Discretionary Housing Payments-

You may be available to top up housing-related benefit
for a limited time to cover housing costs such as rent.
Through this service, you might be able to claim a
discretionary reduction in council tax.

Check if you qualify and email: dhp2@croydon.gov.uk

Samaritans-

If you need someone to talk to, Samaritans listen. They
won't judge or tell you what to do.

Call: 116 123 (anytime for free)

Email: jo@samaritans.org.uk (email your worries or
concerns)

How can I support my child during lockdown?

- **Talk with them about what's going on, keeping communication as open as you can.** Let them know that it's okay to feel however they feel – whether that's scared, worried, angry, sad or something else.
- **Try to answer your child's questions and reassure them in an age appropriate manner.** While you don't need to know all the answers, talking things through can help them feel calmer.
- **Encourage your child to do the things that help them when they're finding things difficult.** This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking.
- **Reassure them this will pass, you're there for them, and you will get through this together.** Having returned to some of their normal activities over the summer, going back into stricter measures might feel frustrating for your child. They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.
- **Spend time doing a positive activity together.** This can help them to feel calmer by giving them a short break from everything that's going on. It's also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
- **Keep as many regular routines going as possible to help your child feel safe and secure.** This can include things like having regular times for going to bed, waking up, eating meals and doing hobbies.

You can find more tips and support through the websites below:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>



Purley Food Hub

Purley Food Hub have continued to support families in our local community throughout lockdown, providing weekly food deliveries.

If you are in need of this service, please contact Miss Harding in confidence.

UK MENTAL HEALTH SUPPORT NUMBERS

SAMARITANS	116 123
MIND	0300 123 3393
RETHINK	0300 5000 927
PAPYRUS UK	0800 068 4141
YOUNGMINDS	0808 802 5544
CALM	0800 58 58 58

Worried about a child?

If you're worried about a child or young person, you can contact the NSPCC helpline for support and advice for free. Call them on 0808 800 5000 or contact them online.



Children can contact Childline any time to get support themselves.



ARE YOU SUFFERING DOMESTIC ABUSE?

Staying at home isn't safe for everyone

The Croydon FJC is there to support you
Call 020 8688 0100

Or call the 24hr National Domestic Abuse Hotline
0808 2000 247

#YOUARENOTALONE



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www.croydon.gov.uk