

Chipstead Valley Primary School Safeguarding Newsletter- Spring 2



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

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

NHS

WORRY LESS
ENJOY LIFE MORE
FEEL MORE RELAXED

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 national lockdown in place for a while,
things are different 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 any of the
safeguarding team if you need support or advice.***

Returning to School

Going back to school can be scary for children whatever
their age, and it can also be an anxious time for parents.
Many children have been at home since the Christmas
holidays and adapting to this change in routine may not be
easy. Remember...

- Children are adaptable! They had to adapt to being home-schooled, going back to school and then being home-schooled again! They will fit back in at school just like they did before.
- Your children may have questions- be ready to answer them but remember not to project your own anxieties onto your child. There are lots of resources available on our school website to help support with this within the Parent Information tab.
- It may take a bit of time to adjust for everyone. Remember children like routine and it will take time to get back into how things worked before.
- Make sure your children are getting enough sleep- they may have gone to bed later and woken up later during lockdown. Remember that on average, children should be getting up to 10 hours sleep a night.
- Make some time for yourself- being a parent is hard work and ensure you look after your own mental health and well-being too. "You can't pour from an empty cup".



Bereavement Support



Croydon Cruse contact details

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

Telephone: 020 8916 0855 (24-hour answerphone).

Email: croydon@cruse.org.

Website: www.crusecroydon.org.uk

The Listening Ear

The Listening Ear is a local charity providing bereavement counselling to families in the Croydon area (and further afield for families bereaved by suicide). We offer support to adults, young people and children.

Telephone: 0203 256 2009

Email: wbs@thelisteningear.org.uk



Lost your job due to the pandemic?

Due to the current crisis, some of our families may find themselves out of employment.

Please visit: <https://www.croydon.gov.uk/training>

This website provides lots of information about training opportunities, job vacancies and support with getting back into employment at this difficult time.

Please do not hesitate to contact a member of the safeguarding team if you have been impacted financially.



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

Best Start: Healthy Start Vouchers

Healthy Start helps you give your family the very best start in life. If you are at least 10 weeks pregnant or have a child under four years old and you receive benefits or tax credits, you could qualify for Healthy Start vouchers to help buy some basic foods.

To see if you qualify, have a look at this website:

<https://www.healthystart.nhs.uk/healthy-start-vouchers/do-i-qualify/>



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



CROYDON | Delivering
for Croydon
www.croydon.gov.uk