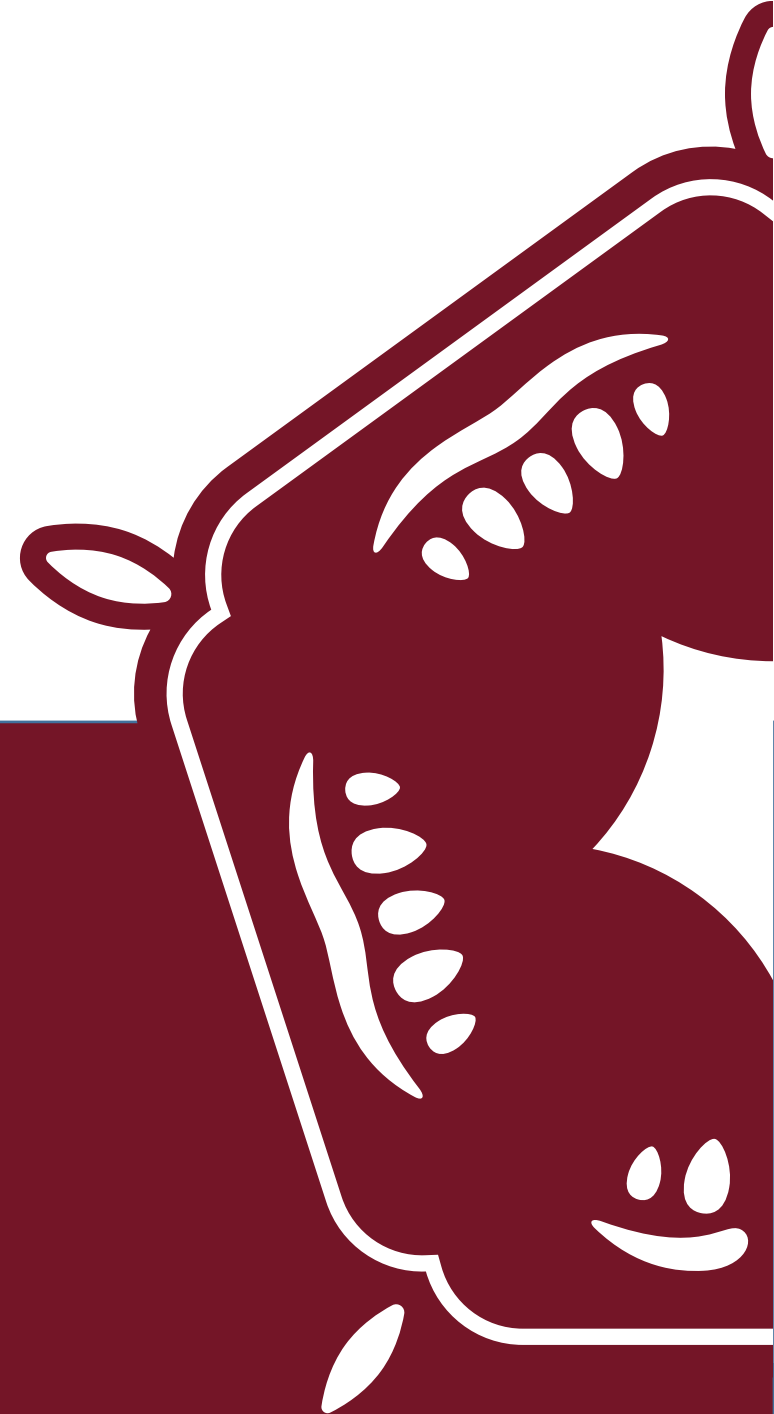




THE  
**BRITTONS**  
ACADEMY

# Safeguarding Bulletin

*November 2023*



# Free Parental Control App

**Qustodio**, is the Parental Control App available for parents. This allows parents to Filter and Monitor their child's mobile devices, as well as set screen time limits. All parents can have the Free Tier, which allows the monitoring of 2 devices, per adult signed up.

The free basic tier, does come with a 30-day trial of the premium features, there is no obligation to pay, and you don't need to enter any payment details to access the free version.

[https://www.qustodio.com/en/30-days-school-special/?utm\\_source=internal&utm\\_medium=parentsessionsuk](https://www.qustodio.com/en/30-days-school-special/?utm_source=internal&utm_medium=parentsessionsuk)



# Introducing Pulse

Pulse is an app students can use to check their mental, social and physical wellbeing. It takes 60 seconds, once a week.

Students can reach out for help (identify a member of staff they would like to speak to), can send thanks to staff or peers, and give anonymous feedback about the school.

All students will receive an email on Monday 13th November inviting them to log on to Pulse and complete their first wellbeing questionnaire.

Students can download the Pulse app on their phones and complete the questionnaire.

Pulse allows students to self-reflect, connect with support and have a voice.



The Ben Kinsella Trust are pleased to release brand new dates of this popular UK wide online workshop!

Parenting children and young adults is hard, sometimes it can be scary and overwhelming with news stories and social media influencing how safe we feel our children are and the risks they may face in today's climate.

Join this FREE workshop on **Thursday 16th November & Thursday 23rd November (7pm-9pm)** on Zoom to learn more about what is regular teenager behaviour or what might be signs that a young person is being groomed or exploited.

Anyone can book on, whether you're a parent, carer, neighbour or professional who supports young people.

[Parents & Carers workshops | The Ben Kinsella Trust](#)

# Havering Mind Parenting Workshops



Havering Mind has agreed some new dates for their **Parent Support Group 6-week programme for parents/carers** who are **Havering residents** and struggling to support their young person (11-25 years) with their mental health (diagnosed or undiagnosed) and wellbeing - see attached leaflet. The 6-week programme commences will run from **6-8pm on Wednesdays** on the following dates:

- 15<sup>th</sup> November 2023 – face-to face at Harrow Lodge House (Hornchurch Road, Hornchurch RM11 1JU)
- 22<sup>nd</sup> November 2023 - via zoom
- 29<sup>th</sup> November 2023 - via zoom
- 6<sup>th</sup> December 2023 - via zoom
- 13<sup>th</sup> December 2023 - via zoom
- 20<sup>th</sup> December 2023 - face-to face at Harrow Lodge House (Hornchurch Road, Hornchurch RM11 1JU)

Parents interested in attending can contact Havering Mind for further information:

[parents@haveringmind.org.uk](mailto:parents@haveringmind.org.uk) or by calling us on 01708 457040 or 07716 487 023.

# Havering EPEC Hub



Venue: Rainham Village Children's Centre

Date: Every Friday (except for half term)

Starting: 6th October until 1st December 2023

Time: 11am-1pm



Living with Teenagers

A free course for parents of children aged 12-16

Bring up happy and self-confident young people



If you are interested or would like more information contact: [EPEC@haverling.gov.uk](mailto:EPEC@haverling.gov.uk)



# Services available in Havering

For further information contact Melinda or Lisa (Targeted Youth Co-Ordinator's):  
[melinda.yems@haverling.gov.uk](mailto:melinda.yems@haverling.gov.uk) or  
[lisa.kane@haverling.gov.uk](mailto:lisa.kane@haverling.gov.uk)



**GRL Academy:** a girl-only club weekly, on Thursday, 5pm – 7pm offering a variety of social opportunities and activities.

**Junior Revellers:** a weekly youth club for young people with additional needs / SEND aged 11 – 16 with games, fun activities and discussion. This takes place on Tuesday evenings, 7pm – 9pm.

**Wednesday Night Youth Club:** a weekly, open youth club for young people aged 11 – 18. This session takes place on Wednesday evenings, 7pm – 9pm.

**Rainham Royals Youth Club:** a weekly, open youth club for young people aged 11 – 18 in Rainham. This takes place on a Tuesday evening, 7pm – 9pm.

**Tea & Talk:** a drop-in 1:1 service for young people who would benefit from chatting with one of our Youth Workers. Tuesday evenings, 4pm-6pm (pre – booked time slots are required).

**Swim & Gym:** this session is for young people aged 11 -25 with additional needs / SEND. This is an exercise and wellbeing group, and runs on Sundays at the leisure centre 11am – 1pm.

**LGBTQA+ support:** social group for young people 11+ from the LGBT community and allies called PRISM

**Go Girls:** a 6-week programme for young women aged 13+, focusing on building self-esteem and confidence, positive relationships and making safe choices. Referrals required.

**Goodfellas:** a 6-week programme for young men aged 13+ on building positive relationships, mental health, choices and consequences and what is meant to be a man. Referrals required.

**5 Ways to Wellbeing:** This is a programme for young people aged 13 – 16 with a focus on improving emotional wellbeing and managing adverse experience.

**Transitions group:** For young people in Yr6 and 7 of school that are struggling with the transition between primary and secondary school.

**Music sessions:** A wellbeing group on Sunday 11-1pm in the music studio at MyPlace – if you would like to join as part of a band or we can offer 1:1 sessions in our studio if you would like to learn how to sing or play an instrument such as drums/guitar or keyboard.



# ALL ABOUT ME

YOUNG PEOPLE  
& MENTAL HEALTH

YOUR INFORMATION  
AND  
YOU

**DATE:** 25/11/23  
**TIME:** 1pm-3pm  
**VENUE:**  
City Gates Church  
25-29 Clements Road  
Ilford  
IG1 1BH



PLEASE SCAN THIS QR  
CODE FOR MORE INFO!

NOTHING ABOUT ME WITHOUT ME!