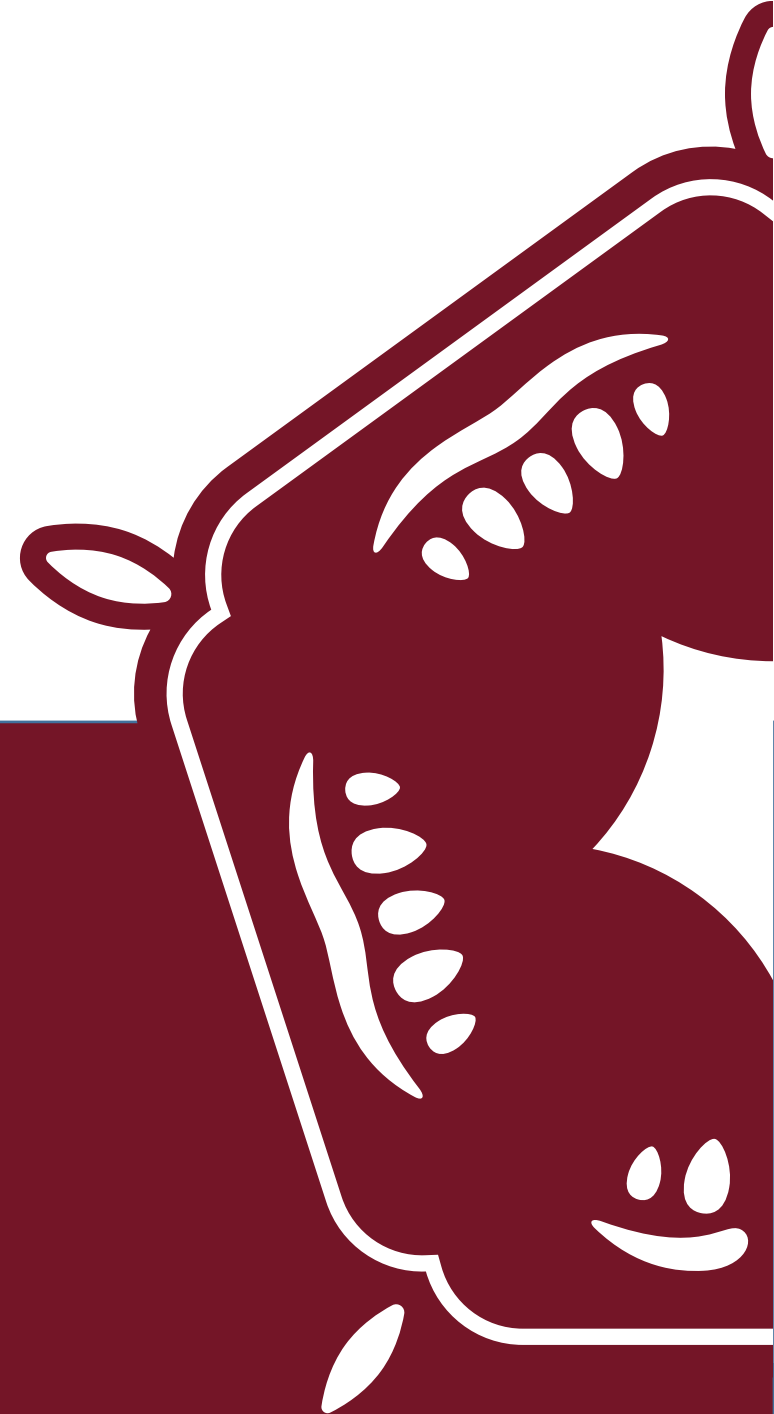




THE
BRITTONS
ACADEMY

Safeguarding Bulletin

January 2024



MENTAL HEALTH DROP IN SESSIONS at The Brittons Academy for students



Thursday 1st of February at 11:30-1pm

Please speak to Mrs Seeley or Mrs Burch who can book you in.

You could come and talk to us about things like:

- Feeling anxious
- Feeling low in mood
- Struggling to manage emotions
- Having difficulties sleeping
- Worried about feelings of wanting to hurt yourself



“We work externally to school and therefore any information shared with us is in confidence and will not be discussed with anyone else without your permission, including your teachers and parents. We would only pass on information to protect you from any serious harm, and this would always be discussed with you first”

My name is Jess,
and I work for
Havering's
Emotional support
team (HEST)!



My name is Mia, and
I work for the
Children and
adolescents' mental
health service
(CAMHS)!



Protect yourself and your property

Protect yourself and your property

- ✓ Be aware of your surroundings
- ✓ Avoid walking with ear pods or expensive clothing on display
- ✓ Avoid isolated places, perhaps travel with a friend



- ✓ Each phone has a unique IMEI number...
Type *#06# and record it.
Leave a copy at home
- ✓ Use two-factor authentication codes
- ✓ Use tracker apps, like Find My Phone,
keep login at home
- ✓ Know your details - in case your phone
is stolen - this helps Police investigation

Availability in Havering

HAVERING YOUTH SERVICE WEEKLY ACTIVITIES 2023

MONDAY

THE OFF STREET
CLUB @ SAPPHIRE
CENTRE, COLLIER
ROW
5:30-7:30PM
11 YEARS+

TUESDAY

JUNIOR REVELLERS
S.E.N.D. CLUB @
MYPLACE
7-9PM
11-17 YEARS

WEDNESDAY

SAFE CLUB @
MYPLACE
7-9PM
13-18 YEARS

THURSDAY

GRL ACADEMY @ MYPLACE
5:30-7:30PM 11-18YEARS
SENIOR REVELLERS S.E.N.D. CLUB
@ RAINHAM ROYALS
7-9PM 18-25 YEARS

SUNDAY

TEAM GYM S.E.N.D.
CLUB @ HARROW
LODGE LEISURE
CENTRE
10:45-12:45NOON
16-25 YEARS

REFERRAL GROUPS: GOODFELLAS, GO-GIRLS, TEA & TALK,
YOUNG WOMEN'S FORUM, LGBTQ+ CLUB, PHOENIX & PRE-TEENS CLUB

CONTACT: YOUTHSERVICE@HAVERING.GOV.UK
FOR MORE INFO. OR SCAN QR CODE →



Parent Support Group



For parents / carers of young people (11-25 years) struggling with their mental health.

A welcoming and safe space to share your story and connect with others.

A six-week programme for parents / carers of young people struggling with their mental health.

Like-minded parents / carers are listened to and reassured whilst receiving tips and techniques for supporting their young people.

This interactive online group comprises two-hour sessions on mental health signposting, effective two-way communication, dealing with anxiety, increasing resilience, parenting styles and self care.

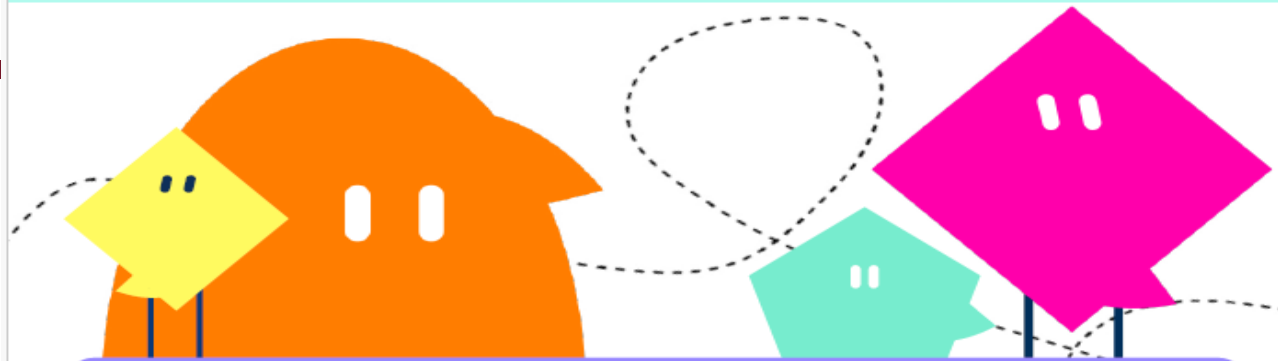
This group will help parents / carers to empower each other through information and support.

Sessions are delivered in an engaging way with lots of opportunities for small group discussions, all in a safe and non-judgemental space.

For more information 01708 457040

parents@haveringmind.org.uk

www.haveringmind.org.uk



A safe space for teenagers worried about sexual behaviour

Our new website for young people with concerns about their own or someone else's sexual thoughts and behaviour.



shorespace.org.uk

Why Shore?

- It is one of the only resources of its kind in the world, designed specifically for young people with concerns about sexual behaviour
- It has reliable information to get anonymous help if they or a friend has acted harmfully online

The Off Street Club

Games, arts & crafts, cooking
and more!

Monday evenings - 5:30pm-7:30pm

For ages 11+

Free to attend



Venue: The Sapphire Jubilee Community
Centre in Highfield Tower,
Bolberry Road, Collier Row, RM5 3DQ



Contact: youthservice@havering.gov.uk
to find out more

LEARN HOW TO BOX IN A FUN, SAFE & PROFESSIONAL ENVIRONMENT

CONTACT US TODAY

FREE BOX UP SESSIONS EVERY FRIDAY

CHILDREN AGED 7-12 | 17:30 - 18:30
YOUTH AGED 13-19 | 18:30 - 19:30

MYPLACE, 343 DAGNAM PARK DRIVE, ROMFORD RM3 9EN



INFO@BOXUPCRIME.ORG | 0208 517 4446

SCAN TO FIND OUT MORE INFO



SAFE
YOUTH CLUB FOR 13 - 18 YEAR OLDS
Every Wednesday @ MyPlace from 7-9pm

Supported by youth workers Hang out and make new friends

Play pool & table tennis
Games
Get crafty
Tuck-shop

CONTACT:
YOUTHSERVICE@HAVERING.GOV.UK

myplace

 **Havering**
LONDON BOROUGH



GO GIRLS! benefits young women potentially vulnerable to relationships of power, encouraging personal development

**5-6:30pm Venue and dates
TBC**

**Contact:
youthservice@haverling.gov.uk**

You're invited to

TEA & TALK

EVERY TUESDAY

Tea & Talk is a space for young people to come & talk to a youth worker about anything they like

MYPLACE 4PM - 6PM

343 DAGNAM PARK DR, ROMFORD, RM3 9EN

To book a place, please contact MyPlace
youthservice@haverling.gov.uk OR 01708 376004

JOIN US FOR

REVELLERS

S.E.N.D YOUTHCLUB

EVERY TUESDAY

AT 7PM

AT MYPLACE

SUITABLE FOR 11-17 YEAR OLDS

MAKE NEW FRIENDS AND TAKE

PART IN FUN ACTIVITIES

FOR MORE INFORMATION PLEASE CONTACT

youthservice@havering.gov.uk



Free 1:1 & group Music sessions at MyPlace!

Do you know a young person 11 yrs + who is interested in music?
(priority for spaces will be given to our target groups: care experienced, electively home educated, open to social care, experiencing mental health difficulties)



All interests in music are welcome from Rock to Pop – whether you are into performing or producing/editing we have something for you to get involved in!



Contact: youthservice@havering.gov.uk

GOODFELLAS

A 6 WEEK PROGRAMME ENGAGING WITH YOUNG MEN
ON THE FOLLOWING TOPICS:

CONSEQUENCES
OF POOR
DECISIONS
CONFIDENCE,
MANNERS
& RESPECT
BEING A MAN



MAKING
RELATIONSHIPS
WORK
LIVING IN A
DIGITAL
WORLD
HEALTHY
RELATIONSHIPS



FOR FURTHER INFO, PLEASE CONTACT: YOUTHSERVICE@HAVERING.GOV.UK

GOODFELLAS

GoodFellas is a **6 week** programme engaging with young men on a variety of topics with the aim of helping them make the transition from adolescence to Manhood. This programme fosters positive values and responsible behaviour in young men aged **13 - 16 years** old and at the same time guides them in making healthy decisions related to their emotional and social development. As they build life-skills for decision-making, conflict-resolution and healthy relationships, the young people learn the essential attitudes, values and skills they need to become responsible adult Men.

General outcomes include

- Increased self awareness
- Increased confidence & self-esteem
- A sense of identity
- Informed decision-making
- Increased mental health and well-being
- Improved mindfulness
- Exploration of hidden feelings
- Improved behaviour
- Increased resilience
- Increased understanding of positive manhood



myplace

Havering
Making a Greater London



Havering
LONDON BOROUGH

Any member of staff at school, including your **form tutor, SGM, HOY** and everyone on the **Safeguarding poster** in classrooms.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Other people that can offer support include your parents, doctor, a nurse, www.nhs.uk counsellor, PC Drew.

St John Ambulance



kooth

kooth.com

Kooth- your online mental wellbeing community. Have you downloaded the app?

0808 1000 900

THE LUCY FAITHFULL FOUNDATION

Working to protect children



Where can you go for support?



HOPELINEUK
0800 068 41 41

HEAD STRONG

Headstrong is a new online space aimed exclusively at young people with a focus on promoting positive mental wellbeing. It is a section of the Youthscape charity. Within Youthscape they also offer support for young people who are risk of self harm - **Alumina**

If you need support relating to **Careers** and your future after Brittons, pop into the **Careers Library** during break or lunch. These websites may also be helpful

- <https://www.citizensadvice.org.uk>
- <https://vinspired.com> - young peoples volunteering charity
- <https://www.ncsyoes.co.uk> 15-17 Year olds **National Citizen Service**
- <https://nationalcareersservice.direct.gov.uk/> - research careers your interested in.
- <https://www.startprofile.com/> - Explore your dream Job!



Wize-up

Thurrock

Wize-up are a free and confidential drug and alcohol service for young people under 18



"It's alright to ask for help"

SAMARITANS

116 123