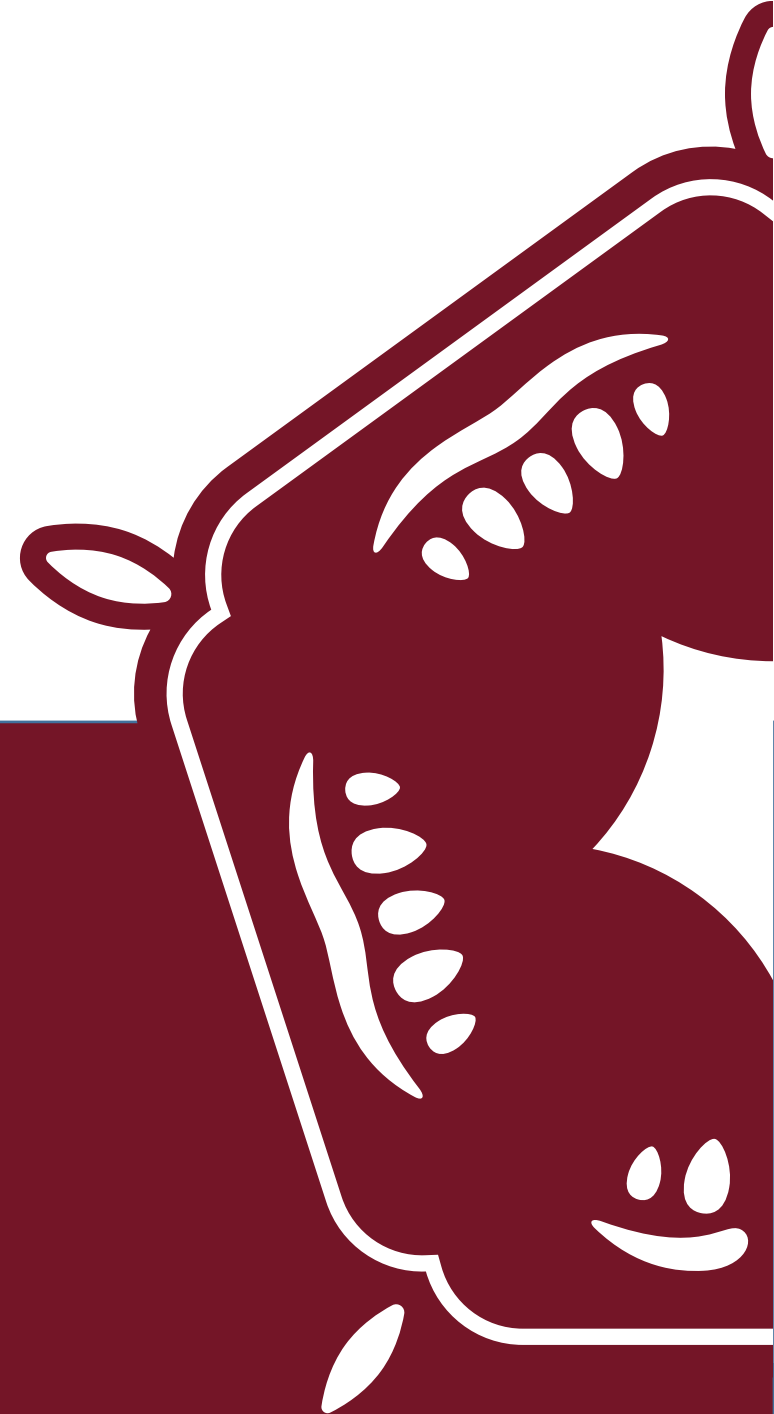




THE
BRITTONS
ACADEMY

Safeguarding Bulletin

March 2024



You and Me Counselling

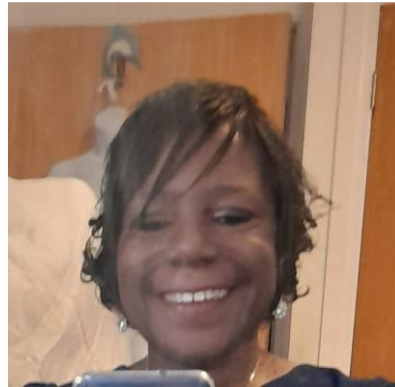
PARENTS AND PROFESSIONALS CONFERENCE

How our environment shapes who we are and will become

Hornchurch North Street Halls

12:00pm – 3:00pm

16th May 2024



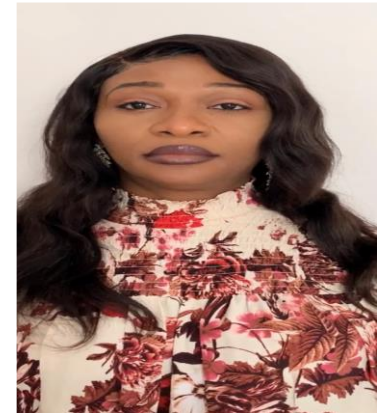
Zelfher Ferguson
Behaviour Consultant



Shane Ibbs
*Child &
Adolescent
Therapist*



Amit Kalley
*Co-founder of
For Working
Parents*



**Bolaji
Olagunju**
Speaker

Parent Support Group

Mind in Havering, Barking & Dagenham is pleased to announce new dates for its 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 will start on Monday 8th April 2024 from 6-8pm, via zoom.

Please share this information with your parents for self-referrals or for you to refer by completing the following referral form:

[Mind Havering, Barking and Dagenham Referral form](#)



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 ”

 **mind**
Havering, Barking
and Dagenham

Parent Support Group



- At our Parent Support Group we will provide signposting, reassurance, tips/techniques on topics such as communication, self-care, increased resilience and coping mechanisms. Attendees may share their thoughts/feelings, without any pressure or judgement, and will meet other parents that are going through similar challenges. Parents that attended the programme have shared the following feedback:
 - *It was a two-hour lifeline in my life in which I feel I'm drowning most of the time*
 - *We've been laughing more than crying, and that's what's important*
 - *I am thinking more positively now than when I first started*
 - *I enjoyed participating by zoom - easier attending at home rather than arranging a babysitter*
 - *The sessions were great and very calming as well as practical*
 - *I've felt a sense of community knowing that we're going through these battles and surviving them.*

Queens Hospital Romford – Education Centre (off the main atrium).
Saturday 23rd March. Drop in between 9.30am and 1.30pm.



NHS
Barking, Havering and Redbridge
University Hospitals
NHS Trust

Do you have questions about your period?

Come to our **period discussion drop
in sessions at Queen's Hospital**

When? Saturday 23 March 2024
9.30am to 1.30pm

Where? Education Centre
Lecture Theatre 2

Ask our doctors and nurses any
questions you have about your
periods



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An
obstetrician
is planning a
day for girls
to come
forward and
get some
advice and
help with
their periods.

Vape Awareness



There have been reports in London of young individuals experiencing health complications after using vape devices containing drugs.

Unregulated vapes can contain dangerous Class B substances such as Spice or THC, the active component in cannabis.

It has come to our understanding that certain reusable vape pens are being illicitly filled with drugs by dealers. Officers have received information about students falling ill after using these altered devices, which are then believed to be distributed among young people through platforms like Snapchat and other social media apps.

THC and Spice are harmful psychoactive substances that can lead to severe health problems, necessitating heightened vigilance on the part of parents/Caregivers.

THC, the primary psychoactive compound in cannabis, and Spice, a group of synthetic Class B drugs, are known to mimic the effects of cannabis. Inhaling Spice through a vaping pen is particularly hazardous for young people, leading to various health issues such as breathing difficulties, chest pains, heart palpitations, seizures, extreme anxiety, paranoia, suicidal thoughts, psychosis, vomiting or diarrhoea, and acute kidney injury. In some instances, a single dose can prove fatal.

The Crook'd Smile Programme



Call for all **LOST GXLS!**

The Lost Gxrls Club is a self-assured and confidence-boosting youth group for young womxn and gxrls (ages 13 to 18) who want to find their voice, learn about who they are and what they stand for, and embrace their differences as well as their commonalities. We provide an inclusive, all-gxrl community that fosters individuality whilst valuing creativity, experience, supportive relationships, and advice.



Want to know more information, contact
thecrookdsmile@gmail.com

The Crook'd Smile Programme



We are The Crook'd Smile Programme.

We are a creative community pop-up company offering innovative programmes & exploratory content that champions & celebrates women in all of their forms, manifestations, expressions and embodiments.

Our pop-up youth club is open to young women/womxn and girls/gxrls aged 13 to 17 and is being held at the Royals Youth Club near Rainham station till July.

Taking on topics such as confidence, self-esteem, peer pressure, stereotypes, appearance and identity-based bullying, and many more, the club offers an enjoyable and engaging environment for young women/womxn and girls/gxrls. It also looks into the various discussion and conversational threads that surround young women and girls in the modern world and incorporates them into creative tasks and activities.

**UPCOMING
CSP POP-UPS**

These are the dates of the upcoming CSP Lost Gxrls pop-up clubs up until July.


**ADDRESS: ROYAL YOUTH CENTRE,
VIKING WAY, RAINHAM RM13 9YG**

| | |
|------------------------------|--|
| Monday 22 April | LOST GXRLS CLUB : With TheCrook'd Smile Team 6PM - 7:30PM |
| Monday 20 May | LOST GXRLS CLUB : With TheCrook'd Smile Team 6PM - 7:30PM |
| Monday 17 June | LOST GXRLS CLUB : With TheCrook'd Smile Team 6PM - 7:30PM |
| Monday 15 July | LOST GXRLS CLUB : With TheCrook'd Smile Team 6PM - 7:30PM |

For more information email : thecrookdsmile@gmail.com


The Crook'd Smile Programme logo, featuring a stylized 'CS' and the text 'The Crook'd Smile Programme'.

Wize Up Parent Support Group



**Parents & Carers
Drop-in
Support Group**

- 1 SUPPORT**
Bringing together parents & carers affected by their children's drug or alcohol use to support each other through conversation and sharing experiences
- 2 SPACE**
Would you like to talk to other parents and carers who understand and won't judge, and learn more about substance misuse?
- 3 WHEN**
Last Thursday of Every Month
5:45pm-6:45pm
- 4 WHERE**
36 High Street, Romford, RM1 1HR
- 5 CONTACT US**
Please contact Hannah or Katie on
katie.adams2@cgl.org.uk. 07884 996
917 or hannah.douch@cgl.org.uk 07909
468 413 to book your space

 **Wize Up**
Challenge
Empower
Learn
Havering

36 High Street,
Romford,
RM1 1HR

Last Thursday of every
month
5.45pm – 6.45pm

