

Safeguarding & Wellbeing Support: Summer Holidays.

The Safeguarding Team are on site at the following times over the summer:

You can also call the school Reception on 0114 2392661 for more details

DATE 10am – 2pm	SAFEGUARDING TEAM MEMBER
Wednesday 2 nd August 2023	Mrs Mills
Thursday 31 st August 2023	
Thursday 10 th August 2023	Miss Barnes
Thursday 24 th August 2023	Mrs Wright
Monday 21 st August 2023	Mr Souter
Wednesday 30 th August 2023	Mr Ratcliffe
Thursday 31 st August 2023	
Friday 1 st September	

If you have any safeguarding concerns, are worried for your safety or feeling at risk then you can access support via the following services:

Safeguarding & Mental Health Support - Help Lines, Apps and Websites:

- **Door 43:** <https://www.sheffieldmentalhealth.co.uk/services/door-43> Door 43 offers a number of services including: a drop in, one to one support, wellbeing cafes and social prescribing spaces and can support young people with lots of different things they may need advice on or are struggling with. **0114 2012800 Sheffield Futures, Star House, 43 Division Street, Sheffield, S1 4GE**
- **Childline** is available on 0800 1111 or via www.childline.org.uk You can speak to a Childline counsellor online or on the phone from 9am – midnight daily.
- You can call Samaritans for support any time and it is a free service. Get in touch by calling 116 123 or email jo@samaritans.org For more information click <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- By texting 'SHOUT' to '85258' a Texter will be put in touch with a trained Crisis Volunteer who will chat to you via text. The service is Available 24/7 and is designed to help individuals to think more clearly and to take their next steps to feeling better. See <https://www.giveusashout.org/about-shout/> for more info.

- You can visit www.mind.org.uk for guidance on how to look after your mental wellbeing.
- Visit www.kooth.com for free, safe and anonymous online support for young people.

You can download some apps to help!

- **Calm Harm**— Reduce urges to self-harm and manage emotions
- **Cove**— Create music to reflect how you feel
- **Chill Panda**—Use breathing techniques to help you relax more.
- **Catch it**—Learn to manage negative thoughts
- **SilverCloud**—Course to help you manage stress, anxiety and depression.

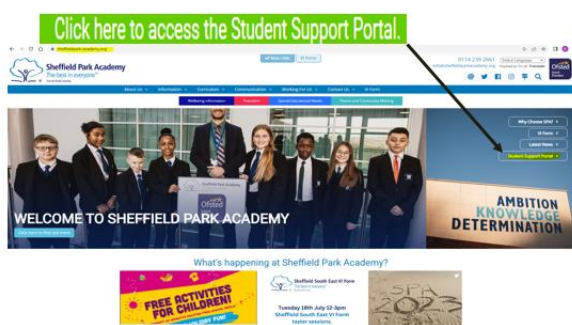
The **Safeguarding and Wellbeing** sections of **Sheffield Park website** also has lots of links to support and advice around mental health, wellbeing and safety. You can access via:

- <https://www.sheffieldpark-academy.org/information/spa-wellbeing> (Wellbeing)
- (*Safeguarding) <https://www.sheffieldpark-academy.org/information/safeguarding>

***Please note: if you use the Safeguarding Portal over the summer, there may be a delay in contacting you as this will not be checked daily until students return in September 2023.**



The Safeguarding Portal is not active/checked daily over the summer.



Please note: DO NOT use the Safeguarding Portal over the summer, there may be a delay in contacting you as this will not be checked daily until students return in September 2023.

If you are worried for your safety, in danger and/or at immediate risk:

✓ **call the Police or Ambulance on 999.**

✓ **You can also call the SG Hub on 0114 2734855 and speak to a social worker.**



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