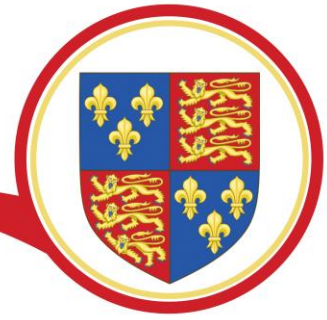


# Queen Elizabeth High School



## **Safeguarding and Wellbeing Identification and Support Service**

### **Links**

At Queen Elizabeth High School, Bredenbury Primary School and St Peters Primary School, we promote and support all pupils and their families to access Early help services. Below you will find a list of school based, local and national services. However if you feel these do not meet your needs, please contact a member of the Safeguarding and Wellbeing team who will offer support and advice.

The Safeguarding and Wellbeing Team present across the three schools is coordinated by Mrs Kim Lane – Safeguarding and Inclusion Executive Lead, Designated Safeguarding Lead, Single point of contact and Mental Health and Wellbeing Lead

Contact details: Telephone 01885 482230

[klane@queenelizabeth.hereford.sch.uk](mailto:klane@queenelizabeth.hereford.sch.uk)

There are two family support workers who although based in primary and secondary will work over the three schools to support families when present in differing schools but also due to their specific area of expertise.

Within QEHS, Mrs Lisa Davies is Pupil and a family support worker and Deputy Designated Safeguarding Lead

Contact details: Telephone 01885 482230

[ldavies@queenelizabeth.hereford.sch.uk](mailto:ldavies@queenelizabeth.hereford.sch.uk)

Across St Peters and Bredenbury Primary Schools, Miss Pippa Jones is the Pupil and family Support worker and Deputy Designated Safeguarding Lead

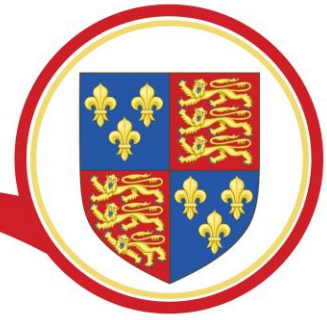
Contact Details: Telephone St Peters 01885 483237 or Bredenbury 01885 483253

All teachers and staff members can put you in touch with the above key staff members or you can email or call direct into school and speak them personally.

## **Thrive Support in all three Schools**

Thrive<sup>®</sup> promotes children's and young people's positive mental health by helping adults know how to be and what to do in response to their differing and sometimes distressed behaviour

# Queen Elizabeth High School



Within QEHS – Mrs Guiver and Miss Godsall are Thrive practitioners who provide targeted identification and support in self-awareness and self confidence to support their holistic needs and promote a healthy approach to learning and achievement. Please contact our practitioners or your child’s form tutor for further support and advice.

Mrs Guiver is currently on maternity leave

Miss Godsall -bgodsall@queenelizabeth.hereford.sch.uk

At St Peters and Bredenbury Primary School, Mrs Smith is the Primary Thrive practitioner who using the Thrive Approach, provides training, an online profiling tool and action-planning tool to equip parents and teachers with the knowledge, insights and resources needed to develop the relationships that help children and young people to flourish and learn.

Please contact Mrs Smith on 01885 483237

## **Wellbeing and Emotional Support Teams (WEST)**

At QEHS we are fortunate to have Mrs Mercy Badaei as our Mental Health Practitioner in School. This service is currently only for Secondary pupils but will be offered county wide to the Primary school within the near future.

Mrs Badaei is in school on Thursdays conducting 1:1 counselling session as well as small group work. Mrs Badaei also supports the school in our Relationship and Sex Education and Personal Social and Health Education with targeted teaching sessions to all year groups.

This service is on a referral basis and Mrs Davies, Miss Godsall and Mrs Guiver are able to discuss this with parents.

Additionally, you will find support materials and further information regarding this service on our website.

## **CLD – Counselling Learning Development**

Linda Teece is our school based CLD counsellor who attends QEHS on a weekly basis. This is a referral-based service and this is commissioned by school. Mrs Davies Miss Godsall or Mrs Guiver manage the referrals to this service and can discuss the referral process, pathways and other options as appropriate.

# Queen Elizabeth High School



School is not the only way of accessing this service and you can access via the school nursing service, your GP or you can self-refer. For your convenience please find the attached link which details their contact details. Those who not referred by the school team will not be seen by our counsellor at school but will access this service within the main counselling and consultation rooms within the CLD Hereford Offices

<https://www.thecltrust.org/>

## Local and National Support Links

Please see below a list of services to support pupils and their families. Safeguarding and family support teams in schools are available to discuss support in self-referral or in accessing the Early Help Hub within Herefordshire.

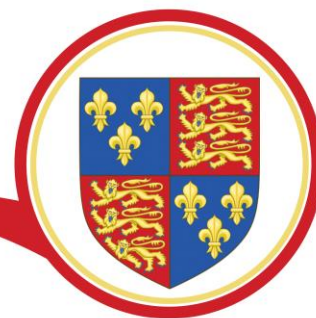
### Direct Help and support in Herefordshire for young people

- **Kooth** – online support and services for young people (aged 11 – 18 yrs) in Herefordshire Kooth is a new, anonymous, confidential, safe, online wellbeing service offering counselling, information and forums for young people. You can contact the service: Every day of the year between 12 noon to 10pm (Monday to Friday) or Between 6pm to 12 midnight (Saturday and Sunday). You can log on by smartphone, laptop or tablet: <https://www.kooth.com/>
- **The CLD Trust** – see above , provides qualified counselling for children and young people (aged 12 – 25yrs) and their families and has been doing so in Herefordshire for 25 years. They can help with all kinds of issues with anxiety or depression whatever the cause may be. In the current crisis young people can contact The CLD Trust direct through the website for the Strong Young Minds project. Check out: [www.thesymproject.org](http://www.thesymproject.org) for the form to refer yourself for help. They are currently providing face to face and video counselling. This is available as a school commissioned service or can be accessed as a self referral [www.thecltrust.org](http://www.thecltrust.org)
- **No Wrong Door** - designed by young people and practitioners, NWD provides a focal point to access help with information, support and guidance services, including mental health and wellbeing and lets young people (aged 11 – 25 yrs) in Herefordshire know what's going on. <http://www.hvoss.org.uk/categories/young-people-and-youth-groups/no-wrong-door-project.aspx>
- **Child and Adolescent Mental Health** For more information on the wellbeing support available for children and young people visit [www.hacw.nhs.uk/camhs](http://www.hacw.nhs.uk/camhs)

### Other useful online resources include:

- **UNICEF** - information for teenagers on wellbeing: <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>
- **Young Minds** - can help young people who are struggling with self-isolation, coronavirus and the impact these have on mental health: <https://youngminds.org.uk/>
- **The Anna Freud Centre** - provides evidence- based information to promote the mental health

# Queen Elizabeth High School



and wellbeing of infants, children and their families: <https://www.annafreud.org/>

- **Barnados** offers a range of advice and information on helping your teenager to cope: <https://www.barnados.org.uk/blog/how-help-your-teenager-staying-home-during-lockdown>
- The NHS has a number of apps to help with anxiety, mindfulness, breathing and relaxation for you and your children: <https://www.nhs.uk/apps-library/filter/?categories=Mental%20health>
- **Every Mind Matters** – information and advice ranging from tips if you are worried about coronavirus to working from home and information for carers of children and young people: <https://www.nhs.uk/oneyou/every-mind-matters/>
- **Herefordshire MIND** - Safe Haven service operating support **for adults** via phone and email at present:  
<https://www.herefordshire-mind.org.uk/safe-haven.asp#.Xr6foWhKi70>
- **The King's Fund** – online resources to support individuals and teams working across health and care: <https://www.kingsfund.org.uk/publications/resources-supporting-mental-health-covid19>

## Bereavement support and resources

- St Michael's Hospice: <https://www.st-michaels-hospice.org.uk/>
- Cruse: <https://www.cruse.org.uk/get-help/local-services/west-midlands/herefordshire>

## Domestic Abuse support

West Mercia Women's Aid: <http://westmerciawomensaid.org/>

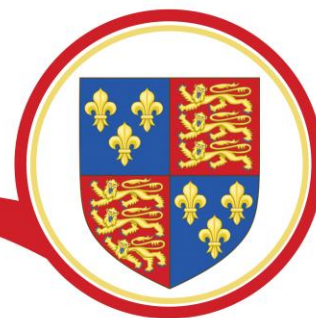
## Other useful resources

- Books on worries and feelings eg. "The Huge Bag of Worries"
- Herefordshire WISH: <https://www.wisherefordshire.org/keeping-well-staying-healthy/keeping-yourself-well/coronavirus-national-information-and-guidance/coronavirus-local-community-information/>

## Resources and advice for children and families following Coronavirus

- Coronavirus and mental health advice for parents and carers: <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>
- Tips for parents to minimise family stress: <https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need?fbclid=IwAR3b-d7J49w6h8Jv58Yv01VweGVxwzfFyhC5vmXvqY85Xw7mogCN34mvRaU>
- Talking to children and young people about illness: <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf>
- Booklet for children explaining coronavirus <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>
- Animated video for young children explaining the virus:

# Queen Elizabeth High School



<https://www.brainpop.com/health/disease/sinjuriesandconditions/coronavirus/>

- Illustration for children/teens explaining the virus: [https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=this downloadable comic&utm\\_campaign=Weekly-03-03-20&t=1583271654945](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm_source=newsletter&utm_medium=email&utm_content=this%20downloadable%20comic&utm_campaign=Weekly-03-03-20&t=1583271654945)
- Video from doctors (often on children's television) explaining the virus to children: <https://www.bbc.co.uk/newsround/51342366>

## Resources for children and young people with special educational needs and disabilities

- Information for those struggling with OCD [www.ocduk.org/ocd-and-coronavirus-top-tips](http://www.ocduk.org/ocd-and-coronavirus-top-tips)
- Information for those with sensory difficulties who struggle with handwashing <https://www.sensoryintegration.org.uk/News/8821506>
- Pupils with ASD <http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supporting%20Children%20with%20LD%20&%20ASD%20with%20COVID%20Isolation.pdf> <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>
- Pupils with learning difficulties <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20e-ditsAH.pdf>
- Relaxation <https://blog.calm.com/take-a-deep-breath>