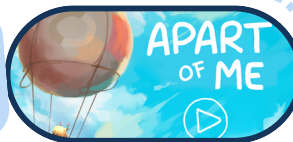


Meet our Safeguarding Team



Support for Young People Coping with Grief



If your child is struggling with loss, the **Apart of Me** app offers a safe, supportive space to help them process their feelings.

This free app, designed with child psychologists, uses a therapeutic game to teach coping strategies through mindfulness, storytelling, and interactive activities.

Available on iOS and Android

Learn more: www.apartofme.org

Quote from an USH student:

"I like the fact that it gives me stories from real people about what has happened to them before and after grief - I found this relatable. I use it when I need to and it does help"

Online Safety Alert: WhatsApp Group "Add Everyone"

A national safeguarding concern has been raised about a WhatsApp group called "Add Everyone."

This group exposes children to explicit and harmful content and encourages adding more young people while excluding parents.



What parents should do:

- Remind children to block and report the group if invited.
- Monitor devices and online activity regularly.
- Talk openly with your child about online safety.
- Review WhatsApp privacy settings: <https://faq.whatsapp.com/>.

Thank you for helping us keep our pupils safe.

Attendance Matters!



Did you know?

82% of students with attendance above 93% achieved a grade 4+ in English and Maths.

This drops to 68% for those with 88–92% attendance.

The message is clear:

Better Attendance = Better Grades!



Upcoming Events

Hampshire
CAMHS

REGISTER HERE

Community Cafés &
Lunch Clubs in
Southampton

LEARN MORE

5 Nov – Information & Advice Session (Winchester)

Drop in to speak with CAMHS clinicians, ask questions, and access resources.

7 Nov – P.A.C.E. Event (New Forest)

Practical strategies for parents and carers to better understand and support young people.



14 Nov – Autism Support Training (Winchester)

Guidance for parents, carers, and professionals supporting autistic young people.



2 Dec – Parent & Carer Training Day (Waterlooville)

Focus on managing guilt, responsibility, and self-compassion while caring for a young person.



3 Dec – Information & Advice Session (Winchester)

Another chance to connect with CAMHS clinicians and get advice.

For full details and booking, visit:
hampshirecamhs.nhs.uk/events

Keep Your Kids Safe
Online with these apps

Life360 – location sharing and emergency alerts

Qustodio – Screen time & web filtering

Bark – Monitors messages & social media

Norton Family – Location & web safety

FamiSafe – Driving reports & app blocking

Kaspersky Safe Kids – Affordable GPS tracking

Apple Screen Time / Google Family – Free built-in controls

Find a how to guide here!



SO14 (City Centre)

- **Community Café** – Mondays, 11am–1pm, Northam Community Centre.
- **The Foyer Café** – Mondays, 10am–12pm, Lighthouse, St Mary's Rd.
- **Big Breakfast** – Thursdays, 10am–11am, Above Bar Church.
- **Sunday Meal** – Sundays, 4:30–6pm, New Community Church.

SO15 (Shirley & Freemantle)

- **Teapot Café** – 1st Monday, 2:30–4:30pm, St James Rd Methodist Church.
- **Bereavement Café** – Last Monday, 2–4pm, St James Rd Methodist Church.
- **Haven Lunch Club** – Fridays, 11am–2:30pm, St Mark's Church.

SO16 (Lordshill & Swathling)

- **Lunch Club** – 2nd Monday, 12–2pm, Swathling Baptist Church.
- **Over 50s Lunch Club** – 3rd Tuesday, 12–3pm, Lordshill Community Centre.
- **Friday Lunch Club** – Last Friday, 12pm, St Alban's Church.

SO17 (Portswood & St Denys)

- **Denys Friendlies** – Mondays, 10am–12pm, St Denys Church.
- **Veg Out Café** – Mondays, 12:15–3:30pm, October Books.

SO18 & SO19 (Bitterne, Thornhill, Sholing)

- **Hope Café** – Mon, Tue, Thu mornings, Bitterne Holy Saviour Church.
- **Community Drop-In** – Tuesdays, 11am–1pm, St Christopher's Church.
- **Monty's Community Lunch** – Thursdays, 12:30–1:30pm, Montague Ave.