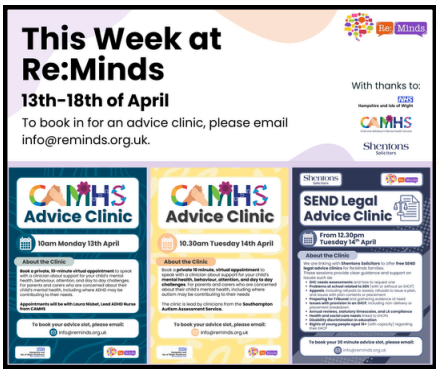
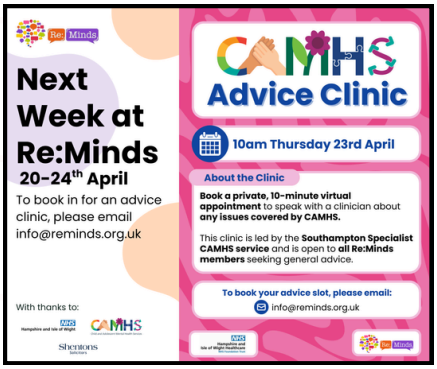
Safeguarding Newsletter

SUMMER 1 EDITION

Welcome to our Summer Safeguarding Newsletter

A warm welcome to all parents and carers as we head into a fresh new term. In this Summer edition, you'll find details of upcoming safeguarding events, helpful resources and practical information to support you in keeping your child safe and well, both in and out of school. Thank you, as always, for your continued partnership—working together makes a real difference. We hope you find this edition informative, reassuring and useful.





Hampshire CAMHS

REGISTER HERE

P.A.C.E Events - 16 April (Eastleigh) / 8 May (New Forest) - Practical strategies for parents & carers to better understand & support young people.

6 May/ 3 June – Information & Advice Session (Winchester) - Practical strategies for parents & carers to better understand & support young people.

15 May – Training Day for Parents & Carers (Chandlers Ford)

HOW TO COPE WHEN YOUR CHILD CAN'T

Guidance for parents, carers, looking at guilt, responsibility & acceptance.

4 June Trauma (Basingstoke) - Understanding the impact of trauma on a young person's brain, body & behaviour.

9 July - Autism (Eastleigh)

EMBRACING AUTISM

A day focussed on skills & strategies, supporting your autistic child to thrive

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

Solent Minds

mind Solent

NEW COUNSELLING SERVICE LAUNCHED 1 APRIL 2026

We're delighted to announce that on 1 April we launched Open Minds, a self-paid counselling service offering accessible, compassionate support for anxiety, stress, lw mood, bereavement and relationship challenges.. For more information and to book an initial **FREE** 20 minutes session click **HERE**

GARDENING TIPS - HOW TO BOOST YOUR MOOD

As the days grow longer & gardens burst back into life, it's easy to feel pressure to catch up - but spring gardening can also be gentle, grounding & restorative.

Click **HERE** for some tips

Useful Resources for you and your child

Use art to support your mental health click **HERE** for information & resources

Tips & Ideas for young people aged 11-18 on how to improve their sleep. Click **HERE**

Short Videos & Podcasts on a variety of topics including ADHD,Anxiety, Autism, Bereavement & Loss and Self Esteem. Click **HERE**

RE: MINDS Advice & Clinic dates - click **HERE** or FREE Workshops - click **HERE**