Safeguarding Newsletter

AUTUMN 1 EDITION

NO LIMITS

We have No Limits coming back into our school on a fortnightly basis for both 'Open Access' sessions on a Tuesday break time and then our designated workers are offering 1:1 30 minute sessions with our students. Their first 'Open Access' session last week was very well received by our students and we will be starting our 1:1 sessions after the October half term.

Below are also some helpful links from the No Limits website which may be of use to yourself or your children:

No Limits support:

Avenue Drop-in | Southampton | Advice & Wellbeing Hub

Advice Centre | Southampton High Street No Limits

Safe Haven Southampton | Mental Health Crisis | No Limits

Therapeutic Support | Mental Health & Wellbeing | No Limits

Relationships and Sexuality | No Limits

DASH | Drug and Alcohol Support | Southampton | No Limits

Sexual Health Support for Young People | No Limits

Detached Team | Southampton Communities | No Limits

Special Educational Needs | Time 4U | No Limits

Groups for Young People | Southampton | No Limits

Parents and Professionals | About No Limits | Youth Charity

Avenue Counselling | Low-Cost Young Person and Family Counselling

Self-Help Advice, Information and Resources | No Limits

Saturday, 31 October 2026 at 11:00 AM at Pets at Home Southampton Shirley. A free, spooky-themed children's interactive workshop (registration required).

https://www.visitsouthampton.co.uk/half-term/

General help & advice for mental health:

https://otr-south.org.uk/wp-content/uploads/2026/04/The-good-mental-health-handbook.pdf

https://www.thecalmzone.net/calmzone-app

The Online Safety Hub

Hamwic.onlinesafetyhub.uk

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SELF HARM

To maintain awareness around self-harm with our students we wanted to signpost you to a number of websites and services that you may find useful. Please do get in contact with your child's HOY if you have any concerns around this issue.

https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/
https://www.healthforteens.co.uk/feelings/self-harm/
https://harmless.org.uk/
https://www.youngminds.org.uk/parent/parents-helpline/
https://sift.org.uk/
https://sift.org.uk/for-friends-family/advice-to-parents-and-carers-from-parents-and-carers/



MHST coffee mornings:

We are excited to announce that we are planning to offer coffee mornings for any parents to meet with each other and Elizabetta, a member from the MHST team, to have a hot drink, biscuit and to get advice around mental health for their child. There will be more information about this to be released after the October half term so please look out for it on our school website.

Community News



A reminder about important messages for our young people vaping Please can we ask you to be extra vigilant and please find some links below for any parent who has concerns about their child vaping:

https://www.nhs.uk/better-health/quit-smoking/help-others-quit/young-people-and-vaping/

https://www.healthforteens.co.uk/lifestyle/vaping/e-cigarettes-just-the-facts/

https://changegrowlive.org/young-people/vaping

