ST RICHARD'S
CATHOLIC COLLEGE

Support Services at St Richard's

Putting pupil wellbeing at the heart of all we do

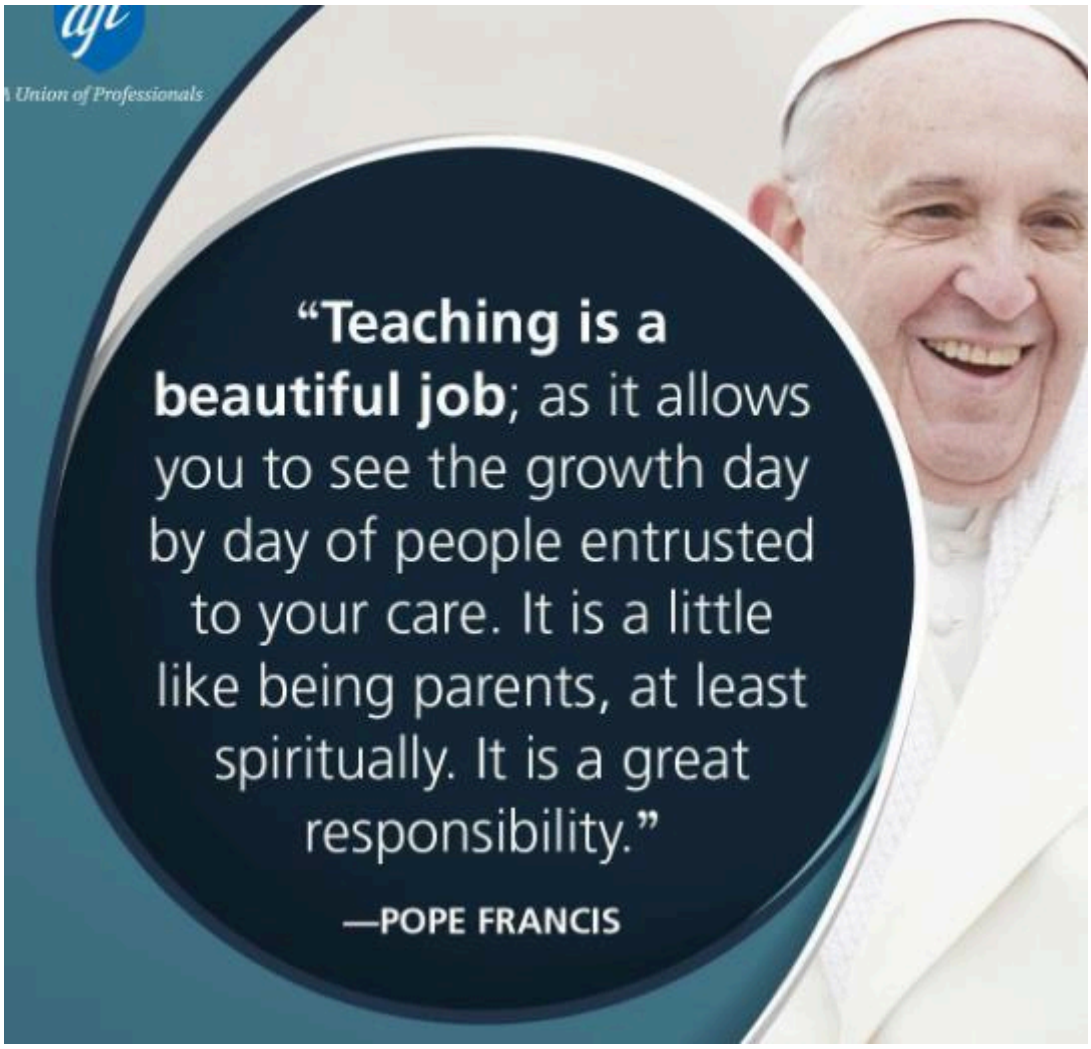
A Guide for Staff/Parents/Carers/Pupils

We INSPIRE
We MOTIVATE
We CARE
We TEACH

'I have come so that all may have life and have it to the full'
John 10:10

25 September 2023

This booklet has been put together to outline the support available in the school to our pupils. It is important that we work strongly in partnership with parents and carers to put pupil wellbeing at the heart of all we do. This starts with the care and support given to each child and young person who walks through our gates. It is the consistent care that must be provided by the entire community of St Richard's and which should permeate all we do. This care must be evident in every form time, the classroom, corridor, canteen area and playground. We are reminded by Pope Francis that:



Alongside the care and support provided to all pupils there are times when a child will need extra care and help. This booklet has been put together to outline the range of support provided to pupils in the school. Alongside the regularly reviewed and updated universal support for all pupils there is targeted in school support for those who require it. The next few pages detail this support and who to liaise with over it. It then offers an external agency directory for further signposting to pupils and parents.

ST RICHARD'S
CATHOLIC COLLEGE

COMITAS. SCIENTIA. CARITAS

St Richard's Graduated Response to Mental Health & Emotional Wellbeing Support

TLP Specialist Support,
CAMHS, IRock, SPOA,
School Nurse Service,
Dragonflies, School Counsellor,
Early help key work

Targeted support to external specialists in school setting, e.g.:

My Time, School Counsellor, Occupational Therapist, Speech & Language Therapist, Ed Psych, Time to Talk, Schools Mental Health Support Team, DSL/Pastoral Support Manager, HIVE Pastoral team, Chaplain, Occupational Therapist, ELSA, Team around School & Setting (TASS)

Targeted in-school 1 to 1 or group support, e.g.:

Strong exam access arrangements, large number of staff trained in Mental Health First Aid, Anger Management workshops, DSL/Pastoral Manager, Pastoral Care team leading to 1 to 1 and groups, SAS Group, Spectrum (bereavement) programme, Designated Teacher Mentors with protected time for role, mental health and wellbeing programmes, social use of language group, exams anxiety groups, EWO, Young Carers.

Universal MHEW support from ALL staff to ALL children and young people

Assemblies, THE HIVE (wellbeing drop-in space in the PE corridor), PSHEe designated schemes, DSL/ Pastoral Manager, HIVE Pastoral team, Jo - Lay Chaplain, Yoga classes, DSL team, Mental Health First Aiders, Pastoral Care Team, Tutors delivering a strong pastoral support programme, SEN, SEND Coordinators for all year groups, Pupil Voice, Wellbeing Ambassadors, Student Listeners, SEN Lunch Club, curriculum model promotes opportunity for wellbeing, Attendance monitoring to build a picture and provide early support, Extensive Enrichment Programme, Prep Club/Prep Club plus, Action Your Potential programme (pupils, parents/carers, staff), mentoring (staff pupil), daily reflection/meditation, wellbeing Mondays (tutor time), TA mentors, variety of school lunchtime clubs e.g. Knit & Natter, wellbeing drop ins etc (all shown on the school website under clubs), strong signposting to support across the school.

SEMH Intervention 2023-2024

Intervention	Purpose/Referral Criteria	Details	Key Staff
1. Mental Health & Emotional Well-being			
Mental Health Support Team	MHST are working with St Richard's whilst training this academic year, Katie Roe on a Monday and supervisor Doug Jack, based in the Pastoral Support Office. The intervention can be focused on sleep difficulties, poor eating patterns (not eating disorders) low mood, low self esteem or depression, anxiety difficulties, phobias, social anxiety and excessive worry. The MHST cannot work with a pupil if any other therapeutic input is being made, even if this is private or out of school. Pupils with ASD and ADHD will be considered on an individual basis as the cognitive behavioural approach will not work with these needs due to challenges with changing cognitive processing patterns.	Referrals can be made via referral forms that are in the Pastoral Support office. These are then taken to a clinical supervision and agreed. The assessment tends to take 2-3 sessions with a further 4 sessions (maybe more) of targeted support.	Mrs E Dann,
Mental Health First Aiders	Support for pupils who are concerned that they may be experiencing a negative impact on their mental health and would benefit from sign posting and support from a member of staff who has been trained in mental health first aid.	1:1 support from a variety of staff who have been trained. They are identified through posters around the school and through wearing the BEE badge	Mrs Dann, Mr Bligh, Mrs Britt, Miss Doyle, Mr Eyre, Mrs Hills, Mrs Knight, Miss Lewis, Mr Smith, Mr Steele, Mrs Byrne, Mr Campbell, Mrs N Campbell, Mrs J Di Mascio, Mrs Ellis, Mrs Forster-Simmons, Mrs Hook, Ms Hubbard, Mrs Lea-White, Miss McKay, Mr Padgham, Miss Tester, Ms Tocknell, Mrs Taylor-Singfield, Mr Trimby, Ms Whelan.
Short term response intervention	Intervention tends to be 1:1 and is a response to a crisis for a child in the moment; this may be due to overwhelming emotions, a recent experience, unusual displays of behaviour or a disclosure. The response will often be regular (daily or every other day) over a few weeks to ensure that the pupil is settled and has links to support and sign posting. This support does not tend to be long term unless a concern is recurring.	Intervention tends to be delivered by the staff member that this was presented with, however if this is not possible it is likely to be passed to the DSL/Pastoral Support Manager to ensure that support is followed up and sufficient action is taken to support the pupil.	Staff, DSL/Pastoral Support Manager, SENCO
2. Self-esteem			
Theatre based support	A small group provision using drama to build up confidence and self-esteem. Tasks/activities to encourage/facilitate communication and support KS3 pupils in identifying positives. Strategies for managing emotions.	Mr Eyre has attended training and is able to deliver this when required.	Mr Eyre
3. Social Skills			
Social Use of Language (SULP)	Support for pupils who are having difficulties with forming friendships, dealing with social situations and/or bullying. Delivered as a group. Generally, based around a pupil or group of pupils who are addressing a specific difficulty.	Delivered by TAs in a group of around 5/6 pupils max.	Mr Smith, Mrs Campbell, Mrs Lea-White

Intervention	Purpose/Referral Criteria	Details	Key Staff
Anger Management/Managing strong emotions	This can be group work or 1:1. Often delivered 1:1 over a 6 week period with sessions planned but tailored to the needs of the pupil. Focus to be on triggers, physical signs, measuring emotions, exploring strategies and sharing strategies. There is also scope for this to be explored through theatre, drama and role play.	1:1 support has been delivered by DSL/Pastoral Support Manager. This is due to be continued in a variety of ways with Mr Eyre.	Mrs Dann, Mr Eyre, Mr Padgham, HIVE support: Mrs Taylor-Singfield & Mrs Ellis
4. SEND Support			
Educational Psychologist	Pupils referred may be observed and assessed for educational, behavioural and/or SEMH concerns. Reports are provided by the EP with outcomes for staff following a full assessment. The Ed Psych service are also involved as part of the EHC assessment process.	Referral via SENCo. The school buys in to the Ed Psych service at a rate of approx 9 days per year. The link Ed Psych is Dr Elizabeth Russell. Service capacity is limited to 3 days.	Mr Smith
Speech and Language Therapist	Not a bespoke SEMH service, however the private Speech and Language therapist is a professional whom pupils often build a good relationship with, and disclosures and/or concerns can often be recorded as a result of these sessions.	Delivered by independent Speech and Language Therapist, Lee-Ann Govender. Wednesday 8.30-2.30 Thursday 8.30-12.45	Mr Smith, Mrs Britt
OT Therapeutic Input (bespoke)	OT (Seb Hilder) is in School on a Friday (Reg-p4) and has scheduled appointments with pupils who are referred. The service is funded by the school and specific criteria must be met, ie a need identified, scope for the therapist to make a positive improvement, and signs of measurable progress (e.g. in levels of confidence) over the course of sessions.	Delivered by independent OT, funded by SEN department. There are sometimes options for Virtual School or Children's Services to fund an assessment or period of support from the OT.	Mr Smith, Mrs Britt
5. Self Regulation			
Counsellor (Helen Blackford)	Helen is in School 3 days a week seeing pupils in half an hour slots. Counselling is a listening service for pupils to access support. The service is completely confidential unless a safeguarding issue is raised within a session.	Referrals can be made by any staff member and pupils can also self-refer.	Mrs Dann, Mrs Ralph, Mrs Forte
DSL/Pastoral Support Manager/The Hive	Mrs Dann will offer bespoke pastoral support for pupils. This will vary on context and can be in response to a crisis or behaviour as well as general SEMH, LAC or friendship concerns. There is no referral criteria and pupils can drop in for support. However, capacity is limited and often the support will look at the issue and how pupils can be signposted to the best support for them to access. The Hive offers drop-ins for pupils before school, break time and lunch time.	Support may be (but not limited to the following): Anti-bullying, building positive relationships, LGBTQ, careers, anger management, anxiety, building resilience, managing emotions, substance misuse, resolving conflict, organisation, soft skills, someone to talk to, referring for specialist support.	Mrs Dann Mrs Ellis Mrs Taylor-Singfield
Zones of Regulation	A support mechanism or strategy for pupils who are not managing to self-regulate. This is a useful tool in place of, or alongside an exit card to identify how a pupil is feeling on a visual chart, using colours and examples of emotions. The tool also offers 4 options of strategies to try and support self-regulation.	The tool is useful to share with a pupil, have available for when support is needed and to encourage independent use of the strategies with reminders and prompts as and when needed. A visual copy can be provided to the pupil to look at if necessary.	Mrs Dann, Mr Smith Mrs Ellis, Mrs Taylor-Singfield

Intervention	Purpose/Referral Criteria	Details	Key Staff
6. Loss & Separation			
Loss and Separation - Spectrum Group	Group for pupils who have suffered loss or bereavement. Usually delivered by trained TAs. The group will have no more than 6 pupils and will be tailored to suit specific year groups or Key Stages to ensure conversations are appropriate.	Managed by Jo Doyle. Any staff members can refer a pupil. Often delivered in Pastoral Support Office.	Mrs N Campbell, Miss J Doyle, Mrs K Lea-White
Suicide Prevention Work and Bereavement	Led by Lauren Carvalho, a Counsellor who offers support to groups of pupils and parents in dealing with suicide idealisation or the aftermath of a suicide.	Led by Lauren Carvalho	Lauren Carvalho, Mrs Dann
7. Relationships			
SAS	Group work to look at specialist sex and relationships education. This is targeted at pupils who may be at risk with regards to relationships and will look at minimising harm and risk awareness. The SAS education is run in small groups during PHSE lessons over a 6 week period. Usually delivered to Year 9.	Pupils can be referred by any staff member to be considered for the next group. Group dynamics must be considered when setting the group up. Can have targeted 1:1.	Mrs R Knight, Mr M Padgham
8. General support			
Mentoring (General)	Pupils who want or need mentoring are identified by requesting this, being offered this due to not meeting targets or needing support for emotional wellbeing or behaviour. Pupils are allocated to a willing staff member who will hold planned sessions with pupils. These can be run in small groups or 1:1 depending on the needs of the pupil.	Mentoring will be tailored for each pupil and mentors can be paired with pupils due to existing relationships or on identified strengths of staff to forge these relationships. Sessions must be regular and have targets or goals.	Identified by Pastoral Leaders. Mentors are: LMT, Mr M Padgham, Mrs R Knight, Pastoral Leaders, Miss S Tester, Miss J Doyle. Mr C Eyre, Miss L Lewis, Miss H McKay.
School Health Service	Recently changed to an appointment led service, pupils can text to make an appointment. Can refer online for package of work.	School Health team can be contacted via text on 07507332473	HIVE Pastoral support: Mrs S Ellis and Mrs L Taylor-Singfield
9. Young Carers			
Young Carers	Drop in Service available for young carers. There are also specific appointments for identified young carers who are offered support. Arranged on a needs basis.	Young Carers must be identified for support to be offered - staff need to be vigilant around conversations where pupils are caring for family members and refer pupils for this support.	Jo Doyle
10. Targeted outside agency support			
Community Police Link	Sussex Police have a link with Lorri Bunton who will offer advice from a police perspective for incidents impacting pupils and may also offer to speak to pupils within the school environment to clarify the law and give warnings.	Managed through strong links with DSL/Pastoral Support Manager and pastoral team.	Mr J Campbell, Mrs Dann

Intervention	Purpose/Referral Criteria	Details	Key Staff
Time to Talk	Intergenerational Mediation Service - this is a free service, mediators will come into school to meet with pupils and also meet with parents all on a 1:1 basis and then follow this up with pre-arranged family meetings to mediate communication and re-build relationships. All members participating must be willing to engage with the service and this can be discussed over the phone calling 01323 442781. If appropriate, an email referral form will be sent to gather basic information.	Signposted via the Pastoral Care team.	Mrs Dann, Pastoral Leaders
YOT	The Youth Offending Team will generally work with pupils who have had a conviction from the police and received a court order. This is then a mandatory piece of work where pupils will be taken to court if they do not engage and attend appointments. YOT will work to look at ways to prevent further criminal acts with young people and also seek to engage with other professionals around positive engagement, mental health and substance misuse support. On very few occasions, YOT will work with a pupil at the request of police for a few sessions without a court order.	YOT are based in Hastings within the community however when a worker has been allocated to a young person they may decide to hold a session a week in school to ensure attendance or offer specialist support in a more accessible environment.	Mr Campbell Mrs Dann
YES (The My Trust)	Youth Employability Service work with Year 11s regarding further education, training and apprenticeships. YES will be able to deliver workshops to targeted young people around building resilience or aspirations and will also identify pupils at risk of becoming NEET each year and follow these pupils through to September to ensure that they have participated in some kind of education and training moving forward. YES are able to offer employment advice.	YES will make contact with school each year to identify pupils at risk of being NEET. YES can also be contacted online or via telephone for advice about a pupil or to make further referrals.	Mr Campbell Mrs Dann Mrs Adams (Careers)
Level 3 Early Help Keywork	Level 3 family key work can be referred to by making a Statement of Referral through SPOA - families must be willing to engage and consent to a referral and circumstances must correlate with the level 3 continuum of need.	Managed by the Safeguarding Team.	DSL team
CAMHS/LACAMHS	Deliver medical assessments for conditions such as ASC and ADHD, and provide therapeutic input to address SEMH needs. These can be on a short or long-term basis.	Referral via SOR (can be made by GP or by school. GP is preferred if majority of issues are in the home; school is preferred if vice versa). All input delivered by CAMHS therapists or other specialists, either in school, at the CAMHS/LACAMHS centres or in the family home. Some intervention online.	Pastoral Care Team SENCO
EAL Service	Not a bespoke SEMH service, however the EAL Service provides professionals whom pupils often build good relationships with, and disclosures and/or concerns can often be recorded as a result of these sessions.	Referral via East Sussex Front Door. EALS teacher for St Richard's is Martine Sepion, who is in school every Tuesday (all day). The school has committed to buy into the service.	Mr Smith, Mrs Britt
Other organisations that the school will refer to depending on need: SWIFT, PREVENT, WISE, CAHMS, IROCK, SFEDs			

E-Safety – Where to go for help

https://www.ceop.police.uk/safety-centre/

https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/report-nude-image-online/

https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/

The app, which features a special keyboard, combines machine-learning technology with the ability to keep a diary of their emotions to allow children the chance to record how they're feeling and why

Report any nude images of any description.

https://www.commonsensemedia.org/
https://www.thinkuknow.co.uk/

The following directory of agencies and support for parents/carers, staff supporting pupils and pupils themselves. Some of the resources and support available are age-limited and this should be checked prior to sharing information with families, pupils or making direct contact with the agency themselves. This has been grouped into sections to help locate the most appropriate or helpful support.

This list is not exhaustive, appropriate additions are welcomed and it will be updated at regular intervals by the Pastoral Care Team.

Outside Agency Directory

Eating Issues:

Beating Eating Disorderswww.b-eat.co.uk

Help for young people: The Beat Youth line is open to anyone under 18.

Youthline: 0808 801 0711 email: fyp@beateatingdisorders.org.uk

Gender issues:

ALLSORTS

Support for young people who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.

Address: YPC, 69 Ship Street, Brighton, BN1 1AE. Phone: 01273 721100

Email: youth@allsortsyouth.org.uk www.allsortsyouth.org.uk - to refer online

Also for parent support, ALLSORTS hold monthly groups – contact: families@allsortsyouth.org.uk

Bereavement Support:

Winstons Wish

The Winston's Wish Freephone National Helpline is a vital support tool for those coping with bereavement. It is manned by trained clinical practitioners and is free and confidential. Call **08088 020 021** for free advice and support.

Cruse Bereavement http://www.cruse.org.uk/

Tel: Helpline – 0808 808 1677

Suicide Prevention/Self-Harm

HopeLine UK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

- Call: 0800 068 4141
- Text: 07860039967 or Email: pat@papyrus-uk.org

24 hours a day, every day

Samaritans

■Tel: 116123 or email jo@samaritans.org

■www.samaritans.org

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Substance misuse:

FRANK

■Freephone 0300 123 6600 (24 hour service, free if call from a landline and won't show up on the phone bill, provides translation for non-English speakers)

■www.talktofrank.com

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

Young Minds - www.youngminds.org.uk

Information for young People and Parents

Parent Helpline: 0808 802 5544 (free for mobiles and landlines - Monday-Friday 9.30-4pm)

Text: SHOUT to 85258

http://www.youngminds.org.uk/for_children_young_people/youngminds_vs

Join the online campaign – Talk about school stress, bullying, sexual pressure, unemployment, etc.

The Mix

The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.

Helpline (ages 11-25): 0808 808 4994 - 4pm-11pm Monday to Friday

Mental Health

- Rethink Mental Illness- this website offers advice and information. They have useful factsheets that can be downloaded. They offer general advice with regards to mental health. Website www.rethink.org General Enquiries: 0121 522 7007
- Mind - Mind has many available resources, help and advice detailed on the website for young people, parents and professionals. Info line: 0300 1233393 website www.mind.org.uk

Help for Parents

ESCC Open for Parents

www.openforparents.org.uk/top-10-tips-for-parents/

Tel: 01424 725800

email: EH.0-19parentingteam@eastsussex.gov.uk

- Open for Parents/Carers provide information, advice and support for parents and carers who want to support their child's development and wellbeing. They may be experiencing some difficulty with managing their child's behaviour or simply want some tips and strategies for dealing with common childhood and teen issues.
- The Triple P program offers talks, one-off groups, longer courses, brief one-to-one support and online courses
- Support is available in a wide range of places, including schools and local community venues.

ADHD Support group (St. Leonards)

- Facebook page: https://www.facebook.com/Y-Centre-YMCA-Hastings-UK
- Address: The 'Y' Centre, St. Paul's Road, St. Leonards-on-Sea, East Sussex, TN37 6RS –
- Support group meeting every other Monday at the Y Centre - 6.30pm to 8pm.
- Members from 16 years plus who have a diagnosis of ADHD *(must be accompanied*
- Members from 16 years plus who suspect they have ADHD *by parent/carer)*
- Adults who are supporting someone with ADHD, including children with a diagnosis - Adults with ADHD and a co-existing disorder such as autism.
- The Group have some very in depth discussions and a lot of good humour. Tea, coffee, juice and biscuits are provided!

Family Lives

www.familylives.org.uk/

24/7 helpline: 0808 0800 2222

email: askus@familylives.org.uk

Support, guidance and forums for parents and carers.

Anxiety Support

NO PANIC Youth Helpline is a confidential helpline for those aged between 13 and 20 years old which aims to help young people with anxiety, panic, phobias, obsessive compulsive disorder and the specific anxieties that young people experience.

Youth Helpline: 0300 772 9844 - 365 days of the year 10am-10pm

Website: http://www.nopanic.org.uk/youth-helpline/ email: sarah @nopanic.org.uk

GET SELF HELP - website for information and helpful strategies on various issues, including stress, anxiety, anger, depression. www.getselfhelp.co.uk

Online Support, Guidance and resources

MINDED.ORG.UK - information about children's and young people's mental health, how to understand what might be going on for them and how to support them.
www.minded.org.uk

ChildLine: ■Freephone 0800 1111 (24 hours)

■www.childline.org.uk | online chat | message boards

Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

Children's legal centre

■Child Law Advice Line 0300 330 5480 (freephone)

■www.lawstuff.org.uk

The Children's Legal Centre is a charity that promotes children's rights and gives legal advice and representation to children and young people.

HeadMeds

■www.youngminds.org.uk/young-person/medications

Straight talk on mental health medication. Look up your medication to find out about side effects and things you might not feel comfortable asking your GP about, and listen to other people's experiences.

The Mix.org - https://www.themix.org.uk/get-support
Essential support for under 25's

https://www.thecalmzone.net/agency/thesite-org/
is an online guide to life for 16 to 25 year-olds. It provides non-judgemental support and information on everything from sex and exam stress to debt and drugs.

Tel: 0800 585858

Sussex Mental Health Line – 111 and select option 2 or 0800 0309 500 – for support and advice about concerns about your own or someone else's emotional wellbeing 24/7

Support for young people with Autism

Spectrum
Tel: 01323 762024 Email: Spectrum@eastsussex.gov.uk
Website: www.eastsussex.gov.uk/spectrum (referrals can be made via this website) Facebook: www.facebook.com/spectrumautismsupport

- Spectrum work across East Sussex to support young people with autism to independently access their community.
- Support to manage everyday activities such as travelling via public transport, and attending personal appointments or accessing recreational clubs and social activities
- Skills based training and one to one outreach, 6 sessions life skills award
- No diagnosis needed.

Communication, Learning and Autism Support Service (CLASS)
Tel: 01273 336887 Email: class@eastsussex.gov.uk

- Accessed through iSEND and work with teachers to develop their practice in the areas of speech, language and communication needs including Autism
- 1:1 work from a practitioner offered, including work with the young person directly, as well as small group work interventions on an identified need (e.g. social skills groups)
- CLASS offers a package of core support to secondary schools to build capacity within the school to successfully support students with additional communication and learning needs.
- No diagnosis required

CLASS Plus (CLASS+)
Email: class@eastsussex.gov.uk
Facebook: www.facebook.com/CLASSPlusEastSussex

- Class + works across East Sussex to support families/ carers of young people on the autism spectrum
- Class + aims to enable the families/ carers to build their understanding of the strengths and challenges faced by children and young people on the spectrum, thereby developing greater confidence to support them.

CASS Counselling & Autism Spectrum Support

Tel: 07769 218986

Website: www.casscounselling.co.uk

Email: admin@casscounselling.co.uk

- CASS is a counselling support service predominantly for those on the Autism Spectrum and their care givers.
- Additional to counselling, CASS also offer mentoring/ befriending with a mentor, which is more about buddying-up, not fixing anything as such. This is a great way for people on the spectrum to socialise and learn new skills in a safe and supported environment, increasing their confidence.

Amaze SENDIASS (Special Educational Needs and Disability Information, Advice and Support Service)

Tel: 01273 772289 Monday – Friday 9.30-5.00pm

Website: amazesussex.org.uk

Email: sendiass@amazesussex.org.uk

- Independent advice and support for parents and carers of children and young people with SEND
- Young people 16-25 can also get advice

I ROCK/ Drop-In SERVICES

Hastings i-Rock

Monday-Friday: 11am-6pm - live chatline 11-6pm

Address: Rock House, 49-51 Cambridge Road, Hastings, TN34 1DT

Email: irockeastsussex@spft.nhs.uk

Twitter: @HastingsiRock

Facebook: iRockHastings

Open for parents (Triple P)

www.openforparents.org.uk

Tel: 01424 725800

Email: EH.0-19parentingteam@eastsussex.gov.uk

- Open for parents provide information, advice and support for parents and carers who want to support their child's development and wellbeing. They may be experiencing some difficulty with managing their child's behaviour or simply want some tips and strategies for dealing with common childhood and teen issues.
- The Triple P program offers talks, one-off groups, longer courses, brief one-to-one support and online courses
- Support is available in a wide range of places, including schools and local community venues.

ADHD Support group (St. Leonards)

01424 429677 email: ycentre2015@gmail.com

Facebook page: https://www.facebook.com/Y-Centre-YMCA-Hastings-UK

Address: The 'Y' Centre, St. Paul's Road, St. Leonards-on-Sea, East Sussex, TN37 6RS

- Support group meeting every other Thursday at the Y Centre 6.30pm to 8.30pm. –
- Members from 16 years plus who have a diagnosis of ADHD
- Members from 16 years plus who suspect they have ADHD
- Adults who are supporting someone with ADHD, including children with a diagnosis
- Adults with ADHD and a co-existing disorder such as autism
- The Group have some very in depth discussions and a lot of good humour. Tea, coffee, juice and biscuits are provided!

Support for staff

www.nhs.uk/nhs-app
What's Up – supports your wellbeing team to support others
https://www.healthinmind.org.uk/ - groups, online support in East Sussex
www.thecalmzone.net – Campaign Against Living Miserably website particularly aimed at men at risk of suicide

For Out of Hours Support

Wellbeing support services for staff

If you're a member of school staff who is stressed or worried about anything you can contact the following providers:

Free counselling from the NHS (self-refer online)

- Education Support Partnership (telephone support and counselling) confidential 24/7 emotional support helpline on 08000 562 561.
- Insight Healthcare (self referrals and employee assistance programmes)
- Samaritans (telephone support)

Call 111 – if you need out-of-hours medical help.

Appendices

1. Poster of Safeguarding Team
2. Poster of Mental Health First Aiders
3. Signposting poster for pupils (KS3 & KS4)
4. Well-being posters

ST RICHARD'S
CATHOLIC COLLEGE

COMITAS, SCIENTIA, CARITAS

Designated Safeguarding Team 2023-2024

Please let any of the staff below know if you have a worry or concerns about your own safety or the safety of a friend. We are always here to help.

Designated Safeguarding Lead



Mrs Dann
Pastoral Support Manager/Senior Mental Health Lead
Office: Ground floor A Block

Safeguarding Governor



Mrs Horan
Safeguarding Governor

Safeguarding Team (Deputy Designated Safeguarding Leads)



Mr Campbell
Senior Assistant Principal
Pastoral Leader Year 11
Office: Top Floor B Block



Mr Barber
Principal
Office: Ground floor B Block
Manages allegations against staff



Mr Bligh
Pastoral Leader Year 7
Office: Ground floor A Block



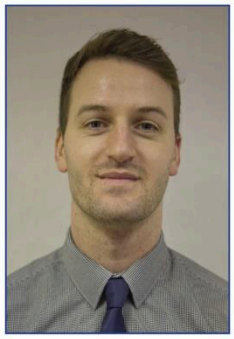
Mrs Ellis
Pastoral Teaching Assistant
Office: HIVE



Mrs Hills
Safeguarding Officer (CLA)
Pastoral Leader Year 9
Office: Opposite Attendance



Mr Smith
SENCO
Office: 1st floor A Block



Mr Steele
Pastoral Leader Year 8
Office: Off PA Office



Mrs Taylor-Singfield
Pastoral Teaching Assistant
Office: HIVE

ST RICHARD'S
CATHOLIC COLLEGE

Mental Health Trained Staff 2023-2024

Mental Health First Aiders


Mrs Dann
Mental Health Lead

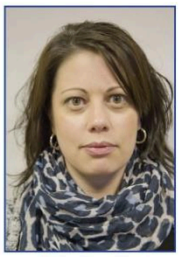

Mr Bligh


Mrs Britt
SEN Office


Miss Doyle


Mr Eyre


Mrs Hills


Mrs Knight


Miss Lewis


Mr Smith

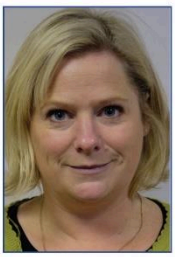

Mr Steele

Mental Health Champions


Mrs Byrne


Mr Campbell

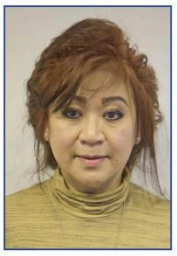

Mrs Campbell


Mrs Di Mascio


Mrs Ellis


Mrs
Forster-Simmons


Mrs Hook


Ms Hubbard


Mrs Lea-White


Miss McKay


Mr Padgham


Miss Tester


Ms Tocknell
Librarian


Mrs
Taylor-Singfield


Mr Trimby


Ms Whelan

Key Stage 3 poster

Peer Support at St Richard's



- Wellbeing Ambassadors
- Student Listeners
- Prefects

There is always someone to talk to.

St Richard's will not tolerate bullying of any kind.

If you experience or witness any bullying, please report this to any member of staff; do not delay!

You can also seek support from a Wellbeing Ambassador.

Mental Health

See posters around the school for Staff Mental Health First Aiders. You can also speak to DSL/Pastoral Support Manager, Emma Dann, or go to the HIVE before school, at break or lunchtimes.

Pastoral Support

Emma Dann – DSL/Pastoral Support Manager
The HIVE - Mrs Taylor-Singfield / Mrs Ellis
Jo Doyle – Lay Chaplain
Your Pastoral Leader
Teacher Mentors:
Mr Padgham & **Mrs Knight**

School Counsellor



If you would like an appointment to see Helen, our School Counsellor, this can be arranged. Please speak to a member of staff that you feel comfortable speaking to or email the HIVE at: thehive@strichardscc.com



E-motion is a free online counselling service that anyone aged 12–18 can access. Trained counsellors can help you deal with any negative thoughts or feelings. www.e-motion.org.uk

School Nurse



If you are worried about a health issue, text 07507332473 for an appointment with the School Health Team.

WHISPER

An anonymous reporting tool. Are you worried about a friend? Want to raise a concern anonymously? Please use the Whisper reporting tool on our school home screen.

Take control of your life online with the BBC Own It App to help you make better informed choices. Under 13s need parental permission.

Childine is a service run by the NSPCC.

You can talk to Childine about anything, no problem is too big or too small. If you do not want to call you can visit the website: www.childline.org.uk

Frank is an honest website (talktofrank.com) with information about drugs and alcohol. You can call Frank on 0300 123 6600 or text 82111 for confidential advice. East Sussex also have a support service called Under 19s Substance Misuse Support.

Fearless is a service that allows you to pass on information about crime 100% anonymously. Do not hold onto information that may lead to someone being harmed. Report this online at: www.fearless.org

A full list of all support services can found on the school website (here) and the school support site on your Google Drive

Key Stage 4 poster

Peer Support at St Richard's

- Wellbeing Ambassadors
- Student Listeners
- Prefects

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Mental Health

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School Nurse

If you are worried about a health issue, text 07507332473 for an appointment with the School Health Team. For advice on healthy, safe relationships, please visit a drop in service facilitated by the NHS in Hastings or Eastbourne.

i-Rock

Aged 14 – 25
I-Rock - Drop in service for young people in Sussex to support emotional wellbeing, resilience and more. Based in Hastings, Eastbourne and Newhaven. Click **here** for more info.

Take control of your life online with the BBC Own It App to help you make better informed choices. Under 13s need parental permission.

Fearless is a service that allows you to pass on information about crime 100% anonymously. Do not hold onto information that may lead to someone being harmed. Report this online at: www.fearless.org

WHISPER

An anonymous reporting tool. Are you worried about a friend? Want to raise a concern anonymously? Please use the Whisper reporting tool on our school home screen.

Youth Employability Service

A service for 15 – 18 year olds offering information and advice regarding education, employment or training. Can be contacted by emailing: yeseastsussex@themytrust.org

Childline is a service run by the NSPCC.

You can talk to Childine about anything, no problem is too big or too small. If you do not want to call you can visit the website: www.childline.org.uk

Frank is an honest website (talktofrank.com) with information about drugs and alcohol. You can call Frank on 0300 123 6600 or text 82111 for confidential advice. East Sussex also have a support service called Under 19s Substance Misuse Support.

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Countdown

5 things I can see

4 things I can hear

3 things I can touch/feel

2 things I can smell

1 slow deep breath

STOPP

S Stop and take a step back

T Take a breath

O Observe around you

P Pull back and look at it differently

P Practise what works

ABCDE

A Attention-Notice what your mind is saying

B Believe-You don't have to believe everything you think

C Challenge-Question your thoughts. consider a new perspective

D Discount-Let the unhelpful thoughts go

E Explore-Choose the best response. what should I do now

Positive steps to Wellbeing

Be kind to yourself	Exercise regularly
Hobbies/new skill	Have fun/be creative
Rest and relaxation	Eat healthily
Balance sleep	Connect with others
Beware alcohol/drugs	See the bigger picture
Help others	It is as it is

Notes:

St Richard's Catholic College
Mission Statement

Comitas, Scientia, Caritas

St Richard's Catholic College is a community where all are welcomed in the spirit of Christian love and respect.

Our school encourages the wonder and joy of learning in order to ensure that every pupil reaches their full potential.

We enable all to flourish and grow together in friendship and in faith.

We aspire to be courageous, having the integrity and the spiritual strength to make a positive difference in the world, both now and in the future.

We endeavour to cherish our school motto of Community, Knowledge and Charity.

'I have come so that all may have life, and have it to the full.'
(John 10:10)

