



### WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

Bedford Borough Integrated Front Door  
(children's social services) 01234 718700  
Out of hours – 0300 3008123

If a child is in immediate danger, call the Police on 999

#### Meet the Designated Safeguarding Team:

The Safeguarding Team oversee and coordinate all aspects of the school's work to ensure that children are kept safe  
[safeguarding@goldington.beds.sch.uk](mailto:safeguarding@goldington.beds.sch.uk)

#### Designated Safeguarding Lead

Mr Will Atkinson

[atkinsonw@goldington.beds.sch.uk](mailto:atkinsonw@goldington.beds.sch.uk)

#### Deputy Designated Safeguarding Lead

Head of Year Seven:

Mrs Anthea Jones

[jonesa@goldington.beds.sch.uk](mailto:jonesa@goldington.beds.sch.uk)

#### School Safeguarding Governor:

Mr Neil Davies

[daviesn@goldington.beds.sch.uk](mailto:daviesn@goldington.beds.sch.uk)

#### Special Educational Needs &/or Disabilities Coordinator:

Miss Claire Johnstone

[johnstonec@goldington.beds.sch.uk](mailto:johnstonec@goldington.beds.sch.uk)

#### Head of Year Eight:

Mrs Louise McCarthy-Gardner

[mccarthy-gardnerl@goldington.beds.sch.uk](mailto:mccarthy-gardnerl@goldington.beds.sch.uk)

#### Head of Year Nine:

Mr Michael Lincoln

[lincolnm@goldington.beds.sch.uk](mailto:lincolnm@goldington.beds.sch.uk)

#### Head of Year Ten:

Mr James Pinkney

[pinknevj@goldington.beds.sch.uk](mailto:pinknevj@goldington.beds.sch.uk)

#### Head of Year Eleven:

Mr Liam Hall

[halll@goldington.beds.sch.uk](mailto:halll@goldington.beds.sch.uk)

All can be contacted via the school office on 01234 261516

For a copy of our school's Child Protection Policy, please visit the Safeguarding page on our [school website](#)

Welcome to the twenty-eighth edition of the safeguarding newsletter from the Goldington Academy safeguarding team. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you.

In this issue, we focus on safety outside of school and reiterate the **'Think Twice Water Campaign'** and **signposting to services outside of school** that may help young people in times of stress and anxiety.

Safeguarding children is everybody's responsibility. If you have concerns about the safety or welfare of any child, please do not hesitate to speak to a member of staff.

We hope that you will find the information in this newsletter useful. Please do not hesitate to contact us if you require any further information or support with any of the topics raised.

Yours sincerely

Mr W Atkinson

**Assistant Headteacher**

**Designated Safeguarding Lead**

### Think Twice Water Campaign

Bedfordshire Police's Operational Support Unit have recently produced a video around cold water shock, which can be found using this link [THINK TWICE WATER CAMPAIGN](#). This is useful for young people and parents and carers to watch; we have shown this to pupils in school recently. With the summer heading our way, some people can be tempted to go into open water without realising the dangers.

In addition, they are keen to highlight this link which shows what to do if individuals end up in the water: [Float to live could save your life. Remember it. Share it. #FloatToLive - YouTube.](#)

On average, 400 people drown in the UK each year and between 40 and 50 of these are children.

The Water Safety Code, developed by the Royal Lifesaving Society UK, is designed to provide simple and easy to remember information to help people understand what they should do in an emergency.

Please visit <https://www.rlss.org.uk/listing/category/the-water-safety-code> for further information.

Getting help in Bedford Borough **IT IS IMPORTANT TO TALK**

Talk to your school/college mental/health support, a counsellor, doctor, friend, family or a trusted adult.

**Child And Adolescent Mental Health Service (CAMHS) (NHS) ONE PLACE TO GET HELP**

A trained NHS mental health professional will respond to enquiries relating to getting help from the NHS child and young people mental health service and emotional wellbeing service. They can also provide self-help resources on how to understand and self help your own mental health. Enquiries, please call **01234 893362**

## 1: INFORMATION

### YoungMinds

Mental health charity with a wide range of resources and information

<https://www.youngminds.org.uk/>

### CHAT HEALTH

Service for young people to confidentially ask for help on a range of issues. Talk to a school nurse

<https://chathealth.nhs.uk/> TEXT: 07507 331450

### SCHOOL NURSING SERVICE

Providing support on a range of issues, 1-1 virtually or in school  
<https://www.cambscommunityservices.nhs.uk/Bedfordshire/services/school-nursing>

TEL: 0300 555 0606

### EARLY HELP (BEDFORD BOROUGH)

The Local Offer holds a wide range of information regarding services and support available, including early help support.

<https://localoffer.bedford.gov.uk/mentalhealthhub>

TEL: 01234 718 700

### SEXUAL HEALTH

iCaSH Provides all aspects of sexual and reproductive health including STIs and HIV testing & treatment, contraception. [www.icash.nhs.uk](http://www.icash.nhs.uk)

### DRUG & ALCOHOL SERVICES FOR YOUNG PEOPLE

Aquarius offer specialist services for children & young people who use substances or gamble and those who are affected by a parent or carers substance misuse.

[www.aquarius.org.uk](http://www.aquarius.org.uk) TEL: 0330 008 3925

## 3: NEED MORE HELP

### CAMHS - Emotional & Behavioural Team

Provide assessments, support and treatment for children and young people up to the age of 18 for moderate to severe mental health problems.

For further information, please visit:

#### NORTH BEDFORDSHIRE CAMHS

<https://www.elft.nhs.uk/services/north-bedfordshire-camhs>

TEL: 01234 893301

#### SOUTH BEDFORDSHIRE / LUTON CAMHS

<https://www.elft.nhs.uk/camhs/where-we-work/south-bedfordshire-luton-camhs>

TEL: 01525 638613

PCAS: You can also ask your GP to refer you to the Primary Care Access Service for mental health support.

## 2: GETTING HELP

### SHOUT

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

<https://giveusashout.org/> TEXT: SHOUT to 85258

### BEDFORD OPEN DOOR

Free, confidential counselling for young people aged 13 to 25.

[www.bedfordopendoor.org.uk](http://www.bedfordopendoor.org.uk) TEL: 01234 360388

### SORTED

Free, confidential counselling for children & young people aged 5 to 25. [www.sortedbedfordshire.org.uk](http://www.sortedbedfordshire.org.uk) TEL: 01582 891435

### SAMARITANS

If you want someone to talk to, they listen, do not judge and do not tell you what to do

[www.samaritans.org/how-we-can-help/contact-samaritan/](http://www.samaritans.org/how-we-can-help/contact-samaritan/)

TEL: 116123

### CHUMS

Bereavement mental health and emotional wellbeing support for children and young people.

<https://chums.uk.com/> TEL: 01525 863924

### CHOOSE YOU :HEALTHY WEIGHT AND STOP SMOKING

A free local service to support building healthy habits

<https://chooseyou.co.uk/> Tel 0800 013 0553

### BEAT

National eating disorder charity with lots of resources and support. <https://www.beateatingdisorders.org.uk/>

## 4: URGENT SUPPORT

### Call 111 Option 2 - 24/7

A free helpline for people of all ages who need urgent mental health support. Young people can talk to a CAMHS professional directly who can arrange additional support.

**IN ANY EMERGENCY, DIAL 999**

## Top Tips for Supporting Children in Dealing with Grief

[Free Guide | Tips for Supporting Children in Dealing with Grief](#)

A free guide on supporting children in dealing with grief.

It is important that trusted adults feel able to help children and young people cope with grief. Children are seeing bereavement and sadness being featured heavily in the national news and in their favourite online spaces and hearing it being talked about among families and in the community. How can we help them in processing grief healthily at this potentially upsetting time?

In the guide you will find tips such as understanding what grief is, encouraging coping strategies and reaching out for support.

<http://nationalonlinesafety.com/enrol/goldington-academy>

Once you have registered, you will be able to access the “Online Safety for Parents and Carers course” and National Online Safety’s Resources (which includes a wide range of online platform guides on the latest social media channels and games). This aims to help empower parents with the knowledge to protect their children from the dangers of the internet.

## Early Help Service

The Early Help service is made up of six Early Help professionals who support schools to co-ordinate early help for pupils and their families. The Early Help service includes the following teams:

- Adolescent response team
- Early Help Hub
- Education Welfare
- Family Information Service
- Family Support Hub
- Inclusion Support
- Parenting Team
- Strengthening Families Team

For further information, please visit [Early Help Assessment - Overview | Bedford Borough Council](#) or speak to any member of the school’s safeguarding team.

