



Co-op Academy  
Swinton

# Safeguarding, Mental health and Well-being Bulletin



Edition Four | October 2022

## Introduction

Our latest bulletin focus is to introduce our new safeguarding team and signpost support for our students and families both in and out of school.

## Support in School

All of our staff are here to support your child in school, below are the key members of staff in the Academy and their roles.



Mr Rigby - Designated Safeguarding Lead

Mrs Hinton - Deputy Designated Safeguarding Lead



Ollie Culkin - Behaviour Mentor



Mr Bowcott & Mr Sloan - Year 7 Team



Mrs Howarth & Mr Cavanagh - Year 8 Team



Miss Carrington & Miss Torkington - Year 9 Team



Miss Cope & Miss Torkington - Year 10 Team



Miss Daley & Mr Dodd - Year 11 Team

## School Nurse

We also have a School nurse who is in School every Tuesday from 12:30pm & is available for drop ins.

She is located in Mrs Hinton's office on the Science corridor next to SC4.

## Support out of School

**Kidscape** - [www.kidscape.org.uk](http://www.kidscape.org.uk)

Kidscape's website is full of resources and advice for parents/carers and young people around bullying/cyber bullying and friendship issues.



**ChatHealth** - A text messaging support service for children. Send a message and chat with a school nurse. It's a safe and easy way to speak to a qualified health professional - 07312 263176.

**The Mix** - [www.themix.org.uk](http://www.themix.org.uk)

Offers support to anyone under 25 about anything that's troubling them.

Email support available via their [online contact form](#).

Free [1-2-1 webchat service](#) available.

Free short-term [counselling service](#) available.

Opening times:

3pm - 12am, seven days a week

0808 808 4994

The NSPCC logo is the text 'NSPCC' in white, bold, sans-serif font, centered within a solid green square.

**NSPCC**

**NSPCC** - [www.nspcc.org.uk](http://www.nspcc.org.uk)

For children and Parents. Offers support and tips to help keep children safe. From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.

**Childline** -Is a service for anyone under 19. You can confidentially call, chat online or email about any problem big or small.

[Sign up](#) for a free Childline locker (real name or email address not needed) to use their [free 1-2-1 counsellor chat](#) and email support service.

Hosts [online message boards](#) where you can share your experiences, have fun and get support from other young people in similar situations.

Opening times: 24/7 Call: 0800 11 11

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**Kooth** - [kooth.com](http://kooth.com)

The Kooth team are there to provide free, safe and anonymous online support and counselling.

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**The Proud Trust** - [www.theprouddtrust.org](http://www.theprouddtrust.org)

The Proud Trust is an LGBT+ organisation that supports LGBT+ young people through youth groups, peer support, mentoring programs and the Proud Connections chat service.



**CEOP** - [thinkuknow.co.uk](http://thinkuknow.co.uk)

Provide support to children and parents/carers on all things online safety.

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## Young Minds - <https://www.youngminds.org.uk/>

Young Minds are the UK's leading charity fighting for children and young people's mental health. Their website is full of useful information and can be accessed by children and parents/carers.

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## Tellmi

Formerly known as MeeToo. A free app for teenagers (11+) providing resources and a fully-moderated community where you can share your problems, get support and help other people too. Can be downloaded from [Google Play](#) or [App Store](#).



## PAPYRUS

PREVENTION OF YOUNG SUICIDE

## Papyrus

Offers confidential advice and support for young people struggling with suicidal thoughts.

Its helpline service - HOPELINEUK - is available to anybody under the age of 35 experiencing suicidal thoughts, or anybody concerned that a young person could be thinking of suicide.

Opening times:

9am – midnight, 365 days a year

0800 068 4141

07860039967

[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

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## CALM

## (Campaign Against Living Miserably)

Provides support to anyone in the UK who is feeling down and needs to talk or find information.

[Free webchat service](#) available.

Information about the helpline and how it works available [here](#).

Opening times:

5pm - midnight, 365 days a year

0800 58 58 58





Shout - Text 85258 - <https://giveusashout.org/>

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

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## Salford Assist

Salford Assist is a Salford City Council scheme that can offer short term support to people who are in a crisis or emergency situation. Salford Assist doesn't offer cash payments, but would consider immediate needs and try to help with essential items such as:

- a referral for baby milk, nappies or food for your baby and your family
- essential furniture items, for example a bed, or white goods
- help with emergency supply of gas or electric where there is no heating in the household
- advice and referrals to another service, agency or fund
- council tax support
- copies of birth certificates for homeless people



Assistance may also include things such as seeking debt advice, referral routes to affordable loans and recycled furniture schemes. They also give advice on how to access more affordable fuel tariffs and benefits.

Apply here [Salford Assist • Salford City Council](#)

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## Salford Foodbank



The Foodbank requires parents to have a voucher issued by a worker such as a Health Visitor, Early Help Practitioner, Housing Officer. If parents are unsure about who to contact they can [email](#) the foodbank who can talk through their situation and put them in touch with a relevant local agency, or contact Salford Citizens Advice crisis line on or 07494 498693.

[How to get help | Salford Foodbank](#)