



The Hinckley  
SCHOOL

# SAFEGUARDING & WELL-BEING NEWSLETTER

January 2024

## Welcome to our Safeguarding and Well-Being Newsletter.

We would like to warmly welcome parents, carers and students to the 2<sup>nd</sup> edition of the Safeguarding & Well-Being Newsletter.

We were thrilled with all your wonderful feedback following the 1<sup>st</sup> edition in December and in particular how helpful the [Mental Health Offer & Family Support Directory](#) had been for some of you. This document is regularly updated as new services make themselves known to us, so please do check the link in this newsletter. For the most up to date version in-between newsletters, please see our [website](#), or if you happen to be calling into school then printed versions are available in reception.

We have lots of information relating to your well-being and that of your child to share with you in this edition and your feedback is always welcome.

Thank you,

Mrs K Priestnall & Miss I Pawley  
The Safeguarding Team

[kpriestnall@thehinckleyschool.co.uk](mailto:kpriestnall@thehinckleyschool.co.uk)

[ipawley@thehinckleyschool.co.uk](mailto:ipawley@thehinckleyschool.co.uk)

## RELATE COUNSELLING

We have Relate counsellors in school, as part of our Mental Health Offer for students. They have also offered the workshop advertised on the next page which is available until March 2024.

Relate are offering free 1:1, one-time workshops for young people aged 11-17 years old in our Relate centre. They are commissioned by the NHS to offer this service.

Young people and their parents/carers can call Relate directly to book their workshop with them. The workshop will be 1:1 with a Relate practitioner and is not a counselling session but is a one-off workshop. Young people will be given coping strategies, the opportunity to identify their support network and be given a variety of support services that they can contact for additional, professional support with their mental health.



Relate Leicester,  
Leicestershire & Rutland  
83 Aylestone Road  
Leicester  
LE2 7LL

Telephone: 0116 254 3011  
Email: [Shanice.Dasour@rllr.org.uk](mailto:Shanice.Dasour@rllr.org.uk)

Leicester Relate  
Website: <http://www.relateleicestershire.org.uk/>

# Community Chill Out Zone (CCOZ) Winter Workshops for Young People

November 2023 - March 2024

CCOZ is a free mental health and wellbeing workshop that is delivered by Relate practitioners to young people aged between 11-17.

During the winter months we will be providing 1:1, one time workshops across Leicester, Leicestershire and Rutland.

Our workshops raise awareness of mental health and wellbeing support and include discussions and activities, including topics such as the early warning signs of anxiety, support networks, mindfulness coping strategies & resources.

To book your 1:1, one time workshop,  
you can contact us on:

0116 254 3011

[reception@rllr.org.uk](mailto:reception@rllr.org.uk)

# Relate

Leicester, Leicestershire & Rutland

## GP SERVICES – HAVE YOUR SAY!

All patients aged 16 or over registered at a GP practice in Leicester, Leicestershire and Rutland are invited to share their most recent experiences of accessing and receiving care from their GP practice.

They are invited to complete a short questionnaire and share their experience of accessing and receiving care from their GP practice. It is really important to share your views. Responses will be anonymous and independently analysed. All insights will be used to help local services improve, so they better meet your needs.

- Filling out a questionnaire online by **Sunday 10 March 2024**  
[www.bit.ly/LLRGPSurvey](http://www.bit.ly/LLRGPSurvey)
- Pick up a questionnaire from your practice
- Follow our social channels:  
[@NHS Leicester, Leicestershire and Rutland](#)  
[@NHS\\_LLRL](#)
- Request a hard copy questionnaire by emailing: [llicb-llr.beinvolved@nhs.net](mailto:llicb-llr.beinvolved@nhs.net)
- Or telephone: **0116 295 7532**

### Get in the know

GP practice work in different ways nowadays to help you get the right care. Find out more at :  
[www.getintheknow.co.uk](http://www.getintheknow.co.uk)

**Share your experience of your GP practice**

Leicester, Leicestershire and Rutland

It's really important that patients tell us about what it's like for them. By filling in this survey it will help local practices to understand where we need to do better and enact local plans to help improve things."

www.bit.ly/LLRGPSurvey

Dr Nil Sanganeer  
Chief Medical Officer

The graphic features the NHS logo, a smartphone displaying a survey form with checkmarks and an 'X', and a portrait of Dr Nil Sanganeer. The text is arranged in a clean, professional layout with blue and white colors.

## IMMUNISATIONS AFTER HALF TERM

On Friday 1<sup>st</sup> March the immunisation team will be in school delivering the Human Papillomavirus (HPV) and Measles, Mumps and Rubella (MMR) vaccinations for young people, starting from Year 8. More information on these can be found in the following links:

[MMR](#)

[HPV](#)

[A guide to immunisations for young people](#)

[Questions you may have about the HPV vaccine](#)

[Health for teens Immunisation information](#)

# MENTAL HEALTH OFFER & FAMILY SUPPORT DIRECTORY

We have put together a document which is accessible on our website titled the [Mental Health Offer and Family Support Directory](#)

This has been created to enable our children and families to better understand the support on offer here at The Hinckley School for our students and their mental health needs, but also to explain about the tier system in operation, what that looks like and the services we have that come into school when the issue is something more than a tier one service requirement.

We hope you find the directory a useful source of community support for any additional help you may need, as an individual, or as a family. We recently had a visit from the local area coordinator and this gave us all the local foodbank information which is now also included. Mrs Priestnall is now a delegated person to be able to refer families to this if they meet the criteria, so if you need this support please get in touch.

## LOCAL AUTHORITY LINKS

The Hinckley School is collaborating more and more with the Hinckley and Bosworth Local Authority and they are now regularly sending us useful information regarding the services they offer to families within the community. A recent example of this was their own Newsletter which we shared with you all earlier this month.

If you haven't had a chance to read this yet, please click the link below:

<p><b>Community Safety Partnership Newsletter – Hinckley and Bosworth</b></p> <p>e-newsletter winter 2023/24 edition</p> 	<p>Click here for another chance to read the <b>'Community Safety Partnership Newsletter'</b> for Hinckley &amp; Bosworth.</p>
	



# FREE ADULT LEARNING COURSES

Another example of this strong communication and collaboration with the local authority is that we have been informed about and are able to share the following information with you regarding adult learning classes available locally. The following poster advertises a wide variety of adult learning courses available free of charge to the local community.

If you would like to sign up to one of these courses please contact [LPT.Recoverycollege@nhs.net](mailto:LPT.Recoverycollege@nhs.net) Alternatively, give them a call on (0116) 295 1196



## Leicestershire Recovery College

### FEBRUARY COURSE DATES

#### Time to Talk Workshop

Friday 2nd February | 12.30pm - 2pm  
Online via MS Teams - Delivered by Lifelinks

#### It's Not About the Drawing

Thursday 1st February | 10am - 12pm  
Online via MS Teams

#### College Coffee

Friday 2nd February | 10am - 11.30am  
Online via MS Teams

#### Humour for Recovery

Monday 5th, 12th, 26th Feb & 4th, 11th, 18th March | 2pm - 4pm  
Mett Centre - Delivered by Brightsparks

#### Introduction to Emotional Mindfulness

Wednesday 7th February | 2pm - 4pm  
Online via MS Teams

#### Involvement Opportunities within LPT

Thursday 8th February | 10.30am - 12pm  
Online via MS Teams - Delivered by Patient Experience and Involvement

#### Building Confidence in the Use of MS Teams

Monday 5th February | 11am - 11.45am  
Online via MS Teams

#### Learn to Surf

Friday 9th & 16th February | 10am - 1pm  
LPT Education and Training Centre, Glenfield Hospital

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

#### Managing Anxiety

Tuesday 27th Feb & 5th March | 10am - 12pm  
Online via MS Teams - Delivered by Lifelinks

#### Writing for Self Expression

Wednesday 28th Feb & 6th, 13th & 20th March | 10.30am - 12pm  
Online via MS Teams - Delivered by Royal Literacy Fund

If you wish to attend a course or find out more information, please contact us:

☎ 0116 295 1196 ✉ [LPT.RecoveryCollege@nhs.net](mailto:LPT.RecoveryCollege@nhs.net)



# SAFER INTERNET DAY – 6<sup>TH</sup> FEBRUARY 2024

Safer Internet Day is a great opportunity to focus on online safety with your child, whatever their age. Safer Internet Day 2024 is celebrated on Tuesday 6th February 2024, with thousands of people across the UK working together to champion youth voice and engage in conversations about how we can all work together to make the internet a great and safe place. This year's theme is all about change and influence online.

The UK Safer Internet Centre have a dedicated online page for parents and carers to learn more about how they can use this global event to speak to their children at home about online safety, as well as resources to support families all year round with online issues and to discuss the importance of safe internet use in an age-appropriate way.

We have included links to just some of the online resources, parent guides and information available from the UK Safer Internet Centre and the NSPCC below:

[Parents and carers - UK Safer Internet Centre](#)

[Keeping children safe online | NSPCC](#)

[Social Media - UK Safer Internet Centre](#)

[Livestreaming - UK Safer Internet Centre](#)

[Parental controls - UK Safer Internet Centre](#)

## NSPCC GAME SAFE FESTIVAL

Coinciding with Safer Internet Day, Hinckley & Bosworth Borough Council have shared the following information from the NSPCC about their upcoming 'Game Safe' Festival, a range of online and in-person events designed to equip parents, carers and professionals with the confidence they need to protect young players.



**The NSPCC are excited to invite you to their first ever Game Safe Festival!**

The [Game Safe Festival](#) is a global first of its kind; a chance to celebrate gaming and encourage parents, professionals who work with children and the gaming community to join the NSPCC on their mission to create a safer online world for children.

From 5 - 11 February 2024, the NSPCC will be hosting a range of online and in-person events designed to:

- Equip parents, carers and education professionals with the tools and confidence they need to protect young players.
- Raise money for the NSPCC through our [Press Play](#) campaign and the inaugural [Game Safe Cup](#).
- Bring key gaming stakeholders together to improve safeguarding practices across the sector.

Please visit the Game Safe Festival [webpage](#) to find out more and sign up for an event.