



Rednock School



Pastoral Support whilst we are closed - We are still here for you

Pastoral Support from Rednock School

If you have a pastoral support question, or feel that you need our pastoral support, please feel free to email us at pastoraldropin@rednockschool.org.uk
We will get back to you with an answer, signposted advice or a phone appointment to talk things through.

The Door

The Door Youth Project exists to meet the needs of all young people aged 11 to 25 years and their families. They pride themselves on being a needs-led organisation, working closely with young people, parents, carers or whole families to offer the right support for them. This is done through a varied programme of targeted support and by providing safe spaces to socialise and feel supported at youth clubs across the Stroud District.

Follow The Door on Facebook, Instagram, Twitter or seek out their website. They have ideas of support and strategies through this period and are offering phone appointments from their Youth Workers.

Website - <https://www.thedoor.org.uk/>

Facebook - <https://www.facebook.com/TheDoorStroud>

Instagram - <https://www.instagram.com/TheDoorStroud/>

Twitter - <https://twitter.com/TheDoorStroud>

*If you have a concern about the safety of a student, please contact one of our safeguarding officers Mrs D Barker or Mrs K Cole on the email of cpconcern@rednockschool.org.uk or on the mobile numbers **07714 770324** or **07817 877713** during school hours. Alternatively, please contact Children and Families Helpdesk on 01452 426565 (during office hours), but if you are concerned about the immediate safety of a child please contact the Police on 101 at any time.*



camdursleydoor

Tue, 31 Mar 52201 02:46:40 GMT

Thank you Rednock for letting me come into School to chat with some of our Young People today 😊 I look forward to catching up again next week 😊

Image may contain: sky and outdoor

💬 2 Comments

❤️ 10 Likes



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ChatHealth

ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team. When schools are shut and students don't have their usual pastoral support, this service can be of great benefit to allay anxieties and emotional distress.

In addition there is information and guidance for students on the School Nursing Webpage which can be found here:

<https://www.ghc.nhs.uk/our-teams-and-services/school-nursing/cyp-info/>

Mindful Meditation & Well-being with MJ

We have set up a Wellbeing hub Google Classroom for staff and students at Rednock. All students have been invited to join. If they have not done so already they can accept the invitation by opening their Google Classroom App when they have logged into the school website.

Please click on the link below to view the coping calendar from "Action For Happiness" that gives us 30 suggested actions to look after ourselves and each other.

<https://www.actionforhappiness.org/active-april>

"Keep calm, stay wise and be kind".

Stick it on your fridge to support your well-being!

Useful Links

Action Jackson has been running a Daily Dose of Motivation show on YouTube Monday - Friday at 10.00am please see the link below.

<https://www.youtube.com/Actionjacksonlive>

We have been working with Action Jackson and the Fix up Team for several years now. These are well worth looking at for a bit of a boost.

ChatHealth

NHS Gloucestershire Care Services NHS Trust

Drinking alcohol or smoking

Problems with friends or family

Changes to your body Relationships

Bullying If you are feeling sad or angry

Could I speak to somebody?

Hello my name is Sam and I am the school nurse on duty today. What would you like to talk about?

I think I need advice on what to do

I can't help being sad all the time, when I'm alone all I do is cry

If you're aged between 11-19 and want confidential, friendly, helpful advice, text a school nurse on **07507 333 351**

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you have back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.





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Improving your well-being with Qigong

To help support your health and well-being during this disconcerting time. Please take a moment to view the following Qigong video.

<https://www.youtube.com/watch?v=fgpbpU09DHg>

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent.

YoungMinds

YoungMinds are there to make sure young people get the best possible mental health support and have the resilience to overcome life's difficulties. YoungMinds have included tips and advice on where you can get support for your mental health during the coronavirus (Covid-19) pandemic . Please click on the link below to read through the tips on how to look after your mental health while self-isolating or social distancing.

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Facebook - <https://www.facebook.com/youngmindsuk>

Instagram - <https://www.instagram.com/youngmindsuk/>

Twitter - <https://twitter.com/YoungMindsUK>

YoungMinds Parents Helpline

The Parents Helpline is there to support parents, carers and those working with children and young people. If you are worried about a child or young person then please call the free helpline for confidential, expert advice.

Call the Parents Helpline on **0808 802 5544** - Calls are free Monday - Friday from 9.30am to 4.00pm





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Young Gloucestershire (YG)

Young Gloucestershire is a countywide charity that supports young people who are facing some very difficult times; whether it be a disruptive home life, caring for a family member or coping with a mental health issue. Young people turn to YG for help and they offer them practical ways to find confidence and develop the skills they need to get on track and to move into a job, education or training.

Mental Health Youth Worker, Lauren, has been working from home this week and has shared some of her top tips and exercises for keeping yourself in a positive mind set.

"It's really important to keep some level of structure or routine to your day. If you're finding it difficult to get out of bed, having a planned self-care routine can help motivate you to get up".

For Example;

- When I wake up I will get up straight away if I can, or set the alarm to snooze once and then get up.
- Straight after getting out of bed I will put on the light or open the curtains and take a few deep, relaxing breaths.
- Then I will prepare myself for the day in a self-caring way by having a shower and getting dressed, then eating something nutritious for breakfast.
- If I am finding this difficult to do I will be kind to myself and recognise how hard it is to do this when I am feeling so low. I will encourage myself to try anyway because I know it will make me feel better in the long run. If this is a particularly difficult day, I will let myself go back to bed for half an hour before trying again.

Have a go at writing your own morning routine.

Lauren has included many other useful tips on the YG website. Please click here to read more: <https://www.youngglos.org.uk/creating-a-positive-routine-during-isolation>





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Helplines and Services Available

The Mix

- You can find information for young people about coronavirus and ideas for things to do while staying home on their website.
- The Mix's emotional support services are open as normal – and if you're under 25 you can talk to them about anything that's troubling you over the phone, email or webchat. You can also use their phone or online counselling service.
- Helpline open daily 4.00pm - 11.00pm: **0808 808 4994**
- Email service
- Webchat open daily 4.00pm - 11.00pm
- Counselling service

ChildLine

- If you're under 19 you can confidentially call, email or chat online about any problem big or small.
- Freephone 24 hour helpline: **0800 1111**

YoungMinds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis.
- If you need urgent help text YM to **85258**
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



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Advice and Support for Parents/Carers

Please see the dialogue to the right that includes helpful parental cues for tricky questions that you may be asked by your child.

GOV.UK

The advice shared by GOV.UK is there to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak. This guidance will be updated in line with the changing situation.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

NSPCC


Whether you're working from home with your kids for the first time or supporting children with anxiety due to coronavirus, the NSPCC have tips and advice for you.

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

UNICEF

UNICEF have shared 6 ways parents/carers can support their children through the coronavirus disease (COVID-19) outbreak. To read more please click on the link below.


<https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>




What they might say...




What you could try...




I want to go back to school/college



I know there's a lot of change right now and that might feel really tricky, what could we do to help?




I'm bored



It's okay to feel bored, what would you like to do together?




I miss my friends




I bet they miss you too. It's hard when we can't see our friends.



Why can't we go out?



It's really tricky to understand why we can't go out whenever we want and that might be frustrating.



When can I go back to school/college?



That's a tricky question to answer because I don't know.



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The Lucy Faithfull Foundation

Stop It Now! is a project of the child protection charity, The Lucy Faithfull Foundation, the only UK-wide charity dedicated solely to tackling child sexual abuse. The Lucy Faithfull Foundation are continuing to send tips, information and support to help keep young people shielded from harm.

Please click on the following link to take you through to their website - <https://www.stopitnow.org.uk/>

The confidential Stop It Now! helpline is available for anyone with concerns about child sexual abuse. Callers do not need to give identifying information, so can remain anonymous. The Stop It Now! helpline is available from 9.00am – 9.00pm Mondays to Thursdays and 9.00am – 5.00pm Fridays, it is closed on weekends and bank holidays. Call The Stop It Now! Helpline on – **0808 1000 900**

Thinkuknow

Thinkuknow is delivered by the National Crime Agency's CEOP Command. Thinkuknow aims to ensure that everyone has access to this practical information – children, young people, their parents/carers and the professionals who work with them.

Each fortnight Thinkuknow will be releasing new home activity packs on their website with simple 15 minute activities you can do with your child to support their online safety at a time when they will be spending more time online at home.

Please click on the link below to find out more information.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>





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The Family Information Service (FIS)

Many families may be finding the current circumstances difficult and worrying. Whilst having more time together as a family can be a pleasure, the additional pressures of home schooling, managing your child's anxiety and not seeing friends and loved ones is a challenge for us all. The Family Information Service offer a free confidential advice line providing guidance and emotional support on any aspect of parenting and family life.

The Family Information Service can help you....

- FIS have time to listen to you. Let them know what is going on and what is causing you concern. No worry is too small or too big for them to support you with.
- Once they fully understand your concerns they can think through how you and your family can overcome your problems. This may involve recommending someone else to help you, helping you access useful websites and resources or agreeing together some practical approaches you can try.
- Unfortunately FIS are not able to offer legal, financial or medical advice however they can always put you in touch with someone who can.



How to contact The Family Information Service

The Family Information Service is available Monday – Friday, 9.00am – 8.00pm and on Saturdays 10.00am – 6.00pm

- Call free of charge on **0800 542 02 02**
- Email Service - **familyinfo@gloucestershire.gov.uk**
- Facebook – just search for Family Information Service Gloucestershire and leave a message.
- Click on the following link to find out lots of useful hints and tips during this time - <https://www.glofamiliedirectory.org.uk/kb5/gloucs/glofamilies/home.page>



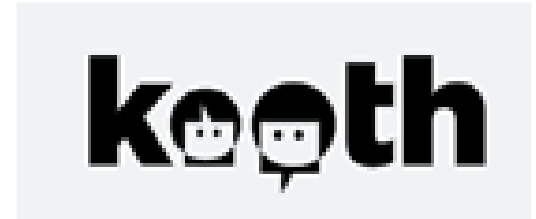
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Kooth

Kooth, is a free, safe and anonymous mental health and wellbeing service for young people. Kooth has been commissioned across Gloucestershire to support the country through the coronavirus crisis and beyond. There are no waiting lists, referrals or thresholds to access the service, which is accredited by the British Association for Counselling and Psychotherapy (BACP).



Kooth allows 11-18 year-olds across Gloucestershire to access a range of emotional wellbeing support, offering early intervention to those that are experiencing a range of issues throughout the Coronavirus crisis. Young people using the site will be able to discuss issues with peers through online discussion boards, record their feelings with journals and goal trackers and read and contribute to self-help articles. They will also have the ability to chat with qualified online counsellors through instant messaging via a drop-in service or pre-booked sessions.

Gloucestershire County Council and Gloucestershire Clinical Commissioning Group have commissioned Kooth as a provision of support as part of the local response to Covid-19. This is to ensure young people receive early support, information and counselling throughout the crisis.

Please click on the following link to take you through to Kooth's website - <https://www.kooth.com/>

Click here to watch the video on Kooth to find out more about the service on offer - <https://www.kooth.com/video>