



**ST IVO  
ACADEMY**

Astrea Academy Trust  
LEARN, THRIVE, SUCCEED

ST IVO ACADEMY

# STUDENT SUPPORT

BOOKLET



# YOUR **SAFEGUARDING TEAM**

## St Ivo Email contact details:

Safeguarding contact email:  
[safeguarding@astreastivo.org](mailto:safeguarding@astreastivo.org)

Bullying contact email:  
[itstopsnow@astreastivo.org](mailto:itstopsnow@astreastivo.org)



**LAURA BRASHER**

Designated Safeguarding and  
Domestic Abuse Lead



**ALESIA DICKINSON**

Deputy Designated  
Safeguarding Lead



**DAVE VAREY**

Assistant Principal  
and PREVENT Lead



**JESS PEARCE**

Principal



**CLARE SHERWOOD**

Vice Principal



**BEN DALY**

Vice Principal



**PAT BRAYBROOK**

Assistant Principal



**CLARE WEBSTER**

Deputy Head of Sixth Form

Students/Parents/Carers/ Community if you have a safeguarding concern, please contact our Safeguarding Team.

Safeguarding information will only be shared with those who need it to ensure the safety and privacy of the children concerned.

Come and talk to us to discuss any worries you may have.

## Contacts

Child Exploitation Online Protection (CEOP) is a police service where you can report online abuse.

Visit [www.ceop.police.uk/safety-centre/](http://www.ceop.police.uk/safety-centre/)

To report a significant safeguarding concern directly to Cambridgeshire Social Care visit their website at:

[www.safeguardingcambspeterborough.org.uk/children-board/](http://www.safeguardingcambspeterborough.org.uk/children-board/)

Or call 0345 045 5203.

DAVE VAREY

## PREVENT LEAD

Prevent is the Government's counterterrorism strategy to stop people becoming terrorists or supporting terrorism, in all forms. Prevent works at the pre-criminal stage by using early intervention to support and protect vulnerable people. If criminal activity is suspected an immediate referral is required.

Please contact our Prevent Lead – Dave Varey.

**Dave.varey@astreastivo.org**

SUPPORTING YOUR

## MENTAL HEALTH

### IN CRISIS

Immediately life threatening call **999**

### IN BREAKDOWN

In mental health breakdown—contact NHS **111** opt 2

### IN NEED

See your GP/talk to school/self-refer to Centre 33

### TO TALK

Call Childline to talk about anything anytime - 0800 1111 - 24hrs/7 days a week

# HELPLINES AND **TALKING**

**childline**

ONLINE, ON THE PHONE, ANYTIME

## **Childline**

Childline is yours – a free, private and confidential service where you can talk about anything. Here for you online, on the phone, anytime



### **Contact Information**

Telephone: 0800 1111 - 24hrs/7 days a week

**SAMARITANS**

## **Samaritans**

If you need someone to talk to, we listen. We won't judge or tell you what to do.



### **Contact Information**

Telephone: 116 123 - Available 24/7

**Hear**

**85258**

## **Give us a SHOUT**

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



### **Contact Information**

Text "HEAR" to 85258

**NSPCC**

## **NSPCC**

You don't have to say who you are. Child abuse is when a child is harmed by an adult or another child – it can be over a period of time but can also be a one-off action.



### **Contact Information**

0800 800 5000 or emailing [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk) -  
10am–4pm Monday to Friday

**YOU  
ARE  
NOT  
ALONE**

**SEE US IN THE SSU**

# MENTAL HEALTH SUPPORT



## Centre 33

They operate a range of services from free counselling and support to information on sexual health, housing, budgeting and also a young carers' project.



### Contact Information

Telephone: 0333 414 1809

Text/WhatsApp: 07514783745

Monday to Friday 12noon-5pm. Saturdays 10am-1pm



## The Mix

Whether you're worried about your mental health, or someone else's, we have everything you need to know about mental health, from anxiety and depression to self-care and counselling.



### Contact Information

Free helpline: 0808 808 4994



## YOUUnited

Supports children and young people with their emotional wellbeing and mental health.



### Contact Information

Telephone: 0300 3000 830

9am-5pm Monday to Friday



## The Bridge Church

The Bridge Money Advice Centre is a free-of-charge, friendly, caring and professional debt advice service, based in St Ives



### Website:

<https://www.thebridgechurch.co.uk/debt-advice/>



People  
Potential  
Possibilities

## Parenting Courses

national charity supporting people to be valued, connected members of the communities in which they live.



### Visit the website

# Make a self-referral to the Mental Health Support Team

## Are you:

- A young person aged 13-18 years.
- A parent/carer of a primary or secondary school child.
- A professional wanting support for a primary or secondary school child.



Scan Me!

## Looking for support?

If you or your child attends a school that is supported by a Mental Health Support Team (MHST), you can make a self-referral to the MHST, and they may be able to support you with mild to moderate mental health difficulties. This includes:

- Low mood
- Anxiety/Worry
- Challenging behaviour

To check whether you or your child attends an MHST school, to find out more about the service or to make a referral, please scan the QR code or visit -

**[cambspborochildrenshealth.nhs.uk/MHST-referral](https://cambspborochildrenshealth.nhs.uk/MHST-referral)**

If your school is not listed as an MHST school, please visit [www.cpft.nhs.uk/youunited/](https://www.cpft.nhs.uk/youunited/) to find out more about YOUNited or to make a referral.

## Who to contact in a crisis:

If you think you or someone else is experiencing a mental health crisis, call NHS First Response Service on **111** and select the mental health option to speak to an NHS professional.

For life-threatening emergencies call **999**.

# Worries

## Who the support is aimed at:

- Young people may experience feelings of worry, fear, and panic. We all feel anxious from time to time. It can become a problem if a young person feels worried all the time, or their worries get in the way of the things they enjoy doing. This could be a sign that they might benefit from some support.

This support is for young people up to 18 years old who may be:

- Anxious, such as being fearful of certain situations
- Worried about issues such as friendships, schoolwork, or exams

We will help to equip young people with the tools and skills needed to manage their fears and worries.

## Support we can offer:

We offer young people 6 to 8 sessions. These sessions involve guided self-help, Cognitive Behaviour Therapy (CBT) based intervention. This is offered 1:1 either in person or online via video-call. Sessions include:

- Identifying difficulties
- Understanding worry and its impact
- Trying out new things
- Facing fears
- Creating a staying well plan

It is important for the young person to practice the new tools and skills between sessions. This will help the intervention to work as best it can.



### **Mind**

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness



### **Contact Information**

Telephone: 0300 123 3393



### **Nessie**

Supporting the positive mental health of children and young people. We offer 1-1 and group arts therapies for children and young people



### **Website**

<https://nessieined.com/>



### **IAPT**

The Psychological Wellbeing Service (IAPT) offers treatments across Cambridgeshire and Peterborough.



### **Contact Information**

Telephone: 0300 300 0055  
9am-4pm Monday to Friday

## **YOUNGMINDS**

### **Young Minds**

UK leading charity fighting for children and young people's mental health. However you're feeling right now, things can get better. And we're here to help.



### **Contact Information**

Tel: 020 7089 5050



### **Self Harm - Alumina**

This website introduces Alumina, our online support groups for 10-17 year olds struggling with self-harm.



### **Website**

[www.selfharm.co.uk](http://www.selfharm.co.uk)



### **Papyrus**

Dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing



### **Contact Information**

24/7 Telephone: 0800 068 4141  
24/7 Text: 07860 039 967

# FOOD AND DRUG RELATED **SUPPORT**



## **Beat Eating Disorders**

Provides support for those with eating difficulties.



### **Contact Information**

Telephone: 0808 8010677



## **Casus**

Local advice on spotting signs of drug use in young people and the support available.



### **Website**

[www.healthyschoolscps.org.uk/](http://www.healthyschoolscps.org.uk/)



## **Talk to Frank**

Practical advice for parents and carers on how to talk to your child about drugs.



### **Contact Information**

Telephone: 0300 123 6600 or Text: **82111**

Text a question and FRANK will text you back.



## **Talk Ed**

Support and information for anyone at risk of, or affected by eating disorders in the UK.



### **Contact Information**

[www.talk-ed.org.uk](http://www.talk-ed.org.uk)



## **PEDS - Eating Disorders**

If you're concerned about a friend or family member you feel might have an eating disorder. Contact via phone or fill out our confidential referral form.



### **Contact Information**

Telephone: 01733 391 537



## **CAMHS**

NHS service that access and treat young people with emotional, behavioural or mental health difficulties.



### **Contact Information**

Telephone: 01480 445281

9am – 5pm Monday to Friday

Call **111** for help on symptoms  
**111 Option 2** - if in immediate crisis – 24hr/7 days a week



## Give your child the support they deserve

When children and young people struggle with their mental health and emotional wellbeing, it can affect every part of their lives – from school and friendships to confidence at home. Getting timely, professional support can make all the difference.

That's why CHUMS, with over 28 years of trusted experience in children's mental health, is now offering CHUMS Direct services for families who want immediate access to high-quality therapeutic support.

### Bespoke online offer

- Our Direct service gives you flexibility, choice, and peace of mind, with support available online.
- Families can book an assessment, and individual sessions, or choose our specialist groups and workshops.

#### Our online services include:



Individual assessments and 1:1 therapy for children, young people, and families.



Evidence-based group programmes with measurable outcomes.



Practical workshops offering long-term tools to build resilience and manage common emotional challenges.

## Why choose CHUMS Direct Emotional Wellbeing Services?

### Trusted expertise

28 years  
delivering  
mental health  
support across  
the UK.

### Qualified Accredited Practitioners

highly trained  
and experienced  
staff.

### Flexible access

online sessions  
to suit your  
family's needs.

### Proven outcomes

evidence-based  
interventions  
with lasting  
impact.

### Confidential & supportive

a safe space  
for children  
and families.

## How it works

### 1 Book your place

Visit our website to  
view CHUMS Direct live  
offers, these are  
updated regularly.

### 2 Get matched

Book onto a workshop  
or book your assessment  
for individual support  
or group work.

### 3 Start support

Agree intervention  
plan and start your  
support.

## Invest in your child's wellbeing today

*Every child deserves the chance  
to feel heard, supported, and  
resilient. With CHUMS Direct  
service, you can be confident  
you are accessing expert care  
when it's most needed.*



📞 01525 863924

✉️ [info@chums.uk.com](mailto:info@chums.uk.com)

🌐 [www.chums-direct.uk](http://www.chums-direct.uk)

*This is a paid for service and is not part of the CHUMS core offer. Please see the CHUMS main website ([www.chums.uk.com](http://www.chums.uk.com)) or your LOCAL AUTHORITIES "local offer" for other local services. CHUMS Direct does not provide emergency support.*

# BEREAVEMENT AND **COUNSELLING**



## **Kooth**

The Kooth team are here to provide free, safe and anonymous online support and counselling.  
(Up to 18)



### **Website**

<https://explore.kooth.com>



## **Cruse**

We help people through one of the most painful times in life – with bereavement support, information and campaigning.



### **Contact Information**

Telephone: 0808 808 1677



## **Sands**

UK's leading pregnancy and baby loss charity in the UK. We are determined to save every life we can, and we will make sure the right care and support is there for every bereaved family, whenever and wherever they need it.



### **Contact Information**

Telephone: 080 164 3332



Giving hope to grieving children

## **Winston's Wish (WW)**

Supporting bereaved children, young people and their families.



### **Website**

[www.winstonswish.org](http://www.winstonswish.org)



## **CogWheel Counselling**

A Cambridge-based charity that provides affordable professional counselling to the community.



### **Contact Information**

Telephone: 01223 464385  
10am-4pm weekdays



## **Stars (Ormiston Families)**

Children's bereavement support service for young people and support for their families.



### **Contact Information**

Telephone: 01223 292276

# ABUSE AND VIOLENCE **SUPPORT**

## Respect

### Respect - Men's Advice Line

Support helpline for male victims of domestic abuse.



#### Contact Information

Telephone:  
0808 8010327

## women's aid

until women & children are safe

### Women's Aid

National charity supporting women and children with domestic abuse.



#### Email

helpline@womensaid.org.uk



### National Centre for Domestic Violence

Offering emergency court injunction service to survivors of domestic abuse.



#### Contact Information

Telephone: 0800 970 2070  
Text: NCDV to 60777



moving on from childhood sexual abuse

### CHOICES

Confidential trauma-informed counselling service for women and men who have experienced sexual abuse in childhood.



#### Contact Information

Telephone: 01223 358149 Mon-Wed 9.30am-5.30pm.  
Thurs 9.30am – 3.30pm



protecting  
children, supporting  
families

### Ivison Trust

Advice and information about Child Sexual Exploitation – spotting the signs, how 'grooming' works and what to do if you are worried.



#### Website

[www.ivisontrust.org.uk](http://www.ivisontrust.org.uk)



### The Elms

Sexual assault referral centre offering free, confidential and compassionate support to people of all ages that have experienced sexual assault including rape in their lifetime.



#### Contact Information

Tel: 0330 223 0099 - 24 hours a day



### Muslim Women's Helpline

The helpline is a national specialist faith and culturally sensitive service that is confidential and non-judgmental, which offers information, support, guidance and referrals.



#### Contact Information

Telephone: 0800 999 5786

# FAMILY SUPPORT

# Relate

## **Relate**

Help and information about family life. Free web chat advice.



## **Website**

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



## **H.A.Y - How are you Cambridge and Peterborough ?**

A family of websites unites local resources for enhancing wellbeing. Join the Moody Monday community group to share and discuss family experiences openly.



## **Website:**

<https://haycambspboro.co.uk>

**Moody Monday Community Group**



## **Pinpoint**

Helping Cambridgeshire's parents and carers who have children with additional / special educational needs, and / or disabilities.



## **Website:**

<https://www.pinpoint-cambs.org.uk>



## **Parenting Courses**

Parents/carers can access parenting courses direct with CCC – without an EHA



**Visit the website**



## **Family Action**

Volunteer befrienders supporting mothers with social, emotional and practical help.



## **Contact Information**

Telephone: 0808 802 6666 (18+)

# **SAFECALL**

## **116 000**

**I'm scared and I don't know  
who to talk to**

**It sounds like things are  
hard right now, you can  
talk to us about what's  
going on**

**I don't want to get into trouble**

**We are here to listen, we  
won't tell anybody what  
you say. Are you safe?**

**No, I'm not at home. I've been  
asked to carry**

**Okay, do you want to tell  
us more?**



# **SAFECALL**

## **It's your call.**

**Call or text 116 000**  
**9am-11pm, 7 days**

**Worried and not sure who to talk to?**  
**Chat to us free and anonymously here:**



Safecall is a county lines exploitation support service operated by the charity Missing People  
Registered charity in England and Wales (1020419) and in Scotland (SC047419)

# SEND SUPPORT



## **National Autistic Society**

We're here to help the 700,000 autistic people in the UK and their families. Be it running specialist schools, campaigning or training companies



### **Website**

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



## **British Dyslexia Association**

Helpline is a national service for people with dyslexia and dyscalculia and those who support them. It offers free and confidential information, support and signposting.



### **Contact Information**

Call 0333 405 4567 - Tues 10am to 1pm, Weds 1pm to 3pm, Thurs 1pm to 5pm

Website - <https://www.bdadyslexia.org.uk/services/helpline>



## **SENDIASS**

Impartial advice and information about Special Educational Needs. Help for parents, children and young people to navigate through the Special Educational Needs process



### **Contact Information**

0300 365 1020 or email [SENDIASS@cambridgeshire.gov.uk](mailto:SENDIASS@cambridgeshire.gov.uk). Or fill out their online referral form - [online referral form](#).

# LGBTQ+ SUPPORT



## **The Kite Trust**

Supports the wellbeing and creativity of LGBTQ+ young people in Cambridgeshire.



### **Contact Information**

Telephone: 01223 369508



## **Stonewall**

We stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere.



### **Website**

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

# ONLINE SAFETY



## **UK Safer Internet Centre**

Tips, advice, guides and other resources to help keep children safe online, including parenting controls offered by home internet providers and safety tools on social networks and other online services.



**[Visit the website](#)**



## **Internet Matters**

Provides age-specific online safety checklists, guides on how to set controls on a range of devices, and a host of practical tips to help children get the most out of their digital world.



**[Visit the website](#)**



## **Childnet**

The toolkit helps parents and carers of children of all ages initiate discussions about online life, establish boundaries for online behavior and technology use, and find additional help and support.



**[Visit the website](#)**



## **CEOP**

Are you worried about online sexual abuse or the way someone has been communicating with you online?



**[Visit the website](#)**

# Want to get an online nude taken down?



**Report Remove**



**Having your nudes shared can feel scary.  
But it's not your fault.**

Report Remove could help you confidentially  
remove them from the internet.

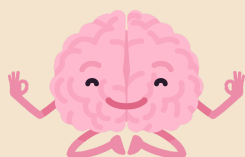
**childline**

ONLINE, ON THE PHONE, ANYTIME



**Don't suffer in  
silence, you are  
not alone**

Choose a drop in  
session that suits  
you, clear your  
mind and get the  
support you need!  
Judgement free!



# CHOOSE THE BEST SUPPORT FOR YOU



## 01 MENTAL HEALTH DROP INS

**Something on your mind?**

Our Mental Health drop-in  
sessions are open to all  
students for support.  
Therapeutic crafting and  
colouring available

**Time:** Wednesday Lunchtime

**Place:** Room 21

**Support:** Mrs Brasher  
Ms Dickinson

## 02 YOUNG CARERS DROP IN

**Are you a young carer?**

Find a safe place to meet  
other young carers and chat  
whilst having lunch and  
playing games.

**Time:** Thursday Lunchtime

**Place:** C4

**Support:** Mrs Evans and  
Dr Smith



**GET THE SUPPORT YOU NEED!**

## ANXIETY AND **PANIC ATTACKS**

Anxiety is an unpleasant feeling that everyone experiences sometimes. You might describe it as feeling very nervous or “wound up”. General anxiety symptoms can last for extended periods of time – it could go on for a couple of weeks or longer. It’s more than just being nervous.

There are several signs of a panic attack. You may notice that you experience several of these or that you only experience some. These signs happen quickly and can be very frightening or alarming but they won’t cause you physical harm.

**Most panic attacks last between 5 and 30 minutes.**



**Rapid Heartbeat**



**Trembling**



**Dizziness**



**Sweating**



**Breathlessness**



**Hypertension**

### SIGNS AND **SYMPTOMS**

#### **Feelings you might have:**

- On edge
- Nervous
- Panic
- Stressed
- Scared
- Overwhelmed
- Irritable/lack of patience
- Uptight

#### **Anxiety Symptoms**

- Do you spend large periods of the day worrying?
- Do you feel nervous, apprehensive or on edge?
- Do you often experience unpleasant physical sensations like “butterflies” in your stomach, tense muscles, dizziness or breathlessness?
- Do you find it hard to relax and “switch off”?

#### **How your body might feel:-**

- Breathing faster or feeling breathless
- Stomach churning
- Chest tight or painful
- Heart racing/heart palpitations – meaning heartbeats that become noticeable
- Sweating
- Tense/sore muscles
- Dizzy/faint
- Trembling or tingling sensations
- Difficulty concentrating

# COPING SKILLS

## Deep Breathing

Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.

## Challenging Irrational Thoughts

Anxiety can be magnified by irrational thoughts. For example, the thoughts that "something bad will happen" or "I will make a mistake" might lack evidence, but still have an impact on how you feel. By examining the evidence and challenging these thoughts, you can reduce anxiety.

### Put thoughts on trial:

Choose a thought that has contributed to your anxiety. Gather evidence in support of your thought (verifiable facts only), and against your thought. Compare the evidence and determine whether your thought is accurate or not.

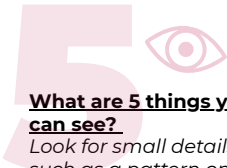
### Use Socratic questioning:

Question the thoughts that contribute to your anxiety. Ask yourself:

- "Is my thought based on facts or feelings?"
- "How would my best friend see this situation?"
- "How likely is it that my fear will come true?"
- "What's most likely to happen?"
- "If my fear comes true, will it still matter in a week? A month? A year?"

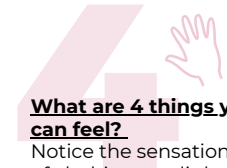
## 5-4-3-2-1 Technique

Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.



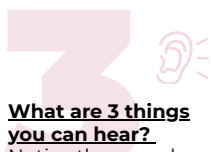
### What are 5 things you can see?

*Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.*



### What are 4 things you can feel?

Notice the sensations of clothing, sunlight, and your chair. Examine an object's weight, texture, and physical qualities.



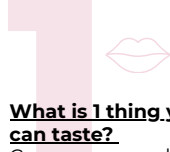
### What are 3 things you can hear?

Notice the sounds your mind often ignores, like a ticking clock, distant traffic, or trees rustling in the wind.



### What are 2 things you can smell?

Notice the scents around you, such as air fresheners or fresh grass, and seek out fragrant items like flowers or unlit candles.

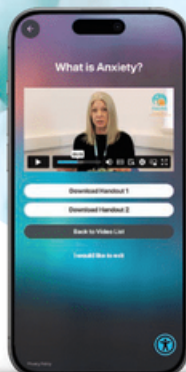
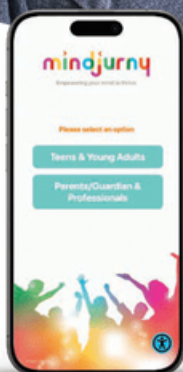


### What is 1 thing you can taste?

Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavours.



Empowering Young Minds  
for a Brighter Future!



Created by



**Mindjurny** is an evidence-based, safe and easy to use smartphone emotional wellbeing support tool. Features include, **essential resources** and pre-recorded **video workshops** tailored for young people and parents or carers, providing valuable **guidance and support**.



[mindjurny.com](http://mindjurny.com)





Empowering Young Minds for a Brighter Future!

## KEY FEATURES

- **Flexible Access:** Available 24/7, whenever needed
- **Pace:** There is no rush with Mindjurny, you take one step at a time using tools whenever they are needed
- **Expert Insights:** Combining educational insights with clinical expertise. Mindjurny equips children, parents, young people and school staff with strategies and tools to promote positive mental health and emotional wellbeing
- **Resources:** Provides guidance, including signposting, literature, apps, and websites for extra support and what to do next
- **Cost Effective:** Simple subscription plans for schools

## GET IN TOUCH

If you would like to find out more about how Mindjurny can support your school in addressing the mental health and emotional wellbeing needs of your pupils, please visit our website or contact us using the details below.

**Phone:** 01525 863944 **Email:** [mindjurny@chums.uk.com](mailto:mindjurny@chums.uk.com)

**Mindjurny Main Office:** Wrest Park Enterprise Centre  
Wrest Park, Silsoe, Bedfordshire, MK45 4HS.



[mindjurny.com](https://mindjurny.com)



# PHONE APPS



## **DistrACT App**

The award-winning distrACT app provides trusted information and links to support for people who self-harm and may feel suicidal.



## **Calm Halm**

Free app that helps you resist the urge to self-harm by choosing activities from categories such as comfort, distract, express, release.



## **Headspace**

Meditation app designed to be a personal guide for health and happiness, aiming to provide lifelong mental health support to everyone.



## **Mindshift**

A free app designed to help teens and young adults cope with anxiety.



Teens

## **Feeling Good Teens**

Short audio tracks to alleviate worry, enhance sleep, and build self-esteem, resilience, and motivation.



## **Stop, Breathe, Think**

Check in with how you are feeling and try short activities tuned to your emotions.



moodgym

## **MoodGym**

Online cognitive behavioural therapy programme for depression and anxiety.



# LEAN ON PEOPLE AROUND YOU

**SEE US IN THE SSU**