











St Ivo Academy Support Services Booklet

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:-

Safeguarding Team

Laura Brasher Designated Safeguarding Lead Domestic Abuse Lead 	Dave Varey Assistant Principal PREVENT Lead 	Alesia Dickinson Deputy Designated Safeguarding Lead 		
Tony Meneagh Interim Principal 	Clare Sherwood Vice Principal 	Ben Daly Vice Principal 	Pat Braybrook Head of Sixth Form 	Clare Webster Head of Year 12 

Email contact details:
Safeguarding contact email: safeguarding@astreastivo.org
Bullying contact email: itstopsnow@astreastivo.org




Child Exploitation Online Protection (CEOP) is a police service where you can report online abuse. Visit 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/ Or call 0345 045 5203.

Prevent

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.

Mental health support

-  In crisis—if immediately life threatening call 999
-  In mental health breakdown—contact NHS 111 opt 2
-  In mental health need—see your GP/talk to school/self-refer to Centre 33

Mental Health and Referral Information

St Ivo Academy is here to support you through this challenging time. Our goal is to make your journey and access to the right support, as smooth and trouble free as possible. We hope this is a short-term issue for you but appreciate all journeys are individual. We are here to support and listen to you, and ensure we help you feel better about yourself.

Service	Information/Support Offered	QR Code
Beat-Eating Disorders 	Provides support for those with eating difficulties. Telephone: 0808 8010677	
Centre 33 	Centre 33 operate a range of services from free counselling and support to information on sexual health, housing, budgeting and also a young carers' project. Telephone: 0333 414 1809 Monday to Friday 12noon-5pm. 10am-1pm on Saturdays Text/WhatsApp: 07514783745	
The Mix 	The Mix is here to make sure you don't have to do it alone. 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. Free helpline: 0808 808 4994	
IAPT 	The Psychological Wellbeing Service (IAPT) offers treatments across Cambridgeshire and Peterborough. Telephone: 0300 300 0055 9am-4pm Monday to Friday	
CogWheel Counselling 	A Cambridge-based charity that provides affordable professional counselling to the community. Telephone: 01223 464385 10am-4pm weekdays	
YOUnited 	YOUnited supports children and young people with their emotional wellbeing and mental health. Telephone: 0300 3000 830 9am-5pm Monday to Friday	
DistrACT 	The award-winning distrACT app provides trusted information and links to support for people who self-harm and may feel suicidal.	

<p>NHS 111</p> 	<p>111 online will not give you a diagnosis, but can direct you to the best place to get help for your symptoms.</p> <p>111 Option 2 - if in immediate crisis – 24hr/7 days a week</p>	
<p>Childline</p> 	<p>Childline is yours – a free, private and confidential service where you can talk about anything. Here for you online, on the phone, anytime.</p> <p>Telephone: 0800 1111 24hrs/7 days a week</p>	
<p>Peds</p>	<p>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.</p> <p>Telephone: 01733 391 537</p>	
<p>Mind</p> 	<p>We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.</p> <p>Telephone: 0300 123 3393</p>	
<p>Stars</p> 	<p>Ormiston Families Stars is a children's bereavement support service for young people and support for their families.</p> <p>Telephone: 01223 292276</p>	
<p>Cruse</p> 	<p>We help people through one of the most painful times in life – with bereavement support, information and campaigning.</p> <p>Telephone: 0808 808 1677</p>	
<p>Self Harm</p> 	<p>This website introduces Alumina, our online support groups for 10-17 year olds struggling with self-harm.</p>	
<p>Papyrus</p> 	<p>PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.</p> <p>Telephone: 0800 068 4141 (Hopeline 247)</p> <p>Text: 07860 039 967 - 24 hours, 7 days a week</p>	
<p>Choices counselling</p> 	<p>CHOICES offers a confidential trauma-informed counselling service throughout Cambridgeshire and Peterborough for women and men who have experienced sexual abuse in childhood.</p> <p>Telephone: 01223 358149 Monday – Wednesday 9.30am-5.30pm. Thursday 9.30am – 3.30pm</p>	
<p>Muslim women's helpline</p> 	<p>The helpline is a national specialist faith and culturally sensitive service that is confidential and non-judgmental, which offers information, support, guidance and referrals.</p> <p>Telephone: 0800 999 5786</p>	

<p>Hay</p> 	<p>How Are You (H.A.Y.) Cambridgeshire & Peterborough is a family of websites that bring together everything in the local community that boosts wellbeing.</p>	
<p>Family Action</p> 	<p>Volunteer befrienders supporting mothers with social, emotional and practical help.</p>	
<p>SANDS</p> 	<p>Sands is the 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.</p> <p>Telephone: 080 164 3332</p>	
<p>Kooth</p> 	<p>The Kooth team are here to provide free, safe and anonymous online support and counselling. (Up to 18)</p>	
<p>Illuminate</p> 	<p>Illuminate has over fourteen years of experience using coaching, training and facilitation techniques to overcome and manage mental ill health.</p>	
<p>NAS</p> 	<p>We're here to help the 700,000 autistic people in the UK and their families. Be it running specialist schools, campaigning for improved rights or training companies on being more autism-friendly, we are dedicated to transforming lives and changing attitudes.</p>	
<p>Disability Cambs</p> 	<p>Helping disabled people, their families and their carers.</p> <p>Telephone: 01223 755610</p>	
<p>The Kite Trust</p> 	<p>Our work supports the wellbeing and creativity of LGBTQ+ young people in Cambridgeshire, Peterborough and surrounding areas through information, support and groups. We build inclusive communities to tackle inequalities through consultancy, training and education.</p> <p>Telephone: 01223 369508</p>	
<p>Stonewall</p> 	<p>At Stonewall, we stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. We imagine a world where all LGBTQ+ people are free to be ourselves and can live our lives to the full.</p> <p>Telephone:</p>	
<p>Centre 33</p> 	<p>Centre 33 operate a range of services from free counselling and support to information on sexual health, housing, budgeting and also a young carers' project.</p> <p>Telephone: 0333 414 1809</p>	
<p>CAMHS</p> 	<p>NHS service that access and treat young people with emotional, behavioural or mental health difficulties.</p> <p>Telephone: 01480 445281 9am – 5pm Monday to Friday</p>	

Cambridgeshire
County Council
Parenting
Courses



Parents/carers can access parenting courses direct with CCC – without an EHA.
www.cambridgeshire.gov.uk/residents/children-and-family-support/parenting-courses

NESSie



Supporting the positive mental health of children and young people.
www.nessieined.com/cambridgeshire-and-peterborough-parents

Relate



Help and information about family life. Free web chat advice.
www.relate.org.uk

Parents Against
Child Sexual
Exploitation



Advice and information about Child Sexual Exploitation – spotting the signs, how ‘grooming’ works and what to do if you are worried.
www.ivisontrust.org.uk

CASUS

Local advice on spotting signs of drug use in young people and the support available.
www.healthyschoolscp.org.uk/resources/casus/

Talk to FRANK



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

Talk-ed



Support and information for anyone at risk of, or affected by eating disorders in the UK.
www.talk-ed.org.uk

YoungMinds



UK leading charity fighting for children and young people’s mental health.
www.youngminds.org.uk

Tel: 020 7089 5050

Winston’s Wish



Supporting bereaved children, young people and their families.
www.winstonswish.org

Shout

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



Text 'SHOUT' 85258 – get help anytime 24/7

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.

Tel: 0330 223 0099 24 hours a day, every day of the year

www.theelmssarc.org

Muslim Women's Network



Confidential culturally sensitive helpline providing advice and support for Muslim women.

www.mwnuk.co.uk

Women's Aid



National charity supporting women and children with domestic abuse.

www.womensaid.org.uk

Men's Advice Line



Support helpline for male victims of domestic abuse.

www.mensadviceline.org.uk

Tel: 0808 8010327

National Centre for Domestic Violence



Specialises in offering emergency court injunction service to survivors of domestic abuse.

www.ncdv.org.uk

Tel: 0800 970 2070

Text: NCDV to 60777

Useful resources to support parents and carers to keep your children safe online:

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.

www.saferinternet.org.uk/guide-and-resource/parents-and-carers

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.

www.internetmatters.org

Childnet



Offers a toolkit to support parents and carers of children of any age to start discussions about their online life, to set boundaries around online behaviour and technology use, and to find out where to get more help and support.

www.childnet.com

Apps

Calm Harm



Calm Harm is a free app that helps you resist the urge to self-harm by choosing activities from categories such as comfort, distract, express, release and random. It uses principles from Dialectical Behaviour Therapy (DBT) and provides breathing exercises and journaling.

Headspace

A meditation app that acts as a personal guide to health and happiness.



Mindshift

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



Moodgym

Online cognitive behavioural therapy programme for depression and anxiety.



Stop Breath
Think

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



Feeling Good
Teens

This app uses short audio tracks to help let go of worry, improve sleep, develop self-esteem, resilience and goal focused motivation. For teens 10-15 years old.



Anxiety/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.

Do I have symptoms of anxiety?

- 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”?

If the answer to any of these questions is ‘yes,’ you may be experiencing symptoms of anxiety and you may find this guide helpful.

Other symptoms of anxiety

Feelings you might have:

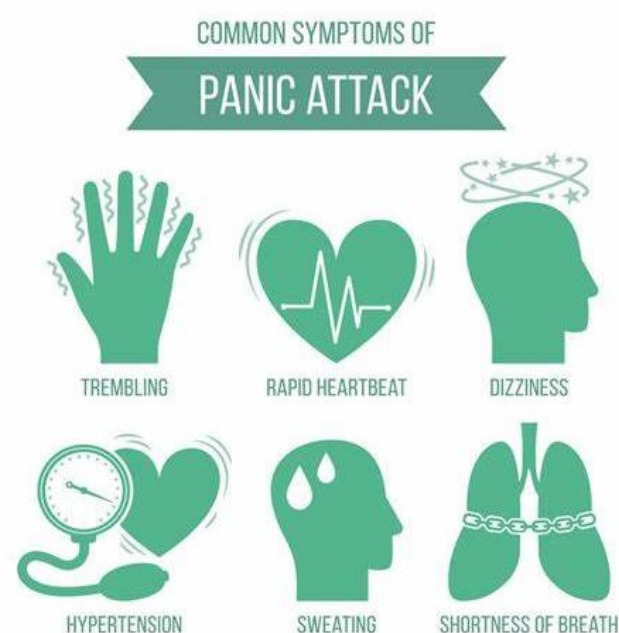
- On edge
- Nervous
- Panic
- Stressed
- Scared
- Overwhelmed
- Irritable/lack of patience
- Uptight

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

What are the signs of a panic attack

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.



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 sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



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.

