



# St Oswald's CE Primary School

## Safeguarding Bulletin

Summer 2021

Welcome to the summer addition of St Oswald's Safeguarding Bulletin. This is an opportunity for us to share information and guidance regarding safeguarding and the many organisations within the Authority which are there to support families and carers. Please contact the school office if you require any help or advice at any time.

### Worcestershire Children First

Our vision is for Worcestershire to be a wonderful place for all children and young people to grow up.

Worcestershire Children First is responsible for the delivery of services to children and young people across Worcestershire. We are a not for profit company and 100% owned by Worcestershire County Council.

#### Children, young people and families

Our aim is to work with parents, carers and young people together and to offer advice and support before a situation reaches crisis point. We also work in partnership with, and may refer you to, other services and community groups, including education, health, housing, benefits agencies and the police that can help support you.



#### Childcare:

You can find out about:

- Types of childcare
- SEND support
- Becoming a childminder

#### Early Help:

You can find out about:

- Early help in Worcester
- Targeted family support
- Reducing parental conflict

#### Family Support:

You can find out about:

- The Family Front Door
- Children with disabilities
- Early Intervention Support

For more information about all of the above as well as many other things visit:

<https://www.worcestershire.gov.uk/childrenyoungpeopleandfamilies>



## Parenting with mental health problems

Parenting comes with lots of challenges, which can be even more difficult if you're dealing with mental health problems.

Changes to our mental health can sometimes affect children and their well-being. They may pick up on your anxiety or low mood. This doesn't mean you should hide or minimise your feelings. You can try to explain them using phrases like, "It's ok to get big feelings, everyone gets big feelings but it's still the grown up's job to look after the children" or "If grown-up's get big feelings it's not your fault - we can ask other grown-ups for help with our feelings."

When things are different to what we're used to and everyone is going through a big change, it's important to give children reassurance and support. Looking after your own mental health is vital to their well-being so don't be afraid to try new things together or feel worried about doing something for yourself to take care of your own well-being. And reach out if you need help. Our helpline counsellors are here, whatever your worry. You can call them on [0808 800 5000](tel:08088005000) or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk).

## For local and national bereavement support/counselling, face to face or in groups

Bereavement is difficult to cope with alone. Simply talking to someone sympathetic, who understands what you're going through, can be a big help. This could be a friend or work colleague or it could be a bereavement counsellor whose job it is simply to listen and offer support.

There is a number of organisations and charities, listed below, which provide advice and support to those who have been bereaved.

- [North Worcestershire Bereavement Support](#) provides confidential one-to-one counselling support for people living in Kidderminster, Bewdley and Stourport-on-Severn, who have experienced bereavement or loss, including pet loss. The service is free of charge.
- [Bereavement Support Worcestershire](#) provides information and links to organisations and services which may be able to offer support and assistance across a range of needs from practical activities to emotional support.
- [KEMP Hospice](#) - provide support to anyone living in the Wyre Forest who is facing or has experienced a bereavement or loss in the last 5 years. It's not just for people who have lost a loved one to a life-limiting illness, or people who have had a family member use KEMP's Day Hospice, they offer bereavement support for all circumstances.

