



Howard Primary School

Date 7th April 2020


Dear Parents and Carers,

Re: Useful Information from Croydon Safeguarding Children Partnership

The school has received an update from CSCP relating to support services and guidance relating to the current school closure period due to COVID-19. We have included some key information from this document together with some useful links that you may find helpful.


Information for parents and carers

Safeguarding Children and Young People




Times of uncertainty can be worrying for children as well as adults. If you want some tips on ways to explain to children about Covid-19 take a look at these resources

- [NSPCC – Help if your child is worried](#)
- [How to talk to my children about Covid-19](#)
- [Kids guide to Coronavirus](#)



If a little encouragement is needed to wash hands, use [this NHS video and song to help](#)

And practice the elbow bump and leg shake instead of high fives!



Did you know that if you are caring for someone else's child for more than 28 days there's help available? You might have what's called a 'Private Fostering' arrangement [Get advice here](#)



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Links for the above slide:

[NSPCC help if your child is worried](#)

[Advice on private fostering arrangements](#)

[How to talk to my children about COVID-19](#)

[Kids guide to Coronavirus](#)

[NHS video and song on handwashing](#)

Home Learning Resources for parents and carers



To help parents during school closures, [ThinkUknow](#) have a range of activity packs for parents and kids to about **online safety together**
Includes activity packs for **Early Years & Primary** | **Secondary**



[Department For Education – Hungry Little Minds](#) – is a DFE Learning at Home resource to help parents of **pre-school children kick-start their learning**



Promoting offline activities is essential here is a fun way of getting together for daily physical activity
[Get moving - 5-a-day exercise](#)

Safeguarding Children and Young People



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Links for the above slide:

[Online safety – ThinkUKnow](#)

[Get Moving – 5-a-day exercise](#)

Safeguarding Children and Young People	Information for young people				
	 ChildLine (NSPCC) www.childline.org.uk Phone - 0800 1111	 Croydon Drop In www.croydondropin.org.uk Phone – .020 8680 0404 Email - enquiries@croydondropin.org.uk	 <p>Currently our staff are all working remotely and we are offering a phone, email and Skype service to all young people and families with whom we are engaged and very much open for support to the community. Face to face services at Croydon Drop In are now temporarily closed.</p>		
	<p>Childline is yours – a free, private and confidential service where you can talk about anything. If you are worried about Coronavirus you can speak to a Childline counsellor online or on the phone from 9am – midnight.</p>				
	 Off the Record www.talkofftherecord.org Phone - 020 8251 0251 Email - croydon@talofftherecord.org	 CAYSH www.caysh.org Phone - 0208 683 0227 E-mail - info@caysh.org	<p>Drop in Zone - Housing and General Advice Service at: Phone - 0208 760 5530 FAX: 0208 688 2447 E-mail: diz@caysh.org</p>		
<p>Due to the concerns about Coronavirus our online service is operating as usual. However we have taken the difficult decision to close all OTR buildings for the safety of both our clients and staff. So there will be no face-to-face appointments or Walk-In service at present.</p>					

Links for the above slide:

[Childline](#)

[Croydon Drop In](#)

[Talk off the record](#)

[CAYSH](#)



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Health Advice point and Early Help in Croydon

Support to maintain children's health and wellbeing is available to professionals and parents



Safeguarding Children and Young People

Children's health

Parents are directed to the Chat Health text messaging service 07507 334150 Monday to Friday 9am to 5pm

COVID19 maternity helpline 07976 681775 open daily from 8am to 6pm daily

Parents with concerns with their child's speech and language should be signposted to the SaLT advice line 0208 714 2594

School Nursing advice is available on CH-TR.Northschoolsurses@nhs.net (professionals only) or 0208 274 6391 (professionals and parents)

Most Children's Centre can offer advice and guidance via phone contact numbers are -

- Aerodrome Children's Centre – 020 8688 7710
- Byron Children's Centre – 020 8763 6285
- Crosfield Children's Centre – 020 8654 7566 / 020 8655 5655
- Kensington Avenue Children's Centre – 020 8764 2923
- New Addington Children's Centre – 01689 847136
- Purley Oaks Children's Centre – 020 8325 4517
- Selhurst Children's Centre – 020 8684 3777
- Shirley Children's Centre – 020 8 777 2119
- Woodlands Children's Centre – 020 8916 0543



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Safeguarding Children and Young People

Information for young people

FREE Apps for Mental Health Wellbeing



[SAM](#)

Available on iOS
Anxiety management and anxiety tracker.
Adults and Young People

[Headspace](#)

iOS and Android
Themed sessions on everything from stress and sleep to focus and anxiety and guided meditations.
Adults and Young People

[My Possible Self](#)

iOS and Android
My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.
Adults and Young People

[In Hand](#)

iOS and Android
The app allows you to focus yourself in a moment of stress or low mood.
Adults and Young People

[Breathe2Relax](#)

iOS and Android
Breathing exercises.
[Adults and Young People](#)

[ReachOut WorryTime](#)

iOS and Android
A place to store your worries, and alerts you when it's time to think about them. The app also helps to manage stress levels and develop an effective method to dealing with daily worries. Young people



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Safeguarding Children and Young People

Information for parents/carers of children with disability and SEN

[Find support, advice and guidance for children and young people with SEND and their parents and carers](#)

Croydon's SEN Service team members are contactable by email only, until further notice. If you have an enquiry email: senenquiries@croydon.gov.uk

If you would like to speak with Croydon's SEN Service, please email your contact details and convenient times/dates for us to call. A member of the team will get back to you as soon as possible.

A Makaton video to help children with SEND needs understand what the Coronavirus is available to view [here](#)



[For more information visit the Croydon Local Offer website](#)



Links for the above slide:

[Croydon Local Offer – guidance for SEND](#)

[Makaton Video on Corona Virus for children with SEND](#)



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Domestic Abuse

Croydon's Domestic Abuse Service's are available to help anyone experiencing or at risk of domestic abuse

Croydon FJC is open for drop-in's and booked appointments, though where possible appointments may be conducted via phone calls and to support victims/survivors.

The FJC is a multi-disciplinary service for victims of domestic abuse, sexual violence and their children. Support is provided to families through listening and responding to needs, including children, in a safe way

The FJC facilitates access to a wide range of domestic abuse and sexual violence expertise



Croydon FJC

020 8688 0100
fjc@croydon.gov.uk

If you know someone living in fear, advise them to

- Always keep their phone charged and close by
- If you feel threatened in the house, try to go to low risk areas – avoid the kitchen and bathroom
- If you have a family member or a friend you can provide a safe word which informs them to call the police (e.g. I need my red jumper back)
- If you have neighbours you trust, tell them what is going on, and ask them to call the police if they hear sounds of a violent attack
- Teach the children to call 999, and if possible, for them to say their full name and address
- iPhone users can set up a quick emergency call button on the side of the phone, make sure to turn the sound down
- Encourage women to think about a safe place to go to, such as a refuge, family or friends house

Useful numbers

- National Domestic Abuse Helpline—0808 200 0247
- RASAC—0808 802 9999
- Law centre—0208 767 2777
- Paladin (Stalking helpline) - 0808 8020300
- Refuge National Helpline – 0808 200 0247
- Respect Helpline for Men – 0808 8010327
- LGBT+ Domestic Abuse – 0800 999 5428

Online Help

- [Womens Aid live online chat service Rights of Women](#)
- [Refuge National](#)
- [Respect Helpline for Men](#)

Links from the above slide:

[Guidance for victims of domestic violence](#)



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