

PSHE leads' bulletin

Issue 2: 20 April 2020

Hi everyone,

I hope you've managed to have a break over Easter, and are ready once again to face whatever these uncertain times may bring!

This issue of the PSHE bulletin focuses on **support services for children and young people in South Gloucestershire** and how they have adapted to remain available during the COVID-19 social distancing guidelines.

This information will also be shared with DSLs. We hope you find it helpful and informative.

Public Health & Wellbeing Schools' Virtual Team:

Sarah Godsell, Nikki Giles, Helen Cleugh, Emma Hoggett, Nicky Ellis and Sam Coleborn

Generic website support: health and wellbeing

[One You South Glos](#) for adults

[Mind You](#) South Glos - for young people

[Information, Advice and Guidance](#) website

[Covid-19](#) Local support, advice and guidance

[Integra Home Learning-Stay Safe](#) (inc. online safety)

Public (School) Health Nursing

- All face to face contacts with children, young people and families to cease.
- Staff will be re-deployed to priority clinical areas; adults and children community nursing
- The National Child Measurement Programme to stop
- All Drop in clinics to stop; a poster will be posted on the door of your Drop-in clinic with your locality telephone number for young people to contact should they have any worries or concerns.
- A telephone line to be manned by a rota of school health nurses to direct queries.
- Telephone health needs assessments will continue at present.
- Participation in child protection procedures by completing reports for Child protection conferences as required.
- Referrals received to be triaged in base by Senior School health nurse.
- Any complex referrals to discuss with clinical leads.

Resources: <https://cchp.nhs.uk/node/11304>

Contact 01454 862441

REACH

In light of the national guidance concerning coronavirus, the Child weight Management service Reach is suspended and all upcoming courses have been cancelled. [This webpage](#) will be kept updated and resources added that may be helpful for families.

Young People's Drug and Alcohol Service (YPDAS) is available for residents, aged under 18 years old who are concerned about their own substance misuse, or if any adult is worried about a young person who is in their care/ or who they are aware of. Many young people may not be working with professionals and not in school currently meaning there are less adults to use the usual signposting methods. An email to yppservice@southglos.gov.uk is available for young people and their parents/carers/professionals at the current time for questions, support or advice in relation to substance misuse worries. Referrals to YPDAS will still need to come through the Access and Response team (ART) in the usual way but a query or advice can be answered by emailing the above address.

Mental Health Information and Services

For information on mental health services and resources for children and young people please see the corona page on the [Mind You Website](#). Here you will find information about **Off the Record** who have a schedule of weekly online workshops and activities which they post on Instagram each week. There's also a link to **Kooth** a free confidential online counselling service for young people. This webpage will be regularly updated with new resources and latest info on services during this time so please keep checking back.

Why not try the [30 day challenge](#); there's one for children and one for young people (and staff!)

Youth Centres during Coronavirus

Each youth provision website has dedicated pages about coronavirus and information on staying safe, what to do with your time and the support they are offering, check them out below. [IAG website](#)

[Youth Work through Southern Brooks](#). The Patch Youth Centre in Patchway has moved to an online platform on our Facebook page called The Patch.

[Creative Youth Network](#) are organising digital alternatives for young people to talk online with youth workers and get the advice and support they need in this difficult time.

[We continue to take on referrals, getting in touch with young people remotely.](#)

[Learning Partnership West](#) We are accepting referrals. If there are any children or young people you would like us to be in contact with, please don't hesitate to get in touch.

[Diversity Trust](#) This page has been created with the vision to share helpful, supportive, and accessible resource during this challenging time.

Access to local support services during COVID-19 'social distancing' cont.

Access and Response Team

We are trying to run 'business as usual' in Access. Response have a duty rota and social workers visiting. Compass started last week (used to be Early Help) and things can be identified quicker to Compass than they would have done previously. There is no change in the triage process, we are just triaging social care contacts. ART – 01454 86 6000.

In the case of an emergency please call Emergency Duty Team on 01454 61 5165

Breakthrough Mentoring

Breakthrough is still operating but respecting social distancing and people's health. We have transformed into online and phone mentoring, and we have Key Worker status and a priority shopping card, so have been doing food shops/medication pick-ups etc. for our mentee's where needed. This process has had its challenges but with creative thinking and enthusiasm of our mentors we have been able to overcome most of these. We have introduced our mentees to new worlds such as Skype which have made life in isolation much more bearable for some. One case was a Grandmother who was really close to her Grandson and thought she wouldn't be able to see him during this period. This brought tears of joy and relief to her. We are now working on online communities to bring people together through Zoom with activities such as music and reading. Contacting breakthrough@southglos.gov.uk or 01454 864618 is still the best method to get through to any of us. We are still keen to receive new referrals that would be beneficial/appropriate to progress in the fashion we are currently working, and will be more than ready to take on new referrals for face to face mentoring when the lockdown has lifted and we can restart in our usual manner.

And finally, a crisis text messaging service to share with older pupils (and staff):

Shout – <https://www.giveusashout.org/>

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.



Text Shout to 85258

Sexual Health

GP practices, some pharmacies and our specialist sexual health provider [Unity Sexual Health](#) (which includes [Brook](#)) are still providing services at this time.

If a student requires advice, needs contraception (the Pill, Injection, Implant etc.), emergency contraception (the morning after pill) or testing for sexually transmitted infections, or is worried about unplanned pregnancy they should first contact;

- Unity Sexual Health: www.unitysexualhealth.co.uk or ring **0117 342 6900**
- Brook Bristol: www.brook.org.uk/covid-19-response/ or ring **0117 929 0090** (12 – 5pm Mon to Sat)

Many GP practices are providing contraception and STI testing services via telephone consultations.

Emergency contraception is also available free, including to those aged under 16, in some pharmacies in South Gloucestershire and Bristol. Please advise the student to ring before attending.

Domestic Violence and Abuse

Safe Link and Missing Link are only carrying out essential external visits, meetings and interventions. However, they are still open, providing service users with support via phone when possible and will continue to liaise with other organisations to manage risks to victims and their children. Students who have experienced rape or sexual assault can contact;

- Safe Link on **0333 323 1543** (10am to 4pm Mon – Fri) or visit www.safelinksupport.co.uk/
- SARSAS on **0808 801 0456** (Mon and Fri 11am – 2pm, Tue, Wed and Thu: 12pm – 2pm & 6pm – 8pm) or visit www.sarsas.org.uk/
- www.survivorpathway.org.uk/

Students who are concerned about or frightened by the behaviour of their partner or those experiencing violence or abuse in their relationship should contact;

Next Link on **0800 4700 280** or visit www.nextlinkhousing.co.uk/southglos/