

## Keeping Children Safe over the Summer!

### USEFUL CONTACTS

**Anxiety UK:** 03444 775 774

**BEAT: Eating Disorders:** 0800 801 0811

**Childline:** 0800 11 11

**Crimestoppers:** 0800 555 111

**Domestic Abuse Helpline:**

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

**Drinkaware:** 0300 123 1110

**Family Information Service:** 01926 412412

**Homelessness:** 0116 221 1857

**Kooth:** Online mental health services for young people and adults - <http://www.kooth.com>

**LGBT+ Helpline:** 07935 669611

(15:00 - 17:00 Tuesdays & Wednesdays  
13:00 - 15:00pm Thursdays)

**Mind:** Mental Health Charity 0300 123 3393

**NHS:** 111

**Rape Crisis Line:** 08088 039999

(12:00 - 14:30 & 19:00 - 21:30)

**Positive Youth Foundation:** 02476 158550

**Solihull MASH Team** 0121 788 4300

Solihull Solar 01217051659

**Victim Support:** 08 08 16 89 111

**Warwickshire MASH Team** 01926 414144



**As Summer Approaches there are some simple tasks we can do to stay safe throughout the summer and to keep illness at bay.**

**Stay Cool Indoors – close curtains on rooms that face the sun.**

**Drink plenty of fluids and avoid excess alcohol.**

**Never leave anyone in a closed, parked vehicle, especially infants, young children and animals.**

**Try to keep out of the sun between 11.00am – 3.00pm, when it's strongest.**

**Walk in the shade, applying sunscreen regularly to protect your skin.**



#### **RNLI Water Safety:**

Check out the RNLI website which is full of information about staying safe around the water.



With the Summer Holidays approaching children and young people will have more free time to spend with friends, family and online.

For some, this will be spent using the internet to keep in touch, catch up with the latest apps and playing their favourite games.

For Parents the summer holidays are a great chance to sit down with your children. Encourage your children to use the privacy tools and services they use, so that the content they post is only available to people they know and trust in real life.

You can also download the UK Safer Internet Centre's [safety checklists for popular sites](#) such as Instagram, Snapchat and Facebook

Some children may want to share photos and videos of what they are getting up to in their summer holidays online. Talk to your children about what types of photos are appropriate to share, and who they are okay to share with. Photos can hold clues that give away personal information. For example, if you share a selfie of you and friends, are there any landmarks or street signs that give away your location?

This is true for photos you might share of your children too! It's always worth asking children if they are happy with an image you want to share online. [Safer Internet Day research](#) found that 2 in 5 (40%) of 8-17s said that in the last year their parents or carers have posted a photo of them that embarrassed them, rising from 34% of 8-12s to 46% of 13-17s.

# Family Support Worker

My name is Miss Parker and I support the families and students at The Coleshill School.

## Support I provide:

### Individual interventions for students

These interventions can support with mental health, past trauma, emotional regulation.

### Support for parents

I support parents with parenting techniques, signpost to parenting classes. Help repair relationships between Parent and Child.

### Support in school

I support students in school by working with Teachers and Year Leaders.. I provide a safe place for students to come if they feel overwhelmed.

I also work with outside agencies to support families who need that extra layer of support. If you ever feel as though you require that extra layer please get in touch via the email or phone number below.

Email: [Parker.e@thecoleshillschool.org](mailto:Parker.e@thecoleshillschool.org)

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