

## Safeguarding & Wellbeing Support: Summer Holidays.

The Safeguarding Team are on site at the following times over the summer between 10am and 2pm. You can contact us by calling the school Reception on 0114 2392661.

- Mon 22.7.24 – Mr Ratcliffe
- Tue 23.7.24– Mrs Mills/Mr Ratcliffe
- Weds 24.7.24 - Mrs Mills/Mr Ratcliffe
- Thurs -25.7.24 Mrs Mills/Mr Ratcliffe
- Fri 26.7.24 – Miss Symington
- Mon 29.7.24 – Mr Ratcliffe
- Tue 30.7.24 – Mrs Mills
- Weds 31.7.24 - Mrs Mills
- Tue 6.8.24 -Mrs Mills
- Thurs 22.8.24 - Mrs Wright
- Thurs 28.8.24 – Mrs Mills



The Designated Safeguarding Lead (DDSL)

Name: Mrs Kelly Mills

(Role: Senior Leader: Safeguarding & Pastoral Support/ Designated Safeguarding Lead)



The Deputy Designated Safeguarding Lead (DDSL)

Name: Mr Alex Ratcliff

(Role: Safeguarding Manager/Deputy Designated Safeguarding Lead)

If you have any safeguarding concerns, are worried for your safety or feeling at risk then you can access support via the following services:

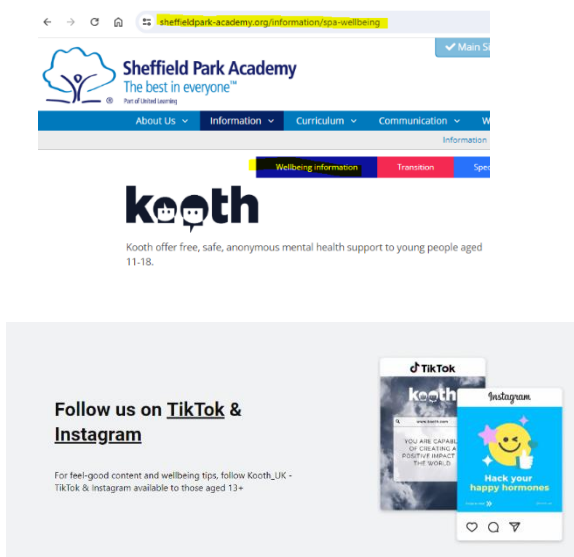
### Safeguarding & Mental Health Support - Help Lines, Apps and Websites:

- **Door 43:** <https://www.sheffieldmentalhealth.co.uk/services/door-43> Door 43 offers a number of services including: a drop in, one to one support, wellbeing cafes and social prescribing spaces and can support young people with lots of different things they may need advice on or are struggling with. **0114 2012800 Sheffield Futures, Star House, 43 Division Street, Sheffield, S1 4GE**
- <https://toolkit.sheffieldmentalhealth.co.uk/> MyToolkit has been co-created with the community to complement the [Sheffield Mental Health Guide website](#). Sign

up to create your own confidential space to put together ideas, services, and activities that interest you and support your mental health.

- **Childline is available on 0800 1111 or via [www.childline.org.uk](http://www.childline.org.uk)** You can speak to a Childline counsellor online or on the phone from 9am – midnight daily.
- **You can call Samaritans for support any time and it is a free service. Get in touch by calling 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)** For more information click <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- **By texting ‘SHOUT’ to ‘85258’ a Texter will be put in touch with a trained Crisis Volunteer who will chat to you via text.** The service is Available 24/7 and is designed to help individuals to think more clearly and to take their next steps to feeling better. See <https://www.giveusashout.org/about-shout/> for more info.
- You can visit [www.mind.org.uk](http://www.mind.org.uk) for guidance on how to look after your mental wellbeing.
- Visit [www.kooth.com](http://www.kooth.com) for free, safe and anonymous online support for young people. Here is a video made especially for Sheffield Park Academy pupils by Kooth. The video is on YouTube and on the wellbeing section of our website.  
<https://youtu.be/wfk5azj2sZc>

<https://www.youtube.com/watch?v=wfk5azj2sZc>



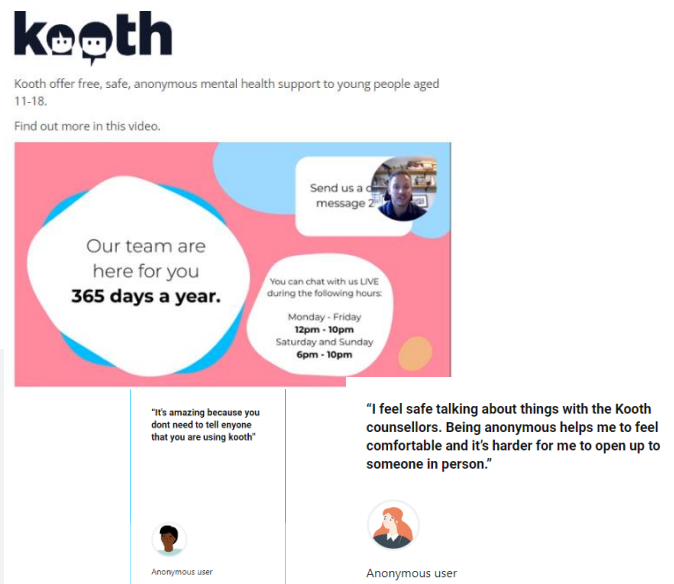
Sheffield Park Academy  
The best in everyone™  
Part of United Learning

Wellbeing information

**kooth**  
Kooth offer free, safe, anonymous mental health support to young people aged 11-18.

Follow us on [TikTok](#) & [Instagram](#)

For feel-good content and wellbeing tips, follow Kooth\_UK - TikTok & Instagram available to those aged 13+



**kooth**

Kooth offer free, safe, anonymous mental health support to young people aged 11-18.

Find out more in this video.

Our team are here for you **365 days a year.**

You can chat with us LIVE during the following hours:

Monday - Friday  
12pm - 10pm  
Saturday and Sunday  
6pm - 10pm

Send us a direct message

"It's amazing because you don't need to tell anyone that you are using kooth"

Anonymous user

"I feel safe talking about things with the Kooth counsellors. Being anonymous helps me to feel comfortable and it's harder for me to open up to someone in person."

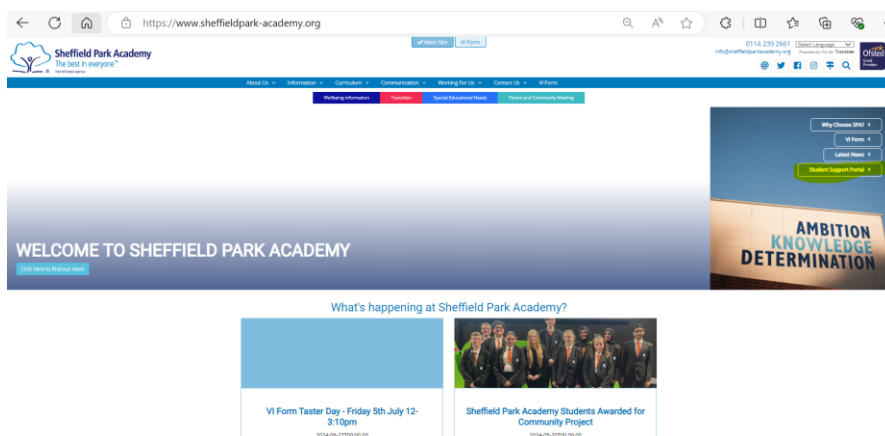
Anonymous user

You can download some apps to help!

- **Calm Harm**— Reduce urges to self-harm and manage emotions
- **Cove**— Create music to reflect how you feel
- **Chill Panda**—Use breathing techniques to help you relax more.
- **Catch it**—Learn to manage negative thoughts
- **SilverCloud**—Course to help you manage stress, anxiety and depression.

The **Safeguarding and Wellbeing** sections of **Sheffield Park website** also have lots of links to support and advice around mental health, wellbeing and safety. You can access via:

- <https://www.sheffieldpark-academy.org/information/spa-wellbeing> (Wellbeing)
- <https://www.sheffieldpark-academy.org/information/safeguarding> (Safeguarding)



Please be aware that the support portal is not monitored daily during the school holidays.

The service will be resumed from Monday 2nd September 2024 at 8am when all staff and the Safeguarding Team are back on site.

**If you are worried for your safety, in danger and/or at immediate risk:**

- ✓ **call the Police or Ambulance on 999.**
- ✓ **You can also call the SG Hub on 0114 2734855 (24hrs per day) and speak to a social worker.**

