



Wellbeing and Safeguarding Update

As we all get used to this new way of working and living in these unprecedented times, I thought it might be timely to remind you of the support structures we have in place to continue to care for our young people and to support you as parents.

Our Student Services team are still working hard, both in school and at home and have already been in contact with lots of students and their families, offering support and guidance as necessary.

Wellbeing and Mental Health

Logging a Concern

Need Support?

Want to Talk?

If you would like support or advice and would like to contact the school, you will find the following buttons by [clicking here](#). These will take them to the relevant pastoral support or safeguarding teams.

Should you wish to log an **urgent concern** please use safeguarding@hamptongardens.org.uk or contact the school via phone if during school hours.

There are many Wellbeing and Mental Health apps and websites available to offer self-help, advice and guidance. We have collated some resources for parents and students which are available by clicking below.

[For students-click here](#)

[For parents-click here](#)

These resources are also linked to our [website](#).

Safeguarding Policy

A new appendix to cover current times has been added to our safeguarding policy and is available [here](#).

Other Resources

The following are some other useful resources to access support:

General safeguarding concerns	http://www.safeguardingcambspeterborough.org.uk/children-board/parents-carers
Domestic abuse	https://www.womensaid.org.uk https://www.cambsdasv.org.uk/website/support_help/84011 https://www.nationaldahelpline.org.uk/ https://mensadviceline.org.uk/
NHS Chat Health for 11-19 year olds-text service	Text 07480 635443
Drug and Alcohol support	https://www.cpft.nhs.uk/casus https://www.changegrowlive.org/advice-info/alcohol-drugs https://www.talktofrank.com/

We are still here even if we can't welcome you through our doors every day. It is at times like this that we realise what a central role schools can play in supporting their community and at Hampton Gardens we take that role very seriously.

We thank you for your ongoing support during these challenging times.

Hampton Gardens