



# Parents and Carers Safeguarding Newsletter Summer 2021



Make sure you follow the Sexey's wellbeing twitter page @SexeysWellbeing. Rachel Guest regularly shares useful information that can be supportive for your family.



**Stress Management – What is Stress?** Read this fantastic blog that explains what stress is in physiological terms and gives some great tips and techniques of how to manage feelings of stress.

[https://www.myconcern.co.uk/blog/an-introduction-to-stress-management/?mc\\_cid=4f282c2870&mc\\_eid=a3ce8e60a5](https://www.myconcern.co.uk/blog/an-introduction-to-stress-management/?mc_cid=4f282c2870&mc_eid=a3ce8e60a5)



**Free - Happiful Magazine - <https://happiful.com/>**

Happiful are on a mission to create a healthier, happier, more sustainable society. Their aim is to provide informative, inspiring and topical stories about mental health and wellbeing. They want to break the stigma of mental health in our society, and to shine a light on the positivity and support that should be available for everyone, no matter their situation.

## A note from Somerset School Nursing Team.....

I hope you and your children have settled back into school life with relative ease at this difficult time. These are some resources that may be useful for you and your young people. This You-tube clip is a 12 minute Anxiety video by Somerset school nurses that is suitable for young people:  
<https://www.youtube.com/watch?v=r1UZmIOjvIY&feature=youtu.be>

ANXIETY - <https://www.iwbridgethegap.com/anxiety>

This following link is to the recently launched NHS Public Health Every mind matters and there are clips for young people about mental health.  
<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

Kind Regards,  
*Carrie McMullan*

## Edible drugs disguised as sweets

Be aware of suspicious looking sweet packets  
Schools have reported that students are being supplied with edible drugs disguised as sweets e.g. Haribo's, Nerds and gummies.

Police are aware that these have been available in Wincanton area.



## Worried about a young person's online?

Check out a range of online safety advice and support from key organisations



### [6 Vaping Products Disguised as Everyday Items](#) [\(healthline.com\)](https://www.healthline.com)

Teens are currently using a wide range of devices that allow them to vape undetected, right under the noses of parents and teachers.

Often, these vaping products are disguised to look like common household objects such as watches, writing pens, and even clothes.



### Coping with Self Harm

This guide was developed from talking to parents and carers of young people and is aimed at helping parents, carers, other family members and friends cope when a young person is self-harming. It includes information on the nature and causes of self-harm, how to support a young person when facing this problem and what help is available.



**Help and support. Independent. Free. Confidential.**

Victim Support is here to help anyone affected by crime.

Because we're an independent charity, you can talk to us whether or not you've reported the crime to the police. If you want, we can support you without the involvement of the criminal justice system, and we won't contact them about you unless we feel someone is at risk. We are here just to support you.

**Fill in our online form for support and advice. Someone from your local victim care team will contact you within three working days (Mon to Fri).**

If you want to speak to someone now, call our free 24/7 Supportline – **08 08 16 89 111** or [start a live chat](#).

***Safeguarding is Everybody's Responsibility  
It Could Happen Here!***