

Safeguarding in the event of a closure.

Everyone at Ark St. Alban's Academy cares about your wellbeing and safety. There are still various forms of support available to you if you have any concerns or worries. If you would like to discuss any concerns you have, you can contact the school by:

1. Calling the school on: 0121 4641300 (they can put you through to the safeguarding team)
2. Emailing: kate.darby@arkstalbans.org ; patricia.stiyel@arkstalbans.org
3. Please make sure you leave your full name and year group in the email. This will help us to support you effectively.

Important and Useful Contacts

Forward thinking Birmingham - <https://www.forwardthinkingbirmingham.org.uk/> 0300 300 009

The SHARP System – <https://stalbans.thesharpsystem.com/>

Change Brief Therapy – <https://changebrieftherapy.org/> 0121 638 0670

Agency	Information
Mind	Mind provide advice and support to empower anyone experiencing a mental health problem. More information can be found on their website: www.mind.org.uk/
Young Mind	Work with young people to ensure they have access to the support they need. Young Mind also act as a lifeline for parents and carers, and have a parent's A-Z Guide, providing expert online advice and information to parents. More information can be found on their website: www.youngminds.org.uk/
Child Line	Call, chat or email Child line about anything that is worrying you. You can call them on: 08001111 More information can be found on their website: www.childline.org.uk (121 counsellors available online)
CEOP	If you are worried about online abuse or the way someone has been communicating online. www.ceop.police.uk
Kooth	Online counselling service young people can access this through their phones or computers- a place to talk to someone. More information can be found on their website: https://www.kooth.com/

Additional Guidance

- Do make sure you stay indoors and avoid being out in public spaces
- Do wash your hands with soap and water often – do this for at least 20 seconds
- Do use hand sanitiser gel if soap and water are not available

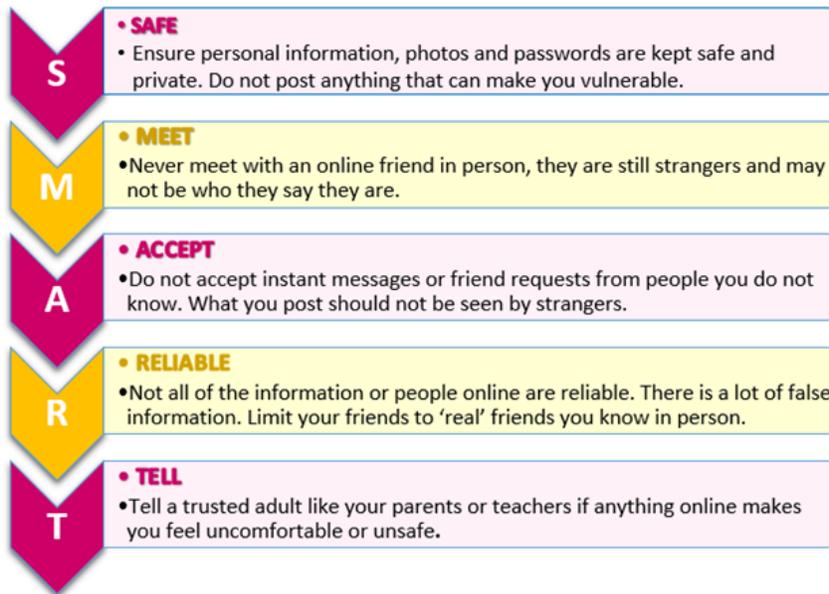
- Do cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Do use phone or [online services](#), to contact your GP surgery or other NHS services
- Do not touch your eyes, nose or mouth if your hands are not clean
- Do not have visitors to your home, including friends and family
- Do not engage in social activities that put you in contact with others

Wellbeing

Maintaining a healthy lifestyle is important, especially when at home. This includes a healthy diet, sleeping well and exercising. You can also have social contacts with loved ones at home and by email and phone with other family and friends. Make sure you take breaks in between your school work and set a schedule that works for you.

Online Safety

Doing your school work online will mean that you need to be extra careful with online safety. If you are worried about online abuse or the way someone has been communicating online, report this to your parents/carers or on CEOP. In such situations, the best thing to do is to block the person, and then report it on: www.ceop.police.uk



Parents/ Carers

There are a range of agencies who can support you if you are finding this challenging. You can also contact the school on 0121 464 1300 if you are concerned about yours, or anyone's safety. They will then put you in touch with the Safeguarding team. You can also email the safeguarding team on: kate.darby@arkstalbans.org ; patricia.stivel@arkstalbans.org

Agency	Information
Support for Benefits/ Department for Work and Pensions	<p>If you would like support around Benefits or work related queries, you can make contact using the information below.</p> <p>More information can be found on the website: www.dwp.gov.uk 0844 850 8697</p>
GP	<p>Please go to your GP for advice/ strategies/ help on the following if you have noticed that your child:</p> <ol style="list-style-type: none">Has low moodHas changed in demeanorIs not eating wellIs complaining of pain
Forward Thinking Birmingham	<p>Forward Thinking Birmingham is a service providing multi-disciplinary assessment and treatment for young people with mental health or emotional and behavioral difficulties. Your GP can make a referral too.</p> <p>More information can be found on their website: https://www.forwardthinkingbirmingham.org.uk/</p>
Food Bank	<p>https://birminghamcentral.foodbank.org.uk/ 0121 236 2997</p> <p>enquiries: infor@birminghamcentral@narthex.org.uk</p> <p>https://sparkhill.foodbank.org.uk/ 0121 708 1398 enquiries: foodbank@narthex.org.uk</p>
Citizens Advice	<p>Citizens Advice is a charity that offers free, accessible, quality advice to anyone. They can help with all kinds of problems whether they are housing, employment, benefits, debts or immigration issues for example. More information can be found here:</p> <p>https://www.citizensadvice.org.uk/</p> <p>Ground Floor Gazette Buildings</p> <p>168 Corporation Street BIRMINGHAM West Midlands B4 6TF</p> <p>03444 77 1010 (Information Helpline) 9.30 - 16.30 Monday to Friday OR for Deaf/Hard Hearing/Textphone Adviceline Number: 18001</p>

	03444 111445
Police	For immediate risks, call 999
Police (not immediate)	101 https://www.west-midlands.police.uk/
MASH	Multi Agency Safeguarding Hub (MASH) is a multi-agency service which makes it easier to access early targeted support when you consider a child, young person or family needs a service that requires a multi-agency response. More information can be found here: https://www.birmingham.gov.uk/info/50118/health_and_wellbeing/1356/lifestyles_-_children/5
Universal Credit	The helpline for universal credit is: 0800 328 5644
Well-being	Stanhope Well-being Hub Stanhope Hall, Ketley Croft Birmingham B12 0XG 0121 446 5389
Muslim Women's Network	https://www.mwnuk.co.uk/ 0121 236 900 Helpline: 0800 999 5786/ 0303 999 5786 Enquiries: info@mwnhelpline.co.uk
Birmingham Education Psychology	If you are worried about your children, you can refer them to support via the Birmingham Educational Psychology Service. They are providing a telephone helpline for any parent or carers of children, who feel they would benefit from a consultation with a psychologist to support them with any concerns arising at this time, for them or their families. You can contact them on the email below: Sian.E.Thomas@birmingham.gov.uk