

# TIBSHELF COMMUNITY SCHOOL SAFEGUARDING NEWSLETTER



SPRING 2024

## Welcome to our second Safeguarding Briefing of 2024

The purpose of our Safeguarding Briefings is to provide you with information about safeguarding issues that may affect your child(ren) and to bring you the latest hints and tips to keep your child(ren) safe.

We are committed to working with all our parents/carers and students, to actively promote the safeguarding and welfare of all our students.

There is lots of information relating to safeguarding on our website should you wish to explore certain safeguarding themes in more detail. I hope you find this briefing informative, if you have any questions, please do not hesitate to get in touch with the Safeguarding Team here at Tibshelf Community School.



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# Meet the Safeguarding Team

"Working together to Safeguard Children"

Our School is committed to safeguarding children and promoting children's welfare and expects all staff, governors, and visitors to share this commitment and maintain a vigilant and safe environment.

Everyone has a responsibility to act without delay to protect children by reporting anything that might suggest a child is being abused or neglected. We would expect you to also report to the Headteacher or the Designated Safeguarding Lead any behaviours of adults working in the school that may concern you.



Lucie Wainwright  
Headteacher



Stephen Doughty  
Safeguarding Governor



Richard Penford  
Designated Safeguarding  
Lead



Joy Riley  
Safeguarding and Intervention  
Team leader



Emma Dunn  
Safeguarding and  
Welfare Manager



Hollie Stanhope  
Safeguarding and  
Welfare Manager



Eunice Sinfield  
Safeguarding and Family  
Support Manager



Jo Marshall  
Safeguarding and Medical  
Welfare Officer

## A message from Mr Penford

Welcome to our second Safeguarding Newsletter of the Year.

I'd like to introduce myself Mr Richard Penford, Assistant Headteacher for Pupil Experience.

My first term as Designated Safeguarding Lead has been an incredibly busy, but an immensely rewarding one! Seeing the fantastic work that our Safeguarding Team do on a day-to-day basis has been awe-inspiring to say the least. Knowing that our students at Tibshelf School receive the highest levels of care, support and guidance is something I am proud to be a part of.



## Attendance

Your child's attendance is very important and without this your child will have a reduced engagement with their learning, socialising with peers which can have a impact on their chances at success in the future.

At Tibshelf Community School we strive to build resilient young people with excellent attendance in school to have the best chances in life.

As a parent/carer you have the legal responsibility to ensure that your child attends school on a regularly.

If your child is unavoidably absent from school then parents are expected to contact school by telephone or text on the first day of each absence and each subsequent day, identifying the reason for the absence and the expected day of return. The call needs to be received by school by 8.30am.

If we have not received any contact for your child being absent, then Attendance Protocol will be instigated.

## Attendance continued

These are as followed.

- The first day calling will be activated for all pupils who are not in school after registration at 8.35am and where no reason for absence has been made
- A text message will go to parent/carer by 10am
- If there is still no contact made a further call will be made again that day.
- If school are unable to make contact with parent/carer and are concerned about a pupil a home visit may be carried out.
- School will telephone home if pupils leave site without permission
- Where pupils attendance falls below 95% letters for monitoring their attendance will be generated as a standard to inform parents of their low attendance.
- Parents are encouraged to check their attendance percentages on the Arbor App .
- Should your child's attendance continue to fall below 90% without medical evidence, letters of formal monitoring procedures will be issued to individuals, and we encourage you to speak with your child's Head of Year for support.
- Should you request a leave of absence for your child please note that these need to be completed 4weeks in advance of the request of leave.

If your child does not attend school for 10 days, then we will need to complete a safe and well check.

We encourage families to bring their children to school for this, but this can also be completed by a home visit from our family support.



## Health care plans

Students who may have a medical condition would benefit from filling out an Individual Healthcare plan.

This information will be referred to in emergency situations and will also be taken on school trips. Therefore, the information needs to be as extensive and precise as possible.

If your child is on any medication, please can you complete the school medicine administering form and return to school along with the health care plan.

Individual healthcare plans will need renewing either once a year or as the condition changes. It is parents' responsibility to inform school of any changes to your child's requirements, and to provide school within date medications, where applicable.

Should you wish to discuss your child's medical needs or if they change in the future, please contact Medical Welfare Officer.

Please follow the link to find the forms for the individual healthcare plans  
<https://tibshelf.derbyshire.sch.uk/page/?title=Medical&pid=86>



## Revision and self care

It is normal for students to feel stressed and anxious about upcoming exams and stress is the natural response to pressure. It can be helpful to focus on what needs to be done and helps you to get motivated, sometimes it can be too much for students to handle and manage.



The stress of exams and the pressure students may feel may come across in numerous different ways such as; feeling anxious or depressed, irritable or angry, struggling to sleep, changes to eating habits, having negative thoughts about themselves, worry about the future, finding it hard to stay focussed and concentrate, losing interest in things they have previously enjoyed or them feeling unwell/sick/tired and having headaches.

If you notice any of the changes it's important to speak with your child and seek help and support, this could be making an appointment at the GP, speaking with school or seeking support from some other services that are added below.

### Some helpful hints and tips for exam pressure

- Take a break – schedule in regular breaks when revising and recognise when you need to stop when you become stressed or overwhelmed. This can be difficult to do especially when you are feeling the pressure. However, a change of scenery may make your time revising afterwards feel fresher and more productive.
- Mapping out studies – It could also help to try out new ways of revising to help you feel more on top of things. The way you revise for one subject may not work the same way as in another subject. Write down what you feel you know about the subject/topic, then follow up with like what you would like to know more about.
- Make a revision plan, ensuring that you mark off each area that you have completed. If you are feeling creative, you could draw a pathway towards your exams and what will happen after you have taken each one and into the future. This way you could mark off your progress as you go along. With anything from a few notes on paper to revision cards to full mappings out, work out what you feel most comfortable with and what works for you.
- Taking care of you – Taking time out when you feel like things are too much is an important thing to do. For some people they may meditate, get a cup of tea or a favourite snack, do some deep breathing exercises or go out for a walk. You need to ensure that you are drinking plenty of water and try to eat regularly. Staying hydrated can help you to feel better both physically and mentally and it's important for your brain power. Water will help to reduce and avoid headaches while setting regular times to eat will help with maintaining a good routine.

- Switching off – Avoid looking at screen for at least 1hour before bed, this will help you to fall asleep and stay asleep for longer. Enabling you to have a clear mind for exams and revision and help to reduce your stress levels. If possible, it is better to separate your revision space to your resting space to help you fully switch off.
- Moving – It's important to keep moving by having stretch breaks from your desk. This will help with stress and help avoid stress stiffness and enable you to concentrate for longer.
- Talking – Ensure that you talk to a friend or a trusted person about how you are feeling. Speaking up and venting to others will help you to destress.
- Reaching out to others whether this be a tutor, your head of year or support staff within school with your worries will help enable you to feel supported and for you to work out what you need help with. This could be working on your time management or looking at what study support can be looked into.



Don't  
forget  
To Relax

- **Positive affirmations** – Try repeating positive affirmations to yourself, you could share these with other friends that are also struggling.

#### Some to start you off could be:

- *I am always relaxed during my exams*
- *Getting good grades is natural to me*
- *I am learning to enjoy studying*
- *I am smart*
- *I always work hard and achieve my targets*
- *I will be okay today*
- Journaling and music – Writing down what is on your mind in a journal or listen to some calming music or a podcast. This is a great way to help with tensions and anxieties.

Remember to be kind to yourself and give yourself the space and time that you need as this will help you feel calmer and gain a better perspective.

#### Revision material link

<https://tibshelf.derbyshire.sch.uk/page/?title=Revision+Materials&pid=203>

Anything  
is  
Possible



THINK  
Positive

# Services to contact and use for supporting Young People

CAMHS stands for Child and Adolescent Mental Health Services.

They support children from 0-18years along with their families who have a wide range of mental health difficulties.

They offer assessment and treatment of a range of mental health problems including anxiety, depression, eating disorders, ADHD and psychosis.

**Telephone: 01246 514412 24/7 helpline: 0800 028 0077**

## **For further information visit:**

Children's mental health services (CAMHS) - Derby and southern Derbyshire :: Derbyshire Healthcare NHS Foundation Trust ([derbyshirehealthcareft.nhs.uk](http://derbyshirehealthcareft.nhs.uk))

## **Urgent CAMHS Team**

The UCT will respond to acute mental health presentation in young people under the age of 18. This will be within 4 hours if the mental health presentation is serious and there is serious self-harming or presentation of serious suicidal thoughts.

**Telephone:** 07901 330 724 to discuss a child or make a possible referral (10am–10pm, 7 days a week)

## **For further information visit:**

TEAM: Urgent Care — CAMHS ([camhsnorthderbyshire.nhs.uk](http://camhsnorthderbyshire.nhs.uk))



## **Thr1ve – social Prescribing for Young People**

Thr1ve - Social Prescribing for Young People it is a group of professional workers who have a passion for supporting young people to make positive changes to their lives and to feel more connected. They provide award-winning social prescribing services for young people aged 14 to 18years or up to 25 for those who have additional needs.

Their aim is to support people who experience isolation, loneliness, low mood, and anxiety. To do this they will work with young people to find out what social issues are affecting them and their health and well-being, focussing on a holistic approach focussing on the individual needs.

**Telephone** – 01246 925241

**Email** – [socialprescribing@spireitetrust.org.uk](mailto:socialprescribing@spireitetrust.org.uk)

Social Prescribing for Young People - Chesterfield FC Community Trust ([spireitetrust.org.uk](http://spireitetrust.org.uk))



# Chat Health

Chat health is a discrete messaging service where someone will contact you within 24 working hours. The service is open Monday- Friday between 9am and 5pm. It is for children ages 11-19 years old who live within Derbyshire and you can message them on 07507330025. The service is made up of qualified school nurses and health visitors who can support young people on issues that include:

- Sexual health
- Relationships
- Emotional health
- Drug and alcohol use
- Physical health

## Home Page - ChatHealth



## Kooth

Kooth offers emotional and mental health support for children and young people ages 11-18 years old. They have qualified counsellors online seven days a week to provide young people using the service online counselling, through a chat-based messaging via drop-in or booked in sessions.

## Home - Kooth





# Emotional health and wellbeing

Emotional health and wellbeing is a site that is able to signpost for people within Derbyshire to provide resources for people, these are also updated on a regular basis. This site provides links and resources for both adults and young people.

**Derby & Derbyshire - Emotional Health & Wellbeing**  
**([derbyandderbyshireemotionalhealthandwellbeing.uk](https://derbyandderbyshireemotionalhealthandwellbeing.uk))**

## Young Minds

If your child is anxious about school, unable to come into school or refusing to attend, Young Minds and Action for Children have some helpful guidance and online support for you and your family.

It is normal for children to feel worried and anxious at times especially when starting a new school or when they are going through their exams. Although over time some children find school a struggle and it can be a challenge for both the student and the parent/carer. Children can feel anxious for many different reasons, whether it's being worried about making new friends, finding the schoolwork hard or feeling the pressure to do well in school and fit in with others. Along with outside factors from home that may affect the child, this could be due to the loss of a family member or the separation of parents. For some students the school setting may not be the right place for them, and a different setting may be more appropriate, this can cause the child to become more anxious and unsettled impacting on their mental health.

Young children will show their anxiety in many different ways, this could be shown by them not wanting to get up and ready, saying that they can't go to school, feeling sick or having stomach or head pains, not sleeping well at night and becoming withdrawn, quiet and low.

If this is a situation that you have been finding yourself in or you are worried about then Young Minds and Action for Children have some helpful advice and tips with supporting your children in going to school. We would also recommend reaching out to school and speaking with the child's Head of Year in the first instance.

<https://www.youngminds.org.uk/>

<https://parents.actionforchildren.org.uk/>



# Vapes

Vapes are becoming increasingly popular with teenagers and young adults who are not current or former smokers. The vapes that are used are usually a small disposable device that can contain the maximum permitted nicotine concentration. They do not give off as strong a smell like cigarettes do and therefore it may be harder to detect that someone is using a vape. Vapes are displayed in most stores and are seen to be bright, colourful, and displayed at the counter so are seen by the consumer compared to cigarettes that are no longer able to be displayed and have images showing the risks of smoking on them.

Elf bars are currently illegal and have been removed from all stores and should be reported if a store or someone is found to be selling them.

## What is in the vapes?

The four main ingredients in vapes are propylene glycol(PG), Vegetable Glycerin (VG), water, flavourings and nicotine. Vapes typically feature both PG AND vg, with one of the two often more dominant than the other. Besides the nicotine, vapes can contain potentially harmful ingredients including;

- Heavy metals, such as nickel, tin and lead
- Volatile organic compounds
- Flavourings such as diacetyl, a chemical linked to serious lung disease
- Ultrafine particles that can be inhaled deep into the lungs.
- Cancer causing chemicals
- Nicotine

It is difficult for the consumer to be fully aware of what they are being sold. The vape juice may be marketed as having zero percent nicotine in them but in fact in may contain traces of nicotine.

## Extreme examples

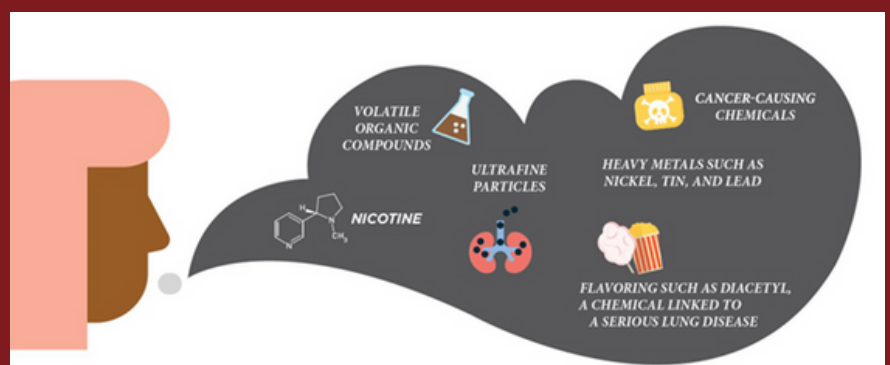
If you purchase a defective vape these have been known to cause fires and explosions, which have resulted in people being seriously injured. Adults and young children have been poisoned by swallowing, breathing, or absorbing the vape juice through their skin and eyes.

## Negative health effects of vaping

Using vapes has a negative effect on respiratory health, and research shows that young people are twice as likely to suffer from a chronic cough and shortness of breath. Using vapes can also aggravate and worsening asthma. Vaping can also reduce the function of the lungs via disturbance of gas exchange and tissue inflammation making it so that you have lower immunity and are a higher risk of catching an infection. Using vapes can also cause headaches along with feelings of nauseousness and vomiting. All these factors will affect the everyday life for users of vapes and e-cigarettes with the affects potentially being irreversible and caused long term damage.

## Vapes in school

If a child is found to have a vape on them within school, the vape will be confiscated and will not be handed back. A phone call home will be made and in some instances the police may have to be contacted.



# Anti-Social Behaviour



With the clocks about to go forwards and the nights staying lighter, it's important you to be aware of where your children are and what they are getting up to. We need to ensure that our student's idea of fun whilst out of school is what society expects of them.

Recognising the importance of linking children's learning at school and among peers to their life at home, it is recommended you speak to your son/daughter about their safety and behaviour when out with friends.

This is also an opportunity to set boundaries and give reassurance that they can speak to you if they ever find themselves affected by any issues or concerns. Children can be victims of anti-social behaviour too.

We have been receiving an increasing amount of details stating that some of our students are getting involved with anti-social behaviour within our local communities and we want to make you aware of this so you can have open conversations with your children and challenge them if you have concerns.



## What is Anti-Social Behaviour (ASB)?

Anti-social behaviour is an incident that falls short of a crime, where the behaviour and actions of an individual or group causes, or is likely to: Anti-social behaviour is an incident that falls short of a crime, where the behaviour and actions of an individual or group causes, or is likely to:

- Cause harassment, alarm or distress to any person of another household
- Cause a person to feel personally threatened
- Cause a public nuisance or detrimental impact upon the environment
- Cause a detrimental effect upon the quality of life of an individual or the community as a whole

## What is the Law?

Anti-social Behaviour is not a crime in itself, the acts and behaviours within incidents of ASB can amount to offences and would be dealt with accordingly. The Police have various powers and laws to assist them to tackle ASB and keep communities safe; in addition to fines and court sanctions, other outcomes include:

- Community Resolutions
- Community Protection Notice (CPN)
- Public Space Protection Order (PSPO)
- Local authorities and social landlords also have powers to deal with anti-social behaviour. These include issuing CPNs, PSPOs and evicting tenants whose children, or themselves, are responsible for causing ASB.

# Anti-Social Behaviour - continued

## What can I do as a parent?

Young people often feel they are blamed as the main cause of anti-social behaviour; the stereotype arises largely from the fact that groups of young people often hang out on the streets. Certain behaviour, which is not always intended to cause nuisance, can be perceived by people in the community as ASB when it has an impact on their everyday lives.

It is recommended you have talk to your child about ASB when the time comes that you let them venture out without you, in just the same way you would talk to them about staying safe. Explain how their behaviour will affect others and how it can be perceived, encouraging them to be mindful and considerate. It is also important to make them aware of the consequences for them and the family if they became involved in causing ASB.

Before they go out, ask them:

- What they are planning to do?
- Where they are going?
- Who they are going with?
- What time, and how they will be getting home?

Tell them:

- To think about what they are doing
- Not to cause distress or annoyance to others
- Not to cause damage to property
- Not to put themselves or others in danger

Access to Alcohol:

- ASB and accidents are commonly linked to alcohol, children often take it from home without parents' knowledge
- Keep alcohol in a safe place
- Keep a regular check on the alcohol you have to know if any goes missing.

Young people can also be the victims of crime and disorder:

- Make sure they know how to stay safe
- Make sure they know what to do if they are victim of crime
- Make sure they can contact an adult at any time and who it is
- Make sure they know how to use the police 101 and 999 services

Reporting ASB?

If you or your child experience anti-social behaviour, you can report this to your local authority or the police. Although it is not possible to send police officers to every incident, reports are recorded and help build a picture of merging issues and hotspots for local police to include in their community response plans and patrols.





# Cost of living – Food Banks

While some pressures are beginning to ease, like the summer meaning we are less reliance on heating for some. There are still many of us feeling the pressures of the living crisis and how this is impacting our lives daily.

Below are helpful links, advise and services that you can access to seek support and information. Within some of these services you will also be able to make a donation to support local families in need.

With the easter holidays being just around the corner this will have a massive impact on our shopping bills with the whole family being home along with a few extras who may join you at meal times.

Love Food Hate Waste is a national campaign to reduce the amount of food waste is sent to landfill. 70% of our food waste come from our homes!

[Love Food Hate Waste / Preventing food waste](#)

By trying to ensure we use all of the food we purchase and aim to let none of it go to waste is an important way to help reduce your carbon footprint and help tackle climate change along with saving money.

**To help tackle this you could plan your family meals ahead of time, by doing this you are ensuring you only purchase the food needed for the meals adding to not wasting any food and reducing your grocery shop cost. You could make a meal planner for the week and this will help make meal times less stressful and you are not having to think about what to eat each night.**

**It is also useful to check what you have in your cupboards and freezer before you go shopping so that you are not buying duplicate items. Look at the back of the cupboard and in the freezer and come up as a family with a meal idea for what you have in.**

Meal Planner	
Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	Notes

Planning your meals can reduce food waste and save you up to £50 a month

recycle for Derbyshire For more tips on how to reduce your food waste and help recycle visit [lovedfhw.co.uk](http://lovedfhw.co.uk)



## Cost of living – Food Banks

Apply for free school meals

It's important that young children have a well-balanced diet and that they have 3 balanced meals each day. At school we have our canteen where the children can get something to eat and drink at break and lunch time. This can be costly and a struggle for some families, but you could be eligible for free school meals.

If you are on income support, claim child tax credit or universal credits to name a few then contact the free school meals team to check your eligibility.

email: [checking@derbyshire.gov.uk](mailto:checking@derbyshire.gov.uk) or tel: 01629 536481.

Free School Meals ([derbyshire.gov.uk](http://derbyshire.gov.uk))

Tibshelf - Tibshelf food bank is run by local volunteers and relies on donations and help from others in the community.

The food bank is open every Saturday from 10am – 11am at the Pavilion on Shetland Road.

This is for people who live within Tibshelf or the surrounding areas, you don't need a referral to use this food bank and everyone who needs the service is welcome.

For further information or if you would like to discuss who you can donate, please contact either;

Allison Beckett 07739113148

Lian Kingscott 07808719681

Holmewood

Living hope food bank in the Abundant Life Christian Church S42 5TA

The Living Hope Food Bank is a place where people are able to visit and have a warm drink and biscuit and being able to socialise with others that maybe in a similar situation to them or be able to help and support them.

They are run by a team of volunteers who unselfishly give their ours, time and energy to serve others and will give people the respect that they deserve ran by Tokki Haywood.

The food bank is open every Wednesday between 12:00pm to 13:30pm

Call the church office for more information or visit the website

01246 854796, 07940 845 805

[Living\\_Hope — Abundant Life Christian Centre \(alcchholmewood.com\)](http://Living_Hope—Abundant_Life_Christian_Centre(alcchholmewood.com))

Derbyshire Discretionary Fund

The Derbyshire Discretionary Fund (DDF) can provide grants or emergency cash payments you are in urgent need of financial help following a crisis or disaster.

Telephone: 01629533 399

[Derbyshire Discretionary Fund \(DDF\) - Derbyshire County Council](#)

# Activities for Easter holidays

## Its about me

It's About Me is a programme for families in Derbyshire to help children and young people have fun and be active over school holidays!

The programme is funded by the Department of Education and the clubs are designed for children between the ages of 4-16 years of age who are eligible for benefits-related to free school meals and are delivered in partnership with Derbyshire County Council and local activities providers. They also provide clubs for children with special education needs and/or disabilities. This is a great opportunity for children to take part in a variety of different activities and make new friendships along the way.

Bookings are now live with the link is attached below where you are also able to see other activities and ideas for the easter holidays.

[bookings.itsaboutmederbyshire.co.uk/list](https://bookings.itsaboutmederbyshire.co.uk/list)

## Travel Derbyshire on Demand

Travel Derbyshire on Demand is a new type of bus service that needs to be booked in advanced but is a more flexible than conventional bus. There is no fixed timetable, meaning that pick up times, routes and destinations can be planned to suit the needs of where and when passengers want to travel. It is fully accessible and able to carry passengers in wheelchairs and has space for pushchairs.

It can be used for all types of travel whether this is visiting friends, medical appointments, going to the shops or going to work.

Journeys cost from £3 with deals on family tickets and multiply journey deals.

The service runs from Monday to Friday 7am to 7pm

Saturday 8am to 5pm

There is no service on Sundays, bank holidays or public holidays.

Call centre hours are Monday to Friday 8am to 5pm

Saturday 9am to 1pm

Call on 01773 317173

Please follow the link for further information



# Domestic Abuse and the impact on children

Children, young people and families who are affected by domestic abuse or violence can get support including refuge accommodation, by contacting Derbyshire Domestic abuse Helpline. This is available 24 hours a day 7 days a week and is a single point of contact to get the help your family needs.

Call 08000 198 668

Children that witness or experience domestic violence are at serious risk for long-term physical and mental health problems. They may develop anxiety, depression, PTSD, low self-esteem, and behavioural difficulties. They may also have trouble with their academic performance, emotional regulations and social relationships. They will also be more likely to become victims of perpetrators of abuse in adulthood.

Every child will be affected differently to the trauma of domestic abuse.

Since the Domestic Abuse Act 2021 was put in place children that have been exposed to domestic abuse are now recognised as victims of domestic abuse in their own right, rather than just a witness.

If you are concerned that a child may be at risk of immediate domestic abuse, always call 999.

If you have concerns that a child is at a non-immediate risk then there are other services below that you contact for support.



Refuge – is the largest domestic abuse organisation in the UK where you can call their freephone 24 hour National Domestic abuse Helpline on 0808 20000247

Contact us | Refuge National Domestic Abuse Helpline ([nationaldahelpline.org.uk](https://nationaldahelpline.org.uk))

Childline- offers free, confidential advice and support to all children, whatever your worry.

Call their freephone on 0800 1111

Childline | Childline





# What is SDAT?

Stopping Domestic Abuse Together, also known as SDAT, is an early notification system to schools. It is our local version of Operation Encompass ([Home : Operation Encompass](#)) and informs schools of any incidents of domestic abuse where the police have attended a household where children aged 5-16 live.

Derbyshire Constabulary lead on SDAT, with support from partners such as local authority children's social care, health services, schools and other safeguarding agencies. It has been rolled out with all schools in Derby and Derbyshire.

SDAT helps schools respond to children's needs in the education setting to support them with their learning, emotional and social development. It also promotes effective communications between police, local authority children's social care and schools where there has been a domestic abuse incident.

## What happens when school receives a domestic abuse notification?

When we receive a domestic abuse notification we will routinely monitor the child's welfare and engage with partner agencies where required. This is part of our safeguarding commitment to safeguard all our students.

Only safeguarding school staff receive the notifications and the notifications do not include details of the incident just a notification that something has happened. The aim of school being notified is so that support for the student can be put in place.

Domestic abuse can have a short and long term impact on children and young people. Growing up in a household of fear and intimidation can impact their health, wellbeing, and development, with lasting effects into adulthood. SDAT helps children to get support they need.

## Support

Anyone experiencing domestic abuse should feel safe and able to report this to us. You can do this via our website or by calling 101. In an emergency, call 999. ([Report domestic abuse | Derbyshire Constabulary](#))

If you're worried about someone finding out you've contacted us, there is advice and guidance on how to remove the search from your history. ([How to hide this visit from your web history | Derbyshire Constabulary](#))

# The Elm Foundation

The Elm Foundation provides domestic abuse support services across the community covering in Chesterfield, Bolsover, parts of Amber Valley and North East Derbyshire. They are there to help people either living in domestic abuse now or if they have been subject to this in the past.

They also provide a range of services for children and young people including those who have witnessed domestic abuse in the home, those that are at risk of abuse or who have experienced this themselves in their own relationships. This is provided in one to one sessions, group sessions, in schools and when safe in the home.

They also provide support for the perpetrator to help provide a stop to the abuse and support them in making changes and know what a healthy relationship looks like.

Please click on the link below for more information and understand on what support they can provide. [Services | The Elm Foundation](#)



## Parent Workshops and support

Trent PTS has been commissioned by the local NHS to provide a range of psychological therapies for anxiety, depression and other common mental health problems. This is a free service provided to anyone above the age of 16 and who is registered with a Derbyshire GP.

To access this service you can either self refer yourself by following the link [Self Referral | Trent PTS](#) or make an appointment to see your GP and request a referral.

The therapy they provide can be accessed at one of their clinics, by phone or video to suit your requirements.



## Derbyshire Bereavement Hub

Losing someone we are close to can be one of the most difficult times in our lives, whether this is expected, after a long illness or sudden and unexpected.

The grieving process is individual to each and everyone of us and there is no wrong or right way in how we feel or deal with this loss. Although if you or someone close to you is struggle to manage and cope particularly as time goes on then you may need to reach out for support.

Derbyshire bereavement hub is an organisation that provides information and links to different organisations for support for bereaved people.

Please follow the link for support in your local area and nationwide.

[Derbyshire Bereavement Hub – Counselling, Support and Networks](#)



# **TIBSHELF COMMUNITY SCHOOL**

# **CHARACTER VALUES**



**Resilience**



**Respect**



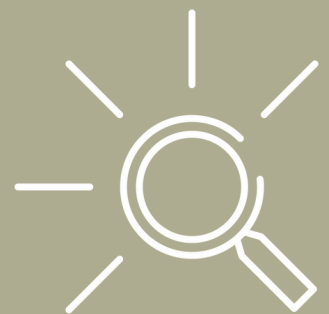
**Positivity**



**Integrity**



**Community Spirit**



**Curiosity**

