

Safeguarding: Parenting Support

Bringing up children is not an easy task. There are many issues that children struggle with today that were not around when we were younger, which makes it difficult for us to deal with and/or understand.

However, there is support out there. Below we have listed some sources of support that you might find useful for you or your child.

- Family Lives – www.familylives.org.uk. This offers a confidential and free helpline service. You can call 0800 800 2222 for information, advice, guidance and support on any aspect of parenting and family life. The service is open 9am -9pm Monday to Friday and 10 am -3pm on Saturday and Sunday.
- Parenting Courses. www.cambridgeshire.gov.uk/info/20075/parenting and family support/405/parenting courses. There is a particularly good course called @Raising Teens' which is for parents of children who are 10 and over. It runs for 10 weeks and each session is 2 hours long.
- For parents whose children self-harm there is a monthly meeting run by a charity called Pinpoint. Further information is available at www.pinpoint-cambs.org.uk/self-harm
- For parents whose children have ASD and ADHD there is a monthly group which supports parents whether their child has a formal diagnosis or not. The contact number is 01480 499043.
- There is a website www.keep-your-head.com which has good quality information on keeping well, self help and support services. It covers a range of issues including stress, bullying, self- harm and what to do in a mental health crisis. It is suitable for both young people, parents and carers.
- Another new service which offers free on-line counselling for young people between the ages of 11 and 24 is available at www.kooth.com . This service has been commissioned by the NHS. There are two ways this can be used. The young person can book a regular slot with an assigned counsellor or use the 'drop in' service on-line. The service is available 12 noon – 10pm Monday to Friday and 6pm -10pm at weekends. It is open 365 days a year.
- Other useful websites are www.youngminds.org.uk and www.youthoria.org

Centre 33 which is based in Ely also offers a drop in session and structured counselling. Further details of their service can be found on www.centre33.org.uk/counselling.

Last year the Learning Resource Centre at school purchased a range of books, that have been recommended by experts, that provide high quality information, support and advice on a wide range of mental health issues.

Finally, if you have any worries about the MH of your child please contact us at school. Speak initially to your child's form tutor or house office or contact me directly on lriches@elycollege.co.uk.