



Safeguarding now that Ark Swift is closed

Everyone at Ark Swift 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: 0208 743 2514 (they can put you through to the safeguarding team)
2. Emailing: info@arkswiftprimary.org, a.leach@arkswiftprimary.org or s.burton@arkswiftprimary.org 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

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
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

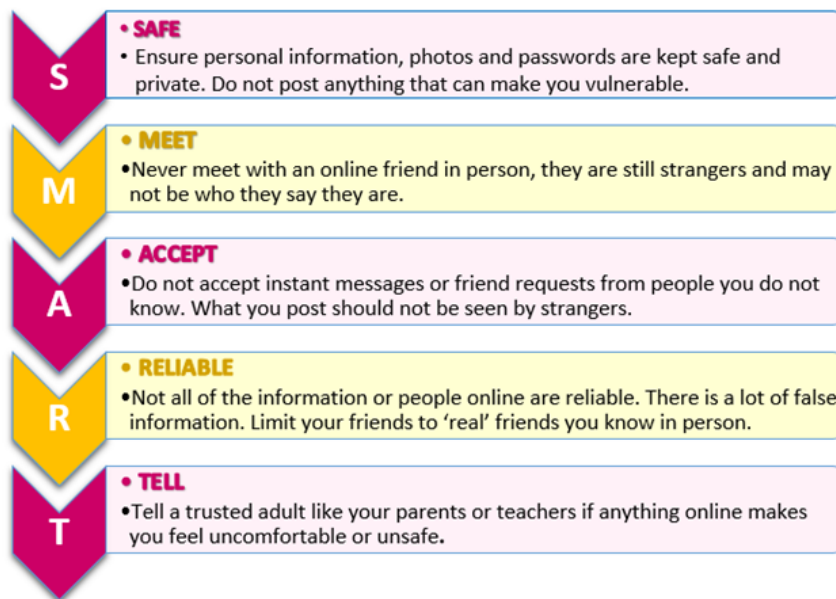
- Do not have visitors to your home, including friends and family
- Do not engage in social activities that put you in contact with others

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 0208 743 2514 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: info@arkswiftprimary.org, a.leach@arkswiftprimary.org or s.burton@arkswiftprimary.org

Agency	Information
Support for Benefits/ Department for Work and Pensions	More information can be found on their website: www.dwp.gov.uk You can also visit https://www.lbhf.gov.uk/benefits for local guidance.
GP	Please go to your GP for advice/ strategies/ help on the following if you have noticed that your child: <ul style="list-style-type: none"> a. Has low mood b. Has changed in demeanor

	<p>c. Is not eating well</p> <p>d. Is complaining of pain</p>
Child and adolescent mental health services (CAMHS)	<p>CAMHS 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.</p> <p>More information can be found on their website: https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/</p>
Food Bank	<p>https://hammersmithfulham.foodbank.org.uk/ - is the webpage for the food bank in H&F.</p> <p>You can email them at info@hammersmithfulham.foodbank.org.uk or call them on 020 7731 3693</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.</p> <p>More information can be found here: http://cahf.org.uk/</p>
Parent support Service	<p>https://www.lbhf.gov.uk/children-and-young-people/children-and-family-care/family-support-service - this service provides support for families when they may be experiencing difficulties.</p>
Police	<p>For immediate risks, call 999</p>
MASH	<p>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.</p> <p>More information can be found here: 0208 753 6600</p>