

## **College updates**

### **Mental Health assembly**

Carie Workman, mental health practitioner came into college on 22<sup>nd</sup> January to deliver an assembly on coping with mental health problems and how to promote positive mental health. She delivered the assembly to our Foundation students and then spent the day in college offering drop in sessions for advice and help on any aspect of mental health. The following link is the article in the Worcester News.

<https://www.worcesternews.co.uk/news/regional/18188016.mental-health-nurse-visit-worcestershire-schools-help-pupils-anxiety-stress/>

### **Time to Talk day**

National Time to Talk day was 6<sup>th</sup> February. Mental health problems affect one in four of us and yet too many people are made to feel isolated, ashamed and worthless because of this. Time to Talk day encourages everyone to be more open about mental health – to talk, to listen, to change lives. We marked this day at college with the theme 'Don't let mental health be the elephant in the room', encouraging students to talk about their mental health and to check on their mates.

### **A reminder of support avenues in college, for simply a listening ear or for practical support ;**

- Tutors
  - Learning support team
  - Mental health peer awareness group
  - Well-being room (The Retreat)
  - Safeguarding noticeboards in tutor room with leaflets
  - Art therapy Tuesdays 2 – 2.45 in room G40
- Heads of Year  
Counselling  
Mental health tutorials

### **Local support**

**Worcestershire Healthy Minds** – run courses and group therapy for those aged 13-18 yrs. See their website for more details <https://www.hacw.nhs.uk/about-healthy-minds/>

**Reach4Wellbeing** – also run courses (some online) and group therapy for those aged 16+ See their website for more details <https://www.hacw.nhs.uk/reach4wellbeing/>

#### **Safeguarding team**

Julie Ferman - DSL & Head of Year

Graham Williams – Deputy DSL & Head of Year

Sara Payne – Deputy DSL and Learning Support manager

Carl Rusby – Head of Year

Sarah Mills – counsellor

Mark Brown – counsellor

Tutors are also part of the wider safeguarding team

# 01

## Background to 'Get Safe'

It is multi-agency **support** and **protection** for children and young people at risk of **Exploitation**. This brings together and identifies the following exploitation risks that children and young people face today across the UK:

**G**ang-related activity, **S**exual **E**xploitation, **T**rafficking, **M**odern Day **S**lavery, **A**bsent and Missing, **F**orced Marriage, **H**onour Based Violence and **F**emale Genital Mutilation, and **C**riminal **E**xploitation.

The GET SAFE Partnership is committed to tackling Child Exploitation and supporting victims and their families who experience this.

## 'Get Safe' stands for...

# 02

Gangs

Sexual Exploitation

Trafficking

Modern Day Slavery

Absent or Missing

Forced Marriage

Criminal Exploitation

# 07

Access safeguarding procedures at: [www.worcestershire.gov.uk/safeguardingchildren](http://www.worcestershire.gov.uk/safeguardingchildren)

If you have child protection concerns refer to Julie Ferman, Graham Williams or Sara Payne

# 03

## Useful links

**Children's Society criminal exploitation** (resources for professionals)  
<https://www.childrensociety.org.uk/>

**Young Minds crisis messenger**  
<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

**Neighbourhood Watch - spotting the signs**  
<https://www.ourwatch.org.uk/crime-s-archive/child-sexual-exploitation/>



GET SAFE

## What can parents do?

Speak to your child and tell them what you are worried about. Let them know they are not in trouble and that you are worried. If your child has missed a curfew time and you have exhausted all avenues to locate them, consider reporting them missing to the police. Where possible keep a record of any worrying activity as it will help find out what is happening. Be aware that there may be threats against you or your family that your child is worried about from those who are exploiting your child - your child may believe they are protecting you.

# 06

## What does criminal exploitation mean?

This is when children are used by people, sometimes older or in gangs or groups, for criminal activity such as carrying or selling drugs or weapons, running money, involved in robberies or hiding things.

When children are sent by others to commit crime that is of benefit to the person, gang or group, this is criminal exploitation and trafficking. It is important to know you are not alone. There are many parents and carers in similar situations and there are things you can do:

## What is CSE?

**Child sexual exploitation (CSE)** is a form of child sexual abuse where an individual or a group of people takes advantage of an imbalance of power to coerce, manipulate or deceive a child (anyone under the age of 18) into sexual activity for which the YP receives something they want or need in exchange. This could be food, accommodation, drugs, alcohol, cigarettes, money, gifts or affection. This could also be for the financial advantage or increased status of the perpetrator. A victim may initially think the relationship is consensual. Child sexual exploitation can occur online as well as in person, and does not always include physical contact.

**Website: [Safe and Sound - What is CSE \(opens in a new window\)](#) can provide more information on CSE.**



# 05

# 04