



SIR THOMAS RICH'S

Pastoral Support

CONNECT

Connect with people around you

BE ACTIVE

Keep your mind and body active

BE AWARE

Take notice of the world around you

KEEP LEARNING

Learn something new or rediscover an old interest

HELP OTHERS

Do something kind for a friend or stranger



*“Healing takes time,
and asking for help is
a courageous step.”*

Our Pastoral Support Assistants



Mrs Filipkova and
(gvf@strs.org.uk)



Mrs Roberts
(car@strs.org.uk)

They meet with students for an initial assessment and then discuss next steps considering each individual student's needs. This could include a safe space to talk things through or focused support for a range of emotional difficulties, examples include:

- low mood
- lack of motivation
- anxiety
- panic attacks
- exam stress and stress management
- procrastination
- emotional regulation (including anger)
- relationships
- self-harm reduction
- distress tolerance
- substance use (risk management and reduction)
- self-esteem
- self-compassion
- resilience
- general wellbeing (sleep, food, exercise, and social connection)
- grief etc.

Sessions vary in length but may initially be 3 x 30 minutes; this will then be reviewed with the potential to extend to 6 x 30 minutes if appropriate.

They can also offer a referral for external support.

What is there in addition to school pastoral support?

Gloucestershire's Navigation Hub for access to external agencies.

What is the Navigation Hub?

It is important that health and education services work closely together to plan the most effective way of improving children and young people's mental health, wellbeing and education together.

Therefore, a partnership of professionals from across a range of support services has been created to collectively review requests for help. This simplified single route, enables children, young people, families, carers and professionals to access the most appropriate support based on their needs, eliminating the requirement for young people to repeat their story to multiple different services.

Who is involved with the Navigation Hub?

The following agencies are part of the Navigation Hub. Together they will share and review the school's referral and decide on the best agency to support each young person. Additional information may be shared confidentially within the Hub, such as health-based information and other agencies involved with the family – all information will be held in accordance with Data Protection legislation:

- Young Minds Matter (YMM)
- Young Gloucestershire
- TIC+
- School nursing
- CAMHS
- Early Help
- Education Inclusion Services
- Gloucestershire Hospital Education Services (GHES)
- Team Around the Locality Cluster (TALC)

What happens after referral?

The agencies within the Navigation Hub meet regularly to review all referrals. They will then contact both school and the young person directly with the outcome of the referral.

Emergency Numbers for Young People

In an emergency

999

Help in a crisis (24/7)

SHOUT (crisis text): text 'Hello' or 'Start' to **852 58**

Crisis team: 0800 169 0398

Childline: 0800 1111

Samaritans: 116 123

Hopeline:

0800 068 4141, text: 88247, email pat@papyrus-uk.org

Self-referral to local organisations

There are also the following local organisations which you can self-refer to for free confidential counselling or mentoring:

- **Young Minds Matter (YMM)** [Young Minds Matter > CYPS Gloucester Health & Care \(ghc.nhs.uk\)](#)
- **YMM general information and support: YMM CHAT** [07480 635723](#)
- **Young Glos** [Home | Young Gloucestershire \(youngglos.org.uk\)](#)
- **TIC+** [Home - Tic+ \(ticplus.org.uk\)](#)
- **TIC + Interact** [InTER-ACT - Tic+ \(ticplus.org.uk\)](#)
- **TIC+ CHAT** (5pm-9pm, closed Friday and Saturday) [0300 303 8080](#)
- **TIC+ LIVE CHAT** [tic+chat - Tic+ \(ticplus.org.uk\)](#)
- **Brownhill Centre (Gloucestershire Eating Disorder Service)** [Eating Disorders Service Gloucestershire > Glos Health & Care NHS Foundation Trust \(ghc.nhs.uk\)](#)
- **Chat Health (online messaging with school nursing team)** [Home Page - ChatHealth](#)
- **Support finder Onyourmindglos (support finder for under 25s)** [On Your Mind Gloucestershire - children & young people's mental health - NHS \(onyourmindglos.nhs.uk\)](#)

General information and support websites/lines

- **NHS Mental Health** [Mental health - NHS \(www.nhs.uk\)](#)
- **Young Minds** [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- **Mind** [Information for young people on mental health and wellbeing - Mind](#)
- **Mental Health Foundation** (information on mental health conditions) [A-Z Topics | Mental Health Foundation](#)
- **Royal College of Psychiatrists** [Mental health | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)
- **Childline** [Childline | Childline](#)
- **NSPCC** [Comprehensive child safety guide | NSPCC](#)
- **Rethink Mental Illness** [Rethink Mental Illness](#)
- **Gloucestershire's Helpline:** [Gloucestershire Mental Wellbeing Helpline \(rethink.org\)](#)
- **NHS Inform** [Self-help guides | NHS inform](#)
- **Samaritans** [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)
- **Kooth** [Home - Kooth](#)
- **The Mix** [The Mix - Essential support for under 25s](#)
- **On Your Mind Glos** (information about mental health conditions and how to self-refer) [On Your Mind Gloucestershire - children & young people's mental health - NHS \(onyourmindglos.nhs.uk\)](#)
- **School nurse** (drop-ins during Tuesday lunchtimes via reception) [ChatHealth > Glos Health & Care NHS Foundation Trust \(ghc.nhs.uk\)](#)
- **Hub of Hope (support finder)** [Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)
- **Charlie Waller Trust** [Mental Health Resources Library For Young People \(charliewaller.org\)](#)

General Self-Help Apps



Feelmo

Activities and education on anxiety, stress, anger, sadness, relationships, sleep, insecurities, and sadness.

[Feelmo: Mental Health Support for iPhone - Download \(softonic.com\)](#)



What's Up

Utilising some of the best CBT methods to help you cope with depression, anxiety, anger, stress and more.

[What's Up? | ReachOut Australia](#)



I am me

Mental health education and wellbeing tips; created by young people, for young people.

[The Positive Mental Health App for Young People | i am me app](#)



Being

Articles, journaling and helpful strategies on a wide variety of topics such as LGBTQ+, Covid anxieties, social media and wellbeing.

[being: self therapy & CBT ai - Apps on Google Play](#)



Feeling Good Teens

The Feeling Good Teens App uses short audio tracks to help let go of worry, improve sleep, develop self-esteem, resilience and goal focused motivation.

[Feeling Good Teens – Apps on Google Play](#)



Virtual Hopebox

The Virtual Hope Box (VHB) is an app that contains simple tools to help with coping, relaxation, distraction, and positive thinking.

[Virtual Hope Box on the App Store \(apple.com\)](#)

“Your mental health is just as important as your physical health.”

Apps for Specific Support

Anxiety, Worry and Panic Attacks



Clear Fear

Activities and ideas to help manage symptoms of anxiety.

[Home - Clear Fear App \(stem4.org.uk\)](http://stem4.org.uk)



Dare: Panic & Anxiety Relief

Help to manage anxiety and panic attacks.

[Dare App - Dare Response](#)



Happify

Turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.

[Happify - Apps on Google Play](#)



Mindshift

An app designed to help teens and young adults cope with anxiety.

[Happify - Apps on Google Play](#)



Worry Tree

The Worry Tree app aims to help you take control of worry wherever you are.

[WorryTree Mobile App — WorryTree \(worry-tree.com\)](#)



What's Up

Information, calming techniques, coping strategies for worries and habit tracker.

[What's Up? - Mental Health App - Apps on Google Play](#)



Tappy

Self-care fidgeter, helps reduce stress and anxiety.

[Tappy: Self Care Fidgeter on the App Store \(apple.com\)](#)



Lumi Nova

Anxiety therapy.

[Lumi Nova: Tales of Courage](#)
(free for all Gloucestershire young people and schools)

Apps for Specific Support

Low mood and depression



Move Mood

Help to manage behaviours associated with low mood and depression.

[Home - Move Mood App \(stem4.org.uk\)](http://stem4.org.uk)



MoodGym

An online cognitive behaviour therapy program for depression and anxiety.

[moodgym - Interactive skills training for depression and anxiety](http://moodgym.com)



MoodKit

Uses CBT principles to help with low mood and anxiety.

[Bending Spoons | Impossible. Maybe.](http://bendingspoons.com)



Daylio

Mood journal.

[Daylio - Journal, Diary and Mood Tracker](http://daylio.com)



MindShift

Managing anxiety and mood journal.

[MindShift® CBT App | Anxiety Canada](http://mindshiftapp.com)



Cove

Create music to reflect emotions like joy, sadness and anger to help express how you feel.

[Cove \(cove-app.com\)](http://cove-app.com)

“There is hope, even when your brain tells you there isn’t.”

JOHN GREEN

Apps for Specific Support

Mindfulness and Meditation



Smiling Mind

A meditation program developed by psychologists and educators to help bring mindfulness into your life

[App — Smiling Mind](#)



Calm

Meditation techniques to aid with stress and sleep

[Calm - The #1 App for Meditation and Sleep](#)



Headspace

A meditation app that acts as a personal guide to health and happiness.

[Headspace: Meditation & Sleep - Apps on Google Play](#)



The Mindfulness app

Help to reduce stress, learn how to meditate and improve sleep.

[The Mindfulness App | Meditation and Sleep to improve health](#)



Mindful Powers

Learn about mindfulness and play mindfulness activities.

[Mindful Powers™ on the App Store \(apple.com\)](#)



1 Giant Mind

An app that teaches you to meditate.

[1 Giant Mind: Learn Meditation - Apps on Google Play](#)



Insight Timer

Guided meditation

[Insight Timer — #1 Free Meditation App](#)

“The mind is like water, when it’s turbulent, it’s difficult to see. When it’s calm, everything becomes clear.”

Apps for Specific Support

OCD



No OCD

Helps with those suffering from obsessive compulsive disorder.

[NOCD: OCD Therapy and Tools - Apps on Google Play](#)

Relationships and Abuse



Holly Guard

Personal safety app

[Download Hollie Guard – Hollie Guard](#)



Flare Safer Gloucestershire

Created for women and girls to anonymously share their experiences of how and where they've felt unsafe

[Flare App | Gloucestershire Constabulary](#)



Bright Sky

Practical support and information about domestic abuse.

[Bright Sky app | Hestia](#)

“Every day may not be good, but there is something good in every day.”

Apps for Specific Support

Resilience



eQuoo

Uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills.

[eQuoo - Apps on Google Play](#)



Superbetter

Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles

[SuperBetter: Mental Health - Apps on Google Play](#)



SafeSpot

Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.

[SafeSpot - SafeSpot](#)



I am me

Mental health education and wellbeing tips; created by young people, for young people.

[The Positive Mental Health App for Young People | i am me app](#)

Self-harm Support



Calm Harm

Activities and ideas to help manage urges to self-harm.

[Home - Calm Harm App \(stem4.org.uk\)](#)



distrACT

The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.

[distrACT on the App Store \(apple.com\)](#)



Calm Urge

Self harm and mood tracer with calming activities.

[Calm Urge: Self Harm Tracker - Apps on Google Play](#)

Apps for Specific Support

Stress Management



Companion

Guides and techniques for managing daily stresses.

[Stress & Anxiety Companion – Apps on Google Play](#)



Chill Panda

Understand stress and shows you ways to feel better using breathing techniques, yoga, exercise and calming games.

[Chill Panda – Reducing anxiety and improving well being in Children through a fun gaming app](#)

Suicide Prevention



Stay Alive

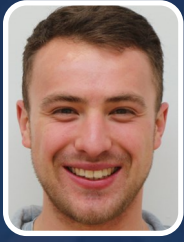
A free suicide prevention app for the UK.

[StayAlive - Essential suicide prevention for everyday life](#)

*“Believe in the power of your resilience.
You have the strength to overcome any storm.”*

ACCESSING SUPPORT

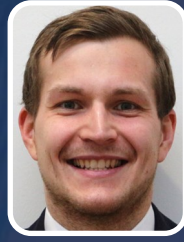
SUPPORT IN SCHOOL:



Mr J N Payne
Head of Year 7



Mrs C E Rigby-Smith
Head of Year 8



Mr Z F Hinds
Head of Year 9



Mr N O'Neil
Head of Year 10



Mr D P Tilley
Head of Year 11



Mr W R Marks
Head of Year 12



Miss R A Downes
Head of Year 13



Mrs G V Filipkova
Pastoral Support
Assistant



Mrs C A Roberts
Pastoral Support
Assistant

SUPPORT OUTSIDE OF SCHOOL:



- Your GP



- www.onyourmindglos.nhs.uk
- or by texting 07984 404388



- Text 07480 635723



- www.childline.org.uk
- 0800 1111



- ticplus.org.uk



- **Young Gloucestershire**
- youngglos.co.uk



- www.samaritans.org
- Phone 116 123

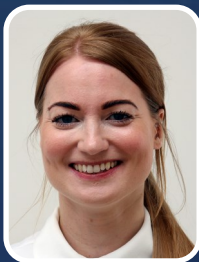
If you SEE, HEAR or READ anything that concerns or troubles you about a child DO NOT IGNORE IT.



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Report your concerns ASAP to the School's Designated Safeguarding Lead (DSL) or to one of the Deputy Designated Safeguarding Leads (DDSL's)

SAFEGUARDING TEAM



Designated Safeguarding Lead & Prevent Duty (concerns about extremism)
Sarah Tapscott
Deputy Head
sat@strs.org.uk



Deputy Designated Safeguarding Lead
Peter Daniell
Assistant Head
pmd@strs.org.uk



Deputy Designated Safeguarding Lead
David Dempsey
Deputy Head
dd@strs.org.uk



Deputy Designated Safeguarding Lead
Alun Williams
Assistant Head
aiw@strs.org.uk



Deputy Designated Safeguarding Lead
Jo Loveridge
Associate Assistant
jol@strs.org.uk



Deputy Designated Safeguarding Lead
Galina Filipkova
Pastoral Support Assistant
gvf@strs.org.uk



Deputy Designated Safeguarding Lead
Catherine Roberts
Pastoral Support Assistant
car@strs.org.uk



Safeguarding Team
Leanne Webb
Sixth Form Administrator
lcw@strs.org.uk



Headteacher
Matthew Lynch
mtl@strs.org.uk

Email your concerns to:
dsl@strs.org.uk



Chair of Trustee
Tom Grogan
Contact via the Clerk to the Governing Body
Nicky Binning
gp.gov@strs.org.uk

“Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain, but you are not the rain.”

MATT HAIG

