



# Safeguarding & Parent Support Newsletter



South Downs Learning Trust is an exempt charity and a company limited by guarantee, registered in England and Wales with company number 8130302 and has a registered address at Park Avenue, Eastbourne, East Sussex BN21 2XR

## KEEPING WARM AND WELL

### How to make your older home more energy efficient

Your local Community Energy Co-operative Energise Sussex Coast is hosting an information evening with expert speakers looking at what you can do to overcome the common problems with older properties and make your older home more energy efficient. We will also hear from local residents about what they've done to retrofit their older homes. There will be a Q&A session where you will have a chance to ask any questions about your home.

**Thursday 3rd November, 19:00-12:30, hosted in person or on Zoom**  
Booking is essential.

**In person:**  
The Common Room  
Eagle House  
27 Cambridge Road  
Hastings

**Zoom:**  
Please book your place to receive the link. To book your place, please email: [tyler@energisesussexcoast.co.uk](mailto:tyler@energisesussexcoast.co.uk) or call 01424 390062



### Quick and easy wins to bring down your energy bills

Plus energy saving freebies to take away!

In this free workshop we will look at the easiest, quickest, cheapest and most effective ways to save energy and save money on your electricity and gas costs. All participants can take away free draught proofing materials, lightbulbs, boiler lagging and more.

**Thursday 17th November, 17:00-18:30**

Booking is essential. Please email [tyler@energisesussexcoast.co.uk](mailto:tyler@energisesussexcoast.co.uk) or call 01424 390062 to book your place

**In person:** The Common Room, Eagle House, 27 Cambridge Road, Hastings



### Winter Readiness Training

Citizens Advice 1066 and the East Sussex Fuel Poverty Coordinator are running a series of short training events to help frontline workers be better prepared to help households cope with high energy bills and cold weather this winter:

#### **Who is it for?**

Anyone working or volunteering in a role where they interact with households, especially those who are vulnerable. For example, health workers, emergency services, council officers, community organisations.

#### **What will it cover?**

How to make best use of the heating you have, the risks of portable heaters and open fires, how to keep yourself warm if your home is cold, awareness of fuel poverty, health risks of cold homes, and what help is available to people this winter

#### **How do I attend?**

The training is online using Zoom. Sign up using the following link : <https://us06web.zoom.us/meeting/register/tZAtduGopzjkjGtLMwZqRWCuAav0UgOrP4Llz>





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## CHRISTMAS SUPPORT



Supporting children,  
young people and families



## Christmas Cookery on a Budget

Wednesdays

16th November —  
14th December 2022

12.00pm-3.00pm

St. Nicholas Centre,  
66 London Road, TN37 6AS



Come along to find out how to make a range of Christmas themed treats

Learn new skills and gain an understanding of healthy eating on a budget

For further information or to book a place on this fully funded course please contact Jane on [jdye@fsncharity.co.uk](mailto:jdye@fsncharity.co.uk)

01424 377106

[www.FSNcharity.co.uk](http://www.FSNcharity.co.uk)  
Charity Number: 208446







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## CHRISTMAS SUPPORT

### Christmas on a Budget: Free 3-week course

Spaces are available for fun and relaxed classes to prepare for Christmas on a budget. Sessions include ideas for Christmas meals and preparations through hands on activities and demonstrations.

The course is fully funded for anyone aged 19+. This 3-week course is taking place on the following Thursdays:

- 1st, 8th, 15th December,
- 10:00 – 1:00 OR 13:15 – 16:15
- East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF

To enrol click on this link: <https://adult.escq.ac.uk/courses/preparation-for-life-work/christmas-on-a-budget-75920/>. Residence restrictions apply. For more information on this please follow the link above.



## REDUCING PARENTAL CONFLICT WORKSHOPS



The Reducing Parental Conflict team are offering workshops for workers who support families to provide the national context of Parental Conflict. Conflict between parents happens and is a normal process that occurs in all relationships. However, if the conflict is frequent, intense, and unresolved, this can have a damaging impact on children.

The workshops are presentation based, delivered on Microsoft Teams. The sessions are approx. 60mins per session with slides, video and time for reflective discussions and sharing best practice. To book onto the workshop please click on the Eventbrite links provided.

### Workshop 1: Recognising and Supporting Parents in Parental Conflict

If you come into regular contact with families, you are well placed to identify, explore, and support those experiencing destructive conflict and reduce this potential negative impact. By understanding the evidence and research around parental conflict and its impact on child outcomes you are better placed to recognise when parental conflict is an issue.

**Wed 30th Nov 2022 14:00-15:00 (ENDED)**

**Wed 1st Feb 2023 14:00-15:00**

**Thurs 2nd March 10:30-11:30**

### Workshop 2: Working with Parents in Conflict

The second Workshop will help you to begin thinking about what support you may be able to offer. You will have tools in your everyday kit that you can use to work with parents and the additional tools covered in this session will help you to work parents by enhancing their relationship and communication skills.

**Wed 7th Dec 2022 14:00-15:00**

**Wed 8th Feb 14:00-15:00**

**Thur 9th March 10:30-11:30**



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## MONEY AND DEBT SUPPORT

### [Help for Households campaign from the Department of Work and Pensions](#)

In response to increasing prices and the pressures around the cost of living, the Government has been running the 'Help for Households campaign' to raise awareness of the support available among those that need it most. The homepage brings together over 40 support schemes that the public may be able to access depending on eligibility. Additionally, a range of online tools will help citizens quickly and efficiently check the support they might be eligible for and how to access it.

The toolkit contains suggested messaging, social media assets and logos to help you share on social media, in newsletters and on websites.

[Help for Households - Get government cost of living support](#)



### [Household Support Funds for Lewes and Eastbourne](#)

The latest round of Household Support Fund grants is now open for applications:

Extra financial support is available for East Sussex residents who may be finding it difficult to keep warm, buy enough food or pay essential bills through the Household Support Fund. If the household qualify, a one-off payment of £250 per household will be paid directly into the household's bank accounts.

For more information on this fund, and to find out about the eligibility criteria, visit the following websites:

**Lewis and Eastbourne:** [Household Support Grants - Lewes and Eastbourne Councils \(lewes-eastbourne.gov.uk\)](#)

**Hastings:** [Household Support Fund | Hastings Borough Council](#)

**Rother:** [Financial help for residents – Rother District Council](#)

Wealden: [Household Support Fund - Wealden District Council - Wealden District Council](#)

**Residents of Lewes district can also apply for the Lewes District 'safety net' fund. More information can be found here:**

[Lewes District Council Household Support Scheme - Appendix 1 \(lewes-eastbourne.gov.uk\)](#)

**Eastbourne Borough Council is making further funds available to community / voluntary organisations to support residents. More information can be found here:**

[Eastbourne Cost of Living Crisis Fund - Lewes and Eastbourne Councils \(lewes-eastbourne.gov.uk\)](#)



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## CONTACT DETAILS



We are committed to ensuring that your child is safe – both at school and at home. It is so important that we help your children to learn how to keep themselves safe – in terms of their physical well being, emotional wellbeing and friendships – both in person and on line.

**Do you know who to contact if you are worried about the safety of a child? Our safeguarding leads are:**

Sylvia Berhane – [sberhane@ocklynge.co.uk](mailto:sberhane@ocklynge.co.uk)

Rachael Willer – [rwiller@ocklynge.co.uk](mailto:rwiller@ocklynge.co.uk)

Jo Edgoose – [jedgoose@ocklynge.co.uk](mailto:jedgoose@ocklynge.co.uk)

Chris Chappell – [cchappell@ocklynge.co.uk](mailto:cchappell@ocklynge.co.uk)

You can ring children's services directly if you are ever in need of help or you would like advice – on

**01323 464222**

If you need further support and advice around your child's learning then do contact their Head's of Year.

Head of Year 3 & 4– Stevie Bode – [sbode@ocklynge.co.uk](mailto:sbode@ocklynge.co.uk)

Head of Year 5 & 6– Zoe Linzey – [zlinzey@ocklynge.co.uk](mailto:zlinzey@ocklynge.co.uk)

If your child is on the SEND register and you would like more support/help, then do contact our SEND team.

Rachael Willer – SENCO – [rwiller@ocklynge.co.uk](mailto:rwiller@ocklynge.co.uk)

Ria Brown – Assistant to the SENCO – [rbrown@ocklynge.co.uk](mailto:rbrown@ocklynge.co.uk)

## Useful telephone numbers for parents:

Support with becoming a 'more healthy you' – help to stop smoking etc: <https://www.nhs.uk/oneyou/>

Help with parenting and advice:

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

[www.fegans.org.uk/family-hub/](http://www.fegans.org.uk/family-hub/)

[www.dad.info](http://www.dad.info)

Worried about losing your house?

Contact Housing Advice service: 01323 642615

Needing support to get off drugs or alcohol?

Contact STAR: 0300 30 38160

Email: [EastSussex.star@cgl.org.uk](mailto:EastSussex.star@cgl.org.uk)

Worried about your mental health:

Contact Health in Mind: 0300 003 0130

Support for parents recovering from abuse and violence - **Freephone 01273 622 828**

Email: [info@theportal.org.uk](mailto:info@theportal.org.uk) or the Refuge on 07795 968400

Worried about having enough food?

Contact Food bank: 01323 409925

Concerned about debt? Debt advice: 08001381111

Worried about your child's mental health?

Look at these sites:

1. <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>
2. <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
3. <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
4. <https://youngminds.org.uk/>
5. <https://www.mind.org.uk/information-support/for-children-and-young-people/>



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### Sites to help you with your child's mental and emotional health

Need help with getting you child to sleep?

[How to get a good night's sleep – Sleep Scotland](#)

An activity to help build your child' resilience:

[resilience-ladder.pdf \(mentallyhealthyschools.org.uk\)](#)

Is your child working too hard? Maybe they could do with some brain breaks:

[brain-breaks.pdf \(mentallyhealthyschools.org.uk\)](#)

Is your child struggling with anxiety?

[Anxiety, stress and panic | Childline](#)

This is a good way to explain to your child about anxiety:

[understanding-childhood-anxiety-v1.jpg \(1758×3927\) \(priorygroup.com\)](#)

More ideas around self care:

[Self Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre](#)





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### Online safety

We are always trying to find ways to make sure children learn about how to stay safe online. We provide lessons in school for children to learn how to stay safe, but we can't do this without your help! Please can we ask you to spend some time looking at the below sites to ensure that together we keep your children safe.

Here are some useful sites to help keep your child safe:

<https://parentzone.org.uk/advice/parent-guides> - this is a fantastic website, giving parents information about the games children are playing, safety settings, advice on how to help your child question things they see on line.

NSPCC have some excellent resources about online safety. These can be downloaded from <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/> [Stopitnow.org.uk](http://Stopitnow.org.uk) is a website that people can access if they are worried about their own, or other people's behaviour, both on and offline.

If you wish to report something that your child has accessed that is unsafe, see the below link: <https://www.ceop.police.uk/safety-centre/>

Think you know - <https://www.thinkuknow.co.uk/parents/> has lots of useful advice and activities.

There are more fact sheets/help sheets on the school website under safeguarding.

The website has information about the latest apps. Click [Digital Parenting | Vodafone](#) Have a look at some of these:

[Internet Matters Online Gaming Advice](#)

[NSPCC Advice on Gaming](#)

[Childline Advice on Gaming](#)

[Netaware - your guide to social networks, apps and games](#)

[Explanation of Video Game ratings:](#)



Please look at these guides on how to set up parental controls on the ipad and on an android.