



# Ringwood School

**Resources to recommend and share with parents**





Ringwood School



Dream Big  
Be Curious  
Be Determined  
Make No Excuses  
Embrace Opportunities

**Our Pastoral Support Team** are trained to support pupils in the the following areas (they are not experts in self-harm, eating disorders, bereavement ...etc) but they can support the difficulties that a young person is experiencing, such as:

- Self esteem/personal identity.
- Self-regulation.
- Anxiety.
- Identifying and understanding their feelings.
- Discussing their feelings.
- Resolving conflicts.
- Forming and sustaining relationships.

Our pastoral workers will help the pupil with personal reflection, draw out an individual's signature strengths and guide exploration of strategies to overcome difficulties.

# List of Resources



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- [Self-harm](#)
- [Eating Disorders](#)
- [Relationships and sex](#)
- [Anxiety](#)
- [Bereavement](#)
- [Low mood/depression](#)
- [LGBTQ+](#)
- [Health issues and body worries](#)
- [Sleep](#)
- [Suicide](#)
- [Technology](#)
- [Self-care](#)
- [Bullying](#)
- [General/Family support](#)
- [Parent/Carer Support](#)
- [Alcohol](#)
- [Resources available from Ringwood School](#)

You will find links to resources to share with parents/carers and helplines and websites on these topics

# How to support Self-harm



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- <https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/>
- <https://hampshirecamhs.nhs.uk/video/self-harm/>
- <https://www.childline.org.uk/info-advice/your-feelings/self-harm/self-harm-coping-techniques>

# Eating Disorders



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## Eating disorders. Know the first signs?



### Lips

Are they obsessive about food?



### Flips

Is their behaviour changing?



### Hips

Do they have a distorted beliefs about their body size?



### Kips

Are they often tired or struggling to concentrate?



### Nips

Do they disappear to the toilet after meals?



### Skips

Have they started exercising excessively?

Website: <https://www.beateatingdisorders.org.uk/>

Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

Call: [0808 801 0677](tel:08088010677)

Visit website to request a parent and carers resource pack

Continued next page ...

# Eating Disorders

Digital downloads of these resources available on BEAT website

Website:

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

## Self help

### Reach out to your GP

Quick referrals make all the difference. Bring this to your first appointment and ask for specialist support.

[Read more](#)

### Binge eating disorder

If you're struggling with BED, you're not alone. Share this leaflet with your GP and get the support you deserve.

[Read more](#)

### BLAST distraction techniques

Dealing with difficult emotions? Here's how you can distract yourself from eating disorder behaviours.

[Read more](#)

## Supporting a loved one

### Recovery is possible

All it takes is the right support — and it starts here.

[Read more](#)

### Spot the warning signs

Early intervention increases chances of recovery. Use these tips to spot the early signs of an eating disorder.

[Read more](#)

### Help for under 18s

Know a young person with an eating disorder? Use this guide to be there for them (and yourself).

[Read more](#)

### Support with BED

Understanding binge eating disorder is the first step towards helping a loved one who struggles with it.

[Read more](#)

### Helping you help them

Supporting someone with an eating disorder is not easy, and you shouldn't do it alone. Here's how we can help.

[Read more](#)

### Resource pack

A comprehensive guide for those whose loved one has recently been diagnosed with an eating disorder.

[Request here](#)

# Relationships and sex

- <https://www.brook.org.uk/>
- <https://www.letstalkaboutit.nhs.uk>

lets**talk**about it



Home Worried about STIs ▼ HIV services ▼ Contraception ▼ Pregnancy worries ▼ Other Services ▼ For Professionals Online Shop


**NEW**




**Personal Health Record**  
Click here for appointments, STI postal tests, Condoms by post



**Emergency Contraception**



**Condoms**



**Clinic Finder**



Call the service

**0300 300 2016**

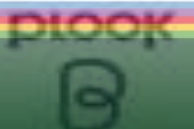
**UNDER 25?  
NEED CONFIDENTIAL  
ADVICE ABOUT  
SEX AND  
RELATIONSHIPS?**

Brook can help with that

[brook.org.uk](https://brook.org.uk)



[brook.org.uk](https://brook.org.uk)



# Anxiety



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- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>
- <https://sussexcamhs.nhs.uk/resources/recipes-4-wellbeing>
- Anxiety UK



Anxiety

*Anxiety UK*

Helpline: 03444 775 774 | Text support: 07537 416 905 (open Mon-Fri 09:30-17:30)



# Bereavement



*Supporting bereaved children*

## Contact Us

Mosaic are a Dorset based charity supporting bereaved children and young people, their families and the professionals working with them.

Telephone: 01258 837071

E-Mail: [info@mosaicfamilysupport.org](mailto:info@mosaicfamilysupport.org)

Address: 3 Barnes Croft Coles Lane Milborne St. Andrew Blandford Dorset DT11 0LG

<https://www.winstonswish.org/>

**Winston's Wish**  
the charity for bereaved children

Freephone National Helpline

**08088 020 021**

WINSTONSWISH.ORG.UK



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Child Bereavement Support

**Support Line**  
**023 8064 7550**

# Low mood and depression



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<https://mentallyhealthyschools.org.uk/mental-health-needs/low-mood-or-depression/low-mood-or-depression>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/symptoms>



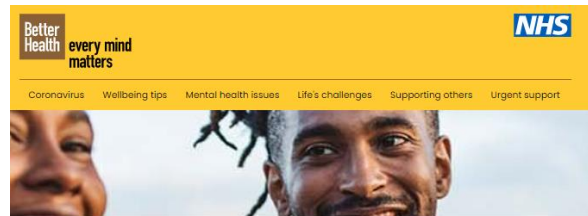
<https://sussexcamhs.nhs.uk/resources/recipes-4-wellbeing>

<https://www.nhs.uk/every-mind-matters>



Low mood


Answer 5 simple questions to get your personalised mental health action plan with tips and advice to help you be kind to your mind.



### Be kind to your mind

There are small things we can all do to help be kind to your mind, and these can make a big difference to how we feel.

Get expert advice and practical tips to help you look after your mental wellbeing and make them part of your daily routine.



**Get your free Mind Plan**

Answer 5 quick questions to get a personalised action plan, with tips to deal with stress and anxiety, boost your mood, sleep better and feel more in control. UK-based Amazon Alexa users can just say, "Alexa, start Mind Plan" for help today.

# LGBTQ+ Support



Families and Friends of Lesbians and Gays



## A GUIDE FOR FAMILY & FRIENDS

Information for family and friends with a gay, lesbian or bisexual member

[Click here](#)

 SUPPORT <a href="#">Support</a>	 RESOURCES <a href="#">Resources</a>	 NEWS <a href="#">News</a>	 DOWNLOADS <a href="#">Downloads</a>	 DONATE! <a href="#">Donate!</a>
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Visit the websites for support and to download resources

	<a href="http://www.breakoutyouth.org.uk">www.breakoutyouth.org.uk</a>
	<a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a>
	<a href="http://www.theproudtrust.org">www.theproudtrust.org</a>
	<a href="http://www.mindlinetrans.org.uk">www.mindlinetrans.org.uk</a>

← Local group that meets weekly in New Milton

Support for gender-diverse kids, young people and their families

the PROUD TRUST ...is the home of LGBTQ+ youth (Lesbian, Gay, Bisexual, Trans + other identities such as asexual, intersex, questioning...)

WE'RE HIRING Click here to find out more about our current vacancies

FIND YOUR NEAREST LGBTQ+ YOUTH GROUP → HELP LGBTQ, UNSURE OR QUESTIONING?

SCHOOLS & TRAINING For LGBTQ+ Awareness Training, Education & Resources

FUNDRAISE FOR US

CHECK OUT OUR SHOP

TRANS+ 0300 330 5468 Friday evenings 8pm - 11pm

Here to listen and offer support

Welcome to Mindline Trans+

Emotional support helpline & information signposting

TRANS? NON-BINARY? GENDERFLUID?

Mindline Trans+ is an emotional and mental health support helpline for anyone identifying as transgender, non-binary, genderfluid...

We are also here to support family members, friends, colleagues and carers.

0300 330 5468  
Mondays & Fridays 8pm-midnight

# Health issues and body worries



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NHS  
Sussex Partnership  
NHS Foundation Trust

Search: *What can we help with?*

HOME HELP & SUPPORT WHAT WE DO RESOURCES GET INVOLVED ABOUT US NEWS HIDE THIS SITE REFERRAL HELP I'M IN CRISIS

CAMHS

## Body Image and Self-Esteem

LOOKING GOOD, FEELING FINE

How to document and deal with body image



Help / Parents & Carers / Body Image and Self-Esteem

Lots of people feel pressure to look or dress and even act a certain way. Worrying about what other people think of you can cause a lot of worry and sometimes people can feel badly about themselves, which impacts on their self-esteem and confidence.

There are lots of things you can do to look after yourself and help you to feel more confident.

The MIX offers information and advice from experts and from young people. Check out their website, or call their helpline for free on 0808 808 4994 (11am-11pm everyday).



<https://www.youngminds.org.uk/young-person/coping-with-life/body-image/>

Good advice and resources from Young Minds

<https://www.freederm.co.uk/body-image-and-self-esteem>

Download free guide for Parents on teen body-image and self-esteem

Body image

An illustration on a purple background showing several hands holding smartphones. One phone displays a woman's face with a circular logo. There are various colored speech bubbles (red, blue, yellow, green) and a small square icon with three dots scattered around the phones.

## Problem Sleeping?

Call our National Sleep Helpline

[Read more](#)

### This is the Teen Sleep Hub

The one stop shop for all you need to know about sleep.

## National Sleep Helpline

The helpline is open between 7pm and 9pm five days a week, Sunday to Thursday.

Helpline number **03303 530 541**

<https://teensleephub.org.uk/parents-carers/>

# Suicide



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Get help

Information and support About us News and campaigns Get involved Workplace Shop

Home > Information and support > Helping someone else > How to help

## Supporting someone who feels suicidal

<https://www.mind.org.uk/information-support/helping-someone-else/supporting-someone-who-feels-suicidal/how-to-help>



# Technology



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- Top 10 Tips for to tame Teen Tech

<https://www.itstimetologoff.com/2016/09/28/ten-tips-to-cut-teen-tech-time/>

- CAMHS – recipes for well being parenting advice

<https://sussexcamhs.nhs.uk/resources/recipes-4-wellbeing>



Problematic gaming

# Self care



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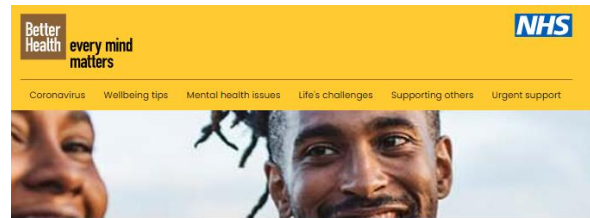
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<https://www.annafreud.org/on-my-mind/self-care/>

<https://www.nhs.uk/every-mind-matters>

<https://www.youtube.com/watch?v=c5OF9OafV2c&t=2s>


Answer 5 simple questions to get your personalised mental health action plan with tips and advice to help you be kind to your mind.



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# Bullying



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<https://beyondthebullying.co.uk>

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers>

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>



About ABA ▾ Tools & information ▾

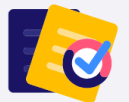
## Advice for parents and carers

If your child is being bullied, our information and tools can help you stay calm and take the right action.

Restorative Thinking and Positive Relationships: preventing and managing conflict



Sources of information, advice and support



More



**NSPCC** ™  
**HELPLINE**  
**0808 800 5000**  
**help@nspcc.org.uk**

# General/Family support



Home Advice ▾ How we can help ▾ Get involved ▾ Forum 🔍

Live chat: online Email: open Helpline: open

If you need to talk, we're here to listen. Call us on 0808 800 2222.



HOME ABOUT GET HELP SUPPORT FCT N



**About:**

FCT Hampshire delivers low-cost counselling services for children & young people aged 4-18 and their families in Southampton, Winchester, Basingstoke, Andover, Portsmouth, the New Forest and all other areas of the county. FCT Hampshire is currently accepting referrals from GPs, schools & other professionals working with children, as well as from parents, carers and families.



**Contact:**

If you would like to enquire about making a referral or if the service is right for you, please contact the FCT Hampshire Family Liaison Officer:

**Jane Peacock**  
EMAIL: [fo-hampshire@familycounsellingtrust.org](mailto:fo-hampshire@familycounsellingtrust.org)  
PHONE: 07538 029 210

A LOW COST, EARLY INTERVENTION COUNSELLING SERVICE FOR CHILDREN, YOUNG PEOPLE & THEIR FAMILIES IN DORSET, HAMPSHIRE, SOMERSET & WILTSHIRE



Search 🔍

0808 808 4994 1-2-1 Chat Crisis Messenger

GET INFO GET SUPPORT YOUR VOICES APPS & TOOLS GET INVOLVED NEWS & RESEARCH

- Sex & Relationships
- Your Body
- Mental Health
- Drink & Drugs
- Housing
- Money
- Work & Study
- Crime & Safety
- Travel & Lifestyle

**childline**  
ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

**kooth**  
Free online counselling support for young people!  
Discover everything Kooth has to offer

DISCUSSION BOARDS  
FREE COUNSELLING  
KOOH MAGAZINE  
HELP ARTICLES  
JOURNAL  
SELF-HELP TOOLS

Sign up for free at [Kooth.com](http://Kooth.com)

# Parent/Carer Support



## The FACE

Jane Keyworth, therapist, teacher, strengthening families facilitator, has 30 years experience working directly with young people, adults and families. Having worked in London and Dorset in the South West of England, Jane saw that from the city to the countryside there appeared to be a need for simple, affordable and reliable advice that all parents can follow. Jane passionately wanted to empower more parents and give them the confidence to face their family issues and so FACE was born. Jane is the lead facilitator and trainer at FACE and delivers the online courses. Not convinced? [Read the testimonials.](#)

## Let's FACE...

Let's FACE: Communication

Let's FACE: Emotions

Let's FACE: Behaviour



### Improving Speaking and Listening

How to speak so they listen, and listen so they speak

[Find out More](#)

1 hr  
£12

Book Now



### Workshop: Speaking and Listening

Consolidate your learning with our follow-up workshop

[Find out More](#)

1 hr  
£12

Book Now



### Running a Family Meeting

How to run family meetings and why they are so important

[Find out More](#)

1 hr  
£12

Book Now



# Joanne Sims Wellbeing

07470 598 600.

for busy mums! Sign up details on

original post 😊

CONNECTION | SUPPORT  
UNDERSTANDING

## FREE Parent Hub

WEDNESDAY 2ND NOVEMBER 2022  
7.00 - 8.00 PM

CONFERENCE CENTRE , RINGWOOD SCHOOL

Does your child or young person have additional needs or mental health challenges?

Is it affecting you? Do you feel isolated? Need support?

If so, you are invited to attend the **FREE parent Hub, exclusively for parents of children at Ringwood School**

**Come and join with others to gain support, friendship and connection**

All welcome

TO REGISTER YOUR PLACE PLEASE CONTACT  
[ADMIN@JOANNESIMSWELLBEING.COM](mailto:ADMIN@JOANNESIMSWELLBEING.COM)



Joanne Sims Wellbeing  
3 November at 10:30 · 🌐

FREE WORKSHOP

SEND Mums - how many of you struggle with not having time?

- ♥ Feeling under pressure from the clock
- ♥ Always having to "be somewhere"
- ♥ Feeling angry and frustrated
- ♥ Always late
- ♥ Life feel chaotic and stressful

Would you like to

- ♥ create more time
- ♥ Feel more in control
- ♥ Feel more empowered
- ♥ Manage unexpected challenges better
- ♥ Feel less pressure
- ♥ More time for you
- ♥ Catch your breath

# Alcohol

- ALANON ALATEEN
- CATCH 22



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Find a meeting | Helpline

Home / Getting help / Helpline

## Helpline

Call our confidential Helpline on 0800 0086 811 (UK residents) 01 873 2699 (Eire residents) or email [helpline@al-anonuk.org.uk](mailto:helpline@al-anonuk.org.uk)

We are here for anyone affected by someone else's drinking. Our Helpline is manned by a team of friendly and helpful volunteers who are also members of Al-Anon. They will listen and be happy to answer your questions.

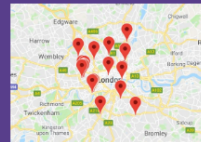
We're here to help you.

UK residents can call free of charge on 0800 0086 811 and Eire residents can call 01 873 2699 from 10am - 10pm, 365 days a year. Please do not leave a message as, to ensure callers' confidentiality, we are unable to return calls.

Email us at [helpline@al-anonuk.org.uk](mailto:helpline@al-anonuk.org.uk)

### Find a meeting near you

Use our handy meeting finder to locate a group near you.



Search now

## Alateen

For further information and meeting details email the General Service Office at [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk)

Alateen is for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon.

We believe alcoholism is a family disease that affects everyone in the family. Alateen meetings are for 12-17 year olds. They meet to share their experiences of having, or having had, a problem drinker in their lives. They help and support each other.

By attending meetings, young people gain an understanding of the illness and feel the benefits of realising they are not alone. They learn that they did not cause this problem and that they are not responsible for their relative's or friend's drinking or behaviour.

By sharing their experiences, they find solutions to their problems and hope for the future.

For information about Alateen meetings in England, email the General Service Office at [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk)



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## Hampshire 24/7 (Substance Misuse Support)

A county-wide specialist treatment service offering targeted, specialist, and family support for children and young people effected by substance misuse. We offer free and confidential advice and support for young people aged up to 25.

Young people under 25-years-old

Substance misuse

### Who we are

Hampshire 24/7 is a county-wide specialist treatment service offering targeted and specialist support to young people. We offer a tailored package of support to young people under 25 including one to one and group work support, a 24-hour help line, pharmacological support and needle exchange. Young people are at the centre of all we do. We ensure the young person knows they will be listened to at all times.

### Contact us

- Julie Poling - Service Manager
- Helpline: 0800 599 9591
- [Julie.poling@catch-22.org.uk](mailto:Julie.poling@catch-22.org.uk)
- [247Hants@catch-22.org.uk](mailto:247Hants@catch-22.org.uk)
- Facebook page
- @Hampshire247

### Additional details

#### Fareham Office

Avalon Centre Fareham  
Health Centre Civic Way,  
PO16 7ER  
01329 248037

# Other helpful Resources

Got a problem? Not sure how to solve an issue? Need to talk to someone?

You can email our Mental Health Ambassadors on [mentalhealthamb@ringwood.hants.sch.uk](mailto:mentalhealthamb@ringwood.hants.sch.uk)

You are not alone – there is always someone to talk to.  
#BeKindToYourself

Ringwood School

CHILD PROTECTION & SAFEGUARDING TEAM

If you have any concerns about the safety or welfare of a student please email [safeguarding@ringwood.hants.sch.uk](mailto:safeguarding@ringwood.hants.sch.uk)

WORRY BOX

Our vision – Inspired to learn, supported to succeed

- QUICK LINKS**
- Policies & Statutory Information
  - Worry Box
  - Free School Meals
  - Student Remote Learning
  - Term Dates
  - Prospectuses
  - Teacher Training

Please make use of the worry box, if you have a niggling worry about anything at all then please tell us using this simple form. We check this system daily – Monday to Friday. This means a member of the Mental Health or E-safety Ambassador Team can get back to you as soon as we receive a message, so please don't worry – we will be in touch soon.

If you use this form during holidays or outside of school hours there may be a delay in getting back to you. If you need urgent support then visit the [wellbeing page](#) for other organisations. We will be in touch as soon as we can.

Your Name \*

Year Group \*

What is your worry? \*

I'm not a robot

Submit



Year 10 Revision Resources  
Exam Stress and Positive Wellbeing

RingwoodSchool  
774 subscribers

Subscribe

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Parenting Thoughts and Tips.

RingwoodSchool - 1 / 6

↺ ↻

- Mrs Lakin lends a hand - how to react calmly in stressful situations  
RingwoodSchool  
3:52
- Mrs Lakin lends a hand - the window of tolerance  
RingwoodSchool  
3:30
- Mrs Lakin Lends a Hand - How to Focus when Working from Home  
RingwoodSchool  
3:32
- Mrs Lakin Lends a Hand - It's okay not to be okay!  
RingwoodSchool  
3:15
- Mrs Lakin Lends a Hand Happy Empathy Day  
RingwoodSchool  
2:21
- "How to support your child with a positive return to school" - Tips and...  
RingwoodSchool  
25:06