

ACL update no 20

Dear All,

Great news that the changes to government guidelines exclude education settings so any on site delivery planned can continue.

If you come across anything that you think would benefit other providers do please let me know and I will add it to the weekly updates. Please do share what you think is relevant to your contacts.

Please do contact us if you need anything else.

Keep safe and well

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Digital Advice and Guidance:

Next week we will be publishing our digital advice and guidance resource, which captures the lessons learned over the summer term from lesson observations and webinars. This will also be added to the VLE.

Teaching resources for face to face delivery: Using worksheets and handouts with learners:

- We should avoid using worksheets and handouts in face to face classes at the current time.
- Whilst the risk of transmission of the virus on paper appears low, it is not insignificant. Many learners may be apprehensive or anxious if asked to accept worksheets and handouts.
- For these reasons we should make every effort to present work and information in alternative formats e.g emailing work to learners prior to the lesson, displaying on the IWB and learners copying, photographing of displays or worksheets, use of posters etc.
- Only if it is absolutely vital, and there is no possible alternative, should paper resources be considered. If this is the case every effort must be made to reduce risk, for example printing in the classroom for the learner to collect, and no learner should be obliged to accept such resources if they feel uncomfortable.

2020 enrolment form

This has now been updated on the VLE

HA CPD Programme

Coming up in September

- British Values (16th 10-11am)
<https://www.eventbrite.co.uk/e/119436037403>
- Polls and Quizzes – using interactive technology (21st 11-12pm)
<https://www.eventbrite.co.uk/e/119442087499>
- RARPA + Quality Documentation (30th 2-3pm)
<https://www.eventbrite.co.uk/e/119442687293>

National Inclusion Week: 28th Sept- 4th Oct.

To support National Inclusion Week, we would like to hear from providers and tutors of the different ways they have supported individuals to be included in their course. If you have examples of what you have done to ensure inclusion please do send us in a short narrative which we can then share with others to celebrate good practice and successes.

Facebook scam

Please see attached bulletin from City of London police for your information and dissemination as appropriate.

Suicide prevention

Thursday was World Suicide Prevention Day

Hampshire CAMHS want to play a part in sharing meaningful and relevant information that supports families and professionals supporting young people who may be struggling or considering harming themselves or ending their lives by suicide.

Hampshire CAMHS are proud to launch a short film created and developed to support this vital issue, and has been supported by a number of individuals who have personally been affected by suicide. Hampshire CAMHS are extremely grateful to all the volunteers who took part. <https://www.youtube.com/watch?v=ptuX5AxDmBk>

They would appreciate you taking the time to watch this short film. In order to gain the maximum outreach, it would be appreciated if you would share this as a resource to others, teams, colleagues, friends and family. We should never assume who may need this information, and who may benefit from seeing it.

Hampshire CAMHS recognise that at times young people will become very distressed, low in mood or hit a crisis point. There is a lot of practical information that can help on their website www.hampshirecamhs.nhs.uk

Managing crises

If a young person is in crisis there is a "help I'm in crisis" button on our website which will talk you through what to do if you have or are thinking about harming yourself. There is lots of information that parents/carers and professionals may find useful, and is worth taking a look at. <https://hampshirecamhs.nhs.uk/help-im-in-crisis/>

Making a crisis plan

The links below has a film that shows you how to support a young person making a crisis plan for themselves, and a link that allows you to download your own plan.

https://m.youtube.com/watch?feature=youtu.be&v=Ls8i391_aCc

Podcasts

The podcasts below involve a young person talking to her mother about her experiences of self harm. <https://hampshirecamhs.nhs.uk/wp-content/uploads/2020/09/2-Coping-v2.mp3>

<https://hampshirecamhs.nhs.uk/wp-content/uploads/2020/09/1-Hospital-v2.mp3>

Coping in crisis

Families and professionals may be interested in a 45 minute workshop "coping in crisis" This provides understanding, as well as top tips of what to do, and sources of help and support. <https://youtu.be/qBAZQVjSmQU>

Domestic abuse

Is your behaviour affecting your children?

Even if your children haven't seen you be abusive, they've almost certainly overheard things. Children are highly intuitive and can pick up on tension around them. It's terrifying to hear a parent being abused. To know that someone they love is being harmed, and not knowing how it will end. To be powerless to stop it. Studies have shown that children suffer long-term harm if they live with violence and abuse, even if the abuse isn't directed at them.

Physical effects

Your children might be physically hurt in the 'cross-fire', suffer sleep deprivation and be unable to concentrate at school. They may wet the bed, develop eating disorders, or endure panic attacks, stress and tension.

Emotional effects

Your child will probably feel fear, anger and anxiety, be jumpy or unable to relax. They might struggle to trust you, or others, and develop low self-esteem and psychological problems.

Behavioural effects

Children learn from those around them. Your child could start to model themselves on your violent and abusive behaviour, and bully other children or expect and accept abuse. They might struggle with school work or skip school, steal or break the law, or turn to alcohol and drugs.

It's easy to minimise your actions. Maybe you think what you've done 'isn't that bad'. Maybe you're making excuses.

Or maybe you're finding the strength, now, to face up to what you've done and the effect it's having on people you care about. Maybe you're feeling guilty or ashamed of how you've behaved.

It can hurt to admit that what you've done is not okay. But by doing so and choosing to change, you're taking responsibility for your actions, and are on the road to change.

Help is available from:

- **Hampton Trust** COVID support line: 02380 009898 (Hampshire service)
Email: advice@hamptontrust.org.uk
- **Hampshire Domestic Abuse Service Advice Line** 03300 165 112, weekdays 9.30am-8pm
- **Respect Phoneline**: Freephone 0808 8024040 (national service)

