



## Helston Community College

# Safeguarding

April 2026

# Newsletter

## SAFEGUARDING – EVERYBODY, EVERY DAY

The Spring Term has flown by! While the Spring Term is the shortest of the year, it is in many ways the busiest. Preparation for the exam season has begun in earnest for Years 11 and 13. While students are focused and working hard, it is also important to maintain a healthy work-life balance and ensure that everyone has some time and effective strategies for maintaining our wellbeing. Hopefully, some of the info. in this newsletter will be of use/interest. We wish all of our community a happy and restful Easter.

**Spring Term at HCC - some of the things that our students have accessed to support their safety, health and wellbeing include:**

- The John Egging Trust has continued its work with the College (with groups of Year 8 and 9 students) through exciting projects to develop their skills and confidence. This has included trips to RNAS Culdrose, Spaceport Cornwall and The University of Exeter Cornwall Campus
- Devon & Cornwall Food Action have visited the college twice this term, providing valuable support to families in the Helston community. They return to HCC on May 9th and July 4th.
- We Are With You – YZUP visited the College to talk to our Year 10 about drug and alcohol awareness.
- Assemblies for all year groups on topics including Holocaust Memorial Day, LGBTQ+ History Month, Online Safety and Service Families.
- A group of students in Years 7-9 have enjoyed a number of cross-curricular visits to the wonderful Tregullas Farm, including the wellbeing benefits of nature.
- Students from different year groups have had the opportunity to learn about a range of career opportunities available to them, with visits from employers across different sectors.
- Year 9 students received DTP and Meningitis vaccinations. Students in Years 8 & 9 received a HPV vaccinations.

## Meet the Safeguarding Team...



**Mr A. Oates**  
Senior Assistant  
Headteacher  
Designated  
Safeguarding  
Lead



**Mrs C. Price**  
Deputy  
Designated  
Safeguarding  
Lead



**Mr A Squires**  
Deputy  
Designated  
Safeguarding  
Lead

Our team has been trained to an advanced level on all aspects of safeguarding. They are available to speak to any student, parent or member of the community. Several other key members of staff are also trained to an advanced level of safeguarding and will support students they already work with (for example, within our SEND or Post-16 teams).



# Lifeboats

As we head into the Spring and Summer, many of our community will enjoy the beautiful Cornish coast. We want all our community to do so safely. Please remember the following core messages of coast safety.

**For more information please see the booklet attached or click [HERE](#)**

## CORE MESSAGES

While each activity comes with its own specific risks and safety advice, there are a few messages that cover all activity areas.

### Flotation

- Always wear a lifejacket or buoyancy aid.
- Know how to float in an emergency.

### Calling for help

- Always carry a means of calling for help and keep it on your person.

### Weather and tides

- Always check the weather forecast and tide times.

### In case of an emergency

- Always tell someone else where you're going and when you'll be back.
- If you see someone in trouble call 999 or 112 and ask for the coastguard.

Find out more: [RNLI.org/safety](https://www.rnli.org/safety)

The RNLI is the charity that saves lives at sea  
The Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ

## Moving up

### Emotional resilience for new school adventures

Moving up and changing school is a big change for children and parents or caregivers. It's a new stage of growing independence and separation – and 'togetherness' may look different. Fears and worries are normal as well as excitement, as with each stage of childhood development. As parents, your role is to help your children cope with and overcome their fears, to nurture them to feel brave and capable.

**Click here** for a range of useful resources to support you and your child in the transition from primary to secondary school.



## Devon and Cornwall Food Action

We are delighted to have had another successful year, working with Devon and Cornwall Food Action, to support the community of Helston and the Lizard. DCFA have attended the college every month and on 13th December, helped over 60 local families. This month's event included some Christmas items!

For £30, families receive a minimum of:

- Tea or coffee
- Pasta or rice
- Selection of tins and cereal
- Box of pasties or pies
- Bag of frozen items
- Bag of fresh fruit and veg
- Bag of household toiletries
- Bread/rolls/cakes
- Pet food
- Often more!

If you have not yet visited a DCFA event, please come along to one next year. The dates are:

- May 9th
- July 4th
- September 19th
- December 5th

**To book, please contact Debbie on 07880835331.**





Dear Parent/Carer,

We are writing to inform you of a recent increase in incidents involving young people in our community. Over the past few weeks, the local policing team and local retailers have reported a rise in groups of teenagers stealing alcohol from shops and engaging in anti-social behaviour in public spaces. Most of our young people are a credit to our community but there is a small group that are committing offences and engaging in anti-social behaviour.

These incidents have included:

- Attempts to steal alcohol from local stores
- Theft of alcohol from local stores
- Intimidating behaviour towards shop staff and members of the public
- Gathering in large groups, leading to noise, disruption, and community concern
- Risk taking behaviour linked to underage drinking

We want to be clear that our priority is the safety and wellbeing of young people, as well as the protection of our community. When young people become involved in theft or alcohol related disorder, they place themselves at significant risk of harm and potential criminal consequences.

What we are doing

Police patrols have been refocussed in key areas, and officers are working closely with schools, youth services, and local businesses to identify those involved. Where necessary, we will take appropriate action, which may include:

- Speaking directly with parents or carers
- Issuing community resolutions or formal warnings
- In serious or repeated cases, pursuing criminal charges

Visit our website for lots of useful information



- 101 non-urgent
- 999 in an emergency

Find your neighbourhood policing team at:  
 [www.devon-cornwall.police.uk](http://www.devon-cornwall.police.uk)

# TRUE BUTTERFLIES FOUNDATION



**True Butterflies Foundation** is a Cornwall-based charity providing mentoring, therapy, counselling, workshops and practical support to families affected by domestic abuse. Our approach is long-term and relationship-led. We stay with families for as long as they need us, without limiting the number of sessions, because recovery does not operate to a fixed timetable.

Our children's support programme, **Little Wings**, exists to help young people and families access safe, consistent support as they rebuild stability, confidence and wellbeing following trauma. We also work closely with parents and carers, recognising that recovery is strongest when families are supported together.

It is from this work - and our belief in community-led recovery - that CMA - Mayhem at the Manor was born.

Originally launched as a vibrant marquee event during Falmouth Week in Event Square, Comic & Movie Fest has grown into a full-scale creative festival. In 2026, for the first time, the event moves to **Enys Gardens, Penryn**, one of Cornwall's most historic and atmospheric estates.

Taking place on **15-16 August 2026**, **CMA - Mayhem at the Manor** is a two-day, family-friendly creative festival celebrating creativity and imagination in all its forms. Bringing together crafters, artists, makers, performers, musicians, storytellers, traders and families, the event

will feature showcases, workshops, live entertainment and an independent marketplace, all within an inclusive and welcoming environment.

But this festival is about far more than entertainment. CMA - Mayhem at the Manor represents a simple, powerful statement: **the past does not have to define the future.**

Importantly, **100% of all money raised will go directly to Little Wings**, supporting therapeutic and recovery services for children and families in Cornwall.

[www.truebutterflies.org](http://www.truebutterflies.org)



**ACTIVE8**  
*join today*

Do you live in Cornwall?  
Are you aged 14-30?  
Do you have a physical disability?

[active8online.org](http://active8online.org)

[manager@active8online.org](mailto:manager@active8online.org) | 07800 876421

Active8 are looking for **young people (aged 14-30) with a physical disability**, to become a part of their new project group, take part in residential weekends away, try amazing new activities, and build confidence and independence along the way.

**Referrals can be made by a professional, parent, or the young person themselves: *Referral***

Active8 is a Cornwall-based youth group supporting young people with any type of physical disability and no impactful learning disability. Our projects give young people fun new experiences... from screen printing, ceramics, zipwire, cooking, sailing, horse riding, GoKarting, Quad Biking... no two days at Active8 are the same and our projects are shaped around what our members want to do.

Activities are fully funded, accessible transport may be available, and activities take place outside term time so school/college are not impacted.

"Over the last couple of years, I've become more aware of what I like, what I want, and things that I want to be doing. I would say to give it a go – you'll probably find that you'll love it." Stan, Active8 member, March 2026

Any questions? Please contact myself John Sweeting [manager@active8online.org](mailto:manager@active8online.org) or Lindsey our youth worker on [yw@active8online.org](mailto:yw@active8online.org)

# Is this Love? ... Gaslighting & Coercive Control

**An abuser might try to control you in different ways.**

- **If they are making you doubt yourself, they could be gaslighting you.**
- **If they are pressuring you or making you feel guilty, this could be coercive control.**

**Maybe it is time to consider – “Is This Love?”**

Being in a relationship can be exciting and should make you feel happy. A healthy relationship is when everyone feels respected, trusted and valued for who they are.

However, navigating new relationships can be difficult, especially for young people and there are high numbers of young people who experience unhealthy relationships and behaviour.

Research shows that many young people are experiencing coercive control in their first or early relationships. However, they are not aware that it is unhealthy and unacceptable to be treated in this way.

Our Safeguarding Children’s Partnership for Cornwall and Isles of Scilly has a campaign showing how easy it

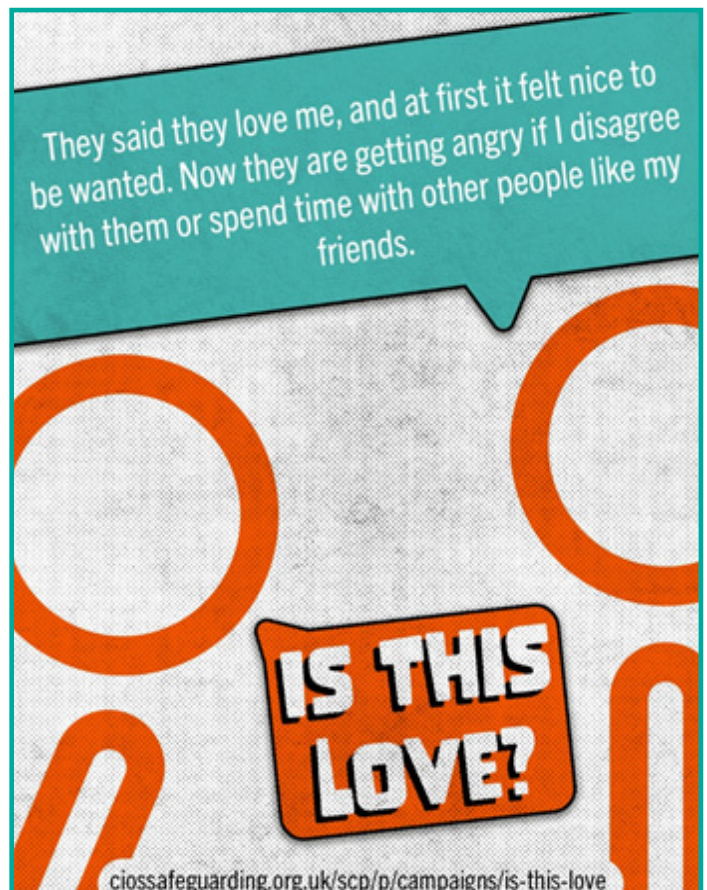
is for emotional, physical and sexual abuse to start and go unnoticed before escalating.

**Support is available for anyone affected by sexual abuse and violence and domestic abuse.**

To learn more about the campaign and how you can get help click here or visit:

<https://ciossafeguarding.org.uk/scp/p/campaigns/is-this-love>

[#isthislove26](https://twitter.com/isthislove26)



# Is this Love? ... Sextortion & Sexual Abuse

**An abuser might try to control you in different ways.**

- **An abuser might try to control you in different ways. If they are pressuring you, making threats or asking for money online, this could be sextortion.**
- **If they are harassing you or forcing you to do something you're not ready for sexually, they could be abusing you.**

**Maybe it is time to consider – “Is This Love?”**

Being in a relationship can be exciting and should make you feel happy. A healthy relationship is when everyone feels respected, trusted and valued for who they are.

However, navigating new relationships can be difficult, especially for young people and there are high numbers of young people who experience unhealthy relationships and behaviour.

In 2023/24, Childline provided over 900 counselling sessions to young people relating to blackmail or threats to share sexual images online.

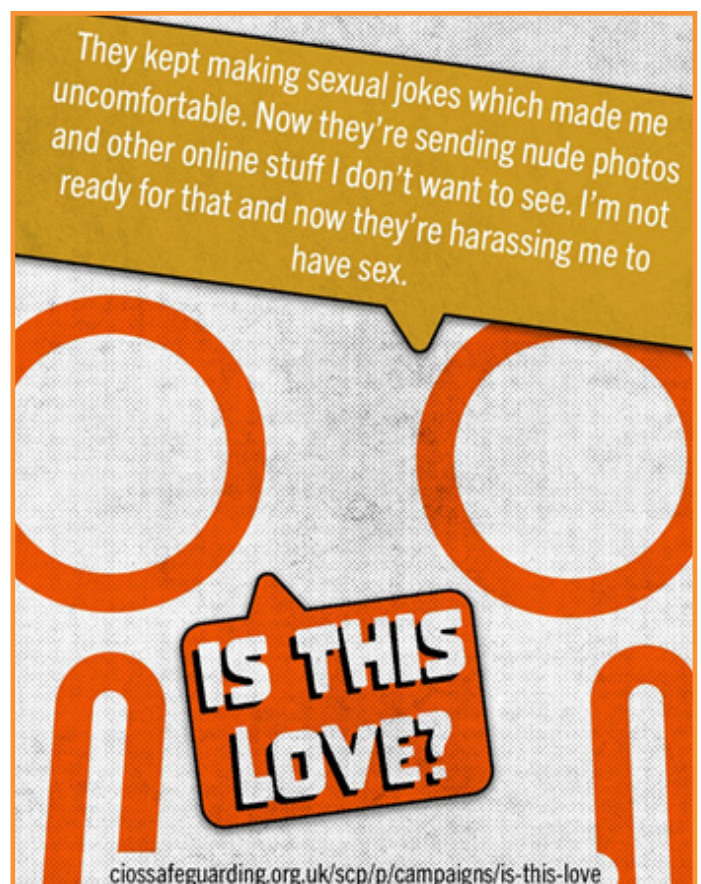
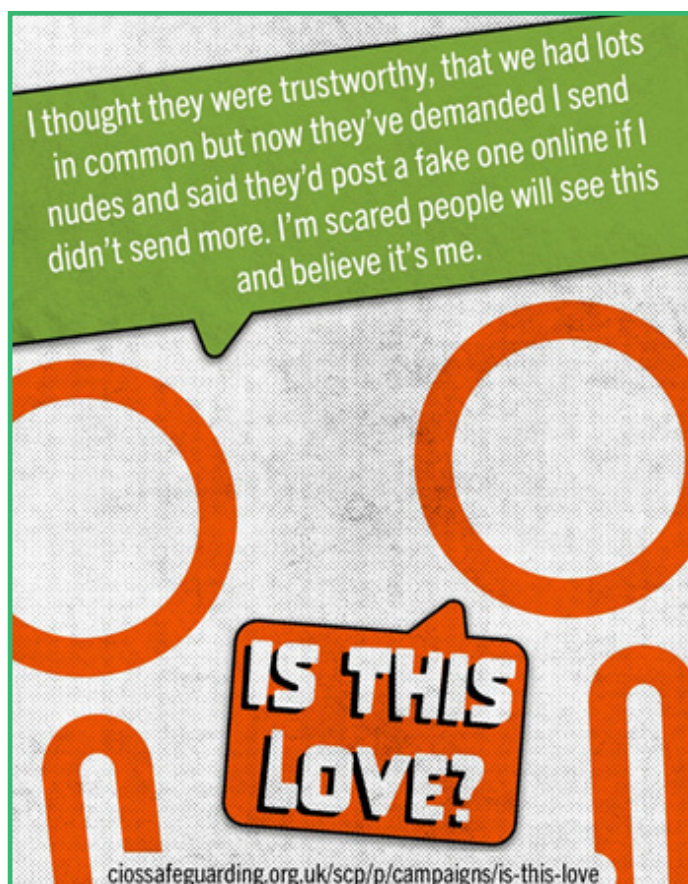
Did you know that over one-third of sexual abuse is carried out by under 18s?

Our Safeguarding Children's Partnership for Cornwall and Isles of Scilly has a campaign showing how easy it is for emotional, physical and sexual abuse to start and go unnoticed before escalating. It has been designed to raise awareness of potential child to child abuse in young people's relationships.

**Support is available for anyone affected by sexual abuse and violence and domestic abuse.** To learn more about the campaign and how you can get help click here or visit:

<https://ciossafeguarding.org.uk/scp/p/campaigns/is-this-love>

[#isthislove26](https://twitter.com/isthislove26)



# Online Safety Hub



## A new government campaign to upskill parents and their children in spotting toxic, polarising content, and misinformation online.

The Department for Science, Innovation and Technology (DSIT) is launching a new media literacy campaign to support families in building resilience and critical thinking skills online, helping them spot misleading content and challenge toxic attitudes. The campaign will coincide with half term for many schools, when children and teenagers are likely to spend more time with their families and their phones.

Only four in ten parents say their child has spoken to them about harmful or concerning experiences online, with less than a quarter feeling “very confident” about knowing what their children see online. This new campaign aims to upskill parents to be able to best support their children in today’s digital age.

The campaign encourages regular parent-child discussions about what they’re seeing online, asking simple critical thinking questions such as “who shared this, and why?”. DSIT has created a new Kids Online Safety Hub in collaboration with the Department for Education (DfE) and expert partners, which contains guidance on approaching these discussions, building parents’ confidence where they feel hesitant to do so, and critical thinking skills to help families analyse the content they come across online.

From 16 February, families in Yorkshire and the Midlands will begin to see campaign activity across social media, TV, radio, and city-centre advertising screens. Schools might also see increased media coverage, and stakeholder activity, during this time.

Whilst parents are the focus of the campaign, schools are in a great position to contribute and support as well. You can:

- Speak to parents about the media literacy campaign, signposting to the Kids Online Safety Hub
- Encourage them to speak to their children about the content they see online, both positive and negative
- Share the information provided through your established parent-communication channels

This campaign forms part of wider government efforts to protect children online, complementing regulatory measures through the Online Safety Act to remove harmful content, and supporting a forthcoming national conversation on digital wellbeing for young people as the government weighs longer-term options.

## Help your child stay safe online

<https://kidsonlinesafety.campaign.gov.uk/>

## Parenting a young person 12-19



 ParentsPlus

## Parents Plus Adolescents Programme

A 9-week workshop delivered weekly. Each session is 2-hours in length. This face to face programme gives you the option to attend in-person.

This is an evidence-based workshop that covers topics such as:

- Understanding teenagers
- Pressing the pause button
- Getting to know your teenager
- Establishing rules with teenagers
- Connecting with your teenager
- Communicating rule positively
- The power of encouragement
- Using consequences
- Dealing with conflict and aggression
- Problem solving with teenagers
- Creating a discipline plan
- Family problem solving
- Empowering teenagers
- Establishing routines
- Parent self-care
- Active listening

### When?

Thursdays, 12:30-2:30pm  
starting 23rd April 2026

### Where?

Helston Family Hub



### To book visit

[parentbooking.cornwall.gov.uk/  
book/add/p/4](https://parentbooking.cornwall.gov.uk/book/add/p/4)

### Contact us

Website: [www.cornwall.gov.uk/parenting](https://www.cornwall.gov.uk/parenting)  
Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)



# Mental health support that meets public healthcare needs

Kooth's services make large scale prevention a reality across whole populations. Kooth services are also linked to broader health economics outcomes, such as reduced numbers of anti-depressant prescriptions and lower hospital admissions due to suicidal ideation or self-harm.



### For young people

Kooth's digital service gives every young person the know-how and tools to help manage and help take control of their mental health.



### For adults

Qwell is our service for adults aged 18 and over, offering free and effective in-the-moment support throughout life.



### Waiting lists

Kooth's Integrated Digital Pathways relieves NHS pressures by offering immediate support to people on mental health waiting lists.

How can we prevent people falling into crisis

**Sir Norman Lamb**  
Former North Norfolk MP and Health Minister, Mental health campaigner

## Digital support can change lives

Sir Norman Lamb talks to Dr Lynne Green about digital support in the context of the crisis care concordat initiative, commenting:

"Being able to access support directly, without having to go on a waiting list for months on end... is a priceless part of the architecture of support that we should make available to people."

# FIVE

## ACTIVE BYSTANDER

### WAYS TO BE AN

"LEAVE THEM ALONE"

#### 1 DIRECT

Call the person out for their behaviour and let them know it's not okay.

Best used when: Among friends or people you know.

#### 2 DISTRACT

Interrupt by asking a question or starting a conversation. Try asking for directions or the time.

Best used when: You're unsure what the reaction might be to intervening directly.



#### 3 DELEGATE

Ask someone else to help. This could be someone with authority or someone nearby.

Best used when: You need extra support.



#### 4 DELAY

Check they're okay or if they need any help afterwards.

Best used when: You feel uncomfortable intervening at the time.

Are You Okay ?

#### 5 DISAPPROVE

Send a clear signal you don't like what they're saying or doing. Try shaking your head or walking away.

Best used when: Among friends or people you know.



Only intervene if it's safe.

5Ds taken from Brook's Active Bystander Course for universities. Find out more at [brook.org.uk/bystander-training/](http://brook.org.uk/bystander-training/)

# Holiday Safeguarding Support

A good starting point for support is the **Early Help Hub**. You can find a list of the different support services they offer at [Early help - Cornwall Council](#) (01872 322277)

Your GP will also be able to signpost you to specific support that may help.

If at any time you feel that someone is at risk of immediate harm, you should contact the **Multi-Agency Referral Unit** on **0300 123 1116** or the Emergency Services on 101/999.

For specific areas of need, you may find the below useful:

## Mental Health



[Kooth.com](#)   [Xenzone](#)



[Mental Health Helpline - Urgent Help](#)   0800 038 5300   [CAMHS](#)



[Mental Health Charity For Children & Young People](#)



[Cornwall Mind](#)



[Kernow Connect](#)   [1:1 chat - Parent Talk](#)  
01872 321486



[Childline](#)  
0800 1111



116 123   [jo@samaritans.org](mailto:jo@samaritans.org) (emails may take several days for a response)



[Making Waves - Young People Cornwall](#)   01872 22244

## Health advice



ChatHealth  
Parent Line 0-5   [TEXT 07312 263 423](#)

ChatHealth  
Parent Line 5-19   [TEXT 07312 263 499](#)

ChatHealth  
Young People 11-19   [TEXT 07312 263 096](#)

Alternatively, for 0-19 health advice you can also contact:

- [01872 324261](tel:01872324261) (option 2)
- [hvsnadvice@cornwall.gov.uk](mailto:hvsnadvice@cornwall.gov.uk)

Get confidential health and wellbeing advice and support



[www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

## Bereavement



[Penhaligon's Friends](#)

## Drug/Alcohol Misuse



[wearewithyou.org](http://wearewithyou.org) (YZUP)

## Sexual Health



[Brook Cornwall](#)

0300 30 30 714