



Should you have any questions or concerns please do not hesitate to contact me directly on:
Keelan-edwardsh@ripongrammar.com Mrs H Keelan-Edwards, Designated Safeguarding Lead (DSL)

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Our Local Safeguarding risks include: Child on Child abuse – online
Child on Child abuse – sexual harassment/sexual violence
Child criminal exploitation/County Lines

Please note: Our local Police Community Support Officer (PCSO) Philip Wright

~~~ Mental Health & Wellbeing ~~~

Link to our school wellbeing information:

[Mental Health & Wellbeing - Ripon Grammar School](#)

This week is Children's Mental Health Week (6th – 12th February 2023). Over the course of the week the focus of year group assemblies is mental health and wellbeing.

We have an area of our school website that includes resources for children and parents offering advice and suggested links for where you might be able to get help. At Ripon Grammar School, we are dedicated to promoting and sustaining a climate of good emotional and mental health as well as overall welfare for both students and staff. We truly believe that contented, safe students learn more efficiently and are more self-assured and inspired to pursue their academic goals.

However, we acknowledge that not everyone can always feel this way, and that everyone can go through variations in their overall health for a variety of reasons. As a result, we work to foster an environment where all members of the school community feel supported and respected and are free to voice any concerns they may have.



This link provides resources that can be used by you with your children to support their mental health and wellbeing.

[Families - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

In addition to supporting our students mental health, I have included details about some organisations that can be used to provide support for families whose current circumstances may be impacting their lives and having a negative impact on wellbeing. There are a wide variety of support schemes and organisations in North Yorkshire which may be able to help or advise if you are struggling to pay for essentials.

- [The North Yorkshire Local Assistance Fund \(NYLAF\)](#). This provides emergency financial support to those unable to meet essential living costs, such as energy bills or food. NYLAF can also make awards in kind, such as supplying basic necessities or household goods such as a fridge.

THE SAFEGUARDING TEAM AT RIPON GRAMMAR SCHOOL

MRS H KEELAN-EDWARDS – Deputy Headteacher Pastoral and Designated Safeguarding Lead (DSL)

MRS C DAY – Assistant Headteacher/ Head of Boarding and Deputy Designated Safeguarding Lead (DDSL)

MR T FELL – Assistant Headteacher/ Head of Sixth Form and Deputy Designated Safeguarding Lead (DDSL)

- [Warm and Well North Yorkshire](#). People can also apply for hardship funding, or help with minor repairs to make their homes warmer under this scheme. Contact Warm and Well on [01609 767555](tel:01609767555) or email wnw@northyorksca.org.uk
- [Council tax reduction and support scheme](#). If you're on a low income or claim benefits you can apply for a reduction in the council tax you pay. Find [information about the council tax reduction and support scheme](#) and a postcode checker that will take you to your local borough or district council.
- There is also a range of national available on the [Help for Households section of the government website](#) and the [cost of living support section of the government's website](#).

FOOD

- The Trussell Trust runs foodbanks in a number of towns in North Yorkshire. You will generally need a voucher from a local referral agency to access their help. [Find out if there is a foodbank near you and how you can get help on the Trussell Trust website](#).
- You can find foodbanks run by some other organisations on [The Independent Food Aid Network website](#).
- Increasing numbers of communities have set up community fridges to give people access to food which might otherwise go to waste. These are generally open to anyone to use without any need for a referral. [The Hubbub Foundation website](#) lists some community fridges and your local Community Support Organisation may have information about other local free fridges or pantries in the area.
- In an article called [every mouthful matters in our residents newsletter](#), NY Now, we have provided some tips on avoiding food waste that could also save you money.

ENERGY SAVING

- The North Yorkshire Home Efficiency Fund is offering a range of fully-funded energy-saving home improvements to eligible homeowners in the Scarborough, Ryedale and Hambleton districts. Properties could receive improvements including insulation, solar panels, air source heat pumps and high heat retention electric storage heaters, depending on property suitability. To qualify, residents must have a household income of £30,000 or less, or receive means-tested benefits. Find out how to apply on our [home efficiency fund](#) page.
- If you are a resident living in Selby, Craven or Harrogate and would like to know more about energy saving schemes in your area, the City of York Council is managing the North Yorkshire Local Authority Areas' energy improvement schemes on behalf of Craven, Selby and Harrogate and may have funding available for certain improvements. For more information contact the City of York Council on [01904 552300](tel:01904552300) or email betterhomes@york.gov.uk Further information is available from [Better Homes Yorkshire](#)
- Please check if you are eligible for a Warm Homes Discount of £150 over the winter period. Details are available on the [warm homes discount scheme on the government website](#).
- Yorkshire Energy Doctor work with households to try and reduce energy costs and to try and ensure that people can afford to live in a warm home. For more information see the [Yorkshire Energy Doctor website](#).
- There is helpful information on our [winter health for older people page](#) including tips for staying warm, more cost efficient and safe ways to heat your home, and details on how to claim winter fuel allowance.

Advice on Money & Debt or benefit entitlement

[Citizen's Advice North Yorkshire](#) provide free, confidential and impartial advice to help people find a way forward with whatever problems they face, including money and benefits. You can get advice in person, over the phone, on a web chat or by email by [contacting Citizen's Advice North Yorkshire direct](#).

- [Libraries](#) are another source of support with books and resources on personal finances, budgeting and debt.
- If you are of state pension age, you could be entitled to a pension top up. Many people are missing out on unclaimed pension credits and you may be able to access support, even if you have savings, own your own home or have a private pension. You can find out more on [the government's web page about claiming pension credit](#).