



Bristol Metropolitan Academy Christmas Safeguarding Newsletter



Dear Parents and Carers,

As we approach the festive season, it's important to ensure the safety and wellbeing of our children and young people. While this time of year brings joy and celebration, it may also present challenges for some families. Below, we've compiled helpful contacts and resources to support you and your loved ones during this period.



Contacting the Academy Safeguarding Team

If you have any concerns about a child's safety or wellbeing, you can contact our safeguarding team during term time:

- **Phone:** 0117 377 2071 (Option 4)
- **Hours:** 8:00 am–4:00 pm
- **Email:** bmasafeguarding@clfacademies.onmicrosoft.com



Out-of-Hours and Emergency Support

For concerns outside of school hours, these services can help:

- **First Response:** 0117 949 0944 (Weekends/evenings: 01454 615165)
- **Access and Response (South Gloucestershire):** 01454 866000 (Weekends/evenings: 01454 615165)
- **Police:** Dial 101 (non-emergencies) or 999 (emergencies)
- **NSPCC Helpline:** 0800 800 5000 (Free, 24/7 support)
- **Childline:** Call for free on 0800 1111



Mental Health and Emotional Wellbeing Support

- **Young Minds Parents Helpline:** 0808 802 5544 (Mon–Fri, 9:30 am–4:00 pm)
- **Kooth:** Free online counselling for young people ([Visit website](#)).
- **OTR Bristol:** Support for 11–25-year-olds ([Visit website](#)).
- **Child Bereavement UK:** Support for families coping with loss ([Visit website](#)).



Support for Self-Harm and Substance Use

- **Self Harm UK:** Resources for parents and young people ([Visit website](#)).

- **Bristol Drugs Project (BDP):** Alcohol and drug support ([Visit website](#)).
- **FRANK:** Helpline: 0300 123 6600 ([Visit website](#)).

Online Safety

- **Internet Matters:** Resources for managing online safety concerns ([Visit website](#)).

Domestic Abuse and Exploitation Support

- **Next Link:** Call 0117 925 0680 ([Visit website](#)).
- **The Children's Society:** Resources on child exploitation ([Visit website](#)).

Household Support Fund

The **Household Support Fund** supports low-income households with food and fuel costs, extended until March 2025.

How the Funds Are Used:

Free school meal vouchers will be provided for free school meal and Pupil Premium children during the Christmas, February half term and Easter school holidays.

Vouchers will be sent via email by the Academy. Please contact us at info@bristolmet.net if you do not receive them.

If you need financial support, you can still benefit from this fund. You can:

- [apply for an emergency payment](#) from the Local Crisis Prevention Fund (if you are aged 16 or older and live in Bristol, and are in financial crisis and need help with essential day to day living expenses)
- [apply for a Discretionary Housing Payment](#) (if you get Housing Benefit or the Housing Element of Universal Credit and need extra help for housing costs)
- get [cost of living advice](#)

You can also get [help with money and debt problems](#) and [find out if you can claim benefits](#).

Additional Help:

- Apply for **emergency payments** or **housing support** through local services.
- Access food through **food banks**, **Family Action FOOD Clubs**, or the **Holiday and Food (HAF) Program**.

Find recipes, food schemes, and community resources at [Feeding Bristol](#).

Wishing you a safe and happy Christmas from all of us at Bristol Metropolitan Academy. Thank you for your continued support in safeguarding our children.

Warm regards,

Bristol Metropolitan Academy Safeguarding Team

