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Tuesday 18th July 2023.

Dear Parent / Carer,

As we reach the end of another academic year I would like to take this opportunity to remind you all of the agencies and support which are available for all pupils and families throughout the 6 week holiday period.

**Signposting for all students and parents/carers:**

I have attached a copy of a document which will be sent out to all pupils before the end of term. The document outlines a number of agencies and apps pupils can access independently for support if they are struggling with their mental and physical health over the summer period, or if they find themselves in a difficult online safety situation.

Also, please remember that any member of the public can contact the following agencies over the Summer holidays and at any time of the day:

**Customer First:** If you are concerned about the welfare of a child in your community then please ring Customer First – 0808 800 4005 and report this information. Customer First is the first point of contact for social services in Suffolk. Please do not ring this number if a child is at imminent risk of harm such as injury or abuse, in this situation you should call 999 immediately.

**Suffolk Constabulary:** You can report non-urgent crimes via ringing the police non-emergency number – 101 or by going on the Suffolk Constabulary website: <https://www.suffolk.police.uk/contact-us/report-something> You can also ring the police non-emergency number - 101, if an online safety offence has been committed. An example when you should use these reporting tools could be if your child is being asked to share sexually explicit pictures of themselves or of someone else. If someone is in immediate risk or danger then you should call 999. Please contact the Police if you are concerned about your child's online activity or the activity of any another person over the Summer holidays, you should not wait until September to speak to a member of staff in school before taking any action.

**GP / Doctor or 111 (for weekends and out of hours non-emergencies):** Please remember that you can seek mental health support from your registered GP throughout the holidays. You can also contact 111 for non-emergency medical concerns, or use the 111 online mental health toolkit to establish what support is available or next steps you should take, the link to this toolkit is - <https://111.nhs.uk/> If you are concerned about your child's mental health over the 6 week holiday then please use one of the agencies mentioned above, rather than waiting to speak to a member of staff at Farlingaye at the start of term.

I would like to take this opportunity to thank all Parents, Carers, Pupils and extended family members that the Safeguarding Team have been in contact with over the last academic year, we wish you all a safe and enjoyable Summer.

Best Wishes,

*C. Hankers*

Miss Hankers  
Safeguarding Manager