

We want to have an amazing summer and be safe!

TOP TIPS TO BEAT THE HEAT

H₂O to go
Take a bottle of cold water with you when you're out and about.

Avoid
Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse, so think about avoiding them during hot weather.

Be cool
Make use of fans or air-conditioners set to cool.

Rest
Make sure you get enough sleep and rest if you feel tired.

Dress down
Wear lightweight, light coloured, loose-fitting clothes made from natural fibres, like cotton or linen.

Enjoy
Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.

Soak
Take a cool shower or bath to help you cool down when you feel hot.

Shade
Wear a hat or take an umbrella with you for shade if you're outside on a hot day.

WATCH OUT

- Be on the lookout for any symptoms of heat related illness.
- See your GP if you are unwell.
- In a medical emergency, call 1021.

Heat Stress & Heat Waves

Let's beat the heat this summer and protect ourselves from heat stress and serious heat-related illness!

BOLO!
Be on the Look-Out

...for early signs of Heat illnesses! And if you see any affected co-workers, encourage them to take a break, drink water and cool down. Heat stress can come on pretty rapidly! And learn first-aid for treating heat-related emergencies near you.



Sunburn



Redness of skin and pain, possible swelling, blisters, fever and headaches. Take a shower and use soap to remove oils that may block pores. Apply dry, sterile dressings on blisters.

Heat Cramps



Being exposed to high heat, humidity and losing fluids and electrolytes can cause muscular pains and spasms in the legs or abdomen.

Heat Exhaustion vs. Heat Stroke

Faint or dizzy	Throbbing headache
Excessive sweating	No sweating
Cool, pale, clammy skin	Body temperature above 103 degree
Nausea or vomiting	Nausea or vomiting
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	May lose consciousness



The Red Cross recommends the following first-aid for Heat Exhaustion:

- Move the person to a cooler environment with circulating air.
- Remove/loosen as much clothing as possible and apply cool, wet cloths/ towels to the skin.
- Fanning or spraying them with water can also help. If they are conscious, give small amounts of a cool fluid like a sports drink or fruit juice to restore fluids and electrolytes- about 120 ml of fluid every 15 minutes.



If Heat Exhaustion symptoms are ignored, it could result in a life threatening condition of Heat Stroke.

- After calling an ambulance, rapidly cool down the victim's body by immersing them up to the neck in cold water or dousing/spraying them with cold water or sponging them with ice water-doused towels over the entire body, frequently rotating the cold, wet towels.
- Do not give fluids.

Be safe in water

<https://www.rlss.org.uk/summer-water-safety>

Summer WATER SAFETY

When Summer hits it can be tempting to look for the nearest place to cool off. Here are our top tips if you plan on going for a paddle:

- LOOK OUT FOR LIFEGUARDS**
- IT'S COLDER THAN IT LOOKS**
- DON'T GO TOO FAR**
- IT'S STRONGER THAN IT LOOKS**
- BRING A FRIEND**

Circle of Drowning Prevention

Layers of protection are essential to help prevent drowning. Plan ahead for aquatic activities:

- Learn swimming and water safety survival skills.
- Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life
- Always swim in a lifeguarded area.
- Provide close and constant attention to children you are supervising in or near water.

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>



Water Safety Resource Center

A grid of six resource cards for water safety:

- Drowning Prevention & Facts »**
- Activities for Kids, Parents & Caregivers »**
- Swimming Safety Tips »**
- Home Pool & Hot Tub Safety »**
- Swimming Safely in Lakes, Rivers & Streams »**
- Swimming Safely at the Beach »**

And remember to social distance...

Social Distancing: 

What does it mean?
It means stay away from places where people gather, avoid mass gatherings, and whenever not possible, maintains a distance of at least one metre from each other.¹ Together we can help to slow the infection from spreading away.

Red Light – Avoid / Don't Do 

- All gatherings of religious, commercial, official or personal nature (e.g. market/mall, cinema, meeting/conference, wedding, party/picnic, tuition, gym/yoga, dancing etc.) involving a sizeable and flowing crowd
- Social visitors or non-essential workers in your house
- Non-essential visitors in the workplace
- Non-essential travel in public transportation

Yellow Light – Do with Caution 

- Attend private gatherings limited to a few family members or known friends
- Travelling in a private transport (public transport only if it is a NECESSITY)
- Visit a local restaurant BUT choose the open-air type, sitting with at least one metre apart whenever possible (takeaway food is a better choice)
- Buying in a grocery store or supermarkets without a crowd
- Pick up medicines from the pharmacy without a crowd
- Play sports in the open air with family or a few known friends

Green Light – Safe to Do 

- Take a walk or jog in open park or stadium
- Cycling
- Play in the home garden, or go for a fun drive with family
- Read a book or listen to music in private
- Play games or watch TV/movie at home
- Home cooking and meals at home



 Wash your hands frequently with soaps and water, or alcohol-based hand rub.

 Best to do thing online whenever possible (e.g. Video chat, e-payment, internet games, or chat over a phone).

1. * World Health Organisation, March 2020.*

• You should keep two metres apart from people not in your household or support bubble at all times. You should continue to avoid public transport other than for essential journeys so should make journeys by cycling, walking or driving in a private vehicle where possible.

• Government 24/06/2020

• Changes due 04/07/2020

Help and information

Re-Solv

Text or whatsapp **Re-Solv** with any questions on **07496 959930** or phone in confidence on **01785 810762** from 10am - 4pm, Mon - Fri. There's more online at re-solv.org.

FRANK

At talktofrank.com you can search for information on every drug and there's a confidential phone helpline on **0300 123 6600**, text **82111** and live chat service.



If you have concerns about your mental health, you can call Mind on **0300 123 3393**, text **86463** or visit mind.org.uk.

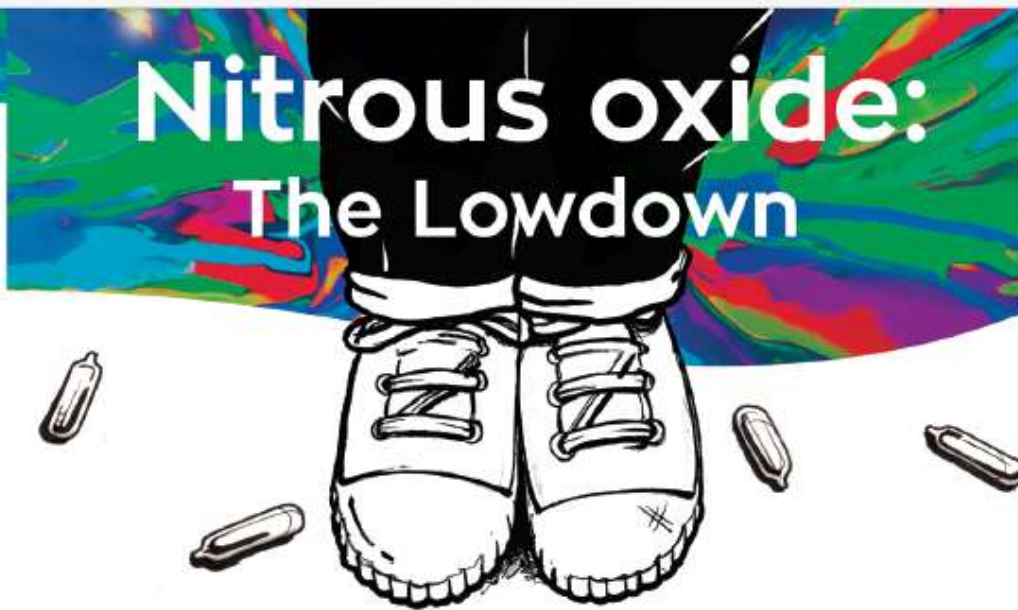
THE MIX

The Mix provides free, confidential information and support for under-25s on **0808 808 4994** and at themix.org.uk.



The website festivalsafe.com brings together information for UK festival goers on everything from choosing the right tent to advice on alcohol and other drugs.

Nitrous oxide: The Lowdown



BALLOONS, CHARGERS, CRACKERS,
LAUGHING GAS, NOS, WHIPPITS

Nitrous oxide is a gas used medically as an anaesthetic. It's also used in catering as the propellant in whipped cream chargers. Some people use it as a recreational drug, usually inhaled from a balloon, to get high. It acts as a 'depressant' (not unlike alcohol), in that it slows down your body's system and leads to feelings of relaxation or happiness – hence the name 'laughing gas'.

Re-Solv



info@re-solv.org



Helpline: 01785 810762

Please let us know if you would like this information in another format.

Re-Solv

IS IT LEGAL?

It's not a crime to possess nitrous oxide for personal use. But 2016 legislation makes it illegal to import, produce, sell or supply psychoactive substances, and this includes nitrous oxide for recreational purposes.

IS IT DANGEROUS?

Deaths from nitrous oxide tend to occur, not from inhaling a single balloon, but from heavy use where the body becomes starved of oxygen leading to suffocation or unconsciousness.

Using nitrous oxide may also be riskier for people who have heart conditions.

Nitrous oxide also inactivates Vitamin B12, a lack of which can cause anaemia and, in cases of prolonged use, 'peripheral neuropathy' or nerve damage.

IS IT HARMFUL?

There is always a risk associated with taking drugs of any kind. This can be due to the drug itself, to the increased risk of accident, or to behaving in ways you wouldn't otherwise choose (e.g. unsafe sex).

So please be as informed as possible, particularly if you have pre-existing health conditions and:-

BE CAREFUL WHERE YOU GET YOUR NITROUS FROM
Make sure you are not being supplied a more dangerous gas like butane.

DON'T INHALE DIRECTLY FROM THE CHARGER

TAKE CARE WHEN DISCHARGING CANISTERS
Don't let them come into contact with your skin - the extreme cold can cause burns.

DON'T USE A MASK OR PUT A PLASTIC BAG OVER YOUR HEAD

DON'T OVERDO IT
If you plan to use more than one balloon, let your body recover in between.

EAT
Particularly if you're vegetarian or anaemic, eat to replenish your levels of B12 - eggs, cheese, marmite etc. are good.

DON'T TAKE DRUGS ON YOUR OWN
Stay with a group of friends and agree that one of you will stay sober in order to keep an eye out for the others.

KEEP TO ONE DRUG
Don't mix different drugs or drink alcohol. The results can be anything from unpredictable to actively dangerous.

PLAN YOUR EVENING
Stay in a safe environment - and know how you're getting home.

WATCH- *vimeo*

<https://vimeo.com/425127846?activityReferer=1>

vimeo

Join

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Watch ▾

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Nitrous Oxide

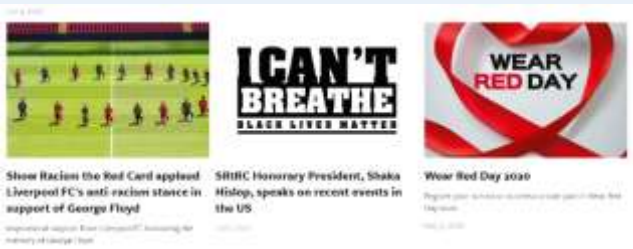
Related

Auto

Support and resources for #BlackLivesMatter

There are many resources available to support you and your family and also with information to educate and spread awareness of racism and how we can help.

<https://www.theredcard.org/>



<https://www.stophateuk.org/help-in-the-uk-national-organisations/>



Take time to make sure we look after ourselves and others. This may mean we take some time to reflect, listen, learn and act.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/>

<https://www.bullying.co.uk/advice-for-parents/what-to-do-about-racist-bullying/>



<https://www.northamptonchron.co.uk/news/people/hundreds-people-march-northampton-racecourse-second-black-lives-matter-protest-2883742>



*EVERYONE deserves to be SEEN
everyone DESERVES TO BE SAFE*



- **WATCH-** <https://www.youtube.com/watch?v=TIExvoJXwKE>

#YouMeUsWe
Pride in London 2020 - You! Me! Us! We!

#WandaSykes #LGBTQ #TheEllenShow
Wanda Sykes Takes Us Through the History of LGBTQ+ – Now You Know

Watch- <https://www.youtube.com/watch?v=wkzwDOCEDCo>





Resources and support



<https://mermaidsuk.org.uk/young-people/>

<http://thelowdown.info/counselling/lgbtq-support-services/>

A screenshot of the website 'thelowdown.info'. The header includes contact information and navigation links like 'About Us', 'Our Services', and 'Send A Referral'. The main content area features a large image of people at a Pride event and a section titled 'LGBTQ Support' with the text: 'On average, 1 in 5 young people in the UK identify as lesbian, gay, bisexual, transgender or are questioning their gender identity and/or sexual orientation, so you are not alone. We understand that it may feel difficult to find support. Many young people feel isolated and disconnected from social circles or even families and we want you to know that you are not alone.' There is also a small 'OUT THERE!' logo.

<https://www.mindout.org.uk/>

A screenshot of the website 'mindout.org.uk'. The header features the 'mindOUT' logo and navigation links. The main content area has a section titled 'MindOut Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service'. A prominent banner at the bottom says 'MindOut is 20! Help us celebrate!' with a '20TH ANNIVERSARY' flag and a 'Donate Now' button. A small box in the bottom right corner states: 'Free, anonymous and confidential: (see our privacy statement at www.mindout.org.uk)'. There is also a 'Donate Now' button in the bottom left corner.

A screenshot of the website 'Me. My. Mine.'. The header includes navigation links like 'ABOUT US', 'KIDS & YOUNG PEOPLE', and 'PARENTS'. The main content area features a large image of a person's face and a section titled 'Me. My. Mine.' with the text: 'A safe place for young trans people - up until their 20th birthday - to find support and help one another.' Below this is a section titled 'I think I'm transgender, what do I do?' with a sub-headline and a small arrow icon on the right.

<https://switchboard.lgbt/>

A screenshot of the website 'switchboard.lgbt'. The header features the 'Switchboard LGBT+ helpline' logo and navigation links like 'Donate', 'Contact Us', and a phone number '0300 330 0630'. The main content area has a large image of a person using a smartphone and a section titled 'Advice and understand' with the text: 'You are always best placed to make decisions... want you to finish your call feeling you...'. A vertical menu on the right lists various services: 'About us', 'How we can help', 'Help when we're closed', 'Our celebrated patrons', 'Media & Press', 'Meet The Trustees', 'Support Us', 'Volunteer', 'Supporting Organisations', 'Switchboard Shop', and 'Contact'.

Helpful links! WFA is here for you...

Check out our website www.westonfavellacademy.org for helpful information for you and your family....

no matter what happens,



I'll always be here for you.

to develop opportunities for such activities and extend the range of residential trips
le.

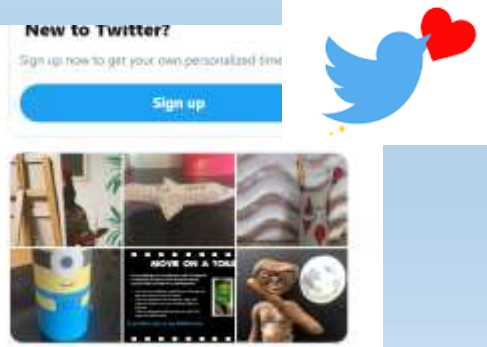


- GCSEPod
- Healthy body, healthy mind - COVID STYLE!
- Library resources
- Show My Homework
- Staying Safe
- Student Voice
- Timings of the Day
- Trips and Events
- Wellbeing and Support



And follow us on twitter...

<https://twitter.com/WestonFavellGAT>



Where to find support

Online:

www.asknormen.co.uk - a website with lots of mental health advice and information for young people in Northamptonshire. It's designed for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire with sections for young people, professionals and parents too.

www.youngminds.org.uk - website of Young Minds, the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people

Text:

Chat Health: For friendly, helpful advice. Text your school nurse 07507 329600

Youth Counselling Services:

Service Six - 15 Sassoon Mews, Wellingborough
Tel: 01933 277520 / 01933 273746
www.servicesix.co.uk

The Lowdown - 3 Kingswell Street, Northampton
Tel: 01604 634385 www.thelowdown.info

Time2Talk - The Abbey, Market Square, Daventry
Tel: 01327 706706 Text: 07765 210869
www.time2talk.org.uk

CHAT Youth Counselling - The Courthouse, Mill Road, Oundle
Tel: 01832 274422 www.chatyouthcounselling.org.uk

Youth Works

[covering Kettering & Corby]
Keystone Centre, 97 Rockingham Road, Kettering, NN16 9HX
Tel: 01536 518339 www.youthworksnorthamptonshire.org.uk

To find out about other services that help to support children, young people and families in Northamptonshire contact the Families Information Service:

Tel: 01604 237935 E-mail: fis@northamptonshire.gov.uk



Service Six
Changing Lives · Creating Futures

If you worried about anything or need to talk to someone, please contact us on

Helpline (Phone or Text) Monday to Friday 9am – 5pm: 07718 003219

Email: referrals@servicesix.co.uk

Facebook: Service Six @servicesix123 or @ClaudiaSSix

Twitter: @ServiceSix1

Instagram: @servicesix

LinkedIn: Service Six



Everything will be better soon, just keep believing!



You can also talk to staff on teams or school email...



IT'S OKAY TO TALK
Samaritans



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Samaritans UK
Tel: 116 123
samaritans.org
email
jo@samaritans.org
Samaritans is available round the clock, every single day of the year. We provide a safe place for anyone struggling to cope

Papyrus
HOPELINEUK - 0800 068 4141
papyrus-uk.org
Worried about someone? Support for anyone under 35 experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide.

Kooth.com
Kooth.com is an online counselling service that provides vulnerable young people, between the ages of 11 and 25, with advice and support for emotional or mental health problems

YoungMinds Helpline:
0808 802 5544
Parents information service
youngminds.org.uk

SHOUT
Text Shout to 85258
giveusashout.org
Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Mind
MindInfoline:
0300 123 3393
The MindInfoLine offers thousands of callers confidential help on a range of mental health issues
mind.org.uk

CALM
0800 58 58 58
thocalmzone.net
The Campaign Against Living Miserably (CALM) works to prevent male suicide and offers support services for any man who is struggling or in crisis.