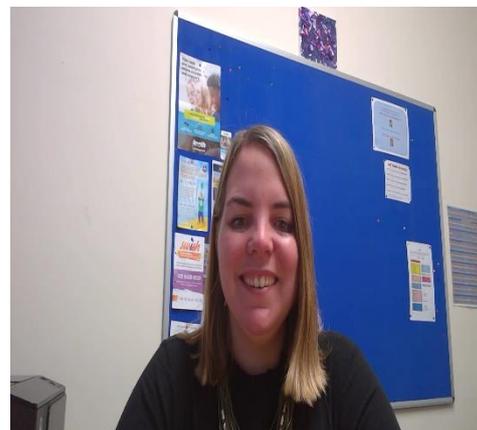


# How to keep safe during lockdown

## WHO AM I?

- I am a Social Worker. I am part of the Social Worker in Schools project that is running at your school.
- My role is to support children at school to ensure that they are safe and happy whether at home, school or out in the community.
- I work with children and young people who have struggles with home life, particularly who are being mistreated at home.
- I work with children and young people who witness unsafe relationships at home, for example issues and conflict between their parents.
- I work with children and young people whose parents have a dependency which means they are not always able to care for their children to the best of their ability.
- I work with children and young people who are at risk outside of the family home, whether they are being forced to do something by someone else, who sometimes are older, whether that be a relationship with an older person or being forced to do something they don't want to do.
- And much more....



## STUDENTS

Are you worried about:

- Food
- Arguments or fights at home
- your parents,
- your mental health
- Your physical health
- Coronavirus
- anything else that is making you upset or scared whilst being at home during this time

## PARENTS

Are you worried about:

- Your child's behaviour
- finances and putting food on the table
- employment
- housing
- your own mental health and want to talk about these?

Please see the details below.

- I am going to be holding drop-in sessions over the phone on:

Tuesday- 2pm until 4pm

Thursday- 10am- 12pm

- Email me on [Caitlin.Neal@harrow.gov.uk](mailto:Caitlin.Neal@harrow.gov.uk) with your phone number and I can call back to speak with you over the phone.