

Kindness

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Tuesday, 16 December 2025

Dear Parents and Carers,

Safeguarding and Support Services

As we approach the end of Term 2 and the beginning of the Christmas break, we thought it would be helpful to give you some reminders about our safeguarding procedures and to share with you some support services that you can access over the holiday period.

The Rowans AP Academy is committed to safeguarding and promoting the welfare and safety of all pupils and expects all staff and volunteers to share this commitment. We strive to ensure that consistent and effective safeguarding procedures are in place to support families, pupils and staff at school.

We have policies and procedures in place to deal effectively with child protection and safeguarding issues, together with recording and monitoring processes. Our comprehensive safeguarding support can be found on our website and by following this link:

<https://www.therowans-that.org.uk/safeguarding>

Youth clubs by area

Below is a link to youth clubs or centres. There are youth clubs in the following areas for you to choose from.

- [Hoo Youth Club](#)
- [Isle Of Grain Youth Club](#)
- [Lordswood Youth Centre](#)
- [Parkwood Youth Centre](#)
- [Strood Youth Centre](#)
- [Woodlands Youth Centre](#)
- [WREC Room at the Pentagon Shopping Centre](#)

https://www.medway.gov.uk/directory/17/find_a_youth_club_or_centre

Medway Go Christmas club dates

As well as youth clubs there is more support for Medway's children over Christmas from Medway Go. The Medway Go programme is returning with its winter programme running on Monday 22nd, Tuesday 23rd, Monday 29th and Tuesday 30th December.

With a wide range of activities on offer there is something for everyone, including skiing taster sessions, dance workshops, football, performing arts and much more. There are also a variety of Festive Family Activities on offer. Families can attend the pantomime, Santa experiences and even the zoo.

Medway Go is a free, government-funded holiday activities and food programme for children aged five to 16-years old who are eligible for benefits-related free school meals.



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A limited number of spaces are also available for children who are looked after, from military families or have special educational needs and disabilities. Families can also choose to pay for their children to attend some of the sessions too.

As well as the fun-filled activity sessions, children will receive a nutritious meal ensuring that they continue to have a healthy balanced meal as they would during the school day.

Booking is open now, click on the following link for more information and to book. [Find out more about the activities and book your spot.](#)

Directory of Support

Further to the above support during the Christmas period, the table below includes various services available to parents and carers. As you can see from the final column, most referrals can be made by families directly.

Service	Website	Referral methods
Kooth – Online mental well-being service including counselling	www.kooth.com	Self-referral
Medway Council- Family help and support	https://www.medway.gov.uk/info/200307/local_offer/823/family_help_and_support	Parent/Carer
Medway Go support for young people- dates 22 nd , 23 rd , 29 th and 30 th December	https://www.medway.gov.uk/news/article/2003/support_for_medway_s_children_over_christmas	Parent/Carer
Mind – A charity designed to support and provide information about mental well being	https://www.mind.org.uk/	Parent/Carer
NELFT – Kent Children & Young People’s Mental Health Service	https://www.nelft.nhs.uk/	Parent/Carer/ School/GP



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Medway SENDIAS – Impartial SEND information and support	https://www.family-action.org.uk/what-we-do/children-families/send/medway-sendias/	Parent/Carer
Legends Programme – Weekly group for all students aged 7–17-Year-olds (Sport, Life skills, Residential Trips etc)	http://ylf.org.uk/how-we-help/legends/	Parent/Carer
Home Start – Support in your own home, including listening, adult company, reassurance, practical help, accessing other services	https://home-startmedway.org.uk/support/	Parent/Carer
Early Help – Help with education, relationships, wellbeing, anti-social behaviour, domestic violence or abuse	https://www.medway.gov.uk/info/200170/children-and-families/322/early-help-for-families	Parent/Carer/ School
Medway Community Healthcare – Community Healthcare services for people living in Medway.	https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/parent-support-services	Parent/Carer
Kent Resilience Hub - Resources for parent/carer supporting children and young people	https://kentresiliencehub.org.uk/supporting-your-child/resources/	Parent/Carer
Action for Children –Support with all aspects of parenting	https://parents.actionforchildren.org.uk/	Parent/Carer



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Childmind - Parent/Carer guide to children, young people with OCD	https://childmind.org/guide/parents-guide-to-ocd/	Parent/Carer
Rethink - Parent/carer support with people with Mental Health Illness	https://www.rethink.org/help-in-your-area/services/	Parent/Carer
MCH – Children and Young Persons Activities in Medway	https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/holding-hands/teenager-activities	Parent/Carer
Youth Club for Children, Young People who have Autism	https://www.nhs.uk/services/service-directory/medway-magic/N10499756	Parent/Carer
Support with Food in Medway	https://www.medway.gov.uk/foodsupport	Parent/Carer/School
Help for households in Medway	https://www.medway.gov.uk/householdhelp	Parent/Carer
Help for households Nationally	https://helpforhouseholds.campaign.gov.uk/	Parent/Carer
Medway Council – SEND support	https://www.medway.gov.uk/localoffer	Parent/Carer
Moodspark – Support for mental health for young people	https://moodspark.org.uk/	Self-Referral
Release The Pressure – Mental Health support	https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure#speak-to-someone	Self-Referral
NSPCC Gillingham	Telephone: 01634 564688 Helpline: 0808 800 5000	Parent/Carer



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<p>Alumina</p> <p>Anonymous online support for children and young people who self-harm and are in crisis. 14-19 year olds.</p>	<p>https://www.selfharm.co.uk/</p>	<p>Self-Referral/ Parent/Carer</p>
<p>Family Solutions – Help with education, relationships, wellbeing, anti-social behaviour, domestic violence or abuse</p>	<p>https://www.medway.gov.uk/info/200170/children-and-families/600/concerned-about-a-child/3</p> <p>Telephone: Chatham All Saints Children and Family Hub: 01634 338 833 Gillingham Children and Family Hub: 01634 338 877 Strood Children and Family Hub: 01634 335 533 Wayfield Children and Family Hub: 01634 337 733</p>	<p>Parent/Carer/School</p>

If you have any safeguarding concerns for a child out of school hours:
Medway Children’s Safeguarding team: 01634 334466
Emergency Out of Hours Social Care: 03000419191
Police: 101 or 999 in an imminent emergency

Our **Safeguarding Team** can be contacted in the following way:
help@therowansap.co.uk If we can be of any further support, then please feel free to contact us.

Many thanks



Mrs K Martin
Vice Principal

