

Safeguarding Newsletter

April 2020



Dear Families

We hope that you are coping as well as you can during these difficult times. There are lots of different pressures on both children and adults at the moment and it is important that you know who you can reach out to for support. To reassure you, our safeguarding team continues to work closely with other agencies including social care and will continue to do so on a daily basis.

There is a lot of information included within this newsletter which has been provided by Cheshire East and covers a variety of topics. There is also a list of key contacts that may be particularly relevant at this time on page 4.

If you have any concerns about the wellbeing or safety of a child, please call [CHECS](#) on **0300 123 5012, option 3**.

We very much look forward to seeing you all again soon and do look after yourselves and each other in the coming weeks.

Lucy Darling

Assistant Headteacher, Designated Safeguarding Lead

Resources to talk to children about Covid -19

The NSPCC: has created a new webpage with information and advice for parents or carers who are worried that a child or young person may be struggling with their mental health or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control.

[Talking to a child worried about coronavirus \(COVID-19\)](#)

Emerging Minds: (in collaboration with the University of Reading and the University of Oxford), has published evidence-based advice for parents and carers supporting children and young people with worries about Coronavirus. A resource list is also available which includes links grouped by age category and resources for children and young people with specific needs.

[Supporting children and young people with worries about COVID-19 \(PDF\)](#)

[Recommended resources](#)

[Resources for autistic people and families](#)

Kooth.com: as children will have limited access to pastoral support during school closures they can be reminded that Kooth.com is still available for them to use. Kooth.com is a free, online counselling and emotional wellbeing platform for young people in Cheshire East aged 11 to 18 or 25 yr with SEN. [Kooth.com Newsletter](#) The pictures below can be used on your school website as a reminder.



Cheshire East People Helping People

Cheshire East Council is working collaboratively with voluntary community and faith sector organisations, business, staff and local residents to channel community-based support to meet local need. It is important that all efforts to help those in need are coordinated centrally by the Local Authority to provide safety and manage any potential gaps in service.

If you would like to offer support or need to access help, please follow this link for more information. [Cheshire East People Helping People](#)

Alone at last

Domestic abuse is **never** okay
but being in isolation doesn't
mean you're on your own.

If you, or someone you
know is suffering abuse,
help is available.

PLEASE DON'T SUFFER IN SILENCE.

You can get help and advice at:

[openthedoorcheshire.org.uk](https://www.openthedoorcheshire.org.uk)



- Contact Cheshire Police on **101**
- If there is an immediate risk of harm, **call 999**
- National Domestic Abuse 24hr helpline **0808 2000 247**



Useful Contacts:

- **In an emergency, call 999**
- For safeguarding concerns about a child call 0300 123 5012, option 3 (CHECS). Emergency duty team (out of hours) **0300 123 5022**.
- NSPCC [0808 800 5000](tel:08088005000)
- Childline [0800 1111](tel:08001111)
- Kooth Online Counselling <http://www.kooth.com>
- Samaritans [116 123 \(UK\)](tel:116123) or email jo@samaritans.org
- NHS urgent care (non-emergency) **111**
- Wellbeing Hub – mental health support for 16-19 year olds
<https://www.youinmind.org/service/395/self-referral-wellbeing-hub>
- Visyon – mental health charity for children
<https://livewellservices.cheshireeast.gov.uk/Services/1070/Visyon>
- Cheshire East Carers Hub – for all young carers
<https://livewellservices.cheshireeast.gov.uk/Services/4387/Cheshire-East-Carers>
- Domestic Abuse -women can call 0808 2000 247, the free 24-hour National Domestic Violence Helpline run in partnership between Women's Aid and Refuge
- <http://www.cheshirewithoutabuse.org.uk> – whole family support for domestic abuse
- Domestic Abuse -men can call the Men's Advice Line free on 0808 801 0327 (Monday to Friday 9am to 5pm) or ManKind on 01823 334 244
- Cheshire Without Abuse 01270 250390
- Anyone who needs confidential help with their own abusive behaviour can contact Respect on their free helpline on 0808 802 4040.
- <https://nantwich.foodbank.org.uk/> 07896 652209
info@nantwich.foodbank.org.uk
- Crewe Food Bank
<https://livewellservices.cheshireeast.gov.uk/Services/2555/St-Paul-s-Pantry-Foo>
- <https://www.openthedoorcheshire.org.uk/> - domestic Abuse
- <https://www.bullying.co.uk/> - Anti Bullying
- <https://www.nhs.uk/oneyou/every-mind-matters/> - Mental health
- <https://www.saferinternet.org.uk/> - Online safety
- <https://www.childnet.com/> - Online safety
- <https://www.mycwa.org.uk/> - Cheshire Without Abuse