

SAFEGUARDING BULLETIN

Autumn 2 2024



Warwickshire County Council and partners are helping families access information and support to avoid accidents in the home at this time of year.

To help them learn and develop children need to experiment, play and take risks. As they grow up, they will become more adventurous and want to explore the world around them. They need a safe environment around them to do this. By getting down to their level and seeing the world through their eyes, it's easier to spot dangers, and help them avoid danger.



DECEMBER

STAYING SAFE

Things to look out for and advice to stay safe:

- Certain foods and small objects can be risky for young children - anything smaller than a two pence piece can get stuck in their throats. So, avoid toys with small parts, beads and buttons and cut up food like grapes lengthways or into quarters to make them safer to eat.
- When infants become mobile, it's surprising the things they can reach! Make sure to keep things like blind cords, plastic bags and drawstring bags out of reach.
- When cooking, make sure saucepans are out of reach and handles aren't sticking out and most importantly, don't leave kids unsupervised in the kitchen.
- Keep medicines in a high, lockable cupboard (including everyday painkillers like paracetamol) so that children can't reach them.
- Keep cleaning products out of reach in high cupboard and out of site and remember to put them away after use.
- Put small objects away – things like button batteries for toys can be a choking hazard for small children and can also cause internal injuries.
- Buy toys from reputable sellers to help ensure the product has had quality and safety checks. Cheap counterfeits, are often poor quality and can easily break or be dangerous.
- Look for the CE, UKCA and Lion Mark and ensure that presents age suitable for the child receiving it.

Supporting your wellbeing this winter

Coventry and Warwickshire Mental Wellbeing Line

Available 24/7, 365 days a year for connection, advice, information and signposting. If you're an adult living in Coventry or Warwickshire, struggling with your mental health and not sure where to go for support, you can call us on 0800 616171 and we'll help you with the next steps.

Drop-in wellbeing hubs across Warwickshire

Our drop-in hubs provide safe, secure environments for anyone aged 18+ living in Warwickshire to socialise, partake in activities and chat with our friendly team of support workers.

Bedworth

25 Congreve Walk, Bedworth CV12 8LX

Mon 23 Dec	1pm-4pm
Wed 1 Jan	5pm-8pm
Fri 3 Jan	5pm-8pm



Stratford-upon-Avon

Fred Winter Centre, Guild St, Stratford-upon-Avon CV37 6QY

Fri 27 Dec	10:30am-12:30pm
Fri 3 Jan	10:30am-12:30pm

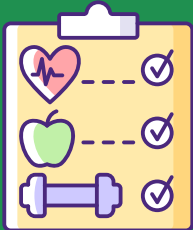
Friends Meeting House, 37 Maidenhead Rd, Stratford CV37 6XT

Mon 23 Dec	10am-12noon
Mon 30 Dec	10am-12noon

Warwick

Warwick Quaker Centre, 39 High St, Warwick CV34 4AX

Fri 27 Dec	1pm-3pm
Fri 3 Jan	1pm-3pm



North Warwickshire

Mancetter Memorial Hall, Old Farm Rd, Mancetter, Atherstone CV9 1QN

Mon 23 Dec	9am-12noon
Fri 27 Dec	1pm-4pm
Mon 30 Dec	9am-12noon
Fri 3 Jan	1pm-4pm

Nuneaton

The Retreat, Bond St, Nuneaton CV11 4DA

Tue 24 Dec	1pm-4pm
Fri 27 Dec	9am-12noon
Tue 31 Dec	1pm-4pm
Fri 3 Jan	9am-12noon



Wellbeing walks

Stratford-upon-Avon – Tue 24 Dec, meet outside RSC at 10am

Warwick – Fri 3 Jan, meet St Nicholas Park tea shop at 12noon

Rugby

28 Cromwell Rd, Rugby CV22 5LY

Sat 21 Dec	10am-1pm
Tue 24 Dec	1pm-4pm
Sat 28 Dec	10am-1pm
Tue 31 Dec	1pm-4pm

Self-care tips for the winter months

Make the most of natural light – go for a short walk, spend some time in a park or green space for a while, or sit near a window while reading or listening to music.



Plan ahead – if you know you might feel less energetic and motivated during winter, plan ahead by batch cooking and freezing meals, and making sure you have enough supplies in early.

Keep a diary or journal – be patient with yourself, and write down the things that went well each day, such as getting up and dressed, making a meal, popping to the shops or going for a walk.



Prioritise your plans – sometimes, it's hard to have the motivation or energy to make lots of plans during winter.

Try to find the right balance between having quiet inside and spending time with friends and family to prevent isolation. Prioritise what means the most to you.



Talking to someone about your worries can help

Speaking to a family member or friend can help manage your mental health, but sometimes it's easier to talk to someone you don't know about your emotions and concerns. There are plenty of options if you feel you need a chat and a listening ear.

Remember, you're not alone in how you're feeling

Samaritans – call 116 123 for free 24/7, 365 days a year

Papyrus – for those under 35 feeling suicidal (or those worried about an under-35-year-old); call HOPELINE247 on 0800 068 4141 24/7, 365 days a year

Shout – text 85258 if you're feeling in crisis, 24/7, 365 days a year

SANE – emotional support for those struggling to cope with their mental health, and their family, friends and carers; call 0300 304 7000 4pm–10pm, 365 days a year

Safe Haven – for adults aged 16+ in Coventry and Warwickshire who are struggling to cope or feeling distressed/in crisis; call (024) 7601 7200 6pm–11pm, 365 days a year or visit one of the venues.

How to access Time for young people

Christmas opening hours: We are closed on the 26th and 27th of December.

We will be operating an online service on January 2nd and 3rd.

Please email into TimeCoventry_Warwickshire@childrenssociety.org.uk to access.

You can find Time for young people at spaces in your community. Drop in on

Thursdays from 11-4 at:

Valley House Navigation Centre

55-57 Bell Green Rd

Coventry

CV67GQ

And on Fridays from 11:30-5:30 at:

Saints

Newdegate Street

Nuneaton

CV11 4ED

If this is your first time visiting Time for young people in Coventry and Warwickshire, please go to the website to complete their online form.

A STRAIGHTFORWARD PARENTS GUIDE

TO PROTECTING YOUR CHILDREN FROM ONLINE HATE, EXTREMISM AND HOW TO STAY SAFE ONLINE



YOUNG PEOPLE ARE SPENDING MORE TIME ONLINE THAN EVER

Young people need to learn about socialising online. Parents are juggling modern technology alongside working and navigating the risks children face. They are exposed to online hate, bullying and exploitation amongst many others. This interactive guide focuses on the risks that online hate, extremism, bullying and exploitation pose and how parents and carers can minimise those risks to keep young people safe online.



THIS GUIDE WILL HELP YOU TO:

- Understand the risks and issues
- Know where to get help
- Find resources
- Develop practical strategies
- Start conversations
- Build your child's digital resilience



RISKS & TACTICS

Everyone knows young people spend a lot of time online. Groomers may use these opportunities to target and exploit them using a variety of tactics.

They do this by exploiting a young person's emotions, beliefs or values. They may also use someone's anxiety, fear or feelings of isolation that many young people are currently experiencing.

Some may take popular online materials such as videos, pictures or documents and use these out of context to coerce a young person into holding a different opinion or changing their behaviour.

Prominent public figures are often misquoted as a means of engaging a young person, too. Especially those who are popular amongst children and young people. Their aim is to draw children into conversations and encourage them to share misinformation and hate.

Extremists often pick a genuine local issue or concern and use it to spread lies, fear and hate about the group they are targeting.



SPOTTING THE SIGNS

Groomers will often find a particular vulnerability in someone, gain their trust and seek to build and maintain control. If a young person is being groomed online, it is important to be able to spot the signs early.

These could be physical, emotional or verbal changes including:

- ⚠ Unexplained expensive gifts
- ⚠ Changes in mood
- ⚠ Language change (to more of an 'us' vs 'them' style)
- ⚠ Increased social media usage
- ⚠ Changing from their normal self to extremely introverted or extremely extroverted
- ⚠ Tattoos

This is not an exhaustive list and seeing one of these in your child may not mean they are being exploited. Often it is a series of changes in their appearance, emotions and communication that may indicate there is a problem.

WHERE TO START?

The most important thing parents and carers can do is talk to their child about what they enjoy doing online.

Talk about what they think isn't so good about being online and how to make it better. Keep talking as your child grows up and becomes more independent online.

For some families it might be useful to have a 'Family Agreement' whereby you talk through how they use the internet and how to behave positively online.

There is also an 'Online Safety Agreement' option to cater for non-family settings e.g. foster carers and youth group.

The more a stranger knows about your child, the easier it is for them to gain their trust.



SUPPORT, IDEAS AND RESOURCES

Click on the topics headings below to learn more about how to keep your child safe and support their wellbeing online. Learn how to talk to children about hate speech and spot the signs they could be groomed by extremists or other online groomers.



LEARN HOW TO START A CONVERSATION

Learn how to talk and start a conversation with children about hate speech and how to spot the signs they could be groomed by extremists or other online groomers.



CONSPIRACY THEORIES

Conspiracy theories have grown significantly in the past year they have been fuelled by the confusing and unsettling nature of the pandemic and have resulted in people being drawn into extremists' groups, committing violent and criminal acts. They can also be deeply disturbing and unsettling for children and young people who come across them accidentally online.



EDUCATE AGAINST HATE

Messages of hate can take many forms. Extremist groups use them to recruit young people. Parents can find answers to common questions and resources to help protect their child from being groomed by extremists as well as ideas about how to talk to children about hate and extremism and where to seek help.



COMMON SENSE MEDIA

This website has the latest research, tips, and tools on what really keeps children safe online. Which privacy settings should you use? What are the ins and outs of parental controls? Get tips on everything from the basics, such as smart usernames, to the big stuff, such as appropriate sharing. Plus, lots of resources and strategies to look after your child's wellbeing online. What are the pros and cons of Roblox, TikTok, Instagram or how to talk to teens about online groomers?



ONLINE SAFETY

Internet Matters provides information on parental controls and offers clear and concise step-by-step guides for how to set these up on apps/devices and even as far as blocking certain websites from being accessed in the home.

National Online Safety have a series of factsheets on social media sites and games designed to help parents stay in the know on the latest trends and learn how they can keep their children safe while on these. They also have guides on topics ranging from 'online pressures' to 'mental health'. These are all free, though you do need an account to download them. There is also a page on Internet Matters with advice for parents & carers to learn about helping your child understand the difference between friends and those who may seek to do them harm to ensure they have a safer online experience on social media.

CYBER SAFE
WARWICKSHIRE

SAFE IN
WARWICKSHIRE
(PREVENT)

FAMILY AND
ONLINE SAFETY
AGREEMENT

ONLINE
RADICALISATION

ACT
EARLY

HATE
CRIME



TRAINING FOR ONLINE SAFETY AND PREVENT

If you want to find out more information about keeping safe online and the risks of radicalisation you can take part in one of our FREE training courses. We provide training in the following topics:



VAPING AND E-CIGARETTES: THE FACTS FOR PARENTS AND CARERS



WHAT IS VAPING?

Vaping is the use of an electronic device to inhale vapour derived from a heated liquid. The main ingredients are vegetable glycerine and propylene glycol, but most e-liquids also contain nicotine, which must be no more than 2% or 20mg per ml, as well as small amounts of flavourings and sweeteners.

SMOKING VS VAPING

Smoking is much more harmful than vaping. Tobacco smoke contains carbon monoxide and tar, a sticky soup of around 250 toxic chemicals, 69 of which are known to be carcinogenic, causing disease, disability, and early death.

HOWEVER, VAPES ARE NOT HARMLESS

Short-term effects can include:

- coughing
- headaches
- dizziness, and
- sore throats.

Long-term effects are, as yet, unknown.

WHAT ARE THE CONCERNS WITH VAPING AND CHILDREN AND YOUNG PEOPLE?

Most children and young people don't vape or smoke. However, in 2022 the number of 11-17-year-olds in Great Britain currently using vapes rose to 7% compared to 4% in 2020. Whilst this increase is concerning, it is important to note that most vaping is experimental, with regular vaping mainly confined to children who currently smoke or have done in the past.

The increase in youth vaping has coincided with the arrival on the UK market of a new category of cheap and attractive disposable vapes that have proven particularly popular with children and young people and have been promoted extensively on social media. We are working hard nationally and locally to address these issues.

HOW DO VAPES HELP SMOKERS QUIT?

Like nicotine patches and gum, vapes containing nicotine are a useful aid to quitting as they deal with the cravings smokers get when they try to stop. Nicotine vapes are proven effective and have become the most popular quitting aid for smokers in recent years. However, vapes are not recommended for non-smokers, particularly children.

THE LAW AND VAPING

Vapes and vaping products containing nicotine, like tobacco, are age restricted. It's illegal to sell them to under 18s, and for adults to buy them on their behalf.

If you know of anyone who does sell vapes or tobacco illegally, you can report them to trading standards: consumer.protection@medway.gov.uk

Advertising of all tobacco products is illegal, but if you see advertising for vapes that you feel is trying to encourage children and young people to try vaping, you can report it to the Advertising Standards Authority: asa.org.uk

For more information about smoking cessation services and support to stop smoking, visit the Warwickshire County Council website: warwickshire.gov.uk/cypsmokeandvape

Children and Young people can find out more information on vaping on the FRANK website: talktofrank.com/drug/vapes

Or read the ASH Briefing: ash.org.uk/uploads/ASH-brief-for-local-authorities-on-youth-vaping.pdf



**OUR ADVICE TO CHILDREN AND YOUNG PEOPLE IS:
DON'T SMOKE? DON'T START TO VAPE.**

HAVING CONVERSATIONS WITH YOUR CHILD ABOUT VAPING?

Find the right moment

when you see someone vaping, walk past a vape shop or see advertisements.

Ask questions what do they think about vaping? Do they know people who vape? Why do they think people vape?

Listen to them learn from them, but also use your knowledge to help them understand the facts and that vapes are not harmless.

Talk about your expectations explain your concerns and tell them why you don't want them to vape or smoke and to make clear that although neither are recommended, smoking is the far greater risk.

Let them know that you care about them

explain that those who knowingly sell vapes to under 18s don't care who they sell to and they are just interested in making money

Talk about the different reasons why children may vape

give examples such as wanting to fit in, curiosity, stress. Talk through effective ways to respond if they ever feel pressured to try it and practise responding together.

If your child is vaping try to understand why they are vaping by asking questions like "What do you enjoy about vaping?" Or "How does vaping make you feel?". Understanding this might help you to understand their needs and discuss other ways to meet those needs.

DON'T SMOKE? DON'T START TO VAPE.



A GENTLE REMINDER THAT MOBILE PHONES ARE NOT ALLOWED IN SCHOOL. WE THANK YOU FOR YOUR CONTINUED SUPPORT IN THIS MATTER.

Child Exploitation Awareness for Parents 2024/25

Barnardos Warwickshire Base are running a series of virtual webinars for Parents to raise awareness of the many forms of exploitation including County Lines, CSE and Online Exploitation.

Have you heard of CSE? Do you know about County Lines? How to spot the signs and where to get help? Barnardos BASE Service are bringing you a 60 minute virtual guide to Child Exploitation. This is a perfect opportunity to increase your awareness, ask experienced professionals any burning questions and learn more about the support that is available in your area.

SOMETHING'S NOT RIGHT...

Child Exploitation Awareness for Parents via MS Teams

**Thursday 12th December 2024 – 7pm
– 8pm**

**Wednesday 29th January 2025 - 7pm
– 8pm**

**Thursday 10th April 2025 - 7pm –
8pm**

Tuesday 3rd June 2025 - 7pm – 8pm

To book your **free** place please email
Rebecca.hill@barnardos.org.uk or
Natalie.turner@barnardos.org.uk
and we will complete your booking

BARNARDOS

Child exploitation is happening in Warwickshire - don't ignore it
#STOPCE



For regular updates on our service and events please visit our Facebook and

Instagram pages:



www.facebook.com/warwickshirece



[@warksce](https://www.instagram.com/warksce)

For information about clubs and activities happening in your local area - click on this link to find out more information.



[WCCC-829341009-475](tel:01218544444)



Warwickshire County Council

Follow this link to go to the Warwickshire Children's and Families information page. There is lots of information available here:

[Children and families – Warwickshire County Council](https://www.warwickshire.gov.uk/parentguides)



They are also running a large selection of online courses, designed to increase the confidence of parents-to-be, mums, dads, grandparents, and carers. NHS experts and parents have developed them through an evidence-based model known as the Solihull Approach.

All the courses can be completed flexibly, at your own pace. Each of the course modules takes around 15 to 20 minutes to complete. Each course contains several modules.

All the courses are FREE for Warwickshire residents using the access code BEAR.

<https://www.warwickshire.gov.uk/parentguides>

Here are a small selection of courses that are available to parents.

Understanding your child: from toddler to teenager

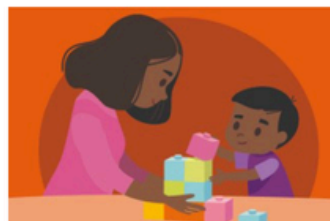
Understanding your child with additional needs

Understanding your child's feelings

Understanding your teenager's brain



Understanding your child's mental health and wellbeing



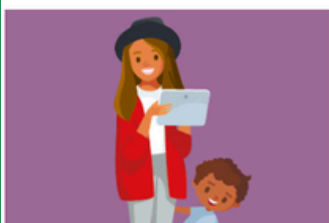
Understanding the impact of the pandemic on your child



Understanding the impact of the pandemic on your teenager



Moving up; for parents and carers of children moving up to a new school





EXHALL GRANGE

SPECIALIST SCHOOL

Be your best self

Designated Safeguarding Team



Andy Commander
Deputy Headteacher
Designated Safeguarding Lead



Helen Seickell
Headteacher
Deputy Designated Safeguarding Lead



Helen Hughes
Assistant
Headteacher
Primary



Geoff Goode
Assistant
Headteacher
Year 7, 8 & 9



Janet Bacon
Assistant
Headteacher
Year 10 & 11



Caroline
Parkhouse
Assistant
Headteacher



Fiona Holliland
Family / Pupil
Support



Julija Andrejeva
Family / Pupil
Support



Lauren Pinfield
Pupil Wellbeing
Lead



Roy Owen
Emotional Wellbeing
Key Worker



Faye Commander
Lead Consultant Teacher
Warwickshire Vision Support Service



Alicia Pegg
Learning Pod Manager

Pupils: All staff have a responsibility to keep you safe and you can talk to any staff member if you are concerned or worried about anything. The 12 staff members above can give you extra help and support.
Staff: If you have concern for a pupils safety and welfare, report immediately to a member of the Designated Safeguarding Team.

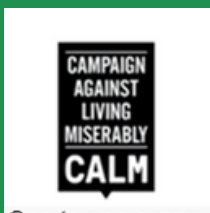
Useful mental health services



- 24/7 text helpline for mental health and suicide
- Machine learning - detects suicide intent/thoughts
- Machine learning - informed prioritisation protocol (the system can prioritise certain behaviours to receive support)



- Free to use 24/7 access to phone line
- One to one communication
- 24 hour response time on email access
- Confidential - no contact details are displayed to volunteers



- Helpline - 0800 58 58 58,
- Webchat <https://www.thecalmzone.net/help/webchat/>
- Instant response between 5pm - midnight phone and web chat helplines
- Free offer practical support and vital intervention for those in crisis
- One to one communication



- Free, safe and anonymous online chat and wellbeing service
- Support for 11-25 year olds
- Friendly counsellors who can help you talk through your problems
- They are there for you to talk to when you need someone
- Qwell is Kooth for adults over the age of 25 who need some support.



- Calm - free app to download.
- Can access lots of things to support mental health and wellbeing, however there is a subscription charge for access to the whole app.
- Meditation and other techniques to support mental health and wellbeing



- Calm Harm - free app to download.
- Support for young people who are self-harming
- Helps reduce the urges to harm and offers practical solutions and distractions
- Comfort, Distract, Express Yourself, Release, and Random.



- notOK App® is a free digital panic button to get you immediate support via text,, phone call, or GPS location when you're struggling to reach out.
- Pre-crisis tool
- Other resources available online too.



- Combined Minds is an app to help parents, family, friends support a young person who is in distress
- Share plans and guidance amongst support system to ensure the young person can access the right support at the right time.