

Merry Christmas

from Oasis Warndon Safeguarding Team



A message from the team...

The Safeguarding Team would like to take this opportunity to thank you for all your hard work and commitment, particularly during this unusual and challenging time. Our students are happy and enjoying their time in school despite the challenges we have all faced. As you know, the Christmas period is always a time where we see an increase in safeguarding concerns, however this year we have the added pressures this pandemic has brought to us. This newsletter has been compiled with useful contacts to help you support children, young people and their families. We are extremely proud to be working with you and look forward to continuing this in 2021.

Merry Christmas and a Happy New Year from

Suzanne Owen—DSL, Mrs Cooke Deputy DSL, Mrs Newman Deputy DSL and Mrs Minton Deputy DSL





Childline



This campaign was developed by the Home Office in partnership with Childline, NSPCC, Barnardo's, the Children's Society, the Marie Collins Foundation and the Internet Watch Foundation.

Feeling like something's not right

Things have been very different this year. And it's been difficult for everyone.

You might be worried about:

- *Things that have happened to you or someone else*
- *Not knowing where to go when you're scared*
- *Being at school, your exams or the future*

Where can I get help?

There are lots of ways you can ask for support:

- **Talk to an adult you trust** Talking to an adult you trust is really important. It could be a teacher, someone in your family or anyone else you feel safe with.
- **Speak to Childline** Get free, confidential support from a Childline counsellor about anything you want to. You can talk to Childline from 7:30am-3:30am every day, either online, by calling 0800 1111 or by sending a message from our website.
- **Visit your doctor or a school nurse** You can still make an appointment with your doctor any time. And you can usually see them by yourself. Even if you can't see your doctor in person, you can usually talk over phone. Find out more about visiting your doctor.
- **Contact the police** If you're feeling unsafe, you can always talk to the police. In an emergency, you can call 999 to get help straight away. You can also report online sexual abuse or exploitation to CEOP.

What will happen if I tell someone?

People like teachers, doctors, nurses, social workers and police officers will always listen and take you seriously. They have a duty to help you and keep you safe. And if you tell them what's happening, they'll want to help.

The person you tell might need to let someone else know what's happening, but you can always ask about this. It's also okay to tell them what you'd like to happen and keep asking questions about what's going on.

It can feel hard to talk when it involves someone you love or who cares about you. Especially if they're supporting you in other ways. Sometimes they might have told you that you won't be listened to, or that you'll get into trouble if you talk about it, but this isn't true.

NEW....CAMHS response line

for professionals.



Worried about a child's mental health, not sure what to do?

Call—CAMHS **CAST**

We are here to help, and offer advice to professionals.

We are launching a new initiative where we hope to give you a same day response to your concerns.

If you have a concern and wish to discuss with a Mental Health Practitioner



CALL : 01562 514549

We are available from 7th December 2020 to answer questions and queries from all professionals. We would like to encourage that all school staff can call us to discuss through any concerns about a child's mental health



The West Mercia Women's Aid Helpline on **0800 980 3331** is available 24 hours a day, 365 days a year and is staffed by trained workers who can offer you support, safety planning, information and advice.

Anybody can contact Women's Aid. You can email women's aid at help-line@womensaid.org.uk, start an instant chat via the website or call them directly on 0800 980 3331.