

Safeguarding Newsletter

We realise that being at home with our children for long periods of time can be challenging. Even though we may not be in school we are still able to be contacted – please don't struggle at home – do ask us for help. Here are some helpful numbers and emails. Start by looking at: <https://www.childrenssociety.org.uk/news-and-blogs/our-blog/dealing-with-conflict-at-home>

Do you know who to contact if you are worried about the safety of a child?

Sylvia Berhane – berhanes@ocklynge.co.uk

Sandra Denton – dentons@ocklynge.co.uk

Rachael Willer – willerr@ocklynge.co.uk

Jon Reynard – reynardj@ocklynge.co.uk

Jo Edgoose – edgoosej@ocklynge.co.uk

Chris Chappell – chappellC@ocklynge.co.uk

You can ring children's services directly if you are ever in need of help or you would like advice – on **01323 464222**

Support for children

Does your child need to talk to someone?

Ring **Childline 0800 11 11**

Worried about your child's mental health?

Contact: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

Useful telephone numbers for parents:

Support with becoming a 'more healthy you' – help to stop smoking etc: <https://www.nhs.uk/oneyou/>

Help with parenting and advice:

<https://www.openforparents.org.uk/>

Worried about losing your house?

Contact Housing Advice service: 01323 642615

Needing support to get off drugs or alcohol?

Contact STAR: 0300 30 38160 Email: Eastsussex.star@cgl.org.uk

Worried about your mental health:

Contact Health in Mind: 0300 003 0130

Support for parents recovering from abuse and violence -

Freephone 01273 622 828

Email: info@theportal.org.uk or the Refuge on 07795 968400

Worried about having enough food?

Contact Food bank: 01323 409925

Concerned about debt? Debt advice: 08001381111



Online safety is a big issue when children are at home for long periods of time. We recommend only two hours of 'gaming' a day (preferably split up over the day). Remember it is also not healthy for children to be on their screens before bedtime and it is a good idea for them not to have electrical devices including mobiles in their rooms at night.

Here are some useful sites to help keep your child safe:

<https://parentzone.org.uk/advice/parent-guides> - this is a fantastic website, giving parents information about the games children are playing, safety settings, advice on how to help your child question things they see on line.

NSPCC have some excellent resources about online safety. These can be downloaded from <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
[Stopitnow.org.uk](https://www.stopitnow.org.uk) is a website that people can access if they are worried about their own, or other people's behaviour, both on and offline.

CEOP <https://www.ceop.police.uk/safety-centre/> is a site which shows you how to report concerns on line.

Think you know - <https://www.thinkuknow.co.uk/> has lots of useful advice and activities.

There are more fact sheets/help sheets on the school website under safeguarding.