

SAFEGUARDING INFORMATION FOR PROFESSIONALS AND VOLUNTEERS

Partnership Matters

Welcome to the December 2022 edition of the East Riding Safeguarding Children Partnership (ERSCP) newsletter

The ERSCP Business Unit wish you the very best for Christmas and the New Year

The following pages contain information about a new project to address Child Exploitation and key support for children and their families this winter

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An innovative new project has been launched to ensure children across the East Riding who have been harmed through child sexual abuse and exploitation get the right support to enable their recovery.

The council's children's safeguarding service is one of just two in the country to join forces with leading children's charity Barnardo's to launch new systems change project. The partnership will run over the next three years and will ensure children who are sexually and/or criminally exploited are identified as early as possible and have access to the right services.

Councillor Victoria Aitken, portfolio holder for children and young people's health, education and wellbeing said: "Barnardo's have an extensive history of working with children who have been harmed through child sexual abuse and exploitation as well as with their families."

"This is a really exciting partnership where we work closely with these children and young people and their families as well as our children's workforce and local stakeholders to ensure they get the help and support they need."

Suzanne Taylor, assistant director, child sexual abuse and exploitation at Barnardo's said: "We are very much looking forward to working collaboratively with the council in our bid to further tackle child sexual abuse and keep children safe.

"We are confident that working over the next three years will enable us to work towards systemic change that will benefit the children of the East Riding long after 2025."

A briefing outlining the project in more detail can be viewed at

<https://www.erscp.co.uk/more/child-exploitation/>

Staying Safe Online This Christmas

Online safety is as important as ever at Christmas time. With so much learning and socialising being carried out online due to Covid restrictions technology is sure to be on Christmas lists this year. To help you over the holidays, UK Safer Internet Centre have set out a few top tips to help keep your household safe online.

Top tips for phones or tablets over the holidays:

- Set boundaries.
- Apply Screen Time Limits
- Sleep comes first
- Ask for access:
- Monitoring online activity

Child net provide tips and guidance on devices and online safety for Christmas:

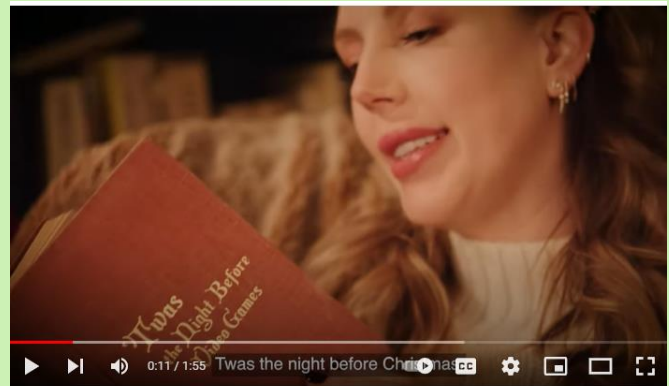
<https://www.childnet.com/blog/christmas-2022/>

Radicalisation

If you are worried that a friend or loved one might be vulnerable to radicalisation go to www.actearly.uk for more information and advice.

**Check out Katherine Ryan's
'Twas the night before video games'
Safety Advice**

<https://www.youtube.com/watch?v=eNS52KzYoJw>



'Twas the night before video games' with Katherine Ryan | IM & Electronic Arts

Safety Settings

Please remember to set up new devices correctly to keep children and young people safe when online. Further information can be found at

UK Safer Internet Centre


<https://saferinternet.org.uk/>

ThinkUKnow:

<https://www.thinkuknow.co.uk/>

NSPCC:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



Many families will be struggling this winter with worries about the cost of living

The East Riding of Yorkshire Council Cost of Living Support advice page links to financial support and services that might help, alongside government and community support:

www.eryc.link/costofliving

The recommended room temperature is 16-20 degrees, however, this may be difficult to maintain in the colder months. Families with babies and young children in their care may be tempted to wrap them up at sleep time to keep warm but there is a risk of overheating which increases the chance of SIDS.

The Lullaby Trust provides advice on safer sleep advice to share with families:

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

The trust also has a free downloadable **Baby Check** app which features 19 simple checks that parents can do if their baby is showing signs of illness. Each check tests for a different symptom and when completed, a score is calculated that tells parents or carers how ill their baby is. The app then lets parents know whether their baby needs to see a doctor or health professional:

<https://www.lullabytrust.org.uk/safer-sleep-advice/baby-check-app/>

East Riding Food Poverty Alliance provides much needed basic support to families across the East Riding. Their website provides details of food services in the community, recipes, videos and events to support families in need:

<https://www.erfpa.org>



Babies and Young Children Support for Mum, Dad and Carers



Coping with Crying website and support
<https://iconcope.org/parentsadvice/>

EAST RIDING
Health and
Wellbeing

East Riding Health and Well-being
<https://eastridinghealthandwellbeing.co.uk/>

East Riding
Children's
Centres
Where children and families matter

East Riding Children's Centres
Facebook: @erchildrenscentres
Website <https://www.eastriding.gov.uk/living/children-and-families/childrens-centres/whats-on-childrens-centres/>

NHS

Humber ISPHN Service – Health Visitors
<https://humberisphn.nhs.uk/>
Humber Coast and Vale Maternity Services
<https://www.humbercoastandvalematernity.org.uk/after-the-birth/>

#EVERY MUM
MATTERS ♥

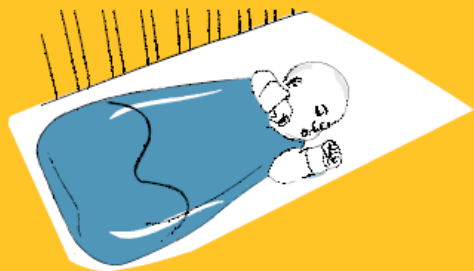
Every Mum Matters – Perinatal Mental Health Support
<http://www.everymummatters.com/>

Coping with a crying baby or young child can be incredibly hard and tiring, especially if you are on your own or you have other children to care for.

Please seek support – Help is there for you and your baby

Safer sleep for babies

Things You Can Do:



- ✓ Always place your baby on their back to sleep



- ✓ Keep your baby smoke free during pregnancy and after birth



- ✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months



- ✓ Breastfeed your baby, if you can



- ✓ Use a firm, flat, waterproof mattress in good condition



Things To Avoid:



- ✗ Never sleep on a sofa or in an armchair with your baby



- ✗ Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



- ✗ Avoid letting your baby get too hot
- ✗ Don't cover your baby's face or head while sleeping or use loose bedding

You should follow the advice for all naps, not just for night time sleep

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason and although we don't yet know how to completely prevent SIDS, it is possible to significantly lower the chances of it happening by following the advice.

You can also talk to your midwife or health visitor if you have any questions or concerns, or get in touch with us

Email: info@lullabytrust.org.uk

Telephone: 0808 802 6869

Website: www.lullabytrust.org.uk



Infant crying is normal and it will stop!
Babies start to cry more frequently from around 2 weeks of age.



Comfort methods can sometimes soothe the baby and the crying will stop. Is the baby hungry, tired or in need of a nappy change?



It's ok to walk away if you have checked the baby is safe and the crying is getting to you. After a few minutes when you are feeling calm, go back and check on the baby.



Never, ever shake or hurt a baby.
It can cause lasting brain damage or death.

**Babies Cry,
You Can
Cope**



Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.

Child Mental Health Support and Resources



Agency Contact Details	Support Available
<p>Young Minds</p> <p>https://youngminds.org.uk/</p>	<p>Tips, advice and where to get support for children and young people's mental health.</p>
<p>Anna Freud Centre Self-care Resources</p> <p>https://www.annafreud.org/on-my-mind/self-care/</p>	<p>Simple self-care resources available on emotional health and wellbeing.</p>
<p>Childline Christmas support</p> <p>https://www.childline.org.uk/info-advice/home-families/seasonal-events/christmas/</p>	<p>Simple tips and advice to help children cope with Christmas including issues of loneliness, family problems, missing someone who has died or can't be there at Christmas and New Year, spending Christmas in care or foster carer, eating problems.</p>
<p>Calm Zone</p> <p>https://www.thecalmzone.net/</p>	<p>Help for children and young people to overcome stress and anxiety.</p>
<p>Kooth</p> <p>https://www.kooth.com/</p>	<p>Free online safe and anonymous mental health & wellbeing support (age 11-25).</p>
<p>ERYC Happy and Well Me</p> <p>https://eastridinghealthandwellbeing.co.uk/</p>	<p>Local and national support to children and young people to be happy and well. Includes social, sport and support groups to help them thrive in all aspects of their life.</p>
<p>ERYC Family Information Services Hub</p> <p>https://fishwebsearch.eastriding.gov.uk/fishwebsearch/</p>	<p>Information and guidance about a wide range of services for children, young people and their families.</p>
<p>NSPCC Children's mental health guidance</p> <p>https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/</p>	<p>Advice to help support children and young people who may be experiencing depression, anxiety, suicidal feelings or self-harm.</p>



PAPYRUS
PREVENTION OF YOUNG SUICIDE

What is PAPYRUS HOPELINEUK?

HOPELINEUK advisers want to work with people to understand why thoughts of suicide might be present. They provide a safe space to talk through anything happening in a person's life that could be impacting on a person's ability to stay safe.

For children and young people under the age of 35 who are experiencing thoughts of suicide

For anyone concerned that a young person could be thinking about suicide.

Contact HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be then contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Opening hours:

9am – midnight every day of the year
(Weekends and Bank Holidays included)

Sinking Feeling

PAPYRUS has developed an animation created in collaboration with the BAFTA Award-winning animation studio, Blue Zoo.

Sinking Feeling tackles the heart-breaking reality that many children and young people are suffering in silence without the vital help and support they need.

The animation is designed to encourage more people to spot the signs and help guide young people away from thoughts of suicide. **Please share this video within your team:**

<https://www.papyrus-uk.org/sinking-feeling-animation-launch/>

PAPYRUS website:

<https://www.papyrus-uk.org/hopelineuk/>



Alcohol and Drugs Advice and Guidance

The East Riding Partnership Offers

- One to one support
- Advice and information on drugs and alcohol
- Information on treatment options
- Assessment for treatment
- Support in maintaining abstinence
- A confidential service
- No appointment needed



Contact

Central Hub: 01482 336675

West Hub: 01405 608210

East Hub: 01262 458200

Support for families and carers

East Riding Partnership know that family and carers of people with addiction can feel helpless around how they can provide support to their loved one. It affects not just the person with the problem but those closest to them.

<https://www.humber.nhs.uk/services/east-riding-partnership.htm>

Registered Welcome Spaces



East Riding of Yorkshire Council is working with local organisations to set up warm, welcoming places for residents to visit throughout Autumn and Winter 2022 to 2023. Welcoming places are free to visit, to sit and socialise.

East Riding Adult Learning Centres

East Riding Adult Learning and Employability services have opened their four centres as welcoming places. Residents will be able to visit the centres and receive tea, coffee and biscuits in an adult-only space once a week. There will also be other amenities available such as free sanitary and hygiene products.

- Beverley, Tuesday, 9am - 1pm
- Bridlington, Friday, 9am - 1pm
- Cottingham, Wednesday, 9am - 1pm
- Goole, Friday, 9am - 1pm

Beverley Baptist Church

- Offer refreshments and games.
- Mondays, 11am-1pm

Sewerby Methodist Church

Offer tea, coffee and hot chocolate with biscuits and toast

- Tuesdays, 12-2pm
- Thursdays, 12-2pm

Driffield Methodist Church

- Offer a chat over a cuppa, meet friends and try new activities.
- Mondays, 1:30-3:30pm
- Wednesdays, 3:30-5:30pm

Love Driffield Hub

- Offer a chat over a cuppa, meet friends and try new activities.
- Mondays, 10am-12noon
- Wednesdays, 10am-3pm

Emmanuel Church, Bridlington, offer drop-in

- Mondays, 10am-12:30pm
- Tuesdays, 10am-12:30pm
- Thursdays, 10am-12:30pm
- Fridays, 10am-12:30pm
- Sundays, 10am-12:30pm

NATIONAL Contact Information

- Anti-Bullying Campaign
 - www.bullying.co.uk
 - Barnardos
 - www.barnardos.org.uk
 - Boloh: Barnardos BAME COVID-19 helpline
 - <https://helpline.barnardos.org.uk/boloh>
 - Centre of Expertise on Child Sexual Abuse
 - www.csacentre.org.uk
 - Child Exploitation & Online Protection (CEOP)
 - www.ceop.gov.uk
 - Child Accident Prevention Trust (CAPT)
 - www.capt.org.uk
 - Childline
 - www.childline.org.uk
 - Department of Education (DofE)
 - www.education.gov.uk
 - Gingerbread (practical support for single parents)
 - www.gingerbread.org.uk
 - Karma Nirvana (supporting victims of honour crimes and forced marriages)
 - www.karmanirvana.org.uk
 - National Centre for Eating Disorders
 - www.eating-disorders.org.uk
 - FRANK – The National Drugs Helpline
 - www.talktofrank.com
 - NICE – National Institute for Health and Care Excellence
 - www.nice.org.uk
 - NSPCC
 - www.nspcc.org.uk
 - Private Fostering Campaign
 - www.privatefostering.org.uk
 - Social Care Institute for Excellence
 - www.scie.org.uk
 - The Samaritans
 - www.samaritans.org.uk
 - Women’s Aid (support for domestic violence victims)
 - www.womensaid.org.uk
 - Young Minds (children’s mental health)
 - www.youngminds.org.uk
- Sign up to the *free* NSPCC Casper weekly safeguarding bulletin at <https://learning.nspcc.org.uk/newsletter/caspar/>**
- Check out the *free* NSPCC Information Service at <https://learning.nspcc.org.uk/services/information-service/>**

Keeping children safe is everybody's responsibility

Don't think 'What if I am wrong?'
Think 'What if I am right?'

If you are worried about a child you can speak in confidence to the East Riding Children's Safeguarding Hub on 01482 395500 or call 01482 393939 out of hours.

If you believe a child is in immediate danger and at risk of harm call the police on 999

Practitioners please follow the ERSCP Effective Support Guidance which is available at www.erscp.co.uk