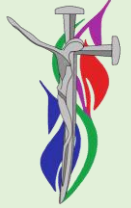


# December 2022



# Cardinal Newman Catholic School



## Holy Cross Catholic Multi Academy Company SAFEGUARDING NEWSLETTER

Dear Parents/Carers,

Welcome to our parent safeguarding newsletter. This newsletter is designed to support parents in deepening their understanding of topical safeguarding issues that may affect their child, themselves or members of their local community.

Safeguarding children is the action we take to promote the welfare of children and protect them from harm. Safeguarding is everyone's responsibility. Every single person who comes into contact with children and families has a role to play.

In this newsletter, you will see information about who to speak to if you have concerns about a child's safety or welfare, however, all our staff are trained in safeguarding if you want to discuss any concerns with them.

Any questions, please do ask.

Mrs Galvin  
Deputy Designated Safeguarding Lead

[deborah.galvin@cncs.school](mailto:deborah.galvin@cncs.school)

# Our Safeguarding Team



CARDINAL NEWMAN  
CATHOLIC SCHOOL

## Safeguarding Team

If you have any worries about yourself, or someone else, please contact in confidence, the Safeguarding Team at [safeguarding@cncs.school](mailto:safeguarding@cncs.school) or contact the following members of staff directly.



**Mr Williams**

Designated Safeguarding Lead  
[Adam.Williams@cncs.school](mailto:Adam.Williams@cncs.school)



**Mrs Galvin**

Deputy Designated  
Safeguarding Lead  
[Deborah.Galvin@cncs.school](mailto:Deborah.Galvin@cncs.school)



**Ms O'Connor**

Headteacher  
[Emma.O'Connor@cncs.school](mailto:Emma.O'Connor@cncs.school)



**Ms Goodwin**

Deputy Headteacher  
[Michelle.Goodwin@cncs.school](mailto:Michelle.Goodwin@cncs.school)

# Staying Safe Online

Children must be protected online by educating them about the risks and dangers of social media. Here is some guidance on how you can keep your children safe online:

-Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, follow the link:

<https://saferinternet.org.uk/blog/having-an-open-and-honest-conversation-about-online-safety-5-questions-for-parents>

- Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit: <https://www.internetmatters.org/report-issue/>

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Useful online safety websites for parents:  
National Online Safety – safety guides on ALL aspects of internet use [National Online Safety | Keeping Children Safe Online in Education](#)

Internet Matters – wide range of online safety advice for parents to keep their children safe online. <https://www.internetmatters.org/>



# Importance of Parental Controls

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices

Parental controls can help you to:

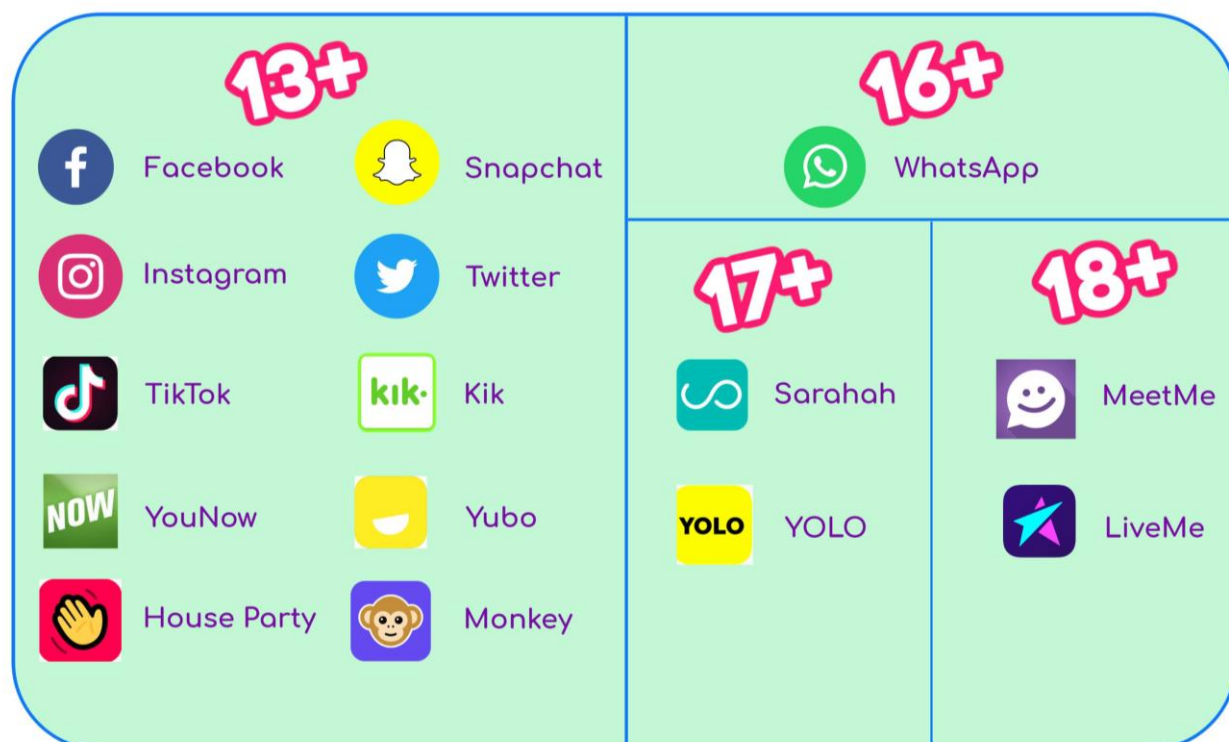
- Plan what time of day your child can go online and how long for.
- Create content filters to block apps that may have inappropriate content.
- Manage the content different family members can see.

Please click on the link below for more guidance on how to set parental controls:

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

## Social Media Age Restrictions

Nearly all social media services require users to be at least 13 years of age to access and use their services.



# County Lines and Child Criminal Exploitation (CCE)

County lines is when gangs and organised crime groups exploit children to transport and sell drugs, normally between big cities where the exploiters are based to smaller towns, sometimes across county boundaries but also locally and within the borough. The children have dedicated mobile phone 'lines' for taking orders for drugs; children are used as they are less likely to be stopped by police, allowing adult dealers to avoid the risk of arrest.

County lines is a form of Child Criminal Exploitation (CCE); this occurs where a person or a group of people takes advantage of their contact with and influence over a young person to coerce or manipulate them into carrying out a criminal act. Children as young as 6 are known to have been targeted by gangs for this purpose.

Young people may be recruited for county lines and other forms of criminal exploitation by a process of grooming: At the targeting stage, the exploiter befriends the young person and gains their trust. Young people may also be recruited through social media and/or through their peer group.

Some parents of young people who have been exploited through county lines involvement have reported that they went through a sudden change in behaviour.

Possible indicators of involvement include:



Leaving home with no explanation.



Suddenly having money, new phone, clothes, gifts, etc.



Receiving excess amount of calls or texts.



Change in emotional well-being.



# Coventry Early Help and Family Hubs

## Coventry Early Help and Family Hubs



### Here to Help

Early Help is a range of services working together to help children, young people (0 – 19) and their families. We can provide this support through the Family Hubs and within the local community.

We aim to reach children, young people and families when the need first emerges; and to help and support when we can have the greatest impact.



**Early Help**

**0800 8870545**

**Emergency Duty Team**

**024 7683 2222**

between 5pm – 8.30am and during weekends

**Multi-agency Safeguarding Hub MASH** **024 7678 8555**



**Earlyhelp@coventry.gov.uk**



**[www.coventry.gov.uk/familyhubs](http://www.coventry.gov.uk/familyhubs)**

**[www.coventry.gov.uk/applyearlyhelp](http://www.coventry.gov.uk/applyearlyhelp)**

**ONE  
COVENTRY**



**Find Family Hubs on facebook**



# Compass Coventry Mental Health Service



## CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH SERVICE

An early intervention and prevention offer

### WHO DO WE SUPPORT

- Children & young people from 5 to 18 years, and up to 25, if they have a SEND need or are a Care Leaver
- Parents, carers & professionals who are worried about a child or young person's mental wellbeing

### WHAT WE DO

Offer free and confidential support for children & young people with mild to moderate mental wellbeing needs.

### HOW WE DO IT

Provide self-help resources, information & advice, 1:1 or group intervention, counselling and family based support.

### HOW IT WORKS

Help children & young people understand the issues they are struggling with, provide strategies to cope and achieve positive mental wellbeing.

COMPASS-UK.ORG



## COMPASS COVENTRY CAN SUPPORT CHILDREN & YOUNG PEOPLE WITH:

- Low mood: sadness, low motivation
- Anxiety: worries, irrational fears & concerns
- Body image
- Eating difficulties
- Bullying & peer relationships
- Family conflict
- Difficulties with managing change
- Parental divorce, separation
- Bereavement or loss
- Managing strong emotions

02475 186206



General enquiries -  
[cypeip@COMPASS-UK.ORG](mailto:cypeip@COMPASS-UK.ORG)  
Requests for support -  
[compass.CYPEIP@nhs.net](mailto:compass.CYPEIP@nhs.net)  
**COMPASS-UK.ORG**



Compass  
COVENTRY



# Welfare and Support



## Christmas Feed Timetable

26th November: Willenhall at 1pm

3rd December: Hillfields at 1pm

10th December: Willenhall 1pm

17th December: Hillfields at 1pm

24th December: Willenhall at 1pm

31st December: Hillfields at 1pm



Come along to our weekly street feeds and grab yourself some hot food, cold food, snacks, drinks, clothing and more.

## Warm welcome, warm space

Every Family Hub in Coventry welcomes you into our warm space this winter time.

Come in, phone or message us to find out how we can help you and your family today.

[www.coventry.gov.uk/costofliving](http://www.coventry.gov.uk/costofliving)



#InThisTogether





# Welfare and Support

## Are you in need of support?

<https://www.coventry.gov.uk/benefits-1/free-school-meals>

If you think that your child might be entitled to receive a free school meal, but you are not currently in receipt of one, please contact us on [welfare@cncs.school](mailto:welfare@cncs.school) and we will see what we can do to support you during this challenging period.

Equally, if you are struggling financially and need help with resources, please contact us on the same email, [welfare@cncs.school](mailto:welfare@cncs.school).

## Coventry Childrens Boot Fund

Parents or guardians of children attending school in Coventry, who find themselves in need of help, may **apply to school** for an application form for assistance from the Children's Boot Fund. Forms can be collected from school reception but need to be returned to school by Friday 18th November in order that we can ratify your request and send to the Charity.

## Free Sanitary Products

Please be aware that free sanitary products for female students are available in school. They can be obtained by speaking to a member of the female staff with the PE Department, First Aid, TLC, Student Reception or Student Support.

## Links to Coventry Holidays Activities and Food Programme

<https://www.coventry.gov.uk/holiday-activities-food/coventry-holiday-activities-food-programme/1>

## Links to Council Benefits    General Phone enquiries 08085 834333

<https://www.gov.uk/browse/benefits>

<https://www.coventry.gov.uk/benefits>

[https://www.coventry.gov.uk/info/54/benefits/314/coventry\\_benefits\\_advice](https://www.coventry.gov.uk/info/54/benefits/314/coventry_benefits_advice)

## Coventry Citizens Advice    General Admin 02476 223284

Citizens Advice services are currently available over the phone on 0800 144 8848 or online via

[www.advicebuddy.org](http://www.advicebuddy.org)

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



# Welfare and Support- Useful sites

We understand that in the current financial climate families may need support therefore we have provided the links below to signpost you to useful websites and please contact school at [welfare@cncs.school](mailto:welfare@cncs.school) for any further advice and support.

<https://www.stwater.co.uk/my-account/help-when-you-need-it/help-with-paying-your-bill/big-difference-scheme/>

This is for the BDS scheme with Severn Trent. Just like gas and electric water has gone up considerably too. Once applied if successful your water bill is reduced by at least 75%

[https://myaccount.coventry.gov.uk/en/service/community\\_support\\_form](https://myaccount.coventry.gov.uk/en/service/community_support_form)

The household support fund for residents in Coventry. This can be used for fuel vouchers if you are on a pre-payment meter, food bank vouchers, help with winter clothing, blankets and bedding (shop vouchers are given for this for each member of the household so the items are new) and help towards any new appliances that are broke and need replacing (only broken items will be replaced)

## Are you worried about buying Christmas presents this year?

**GOOD NEWS - The Giving Tree project is running** this year and might be able to help! We can provide presents for any Coventry children aged 16 and under living at your address, if you are receipt of housing and child benefit (or those elements of Universal Credit).

In order to qualify please contact Sarah White on [givingtree@covcitymission.org.uk](mailto:givingtree@covcitymission.org.uk) or Whatsapp or text 07927 090451. We will ask for evidence of your eligibility. There will also be limited opportunities to register 'in-person' please get in touch for details. Please share this with others in need too. We will help as many people as we are able to.

Any questions please contact Sarah White on 02475 187399 or [givingtree@covcitymission.org.uk](mailto:givingtree@covcitymission.org.uk)

<https://www.gov.uk/the-warm-home-discount-scheme>

This is the warm home discount. It is now open for this year. Residents contact their gas and electricity supplier; answer a few questions and they will receive £150 off their bill.

<https://www.turn2us.org.uk/>

Use this link and click, Get support - Grant search. This will take you to an application page, grants may be found depending on your situation.



# Grub hubs and Food Banks

## Social Supermarkets and Grub Hubs

### What is a Social Supermarket?

Social Supermarkets, also known as Grub Hubs offer discounted food parcels, typically about £20 worth of food for a cost of a £4 membership per week. You do not need a foodbank voucher to access them but they may have some criteria to ensure they are helping those who need it most.

For a map of all of the Grub Hubs in Coventry please click [here](#).



#### Aldermoor LIFE Centre

Where: 78 Round House Rd, CV3 1DA

How do I become a member?

Tel: 024 7645 4010

Facebook:

<https://www.facebook.com/aldermoorlifecentre/>

Delivery will be on a Monday

#### Canley Food Hub

Where: Canley Community Centre  
Prior Deram Walk, CV4 8FT

How do I become a member?

Register: [https://docs.google.com/forms/d/e/1FAIpQLS7AAU4OCb4uzROPd8gus1wG46druXjfydofdy\\_n5\\_6XrhOYg/viewform](https://docs.google.com/forms/d/e/1FAIpQLS7AAU4OCb4uzROPd8gus1wG46druXjfydofdy_n5_6XrhOYg/viewform)

Email:

[foodhub@canleycommunitycentre.co.uk](mailto:foodhub@canleycommunitycentre.co.uk)

Tel: 07888 449 521

Facebook:

<https://www.facebook.com/canleyfoodhub>

Friday 12 noon -2pm

#### Cheylesmore Food Hub

How do I become a member?

Register:

<https://docs.google.com/forms/d/e/1FAIpQLSd7111xCcPtkxIMpdQ3WJTRHCrChSvryDvKPO5UztW03FA/viewform>

Email:

[cheylesmorefoodhub@gmail.com](mailto:cheylesmorefoodhub@gmail.com)

Facebook:

<https://www.facebook.com/cheylesmorefoodhub/>

Delivery will be on a Saturday

#### Henley Green Grub Hub

Where: Henley Green Community Centre, Wyken Croft

How do I become a member?

Email: [dianne@mhct.co.uk](mailto:dianne@mhct.co.uk)

Or [carol@mhct.co.uk](mailto:carol@mhct.co.uk)

Facebook:

<https://www.facebook.com/MoatHouseCT>

Wednesday 9am -12 noon

#### Foleshill Social Supermarket

Where: Foleshill Community Centre, 757 Foleshill Rd, CV6 5HS

How do I become a member?

Please book a time slot by either

Email:

[feedingcoventrycomms@gmail.com](mailto:feedingcoventrycomms@gmail.com)

Tel: 07925 019330

Facebook:

<https://www.facebook.com/FoleshillCommunityCentre/>

Website:

<https://letstalk.coventry.gov.uk/feeding-coventry>

Friday and Saturday 10am-3pm for booked slots or 10am-12 noon for drop ins

#### Stoke Heath Grub Hub

Where: Stoke Heath Community Centre, 14 Burroughs Cl, CV2 3QH

How do I become a member?

Email: [s-h-c@hotmail.com](mailto:s-h-c@hotmail.com)

Tel: 024 7644 9580

Facebook:

<https://www.facebook.com/stokeheathcentre>

Delivery will be on a Friday

#### Willenhall Food Hub

Where: Hagard Community Space, Remembrance Rd, CV3 3DG

How do I become a member?

Email:

[willenhallfoodhub@weetc.org.uk](mailto:willenhallfoodhub@weetc.org.uk)

Facebook:

<https://www.facebook.com/WillenhallCommunityForum>

Wednesday 12 noon -2pm

\*Please note all information is correct at time of printing (October 2020) but is subject to change

Please click on the links below to access information about the foodbanks and hubs in the local area:

[Food Hubs – Coventry City Council](https://coventry.foodbank.org.uk/get-help/visiting-a-foodbank/)

<https://coventry.foodbank.org.uk/get-help/visiting-a-foodbank/>

Coventry City Council Help Line Number- 0808 5834 333



# Supporting Organisations

Freephone: **0808 196 2660**

**P3**

## Housing Advice

Weekly appointments available at all hubs across Coventry

**Do you need advice about your housing situation?  
Are you at risk of losing your rented property or mortgage due to arrears?**

**\*Come and speak to us about your housing situation\***  
We also provide appointments at our office every Wednesday from 10am to 2pm

We have **families** appointments available on the following days . . .

<b>FAMILY HUB</b>	<b>DAY/TIME</b>
<b>PATHWAYS HUB</b>	EVERY TUESDAY FROM 11am-1pm
<b>ASPIRE HUB</b>	EVERY THURSDAY FROM 10am-12pm
<b>HARMONY HUB</b>	EVERY FRIDAY FROM 10am-12pm
<b>PARK EDGE HUB</b>	EVERY MONDAY FROM 12-2pm
<b>MOSAIC HUB</b>	EVERY TUESDAY FROM 12-1pm
<b>WOODSIDE HUB</b>	EVERY MONDAY FROM 9am-11pm
<b>FAMILIES FOR ALL HUB</b>	EVERY FRIDAY FROM 9am-11pm
<b>THE MOAT HUB</b>	EVERY FRIDAY FROM 1-3pm

Contact us by email at: **cov@p3charity.org**

Looking  
for warm  
spaces  
this  
winter?

## WARM SAFE SPACE HOLBROOKS

We know that this winter will be difficult for many people due to rising costs of utilities and food, so we are offering warm safe spaces in our centres for people to visit, with free access to the internet, books, playing cards and dominos and lots of chat available.

We will be opening:

**Holbrooks Community Centre, John Shelton Drive,  
Monday 12:00 - 15:00**

Join us at our lunch club & have a hot meal, dessert and drink too.

**Holbrooks Library at HCCA,  
Holbrook lane**

Tuesday 9.30 - 16:30  
Wednesday 12:00 - 19:00  
Thursday 9.30 - 16:30  
Hot drinks available





# Supporting Organisations



## INTERNET SAFETY WORKSHOPS FOR PARENTS & CARERS

**FREE ONLINE** workshop for parents and carers to help keep their **children safe online**.  
Hosted by West Midlands Police in partnership with Coventry City Council's Prevent Team.

We will share **guidance and strategies** on how to make the internet a safer experience for children.

The following topics will be explored:

- *Apps and appropriate ages*
- *Safety settings*
- *Grooming, sexting, bullying, radicalisation and extremism*
- *Gaming*
- *Introducing house rules*
- *How to approach conversations and what to do if your child is a victim*



To view dates and times and to book a place, please [click here](#) or scan the QR code above.



West Midlands  
**POLICE**



### Coventry Haven

Safe to Talk helpline:

**0800 111 4998**

**[www.safetotalk.org.uk](http://www.safetotalk.org.uk)**

Online chat is available including for professionals

### Panahghar

24 hour helpline:

**0800 055 6519**

**[www.safehouse.org.uk](http://www.safehouse.org.uk)**

### West Midlands Forced Marriage & Honour Based Abuse Helpline

Call:

**0800 953 977**

**[www.safehouse.org.uk/  
domestic-abuse/forced-marriages/](http://www.safehouse.org.uk/domestic-abuse/forced-marriages/)**



# Emergency Numbers

- Domestic Abuse – Safe to talk 08001114998 in an Emergency call 999, if you cannot speak then press 55 when prompted
- NSPCC- 080 8800 5000
- CHILDLINE – 0800 1111
- POLICE – 101 or 999
- MASH – 02476788555
- Emergency Duty Team – 024 7683 2222
- Report a crime online - <https://www.west-midlands.police.uk/incident-report>
- First Response: To report any safeguarding concerns. This can be done anonymously. 01179036444
- Saneline: Emotional Support: 07984 967 708 (leave name and number and someone will call you back)

**Merry Christmas &  
Happy New Year**