

SAFEGUARDING NEWSLETTER



Autumn 2024 – Issue 1

Latest advice for parents and carers



Welcome to the Autumn edition of our Newsletter from the Rooks Heath Safeguarding Team. The aim, as always, is to bring you all the latest, relevant help and advice on issues we feel are of importance. With end of the Autumn term already upon us, please find useful information on the latest important new tool 'Report Remove'.

Also, you will find a range of upcoming webinars and workshops available aimed at supporting and empowering parents and carers.

We would like to wish you a restful and peaceful Christmas break!

REPORT REMOVE - CHILDLINE

Relationships are a natural part of growing up and meeting a first 'intimate' partner will often occur within the school environment. However, much of the relationship will often take place over social media platforms which can lead to individuals engaging in sending or receiving explicit images, without thinking ahead of the potential consequences. This is increased among school aged individuals, as they are unable to make mature decisions which leaves them particularly vulnerable to impulsive actions.

Childline has built a new tool designed called Report Remove which helps young people under18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

For more information see click on the link [Report Remove | Childline](#)



MALE EATING DISORDERS

When we think of eating disorders, we tend to think of these only happen to women and girls. The learning discussion looks into the unique body image pressures experienced by men and boys, aiming to provide a comprehensive understanding of the increase of eating disorders and related symptoms in men and boys. It helps identify important warning signs, along with offering practical recommendations for addressing concerns about a potential eating disorder in boys and men.

This session encourages participants to gain insights into the complex issues of eating disorders in this often-overlooked population.

For more information click below: [Can boys and men have eating disorders/warning signs](#)

'ADD EVERYONE' – WHATSAPP ALERT

Recent concerns have been highlighted regarding a WhatsApp group known as 'Add Everyone.' Schools and regional police forces across the UK have warned that this group exposes children and young people to explicit and harmful material. 'Add Everyone' group chats can go by many names, but their purpose is often the same. These WhatsApp groups are spaces where children and young people are invited to join a chat that contains content such as sexual images, material promoting self-harm, sexual violence, racism and other inappropriate content.

The chats may be created by adults seeking to connect with younger users or by young people themselves as a seemingly fun activity. However, it is difficult to control who becomes a member of these groups, in some cases, the group owners ask for children to add their contacts to the group, 'except their parents'.

As WhatsApp has lowered its minimum age from 16 to 13 this year, the risk of young users encountering inappropriate content and adults may increase. Reports indicate that these groups have targeted children as young as 9.

More advice can be found here: inege.safeguarding-alert-add-everyone-whatsapp-group

CHILDREN WITH PARENTS IN PRISON

Children Heard and Seen is a charity aimed at improving the issues caused by parental imprisonment. It aims to bridge an existing gap in the provision of support for children and young people in these circumstances. They currently offer one-on-one support from trained practitioners, assistance for parents and carers, peer support groups and more.

If you are caring for a child with a parent in prison and would like to access support for yourself or your child, please get in touch at

info@childrenheardandseen.co.uk
<https://childrenheardandseen.co.uk/>



SUPPORTING CHILDREN THROUGH BEREAVEMENT

It can be a difficult process navigating through the death of someone close to you. For adults this process, whilst painful, can be dealt by using the coping mechanisms we all develop through our early years. That first experience with bereavement, is a necessary but extremely painful experience, which will produce resilient adults. However, it is a process that must be dealt with sensitively. For pupils, the first death will likely be a grandparent, or an uncle. Individuals that usually have played an important role in the formative years of that child or young person. Since the processing of death is an intensely private thing for adults, it may not be obvious how to support someone experiencing it for the first time.



Place2B has published a guide to handling this occurrence in children and young people. For more information, please follow the link below:
parentingsmart.place2be.org.uk/supporting-your-child-when-someone-dies

HOPE HARROW - PARENT WORKSHOPS

HOPE Harrow is a place for parents to gain support. HOPE recognises being a parent is tough and can sometimes be a real challenge. They want to help make sure parenting is that little bit easier, whilst helping parents create a harmonious, cooperative family unit where everyone feels valued.

On-line Workshop

Positive Discipline

A 2-hour workshop for all parents /carers of Teens aged 12+

Date: Monday 27th January 2025
Time: 7.00 - 9.00pm
Venue: On-line via ZOOM
Cost: £14.00/£5.00 concession (with proof)
Price is per parent/carer living in London

HOPE
Helping Families to Live and Learn Together

Appendix H

As a parent it can be exciting and satisfying seeing our teenagers grow into capable young adults and also challenging when they decide they want things their own way. We will look at parenting our teenagers with respect, making sure it's consistent and firm but fair, ensuring we create a long lasting positive relationship.

Topics include:
Understanding the needs behind behaviour – Why teenagers do what they do?
How to provide warmth and structure even when struggling with challenging behaviours
Increasing Self –Esteem & Confidence
Promoting mutual respectful
Strategies to reverse unacceptable behaviour

SCAN ME TO ENROL



0208 863 7319 or 07498881496 info@hopeharrow.org.uk

www.hopeharrow.org.uk Charity Registration Number: 1091703 Harrow COUNCIL

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How to limit screen time for your autistic teen and keep them safe on the internet

A workshop for all parents and carers of autistic children 10+

Date: Wednesday 15th January 2025
Time: 7.00 - 9.00pm
Venue: On-line via ZOOM
Cost: £14.00/£5.00 concession (with proof)
Price is per parent/carer living in London

HOPE
Helping Families to Live and Learn Together

Appendix H

As a parent and caregiver of an autistic child it can be exciting and satisfying seeing our children grow into unique individuals and also challenging as they navigate life to become teenagers. This workshop is designed to support parents/caregivers. It will look at increasing our understanding of Social media, the impact and how to keep our teens safe On-line.

Topics include :-
Pros & Cons of social media
Positive supervision of usage
Effective communication
Boundaries and limits
Safety features – Parental controls – Family centres

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HOPE HARROW - PARENT WORKSHOPS

HOPE Harrow is a place for parents to gain support.

For more information, our courses and workshops are on the council adult education website www.learnharrow.ac.uk

For information, please email info@hopeharrow.org.uk

On-line Workshop

Building resilience and self esteem in our Teens

A 2-hour workshop for all parents /carers of Teens aged 12+

Date: Monday 20th January 2025
Time: 7.00 - 9.00pm
Venue: On-line via ZOOM
Cost: £14.00/£5.00 concession (with proof)
Price is per parent/carer living in London

HOPE
Helping Families to Live and Learn Together

Appendix H

This workshop is designed to help parents/carers nurture their children into becoming young adults by learning practical communication skills for everyday life.

Topics will include:
Positive reinforcement strategies and tools to help build confidence, self-esteem and resilience in teens.



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www.hopeharrow.org.uk Charity Registration Number: 1091703 

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On-line Course

Living with Teens

An 8-week course for all parents and carers of children aged 12yrs plus

Start Date: Wednesday 29th January 2025
End Date: Wednesday 26th March 2025
(8 sessions)
(No session 19th February due to half term)

Time: 7.00 - 9.00pm
Venue: On-line via ZOOM
Cost: £112.00/£40.00 concession (with proof)
Price is per parent/carer living in London.

HOPE
Helping Families to Live and Learn Together

Appendix H

As a parent it can be exciting and satisfying seeing our children grow into unique individuals and also challenging as they navigate life as a teenager.

Topics include:-

- Understanding and acknowledging the needs of pre teens and teenagers
- Understanding why Teens do what they do
- Negotiating and setting limits
- Finding different ways to communicate effectively
- Peer pressure



0208 863 7319 or 07498881496 info@hopeharrow.org.uk

www.hopeharrow.org.uk Charity Registration Number: 1091703 



PARENTAL ON-LINE SAFETY TIPS

With the technological advances that had to be made during the lockdown periods, learning from home was forced to be increased. This meant that young people were spending a lot more time online doing their schoolwork, gaming, and socialising. However, it's important we all consider how we can help keep young people safer online. Here's some information about what your child may enjoy online and what you can do to help keep them safer!

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video:

[In-game chat: a guide for parents and carers](#)

Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are riskier than others.

For information about the contexts in which images are shared and how best to respond, take a look at **[nude selfies: a parent's guide](#)**.

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their **[parents website](#)** and download their **[home activity worksheets](#)** for fun, online safety activities to do with your family.

Steps you can take to help keep your child safer 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, read **[having a conversation with your child](#)**.

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 and that you are there to help. For a breakdown of report services, visit:

[Supporting your child with reporting unwanted content online](#)

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at **<https://www.ceop.police.uk/safety-centre/>** and get support from a specialist Child Protection Advisor.

DIRECTORY OF AVAILABLE MENTAL HEALTH SUPPORT



Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

shout 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

[Samaritans](#) 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

[Crisis Tools](#) helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS

[Papyrus](#) provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline

ONLINE, ON THE PHONE, ANYTIME

[Childline](#) confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Urgent and other support available

Good Thinking

[Good Thinking](#) is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX

Essential support for under 25s

[The Mix](#) provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat

[Beat](#) provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

[Kooth](#) is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine

SCHOOL COUNSELLOR

Another support service that we have based in school, is our school counsellor, Mrs Geoghegan.

The aim of the service is to provide a confidential Counselling Service for our students with social, emotional, and behavioural concerns to enable them to perform to their potential. This will help to improve attendance and therefore allow students access to the curriculum and improve attainment levels. The service will also provide our students with confidence and resilience which in the long term will improve their life chances.

SUPPORT BEING OFFERED TO OUR STUDENTS

- 1:1 counselling
- Group Therapy
- Multi Systemic

SAFER SCHOOLS OFFICER

Our Safer Schools service provides another vital support link for our students, parents and carers. They are contactable via our school email ContactUs

Or they can also be reached on NWMailbox.schoolsharrow@met.police.uk



[Volunteer Police Cadets](https://vpc.police.uk/)
<https://vpc.police.uk/>

Nowerhill School Hill George V
Avenue, Pinner, HA5 5RP

WELLBEING SUPPORT



Digital Mental Wellbeing website that has various support for young people, parents and carers, employers, and employees.

You will find help on topics such as sleep, anxiety low mood and stress. There are podcasts, apps, workbooks, and guides together with self-assessments that you can take. Click link below for more information.

[Parents and carers | Good Thinking \(good-thinking.uk\)](https://www.good-thinking.uk/)

MIND HARROW

Useful directory of subjects that you may require support for

[Mind in Harrow Mental Health Information Directory - Subjects](#)

CONVERSATION CAFÉ

Welcoming place for residents of Harrow to drop-in for advice and support.

Opening times:

Every Tuesday 12pm-3pm at St Peter's Church, Sumner Road, West Harrow, West Harrow HA1 4BX – For unpaid carers, the people they care for and people with disabilities.

Every Thursday 11am-2pm at Greenhill Library, Perceval Square, College Road, Harrow, HA1 1GX

Every Friday 11am-2pm at Red Brick Café, 38-40 High St, Harrow HA3 7AE

To find out more information about the Conversation Café call for more information Tel: 020 8863 5611.

WARM HUBS IN HARROW

Warm Hubs are warm, safe places where residents can expect a friendly and inclusive welcome.

There are various locations around the borough.

[Find your nearest Warm Hub](#)

NSPCC Dedicated Helpline
0800 136 663

This new dedicated helpline provides support to both children and adults who have experienced sexual abuse in educational settings or has concerns about someone or the issues raised. Support and advice include how to contact the police and report crimes if they wish.

The helpline will also provide support to parents too. More information is available at

[Dedicated helpline for victims of abuse in schools](#)
[NSPCC](#)

stop it now! UK & Ireland
Together we can prevent child sexual abuse

[Stop It Now! UK and Ireland](#)

encourages adults to create a society that no longer tolerates the sexual abuse of children. There is a confidential and anonymous helpline and email service – 0808 1000 900 or live chat, secure email if you are not ready to speak to someone on the phone.

Click the following links:

[Live chat - Stop It Now](#)
[Stop It Now! Secure email](#)

Parents/Carers Learning Programme

Sexual Abuse Learning Programme (Parents Protect)

Parents Protect has developed this online child sexual abuse and exploitation awareness learning programme for parents/carers and professionals to help:

- Understand potential risks
- Recognise the signs of possible abuse in children
- Beware of inappropriate behaviour in adults
- Know where to go for help if you have concerns and would like to talk about them

Click here: [Sexual Abuse Learning Programme - Parents Protect](#)

Parents Protect

Together we can prevent
child sexual abuse

On-Line Grooming



IWF safety campaign aims to help parents have conversations with their children about keeping their 'door' closed to child sexual abusers. The campaign includes a booklet for parents, explaining the risks, explaining why children are vulnerable, and suggests practical steps that parents can take.

TALK to your child about online sexual abuse. Start the conversation – and listen to their concerns.

AGREE ground rules about the way you use technology.

LEARN about the platforms and apps your child loves.

KNOW how to use tools, apps and settings that can help to keep your child safe online.



For further details go to: <https://talk.iwf.org.uk/>

USEFUL ON-LINE SAFETY WEBSITES

National Online Safety – safety guides on ALL aspects of internet use

<https://nationalonlinesafety.com/>

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

PARENTAL SUPPORT

YOUNG
MINDS

During these extremely tough times, parents find themselves pulled in many different directions. Concerns about Covid-19, work from home/children at home, along with a possible financial impact make for a stressful household. **Young Minds** have created a useful 'Supporting Parents Help Finder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond). Check the help finder here:

<https://youngminds.org.uk/supporting-parents/>

CHILDNET – SEND CHILDREN

There are relatively few resources to help children with Special Educational Needs and Disabilities. Childnet has created a set of free, adaptable resources that cover the important topics of healthy relationships, digital wellbeing and online pornography and are designed to equip and enable parents and carers, to support young people aged 11 and over with Special Educational Needs and Disabilities (SEND).

[Parents and Carers Toolkit | Childnet](#)

PARENTING SMART (Place2Be)

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they may experience with children.

Advice can be found on over forty topics inc:

Understanding sibling rivalry

My child is lying, what does it mean, what should I do?

My child has trouble going to sleep

My child says, 'I hate you!'

Cultural identity: who am I?



The Parenting Smart website can be found here:

<https://parentingsmart.place2be.org.uk/>

HelpHarrow

Help Harrow Digital Product

Help Harrow is being delivered in partnership with Harrow Council. It is a self-referral system for all ages, targeting acute needs in specific social areas in Harrow.

Help Harrow Key Points:

- A portal as a way of connecting vulnerable residents to vital services in the borough during and throughout the current pandemic.
- Currently offers support for food poverty, advice/information in all areas of life, as well as mental health/emotional support.
- A 'Single Point of Contact' referral system.
- Referrals can be made directly by the person in need or via an Access Point.

Key Benefits to Helpharrow.org Users:

- A virtual One stop shop" to organisations and services in the Harrow.
- A choice of relevant organisations listed to support the user's needs.
- Process to start engagement with a person in need within 2 working days of referral received.
- Key organisations in the system including but not limited to Citizen Advice Bureau, MIND, Age Concern and Harrow Carers.

Who is Help Harrow for?

- Local Harrow residents for self-referral
- Households affected by Covid-19
- All ages
- Organisations

Please click <https://helpharrow.org/>

EAL RESOURCES FOR ONLINE SAFETY

Leaflets available in other languages here

<https://www.childnet.com/resources/supporting-young-people-online>

- Arabic
- Bengali
- English
- Farsi
- French
- Hindi
- Polish
- Punjabi
- Somali
- Spanish
- Turkish
- Urdu
- Vietnamese
- Welsh



HELPING LOCAL PEOPLE IN CRISIS

Do you need help from the foodbank?
**THE MOST IMPORTANT STEP IS TO GET A
FOODBANK VOUCHER.**

To provide the most appropriate help for your circumstances, Harrow foodbank works with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

Agencies that they work closely with include: Citizens Advice, housing support officers, children's centres, health visitors, social services, and some local charities.

To Get in Touch

If you [call or email](#) the foodbank they can talk through your situation and put you in touch with the relevant local agency.

[Harrow Foodbank | Helping Local People in Crisis](#)

SAFEGUARDING TEAM

The Rooks Heath School Safeguarding Team has been trained to an advanced level on all aspects of safeguarding. The team is available to any student, parent, or school staff member to discuss and report any safeguarding concerns.

The team consists of the following members:

Designated Safeguarding Lead -

Ms S Rockell

Deputy Designated Safeguarding Leads –

Ms V Cobblah-West

Miss L Dale

Safeguarding Team -

Miss M Mahamud-Akram

Ms H Pugh

School Counsellor

Mrs Lara Geoghegan

If you wish to report a concern to us, please use the link here [Raising a concern](#)



Online Counselling Service for 11–25-year-olds in Harrow

As part of Mental Health services for young people in Harrow, the service complements their existing early intervention, Harrow Horizons.

It is a free online counselling and emotional well-being support service providing young people in Harrow, aged 11-25 years (up to 25th birthday), with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors.

ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone/email/mobile number, that you immediately let the school know, so that we have the most up-to-date contact details.

Thank you!

Useful contacts to report a concern
If you are worried and need help, then please contact one of the following:

For children click here



Online here



Harrow Children's Services [click here](#)

020 8901 2690

Share the HOPE
Save a life

HOPELINEUK

0800 068 41 41 07860 039 967 pat@papyrus-uk.org

EMERGENCY
APPEAL

