

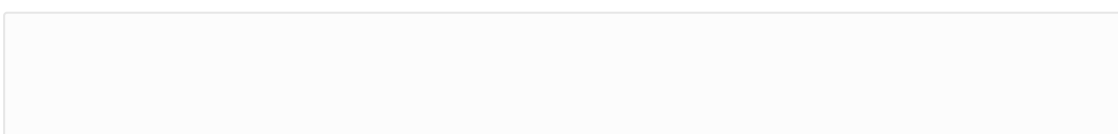
**Welcome to the Ercall Wood
Safeguarding Bulletin**

Issue 3

Domestic abuse

- [domestic abuse] happens to other people too
 - adults don't always do the right thing
- the most important thing is that everyone is/stays safe
- other people can help and it is okay to speak to people that the child trusts
 - it is not the child's fault
- it can make everyone feel sad but it does get better

On My Mind – Resources for Young People (Anna Freud Centre)



Mental Health organisation, Anna Freud, have curated a set of resources to 'empower young people to make informed choices about their mental health and wellbeing'. This area of their website has been co-produced with young people themselves.

The 'On My Mind' section includes a Youth Wellbeing Directory, to help locate local services; 90+ strategies to help when feeling low or anxious, especially when self-isolating; and what to do to help a friend or relative.

<https://www.annafreud.org/on-my-mind/self-care/>

How to Stay Safe Online – Guidance for Adults and Young People with Learning Disabilities (Ann Craft Trust)

The Ann Craft Trust (ACT) is a national charity which exists to minimise the risk of abuse of disabled children and adults at risk. They believe that everyone has the right to be treated with respect and dignity.

The trust website offers lots of valuable resources on a range of topics. One page includes links related to digital safety.

Find the resources here: <https://www.anncrafttrust.org/how-to-stay-safe-online-guidance-for-adults-and-young-people-with-learning-disabilities/>

Let's Talk (All Change) Let's Talk is a creative project that involves using the arts to develop innovative services for families affected by domestic violence. Let's Talk have some good resources to encourage children to talk about their experiences and feelings, including a book of creative ideas. Website:

http://letstalkproject.co.uk/?page_id=10

Domestic Abuse, Recovering Together (DART™) (NSPCC) In the NSPCC's 'Domestic Abuse, Recovering Together (DART™)' groups, children and mothers can talk to each other about domestic abuse, learn to communicate and rebuild their relationship. The service, which has been recognised by the Home

Office, also provides children and mothers with an opportunity to meet others who have lived through similar experiences. For further information:

<https://learning.nspcc.org.uk/services-children-families/dart>

Refuge Refuge provides specialist support to women, children and some men escaping domestic violence and other forms of violence. Support for children

<https://www.refuge.org.uk/get-help-now/children/>

National Domestic Abuse Helpline Freephone 24-Hour National Domestic Abuse Helpline: [0808 2000 247](tel:08082000247) Website:

www.nationaldahelpline.org.uk (access live chat Monday – Friday, 3pm – 10pm)

Bright Sky app Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else. The app can be downloaded for free via the app stores. Launched in partnership with Vodafone, the app includes questionnaires to assess the safety of a relationship, and a section on dispelling myths around domestic and sexual abuse. The website is focused on how to spot the signs of domestic abuse, advice on how to support someone you have concerns for, and ways to find help. The app is available in 5 languages: English, Urdu, Punjabi, Polish and Welsh.

Download for android: https://play.google.com/store/apps/details?id=com.newtonmobile.hestia&hl=en_GB&gl=US

Download for iOS: <https://apps.apple.com/gb/app/bright-sky/id1105880511>



Yours sincerely,

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