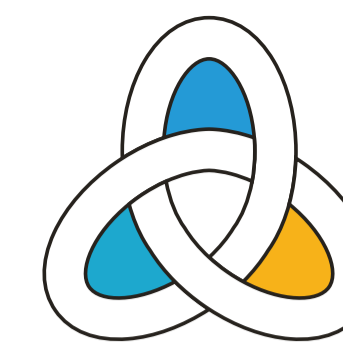


safenews



LEARNING TOGETHER
CORNWALL EDUCATION LEARNING TRUST

OCTOBER 2024

Bodmin College | Brannel School | Carclaze CP School | Fowey Primary School | Lostwithiel Primary School | Luxulyan School | Mevagissey Primary School | Mount Charles School | Newquay Junior Academy
Newquay Primary Academy | Newquay Tretherras School | Penrice Academy | Poltair School | Pondhu Primary School | Port Isaac Community Primary School | St Mewan CP School



Safeguarding vision at CELT -

- Safeguarding is the golden thread through CELT
- 'it could happen here'
- Ensure that every pupil and young person are heard
- Zero tolerance for discrimination
- Empowerment of our staff
- Safeguarding is everybody's responsibility

PROTECTION PARTNERSHIP
ACCOUNTABILITY
CARE SAFEGUARDING EMPOWER
STRENGTHEN IMPROVE
ENABLE EVERYONE VULNERABLE
RESPONSIBILITY

EMPOWERMENT • PREVENTION • PROTECTION • PROPORTIONALITY • PARTNERSHIP • ACCOUNTABILITY

Poverty



Homelessness and poverty can have significant effects on children and young people. Both can exist alone, but they are often interlinked causing multiple problems for families to overcome

The impact of poverty

Around 30% of children in England are living in poverty, potentially 9 children per class of 30. Poverty can mean that the amount of food available in the home is severely reduced, and essentials, such as heat and bedding, are limited. Parents may regularly go without to ensure their children can get what they need. Poverty can also mean that children are limited in the activities that they can do, both within and outside of the school setting - this can lead to children feeling isolated and different.

Impact on parenting

Parents can be under significant stress either trying to make ends meet, secure permanent accommodation, or both. They can suffer physical and emotional health problems for the same reasons as the children and young people in their care. The stress and pressure can also mean that there is risk of domestic abuse and emotional harm, as well as potential absent parenting while they try to do all they can to sort out the situation.

Parents struggling to make ends meet can feel anger or sometimes guilt at the unfairness they see affecting their children. Most do a tremendous job of minimising the impact wherever they can, trying to ensure their children are well cared for and feel valued.

However, poverty can be a factor in children being at risk of harm due to the stresses it creates in families and the limitations it places on choice, even though it is not a safeguarding matter in itself. It can lead to safeguarding concerns such as:

- children's basic needs not being met (food, warmth, clothing);
- social isolation;
- the impact of stress within a household (including emotional abuse or domestic abuse);
- effects on learning and development;
- the impact of long working hours (e.g., increasing strains on relationships, reducing the supervision of children);
- caring responsibilities;
- poor self-esteem and emotional health issues (in child and/or parent);
- a risk of substance misuse (in child and/or parent)

Homelessness

There are many people who are homeless, even though they go to temporary accommodation, friends or family every night. It's estimated that about 5% of all children are homeless or at risk of homelessness. For children and young people living on the streets, in temporary accommodation (with or without family) or staying with friends and wider family on a semi-permanent basis (but often using areas not meant as bedrooms), there can be various impacts:

- Tiredness due to the inappropriateness of where they are living and the distance they need to travel daily.
- Poor self-esteem and self-worth.

Children and young people report feeling singled out and labelled as being different.

- Poor physical health and educational attainment due to poor diet, tiredness, nowhere to complete homework, etc.
- Poor conditions in temporary accommodation - parental concerns about the other people who may be placed there as well.

Shared bathrooms and kitchens or potential lack of facilities to wash clothes/cook food.

- Stress due to constantly having to move from one accommodation to another, not knowing where they are going after school/college etc.
- Risk of exploitation, neglect and abuse.

For further information and support resources, please go to the Safeguarding Network.



DSLs across the Trust

It's normal to feel overwhelmed and confused if a child reveals they're being abused. It's a challenging subject that can be both difficult to accept and talk about. However, you must be aware of your safeguarding information sharing (or disclosure) responsibilities so you can take the correct course of action to ensure the safety of the child or young person.

Although the abuse could be kept a secret out of fear, children experiencing distress may speak to you as they find you trustworthy and deem the school a safe place. It's also not unusual for them to choose particular staff members that they feel have less authority or are less intimidating. Remember we are all Emotionally Available Adults to our students.

Regardless of your role, if a child approaches you to indicate abuse or disclose harm, your role is to recognise and refer the abuse - not to investigate.

Please speak to a member of the Safeguarding Team

Trust Safeguarding Lead	Amy Daniels	adaniels@celtrust.org
Safeguarding Trustee	Sally Foard	SFoard@gov.celtrust.org

School	DSL	Email Address
Bodmin	Kym O'Mara	dsl@bodmincollege.co.uk
Brannel	John Doherty	dsl@brannel.com
Carclaze	Amanda Colwill	dsl@car.celtrust.org
Fowey	Natalie Hudd	dsl@fow.celtrust.org
Lostwithiel	Sarah Kriskovic	dsl@los.celtrust.org
Luxulyan	Nathan Cooper	dsl@lux.celtrust.org
Mevagissey	Jo Bailey	dsl@mev.celtrust.org
Mount Charles	Rachel Nile	dsl@mcs.celtrust.org
Newquay Junior	Kate Rose-Lean	dsl@nja.celtrust.org
Newquay Primary	Michelle Hall	dsl@npa.celtrust.org
Newquay Tretherras	Carley Barber Laura Thomas (operational)	dsl@tretherras.net
Penrice	Abby McDonald	dsl@penrice.org.uk
Poltair	Heidi Spurgeon	dsl@poltair.cornwall.sch.uk
Pondhu	Emma Jolliff	dsl@pon.celtrust.org
Port Isaac	Jenny Wood	head@port-isaac.cornwall.sch.uk
St Mewan	Kay Adams	dsl@stm.celtrust.org
CELT Hub	Andy Egford	dsl@hub.celtrust.org

Awareness Days

On World Mental Health Day, let's all come together to talk about mental health and show everyone that mental health matters. Talking about our mental health can help us cope better with life's ups and downs. So, on World Mental Health Day and beyond it, why not check in with your friends, family, peers, or colleagues?

World Mental Health Day is celebrated every year on 10 October. This year's theme set by the World Federation of Mental Health is, "it's time to prioritise mental health in the workplace". The theme highlights the importance of addressing mental health and wellbeing in the workplace, for the benefit of people, organisations, and communities.

TRAINING
THIS MONTH

Parental substance misuse

Most parents who drink alcohol or take drugs do so in moderation and do not cause serious harm to their children. However, misuse of drugs and / or alcohol can lead to grave consequences for children living in the home. Parental alcohol and drug misuse are common features in serious case reviews / child safeguarding practice reviews.

Definition

Parental substance misuse is the long-term misuse of drugs and/or alcohol by a parent or carer. This includes parents and carers who:

- consume harmful amounts of alcohol (for example if their drinking is leading to alcohol-related health problems or accidents)
- are dependent on alcohol
- use drugs regularly and excessively
- are dependent on drugs.

It also includes parents who aren't able to supervise their children appropriately because of their substance use

NSPCC

Use of alcohol and / or drugs is fairly common in the UK, with research reporting a pattern of adults underestimating by at least a third the amount of alcohol that they drink. The impact of alcohol or drugs can be significant, altering a person's mood or behaviour. Impact is also variable and dependent on the individual - for example in some cases short term use of a substance such as cannabis can lead to mental ill health, whilst in others there may be no long term effects at all.

Some effects of misusing substances

- mood may be depressed
- may feel elated/invincible
- need for next 'fix' may be an overriding priority

- may have physical and/or mental health issues due to the substance misuse
- may experience irrational thoughts
- may become violent or aggressive

Impact on parenting

Children in homes where there is substance misuse may experience neglect (through other things being a priority over the child), physical and/or emotional abuse. Parents may not be able to meet their own needs meaning that the children become young carers.

Children may be exposed to dangerous home environments, for example if there are empty and broken bottles/cans, if there are items such as needles lying around, or if the drugs/alcohol are not stored out of the way.

Children may also be at risk from others frequenting the home to either deal in and/or use substances. Children may also be required to collect drugs or alcohol for parents.

Indicators

As with any list of indicators, this is not exhaustive, and the indicators are similar to those that you may see for other types of abuse.

- Physical injuries, hunger, malnourishment
- Poor physical presentation
- Parent smelling of alcohol/drugs and/or appearing intoxicated
- Use of alcohol or drugs by the child
- Low school attendance/lateness
- Reduced educational performance
- Talk of caring for parents or siblings
- Angry outbursts, destructive behaviours
- Anxious behaviours, risky behaviours

What helps?

Having a culture that means that children and young people can ask for help, feel listened to, as well as feeling able to ask for advice. As staff it is also about being observant of what you see and hear, not just when in direct contact with the child, but also at other times.

TRAINING
THIS MONTH

Parental Mental Ill-health

Mental ill-health is often a taboo subject, however parental mental ill-health can have a significant impact on children and young people. An estimated third of all children live with a parent with some form of mental ill-health. Whilst for some there is no impact, for others there can be a significant impact.

Definition

Mental wellbeing is about thoughts, feelings and how people cope with the ups and downs of everyday life. Having positive wellbeing means that every individual realises their own potential, can cope with the normal stresses of life, help engage in work productively and can contribute to their community.

HM Government

What do we mean by mental ill-health?

One in four of us will experience some form of diagnosable mental ill-health in our lifetime. These may include anxiety, depression, post-traumatic stress disorder, phobias, bipolar disorder or personality disorder. Regardless of the diagnosis, it is important that we consider what this means for the child in the family, both immediately and the longer term. In the same way as the type and severity of a physical health condition dictates the treatment that is required, the same is true for mental ill-health.

Treatment of mental ill-health

There are many different treatments for mental ill-health, including self-help and alternative treatments, therapy (individual and group) and medication. Whilst this may seem obvious, what is important to consider is what the different effects of treatment may be. The way mental ill-health presents varies from person to person, and therefore there cannot be a "one size fits all" approach. Just because someone is receiving treatment does not necessarily mean that everything will improve,

or that the improvement will happen any time soon. There are also side effects to consider. For example, some medication may make the person taking it drowsy or emotionally unresponsive. For people having therapy, things may get worse before they get better as the therapy may involve talking about difficult subjects from the person's life.

You will not automatically have a right to know what treatment someone is on, however if you are told, it can help to establish the potential impact on the child.

Impact on parenting

Many parents who are experiencing mental ill-health parent their children well. It is also important to remember even when they can't, they are still a parent.

Concerns arise if the parental mental ill-health impacts on the emotional and practical support that is available to the child. The child may feel isolated, embarrassed and/or shamed; or they may believe that the mental ill-health is their fault. In practical terms, the mental ill-health can mean that what would be classed as everyday tasks become overwhelming for the parent (e.g. shopping, paying bills), and additional trips and treats are out of the question.

In extreme situations the parent's behaviour may change from day to day, hour to hour, and such unpredictability can be very worrying and/or frightening for children. Some children may feel that they need to look after their parent in order to keep their parent safe.

What helps and what to do

Talking about things is often key. Like adults, children fear things that they do not understand. Knowing that they have a network of support available to them and they can talk about what's going on and what might happen next can help to reassure. You may well be the person they trust enough to open up to. Speak with your designated safeguarding lead to make sure support is co-ordinated.