



Helping
Suffolk's
young
people

Kooth.com is the new online counselling and wellbeing service that has been commissioned by the NHS for all young people aged 11-18 (up to their 19th birthday) in Suffolk. Kooth can be accessed from any laptop, phone or tablet and is available from noon to 10pm Monday to Friday and 6pm-10pm Saturday and Sunday 365 days a year. Another great resource is the **Suffolk Domestic Abuse Helpline**. Call free on 0800 977 5690 if you have any concerns about domestic abuse. The service is available 24/7.



Online concerns

WHILE there are huge benefits to being online in order to stay connected to family and friends, we recognise many parents or carers may feel concerned about the activities and content their children are accessing.

It is important to have regular conversations about staying safe on the internet and to encourage your child to speak to you if they come across anything worrying online.

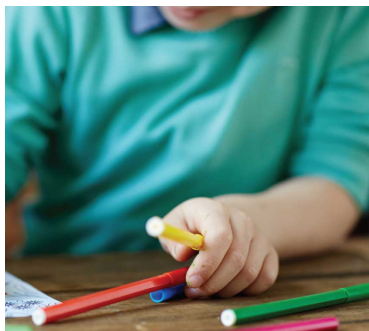
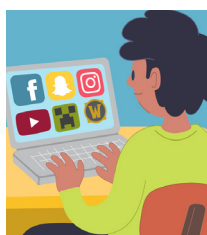
The NSPCC has a range of information regarding online safety issues – including how to set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices.

Thinkuknow by National Crime Agency-CEOP (Child Exploitation and Online Protection) provides resources for parents and carers and children of all ages to help keep children safe online.

Childnet has developed guidance for parents and carers to begin a conversation about online safety, as well as guidance on keeping under-fives safe online.

You can also report any harmful content found online through the UK Safer Internet Centre. Just visit www.saferinternet.org.uk

Please do not hesitate to contact your child's school and ask to speak to the Safeguarding Team, should you need any advice or support.



YOU'RE IN SAFE HANDS

ALL staff who work within Raedwald Trust have a responsibility to provide a safe environment in which children can learn.

Each site within Raedwald Trust has a safeguarding team made up of the Designated Safeguarding Lead (DSL) and Deputy Designated Safeguarding Leads (DDSL).

They are available throughout the school day to ensure support and interventions are available to students and families in need.

This is dealt with in a timely manner in order to keep children safe and to support families in collaboration with other agencies. All staff at the Raedwald Trust undertake regular Safeguarding and Child Protection training.

Your child's school will be able to offer you and your child support and guidance on a range of early help offers.

These will include applying to charities; undertaking home visits when needed; breakfast club on site; food parcels; applying to the Hardship Fund; and referrals to other agencies such as the Early Help Team, School Nurse and Emotional Wellbeing Hub (for mental health support) etc.

There is a wealth of information online regarding safeguarding and keeping your child safe – the NSPCC website is a great resource and is worth a look, access it at www.nspcc.org.uk.

They have a range of information on topics from children's mental health, online safety,

sex and relationships, talking about drugs and alcohol; as well as an area called 'Support for Parents'. Here are some other useful resources:

Customer First: The first point of contact for social services in Suffolk. If a young person is at immediate risk then call 999. If you are concerned about their welfare call Customer First on 0800 800 4005 (free from landlines and most mobiles) from Monday to Thursday 8am to 5.20pm or Friday 8am to 4.20pm (excluding bank holidays).

Emotional Wellbeing Hub: A team of Emotional Wellbeing Practitioners who can provide advice and support for children and young people (aged up to 25) who are experiencing mental health difficulties and also provide advice for parents. Please Google their website to check out forthcoming free webinars. Call 0345 600 2090, available Monday to Friday, 8am to 7.30pm.

School nurse: ChatHealth is a service for you to text a Suffolk school nurse to ask for confidential help and advice on all kinds of health issues. ChatHealth text number is 07507 33 33 56. Available Monday to Friday from 9am to 4.30pm.

Our DSL/DDSLs

Alderwood Academy: Tom Baker (DSL) & Kester Hawkins (DDSL).

First Base Bury St Edmunds Academy: Sonia Myhill (DSL) & Sophie Hickmott (DDSL).
First Base Ipswich Academy: David Hitchin (DSL) & Stacey Laws, Tanya Gray & Sophie Hall (DDSLs).

Parkside Academy KS3: Alan Buckley (DSL) & Alicia Mann & Nic Shaw (DDSLs).

Parkside Academy KS4: Nick Stevens (DSL) & Fe Dunachie & Emma Osborne (DDSLs).

St Christopher's Academy: Tom Baker (DSL) & Charlotte Orvis (DDSL).

Westbridge Academy: Carey Fish (DSL) & Nicola Axford & Natasha Wickende (DDSLs).

Outreach Teaching Service: Carey Fish (DSL) & Louise Chapman, Jo Perry & Pippa Harding (DDSLs).

Ipswich Hospital School: Kate Kingsford (DSL) & Nichole Phillips (DDSL).

SAFEGUARDING children is the first priority of the Raedwald Trust and its academies.

Through a culture of collaboration, transparency and a relentless focus on improvements, we are driven to deliver excellence with, for and on behalf of our children.

At the Raedwald Trust we are committed to safeguarding children and young people and



CEO statement

we expect everyone who works in our Trust to share this commitment.

Adults in our Trust take all welfare concerns seriously and encourage children and young people to talk to us about anything that worries them. We will always act in the best interest of the child.

RAEDWALD TRUST CEO,
Angela Ransby