# **Safeguarding Support and Advice**



#### Dear Parent/Carer,

We have put together a bank of contact details and links to services that can offer support to families around different issues including; online safety, keeping healthy and keeping safe. We have included links to local Devonbased support services as well.

We have introduced a dedicated safeguarding email address for our website so that anyone can contact us regarding a non-urgent safeguarding query. The email address is <a href="mailto:safeguarding@lampard.devon.sch.uk">safeguarding@lampard.devon.sch.uk</a> and can be found on our safeguarding and online safety pages on the school website.

If you would like further information on any aspect of safeguarding or links to support services, please email us. We will be checking our inbox at regular intervals and aim to get back to you as soon as possible.

The Care & Safeguarding Team ©







# **Online Safety:**

We understand that you may have worries about your child keeping safe when being online. Below you will find links to useful websites/organisations that provide specific resources around online safety for children and young people.

#### www.commonsensemedia.org.

Check if the games, apps, films and social networks are age appropriate. The minimum age for most social networks is 13 including Facebook and Instagram. You can check specific games, films, TV programmes and apps on

## www.parentinfo.org/

Parent Info is a free web service providing information to parents and carers.

## www.net-aware.org.uk

Advice from NSPCC and O2 on social networks, apps and games.

## www.childnet.com/parents-and-carers

A non-profit organisation working with others to help make the internet a great and safe place for children.

## www.internetmatters.org

Gives simple, practical and easy advice on the steps you can take as a parent to keep children as safe as possible online. Lots of very easy to understand step by step guides on setting controls.

#### www.thinkuknow.co.uk

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline. Useful advice for parents/carers.

# **Family Support Services:**

## Pinpoint Devon - www.pinpointdevon.co.uk

A database of local community services in Devon that covers a wide range including care, housing, money matters, childcare, social and learning opportunities. Links to local foodbanks and community services also.

# The Devon Children and Families Partnership (DCFP) - www.dcfp.org.uk

Devon Children and Families Partnership is an agency that offers advice to families and professionals around keeping safe and keeping healthy.

# Children and Family Health Devon - www.childrenandfamilyhealthdevon.nhs.uk

An NHS service that covers services such as CAMHS (Children and Adolescent Mental Health Service), Speech and Language Therapy, Occupational Therapy, and Learning Disability services.

## **Public Health Nursing**

The North Devon hub is a single point of contact for families and professionals for all Public Health Nursing Services.

Tel: 0333 234 1904

rde-tr.NorthernPHNhub@nhs.net

## **Child Protection:**



# Worried about a child's safety?

If you are concerned about a child or young person in Devon and want to speak to someone contact the Multi-Agency Safeguarding Hub (MASH) on **0345 155 1071** or email <a href="mashsecure@devon.gov.uk">mashsecure@devon.gov.uk</a> and give as much information as you can.

## If a child is at immediate risk contact the police on 999

You can also contact the NSPCC if you're worried about a child, even if you're unsure, you can contact professional counsellors for help, advice and support on **0808 800 5000** or email **help@nspcc.org.uk** 

