



# Safeguarding and Child Protection



## January 2023 Newsletter

### What is Safeguarding?

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

- Protecting children from abuse and maltreatment
- Preventing harm to children's health or development
- Ensuring children grow up with the provision of safe and effective care
- Acting to enable all children and young people to have the best outcomes.

### Child Protection

Child protection is part of the safeguarding process.

Child protection means: focusing on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

### What to do if you are worried about a child?

If you have concerns that a child is suffering from harm, please ring Children's Social Care 0300 123 6772. If you think a child is in immediate danger – don't delay call the police on 999. The NSPCC website has advice about the signs, symptoms and effects of child abuse and neglect.

## Keeping Children Safe Online

*...useful tips for Parents and Carers*

 <p>Know who online 'friends' are</p>	 <p>Understand not everything online is true</p>	 <p>Consider using home internet filters</p>	 <p>Check security settings are in place</p>
 <p>Know how to block unwanted calls &amp; texts</p>	 <p>Make sure you have an Anti-Virus program</p>	 <p>Check age ratings on games</p>	 <p>Be careful what you share</p>
 <p>Ask your child to teach you about their online world</p>	 <p>Set expectations and time limits</p>	 <p>Know how to report problems on Social Media</p>	 <p>If in doubt, always ask for help</p>

## Child and Family Services

### Chorley Women's Centre

We are an independent organisation run by volunteers, who are dedicated to supporting women of all ages and regardless of circumstances.

Our volunteers are warm, friendly, approachable, and fully trained in supportive listening and can provide information on many topics.

For over 30 years Chorley women's centre has been supporting and helping women find solutions to their problems, so that they can feel empowered to help themselves. We promote the mental health and well-being of all women, not only in Chorley, but in surrounding areas too.

We provide a listening ear either on a one-to-one for more personal issues or we have a communal area where ladies can chat amongst themselves and discuss many topics from childcare to different coping skills, share ideas, engage in the centre activities or just to seek help or advise others on many issues or just sit and have a coffee or tea and a natter.

The centre offers numerous weekly, monthly, and daily activities. We offer a variety of informal and formal courses on different subjects when available. We offer relaxation sessions, colouring books, relaxing music, knit and natter sessions, crafty chat afternoons once a month, as well as free Yoga, healing, and massage sessions.

We offer a secure, confidential environment where confidentiality and privacy are always respected. If we can't help, we will always find someone who can! [chorleywomenscentre.com](http://chorleywomenscentre.com)

### Childline (aimed at children)

You can contact Childline about anything. Whatever your worry, it's better out than in. We're here to support you.

There are lots of different ways to speak to a Childline counsellor or get support from other young people. [0800 1111](tel:08001111)

As well as phone and email support for children, Childline has a number of great videos and information to help children with a range of topics. [www.childline.org.uk](http://www.childline.org.uk)

### Helping children and mothers after domestic abuse

Through Domestic Abuse, Recovering Together (DART™), 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.

### **Making a referral**

To see if DART is delivered in your area or to make a referral, email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

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