



# Rivermead Inclusive Trust Parent/Carer Safeguarding Newsletter

Welcome to the second edition of the Rivermead Inclusive Trust Safeguarding Newsletter.

As the holidays approach, it is important to be aware that this can bring anxiety for some young people, due to spending more time than usual on social media – there's lots of help still available!

The trust would like to wish you all a very happy, healthy festive break and New Year!

## Emergency Contact Numbers

Childline (24 hours ul8s) 0800111

NSPCC 08008005000

Shout (Immediate help) – Text 85258

Kidscape (Bullying & How to Cope) 02077303300

Young Minds (Emotional support) 0800 8025544

Papyrus (Young suicide prevention) 08000884141

Medway Children's Services – 01634334466 or Out of Hours 03000 419 191

*Merry Christmas*





# Christmas and Mental Health

Christmas can affect our mental health in lots of different ways. It's a time of year that often puts extra pressure on both parents and children alike.

Christmas could affect your mental health if you:

1. Wish you didn't have to deal with Christmas or find it stressful because of other events in your life
2. Feel alone or left out because everyone else seems happy when you're not
3. Feel frustrated by other people's views of a 'perfect' Christmas, if these feel different to your experiences
4. Have ideas about what Christmas should be like, feel as if you need to enjoy it or worry something will disrupt it
5. Feel like Christmas gives you something to focus on and look forward to, and find it difficult when it's over
6. Look back at difficult memories, regret things about the past, or worry about the coming new year
7. Want to celebrate with someone who's struggling
8. Some children will struggle with the lack of structure that comes with not going to school, not getting up or going to bed early, and not having a clear sense of what each day will involve. Autistic children are particularly likely to struggle with a change in routine and are likely to experience higher levels of anxiety during this time.



## Mental health at Christmas: How to cope with anxiety and stress

Christmas can often heighten anxieties and stress for many individuals. Read our advice on how to deal



## december SELF-CARE

@POSITIVELYPRESENT





# Christmas and Mental Health

## Anxiety UK

[03444 775 774](tel:03444775774) (helpline)

[07537 416 905](tel:07537416905) (text)

[anxietyuk.org.uk](http://anxietyuk.org.uk)

Advice and support for people living with anxiety.

## Beat

[0808 801 0677](tel:08088010677) (England)

[0808 801 0433](tel:08088010433) (Wales)

[beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

Offers information and advice on eating disorders, and runs a supportive online community. Also provides a directory of support services at [HelpFinder](#).

## British Association for Counselling and Psychotherapy (BACP)

[bacp.co.uk](http://bacp.co.uk)

Professional body for talking therapy and counselling. Provides information and a list of accredited therapists.

## Campaign Against Living Miserably (CALM)

[0800 58 58 58](tel:0800585858)

[thecalmzone.net](http://thecalmzone.net)

Provides listening services, information and support for anyone who needs to talk, including a web chat.

## Carers UK

[0808 808 7777](tel:08088087777)

[029 2081 1370](tel:02920811370) (Carers Wales)

[advice@carersuk.org](mailto:advice@carersuk.org)

[carersuk.org](http://carersuk.org)

Advice and support for anyone who provides care.

## Disability Rights UK

[disabilityrightsuk.org](http://disabilityrightsuk.org)

Information and support for people living with a disability.

## FRANK

[0300 123 6600](tel:03001236600)

[talktofrank.com](http://talktofrank.com)

Confidential advice and information about drugs, their effects and the law.

## MindOut

[mindout.org.uk](http://mindout.org.uk)

Mental health service run by and for LGBTQ+ people.

## NHS UK

[nhs.uk](http://nhs.uk)

Information about health problems and treatments, including details of local NHS services in England.

## Useful contacts – for 11-18 year olds



If you're feeling overwhelmed and like you can't cope, you can:

- Ring [HOPELINEUK](#) on [0800 068 4141](tel:08000684141) or the [Samaritans](#) on [116 123](tel:116123)
- Text SHOUT to [Shout's textline](#) on [85258](tel:85258)

If you feel like you may attempt suicide, or you have seriously hurt yourself, you can:

- Call **999** and ask for an ambulance
- Tell an adult you trust and ask them to call 999





# Keeping your child safe online

With a huge increase in sales of devices (around 13 million people receive smartphones for Christmas each year), it is important to ensure that you and your children are safe when playing with new kit.

To help, we've set out a few top tips to help keep your household safe online over the holidays.

## The Tech:

### Learn your way around

Most devices have controls to ensure that kids can't access content you don't want them to. [Make sure your "in-app" purchases are disabled](#) to avoid a nightmare surprise in the new year.

### Tablets

Tablets are popular with younger children, and the market has several which are geared towards child-friendly content. When it comes to using them, start slowly; only download games and apps you have checked out carefully (sites such as [www.net-aware.org.uk](http://www.net-aware.org.uk), or [www.commonssensemedia.org](http://www.commonssensemedia.org))

### Mobile devices

If you have older children and are thinking about getting them a new phone for Christmas, this can pose its challenges: The old online safety message about having your home computer in a communal place becomes defunct because phones are mobile computers and have the power of most traditional desktop PCs.

### Set boundaries

Our advice is to set some ground rules and ensure they understand them. For example:

#### Screen Time

Agree on a time limit or number of games beforehand, to avoid repeated disagreements around how long they can spend online.

#### Sleep comes first

The phone should stay out of the bedroom to avoid those nighttime interruptions.

#### Ask for access

If you're genuinely concerned about them, ask them to allow you access to the phone.





Consider setting parental controls on your Wi-Fi – you can block access to inappropriate or adult content, and set time limits which may help rein in those excessive Minecraft sessions.

### Gaming

Finally a word about games. This year there are so many exciting games and consoles around, there is a good chance you might have one in your house. Whether an Xbox Nintendo Switch or PS4, there is something for everyone and every age.

Consider whether your child is mature enough to join an online community and whether the games they are playing are appropriate.

Finally, make sure you enjoy your tech together, it's the perfect time of year!

## TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS



## THE CONTENT DESCRIPTORS



### The PEGI App

The PEGI app allows parents and gamers to easily search for video game and app rating information and read up on parental controls for all devices at home or on the move.

With this app the user is able to:

- Search through the PEGI database for up-to-date video game and app rating classifications.
- Filter results by age rating, genre and platform to find your perfect game.
- Read through detailed instructions on how to set up parental controls on a range of devices.
- Get tips for families about playing video games together.
- Read detailed descriptions on what the age ratings and the content descriptors mean.

The app is now available in 9 languages: English, French, Polish, Dutch, Italian, Spanish, Portuguese, German and Swedish.

The tool has been developed by the [Video Standards Council](#), one of the two administrators of the PEGI system. It includes information and access to local consumer websites where parents and players can find information about age ratings and parental control tools, and advice on how to play games safely and responsibly.

You can find the app available for download here:

[Google Play](#)  
[Apple Store](#)



# Top 12 apps that children are flocking to

## 1. Zoomerang



**Purpose:** Zoomerang is one of the most popular apps right now. It is a simple video creator that allows you to capture short videos, apply filters, and add special effects and background music. You can then share these videos on social media. It is most popular for helping people create videos for Instagram and TikTok. Zoomerang is known for its simplified tutorials which make video creating and editing accessible to almost everyone, including younger kids with access to a child's iPhone or any mobile device.

**Why Parents Should Be Worried:** One of the features that is cause for concern with Zoomerang is location tracking. This can allow online predators to see where your child is located when using the app.

The Zoomerang app is rated E for Everyone, but as is the case anywhere where your child can share videos of themselves, there is risk involved. It is easy to screenshot portions of a video to manipulate them and to take brief moments out of context. Cyberbullying does occur regularly utilizing this tactic.

## 2. Parlor



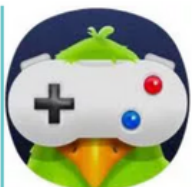
**Purpose:** Parlor shares that they are a social talking app and that their purpose is for people to have amazing conversations and to talk about the same thing with each other. It allows people to message each other and share photos.

**Why Parents Should Be Worried:** The Parlor app is becoming confused with Parler, an app that has recently been banned and one that has received extensive media coverage.

There has been much concern as Parler was used by many for conversations about violence and guns, and due to the fact that plans for the U.S. Capitol insurrection had been shared within the app.

Parler was cut from Amazon Web Services, and then both Google and Apple decided to stop distributing the app. This may be an app that pops up again and then is removed depending on the decisions of the tech companies, but either way, there have been enough violent and extremist views and plans shared via this app to cause concern for parents.

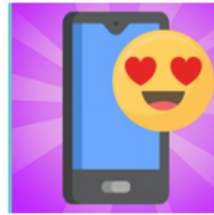
## 3. GamePigeon



**Purpose:** GamePigeon is a gaming app designed for iOS devices that can specifically be used within the Messages app. Available games range from 8 Ball to Checkers to Four in a Row to Word Hunt. It has received positive feedback for allowing introverted people to play games with others in a [multiplayer format](#) and for providing distanced entertainment throughout the Covid-19 pandemic.

**Why Parents Should Be Worried:** This app has in-app purchasing available so younger children can easily run up significant bills without realizing what they are doing. Parents may also want to establish time limits during the use of this app if they are concerned about screen time.

## 4. Chat Master



**Purpose:** This is a unique game where you play as you are texting with someone. There are no sounds or music, and the app gives you two to three options to choose from as you answer questions in a text conversation. Between rounds, there are short activities to do like rearranging apps on the phone or cleaning the screen. There are no items to purchase within the app and you can pay a low price to avoid all ads which can be worth it when children are using the app.

**Why Parents Should Be Worried:** This isn't really a dangerous app, but if you don't pay to remove the ads, they can be overwhelming. Also, you cannot customize responses, so children may choose responses that don't really represent what they want to say.

## 5. Among Us



**Purpose:** Among Us is an online multiplayer social deduction game. It takes place in a space-themed setting and players take on one of two roles. They then try to determine who the imposters are. It requires four to ten players to start a

[familyeducation](#)

messaged players with promotions to visit his YouTube channel and server. They both contained racist language, gore, pornography, and extremist political views. The hacker also sent disturbing messages right within the game. In addition, parents might be concerned about their children playing multiplayer games with strangers as you never know who these players might be and what they may share throughout the game.

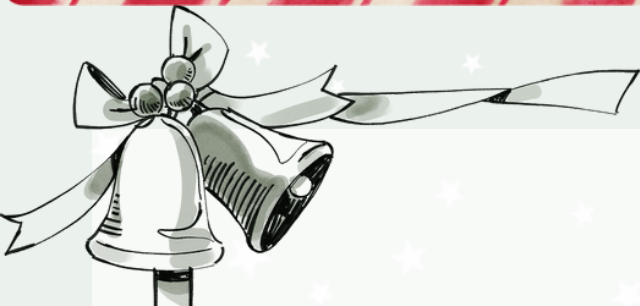
## 6. Banuba



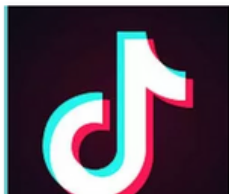
**Purpose:** Banuba is an app that provides features such as a face changer, live filters, funny effects, and masks. They can be applied to photos, videos, and selfies.

**Why Parents Should Be Worried:** Banuba offers auto-renew subscription features per week, month, and year, so this is another app where kids can easily run up charges. There are also a lot of ads that pop up throughout the experience. As with any augmented reality app, parents may be concerned about how pictures and videos are represented and utilized out of context.





## 7. TikTok



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**Purpose:** TikTok is an app for creating and sharing short videos. Users can create short music videos of 3 to 15 seconds and short looping videos of 3 to 60 seconds. It encourages users to express themselves creatively through video. Special effects can be added to the videos.

**Why Parents Should Be Worried:** Thirteen is the minimum age, but there isn't a real way to validate age so anyone can download the app. Also, parents express concern that there is a lot of inappropriate language in the videos so it's not appropriate for young children. Lastly, by default, all accounts are set to public so strangers can contact your children.

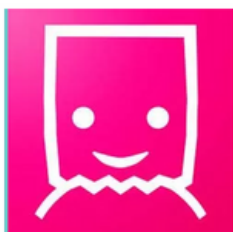
## 8. YouTube



**Purpose:** [YouTube](#) is a place to house and share your videos. You can control privacy settings. It's also a great resource for educational videos and entertainment.

**Why Parents Should Worry:** Inappropriate content has been sliced into both all-ages content and children's content. Also, comments on videos can be extremely inappropriate and hurtful. YouTube also has a [known pedophile problem](#) which is a major cause for concern.

## 9. Tellonym



**Purpose:** This is an anonymous messenger app. It calls itself "the most honest place on the internet." This app is extremely popular in middle schools and high schools and it allows kids to ask and answer questions anonymously.

**Why Parents Should Worry:** It is a regular occurrence to see cyberbullying, violent threats, and sexual content. It also offers unmonitored access to the internet. The age restrictions are inconsistent ranging from 12 to 16, but this app is inappropriate for anyone younger than being in their late teens.

## 10. Bigo Live



**Purpose:** Bigo is a live streaming app. It is rated for teens 17 and up. Users can vlog about their lives, live stream video game play, and host their own shows.

**Why Parents Should Worry:** There is no age verification and users have to provide personal info like their age and location. This is a place where bullying, nudity, violence, and profanity is common.

## 11. IMVU



**Purpose:** This is a virtual world game like SIMS. Users interact with each other as avatars. IMVU stands for Instant Messaging Virtual Universe.

**What Parents Should Worry:** There is nudity and sexual encounters in areas that are for 18+, but there is sexual talk and behaviors in the regular area of IMVU as well. There is a Chat Now feature that randomly pairs users with other users and can lead to inappropriate pairings and interactions. All profiles are public, and there can be bullying and predators trying to get other users to share their phone numbers and to send pictures.

## 12. Snapchat



**Purpose:** [Snapchat](#) is an app that allows users to send photos and videos that disappear after they're received. It's rated ages 12+. The filters and special effects allow users to alter pictures.

**Why Parents Should Worry:** Some kids are using the app to send racy pics because they believe the images can't be saved and circulated. But it turns out that [Snapchat pics don't completely disappear from a device](#), and users can take a screenshot before an image vanishes in the app.



# Food support in Medway

Find out more about organisations and services in Medway which offer food support below.

## Food bank timetable

### Monday

- Gillingham Street Angels, food bank - 9am to 1pm at 43 Skinner Street, Gillingham, ME7 1LG
- All Saints Food bank Centre - 10am to 1pm at The Magpie Centre, 33 Magpie Hall Road, Chatham, ME4 5NE
- Chatham Salvation Army, Bags of Hope - 10am to 12pm at Church St, Chatham, ME4 4BT
- The Hope Centre Foodbank - 12.30pm to 1.30pm at The Hope Centre, 336 to 338 High Street, Rochester, ME1 1BT
- Soup Kitchen Chatham, Time for the Homeless - 7pm at H. Samuel, 2 to 4 Military Road, Chatham, ME4 4JA
- Kent Community Helpers - check the [Kent Community Helpers Facebook group](#) for food drop information.

### Tuesday

- Gillingham Street Angels, food bank - 9am to 1pm at 43 Skinner Street, Gillingham, ME7 1LG
- Medway Food Bank - 9.30am to 3.30pm - visit the [Medway Food Bank website](#) for more information
- Christ Church Luton, food table - 10am to 12pm in the church hall at Christ Church, Luton Road, Chatham, ME4 5BT
- St Justus Rochester - 10.30am to 12.30pm, The Fairway Rochester ME1 2LT
- Strood Food Bank Centre - 11.30am to 1.30pm at The Lower Hall, St Nicholas Church, High Street, Strood ME2 4TR
- The Hope Centre Foodbank - 12.30pm to 1.30pm at The Hope Centre, 336 to 338 High Street, Rochester, ME1 1BT
- Twydall Food Bank Centre and Coffee Shop - 12.30pm to 2.30pm at Twydall Evangelical Church, Goudhurst Road, Twydall, Gillingham ME8 6LQ
- Kent Community Helpers - check the [Kent Community Helpers Facebook group](#) for food drop information
- Peninsula Food Bank Centre, ME3 - delivery only, Tuesday to Friday. To receive a delivery, phone food bank office to arrange this.

### Wednesday

- Gillingham Street Angels, food bank - 9am to 1pm at 43 Skinner Street, Gillingham, ME7 1LG
- MidKent College Centre Gillingham - 9.30am to 11.30am at Mid-Kent College, Gillingham Campus, Medway Road, Gillingham ME7 1FN
- Medway Food Bank - 9.30am to 3.30pm - visit the [Medway Food Bank website](#) for more information
- Chatham Salvation Army, Bags of Hope - 10am to 12pm at Church St, Chatham, ME4 4BT
- Open Doors Cafe Chatham - 10.30am to 3.45pm at Chatham Evangelical Church, Ordnance Street, Chatham ME4 6SE
- The Hope Centre Foodbank - 12.30pm to 1.30pm at The Hope Centre, 336 to 338 High Street, Rochester, ME1 1BT
- Medway Street Angels, soup kitchen - 7pm at Clover Street car park, Chatham Town Centre, Chatham
- Kent Community Helpers - check the [Kent Community Helpers Facebook group](#) for food drop information
- Peninsula Food Bank Centre, ME3 - delivery only, Tuesday to Friday. To receive a delivery, phone food bank office to arrange this.





#### Thursday

- Gillingham Street Angels, food bank - 9am to 1pm at 43 Skinner Street, Gillingham, ME7 1LG
- Medway Food Bank - 9.30am to 3.30pm - visit the [Medway Food Bank website](#) for more information
- The Net Community Cafe, Walderslade - 9.30am to 12pm at 70 Silverweed Road, Walderslade, Chatham ME5 0QX
- Hands of Hope Foundation - 10am to 4pm at 143 Watling Street, Gillingham, ME7 2YY
- The Hope Centre Foodbank - 12.30pm to 1.30pm at The Hope Centre, 336 to 338 High Street, Rochester, ME1 1BT
- St Mark's Food Bank Centre, Gillingham - 1pm to 3pm at St Mark's Church, Canterbury Street, Gillingham ME7 1BJ.
- Medway Street Angels, soup kitchen - 7pm at Clover Street car park, Chatham Town Centre, Chatham
- Kent Community Helpers - check the [Kent Community Helpers Facebook group](#) for food drop information
- Peninsula Food Bank Centre, ME3 - delivery only, Tuesday to Friday. To receive a delivery, phone food bank office to arrange this.

#### Friday

- Gillingham Street Angels, food bank - 9am to 1pm at 43 Skinner Street, Gillingham, ME7 1LG
- All Saints Food Bank Centre - 10am to 1pm at The Magpie Centre, 33 Magpie Hall Road, Chatham, ME4 5NE
- Hands of Hope Foundation - 10am to 2pm at 143 Watling Street, Gillingham, ME7 2YY
- Strood Food Bank Centre - 11.30am to 1.30pm at The Lower Hall, St Nicholas Church, High Street, Strood ME2 4TR
- The Hope Centre Foodbank - 12.30pm to 1.30pm at The Hope Centre, 336 to 338 High Street, Rochester, ME1 1BT
- Twydall Food Bank Centre and Coffee Shop - 12.30pm to 2.30pm at Twydall Evangelical Church, Goudhurst Road, Twydall, Gillingham ME8 6LQ.
- Nigerian Community Association Kent and Medway - 6pm to 9pm at the Innovation Centre Medway, Maidstone Road, Chatham, ME5 9FD
- Time for the Homeless, soup kitchen - 7pm at H. Samuel, 2 to 4 Military Road, Chatham, ME4 4JA
- Time for the Homeless, Soup Kitchen - 8.45pm Boat Lane Car Park, opposite The Eagle Tavern, 124 High Street, Rochester, ME1 1JT
- Kent Community Helpers - check the [Kent Community Helpers Facebook group](#) for food drop information
- Medway Food Bank - 9.30am to 1.30pm - visit the [Medway Food Bank website](#) for more information
- Magdalene Ministry - 12pm to 2pm at Mercy Lodge, Victoria Road, Walderslade, ME5 9EN (appointment only - please email [info@magdaleneministry.com](mailto:info@magdaleneministry.com) to book a collection slot)
- Peninsula Food Bank Centre, ME3 - delivery only, Tuesday to Friday. To receive a delivery, phone food bank office to arrange this.

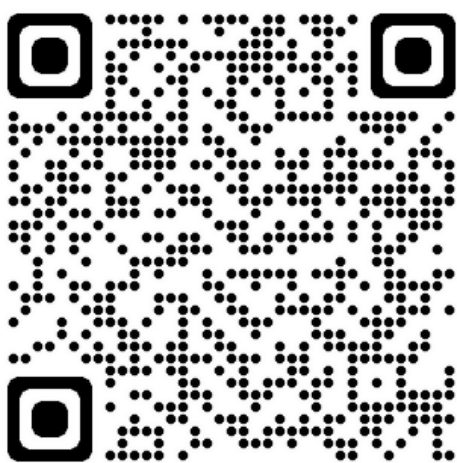
## Saturday

- Gillingham Street Angels, food bank - 9am to 12pm at 43 Skinner Street, Gillingham, ME7 1LG
- Nigerian Community Association Kent and Medway - 10am to 5pm at the Innovation Centre Medway, Maidstone Road, Chatham, ME5 9FD
- St Mark's Food Bank Centre, Gillingham - 10am to 12pm at St Mark's Church, Canterbury Street, Gillingham ME7 1BJ.
- Open House Project Rochester, soup kitchen - 2pm to 4pm at Quaker Meeting House, 3 Northgate, Rochester, ME1 1LS
- Medway Street Angels - 7pm at Clover Street car park, Chatham Town Centre, Chatham
- Kent Community Helpers - check the [Kent Community Helpers Facebook group](#) for food drop information.

## Sunday

- Nigerian Community Association Kent and Medway - 12pm to 5pm at the Innovation Centre Medway, Maidstone Road, Chatham, ME5 9FD
- One Big Family, soup kitchen - 6.30pm to 7.30pm at the bottom of Meeting House Lane, Chatham Town Centre, ME4
- Kent Community Helpers - check the [Kent Community Helpers Facebook group](#) for food drop information.

**HAF will be running during the festive period  
scan the QR code to book a session**



### Holiday Activity and Food (HAF) Programme

The HAF programme is available to all children in Medway and free for children who receive free school meals. All activities will be accessible to book on the MedwayGo website.

Book a place >

Email [go@medway.gov.uk](mailto:go@medway.gov.uk) or visit the [MedwayGo website](#) for more information.



# DOMESTIC ABUSE AT CHRISTMAS

Christmas is a time for happiness, joy and celebration for lots of people. However, it can be a time of fear and sadness for many people as a result of domestic abuse.

## Increased domestic abuse at Christmas

Each year, there is an increase in reports of domestic abuse over the festive period. This is often due to people drinking more alcohol, families experiencing more stress and pressure and families spending prolonged periods together.

This increases the risk posed to victims of domestic abuse. In turn, this also increases the risk to children by them witnessing domestic abuse or experiencing it themselves. A recent change in the law has meant that a child who sees, hears or experiences the effects of domestic abuse perpetrated by a relative is classed as a victim of domestic abuse themselves. This emphasises the devastating impact domestic abuse has on a child's emotional and physical well-being.

## What is defined as domestic abuse?

Domestic abuse has recently been defined, in law, as any behaviour which is abusive between two people who are personally connected and are over 16 years of age. Behaviour can be abusive if it consists of any of the following:

1. Physical abuse
2. Sexual abuse
3. Violent or threatening behaviour
4. Controlling or coercive behaviour
5. Economic abuse
6. Psychological, emotional or other abuse

## What can be done to keep families safe over Christmas?

In light of the increased risk of domestic abuse over Christmas, several things can be done to help keep people safe:

1. Speak to trusted family or friends and create a 'safety plan' for if things start to go wrong. This could include planning to stay at a friend's house for a few days or being able to contact a friend who can seek help from someone else if necessary.
2. Seek support from domestic abuse support services. There is a wealth of services, both local and national, that provide support over the festive period and all year round. Refuge runs a national abuse helpline which can be contacted via telephone or web chat. For males experiencing domestic abuse, the men's advice line can be contacted via telephone or email.
3. Talk to an experienced Solicitor about legal orders, such as a Non-Molestation Order or an Occupation Order. A Non-Molestation Order is a legal order which prevents a person from behaving in an abusive manner and protects the person applying for the order. An Occupation Order is a legal order which regulates who lives in a property to ensure that a victim of domestic abuse is safe.
4. If there is an urgent or imminent risk of danger, we would advise that the police be called via '999'. If someone finds themselves in a situation where they are in danger and cannot speak, they can call '999' and respond by coughing or tapping on the handset. You can also press '55' on the handset if calling from a mobile, which will transfer your call to the police after dialling '999'.

## Domestic Abuse Support in Medway.

### Medway Domestic Abuse Service

Our Medway Domestic Abuse Service, also known as Oasis, is a specialist support service for victims of domestic abuse and their families.

Oasis provides:

- a confidential helpline offering emotional support
- advice on what to do
- ongoing one-to-one support to help victims stay safe and recover from their abuse.

If you're in immediate danger you may leave your home to get help. The Medway Domestic Abuse Service can help you access emergency accommodation in a refuge.

### How to get help

Call the Medway Domestic Abuse Service confidential number on 0800 917 9948 or email [info@choicesdaservice.org.uk](mailto:info@choicesdaservice.org.uk).

#### Calling the police

If you are in immediate danger call 999 and ask for the police.

If you are in danger and unable to talk on the phone, dial 999, listen to the operator's questions and respond by coughing or tapping the handset. Then follow the instructions depending on whether you are calling from a mobile or a landline.

If you are calling 999 from a mobile

If prompted, press 55 to Make Yourself Heard. This will transfer your call to the police and does not allow them to track your location.

If you are calling 999 from a landline

If only background noise can be heard and BT operators cannot decide whether an emergency service is needed, you will be connected to a police call handler.

If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, your location should be automatically available to the call handlers to help provide a response.

### Adult abuse

If you have an emergency you should call 999.

You can contact the Medway Domestic Abuse Service or report an adult abuse concern.

Find out more about adult abuse and safeguarding

[https://www.medway.gov.uk/info/200169/adult\\_social\\_care/429/adult\\_abuse\\_and\\_safeguarding](https://www.medway.gov.uk/info/200169/adult_social_care/429/adult_abuse_and_safeguarding)

## Child abuse

If you have an emergency you should call 999.

You can still get help if you or your child is at risk of domestic abuse.

You can also raise a safeguarding concern for a child using our online form.

[https://www.medway.gov.uk/info/200170/children\\_and\\_families/600/worried\\_about\\_a\\_child/](https://www.medway.gov.uk/info/200170/children_and_families/600/worried_about_a_child/)

## More information and support

**Women's Aid** – Women's Aid has published some useful safety advice and links to help people isolated at home with their abuser. <https://www.womensaid.org.uk/covid-19-resource-hub/>

**National Domestic Abuse Helpline** – Call the National Domestic Abuse Helpline for free and in confidence. You can call 24 hours a day on 0808 2000 247.

**Refuge** – Refuge has a range of resources on identifying the signs of domestic abuse. They also have a safety guide for women and children who are living with a perpetrator. It also features a tech abuse chatbot with step-by-step instructions on how to secure devices such as phones and laptops. Look for the pink button in the bottom-right corner.

**Suzy Lamplugh Trust** – If you are worried about stalking, the Suzy Lamplugh Trust offers advice on how to report stalking and harassment and how to protect your safety.

**Men's Advice Line** – The Men's Advice Line is a confidential helpline for male victims of domestic abuse and those supporting them. You can contact the advice line on 0808 801 0327.

**Galop** – Galop runs the National LGBT+ Domestic Abuse Specialist helpline, call 0800 999 5428 or email [help@galop.org.uk](mailto:help@galop.org.uk).

**Hestia** – Hestia provides a free mobile app, Bright Sky, which provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

**Chayn** – Chayn provides online help and resources about identifying manipulative situations and how friends can support those being abused. It offers support in several languages.

# Attendance

## Reminders

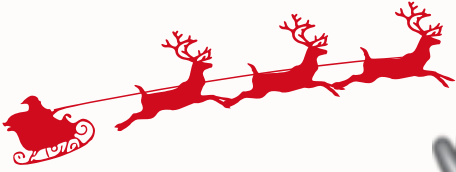
Regular attendance is essential if children are to achieve their full potential. Across our trust, we would like to see all our pupils have good attendance. The attendance target for all pupils is at least 96%.

### Parent and carer responsibilities

Parents and carers must follow the school's attendance procedures and contact schools on the first day and subsequent days thereafter. Schools must be notified of a child's absence. If an absence is longer than two days, medical evidence evidence must be provided.

If you have any concerns or would like support with your child's attendance, please contact your child's school and speak to the attendance officer.





We look forward to seeing you all in 2024!

Rivermead School | RRR | Post 16 Term 3 return date -  
Wednesday 3rd January 2024

Walderslade Primary School Term 3 return date -  
Wednesday 3rd January 2024

Academy of Woodlands School Term 3 return date -  
Wednesday 3rd January 2024

Hoo St Werburgh School and The Marlborough Term 3 return date -  
Wednesday 3rd January 2024

Luton Primary School Term 3 return date -  
Thursday 4th January 2024

Merry Christmas