

Safeguarding at St Mary's January 2021

Dear all,

I hope that you, your families and friends are well.

As we enter another period of lockdown I thought it would be a good time to remind you of some online resources which offer support and practical advice both for parents/carers and children.

1. The NSPCC website is excellent for all kinds of advice but this particular link will offer you as adults advice about dealing with issues which could occur online:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

2. The Anna Freud and the Young Minds websites, again both for those with a parental responsibility and for children, are good places to go for concerns around mental health issues. Mental health includes our emotional, psychological, and social well-being and will, understandably, be challenged as we have to cope with online lessons and not being able to see our friends and family.

<https://www.annafreud.org/>

<https://youngminds.org.uk/>

It is also important to make sure adults in our community are kept safe. These telephone numbers and websites may be useful:

www.thecalmzone.net 0800 585858

www.mind.org.uk 0300 123 3393

Samaritans 116 123

24 hour Domestic Violence Helpline 0808 2000 247

Emergency 999

The Citizens Advice Bureau is open if you need any advice especially regarding housing and jobs in these difficult times. Their helpline phone number is 0300 456 8365. If you need help claiming Universal Credit call on 0800 1448 444. Their website is <https://barnetcab.org.uk/>

Also, 'Support Through Court' is a charity which helps people in court who cannot afford a lawyer. In lockdown, they are operating a telephone service. If you need any help in connection with a court case (including starting it, defending it or attending a hearing), you may ring between 9.30 and 4.30 Monday to Friday on 0300 081 0006."

Pastoral Group contact details: pastoralgroup.smaf@gmail.com

If you wish to speak to a priest:

—Philip rector@stmaryatfinchley.org.uk tel. 07768 443256 (day off: Friday)

—Richard richard@richardmagrath.com tel. 07817 402812 (day off: Saturday)

If you have any concerns about a child or an adult, NEVER think the concern is too small. Please speak to someone. The NSPCC Helpline is anonymous 0808 8005000. Barnet Social Care Direct 020 8359 5000 can offer advice about adults you are concerned about.

Finally, please do contact me on karenmalyali@googlemail.com if you have any questions.

Karen Malyali
Parish Safeguarding Officer