

Partnership Matters

Welcome to the Spring 2023 edition of the East Riding Safeguarding Children Partnership (ERSCP) Newsletter.

The following pages outline:

The work of School Nurses in the East Riding including the Chat Health Message Service for young people

Safer Sleep Week 13 – 19 March 2023

Safeguarding Week 19-23 June 2023





Safer Sleep Week 2023

Safer Sleep Week is an annual awareness event run by The Lullaby Trust to raise awareness of Sudden Infant Death Syndrome (SIDS) and to equip parents with information on how they can reduce the risk.

Lullaby Trust

This year, the event occurs from 13 – 19 March. The focus of the Lullaby Trust campaign is co-sleeping. The safest place for a baby to sleep is in their own clear, flat, separate sleep space, such as a cot or Moses basket.

Key Safer Sleep Messages

- ❖ The Lullaby Trust can help and support all parents to understand SIDS and safer sleep and feel confident when caring for their baby
- ❖ Safer sleep only works if followed consistently so it is vital that all those who care for a child know how to reduce the risk of SIDS
- ❖ SIDS is only rare because people follow safer sleep advice

The theme for this year is co-sleeping.

The safest place for a baby to sleep is in a clear, flat, separate sleep space. However, a recent survey of over 3,400 parents showed us that many parents co-sleep with their baby at least some of the time and that many parents have accidentally fallen asleep in bed with their baby. A recent report from the National Child Mortality Database also highlighted that many babies die in hazardous co-sleeping situations, the majority of which are unplanned. So, it's vital that every new and expectant parent knows the advice on how to co-sleep more safely, regardless of how they plan to sleep. This will allow parents to prepare a safer space for planned co-sleeping, or if they fall asleep without intending to.

Advice on co-sleeping

<https://www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping/>

Cllr Aitken said "It is so important to help families by promoting safer sleep strategies as part of the wider offer of safeguarding and wellbeing support for families across the East Riding. Many new parents and carers feel anxious about making sure their baby is sleeping safely. The Safer sleep week is an opportunity to share lifesaving advice to help parents and carers reduce the risk of sudden infant death syndrome and build more confidence in their care."

For more information

Lullaby Trust <https://www.lullabytrust.org.uk/about-us/>

ERSCP <https://www.erscp.co.uk/parents-carers-family/safer-sleeping/>

Humber NHS Foundation Trust <https://www.humber.nhs.uk/news/local-health-care-and-childrens-services-come-together-to-promote-safer-sleep-week-and-reduce-sudden-infant-death-syndrome-sids-rates-across-the-region/627197>

Save the
Date



Safeguarding Week
19th - 23rd June

Its back. Safeguarding Week will take place between Monday 19th – Friday 23rd June.

Following the success of our on-line conference last year, we are pleased to confirm the date for this year's Safeguarding Week. It will offer relevant topics that will be of interest to both the public and professionals.

The conference brings inspirational expert speakers from the safeguarding community to support your professional development, stimulate discussion and provoke innovative thinking.

Registration will open soon, and we wanted to be sure that you had the dates set aside in your diary.

We look forward to sharing the full programme with you when it is available.

Some of the feedback received from participants:

- "Well delivered and relevant content."
- "It was a useful introduction very clear and engaging and flagged up key documents to follow up on."
- "Incredibly helpful. Thank you."
- "A very helpful session and Q&A session was good."
- "Session was packed full of info - very knowledgeable spokesperson who was clearly an expert"
- "It was good that there were speakers from different sectors talking about their specialist field"
- "Excellent content, thought provoking and inspirational"

School Nurse Focus

Denise Purdon, ISPHNS Clinical Team Leader/ Professional Nurse Advocate discusses the role of School Nurses

School Nurses are specialist community public health nurses (SCPHN – SN), and they lead the delivery of the Healthy Child Programme (HCP).

School Nurses work across education and health, providing a link between school, home, and the community. They work with young people aged 12 to 19, up to the age of 25 for people with special educational needs and/or disabilities, and their families. In addition to this, they also work in collaboration with their Health Visiting colleagues to support primary school-age children and the staff within schools.



School Nurses work with families, education settings and communities to improve access, experience, outcomes and reduce health inequalities.

Their additional training in public health helps them to support children and young people in making healthy lifestyle choices, improve the health and wellbeing of children and young people, and enabling them to reach their full potential and enjoy life.

Every secondary school has a weekly drop in which young people can access a nurse for advice and support. The young person may be signposted or referred to other services if there is a need which cannot be supported by the ISPHN service. You can drop in during your school lunch break or can arrange an appointment via our single point of contact, chat health or pastoral support staff at school. You do not need to give the reason for the appointment at the time of requesting it. Appointments with the school nurse are confidential unless the young person or someone else have experienced harm or are at risk of harm. The young person will be told who the school nurse needs to speak with to help keep them safe.

Despite the job title they do not only work with children and young people who attend school, for example they offer an annual contact for assessment of health needs for those who are electively home educated.

There are six high impact areas where School Nurses aim to make the biggest difference to child health outcome

- Resilience and emotional wellbeing
- Keeping safe: Reducing risky behaviour
- Improving lifestyle
- Maximising learning and achievement
- Supporting complex and additional health and wellbeing needs
- Seamless transition and preparation for adulthood

ChatHealth Message Service for young people

ChatHealth is a secure, anonymous, and confidential text messaging service for young people 11 to 19 years of age, up to the age of 25 for people with special educational needs and/or disabilities, living or educated within the East Riding.

ChatHealth has experienced public health and specialist public health nurses online waiting to respond to messages from young people.

All users need to do is [text 07507 332891](tel:07507332891) to start a conversation.

Here are some examples of issues you can discuss using ChatHealth

Young people can text anytime. We will respond from 09:00 – 17:00, Monday – Friday excluding bank holidays. We have experienced clinicians online waiting to answer and deal with any messages from young people. During out-of-hours, anyone who texts the service will receive an automated message with advice on where to get help if their question is urgent.

We have developed a new Single Point of Contact to ensure that you can access the service(s) you require with ease

A list of teams covered within this Single Point of Contact can be found below.

- Bridlington team
- Goole team
- Haltemprice team
- North Holderness team
- South Holderness team
- West Wolds team
- Our team leaders
- Family Nurse Partnership

Contact any of the above on **01482 689689**

PEER PRESSURE SEXUALITY SELF-ESTEEM PHYSICAL HEALTH
LOW HOME LIFE BODY EXAM STRESS
MOOD REDUCED APPETITE IMAGE HEALTHY EATING
QUERYING YOUR IDENTITY DRUGS SMOKING SELF
PANIC CYBERBULLYING BULLYING ALCOHOL
ATTACKS CONTRACEPTION RELATIONSHIPS HARM
SEXUAL HEALTH SLEEP EMOTIONAL WELLBEING

NATIONAL Contact Information

- Anti-Bullying Campaign
 - www.bullying.co.uk
 - Barnardos
 - www.barnardos.org.uk
 - Boloh: Barnardos BAME COVID19 helpline
 - <https://helpline.barnardos.org.uk/boloh>
 - Centre of Expertise on Child Sexual Abuse
 - www.csacentre.org.uk
 - Child Exploitation & Online Protection (CEOP)
 - www.ceop.gov.uk
 - Child Accident Prevention Trust (CAPT)
 - www.capt.org.uk
 - Childline
 - www.childline.org.uk
 - Department of Education (DofE)
 - www.education.gov.uk
 - Gingerbread (practical support for single parents)
 - www.gingerbread.org.uk
 - Karma Nirvana (supporting victims of honour crimes and forced marriages)
 - www.karmanirvana.org.uk
 - National Centre for Eating Disorders
 - www.eatingdisorders.org.uk
 - FRANK – The National Drugs Helpline
 - www.talktofrank.com
 - NICE – National Institute for Health and Care Excellence
 - www.nice.org.uk
 - NSPCC
 - www.nspcc.org.uk
 - Private Fostering Campaign
 - www.privatefostering.org.uk
 - Social Care Institute for Excellence
 - www.scie.org.uk
 - The Samaritans
 - www.samaritans.org.uk
 - Women'sAid (support for domestic violence victims)
 - www.womensaid.org.uk
 - Young Minds (children's mental health)
 - www.youngminds.org.uk
- Sign up to the free NSPCC Casper weekly safeguarding bulletin at**
<https://learning.nspcc.org.uk/newsletter/casper/>
- Check out the free NSPCC Information Service at**
<https://learning.nspcc.org.uk/services/information-service/>

Keeping children safe is everybody's responsibility

**Don't think 'What if I am wrong?'
Think 'What if I am right?'**

If you are worried about a child you can speak in confidence to the East Riding Children's Safeguarding Hub on 01482 395500 or call 01482 393939 out of hours.

**If you believe a child is in immediate
danger and at risk of harm
call the police on 999**

Practitioners please follow the ERSCP Effective Support Guidance which is available at www.erscp.co.uk