



KEEPING BOTELER SAFE

S A F E

SAFEGUARDING NEWSLETTER

OUR SAFEGUARDING NEWSLETTER | DECEMBER 24

YOUR SAFEGUARDING OFFICER: MRS J CHILTON | JCHILTON@BOTELER.ORG.UK

Wishing you all a warm welcome to our Christmas Addition of Keeping Boteler Safe.

We hope all our students, families and wider community have a safe and happy Christmas.

We understand this can be a challenging time for many of our families and we have filled this addition with helpful guidance/ websites should you need any extra support over the festive season.

We hope you find the information helpful and should you need any help, advice or support please contact school or myself directly.

Many thanks,

Mrs Chilton

Jchilton@boteler.org.uk





HEAT **STRUGGLING WITH FUEL PRICES?**

**Are you struggling with fuel prices
and need some advice?**

**If you, or someone you know,
is struggling with their energy bills, we
may be able to help**

Our dedicated mentors can provide advice by visiting you at home and continue support through further visits or remote assistance to help you save money on your energy.

We may be able to help speak to your supplier about any questions you may have regarding billing issues or outstanding debt.



**We can support
you with:**


-  **ENERGY CRISIS & ADVOCACY SUPPORT**
- ENERGY SAVING AWARENESS** 
-  **INCOME MAXIMISATION**
- ENERGY EFFICIENCY ADVICE** 


**PLEASE CONTACT OUR HOME
ENERGY ADVICE TEAM TODAY!**

 **HEAT@THEWISEGROUP.CO.UK**
 **0800 092 9002**


OUR EXPERT HEAT ADVISORS ARE HERE TO HELP YOU WITH **ANY** HOME ENERGY QUESTIONS YOU HAVE.

Speak to us about how to:

 **CONTROL YOUR HOUSEHOLD ENERGY USAGE**

TAKE METER READINGS TO MONITOR YOUR COSTS 


 **SWITCH ENERGY SUPPLIER AND TARIFF**


 **APPLY FOR SUPPORT SUCH AS WARM HOME DISCOUNT AND SUPPLIER PRIORITY SERVICES**

ACCESS ELIGIBLE HARDSHIP FUNDING 

 **ACCESS SUPPORT FOR ANY ENERGY-RELATED ISSUE YOU HAVE**



 **HEAT@THEWISEGROUP.CO.UK**

 **0800 092 9002**

HEAT 

Stuck arguing with your child's other parent?

we can Relate

You don't need to deal with stress,
anxiety or relationship issues alone.

Relate's new AI tools can help you
communicate and problem solve with a
parent or co-parent, to make things
calmer at home.

Try them now



Relate

Christmas and New Year Helpline Numbers-If you urgently need any advice or support during the Christmas period or have any safeguarding concern please ring MASH on 01925 443400 (9:00 – 5:00pm).

First Response Team for aged over 18 is 01925 443322-Out of hours - Emergency number for 01925 444400

NHS Direct 111

Warrington Hospital 01925 635911

Warrington Women's Aid 01925 417138

Kooth.com – Online counselling for young people

LGBT Foundation Helpline – 0345 3 30 30 30 Drinkline – 0300 123 1110 (www.drinkaware.co.uk)

HOPELineUK – 0800 068 41 41 (suicide prevention - Papyrus) Frank (national drugs helpline) - 0300 123 66 00 (www.talktofrank.com)

Samaritans – 116 123

Childline – 0800 1111

NSPCC — 0808 800 5000

Mind – (for better mental health) 0300 102 1234

MASH – 01925 443400

Wakefield House – 01925 666660

Pathways – 01925 415176/07919558644

Foodbank—01925 977630

Domestic Abuse Hub 01925 243359

Health visitor — 01925 946856 (Spencer House), 946528 (Grappenhall Clinic), 946915 (Penketh)

Community Midwives—01925 662092

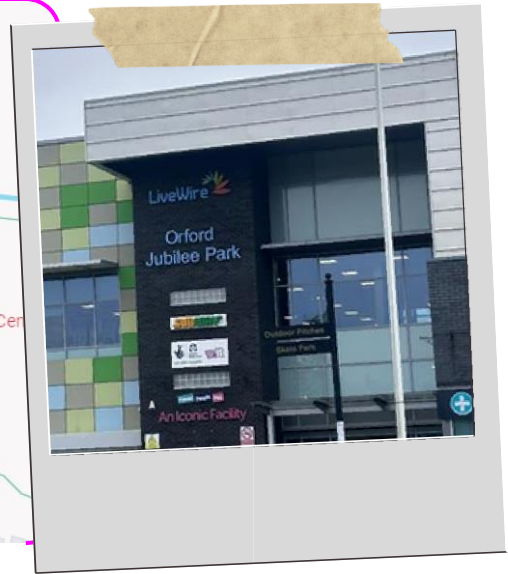
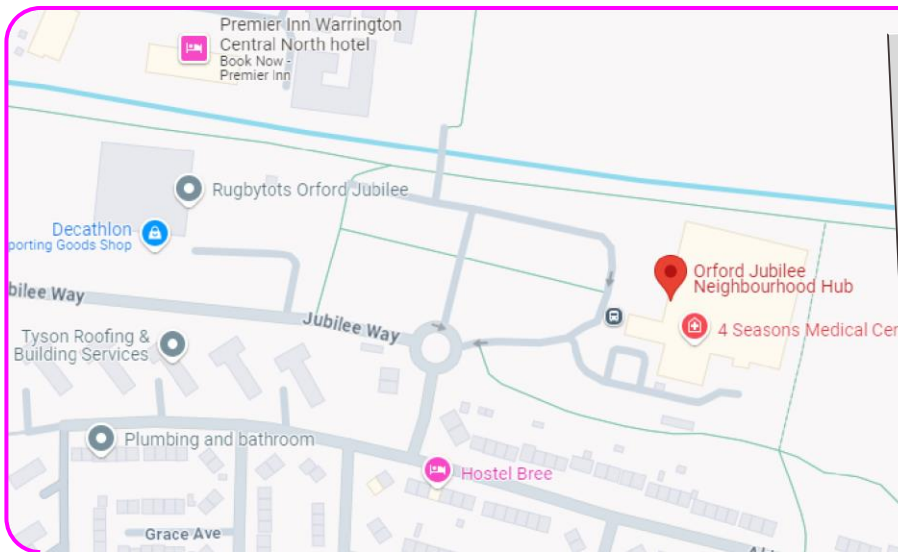
Face Book Pages with free food available - Free Food Warrington, Helping Hands Changing Lives CIC

Emergency line for gas leaks - 0800 111 999

axess 4 u

Axess 4 u sexual health clinic for those aged 19 and younger opening at Orford Jubilee Neighbourhood Hub in Warrington.

NEW



Rooms 15 and 16, Floor 1, Orford Jubilee Neighbourhood Hub, Jubilee Way, Warrington, WA2 8HE



Opens Tuesday 26 November and runs on Tuesdays between 3.30-6pm. No appointment required!



- Emergency contraception
- Contraception
- STI testing and treatment
- Pregnancy testing
- Information and advice

0300 323 1300

X@axess_sh

www.axess.clinic

Scan the QR code for information on all axess 4 u clinics



HAF

Holiday Activities and Food

Are your children
on benefit related
free school meals?

Scan me



If yes, they can attend fully funded
holiday activities at Easter, Summer and Christmas.
Register your interest now at warrington.gov.uk/haf
or email haf@warrington.gov.uk to find out more.

Not eligible?

Many clubs offer paid places at a reduced rate.



WARRINGTON
Borough Council



Department
for Education

Stay well this winter

Warrington Borough Council is encouraging residents to take steps to protect their health and wellbeing this winter.

Monday, 11 December 2023

Health

The winter months can be a challenging time but there are lots of things you can do to keep healthy and well this winter.

The best way to protect yourself and others against illness is to get vaccinated. Being vaccinated not only protects yourself but your loved ones and helps ease pressure on the NHS.

If you're over 65, are a carer or have certain health conditions, you may be eligible to receive free vaccinations.

Make sure you get your [flu](#), [COVID-19](#) and [pneumococcal](#) vaccinations, if you are eligible to protect yourself and others.

Visit, nhs.uk/seasonalvaccinations to find out more about vaccinations and see if you're eligible.

Other precautions you can take to prepare for the cold weather and look after your wellbeing:

- **Keep warm** - Keeping warm over the winter months can help prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression. Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. People in financial difficulty may find it more difficult to heat their homes sufficiently. This increases the risk of becoming unwell due to cold exposure. There are grants, benefits and sources of advice available to help you make your home more energy efficient, improve your heating or help manage energy bills. Check if you can get any heating and housing grants – gov.uk/browse/benefits/low-income. You can also find support and guidance to help you navigate the cost of living crisis this winter on the [council's cost of living support directory](#).
- **Keep active** - Make sure that you keep moving and spend less time sitting still for long periods. Short and regular episodes of movement, physical activity, or chair-based exercises can keep your circulation flowing throughout the day. Visit the Better Health website for ways you can keep active - nhs.uk/better-health/
- **Eat well** – Visit Warrington Foodbank website if you need extra support this winter - warrington.foodbank.org.uk
- **Look after your mental health** – Winter can be a particularly difficult time. People can feel isolated and lonely, particularly on colder, darker days. If you think you need help, visit Warrington's mental health support directory - [Happy? Ok? Sad?](#)



- **Look in on vulnerable neighbours and relatives** - Remember that other people, such as older neighbours, friends and family members, may need some extra help over the winter. There's a lot you can do to help people who need support. Find out ways you can help - [nhs.uk/seasonalvaccinations](https://www.nhs.uk/seasonalvaccinations)

To help prevent the spread of illness this winter remember to wash your hands, sanitise surfaces, keep your distance if you feel unwell and cover your face if you cough or sneeze. If you find yourself unwell remember to call [NHS 111](https://www.nhs.uk/111) for non-critical help. A&E is open to anyone who has an urgent, life-threatening injury or illness.

Cllr Maureen McLaughlin, cabinet member for public health and wellbeing, said: "With the cold weather winter brings and the hustle and bustle of the Christmas period, it's easy for illnesses to spread. This is why it's important to have your seasonal vaccinations and follow the guidance about winter wellbeing to prevent this happening.

"Simple steps like washing your hands regularly, covering your face when coughing and/or sneezing and sanitising surfaces can also go a long way to protecting yourself and others.

"Though Christmas time brings so much joy it can also be a lonely time for some. Please try to look out for those who may be by themselves during the festive period."

For more information and guidance on keeping well this winter, travel safety, school closures and much more visit our [winter weather page](#).

ABANDONED BUILDINGS

Breaking into abandoned buildings isn't an adventure, it's a danger.

- They can be physically unsafe
- Unknown adults are often present
- Drugs and alcohol are being used
- Crime is occurring there

You and your mates could be at serious risk.

Keep out, keep safe



ABANDONED BUILDINGS

Vulnerable children and young people are repeatedly accessing derelict buildings in Warrington.

Please talk to them about the dangers of doing this!

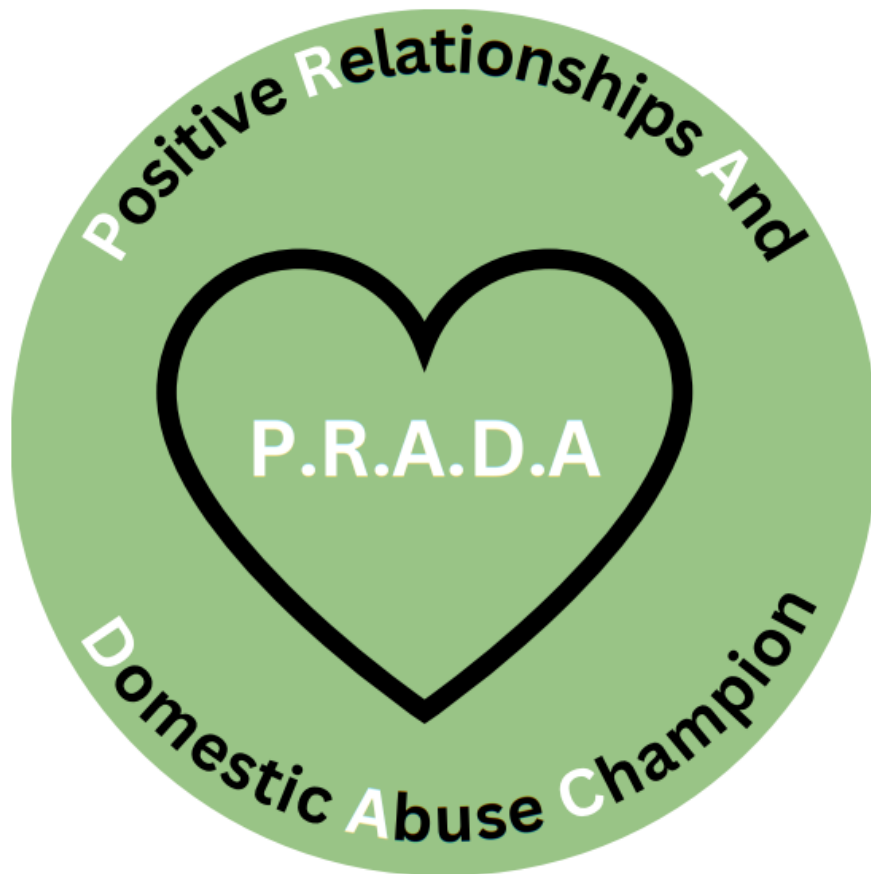
Their lives and safety may be at risk.

If you have any details of buildings that need securing, please contact communitysafetywbc@warrington.gov.uk



DO YOU LIKE TO SUPPORT AND HELP PEOPLE IN YOUR COMMUNITY?

Would you like to have more knowledge around
healthy relationships and domestic abuse to support
family and friends?



**PLEASE COME ALONG TO OUR P.R.A.D.A
INFORMATION EVENT ON
Monday 25th November, 12:30–14:30
at the Hub, Capesthorpe Road, WA2 0JF**

Please contact Sonya Dennis for further information
sonya.dennis@warrington.gov.uk



WARRINGTON
Borough Council



Support for neurodivergent children, young people and their families

Click Here: Autumn 2 Half Term Newsletter 2024

Click the purple link above for more information about the groups, workshops and learning programmes that we will be offering for parents and carers for this half term. Please contact our office on 01925 320863 if you would like any further information. We hope to see you at some of our delivery soon.

ADDvanced Solutions Community Network is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. No diagnosis or referral needed to access the support we have available.

Have a look on our website, www.addvancedsolutions.co.uk, for more information, including useful resources and our What's On calendar.



<https://www.axess.clinic/axess-services/axess-sexual-health-clinics/>

Sexual Health



Information for Young People, Schools Staff and Parents

VAPING AND E-CIGARETTES THE FACTS



NICOTINE VAPES CAN HELP ADULT SMOKERS TO STOP SMOKING.

SMOKING CAUSES DISEASE AND EARLY DEATH.

Vaping is much less harmful than smoking as you don't inhale the **toxic tar** and **carbon monoxide** you get from tobacco smoke.



BUT VAPES ARE NOT HARMLESS.

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.



**MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE.
DON'T SMOKE? DON'T START TO VAPE.**



Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

talktofrank.com
livewirewarrington.co.uk/lifestyles/stop-smoking

<https://warrington.foodbank.org.uk/>

WARRINGTON FOODBANK WE ARE HERE FOR YOU...

Read here...



184,248

meals provided to Warrington families
in 2023



1962

People fed in December 2023
1,175 adults
787 children
Equating to 17,658 meals



90%

of low-income households on
Universal Credit are currently going
without essentials



Warrington Food Pantry

The Warrington Food Pantry at Fearnhead Youth and Community Centre has now re-opened

- **Opening hours are Wednesday & Thursday 10.00am – 1.00pm**

Warrington Food Pantry is the first of its kind in Warrington and is a joint venture between the council, local housing providers Clarion Futures of Clarion Housing Group, Torus and Warrington Foodbank.

The pilot project has been set up at Fearnhead Youth and Community Centre to support residents to improve their health and wellbeing.

People can be referred to the pantry by the council and local partners, including the Warrington Wellbeing service, Torus, Clarion, Citizens Advice Bureau and local GPs. Once registered, service users can pay a weekly £3.50 membership fee, which entitles them to choose a basket of 10 items of food worth up to £20.

Who to contact

Contact Name	Lyn Mullen
Contact Position	Senior Administration
Telephone	01925 443057
E-mail	lmullen@warrington.gov.uk

Where to go

Name	Fearnhead Community Centre
Address	Insall Road Fearnhead Warrington Cheshire

Time / date details

When is it on	Wednesday & Thursday
Time of day	Morning
Session Information	Sessions are drop-in from 10.00am to 2.00pm

We can help you with mental health, relationships, alcohol, smoking, bullying & more...

Get confidential & anonymous advice from an NHS Specialist Community Nurse via text:

- **Young People aged 11-19:** Text: 07507 33010

UPSKIRTING

What You Need To Know:



A poster with a teal background and a white dotted pattern. At the top, the word "UPSKIRTING" is written in a bold, black, sans-serif font inside a white rectangular box. Below it, another white box contains the text "What You Need To Know:". In the center, there is a large QR code with four red square markers at the corners, each containing a white Instagram logo. At the bottom, a pair of hands is shown holding a blue smartphone, with the screen displaying a white document.



YOURPOLICE.UK

A poster with a white background and a border of brown donuts with white icing and sprinkles. In the center, there is a QR code with four black square markers at the corners, each containing a white Instagram logo. Below the QR code, the text "YOURPOLICE.UK" is written in a bold, black, sans-serif font.

SO, YOU SENT A NUDE?

OMG



A poster with an orange background and a white dotted pattern. At the top, the text "SO, YOU SENT A NUDE?" is written in a bold, blue, sans-serif font. Below it, a yellow speech bubble with a red outline contains the text "OMG" in a bold, yellow, sans-serif font. In the bottom left corner, there is a QR code with four black square markers at the corners, each containing a white Instagram logo. In the bottom right corner, there is a stylized illustration of a man's face with a surprised expression.

5 THINGS POLICE OFFICERS MUST DO DURING A STOP AND SEARCH



A poster with a solid purple background. At the top, the text "5 THINGS POLICE OFFICERS MUST DO DURING A STOP AND SEARCH" is written in a bold, white, sans-serif font. In the top right corner, there is a QR code with four red square markers at the corners, each containing a white Instagram logo.



TikTok (13+)

You can choose to have a public or private account. If you set your account to private, then only those you accept as friends can see your videos. To do this go to your profile, tap the settings icon (three dots), tap Privacy and Safety and turn on Private account (by default accounts for people under 16 are set to private).

Report inappropriate content: you can report an account, video, comment and message. Follow the instructions here: <https://support.tiktok.com/en/safety-hc/report-a-problem>

Family Pairing

You can use Family Pairing to link your own TikTok account to your child's account. This will give you access to additional controls such as:

- **Screen Time Management:** Control how long your child can spend on TikTok.
- **Direct Messages:** Limit who can send messages to them or turn off direct messaging completely. *Direct messaging is automatically disabled for registered accounts between the ages of 13 and 15.*
- **Restricted Mode:** Restrict the appearance of inappropriate content.
- **Discover Search bar** - Option to disable.

Find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>



Twitter (13+)

When you set up your Twitter account, you can choose whether you would like to keep your tweets public or protected (private). To keep them private, go to Settings and Privacy, select Privacy and Safety, select Audience and tagging and ensure protect your tweets is selected.

Unfollow somebody: Click the the three dots next to their tweet and select unfollow.

Blocking: Click the three dots next to their tweet and select block.

Location: To keep your location private (so followers can't see the location you are tweeting from), go to Settings and Privacy, select privacy and safety, select location information and ensure precise location is disabled.

Find out more here: <https://help.twitter.com/en/safety-and-security/twitter-privacy-settings>



Snapchat (13+)

When you set up your account, it is automatically set so only friends you've added can contact you or view your story.

Unfriend: Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Remove Friend'.

Block a friend: Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Block'.

Location settings: This feature allows your friends to see where you are (including when you are at home) when you have the app open. **It is so important that you check your child's settings for this feature.** Your location won't be shared on the map until you open it for the first time, at which point you can choose (please note that snaps you submit to Snap Map can still show up on the Map, no matter what location setting you choose):

- **Ghost Mode (Only Me):** your location won't be visible to anyone else.
- **My Friends:** your location will be shared with all of your friends.
- **Select Friends, Except ...:** your location will be shared with your friends, except the friends on this list.
- **Only These Friends ...:** choose specific friends to share your location with.

Who Can Contact Me: in your privacy settings you can choose who can contact you directly with Snaps, Chats, calls, etc. Remember, if you're in a group, then anyone can communicate with you in that Group Chat regardless of your settings.

Find out more here: <https://support.snapchat.com/en-GB/article/privacy-settings2>

We have been made aware of a WhatsApp group titled "Add People".

The group contains hundreds of children and young people and has very inappropriate content such as naked images of AI adults. It is believed that children as young as 7 years old are being added to this group, and as the title suggests the aim is to add as many other children as possible to the group. This has been reported to us by a number of pupils. We have sent a message out to all parents asking them to check their children' phones for this group and generally monitor their social media usage. It is clear that this spans across the whole town, and potentially the whole country, so we also wanted to make yourselves aware in the hope that you can please be vigilant.



Facebook (13+)

Included in Facebook's setting are the ability to set who can see your posts, who can contact you and the ability to review all posts before appearing on your timeline (Timeline Review).

Unfriend: go to their profile, click on Friends and select Unfriend.

Blocking: go to their profile, click on the three dots and select Block.

Facebook Privacy Check up: this tool helps you review your settings. Find out more here: <https://www.facebook.com/help/1297502253597210>



Instagram (13+)

When you set up your account, it is automatically set as public (except if you are under 18 and it is set to private as default). To change your profile to private (so only people you approve can follow you) go to your profile, tap Settings (from menu), tap Privacy and tap to toggle Private Account on.

Remove a follower: Go to your profile and tap followers and select remove to the right of the person.

Blocking: If you want to stop somebody from liking or commenting on your posts, you can block them. To do this, tap their username, tap on the 3 circles in the top right and select block.

Turn off commenting on a post:

Tap the 3 circles above your post and select Turn Off Commenting.

Find out more here: <https://help.instagram.com/196883487377501>



WhatsApp (16+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photo. To change any of these settings, go to settings, account and privacy.

Reporting: When you receive a message from an unknown number for the first time, you will be given the option to report the number. You can also block and report a user by clicking on their name and selecting Block or Report. You can report any issues direct to WhatsApp within the app by going to settings, help and contact us.

Find out more here: <https://faq.whatsapp.com/general/security-and-privacy/staying-safe-on-whatsapp/>

Get urgent help

Contact us

Warrington CAMHS
The Alders
12 Birch Avenue
Warrington
WA2 9TN
Tel: [01925 575 904](tel:01925575904) (9am to 5pm, Monday to Friday)
Crisis Response Team

Our 24 hour crisis response team is for young people up to the age of 18 experiencing a crisis needing an emergency response.

Contact us on [01744 415 640](tel:01744415640)
Those over 18 can contact the crisis line on [0800 051 1508](tel:08000511508)

Going through a crisis? Based in the UK? Place2Be can't provide support outside of our schools, but there are other organisations that can help.

If someone's life is in immediate danger, please call **999**.

Shout (in partnership with Place2Be)

Text **CONNECT** to **85258**

- **For:** anyone in the UK
- **Available:** free, 24 hours a day
- **More info:** giveusashout.org

Childline

Call **0800 1111**

Chat online (set up an account first)

Send an email (set up an account first)

- **For:** children and young people in the UK
- **Available:** free, 24 hours a day
- **More info:** childline.org.uk

Samaritans

Call **116 123**

Send an email (response within 24 hours)

- **For:** adults in the UK
- **Available:** free, 24 hours a day
- **More info:** samaritans.org

Knowing I wasn't alone got me through a difficult night. Texter, Shout

Support for under-18s

If you're worried about something, talk to an adult that you trust as soon as possible.

This could be:

- Someone in your family, like your mum, dad or carer
- Someone at school, like a teacher or Place2Be (if you have it in your school)
- Your doctor.
If you are not sure who to talk to:
- Call Childline on **0800 1111** or
- Text **CONNECT** to **85258** to contact Shout (in partnership with Place2Be).

Talk or text for free any time, wherever you are in the UK.

Find other places where you can get help and advice **I'm worried about my child or young person**

If their life is in immediate danger, call **999**.

If not, we recommend talking to someone who can help you understand what they might be going through and refer you to support in your area.

This could be:

- Your doctor
- The Place2Be staff member at their school OR a similar support service if the school doesn't have Place2Be
- The Young Minds Parents Helpline, which you can call for free on 0808 802 5544 (9.30am-4pm, Monday-Friday, UK).

[Read more about supporting your child or young person](#)

Support for teachers

Education Support Partnership Helpline

Call **08000 562 561**

Text **07909 341229**

For: Teachers / educators

Available: free, 24 hours a day

More info: educationsupport.org.uk

Warrington Multi – Agency Safeguarding Hub (MASH) – 01925 443322

Out Of Office – Duty Team – 01925 443322 – Option 2