Safeguarding Newsletter

23rd November 2021

Terrorism and Extremism: Threat level raised to 'severe'

After the last week's explosion outside a Liverpool hospital, the government has raised the terror threat level to 'severe' meaning that 'an attack is highly likely'. There is only one further threat level - critical - which means 'an attack is highly likely in the near future'.

It is worth revisiting the ACT website for information and resources designed to help people 'Act Early'.

ACT's website can be found here: https://actearly.uk/

The National Sleep Helpline

The National Sleep Helpline helps anyone with sleep issues including adults, parents and young people. The helpline is available from 7pm to 9pm, Sunday to Thursday on 03303 530 541.

Poor sleep can affect anyone and it can be a major stress for parents whose own sleep can be impaired by their children's difficulties getting to sleep, staying asleep or staying in their own bed, leading to greater stress.

Having a sleep issue is surprisingly common. At any given time this affects up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis). These problems are typically persistent and do not resolve themselves without intervention.

Families often don't know where to seek help and yet issues can often be nipped in the bud with basic and accessible interventions.

For more information go to: https://thesleepcharity.org.uk/national-sleep-helpline/

Book: Song of the Crocodile

Caroline Lisa who works in London's children's services is the author of 'Song of the Crocodile' a fast paced, compelling novel highlighting the complexities involved in Female Genital Mutilation (FGM) and why the practice continues. The book tells the story of Binta, a teenager facing the reality of FGM in The Gambia.

The book is a valuable resource for professionals and a tool to facilitate difficult conversations and further equip those safeguarding girls most at risk.

A video trailer for the book can be found here: https://www.youtube.com/watch?v=d18odQC1paM

Useful websites: