



Dear Parents and Carers,

As we come to the end of what has been an unusual year we want to remind you of the services that will be available throughout the Christmas period. Please enjoy Christmas with your loved ones safely. We look forward to seeing you all when we return.

Domestic Abuse

This year has been a challenging year for many, with job losses and the added stress of working from home and lockdowns affecting people's wellbeing and mental health. With the financial strain of Christmas it's anticipated that there will be an increase in domestic abuse, in its many forms.

The eight different forms of abuse will be highlighted, as domestic abuse isn't just violence - it can be a pattern of controlling, threatening and coercive behaviour, which can also be emotional, economic, psychological or sexual.

It can be committed anywhere, including online, and can sadly involve and seriously affect children.



National Centre for Domestic Violence – 0800 970 2070

The National Centre for Domestic Violence helps survivors of domestic violence and abuse obtain protection against an abuser. It specialises in providing free, fast and effective support, usually by helping individuals obtain injunctions from their local county court.

Support for Perpetrators – 0808 8024040

Respect Phoneline have advisors on hand that are able to offer you honest advice in a non-judgmental way and help you stop being violent towards your partner.

They will encourage you to reflect on your behaviours. Becoming aware of how you are acting will help you take control of your behaviours

If you hear or see that someone is in immediate danger please do not delay call 999.

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Mental Health

Christmas can be a tricky time, even without the pandemic. The news tends to assume we all want to have this big Christmas with family. We are all different. For some, a small Christmas might be a blessing. If Christmas is a hard time for you, it's important to **remember that you are not alone**. Some of us may feel disappointed that we can't spend this Christmas as we usually would. If you feel this way, the tips below may help you to enjoy Christmas during the pandemic.

- ❖ Make a plan for your Christmas
- ❖ Try festive wellbeing activities
- ❖ Preserve and adapt traditions
- ❖ Pause or postpone events
- ❖ Part ways with things you don't enjoy
- ❖ Be mindful of other people



More information can be found on www.mind.org.uk

Neglect

Number of recorded child cruelty and neglect offences up by 53% over 3 years. During the first three months of lockdown, police recorded 5,478 child cruelty and neglect offences. With figures rising over the past three years, we want to highlight the risk that children may face this Christmas, and are asking everyone to play their part in keeping young people safe.

Worried about a child?

If you're worried about a child or young person, you can contact the NSPCC helpline for support and advice for free - call us on [0808 800 5000](tel:08088005000) or [contact us online](#)

Children can contact [Childline](#) any time to get support themselves.

Birmingham children's services 0121 3031888

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Spotting the signs of abuse

The NSPCC is encouraging the public to look out for signs of abuse and speak up if they are concerned about a child. Signs of abuse and neglect to look out for can include:

- untreated injuries, medical and dental issues
- repeat accidental injuries caused by lack of supervision
- recurring illnesses or infections
- faltering weight or growth, and not reaching developmental milestones
- poor language, communication or social skills
- unwashed clothes and inadequate clothing in general, like not having a winter coat
- living in an unsuitable home environment - inadequate heating, or dog mess around the house, for example
- being left alone for a long time
- taking on the role of carer for other family members.

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For Parents/Carers

1. Urgent mental health help line: ring 0121 262 3555 for advice and support. This line is available 24 hours, 7 days a week and can be used whether you are known to the service or not.
2. Foodbanks: https://www.findfoodbanksbrum.org.uk/project_category/food-banks/
3. Domestic Violence: Birmingham & Solihull Women's Aid www.bswaid.org
Helpline: 0808 800 0028. Open 7 days a week 9.15am - 5.15pm (closed bank holidays)
4. Finally, a reminder that there is a lot of other early help in the city for all young people and families. Click here for see a whole range of offers: [Birmingham Children's Partnership - Resources | Birmingham Children's Partnership - Resources | Birmingham City Council](#)
5. Free food at Asda
<https://corporate.asda.com/newsroom/2020/11/30/kids-can-eat-free-in-asda-cafes-throughout-december>

For Children and Young People

1. Kooth: www.kooth.com (Online chat, resources and direct help for 10-25yr olds)
2. Pause (Mental health and emotional wellbeing support): to register and request support online via <https://www.forwardthinkingbirmingham.org.uk/services/13-pause> or call the registration line 0207 841 4470.

Finally, thank you for taking the time to read this newsletter, we hope that you have a great Christmas and look forward to seeing you again in 2021 from Mrs Vadukul Oasis Academy Boulton.

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