



Safeguarding and Child Protection at All Saints School

Young Carers



Carers Matter Norfolk
0800 083 1148

Being a carer can be both challenging and rewarding.

If there is a Young Carer in your family, or you know a young person under the age of 19 who is regularly looking after a parent, grandparent or sibling who cannot manage without their support, we're here to help. We offer tailored support for the whole family, addressing the practical and emotional needs of the young carer, the person they are caring for and other family members.

[Young Carers & Family Support - Carers Matter Norfolk : Carers Matter Norfolk](#)

1:1 Support—Our friendly and knowledgeable team can visit your family in your home or a place of your choice to discuss your situation and offer personalised support with:

- Understanding and navigating your way through local services
- Understanding your family's rights
- Accessing entitlements, assessments or grants
- Arranging benefits, housing & adaptations
- Support for the young carer and their siblings around school or college
- Information about local activities & groups for the young carer and the person (or people) that they care for

Our Advisors are trained to provide listening and emotional support and many have personal experience of caring. They can connect you to local support from our partners or from other organisations.

Mentoring for Young Carers—we can help:

- Help build confidence & self-esteem
- Offer guidance, identifying and resolving issues
- Provide emotional and motivational support
- Connect with other young carers for peer support & positive activities

Within our 3-6 month targeted support programme, young carers can access opportunities to get together with their peers through local monthly group sessions. There will be separate group sessions for primary (ages 5-11) and secondary (ages 11-18) age groups and will offer age appropriate focus on:

- Life Skills e.g. eating well, nutrition & cooking & managing money
- Social Development e.g. developing friendships, setting goals and planning for the future
- Fun & Play e.g. music, arts, crafts and games
- Well-being, eg promoting self-care and building self-esteem and confidence

Please do not struggle; if you think you qualify for support we want to help so please contact us and we will look to do a referral

Email: office@allsaintslessingham.co.uk Phone: 01692 582083

Sam Dangerfield (DSL and Headteacher) 07879 875925

Jo Paffett (DSL, Deputy Head and SENCO) 07733 417296

Karla King (DSL and Support Manager) via office

Karen Berryman (DSL and Administrator) via office



If you are a Young Carer or you think your child, relative or friend might be, we're here to help with 1:1 support for you and your family.

- Get support for the person you care for
- Connect with local groups, services and other Young Carers
- Get the right support at school or college
- Look after your health and wellbeing
- Understand your rights

Call our free Advice Line on 0800 083 1148

(Mon-Fri 9am-8pm, Sat 10am-2pm)

Register for support at www.youngcarersmatternorfolk.org

info@carersmatternorfolk.org.uk

Text only – 07537 417850

 @CarersMatterNfk

 [youngcarersmatternorfolk](https://www.facebook.com/youngcarersmatternorfolk)

 [youngcarersmatternorfolk](https://www.instagram.com/youngcarersmatternorfolk)


Carers Matter Norfolk
SUPPORTING YOUNG CARERS & FAMILIES

Norfolk Constabulary – Online Webinar Information for Parents and Carers.

Norfolk Constabulary's Children's and Young Peoples Team will be facilitating 2 webinars about online safety over Microsoft Teams on Safer Internet Day, 7th February 2023. The Webinars are suitable for parents and carers of children of all ages and will raise awareness of a range of issues and risks that young people face online.

They will have speakers from the following Constabulary departments:

- The Safer Schools Team – Will offer advice and information about extremism and radicalisation in order to prevent young people and their internet use.
- Prevent (Counter Terrorism) – Will offer advice and information about extremism and radicalisation in order to prevent children and young people being drawn into this online
- SCOLT (Safeguarding Children Online Team) – Will talk about current trends regarding online grooming and child sexual exploitation (CSE)
- Cyber Security – Will be offering advice about how parents and young people can keep their personal information safe online

Please follow the links for;

Session 1 - <https://www.eventbrite.com/e/online-safety-webinar-session-1-tickets-460817406267>

Session 2 - <https://www.eventbrite.com/e/online-safety-webinar-session-2-tickets-460832501417>

You will then be redirected to Eventbrite where you can reserve your spot.

Online Safety Webinars.



Are you a parent or carer, or someone who looks after children?

Norfolk Constabulary's Safer Schools Team and their colleagues in Prevent (Counter Terrorism), Cyber Security and the Safeguarding Children Online Team will be delivering two webinars about keeping children safe online.

Select a session below to reserve your spot:

Session One

Tue 7 Feb 2023 | 11:00 - 12:00

Session Two

Tue 7 Feb 2023 | 16:00 - 17:00



What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.co.uk/news/technology-53264605>
<https://iprussocial.com/insights/social-media-algorithms/>

NOS National Online Safety®
 #WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

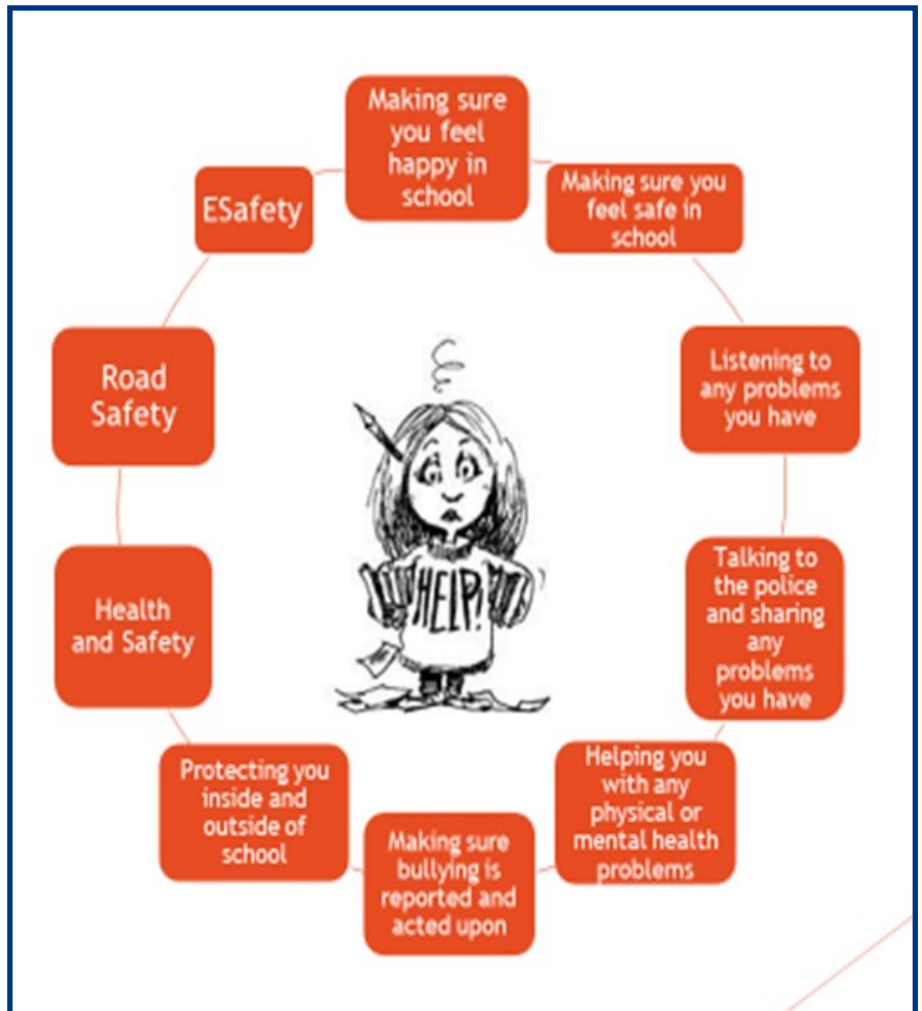
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022

We never turn away from difficult, controversial, embarrassing topics or conversation at All Saints School.

We discuss it sensibly, with maturity and consideration.

We speak to the right people.

We are here to help each other.



Where to go for more information and support:

JustOneNorfolk

<https://www.justonenorfolk.nhs.uk/our-services/healthy-child-programme-services-5-19>

Point 1

<https://www.ormiston.org/what-we-do/mental-health-and-wellbeing/point-1/>

Early Help

<https://www.norfolk.gov.uk/children-andfamilies/early-help-and-family-support/getearly-help-and-family-support>

MAP

<https://www.map.uk.net/>

Support organisations for families:

Healthy Child Programme by calling **Just One Number** on 0300 300 0123 or texting **Parentline** on 07520 631590.

Opening hours are 8am-6pm Monday-Friday (excluding bank holidays) and 9am-1pm on Saturdays

First Response by calling 0808 196 3494. This number can be used by students, parents or carers

11-19's can text **Chathealth** on 07480 635060 for confidential advice from one of the team

11-25's **Kooth** <https://www.kooth.com/>

Childline - under 19's can call 0800 1111 for free support

Young Minds Parents Helpline - Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm.

To speak to other Norfolk parents and carers, you can join our online community forum reached at this link

<https://www.justonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/self-harm>

