

Welcome to our 1st KCS newsletter for 2022:

We hope you're well and like us, feeling like Spring is getting a little bit closer with the slightly longer day light each week! As always, we invite your feedback and contributions to our bulletin, simply contact us on: info@calachildcare.co.uk, for the attention of KCS if you would like to comment or contribute.

UPDATE:

In our last issue we provided information on the forthcoming new Child Protection e-module linked to the 'National Guidance for Child Protection in Scotland (2021)', which will replace the current level 1 child protection training for all those working with and for children and families in Highland. Unfortunately, there has been a delay whilst we consult further with colleagues nationally, however we hope to launch this new FREE e-module very soon and will keep you posted. Meantime, please check out our FREE Child Protection related e-modules – to refresh or build your knowledge and awareness. Modules are relevant to all those committed to helping to keep children safe.

Courses on CALA ELEARNING ZONE



Introduction to Child Protection



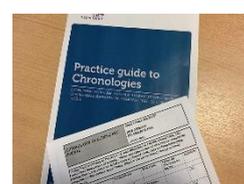
Think you know neglect?



Introduction to Child Protection



Children affected by Parental substance misuse



What makes a good Chronology?



Understanding the Child's Plan



HCPC Child Protection Training (virtual courses)
Including 'Recognition and Response' & other level 3 courses

Book online at: <https://hcpc.scot>

A useful reminder of the Principles of Protection - CPC Themes for Good Practice:



Effective Assessment & Planing



Keeping Children & Young People at the Centre



Information Sharing



Building Effective Relationships



Timely Intervention



Strong Leadership

Further opportunities for Child Protection related CPL & resources include:

NSPCC Children are never just witnesses to domestic abuse; exposure to domestic abuse can affect children's physical and mental wellbeing. These effects are examined in more detail in the NSPCC Learning Podcast

[Podcast: why domestic abuse is a child protection issue | NSPCC Learning](#)

Check out the NSPCC web page on: [How to Help Children Suffering From Depression & Anxiety | NSPCC](#)

Children 1st Parentline: *A helping hand for every family in Scotland*



Do you feel like you're at the end of your tether? Children 1st Parentline is here for you and your family.

If you live in Scotland call 08000 28 22 33 free, browse the website for advice and support, or start a webchat. Available Mon-Fri, 9am to 9pm, Sat-Sun, 9am to noon

Helping to keep babies safe

The UK government's 2020-21 data on serious incident notifications found that from April to September 2020, there was a 31% rise in incidents of death or serious harm to children under 1 when compared with the same period in 2019 (Child Safeguarding Incident Notification System, 2021)

NSPCC offer a helpful need to know guide to help parents 'Handle with care' which gives helpful advice on safe ways to hold, care for and soothe babies when they cry, along with tips on how to cope when the crying doesn't stop or seems too much to handle.

Click here: [Handle with care: How to keep your baby safe \(nspcc.org.uk\)](https://www.nspcc.org.uk/resources/parenting/parenting-articles/handle-with-care-how-to-keep-your-baby-safe)



Stop It Now!

UK & IRELAND

Helping prevent child sexual abuse

Online support and information to stop child sexual abuse

Stop It Now! Scotland Works to build public confidence in recognising and responding to concerns about the sexual abuse and exploitation of children. They provide support services to individuals and their families including those with problematic sexual thoughts and risk of offending. The website has anonymous and confidential advice and self-help resources to help adults keep children safe, including:

- If you're [worried about your own thoughts or behaviour](#)
- If you're [worried about someone else's behaviour](#).

Their prevention website [Upstream](#) offers advice to parents, carers and professionals in Scotland to help prevent child sexual abuse and keep children safe. It also gives tips on how to talk to children about online safety and what to do if something is worrying them.

Anonymous advice via 0131 556 3535.

Children's Rights in practice:

Thanks to Lou Kinnear for sharing the outcome of work undertaken to support Highland's children and young people from Armed Forces families share their voices. These have informed a Key Messages resource for Practitioners and Educators for early/primary and secondary levels. Click on the link to access:

Early/Primary: https://drive.google.com/file/d/1PGKT0mnJ2fe1a9JhNe6Q8_NBUTW_RvCB/view

Secondary: https://drive.google.com/file/d/1vfuuFDkq2cZfFs85WndH_w_B6FwEpWz2/view



Throughout the pandemic there has been greater reliance and access to technology for children, young people and adults. Think u know provides us with a range of resources to help protect children and young people from online danger. Offerings include a series of short animations for use with young children to help them keep themselves safe online (see below), there's also resources for professionals and parent use with children and young people –

[Click here](#) to check out their website
[Click here](#) for: Jessie & Friends: online safety education for 4-7s



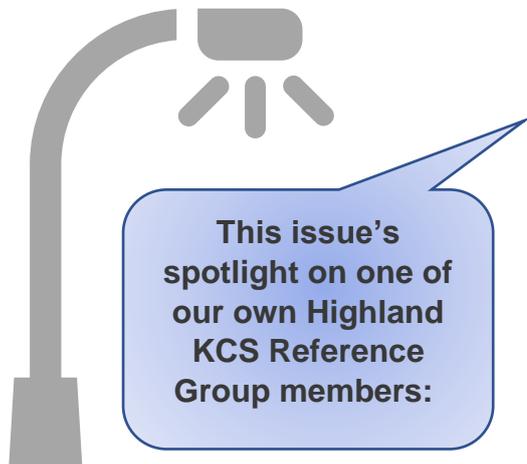
CEOP's #asktheawkward campaign has some great resources not just for parents but useful for professionals too.

Check them out here:

[Click here](#) for a short film on #Ask the Awkward – help to talk to you children about online relationships

[Click here](#) for 'An Introduction to setting the scene

[Click here](#) for 'Tips and conversation starters'



This issue's spotlight on one of our own Highland KCS Reference Group members:

Inverness Women's Aid (IWA) provide outreach support and temporary accommodation for women, children and young people experiencing domestic/intimate partner abuse. Our specialist support team provides practical advice and signposting relating to legal matters, housing, finances & benefits and dealing with the police, social work and NHS. We also provide emotional support, creative/therapeutic activities, group work and programmes. Support for children, young people and families is also available. We have supported refuge accommodation in Inverness which can provide temporary housing while families find alternative solutions. Contact: www.invernesswa.org

Click here to see a short video overview of IWA and how they can help: [IWA_V02 \(vimeo.com\)](https://vimeo.com/IWA_V02)

KEEPING CHILDREN SAFE

If you work with or for children and families, should you have a concern about a child and are seeking further advice or will refer to Social Work, it's really useful to remember these **5 key questions** to ensure you have the right information.

- What is getting in the way of the child's well-being?
- Do I have all the information I need to help this child?
- What can I do now to help this child?
- What can my agency do to help this child?
- What additional help, if any, may be needed from other agencies?

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moray
council

Highland Child Protection Committee



www.hcpc.scot has lots of information, links and resources for children and families, professionals and wider community.

If you are worried that a child or young person may be at risk of harm please visit the Help and Advice page for contact numbers.

Out with normal office hours you can contact Emergency Out of Hours Service on:

08457 697284 or the Police on 101