

## Message from Deborah Lightfoot - LSCB Chair

Dear colleagues,

Welcome to the first joint LSCB newsletter for the Kingston LSCB and the Richmond LSCB. In this edition we are responding to a request to reproduce advice and guidance given to parents and carers about practical steps to keep children safe online.

Young minds, the charity that works to improve emotional well-being and mental health of children and young people, drew attention to the fact that at least three children in every classroom in the country has a mental health problem. Improving the mental health of children and young people is a key priority and outlined in this newsletter is important information about how referrals to Children Adolescent Mental Health Service (CAMHS) can be made. This change in process is an important step forward and represents potentially a big improvement to services for children in Richmond and in Kingston.



I also draw attention in this newsletter to the annual LSCB conference

## Safeguarding Children Online in Richmond and Kingston

We are delighted to announce the re-launch of the Safeguarding Children Online Sub Group which will focus on the best possible ways to safeguard children in the virtual world. The group will be chaired by Peter Cowley and the next meeting will focus on updated online safeguarding risks, the impact on vulnerable children including safeguarding online issues identified from the Rotherham report into child sexual exploitation, and as professionals and parents, see what resources are available nationally and locally to safeguard children online. However in the mean time, if you would like to read up on materials to safeguard children online, please visit the following:

- [www.ceop.police.uk](http://www.ceop.police.uk)
- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- <http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>



### USEFUL TIPS!

#### 1. Set up parental controls before they get the gift

If your child is getting an iPad, a mobile phone or some other Internet-connected device as a gift, make sure you set up any restrictions before they get anywhere near it, as you'll never manage it subsequently. [Here](#) is a good guide for the most common devices.

#### 2. Have separate log-ins for every family member

If your internet-connected device allows it, consider having separate accounts for everyone in your household. That way, older users' web browsing histories will be unavailable to younger ones; and you can set up standard, restricted accounts for the children. Then, they can't delete, or even see, your stuff, install programs and so on. Keep the Administrator account to yourself -- and choose a strong password.

#### 3. Set up web filtering, but don't rely on it as the answer to everything

All broadband providers have options for setting up filtered internet connections that block pornography and other material unsuitable for under-18s. But if you find what you're being offered by your service provider isn't flexible enough for your needs, consider something like [Net Nanny](#) to give you more control. For mobile phones, most suppliers have child-friendly packages -- ask them.

# Single Point of Access - Children Adolescent Mental Health Services (CAMHS)



Referrals to CAMHS in Kingston and Richmond have now changed from Wednesday 1<sup>st</sup> October 2014 and referrals can be made through a Single Point of Access (SPA).

## How to make a referral?

To make a referral, a secure online form with the consent of the young person or family must be completed. Please see the following links for Kingston and Richmond's secure online form:

### Kingston:

[http://www.kingston.gov.uk/info/200235/safeguarding\\_children/1065/form\\_tell\\_us\\_if\\_youre\\_concerned\\_about\\_a\\_child](http://www.kingston.gov.uk/info/200235/safeguarding_children/1065/form_tell_us_if_youre_concerned_about_a_child)

### Richmond:

[http://www.richmond.gov.uk/child\\_protection](http://www.richmond.gov.uk/child_protection)

For initial advice and guidance you telephone:

**Kingston Services:** 020 8547 5008

**Richmond Services:** 020 8891 7969

Your referral or enquiry will be considered and triaged by a qualified mental health clinician provided by South West London St. George's Mental Health Trust who will decide within one working day on the appropriate next steps. The referrer will be advised on the action taken within 48 hours of the referral being received.

## Kingston and Richmond LSCB Annual Conference

Kingston and Richmond LSCB will be hosting a joint annual conference next year focusing on various areas of safeguarding children in Richmond and Kingston. The LSCB team are in the planning stages of the conference but can inform you that the programme will be split into two sessions throughout the day. This means that the programme will be repeated in the morning and afternoon in order to cater to people's availability.

If you would like more information about the annual conference or Richmond LSCB, please contact **Maha Gadhher** (Richmond LSCB Coordinator) – [maha.gadher@achievingforchildren.org.uk](mailto:maha.gadher@achievingforchildren.org.uk) or 0208 831 6323.

To contact Kingston LSCB, please email **Vivienne White** (Kingston LSCB Coordinator) – [vivienne.white@achievingforchildren.org.uk](mailto:vivienne.white@achievingforchildren.org.uk) or telephone 0208 547 4655

## LSCB Training

To access LSCB Safeguarding training please book online at [www.afccpdonline.co.uk](http://www.afccpdonline.co.uk). If you would like more information on LSCB training please contact Lorraine Campbell - [Lorraine.Campbell@richmond.gov.uk](mailto:Lorraine.Campbell@richmond.gov.uk) or telephone 0208 487 5125.

## Introducing the London Community Rehabilitation Company

The London Community Rehabilitation Company was launched on 1 June 2014. For more information please visit [www.londoncrc.org.uk](http://www.londoncrc.org.uk)