



July 2019

Message from the LSCB Chair, Chris Robson

Welcome to our July newsletter. I was reminded at a meeting this week of the significant changes that are taking place across a number of agencies, who play a major part in safeguarding. Restructure and the change it brings "in our own world" really concentrates the mind. We then turned to the changes in the multi-agency arrangements and the challenges this involved. Given all this change, I was so pleased to hear such positive messages being shared about the opportunities change brings. People were completely focussed on safeguarding despite the transitions they faced personally. They maintained that focus and enthusiasm for safeguarding our children and young people. Thank you for your continued commitment. I am excited that this newsletter contains some practical information for parents, carers and young people about summer festivals: please publicise this widely.

Please find our summer **Faith Newsletter** here: <https://kingstonandrichmondscb.org.uk/practitioners/church-and-faith-groups-263.php>

Water Fun is Safe Fun:

Find our safety poster here, please distribute widely: [https://kingstonandrichmondscb.org.uk/media/uploads/fck/file/Kingston%20&%20Richmond%20CDOP%20Water%20safety%20revised%202019%20\(1\).pdf](https://kingstonandrichmondscb.org.uk/media/uploads/fck/file/Kingston%20&%20Richmond%20CDOP%20Water%20safety%20revised%202019%20(1).pdf)

Summer safety: Festival season

You may have put your exams well behind you, completed your time at school or college, thrown out your uniform and ripped up your revision notes and now you're looking for some summer fun! Whatever you get up to, whether it's chilling at home, going to a festival or on a holiday, make sure you're looking after number 1 keeping safe.

For parents, summer can also be a time when you worry about your children entering young adulthood and all the excitement that it can bring. Taking risks and trying new things is a normal part of this time of life, but it can seem pretty scary if you and your children don't have the information they need to keep safe.

Achieving for Children's Health and Wellbeing Hub provides confidential advice to young people aged 18 years and under about alcohol and drugs.

They advise that the only way to avoid the dangers of using drugs and alcohol is not to use them at all, but if someone chooses to use them, it's important they have the right information about the risks and effects.

Here are some top tips to keep young people happy and healthy during the summer months:

- **Party safe** - It's always cooler to be able to speak in coherent sentences, say no before enough is enough. There's no need to drink just because your mates are, or try drugs just because they're available. You may be able to buy drugs at festivals such as 'laughing gas' and you think it's harmless but that doesn't mean it's true. Listening to music and being with your friends on its own can go a long way too!
- **Avoid mixing alcohol and drugs** - If you choose to use alcohol and drugs, it's important not to mix them together - you can't know how they will react with each other and if they will make you sick.
- **Look after you** - if you are at a festival and are having a bad time or struggling but don't feel you need medical attention, visit the welfare team but if you need medical assistance do not hesitate to call 999. Find out where the welfare team are located when you arrive - you won't get into trouble for using the service as it's there for you. It's staffed by experienced, non judgemental staff or volunteers who can give confidential advice, space to take some time out, or provide you with someone to talk to. Always be honest with medics and welfare teams if you've consumed drugs or alcohol so that they know how best to help you without delay.
- **Look after your friends** - know where your friends are, and what they are up to. Arrange a memorable meeting point in case you get separated. You could buddy up with a particular friend to make it easier to look out for each other in big groups. Don't always rely on phones, as your battery may go flat or the network may become overloaded.
- **Remember that illegal drugs can vary in strength and purity** - unless drugs have been tested, you can never know exactly what is in them or how strong they are. Often we find this out when it's too late.
- **Watch your drinks** - drink spiking is when a person deliberately adds alcohol or another drug to your drink without you knowing. This can make you drunk or feel 'out of it' unexpectedly. Don't share with or accept drinks from people you don't know or trust.

- **Look after your mental wellbeing** - festivals should feel happy, safe and exciting spaces but they can also sometimes feel overwhelming. Getting enough sleep, eating regularly and pacing yourself are key to staying on top form.
- **Stay hydrated** - partying and watching your favourite bands play under the sun can knock you out. Avoid dehydration by refilling your water bottle regularly, especially if you're drinking alcohol.
- **Be prepared that you might have sex**- Alcohol and drugs can alter your perception and lower your inhibitions, which may mean that you - and others - decide to do things you normally wouldn't. You might not be planning on having sex with anyone, but it's best to make sure you've got some condoms with you, so you're prepared either way.
- **Stay cool** - by wearing a hat, sunscreen and sunglasses, and hanging out in shaded areas when you can. Getting sunburnt never looks good, and is actually very dangerous and damaging to your skin, as well as painful - use a sun cream with a minimum SPF30 strength. Apply at least 20 minutes before going outside and again throughout the day, particularly after you get wet (water resistant sun cream is best). If you can, try and stay in the shade when the sun is at its peak from about 11.00am – 3.00pm.
- **Protect your hearing** - loud noise and music festivals go hand in hand, so discreet earplugs are useful. And if you can't cope with the loud noise, move away from the speakers for a while.
- **Take some antibacterial gel** - so you can clean your hands before eating and after going to the loo. Pack wet wipes, use deodorant and stay out of the mud!!!
- **Check out what's where & when** - festivals can be confusing places, it is important you get to grips with your bearings early on, and know where key areas such as toilets, first aid, camping areas & chill out zones.

Having fun at a festival is your main priority and keeping safe can mean you get the most out of your festival experience! Enjoy!

For more tips about festivals:

Festival Safe: <https://www.festivalsafe.com/>

Getting it On: <https://www.gettingiton.org.uk/>

The Mix: <https://www.themix.org.uk/travel-and-lifestyle/festivals>

For information and advice about alcohol and drugs:

Frank: <https://www.talktofrank.com/>

If you as a parent and have concerns about your child's drugs or alcohol use which you'd like to discuss (confidentially) please contact:

Achieving for Children's Health and Wellbeing Hub 0208 547 6920

Click for help...



gettingiton.org.uk













Getting It On provides information on local services and advice for teenagers in South West London on sexual health, mental health, drugs, alcohol and relationship issues.

Upcoming LSCB Training

The LSCB offers training courses to all working with children and families. Here is a list of available courses in September:

- Safeguarding Children: A Shared Responsibility Level 2 (Richmond) - 10/09/2019
- Safeguarding Children: A Shared Responsibility Level 2 (Kingston) - 16/09/2019
- Safeguarding Children: Child Protection Process Refresher (Level 3) (Richmond) - 19/09/2019
- Neglect Toolkit: A bitesized Session - 24/09/2019
- Working with Difficult, Evasive and Challenging Families - 25/09/2019
- Radicalisation & PREVENT Workshop for foster carers - 26/09/2019

If you work within education and are interested in going on any of these courses and you can apply

here: <https://www.afccpdonline.co.uk/earlyyears/courses/bookings/default.asp?curpage=2>

Otherwise you can apply for any here: <http://kingstonandrichmondlsqb.org.uk/training.php>

