

# SAFEGUARDING NEWSLETTER

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## SPOTLIGHT ON... HELPLINES

There is a lot of help available out there, whatever your safeguarding concern. You may find it helpful to keep a copy of these numbers somewhere should you ever need them. Remember, you can always speak to a member of our safeguarding team if you need any support. We're here to help.

- **Age UK:** Free national helpline for older people, as well as their friends and families: 0800 678 1602
- **Andy's Man Club:** It's Okay To Talk are a men's suicide prevention charity offering free to attend peer-to-peer support groups across the United Kingdom and online. [ANDYSMANCLUB - It's Okay To Talk](#)
- **Anxiety UK:** 0344 4775774
- **Drinkline:** Free, confidential helpline for anyone who is concerned about their drinking, or someone else's. Helpline: 03001231110 (weekdays 9am–8pm, weekends 11am–4pm)
- **BEAT-** Eating Disorders Charity: 0808 8010677
- **CALM** (Campaign Against Living Miserably) - A suicide prevention charity: 0800 585858
- **Childline:** 0800 11 11
- **Combat Stress:** Served or currently serving armed forces: 0800 138 1619
- **Cruse:** Bereavement Support: 0808 808 1677 / [cruse.org.uk](http://cruse.org.uk)
- **Depression Alliance:** 0207 8371633
- **Family Lives:** Parenting and Family Support – WhatsApp on 07441 444125
- **Gamble Aware:** Offer free advice, tools and support to help keep people safe from gambling harms. [GambleAware®: Gambling Help & Gambling Addiction](#)
- **Mind:** 0300 123 3393
- **National Domestic Abuse:** 0808 200 0247
- **NHS:** Call 111
- **Papyrus:** Prevention of Young Suicide: Call 0800 068 4141 or text – 88247
- **Refuge:** The freephone, 24-Hour National Domestic Abuse Helpline – 0808 2000 247
- **LGBTQ Mind Out** - offers confidential online chat <https://mindout.org.uk/>
- **SAMARITANS:** Call 116 123
- **SANeline:** 0300 304 700
- **SHOUT:** Mental Health Text Support - Text SHOUT to 85258 (24/7) or DEAF to 85258 for support via BSL interpreter
- **Young Minds:** Parent Helpline call free - 0808 802 5544

## CHILD EXPLOITATION AND MISSING FROM HOME – FREE PARENT WEBINARS

This takes place 10<sup>th</sup> March – 7pm-8.30pm Click [here](#) to book.

## EARLY HELP

Find out about the Local Authority's offer [here](#).



## ONLINE SAFETY

### Personal Information and Privacy – What Every Parent Should Know

In today's digital world, protecting your child's personal information is one of the most important aspects of keeping them safe online. Young children may not always understand what counts as personal data — including their full name, birth date, address, school name, photos, and even details like favourite hobbies or pets — and sharing these publicly can put them at risk of unwanted contact, identity misuse, or data collection by apps and websites.

It's important to set up *high privacy settings* on apps and devices your child uses, review each app's permissions (especially access to location, camera, and contacts), and talk with your child about why we only share information with people we *know and trust* in real life. Regular conversations help make privacy habits part of everyday life, just like learning to cross the road safely.

The [UK Safer Internet Centre](#) offers clear guidance and tips for parents and carers to help you support your child's online safety, including privacy and account settings. Other great resources include [Internet Matters](#), with age-specific advice and tools to protect privacy and set control and [Childnet UK](#), which provides practical information and activities to help families talk about online safety together. For easy, age-appropriate conversation starters and safety tips, you can also explore NSPCC's [online safety guidance](#).

### Mobile Phones in School

The UK government has updated its guidance to schools on how mobile phones should be managed during the school day. The key message is that **schools are expected to be mobile phone-free environments by default.**

At ARH, we strongly discourage pupils from bringing phones to school. Where a parent or carer feels their child needs to bring a phone in, pupils should turn their mobile phones off and hand them to their class teacher at the beginning of the school day. They can then collect it at the end of the school day. Pupils should not be using phones on the school site. You can read our Mobile Phone Policy [here](#).