



Safeguarding Update

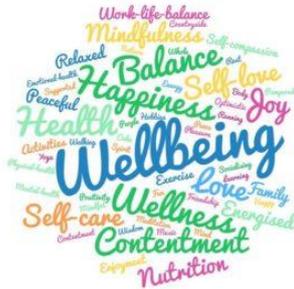
December 2020

Issue 27

Mental Wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Visit the NHS website to view these 5 steps and to access some supportive contacts and networks

(www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing). Some of these are listed below:



Anxiety UK Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Mon to Fri, 9.30am to 10pm; Sat to Sun, 10am to 8pm)

Website: www.anxietyuk.org.uk

CALM CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Mind Promotes the views and needs of people with mental health problems.

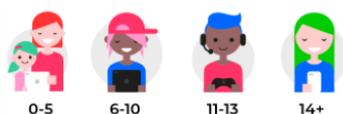
Phone: 0300 123 3393 (Mon to Fri, 9am-6pm) **Website:** www.mind.org.uk

Surrey Safeguarding Children's Board

Call us on
01372 833330

Childline
0800 11 11

internet
matters.org



Get Age-specific advice Whatever their age, find simple, practical advice to keep children safe online.

Safe and Sound This Christmas?

Children love the magic of Christmas. But not everyone feels Christmas-y at this time of year and for some it is not a happy holiday to look forward to.

What are the key issues?

1. **Isolation** - Children can be cut off from their usual support network of teachers and friends when school closes for the holiday and they have nowhere to escape to.
2. **Overindulgence** - Christmas is intense and can be a time of excess. Overeating, lack of sleep, emotional stress, excess alcohol, illegal drugs and anger can come together to create a perfect storm and children are often first in the firing line.
3. **Home alone** - this can be a time of year when many children are left by themselves for long periods and sometimes overnight. Not all children are blessed with home lives filled with responsible adults.
4. **Expense** - Christmas places families under enormous pressures to spend money purchasing gifts, entertaining, and decorating.
5. **Children's arrangements and access** - Separated parents can argue with each other about making Christmas arrangements; this can be distressing for children
6. **Outside influences** - Children may be vulnerable to abuse or exploitation from outside their families as a result of the relationships they have in their neighbourhoods, schools and online
7. **A change in routines** - During the Christmas break, we are often doing things that are out of our usual routines. Many children struggle with this.
8. **Technology** - Staying safe over the festive period is a concern for every family and digital safeguarding is an important part of keeping children and young people protected.

