



SAFEGUARDING NEWSLETTER May 2019



Hello Parish Safeguarding Reps!

We hope you are keeping well and looking forward to the warm weather. We would like to welcome our new PSRs; Andrew Terrey from St Thomas Aquinas and All Saints, Milton Keynes, Anne Hoskins from St Bernardine of Siena and St Martin, Buckingham, Ann-Mari Blaney from St Philip & James, Bedford.

Thank you
Danielle & Lorraine



Volunteers' Week

Volunteers' week takes place between 1st and 7th June every year and the Northampton Diocese would like to say a big 'Thank you' for all your hard work and commitment to Safeguarding. This is very much appreciated! More information and resources can be found online for your parish at: volunteersweek.org



Mental Health Awareness

Mental health problems can affect anyone, any day of the year, and the charity Mind (www.mind.org.uk) are always on hand to provide information and support for anyone that needs it. What affects someone's mental wellbeing won't necessarily affect others in the same way. But we all have times when we have low mental wellbeing, where we feel stressed, upset or find it difficult to cope. Common life events that can affect your mental wellbeing include: loss or bereavement, loneliness, relationship problems issues at work and worry about money. There are some factors that may make you more vulnerable to experiencing a period of poor mental wellbeing. These may have happened in the past or might still be happening now: childhood abuse, trauma, violence or neglect, social isolation or discrimination, homelessness or poor housing, a long-term physical health condition, social disadvantage, poverty or debt, caring for a family member or friend. No matter the reason, it can be helpful to remember that you deserve to feel good and there are steps you can take to improve and maintain your mental wellbeing.

Connecting with others can help us to feel a greater sense of belonging and can help to challenge feelings of loneliness. Learning new skills can help boost your confidence and give you a sense of achievement. Do something you enjoy. Whether it's taking a long walk, playing an instrument or going to the cinema, it's positive for your wellbeing to do something that makes you feel good. Try relaxation techniques. Doing something that you find relaxing, such as listening to music, colouring in or having a bath can help to reduce stress and improve your mental wellbeing. Try mindfulness. Being present can help you to become more aware of, and manage, your thoughts, feelings and surroundings. It can help you to enjoy life more and accept the world around you.

Training

Annual Safeguarding Conference

Understanding Spiritual Abuse and Creating Healthy Christian Cultures takes place on **Saturday 19th October 2019**, from 10am until 4pm, at Thornton College, Milton Keynes. This event is also open to clergy and religious. Please contact Lorraine if you would like to attend.

DBS Workshop and SAFEsys Training

Would you like more support with your DBS applications and be able to ask questions about the DBS paperwork? Would you like to see the new SAFEsys system which will allow you to complete DBS applications online? This system will also allow the safeguarding office to communicate more securely via email and it will enable PSR'S to view their own parish lists for DBS cleared volunteers. Please book on to one of the following workshops between 6pm-8pm: Thursday 12th September in St Edwards church, Friday 20th September in St Thomas Aquinas and Thursday 26th September in St Teresa of the Child Jesus Princes Risborough.

Autism Awareness

This course is CPD certified and will take place on Saturday 30th November between 10am and 2.30pm at the St Mary's parish hall in Woburn Sands. This course would also be ideal for those volunteers working in your parishes. More details will follow in due course.

Online Safeguarding Training

Within your Parish, would your Catechist volunteers be aware of the following when guiding children through their Holy Communion: know how to respond if a child confided in them, be aware of the importance of acting on your suspicions or a disclosure, know how to record concerns and the reporting process ? Safeguarding children training would help them and they can complete this in their own time. All they need to do is email: safeguardingadmin@northamptondiocese.com and Lorraine will set them up an account.

CSAS (Catholic Safeguarding Advisory Service) Website

CSAS have a resource area which you might find useful (<https://www.csas.uk.net/safeguarding-resources/>). Form CM1 - for completion when an allegation is made or concerns are raised (attached) has recently been updated. PSR's can complete this if you receive a complaint or allegation (just complete what you can) and then send it into the safeguarding office.

Victims and Survivors

Bishop Peter Doyle is available to meet with anyone affected by abuse, as a victim, survivor, their families or supporters, where private discussions can take place in a safe and non judgemental environment. These sessions can be accessed through our safeguarding office on 01604 723514 or safeguarding@northamptondiocese.com

A Mass for victims and survivors of any form of abuse, their families, supporters and all those affected will be taking place on Saturday 12th October 2019, 12 noon at St Mary's Church, Aspley Hill, Woburn Sands, MK 17 8NN. Followed by light refreshments in the parish hall, the parish hall will be open between 11.30am-3pm.

Posters of both of these initiatives have been attached for your information and are to be use within your parish to advertise.

Safeguarding Office Contact Details

Danielle Dixon: 01604 723514 or 07833 050628 or safeguarding@northamptondiocese.com



Lorraine Elks: 01604 723516 or safeguardingadmin@northamptondiocese.com

