

NEWS



For our November 27th Walking With You meeting, Holly Dyson, from Barnardo's R U Safe, came along to present on on-line safety. To assist with this newsletter we have attached a full copy of Holly's presentation.

Who are Barnardo's R U Safe?

R U Safe work with children and young people living in Buckinghamshire who are aged between 10-18 years old (up to 21 years for those with learning difficulties), who are reported missing and also those experiencing, or at risk of experiencing, sexual and/or criminal exploitation.

On-line safety

During the session, Holly recommended that keeping a calm and open dialogue with our children, is a great way for them to feel comfortable to talk about what they like to do on-line. She recommended parents to keep conversation 'light' and unpressurised in approach.

She also suggested that we encourage them to share or include us with what apps/games social media they like to use.

Holly went on to say that understanding how privacy settings work on games/apps and social media, is absolutely crucial in keeping our children safe on-line. As parents we should also ensure that privacy settings are in place on our own devices.

Helpful tips:

- Check privacy settings (some listed in the attached file, if not listed google for *how to* instructions as each app is different)
- Avoid posting photographs of our children in their school uniform on-line
- Be mindful of the information you or your children share

Holly suggested that a possible way forward is to have a family agreement of what you and your child/children feel is appropriate on-line activity. We have attached for you an example of what a family agreement could look like.

Who are CAMHS?

CAMHS refers to the Child and Adolescent Mental Health Services and is the overall term used to describe a range of Teams that help young people up to the age of 18yrs, to overcome difficulties in their lives relating to their mental health and wellbeing. Each Team focuses on a particular area of need. More information about CAMHS and the services provided can be found on the following website:

www.oxfordhealth.nhs.uk/camhs/bucks/service/

*Concerned about a child?
Call the First Response
Team (Bucks) – 01296
383962*

Family Support Service
*The Family Support Service
aim to improve the lives
of children, young people
and their families. It has
been carefully designed to
provide targeted support
for vulnerable families who
face a range of issues or
more complex challenges.
The service will provide
one-to-one support to
families and individuals.
For more information visit
www.bucksfamilyinfo.org*

Apps

*Headspace
www.headspace.com*

*Calm
www.calm.com*

*KOOTH on-line counselling
service
www.kooth.com*

Books

*Overcoming your child's
fears and worries by Cathy
Creswell & Lucy Willetts*

*[www.amazon.co.uk/
Overcoming-Your-
Childs-Fears-Worries/
dp/1845290860](http://www.amazon.co.uk/Overcoming-Your-Childs-Fears-Worries/dp/1845290860)*

You can Self-Refer to CAMHS Single Point Access (SPA) by filling in the online referral form at: oxfordhealth.bucks.CAMHSSPA@nhs.net or you can call the Single Point Access (SPA) on: 01865 901951 Monday-Friday 8am-6pm to complete the form or to receive advice over the phone.

CAMHS are also running a 24/7 helpline including bank holidays and weekends, should you require urgent help:

Children: 01865 904998

Adults: 01865 904997

Attachments

- Presentation
- Family agreement
- Online privacy settings

Next meeting

Friday 29th January 2021