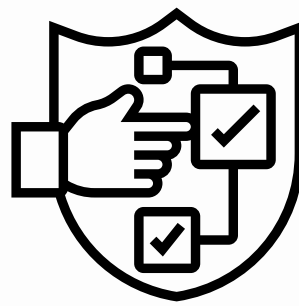


# DUSSINDALE SAFEGUARDING NEWSLETTER



Spring Term  
March 2024

## Your Safeguarding Team



Cas Bradley -  
Designated Safeguarding Lead  
Deputy Head  
Attendance Lead



Louise Norgate- ADSL  
Executive Headteacher



Sarah Dorling - ADSL  
SENCO  
Senior Mental Health Lead



Jade Copeman-ADSL  
KS2 Teacher  
Neglect Champion  
Behaviour Lead



Allison Bingle-ADSL  
KS2 Teacher  
Domestic Abuse Champion

## Getting the Right Level of Help



We know that there are times when families need some support and advice. As a school we are here to listen. There are different ways that we can help families:

### Day to Day Advice

Parents can speak to their child's class teacher or ask to speak to one of the adults in the DSL team through the school office.

### Finding Services

The DSL Team can refer families to services such as the Mental Health Schools Team, Just One Number or the Schools Community Team for advice and support.

### Early Help Assessment Plan

The Lead DSL/SENCO can support families with a Help Plan. We work together with a child and their family over a three month period on areas such as behaviours at home/emotional wellbeing.

### Self Referral for Early Help

Parents can make a self referral by clicking on the link below. An assessment is made and Early Help works with the family to choose the right level of support.

[Request Form for Early Help](#)



### Early Childhood Family Service

INorfolk is covered by the Early Childhood and Family Service for families with children age 0-5. If you need extra help or someone to talk to, you can request support from the website or contact the team on 0344 800 8020 or by email: [ECFS-Families@actionforchildren.org.uk](mailto:ECFS-Families@actionforchildren.org.uk) There is also a Facebook Page- search for Broadland ECFS.

## What is county lines?

County lines is a form of criminal exploitation where urban gangs persuade, coerce or force children and young people to store drugs and money and/or transport them to suburban areas, market towns and coastal towns. It can happen in any part of the UK and is against the law and a form of child abuse.

County lines gangs are highly organised criminal networks that use sophisticated, frequently evolving techniques to groom young people and evade capture by the police. Perpetrators use children and young people to maximise profits and distance themselves from the criminal act of physically dealing drugs. Young people do the majority of the work and take the most risk.

Dedicated mobile phone lines or “deal lines” are used to help facilitate county lines drug deals. Phones are usually cheap, disposable and old fashioned, because they are changed frequently to avoid detection by the police. Gangs use the phones to receive orders and contact young people to instruct them where to deliver drugs. This may be to a local dealer or drug user, or a dealer or drug user in another county.

Phrases that young people may use to refer to county lines include: ‘running a line’, ‘going OT/out there’ ‘going country’ ‘going cunch’.

### What to look out for:

**The following signs may indicate that a child is being exploited by a county lines gang:**

- frequently going missing from school, home or care
- travelling to locations, or being found in areas they have no obvious connections with
- unwillingness to explain their whereabouts
- acquiring money, clothes, accessories or mobile phones which they seem unable to account for
- receiving excessive texts or phone calls at all hours of the day
- having multiple mobile phone handsets or sim cards
- withdrawing or having sudden changes in personality, behaviour or the language they use
- having relationships with controlling or older individuals and groups
- unexplained injuries
- carrying weapons
- significant decline in school results or performance
- being isolated from peers or social networks
- associating with or being interested in gang culture
- self-harming or having significant changes in mental health

## Are you Separated or Separating?

Do you argue alot?  
Family Transitions Group can support you.



5 Week Online Programme starting  
Tuesday 5th March 09:30am-  
11:30am sessions once a week.  
Please contact  
roxanne.mcdowell@norfolk.gov.uk  
to book.

ONE MONTH TO GO UNTIL OUR CONFERENCE, HAVE YOU BOOKED YOUR PLACE YET?

family voice  
together improving services

Annual Conference  
Saturday 23<sup>rd</sup> March 2024  
John Innes Centre, Norwich NR4 7UH



Find out about all things SEND

- Keynote presentation
- Workshops
- Information stands
- The chance to chat with professionals



Please visit [www.familyvoice.org.uk](http://www.familyvoice.org.uk)  
or scan here to register your attendance:



Closing date for registration: 8th March 2024

Support For Parents

Children & Young People's  
Health Services  
JustOneNorfolk.nhs.uk Norfolk & Waveney  
0300 300 0123

## Ask for 'Dawn'

Need information or help regarding domestic abuse?

Afraid of a family member, partner/ex-partner?

Go to Norwich Forum Library & Ask for 'Dawn'. Staff will know you need help and give assistance

Norwich Forum Library staff will offer you a safe space to talk, provide information and access to a phone & domestic abuse support.

Contact Dawn's New Horizon on 01603 927717 Mob 07854044680

wellbeing Helping you live your life  
MENTAL HEALTH  
YOU ARE NOT ALONE  
THERE'S NO SHAME IN REACHING OUT  
BE KIND TO YOUR MIND  
Mental health matters  
ARE YOU OKAY?  
IT'S OK TO ASK FOR HELP  
TAKE CARE OF YOUR MIND  
Your mental health is a priority  
NHS Norfolk and Waveney Talking Therapies  
www.wellbeingnands.co.uk 0300 123 1503

NHS  
fyinorfolk.nhs.uk  
Anger  
Anxiety  
Body Image  
Low Mood  
Overthinking  
Self-Confidence & Self-Esteem

It's really hard when you think  
your child isn't safe.  
We are here to listen and help.



My daughter isn't safe,  
she is having to do  
things which could get  
her into trouble with  
the police.

I feel isolated and  
nobody is telling me  
what is going on.

**SAFECALL**  
It's your call.

**Call or text 116 000, 7 days a week, 9am-11pm  
for free, confidential support**

Safecall is a county lines exploitation support service operated by the charity  
Missing People Registered charity in England and Wales (1020419) and in Scotland  
(SC047419)

