

## St. Cuthbert's Catholic First School

Part of the Bishop Bewick Catholic Education Trust

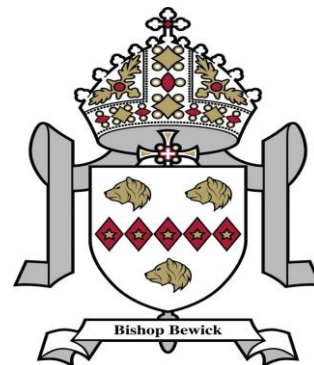
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Head teacher: Mrs Clare McGregor



21/12/23

Dear Families,

As we come to the end of term it is important that I share with everyone safeguarding information that you may need to refer to when school is closed.

### **Worried**

If you are worried about yourself or someone over the Christmas period please contact **Onecall**;

Onecall is one number for all adult social care, children's services and community health enquiries in Northumberland, helping the most vulnerable people to keep safe and well 24-7.

Onecall brings together staff from Northumberland County Council's adult social care and children's services and partners in Northumbria Police.

**Telephone: 01670 536 400**

**or report online via Email: [onecall@northumberland.gov.uk](mailto:onecall@northumberland.gov.uk)**

### **When do I use it?**

Onecall aims to help the most vulnerable people to keep safe and well 24 -7.

For example if you need help with:

- Living safely and independently at home
- Looking after someone who is ill or disabled
- Caring for a child or young person
- Family support if you are concerned about a child or young person
- Reporting abuse or neglect of a child or adult
- Finding alternatives if you can't live at home
- Recovering from an illness or injury at home

### **Medical**

If you need medical advice and support fast, but it's not life threatening, call your GP or NHS 111.

You should always call 999 in an emergency, for example when someone's life is at risk or someone is seriously injured or critically ill.

### **Domestic Violence**

If you or someone you know needs support for domestic violence there is a poster attached with information on where to get support.

### **Devices and new games over Christmas**

I am sure many children and young people will be receiving electronic gifts this year - please ensure you protect your children from harm on the internet by setting parental controls. Go to [setting up parental controls](#) for a simple guide on how to do this. We also have more information on the [school website](#) in the parents tab 'Internet safety' including age restrictions for various sites.

It is vital that they do not have independent free unsupervised access to the internet as this leaves children vulnerable to many risks. Go to [NSPCC website](#) for tips and advice on keeping your child safe and ensuring they don't see something upsetting.

It is such a special time of year and I pray that everyone remains safe and well over the holiday period.

Yours sincerely,  
*Clare McGregor*  
Head teacher

# Domestic abuse is everyone's business

You are not alone



## Northumberland Integrated Domestic Abuse Support Service

- DASSN for adults (Harbour) – 01670 820199
- Children & Young People Counselling & Outreach (Acorns) - 0191 3498366
- Changing Behaviour (Harbour) - 03000 202525
- DA in Rural Areas (NDAS) – 01434 60 80 30
- DA Counselling (Cygnus Support) – 01670 853977

**Visit: [nland.uk/DomesticAbuse](http://nland.uk/DomesticAbuse)**



Northumberland  
County Council



NDAS



cygnus  
support

counselling  
education  
change

harbour  
counselling for adults & children



acorns  
counselling for children & young people