

Safeguarding Newsletter

Dear Parent/Carer,

At Cloudside Academy, our primary priority is to ensure the safety and well-being of your child. As part of our ongoing commitment to safeguarding, we address various issues affecting our students. This Half term, we focus on a critical and sensitive topic:

Domestic Abuse

The definition

Domestic abuse encompasses any form of violence or abuse between intimate partners or family members, including physical, emotional, sexual, and financial abuse. It can affect anyone regardless of age, gender, race, or socioeconomic status.



What is J9 ?

J9 is an initiative to raise awareness and to help survivors of domestic abuse.

Where the J9 logo is displayed in a premises, it alerts survivors that they can obtain information which will help them to access a safe place where there can seek information and the use of a telephone.

Cloudside have become a J9 safe space in our community. Our staff have been trained and are able to give any survivor of domestic abuse a safe space and can provide them with information and support in accessing immediate help.

Signs of Domestic Abuse:

- Unexplained injuries or frequent medical issues.
- Sudden changes in behaviour or personality, such as withdrawal or aggression.
- Signs of fear or anxiety, particularly around a specific person.
- Isolation from friends, family, or social activities.
- Financial control or unexplained financial difficulties.

Impact and effects of Domestic Abuse on children:

- Emotional and psychological trauma, leading to anxiety, depression, or PTSD.
- Behavioural issues, such as aggression, withdrawal, or difficulties in school.
- Physical health problems stemming from stress or direct abuse.
- Developmental delays or difficulties forming healthy relationships.

For Parents and Carers

Steps to Take:

Talk to your child: Create a safe and open environment.

Seek professional help: Contact local authorities or support organisations.

Create a safety plan: Develop a plan to ensure your child's safety.

Educate yourself: Learn about domestic abuse and its impacts.

Community Involvement and Closing Remarks

Preventing and Addressing Domestic Abuse:

Raise awareness: Educate others about domestic abuse.

Support survivors: Offer a listening ear and connect them with resources.

Advocate for change: Support policies and programs for survivors.

If you're experiencing abuse, we're here to **help**



chat to us

Connect to a support worker with our **Live Chat** service.



email

Send an email to one of our **support workers**. We will reply within 5 working days.



forum

Speak to other women in our **supportive community** of survivors.



survivor's handbook

Get help on **housing, safety planning**, dealing with police and more.

For more information visit www.womensaid.org.uk

Women's Aid is a registered charity in England No. 1034144

women's aid
until women & children are safe

Abuse can happen to anyone

For help getting a protective injunction call 0800 970 2072 or text "NCDV" to 60777

National Centre for Domestic Violence

ncdv.org.uk

Are you concerned that someone you know is experiencing **domestic abuse**?

Download the free **Bright Sky** app, which provides support and information to anyone who is concerned that a friend, family member, colleague or neighbour is experiencing domestic abuse.

Bright Sky

Features include:

- Directory of UK specialist domestic abuse support services and helplines
- Questionnaires to assess the safety of a relationship
- Other resources and information on domestic abuse, sexual violence, stalking and harassment

Hestia.org/BrightSky
Download Bright Sky onto a device you feel safe using, and that only you have access to

Download on the App Store
GET IT ON Google Play

The Elm Foundation.
Freedom from Domestic Abuse

Hollie Guard

Reading this flyer could **save your life...**

Help protect yourself, a friend or a family member with Hollie Guard

Hollie Guard is a personal alarm, deterrent, evidence collector and more. Download for free today.

Search your smartphone app store for Hollie Guard

Upgrade to 24/7 monitoring and complete protection with Hollie Guard Extra

amazon

Powered by **Patix Guard**

If you are in immediate danger, always call 999



At Cloudside Academy, we are dedicated to the safety and well-being of all our students and their families. By raising awareness and providing resources, we aim to create a safe and supportive environment for everyone. If you have any concerns or need further information, please do not hesitate to contact us. Thank you for your continued support

Helplines and support organisations:

- National 24 hour Domestic Violence Helpline: 0808 2000 247
- Refuge: 0808 2000 247
- Women's Aid: www.womensaid.org.uk
- Men's Advice Line: 0808 801 0327
- Mankind 01823 334 244
- NSPCC: 0808 800 5000 or help@nspcc.org.uk
- The Elm Foundation: 08000 198 668 SMS 07534 617 252
- JUNO Womens Aid 24/7 0808 800 0340
- Equation – helpline@equation.org.uk or call 0800 9956 999