

# 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 each month. 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.

### 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.





Cloudside Academy  
A L.E.A.D. Academy

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](http://www.womensaid.org.uk)

Women's Aid is a registered charity in England No. 1054154

women's aid

until women & children are safe



You can talk to me about domestic abuse



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](http://ncdv.org.uk)



At Cloudside Academy, we are dedicated to the safety and well-being of all our students. 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](http://www.womensaid.org.uk)
- Men's Advice Line: 0808 801 0327
- Mankind 01823 334 244
- NSPCC: 0808 800 5000 or [help@nspcc.org.uk](mailto: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](mailto:helpline@equation.org.uk) or call 0800 9956 999