



# safeguarding news

May 2015

Welcome to May's Safeguarding News. I hope you've now had a read of the new safeguarding web pages – if not, please click here : [Safeguarding | ENjoy ENsure ENtrust | Make the Game | England Netball](#).

The pages include info, advice and guidance on Safeguarding, the Codes of Conduct, Inclusion and Anti-Doping which will help you to create a welcoming, supportive environment for your members. You can also point your young people, and their parents/carers to their own pages within the above safeguarding page so they can get the most out of their netball experience.

We would really value your feedback on what works well, and what else you may like to see. Please email your thoughts to [besafe@englandnetball.co.uk](mailto:besafe@englandnetball.co.uk)



Best wishes,

Frances Bogie, Lead Child Protection Officer

## Wellbeing– eating disorders

Our safeguarding advice includes wellbeing as this is the predominant issue raised by CSOs. As it is national Mental Health week this month, we thought it'd be timely to offer you a bit more information and signposting for help about how to deal with this complex and sensitive issue. You can learn more about eating disorders using the MindEd modules on the webpage: [MindEd](#)

### Some Facts about eating disorders:

- ▶ Anorexia nervosa, bulimia and binge eating are serious mental illnesses ie sufferers' thoughts, feelings and emotions are involved.
- ▶ Young females aged 12-20 are the highest risk, but anyone can develop an eating disorder.
- ▶ The sooner someone gets treatment and support, the more likely they are to make a full recovery. Typically sufferers themselves do not feel they are ill enough or don't deserve treatment and help, as they often have low self-esteem and feel worthless.
- ▶ **Causes** – a mix of genetic, biological and cultural factors; a life trauma; images of hyper-perfect bodies leading to intense fear of fatness, disgust at their own image, and appetite control;
- ▶ **Personality traits** include competitiveness, perfectionism, control and harsh self-judgement.

If you are concerned someone in your club has an eating disorder, it is essential to report it. Please complete a [Reporting a Concern Form](#) and send it to: [besafe@englandnetball.co.uk](mailto:besafe@englandnetball.co.uk). The Lead Child Protection Officer will then handle the concern and liaise with outside agencies.

Below are 2 links to eating disorder videos, take a few minutes to watch:

<https://www.childline.org.uk/Videos/Pages/EatingDisorders.aspx>

Learn how to spot the symptoms and how eating disorder impacts on a person's life:

<http://www.nhs.uk/Tools/Pages/Eatingdisorders.aspx>

More info below at these anorexia and eating disorder websites:

- [Anorexia Advice and Information - YoungMinds](#)
- [Beat | The UK's Eating Disorder Charity](#)



## NO to Bullying



England Netball operates a zero tolerance to bullying, and has further demonstrated its commitment by sponsoring the Anti-Bullying Alliance.

Visit the ABA website for help on raising awareness and help to eradicate all forms of bullying – cyberbullying, race/religion, SEN/disability, appearance-related bullying and homophobic bullying, click the link below:

<http://www.anti-bullyingalliance.org.uk/resources>

ABA are currently offering free online training for reducing the bullying of disabled children and young people, and those with special educational needs (SEN), click on link below for details:

<http://www.anti-bullyingalliance.org.uk/send-programme>

## Safeguarding is everyone's responsibility

**Failing to report a concern may lead**



**to Endangering a young person emotionally, physically or psychologically**

You must always **report** a concern to EN's Lead Child Protection Officer at Head Office:

[besafe@englandnetball.co.uk](mailto:besafe@englandnetball.co.uk)

07595 863991

Or call the NSPCC on: 0808 800 5000 (lines open 24/7 365 days of the year.



## The Inclusive Club: Deaf Awareness

Research shows children with a disability are 3 times more vulnerable to abuse.

The UK Council on Deafness is the UK national infrastructure organisation for voluntary sector organisations working with deaf people, and has loads of information on the subject, click here: [UK Council on Deafness](#).

To coincide with Deaf Awareness Week on 4-10 May, the NSPCC has launched a new 7 minute film which is in British Sign Language, includes subtitles, and aims to teach deaf children about keeping safe and sharing secrets that upset them with a trusted adult. You can watch the video here: [NSPCC Website](#)

## CSOs – Thank You!

June 1<sup>st</sup> is the start of **Volunteers Week** so a massive 'Thank You' to all our Club Safeguarding Officers who play an invaluable role in their club which enables our young players to enjoy the game in a fun, safe environment.

Congratulations to all our 400 CSOs and associate club members who have taken the Time to Listen training and are now fully-trained to fulfil their important role.

## NEW - Transport Consent Form

We now have a Transport Consent Form on our webpages. Please use this, along with our other Away Trips information when you are arranging any events and youth camps over the summer.

Click here for [Away Trips](#)

## CSOs – MyNet

All CSOs need to ensure that they are affiliated to EN. If you are leaving your role and someone else is taking over, please could you remind your Club Secretary to update the details on MyNet so we can ensure the new CSO receives all the necessary training.

## Sun Safety

Although many people are now wise to the importance of sun protection, young people playing outdoors in summer in the UK without sun protection are just as vulnerable as if on the beach on holiday.

### Giving Kids a Sporting Chance

Sports in the UK are joining forces and backing a unique sun protection initiative in association with Sports Coach UK, that aims to support all those who work with kids outdoors. The Outdoor Kids Sun Safety Code, funded and devised by the Myfanwy Townsend Melanoma Research Fund is a FREE online resource bank which is being endorsed and supported by a growing number of National Governing Bodies, schools, grass roots clubs and associations who work with children in a whole range of outdoor activities.

Please visit the following website for further information: <http://www.melanoma-fund.co.uk/get-involved/outdoor-kids-campaign/>

## Time to Listen update!

Please remember that it is mandatory for all clubs to have a TTL-trained CSO prior to CAPS accreditation or reaccreditation.

## May-July TTL Dates

**Y&H:** Thur 21<sup>st</sup> May, Ramada Hotel, Wakefield

**NE:** Wed 1<sup>st</sup> July, Newcastle-on-Tyne

**SW:** Tues 7<sup>th</sup> July, Swindon

Contact your Regional Coordinator for details of these and any forthcoming TTL courses in your Region:

East: [east@englandnetball.co.uk](mailto:east@englandnetball.co.uk)

East Midlands: [eastmidlands@englandnetball.co.uk](mailto:eastmidlands@englandnetball.co.uk)

LSE: [londonandsoutheast@englandnetball.co.uk](mailto:londonandsoutheast@englandnetball.co.uk)

North East: [northeast@englandnetball.co.uk](mailto:northeast@englandnetball.co.uk)

North West: [northwest@englandnetball.co.uk](mailto:northwest@englandnetball.co.uk)

South: [south@englandnetball.co.uk](mailto:south@englandnetball.co.uk)

South West: [southwest@englandnetball.co.uk](mailto:southwest@englandnetball.co.uk)

West Midlands: [westmidlands@englandnetball.co.uk](mailto:westmidlands@englandnetball.co.uk)

Y&H: [yorksandhumber@englandnetball.co.uk](mailto:yorksandhumber@englandnetball.co.uk)

A big thank you to our EN Regional Coordinators and NDOs who have now got 75% of our CAPS clubs' CSOs trained within the timeframe and are in line for 100% by the end of 2015!

**CSOs:** We have had some tremendous feedback from the TTL courses – if you've attended and would like a profile in the next Safeguarding News we'd love to hear from you! please email: [besafe@englandnetball.co.uk](mailto:besafe@englandnetball.co.uk)

## List of Help Lines and Links

Any concern about young person abuse

 [www.nspcc.org.uk](http://www.nspcc.org.uk); ☎: 0808 800 5000

 [www.safenetwork.org.uk](http://www.safenetwork.org.uk); ☎: 0800 1111

Find your Local Authority Children's Department here: 

 [http://www.hillingdon.gov.uk/media/pdf/r/h/national\\_LADO-list.pdf](http://www.hillingdon.gov.uk/media/pdf/r/h/national_LADO-list.pdf)

Find your local Police contacts:

 [www.police.uk/contact](http://www.police.uk/contact); ☎: 101

Internet/online safety:

 <http://www.internetmatters.org/>

 <http://www.net-aware.org.uk/>

 [Share aware: help your child stay safe on social networks](#)

Mental Health:

 [http://www.youngminds.org.uk/for\\_children\\_young\\_people/whats\\_worrying\\_you/anorexia/factsheets](http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/anorexia/factsheets)

 <https://www.nice.org.uk/guidance/cg9/resources/cg9-eating-disorders-information-for-the-public-2>

Self-Harm

 [www.youngminds.org.uk](http://www.youngminds.org.uk) ☎: 0300 123 3393

Religious dates – find out when players may not be available:

 [http://www.englandnetball.co.uk/Libraries/Inline\\_Documents/Religious\\_Calendar\\_2015.sflb.ashx?download=true](http://www.englandnetball.co.uk/Libraries/Inline_Documents/Religious_Calendar_2015.sflb.ashx?download=true)