

EALING'S CONTEXTUAL SAFEGUARDING CHAMPIONS NETWORK NEWSLETTER

Raise awareness. Share learning. Together we can make a difference.

Quote of the month:

"None of us is as smart as all of us."
Ken Blanchard.

Welcome to the July edition of our newsletter.

This month we're sharing an update on the Contextual Safeguarding Network Champions group, guidance on safety mapping and our team's thoughts about the importance of looking after ourselves and each other while we do this challenging work. We hope you enjoy!

Cat, Catherine, Shannon and Suzy.



Serious Youth Violence Update

Ealing partners regularly meet to think about themes and trends of Serious Youth Violence in Ealing. There has been a lot going on but a couple of key updates include:

- There continue to be increased tensions between N-Gang in Ealing and rival gangs in neighbouring boroughs, particularly Rayners Lane Gang from Harrow. Professionals are asked to remain curious about what they might hear and report any concerns to police.
- There has been an increase in referrals regarding peer-on-peer sexual assault/harassment. Professionals are asked to remain curious about interactions with peers both online and in the physical world.

If you have safeguarding concerns for an individual Ealing child please refer in to ECIRS in the usual way. If you have immediate concerns for the safety of a child please call 999.

Contextual Safeguarding Champions Network

We had our very first Contextual Safeguarding Champions Network Meeting on 17 June 2021. Thank you so much to everyone who attended. The agenda included considering the draft terms of reference together, a brief presentation on contextual safeguarding, an update on contextual safeguarding work in Ealing and our plan as a group of core champions. We noticed that attendees seemed to find the opportunity to talk about their experiences of contextual safeguarding in practice and observations about themes and patterns in Ealing to be particularly useful.

The next meeting is due to take place on 19th August 2021 at 11.30am for 1.5 hours. During that time we'll be looking at a draft group agreement and are excited to welcome new members. If you're not sure if this group is for you, it may be helpful for you to attend a meeting and see what it's all about before deciding.

Membership of the Contextual Safeguarding Champions Network brings some responsibilities including attendance to the meeting every other month (or sending a colleague from your team to attend if you're not available). We hope our members agree that the benefits of that space including shared learning is more than worth it.

If you're interested in joining the network, please get in touch by emailing us: cschampions@ealing.gov.uk



to the person feeling
TIRED and fed up of
 it all, please take a
 step back before
 you fall.

-emily coxhead

Looking after ourselves and each other

Hi everyone, it's Cat here. Usually, we would be looking to do a shout out for examples of outstanding contextual safeguarding in this section of the newsletter – and there are countless examples we could have picked from this month. However, we've been reflecting as champions on the amazing group efforts we've seen in response to helping young people to be safe from harm experienced away from their homes including school staff, police, social care and the integrated youth service. It's an honour to work alongside such dedicated and compassionate professionals.

It's inevitable that the traumatic situations we deal with will impact on us. As such, we've been thinking as a team about what steps people take to look after themselves when the work they do is challenging. Do we give ourselves permission to check-in with ourselves and each other and notice what we need? What are the norms in your team to ensure everyone feels supported and held?

In their book "[Burnout](#)", Emily and Amelia Nagoski (2020) talk about the importance of dealing with stress itself rather than just the stressor. There's endless evidence to show how unaddressed stress in our bodies - including the chemical products associated with it - can have devastating consequences for both our physical and psychological wellbeing. As such, self-care isn't selfish – it's essential. The young people you are supporting are depending on you to look after you.

What works varies from person to person and team to team. Research shows that physical activity is the single most effective strategy (having a dance to your favourite tune or going for a walk could do it). Social connection and creative expression – whatever that looks like for you – also have a body of evidence supporting their use in self-care.

This month we hope you give yourself permission to put your wellbeing first and see how that goes for you. Is it something you find hard? Why do you think that is? Whilst the stresses of our job are unavoidable, we have so many choices in how we respond to them.

This month we are asking you to [tell us](#) what you do as a team to look after yourselves and each other. We'll be sharing your 'top tips' on promoting 'self-care' in our next newsletter.

Vulnerability Screening Tool

Ealing's Contextual Safeguarding Team provides consultative support for all Ealing professionals who are seeking to help a young person who may be at risk of harm from outside their family.

If you have concerns about extra familial harm for a young person you are working with please complete the Vulnerability Screening Tool on Mosaic or if you don't have access to Mosaic you can request the Word template via vulnerabilitiestool@ealing.gov.uk. You can also email the team for a consultation and the duty worker will aim to get back to you within one working day.

Resources and other information

- **World Day Against Trafficking in Persons** falls on 30th July 2021. You can find out more [here](#).
- If you're a statutory social worker working for Ealing or part of Ealing's Youth Justice Service, look out for a workshop scheduled for 8th Dec 2021 called "**National Referral Mechanism and Trafficked Young People**." This will be delivered by Ealing's Contextual Safeguarding Team. You'll be able to find out more about that session via CPD online.
- In collaboration with partner agencies, the Mayor of London Office for Politics and Crime (MOPAC) have created a **Knife Crime Toolkit** filled with direct work tools to assist practitioners with supporting young people who are at risk of knife crime offending. We've attached the resource alongside this newsletter.
- As we've all been spending more time online and on our devices, there has been an increase in '**sexting**' and '**sending nudes**' amongst young people. The [NSPCC have compiled helpful guidance](#) for parents and young people around this issue including a link for help with getting images taken down.
- [Child Exploitation and Online Protection command \(CEOP\)](#) also have resources for informing professionals, parents and children about online safety with bespoke educative tools for different age-groups. The emphasis is always on the welfare of the child and ensuring they never feel blamed for the harm they experience. If you work with children in Ealing you may also be able to sign up to Ealing's next CEOP training via CPD online.



Direct Work Tool: Safety Mapping

We all know young people experience risk and safety in locations outside of their home. The Contextual Safeguarding Network team at the University of Bedfordshire recommends safety mapping as a direct work tool. This process helps young people to reflect and feel heard and supports practitioners to understand why young people might behave a certain way, the significance of specific locations in their decision making and, if undertaken with more than one young person, a broader insight into an area and the potential interventions that could reduce risk and promote safety there.

Risk or safety in an area can change – sometimes very rapidly – so it's recommended safety mapping with a young person is revisited regularly.

Any practitioner can undertake safety mapping. We recommend you have access to and print our clear maps. A3 tends to be best. An example of where maps can be found is www.ordancesur



With the young person, use stickers or pens to mark on the map: **Red:** I do not feel safe in this area; **Amber:** I could feel safe in this area **Green:** I feel safe in this area.

You can go into as much detail as you like such as including specific buildings, shops and bus stops. The principals apply to school sites.

With respect to the unsafe/red areas, think with the young person about why they don't feel safe. What do they do to help themselves to be safer? Is there anyone they know there who they could go to for help? It's not the young person's responsibility to make that space safer but do they have any thoughts about what could help? (Eg. lighting? Outreach workers? Less places for people to hide? CCTV?)

Always share your findings with appropriate members of the professional network including, when applicable, Ealing's Safer Communities Team.

One of our champions, Shannon, is mindful that this process is young-person led and should be undertaken in whatever way makes sense for them. She created the above image for you which shows how a young person might map their 'safe route' home from school and specific places where things have happened to them.

Please have a go and don't forget to [let us know how you get on!](#)



We're taking a break...

As a group of Champions we're going to take some of our own advice and have some time off from the newsletter during August. We'll be back in September refreshed, ready and able to get stuck back into this exciting area of work. In the meantime, please do keep your feedback and ideas coming.

We hope you manage to have some rest and play this summer too.

Contact

Ealing's Contextual Safeguarding Core Champions are:

Suzu Grihault: Operations Manager, Youth Justice Service

Catherine Imobeke: Contextual Safeguarding Advisor, Contextual Safeguarding Team

Shannon Upton: Senior Social Worker, MAST Adolescents Team

Cat White: Contextual Safeguarding Advisor, Contextual Safeguarding Team

If you have any questions about this newsletter or the Contextual Safeguarding Champions Network, **please email us** and one of the team will get back to you as soon as possible.