



safety  
net

# Safety Rocks

Working together to keep children safe

★ Parent & Carer Newsletter ★ Summer 2019

**IN THIS EDITION:** Young volunteers ★ Dealing with stress ★ Water savvy, water safe ★ Helping to keep young people safe from exploitation ★ Spotlight on local projects ★

## ★ Young people giving back to their communities through volunteering



Sometimes young people get landed with a bad reputation – but across the globe there are many young people giving their time, energy and passion back to their communities to help out in some way. But it can be difficult. While trying to keep up with school pressures, an active social life and hobbies... volunteering can move down to the bottom of the priority list! But young volunteers can make a really valuable contribution to the local support economy and also get a lot out of the experience themselves.

★ **"Volunteering really lifts my mood and makes me feel like a part of something good."** Young Activity Volunteer at Safety Net

★ **"Working with young volunteers has been an extremely positive experience for the children who access Safety Net. I feel genuinely fortunate and proud that I get to work with such interesting and passionate young individuals and help them achieve the goals they set for their volunteering experience with us."** Ruth Davey, Volunteer Co-ordinator at Safety Net

**'The best thing about volunteering is being able to give something back to the community'**

Maria 17, young volunteer at Safety Net, children's charity

If you are a young volunteer we would love to hear about your experience. Please email [newsletter@safety-net.org.uk](mailto:newsletter@safety-net.org.uk)

## ★ Volunteering tips

If your child has thought about volunteering, these tips will help get them started:

**1. WHY do they want to volunteer?** This will help to decide which organisations they might like to volunteer with. They may want to gain knowledge and skills for future job or university applications. Our volunteer Armin said, 'I chose to volunteer with Safety Net specifically to work with a different age group to gain experience'.

**2. How much TIME do they have available:** Are they looking for a regular volunteering position or something more flexible and informal? Keep in mind the commitments they already have and be realistic.

**3. What skills do they have to give:** Are they a keen sportsperson? Do they enjoy cooking? Are they good at communicating? Have they got experience working with children or the elderly? There are a huge variety of volunteering opportunities that fit in with a countless number of interests.

★ If you're interested in volunteering at Safety Net, please email [ruth.davey@safety-net.org.uk](mailto:ruth.davey@safety-net.org.uk) ★ If you're looking for other volunteering opportunities across Brighton and Hove, please go to: [www.bhcommunityworks.org.uk](http://www.bhcommunityworks.org.uk)

# ★ Young people's wellbeing - dealing with stress



Anxiety symptoms are common in children & adolescents, with 10-20% of school-aged children experiencing them. So how can you help to reduce your child's anxiety and stress?

★ **Encourage your child to face his/her fears, not run away from them** Our natural tendency is to avoid or run away from things that we are afraid of. Instead, if a child faces his or her fears, they will learn that the anxiety reduces naturally on its own over time. Make sure you notice and reward your child when they face their fears with praise or a treat.

★ **Tell your child that it's ok not to be perfect** It's important to try our best but children need to know that it's ok to make mistakes and we can't always succeed.

★ **Focus on the positives** When we're feeling anxious or stressed it's very easy to get lost in negative thoughts and self-criticism. The more you can focus on their strengths and the good aspects of a situation the easier it will be for them to see the positive side.

★ **Build in some relaxing activities** Children need time to relax and just be children and focus on fun rather than success. Also practice some relaxation techniques like taking slow, deep breaths.

★ **Model positive thinking and behaviour** Your child will get their cues from you. If you face fears so will they, If you take time out to look after yourself they learn that taking care of yourself is important. If you can stay calm in a stressful situation they learn that anxiety can be managed.

★ **Encourage your child to talk about their anxiety** Saying things like 'oh you'll be fine' won't help them, but listening to them will.

★ **Help them to learn to problem-solve** If your child can generate solutions, that is great. If not, generate some potential solutions for your child and ask your child to pick the solution that he or she thinks would work best.

Adapted from Psychology Today

## ★ How to help your child cope with stress

Writing or drawing  
how they feel



Planning  
what they do



Exercise  
and sports



## ★ The top 10 challenges facing young people today:

Youth charity Central YMCA conducted a survey of 1,600 young people to find out what young people felt were the biggest challenges they face today. These were the top issues identified by young people:

1. Lack of employment opportunities
2. Failure to succeed in education system
3. Issues related to body image
4. Family problems
5. Substance abuse
6. Pressures of materialism
7. Lack of affordable housing
8. Negative stereotyping
9. Pressures of 24-hour social networking
10. Crime

## ★ How can you help?

Finding opportunities to talk with your child about these issues, to find out what their thoughts and feelings are, helping them to problem solve and identifying small goals to work towards can all help to alleviate anxiety or at least put it into context. Familiarise yourself with support that is available locally.

The 'Where to go for' website is a good place to start: [www.wheretogofor.co.uk](http://www.wheretogofor.co.uk)



# ★ Water savvy, water safe



**Nationally 300 people die each year from drowning, which makes it the third most common cause of death amongst young people aged 10-18.**

Drowning in the UK accounts for more accidental fatalities a year than fire related deaths in the home or cyclist deaths on the roads. 42% of those who drown have no intention of entering the water. 2 in 3 of these fatalities occur at inland waters such as rivers, lakes and canals.

East Sussex Fire & Rescue have developed a water safety education programme, Water Savvy Water Safe WS2 working collaboratively with the Royal Life Saving Society (RLSS) and Royal National Lifeboat Institution (RNLI).



The presentation as part of the programme is an interactive experience incorporating lifesaving key water saving messages about how to keep yourself and others safe around water. Focusing on the hard hitting effects of Cold Water Shock and the unexpected power of water, students will come away with an increased awareness of the risks in, on and around open water.

We have recently visited a number of schools and the presentations have proved very successful. The presentation lasts about 30 minutes. **For further info or to book a Water Safety Talk, please email [Water.Safety@esfrs.org](mailto:Water.Safety@esfrs.org)**



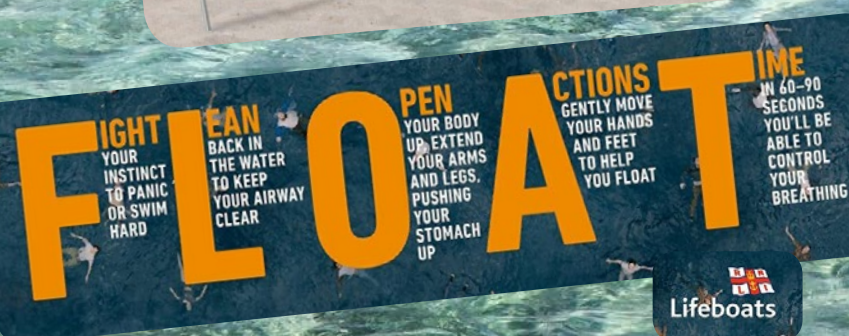
**Cold Water Shock** is a leading cause of death that many people are not aware of. Cold Water Shock is the first stage of the sudden and unexpected immersion in water where temperature is of 15°C or lower and occurs during the first minute of exposure. Cold Water Shock probably causes more deaths than hypothermia.

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**Tombstoning** is a high risk, unregulated activity where people jump or dive from height into cold water. A number of tombstoners have been killed or seriously injured plunging into water off cliffs, piers and harbour walls. **DON'T JUMP INTO THE UNKNOWN**

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**FLOAT** When people fall into cold water unexpectedly, their instincts tell them to swim hard and fight against it. But when people fight against it, the chances are, they will drown. Instead, they should fight their instincts, not the water, and remember to **FLOAT** for a short time, to regain control of their breathing.







# Brighton & Hove is raising awareness of exploitation and its consequences in the week of the 24th June

Brighton & Hove Community Safety Partnership now has a Violence, Vulnerability and Exploitation Strategy which brings together a range of different agencies and organisations to work on these nationally growing issues. As part of this work the city is holding a week of action from 24th June to raise awareness of the issues across the city, seek the views of residents and make a call for action and change.

Over the last few years, across the city and the county, there has been an increase in young people being used to run drugs and money for drug dealers as well as selling drugs. Dealers are aware that young people, particularly those not previously known to the police, are less likely to be stopped and can therefore more easily transport drugs and money across the city or to other parts of the county for them. Nationally and locally we are also seeing a rise in 'cuckooing', this is where dealers befriend vulnerable adults, often with learning difficulties or mental health problems, they then take over their flats and run their drug operations from there.

With a growing rise in the use of children and cuckooing by dealers across the county and into Brighton & Hove, it is likely that any recreational drug use will have involved children in the transport and distribution of these drugs and a vulnerable adult also being exploited through cuckooing.

If you and your community would like to find out how you can get more involved and create community action please join us on Tuesday 25th June for a conversation hosted by Redeeming Our Communities (ROC) who have considerable experience of hosting 'ROC Conversations' across the UK. (See right for event details).

Debra Green OBE, National Director of ROC explains "The two hour event is both simple and effective. We bring statutory agencies, key community individuals and

members of community groups together to celebrate the good work taking place in the community. Between us, we then determine where any gaps in provision may be and, critically, see what each person present can offer to bridge the gap. The conversation always leads to action ... and positive change in the local community."



## ★ Join our ROC conversation

Join us as we celebrate all that is good and explore new ways to make your community even better!

★ 7-9pm, Tuesday 25th June 2019

★ The Mayo Wynne Baxter Lounge,  
American Express Stadium, BN1 9BL

It's free, it's two hours and the conversation could be the start of the change you want to see in your community.

## ★ Spotlight on local projects

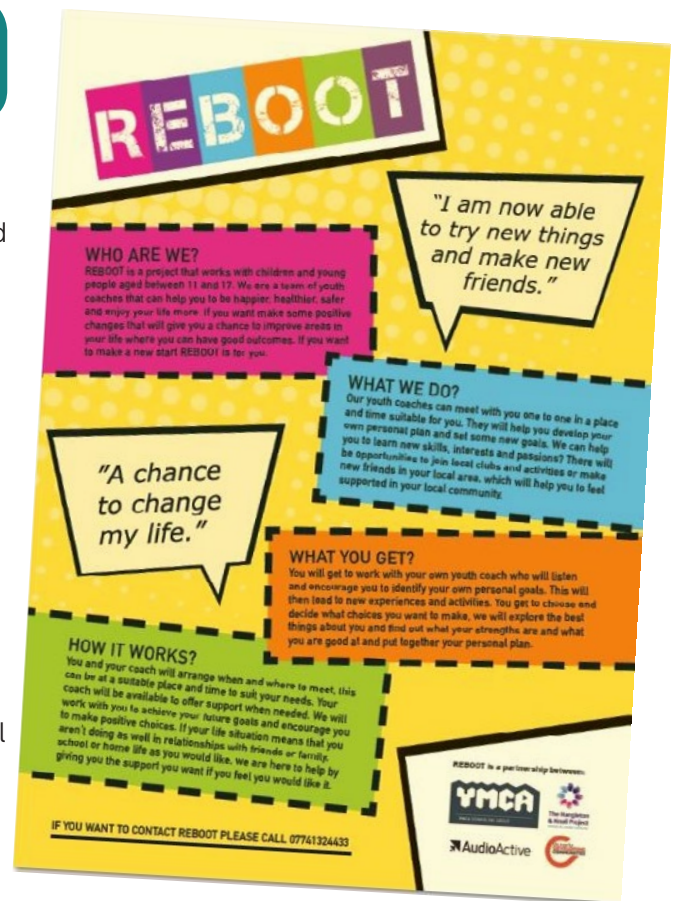
**REBOOT launches!** REBOOT is a new early intervention project for 11-17 year olds, who are vulnerable to being exploited into criminal behaviour. Local community development organisation The Trust for Developing Communities (TDC) is working alongside three other partner organisations (YMCA DLG, Audio Active and Hangleton and Knoll Project) to provide REBOOT across Sussex.

The project focuses on the strengths of the young person and building on their interests, experience, skills and views. Participants will be offered a personalised support package which includes activities that will be the most beneficial in helping them overcome some of the issues they face.

With the support of a youth coach the child or young person will get opportunities to try out new activities to help them focus on goals and create positive opportunities.

There are nine Youth Coaches across Sussex bringing a range of skills, experiences and backgrounds, but they are unified by a strong desire to support young people to unlock their potential and divert them away from negative influences that could put them at risk.

Family, friends, schools, community and statutory organisations, can all make referrals to REBOOT.



**If you have any questions, please contact Adam Welton, TDC's REBOOT Youth Coach or Adam Muirhead, TDC's Director of Youth Work on 07772 269761.**

## **Back on Track: Support for Families affected by parental alcohol use**

**Launch Event:** Friday July 5th, 12-4 pm  
Friends Meeting House, Ship Street, BN1 1AF

It can be a huge step to recognise that you as a parent are drinking to a concerning level, and to make the decision to ask for help. It can also be hard for children and young people who are worried about a parents drinking to know who to speak to. At our launch event we will share our plans, ideas and next steps and we want to hear from you what you think will or will not work, and what we should be doing differently to get families the support they need.

Lunch is provided and we are offering £10 Love to Shop vouchers for parents and carers who are able to attend.

★ **For more information, and to book a place contact George on 01273 294 589 or email [george.roe@brighton-hove.gov.uk](mailto:george.roe@brighton-hove.gov.uk)**

★ **We would love to hear from you!** If you have a question suggestion or article, please email us at [newsletter@safety-net.org.uk](mailto:newsletter@safety-net.org.uk). For an online edition, visit [www.safety-net.org.uk](http://www.safety-net.org.uk) or [www.brightonandhovelscb.org.uk](http://www.brightonandhovelscb.org.uk)