



# SUMMER SAFEGUARDING NEWSLETTER

July Edition

Welcome to this month's edition of our Parent Newsletter!

As we head into the summer months, it's the perfect time to talk about how we can work together to keep our children safe—whether they're out exploring, playing online, or enjoying the sunshine. This edition of our safeguarding newsletter focuses on five key areas: Water, Sun, Fire, Road and Online Safety.

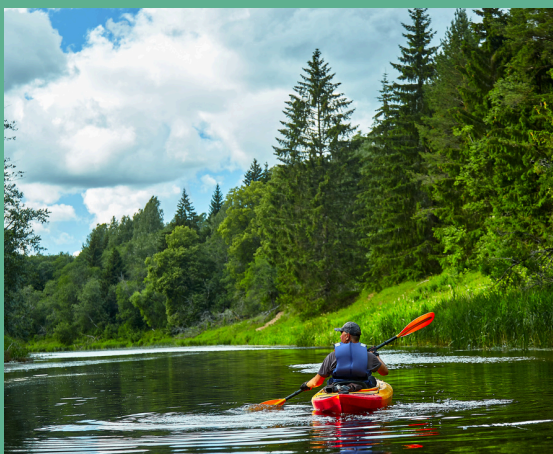
## WATER SAFETY

Whether it's paddling pools, beaches, or swimming pools—water can be lots of fun but also poses real dangers.

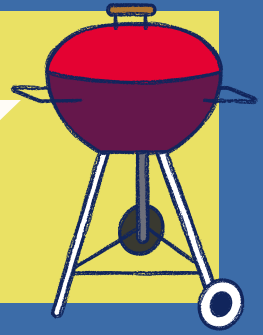
Top Tips:

- Always supervise children near water—no matter their swimming ability.
- Teach children to swim and educate them on water rules.
- Be extra cautious around open water (rivers, lakes, reservoirs).
- Encourage the use of floatation devices where appropriate.
- Never rely solely on lifeguards—stay watchful yourself.

For further information please visit: <https://rnli.org/safety>



# FIRE SAFETY



## Top Tips:

- Keep matches, lighters, and BBQ tools out of reach.
- Never leave cooking or flames unattended.
- Teach children what to do in case of a fire (e.g., “Stop, Drop, Roll”).
- Have working smoke alarms at home and check them regularly.
- Be cautious with campfires and open flames—always extinguish fully.

For further information please visit: <https://www.wmfs.net/safety-categories/seasonal-safety/summer-safety/>

# ROAD SAFETY

Road safety is crucial, whether walking, cycling, or traveling by car.

Here are some tips for keeping kids safe:

- Teach children to look both ways before crossing the street and use pedestrian crossings.
- Encourage wearing helmets and visible clothing when cycling or scootering.
- Use car seats and seat belts correctly for children of all ages.
- Remind children to stay on the sidewalk and be cautious near parked cars or driveways.
- Set a good example by following road safety rules yourself.

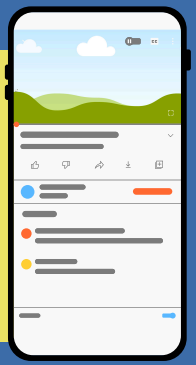


For further information please visit:  
<https://www.brake.org.uk/get-involved/take-action/mybrake/knowledge-centre/advice-for-parents-and-families>





# ONLINE SAFETY



## Online Safety for Children: What Every Parent Should Know

In today's digital age, children are spending more time online than ever before—whether it's for learning, playing, or socialising. As a parent, understanding online risks and how to support your child's safe digital habits is key to their well-being

### Key Online Risks to Be Aware Of

- Inappropriate Content: Children may come across material that is not age-appropriate, such as violent, sexual, or disturbing content.
- Online Grooming: Strangers can attempt to build trust with children through games, apps, or social media, with harmful intentions.
- Cyberbullying: Bullying can happen 24/7 online, often without the knowledge of adults.
- Privacy Issues: Personal information shared online can be misused or exploited.
- Screen Time & Mental Health: Excessive time online may affect sleep, mood, and attention span.

### Useful Resources

- NSPCC – <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- Childnet International – <https://www.childnet.com/>
- CEOP (Child Exploitation and Online Protection Command) – Report online abuse or concerns: <https://www.ceop.police.uk>





# SUN SAFETY

Protecting children from the sun helps prevent sunburn and long-term skin damage:

- Apply sunscreen (SPF 30 or higher) 20 minutes before going outside and reapply every 2 hours.
- Wear hats and sunglasses to protect the face and eyes.
- Seek shade during peak sun hours (11am–3pm).
- Stay hydrated – encourage children to drink plenty of water.

For further information please visit:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

## CHILD SAFETY ADVICE

Children need to explore and experiment, so minor bumps and bruises are part of growing up. But some children suffer the pain of serious accidents that can alter the course of their lives forever.

Many of these serious accidents can be prevented by simple changes to everyday routines.

Please visit Child accident prevention trust for advice:

<https://capt.org.uk/child-safety-advice/>



# COMMUNITY RESOURCES AND SUPPORT



- Raising a family, being a parent or carer, or navigating life as a young person can be a challenge. You are not alone and Family Hubs is making sure that there is support and help for you across Birmingham.

- Family Hubs bring together a range of organisations and professionals to offer early help services, advice, guidance, and support.

**Please visit:**

**[https://www.birmingham.gov.uk/info/50295/family\\_hubs](https://www.birmingham.gov.uk/info/50295/family_hubs)**

- You can also find help and support with your child's mental health and other issues affecting the family through 'From Birmingham With Love:

**<https://www.birmingham.gov.uk/love>**





## Do you live in Birmingham?

FREE online and face-to-face courses available to parents or carers looking after children and young people who have a **diagnosis of autism**, is on the **pathway to an autism diagnosis**, or is **suspected of having autism**.



- Weekly sessions. Sessions last between 2.5-3 hours. Meet parents with similar experiences.

### What does it cover?

**Session 1** – An introduction and overview of autism with parent and carer experience

**Session 2** – Thinking and sensory

**Session 3** - Social interaction and communication

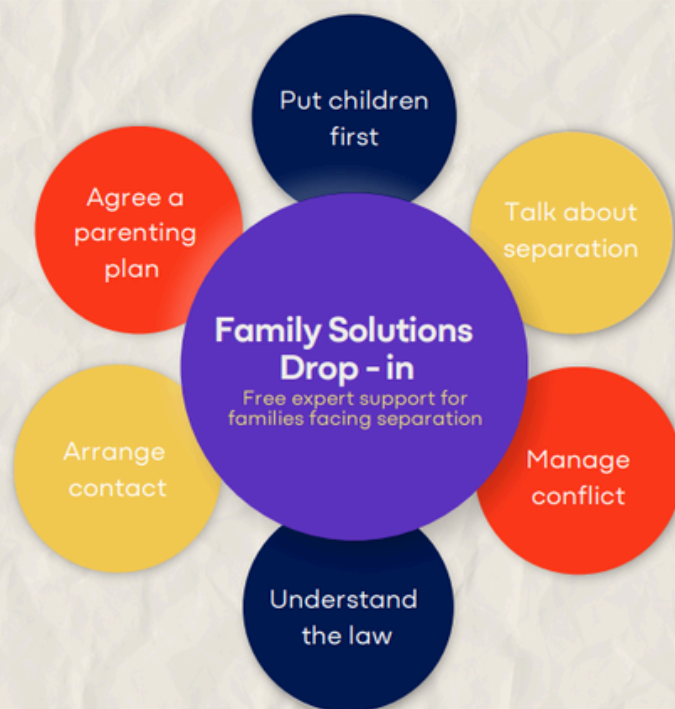
**Session 4**– Understanding and supporting behaviour

**Session 5** – Analysing behaviour



Please use the QR code to book onto one of our courses!

family solutions group.



Scan QR code for more info

Every Monday 10-4pm

0121 752 1970

FSG@circlemediation.co.uk

Check website for venue information

Spurgeons



## Free Parenting Groups & Courses

Support for all parents and carers with children from pregnancy to 19 (25 with special educational needs & disabilities), both online and face-to-face.

- Are you expecting a baby?
- Have you recently had a baby?
- Do you want support to better understand your child or teenager's behaviour?



Scan the QR code for details about what's on near you.



familyhubs@birmingham.gov.uk  
birmingham.gov.uk/familyhubs



# USEFUL NUMBERS

**Concerned about a child:** Children's Advice & Support Service (CASS)  
If you suspect or believe that a child is suffering or is likely to suffer significant harm or any form of mistreatment or abuse, you should report your concerns immediately to CASS.

You can report concerns via [the Birmingham Children's Trust website](#) or call them on the number below.

Telephone: 0121 303 1888 (select Option 2 then Option 2)

Mon – Thurs – 8:45am – 5:15pm

Fri – 8:45am – 4:15pm

Emergency out-of-hours number: 0121 675 4806

0121 303 1888

**Birmingham Women's aid (Domestic Violence and Abuse)** :If you, or someone you know, needs help or support;  
Call 0808 800 0028 or visit: <https://bswaid.org/>

**Homelessness:** 0121 303 7410

**Local foodbanks and financial support:**

[https://www.birmingham.gov.uk/info/50224/birmingham\\_childrens\\_partnership/2218/from\\_birmingham\\_with\\_love/4](https://www.birmingham.gov.uk/info/50224/birmingham_childrens_partnership/2218/from_birmingham_with_love/4)

**School admissions and pupil placements:** 0121 303 1888

**Gambling support:** 03004564293 or visit: <https://aquarius.org.uk/our-services/adult-services/gambling/>

**Drugs and alcohol support:** 0121 227 5890 or visit:  
<https://www.changegrowlive.org/drug-alcohol-service-birmingham/south>

**Birmingham city council useful numbers:**

[https://www.birmingham.gov.uk/info/20208/contact\\_us/229/useful\\_telephone\\_numbers/](https://www.birmingham.gov.uk/info/20208/contact_us/229/useful_telephone_numbers/)





# Simply School Supplies C.I.C



If you or someone you know need support with school uniform and supplies we are here to help with heavily discounted and free pre-loved uniform.

School Uniform Pop-Up with St Columba's Church 'Crafternoon' located at St Columbas C of E Church, Banners Gate Rd, Sutton Coldfield B73 6TX.

Come along for Kids Crafts, refreshments and games for all!

**Sunday 20th July 2025 - 4 till 5pm**

**Sunday 17th August 2025 - 4 till 5pm**

**Sunday 21<sup>st</sup> September 2025 - 4 till 5pm**

**Sunday 19th October 2025 - 4 till 5pm**

**Pop-ups held every third Sunday of the month between 4 - 5pm**

# Understanding Autism in Children Webinar

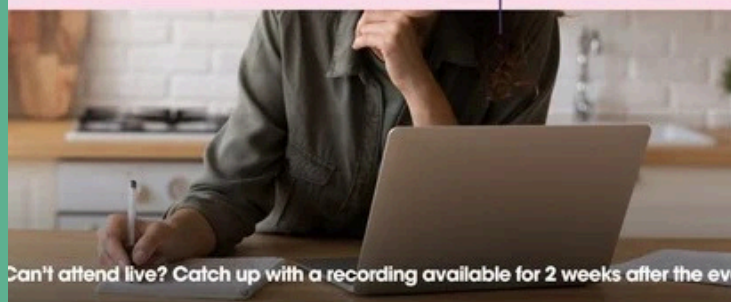
This webinar is open anyone in the wider West Midlands area.

autism  
west midlands

Join us for a one off, introductory training session on Understanding Autism in children. In this session, we will cover:

- What autism is
- Autistic differences, including communication and sensory
- Diagnosis
- Supporting an autistic child

**Tues 29th July  
10am - 11:30am**



Can't attend live? Catch up with a recording available for 2 weeks after the event



ST GERMAIN'S  
WELLBEING

**FEELING LOW? WORRIED? ANGRY? STRESSED?  
DON'T SUFFER IN SILENCE**

St Germain's Wellbeing can help you!  
Our **FREE** service offers 4-6 one-to-one support sessions face to face or over the phone for anyone 18+



WEEKLY  
ONE-TO-ONE  
SUPPORT SESSIONS



SELF-HELP  
TIPS AND  
SKILLS



A  
NON-JUDGEMENTAL  
LISTENING EAR



SUPPORT  
ACCESSING OTHER  
SERVICES THAT CAN  
HELP

"I could talk without feeling judged. I learned new useful techniques to help with my anxiety."

**WE CAN HELP YOU**

PLEASE GET IN TOUCH WITH OUR FRIENDLY TEAM  
WELLBEINGHUB@STGERMAINS.ORG.UK OR CALL 0121 517 0476

@stgermainswellbeinghub  
www.stgermainswellbeing.org.uk

St Germain's Church  
City Road  
Edgbaston  
B17 8LE

COME AND TRY



**FREE KAYAKING!**

Children 8+ only. Under 12s must be with an adult

30TH JULY	12 - 1:15 PM
6TH AUGUST	2 - 3:15 PM
13TH AUGUST	4 - 5:00 PM
20TH AUGUST	

THE BOAT INN Car Park - Old Kingsbury Rd, Sutton Coldfield, B76 9AE

For more information contact Stuart:



stuart@environmentaltrust.org.uk  
07570 241 759

Please give your name, date and preferred time to book





# HOW TO BOOK

Bring  
it on  
Brum

## GET YOUR CODE

- 1** Get your BIOB code from your child's school.

If you haven't received your code, but believe you are eligible for the programme, please contact your child's school.

## CHOOSE YOUR CLUBS

- 2** Go to [bringitonbrum.co.uk](http://bringitonbrum.co.uk) and click

**BOOK NOW**

- 3** Enter your criteria E.g Location, participant age, date and click

**SEARCH**

To view the session details click

**MORE INFORMATION**

- 4** Once you've found a holiday club you like, click "BOOK NOW" and choose a date and time that works for you.

- 5** Enter your child's details- you can add more than once child.

You may need to add 'Supplementary Information' Please write 'none' in any fields that do not apply.

- 6** Repeat to add more sessions.

## CREATE A LOG-IN

- 7** Once you have chosen all your sessions, go to your cart and click

**CHECKOUT**

- 8** To complete your booking, you will need to create a log-in. You can then view/ edit and add any additional bookings at any time by logging in.

### Create a Log-in

- ☒ Add your details
- ☒ Sign up for session reminders
- ☒ Enter your child/ children's details
- ☒ Sign up for the Bring it on Brum! newsletter

## COMPLETE BOOKING

- 9** Click **COMPLETE BOOKING**

Why not take a photo of these instructions?



**MORE INFORMATION:**

[www.bringitonbrum.co.uk](http://www.bringitonbrum.co.uk)

