



RCDOW Safeguarding News



AUTUMN – September 2020

Foreword by Geraldine Allen

Safeguarding Co-ordinator for the Diocese of Westminster

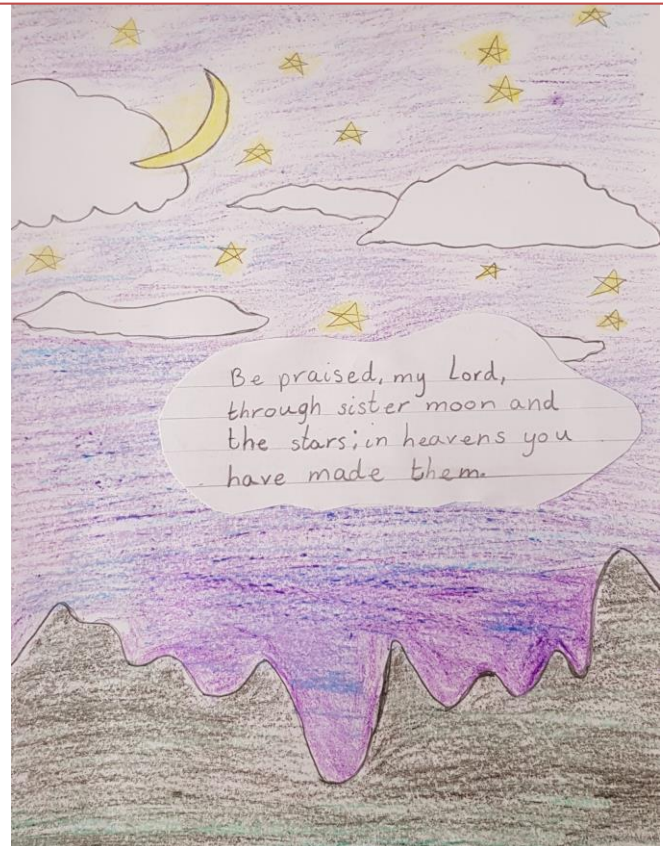
Dear PSR,

Thank you to those of you who continue to check your emails and are actively responding to our requests – even in our current situation with limited activities, there is still much work to be done in ensuring Parish activities are conducted safely and DBS checks are up to date. We await the publication of the IICSA report and will actively respond to their recommendations to ensure that we learn from the past and update our practices accordingly.

We hope in 2021 to run some regular Zoom sessions by way of updating you and enabling you to share your good practice. I would like to think we could meet but until then we will continue to meet virtually. Wishing you all the very best.

Geraldine Allen

IN THIS EDITION



Welcome to this Autumn edition of the safeguarding newsletter. We focus on creating a safe environment on page 5.

We bring you some important news about the independent review into the catholic church safeguarding structures in England and Wales and a new essential document about 'Pastoral Standards and Safe Conduct in Ministry', with an introduction by Cardinal Vincent Nichols on page 8.

Did you know that RCDOW website has been recently refreshed and is easier to navigate now? You can find SAFEGUARDING under 'Our Mission' tab, top centre, where you can also locate an individual box with all present and past newsletters. If you wish, please do send your comments about the new website to Arianna who will share them with our Communication department as valuable feedback.

THANK YOU FOR YOUR SUPPORT

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4 AREAS of PSR's WORK

These are:

- **RESPONDING TO CONCERNS**

PSRs are the first point of contact for the parish community should they wish to disclose a safeguarding concern hence the PSR is responsible to check their dedicated SG email address on a regular basis and at least once a week. Should PSRs become aware of any concern they have to pass this on to the central safeguarding team within the first 24/48 hours of learning about the concern. This is a vital area of work in order to assure an appropriate response to anyone in need of support. The email address can also be set up on the PSR's mobile phone as long as this is secured with safety access codes at all times to enhance third parties' data protection.

- **SAFE RECRUITMENT**

The process of securely recruiting anyone who wish to work/volunteer in the parishes with groups of vulnerable like children and/or adults at risk. This process includes the initial processing of DBS applications including ID verification, interviews, and reference requests for example.

- **CREATING A SAFE ENVIRONMENT**

An incredibly important part of a PSR's work to be carried out with the collaboration of parish priests, activity group leaders, parish admins and any volunteer in contact with vulnerable groups. It is about knowing and implementing both safeguarding policies and procedures whenever a parish activity especially for children and/or adults at risk takes place. CSAS (Catholic Safeguarding Advisory Services) is the web site to visit and the guidance "Creating a safer environment" should be a central piece of this work with which every person working/volunteering at the parish should be familiar with. This includes use of social media, photographing and videoing, off-site trips, bullying and more. <https://www.csas.uk.net/procedures-manual/#cat-4> Please click on the link to be directed on the page where to find the above mentioned guidance (Procedures Manual – Chapter 4, Creating a safer environment).

- **ADVANCING A "CULTURE OF SAFEGUARDING"**

This part of the work aims at educating the parish communities with a basic understanding of what safeguarding means and does to keep everybody safe from harm and abuse. PSRs should encourage the community to enrol in SG EduCare online modules by contacting Mr Gabriele Sedda at gabrielesedda@rcdow.org.uk to be registered and start/complete these safeguarding courses. Also safeguarding literature should be regularly distributed in the parish. This ranges from leaflets to support survivors of abuse to Alpha Cards to recognise and responding to abuse and more. A so called "safeguarding corner" in the parishes consisting of a small table to keep the literature would be ideal.

In this and all future editions of the newsletter we add in green the PSR's area of work for each page concerned with one of these 4 areas in order to easily associate them accordingly.

Also, here you can find the document originally distributed via email about the 4 areas of work which contains all the useful links to practically support you in the implementation of the 4 areas of work.

The central safeguarding team remains always available for any additional assistance you may require at any time.



4 AREAS OF PSRs
WORK.docx

RESPONDING TO CONCERNS:

Domestic Abuse

Welcome to NSPCC Learning's CASPAR email for week commencing Monday 21 September 2020



Domestic abuse

Source: Research in Practice

Date: 14 September 2020

Research in Practice (RiP) has published a blog by NSPCC senior evaluation officer Emma Smith discussing the NSPCC Domestic Abuse, Recovering Together (DART) programme which focuses on the ways in which domestic abuse affects the relationship between mothers and children. The blog discusses the support provided to mothers and children to better communicate with one another, and to rebuild and strengthen their relationship.

Read the blog: [Reflections from ten years of evaluating a domestic abuse recovery programme](#)

See also on NSPCC Learning
> [Protecting children from domestic abuse](#)

Where to send concerns:

As the majority of you know by now, the central safeguarding team was joined in December 2019 by two highly prepared safeguarding officers, Sarah Robinson and Rebecca Williams. The team is now returning to a mixture of remote working and being based at Vaughan House. Safeguarding concerns can be referred via safeguarding@rcdow.org.uk. Sarah and Rebecca operate a duty system and in weekly turns they monitor and pick up any query coming through the above address. Any member of the team remains available by email or telephone for any additional assistance you may require at any time. Thank you.

Updated CSAS Procedures

***** Please note: CSAS have updated their procedures in relation to responding to concern especially involving children. Kindly take a moment to read the revised policy and procedures to keep yourselves up to date. This can be found at <https://www.csas.uk.net/procedures-manual/> Chapter 2.**

SAFE RECRUITMENT:

DBS Matters

DBS Submissions via Email

You can now send all documents (diocesan forms and ID documents) for your DBS applications to dbssubmissions@safeguardrcdow.org.uk

N.B. This address is for application submissions only. For other DBS related queries, contact Jackie on jackiekrobo@rcdow.org.uk.

Reminder: DBS Re-Checks

In December 2019, the Diocese has now introduced a 3 year DBS re-check policy, therefore all volunteers, staff or clergy with disclosures over 3 years old will need to be re-checked. Many of you are well ahead with this and we thank you for your hard work.

For those of you who need to get started, I would recommend that you proceed as follows:

1. Request a current parish report from either Jackie or Johanna so you can liaise with your parish priest and/or activity group leaders to determine who is still an active volunteer.
2. Update Jackie with the details of any leavers or deceased.
3. Contact those with disclosures over 3 years old to start the re-check process. Please see below for documents needed for a re-check application.

Applicant Address History

A reminder that DBS will withdraw any applications if there are any errors in the 5-year address history. As a result, please ensure that you double check that the applicant has entered all addresses fully during the ID verification process, this is particularly important when the applicant lives in a flat – the flat number can be added manually if it doesn't appear after the postcode search.

PSRs' DBS re-checks

PSRs contacted since last March by Arianna whose DBS re-check is up for renewal (as per official diocesan policy of DBS 3 years' renewal) who have not started this process yet, are kindly but urgently reminded to get in contact with Arianna as soon as possible via phone 02077989358 or email at ariannasommariva@rcdow.org.uk to start/complete their re-check.

Three emails with information regarding this matter had been sent to all SG accounts, so be aware that accessing your SG account regularly is of paramount importance to ensure the open and continuous communication (and the completion of tasks such as this) between PSRs and the central safeguarding team. Please do contact Arianna should you have any problems in accessing your SG account or if you wish support to install it on your mobile device to make its access easier, secure and faster. Thank you.

CREATING A SAFE ENVIRONMENT:

******* Around mid-September we sent an email to inform you that your parish priests are supported with updated guidance from the Bishops and the diocesan property department about the ever changing Covid-19 health concern situation. Please do ask your parish priests to share all the useful information that they receive and that have a relevance in safeguarding so that in turn you are enabled to inform and support others in your parish.

Welcome to NSPCC Learning's CASPAR email for week commencing Monday 21 September 2020

Coronavirus: safeguarding for voluntary and community groups.

Source: NSPCC Learning

Date: 09 September 2020

NSPCC Learning has updated content on safeguarding for voluntary and community groups to include the most recent government guidance.

Read the content: [Safeguarding during coronavirus: voluntary and community groups](#)

Welcome to NSPCC Learning's CASPAR email for week commencing Monday 21 September 2020

Coronavirus: childhood trauma

Source: Anna Freud National Centre for Children and Families

Date: 17 September 2020

The Anna Freud National Centre for Children and Families has announced the launch of UK Trauma Council (UKTC), a UK-wide platform bringing together expertise in research, practice, policy and in the field of childhood trauma. UKTC has published a policy briefing setting out strategic priorities for responding to childhood trauma as a result of the coronavirus pandemic. Recommendations include: prioritising the response to trauma in national and local mental health strategies; investing in specialist trauma provision for children and young people; and equipping all professionals who work with children and young people with the skills and capacity to support those who have experienced trauma.

Read the news story: [Leading experts appeal for an energetic and sustained response to childhood trauma during and beyond the pandemic](#)

Visit the website: [UK Trauma Council](#)

Read the briefing: [Beyond the pandemic: Strategic priorities for responding to childhood trauma \(PDF\)](#)

See also on NSPCC Learning

> [How childhood trauma affects child brain development](#)

ADVANCING A CULTURE OF SAFEGUARDING:

E-Learning and other sources

From the EduCare newsletter we offer you here below an extract about how to spot signs and symptoms of poor mental health. The whole EduCare newsletter about Safeguarding matters can be access by double clicking on the PDF here attached. Happy reading!



EduCare Newsletter
Issue 3.pdf

What are the signs and symptoms of poor mental health?

ISSUE THREE

There are many signs and symptoms to look out for that may indicate a child or young person is struggling with their mental health, but it is important to remember that every young person is an individual and needs to be treated as such.

In the main, if we ask ourselves 'what are the signs that would worry me or make me want to find out more?', we will come up with a list that often comes down to a change in behaviour from what is 'normal' for that particular young person. For example, a child who is usually very well behaved and quiet then becomes loud and aggressive, or a child who is usually very sociable and contributes a lot, becomes withdrawn and isolated then that is often a cause for concern.

What to look out for:

1) Not taking care of their appearance and/or hygiene. 2) Absence from school (or sickness – often in adolescence, young people will experience physical symptoms of anxiety or stress before they can necessarily articulate the issue; for example, being sick before coming school). 3) Socially isolated and/or withdrawing. 4) Erratic behaviour or mood swings. 5) Risk taking behaviour. 6) Anger and aggression. 7) Not being able to concentrate and seeming distracted. 8) Avoiding friends and avoiding activities they used to find fun. 9) Missing regular appointments. 10) Seeming jumpy or nervous for no obvious reasons. 11) Panic attacks. 12) Tired in school. 13) Change in appetite. 14) Lack of aspiration or not being able to predict positive things happening in the future.

Further Reading

For more information on signs and symptoms and advice on how to help children and young people manage their mental health, download our The resource contains information taken from EduCare's Mental Wellbeing in Children and Young People training course.

The course costs £27.50 and you can buy online today or the course

is included as part of , EduCare's bestselling training course package which combines a wide range of courses such as Child Protection, the Prevent Duty, Substance Misuse Risks and Health & Safety in Education, with a robust reporting suite to evidence learning, all in one cost-effective bundle.

FREE resource.

EduCare for Education®

SUPPORT TO SURVIVORS OF ABUSE

GRIEF TO GRACE A programme of healing:

Grief to Grace is a specialised 5-day programme of spiritual and psychological healing for anyone who has suffered sexual, physical, emotional or spiritual abuse in childhood, adolescence or adulthood, including those who are the victims of rape, incest or abuse by a member of the clergy. We call it a retreat because for five days you will be in a safe, protected environment and because the process is grounded in the Scriptures, the Sacraments and prayer, enabling you to open your deepest wounds to the healing power of Christ the Divine Physician. However, this retreat programme has also been expertly and lovingly designed to make a path for that healing using therapeutic tools from the most up-to-date psychology and treatment of trauma. The human science of psychology is integrated into a Christian view of the person whose meaning and dignity is deeper than the psyche. Body, mind and spirit are all engaged and cared for.



Grief to Grace
brochure.pdf

You can download and print the Grief to Grace brochure here above in as many copies as required and add these to the 'Safeguarding Corner' in your parish for anyone interested.

SAFE SPACES

We introduced "SAFE SPACES" to you in our Spring newsletter, a service to support victims of abuse. CSAS informed us that the service has been launched on 30th September and here below is a letter that explains who the service is for and how it works. Please ensure that the information is shared with your parish community for those in need to access this important service.



Safe Spaces
Briefing Paper - Final

Hurt by Abuse Leaflets

NCSC have recently released two new HURT BY ABUSE leaflets which you can find here below attached to be printed, forwarded and shared with your parish communities;

- [Break the silence, disclose the secret. A guide for victims and survivors.](#)
- [How to: Respond, Listen, Support Victims and Survivors of abuse.](#)



NCSC-Respond-List NCSC-Abuse-leaflet
en-Support-MASTER-2019-Co-Ordinator

PSR & SAFEGUARDING NEWS

Safeguarding structures independent review

Dear Religious Leaders, Commission Chairs, Safeguarding Coordinators, Religious Safeguarding Coordinators, Financial Secretaries

On behalf of Chris Pearson, NCSC Chair, I would like to invite you to read the Independent Review into Safeguarding Structures and Arrangements update information August 2020 that has been posted on the NCSC website.

<http://catholicsafeguarding.org.uk/independent-review-of-safeguarding-structures-and-arrangements/>

The information has been posted by the NCSC following agreement in principle by the Review Steering Committee that the information is best made available via the NCSC website. We invite you to share this link further within the dioceses and religious congregations so that the progress of the Review Panel is shared widely.

Caring for others

Cardinal Vincent Nichols writes to all bishops, priests and deacons across the diocese:

I am pleased to send you the recent document approved by the bishops' conference *Caring Safely for Others: Pastoral Standards and Safe Conduct in Ministry*. This fine and important document will help to ensure that as bishops, priests and deacons, we live the highest standards as disciples of Christ who share in his royal mission. This document is rooted in our Catholic teaching, tradition and legislation. It is a crucial building block to help us in our response to the scandal of abusive relationships within the community of the Catholic Church. It is concerned for the safety and care of all members of the Body of the Christ and those to whom we minister.



Caring Safely for
Others (Final Version)

VATICAN NEWS

'To collaborate in order to build' – Responding to the challenge of internal displacement

Ahead of the World Migrant and Refugee Day slated for 27 September, Lorena Margarita Pinilla Rojano shares her experience of fleeing from violence and becoming internally displaced

By Vatican News

The Church marks the 106th World Day of Migrants and Refugees on Sunday.

Since the first observance of this annual celebration in 1914, this day has been set aside to express concern for vulnerable people on the move and the increasing awareness for them as they face challenges.

The Pope's Message for this year's celebration is themed: "Forced like Jesus Christ to flee." His reflections are inspired by the experience of Jesus as a child with His parents as displaced refugees.

Pope Francis points out that "building the Kingdom of God is a commitment that all Christians share, and for this reason, it is necessary that we learn to collaborate." He also prayed that we "may be perfectly united in mind and thought," as St. Paul recommends.

Lorena's story

This week, the Vatican's Migrant and Refugees Section of the Dicastery for Promoting Integral Human Development released the sixth in a series of videos ahead of the annual day.

In the video, Lorena Margarita Pinilla Rojano—a 25-year-old woman from Chibolo Magdalena, Columbia—recounts her experience of becoming internally displaced.

"I arrived in the city of Bogotá in 2012. I have been here for 8 years," she said. "I arrived here with my family, which was displaced because of violence."

She recalls that her family had to flee Chibolo Magdalena in the middle of the night, leaving behind everything, including her father's farm, which the guerrillas burnt down.

Beginning anew

In 2015, Lorena moved to Soacha Cundinamarca, a suburb of Bogota, and was able to purchase a home. Currently, she is one the beneficiaries of an initiative run by the Jesuit Refugee Service (JRS) in San Benito, and is one step closer to her dreams of becoming an entrepreneur.

"I had a business idea that I wanted to develop but I did not have the financial means to do that," she said. "I am grateful to the Jesuits here in Columbia who supported me, trained me, and offered me this initiative opportunity. Thanks to them, I developed my business initiative and moved forward."

Lorena gives some sound advice: She encourages everyone to "move on and fight for their dreams."

<https://www.vaticannews.va/en/vatican-city/news/2020-09/to-collaborate-in-order-to-build-responding-to-the-challenge.html>

Also,

Bishop Paul McAleenan, the church's Lead Bishop for Migrants and Refugees, has released a moving, engaging and illuminating video podcast called 'Into The Refugee Journey' to mark this year's World Day of Migrants.

The video podcast is due to be announced very shortly in online and digital media, but we have been given an early opportunity to see it.

Here is the link: <https://www.youtube.com/watch?v=vM6AXpNesdo>

Frequently Asked Questions

Questions:

Q: We have recently been asked again if volunteers aged 70 or older can now volunteer in the parish?

Q: Are emails sent to the diocese containing ID copies safe?

Q: Where can safeguarding leaflets be found to keep the safeguarding corner at the parish always replenished?

Q: I forgot the password to access the SG account for the parish assigned to me as PSR, what can I do?

For any additional clarification please write to:

Answers:

A: Since Covid-19 cases are on the rise again it is NOT advisable for this group of people to volunteer since the government guidance states that “Regardless existing medical conditions, over 70s are categorised as clinically vulnerable and at risk and should take great care to minimise contacts with other people outside of their households”.

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others/full-guidance-on-staying-at-home-and-away-from-others> - Bullet point number 6.

A: The diocesan IT department has confirmed that the network is safe however if you wish to add a layer of protection you are more than welcome to send a password protected email and send the recipient (a member of the safeguarding team) the password on their working mobile numbers which can be found on the RCDOW website at <https://rcdow.org.uk/safeguarding/> for enhanced security.

A: You can find all safeguarding leaflets in a variety of places:

- Diocesan parish website in the “Safeguarding in our parishes” section to download.
- By contacting the central safeguarding team.
- On the RCDOW website

<https://rcdow.org.uk/safeguarding/support-for-survivors/> and <https://rcdow.org.uk/safeguarding/creating-a-safe-environment/>

A: Please do not delay contacting Arianna by calling 0207 798 9358 or send an email to ariannasommariva@rcdow.org.uk She will check that your account is still up and running and support you with the re-activation process and eventually the installation of the account on your mobile phone. **It is very important that you can access your account at least once a week to ensure a speedy response to anyone trying to contact you about recent or historical cases of abuse that you then have to forward to the central safeguarding team within 24/48 hours.**

ariannasommariva@rcdow.org.uk

CONTACT DETAILS

The Central Safeguarding Team:

Episcopal Vicar for Safeguarding:

Name: Rev Monsignor Séamus O'Boyle
Email: seamusoboyle@rcdow.org.uk
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Safeguarding Coordinator:

Name: Geraldine Allen
Email: geraldineallen@rcdow.org.uk
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Safeguarding Officer:

Name: Natalie Creswick
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Safeguarding Officer:

Name: Sarah Robinson
Email: sarahrobinson@rcdow.org.uk
Phone: 020 7798 9186

Safeguarding Officer:

Name: Rebecca Williams
Email: rebeccawilliams@rcdow.org.uk
Phone: 020 7798 9096

PA to Safeguarding Coordinator and Team and SG Commission Admin:

Name: Gabriele Sedda
Email: gabrielesedda@rcdow.org.uk
Phone: 020 7798 9356

DBS Administrator:

Name: Jackie Krobo
Email: jackiekrobo@rcdow.org.uk
Phone: 020 7798 9352

Safeguarding Support Officer:

Name: Arianna Sommariva
Email: ariannasommariva@rcdow.org.uk
Phone: 020 7798 9358

Other Contacts:

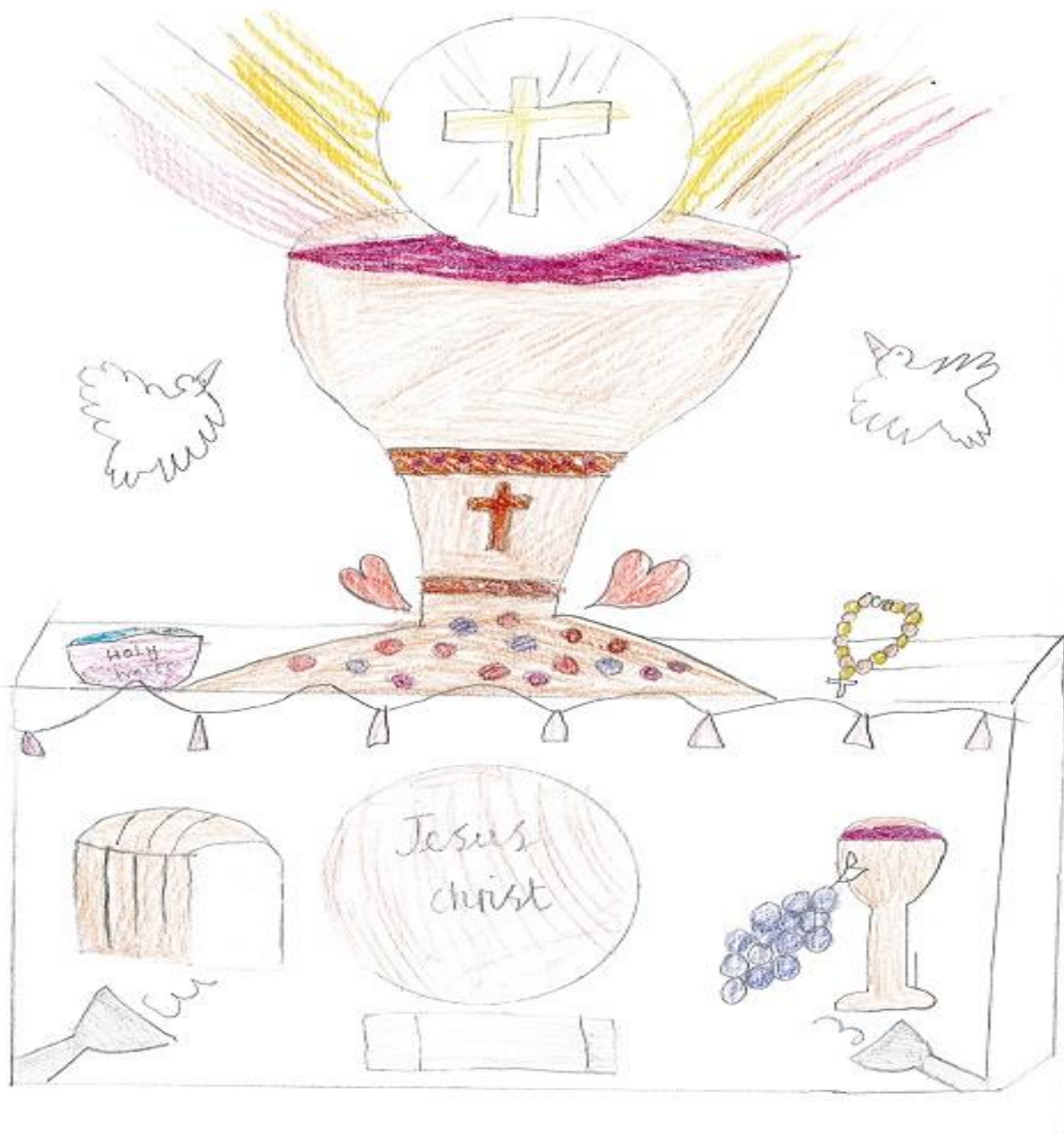
Catholic Safeguarding Advisory Service (CSAS)

Email: admin@csas.uk.net
Phone: 020 7901 1920
Website: www.csas.uk.net

National Catholic Safeguarding Commission (NCSC)

Website: www.catholicsafeguarding.org.uk

AUTUMN GREETINGS



Images in this newsletter kindly provided by children and young people of RCDOW parishes. THANK YOU to them all and the adults who helped in organising and delivering this lovely parish communities project.