



Guru Nanak Multi Academy Trust Ltd

Incorporating:
Nanaksar Primary School &
Guru Nanak Sikh Academy

29th April 2020

Dear Parent/Carer

RE: Staying Safe during COVID-19

Our message to victims, potential victims and survivors of domestic abuse:

Every child deserves a safe and secure home. But witnessing domestic abuse can have long-term effects on children and young people. Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour - and this can last into adulthood. What is important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.

You may have experienced or are experiencing domestic abuse. You will know what being isolated and frightened will feel like. You might be worried about self-isolating with someone who is harming you. **YOU ARE NOT ALONE IN THIS.**

Remember that you are an expert in your own situation and only take on advice that feels safe and relevant to you. It is important to try and think about the things that may change or make you more unsafe, especially thinking through now how you might get help if you need it. We also know that, like everyone, you could be worried about contracting the virus - the [NHS](#) website can give you advice around this.

Always remember that if you are experiencing domestic abuse, it is not your fault.

Self-isolation means different things in different countries but usually it means only leaving the house for essential reasons. Unfortunately, this means you and the person harming you could end up spending more time together in the same space.

Telephone and Email

If you or a family member are in immediate danger call the Police on 999

If you are not in immediate danger, the following numbers might be helpful:

Freephone 24h National Domestic Abuse Helpline: 0808 2000 247

NSPCC: 0808 800 5000 or email help@nspcc.org.uk

LGBT+ Domestic Abuse Helpline: 0800 999 5428 help@galop.org.uk

Karma Nirvana, UK Helpline for 'honour'- based abuse and forced marriage: 0800 5999 247

Victim Support National 24 hour Support Line: 0808 1689 111

Men's Advice Line: 0808 801 0327 info@mensadviceline.org.uk

Websites and Useful Guides

Accessing information online may feel like the best option for you at this time. If you do access any information online you may need to delete your browser history or use 'private browsing' as a way to hide your searches.

- **SafeLives guide to staying safe online**
- **Women's Aid guide to private browsing**
- **Guide to technology safety**
- **Making a safety plan, Women's Aid**
- **The Survivor's Handbook, Women's Aid**
- **Guidance on economic abuse during COVID-19, Surviving Economic Abuse**
- **Karma Nirvana**
- **Chayn**

Live chats and survivor forums

- **Women's Aid Survivors Forum**
- **Women's Aid Live Chat**
- **Victim Support Live Chat**

[Samaritans](#) can also be a source of support to you if you are generally feeling low and would like to talk to someone. They are a non-judgemental listening service that will not give advice or pressure you in any way.

Students/Pupils Reporting Concerns: 'Toot Toot'

All students/pupils from Year 3 onwards have access to an online reporting system called '**Toot Toot**'. Each student/pupil has an individual username and password and is able to log concerns or worries which will be picked up by a member of the MAT Safeguarding Team or Progress Leaders. If your son/daughter has forgotten their details, please contact their class teacher (Primary and NPS) or Progress Leader (Secondary) through Google Classroom.

Please contact the school for any further support. A trained Designated Safeguarding Lead (DSL) will be on the school premise Monday-Friday 7:30am to 3:30pm.

Stay safe.

Yours faithfully

MAT Safeguarding Team