



January 2023

Happy New Year. We hope you enjoy reading our January newsletter which highlights key messages and advice for you and your family to remain safe. Parents and Carers are reminded that this newsletter is for both Primary and Secondary school children, and therefore trust your judgement to share what you feel is relevant information for your family.

Childs first technology device: Parents guide to on-line safety

This Christmas, many children may have received their first technology device such as a gaming console, a tablet, or mobile phone.

These devices will provide many hours of fun and excitement for children such as chatting with their friends and trying out new challenging games. However, when children are introduced to devices for the first time, they are also given access to the online world which comes with its own safeguarding risks.

As a parent or carer there are several steps that you can take to keep your child safe on their new device, whilst at the same time, helping them to build cyber resilience and confidence in understanding the potential dangers that being online may bring.

[ineqe.com](#) safeguarding group have produced a detailed support guide to help parents and carers begin to teach children and young people how to stay safer on their new devices.

The guide covers 12 different themes such as:

- Setting up parental controls
- Understanding safety settings
- Passwords and passcodes
- Review of age ratings
- Online friendships
- Time limits



Each theme is enhanced with supporting videos and further resource links.

The guidance link is [Available Here](#)

Crime Prevention



Cycles are always a popular gift at Christmas time, so if you've been lucky enough to have received one, you should consider extra security precautions to prevent it from being stolen. More than **500,000** cycles are stolen in the UK each year, so don't let yours be one of them. Please click on the following link for top tips to secure your bike [bike-security-advice/](#)

Also, did you know that you can register your cycle with [www.bikeregister.com](#) which is a free service used by the Police to match found cycles with their rightful owners. To register, you will need to find your frame number, which is usually located near the handlebars, below the seat post, by the pedals or towards the back wheel.

In addition to registering cycles, you can also take extra precautions on other items of property or personal belongings by logging into: [www.immobilise.com](#)

Call: 101

Telephone: 18001 101

Visit: [cambs.police.uk](#)

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Nitrous Oxide Canisters: Parent and Carers awareness

We have recently covered this subject in a previous newsletter, however, sadly there is a need to highlight this issue again.

Nationally, Police forces are receiving increasing reports of the harmful effects caused from Nitrous Oxide misuse. In addition to the widely reported risks of accidents while under the influence of this gas, there are increasing hospital reports of young people with serious nerve damage that may be lasting.

Other risks include: Slowing of body and brain response, headaches and dizziness.

Nitrous Oxide is a colourless gas that is commonly found in pressurised metal cannisters and is usually inhaled using a balloon. It is often referred to as laughing gas, balloons, smart whips or NOS.

It is more dangerous inhaling directly from the canister as too much NOS can make you feel faint, lose consciousness or suffocate. It can cause spasm of the throat muscle and stop a person from breathing.

There is more information for young people and their families and carers at www.talktofrank.com.

The link below provides more information and advice: N20-briefing-for-professionals-v1.0-DrugWatch-version.pdf (michaellinnell.org.uk)

For local advice, information and support around Nitrous oxide misuse please contact the local commissioned treatment services:-

Cambridgeshire Young People's Drug/alcohol Service- CASUS 01480 445316 [Service detail | CPFT NHS Trust](#)

Cambridgeshire Adult Drug and Alcohol Service- Change Grow Live (CGL) 0300 5550101
www.changegrowlive.org/drug-alcohol-service-cambridgeshire

Peterborough Drug and Alcohol Service (All Age)- Change Grow Live (CGL ASPIRE) 01733 895624 www.changegrowlive.org/aspire-recovery-peterborough

If you have concerns that someone may have inhaled these, please contact **111 for medical advice or 999 in an emergency**



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Dry January : Are you in?

Dry January is upon us, so now might be a good time to consider taking a month off drinking to give your body a rest and enjoy all the benefits that being alcohol-free brings.



Dry January is the UK's one-month alcohol-free challenge run by **Alcohol Change UK**. Every year, tens of thousands of people across the UK go alcohol-free for 31 days, using the tools and resources provided by Alcohol Change UK.

Why sign up?

People who sign up to Dry January, using Alcohol Change UK's support are twice as likely to have a completely alcohol-free month and significantly improve their health and wellbeing

Tailored Support

Alcohol Change UK offers a free app [Try Dry®](#) which allows you to track your units, calories and money saved throughout the challenge. You will also be offered daily motivational emails as added support.

If you want to sign up for Dry January, or to find out more information please follow this link: [get-involved/campaigns/dry-January](#)

Alcohol and Parenting

If you are a parent of a teenager and worried about the amount of alcohol they are consuming or concerned about the effects that your own drinking habits are having on your child, please read this fact file that Alcohol Change UK have produced as a support guide : [alcohol-and-parenting](#)



Please follow this link for more fact sheets about alcohol [alcohol-facts/fact-sheets](#)
Or take the drinking quiz to check on your own drinking levels [check-your-drinking](#)

The school run: Parents ultimate guide

The start of January is the time when parents, carers and children get back into the routine of returning to school after their Christmas and New Year break. This includes the school run which is an unavoidable part of everyday school life. To make things a little easier, please read this essential guide from the RAC which covers everything you need to know about the school run: [the-school-run-your-ultimate-guide/](#)



Parking issues around schools are an age-old problem and unfortunately dangerous parking is an increasing issue putting the safety of children and others at risk. Examples of this include parking on zig-zag lines or pedestrian crossings causing visibility issues to other drivers and pedestrians. Please read this link for more details on parking laws and rules [parking-guide/](#)

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We would love to hear your feedback & comments.

You can contact the team via our email

SchoolsandCYP@cambs.police.uk

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