

Safeguarding Newsletter

MESSAGE FROM THE SAFEGUARDING COMMITTEE

The month of October has always been the safeguarding month in the Diocese. Normally we would be holding a safeguarding conference, sending out the yearly safeguarding parish audits, visiting parishes, training etc. However given these difficult times with Covid, things have changed and almost all our connection to the parishes is by way of online forms of communication, which brings its own challenges.

It remains important for us to continue to reassure, implement and promote the Churches safeguarding message. So, we hope you find this newsletter interesting and informative.

We would like to send our congratulations, thanks and best wishes to Bishop Martin Hayes, Diocese of Kilmore. Bishop Hayes served as a member of our safeguarding committee for many years. His guidance, wisdom and pastoral approach will be missed.

MESSAGE FROM THE ARCHBISHOP

I welcome this edition of the Safeguarding Newsletter, Autumn 2020. In the mist of the Covid-19 pandemic-that has touched all our lives, all aspects of safeguarding remain very important. Safeguarding is the responsibility of us all.

Even though we find ourselves in challenging times, the Church remains a beacon of hope and light. The well-being and care of children and vulnerable adults are central to the life and mission of the Archdiocese.

My sincere thanks to all who give of their time and energy to this ministry. Together, we can ensure that we maintain the highest standards and best practice in Safeguarding in the Church.

With best wishes

+Kieran O'Reilly

Safeguarding updates

On the safeguarding page of the diocesan website we have added guidance around all aspects of Online Communication, as well as safeguarding guidance for Church Stewards. You will find all you need to know about our policies, guidance, forms, news, minutes from the safeguarding committee meetings etc. Please check it out as www.cashel-emly.ie/safeguarding

LIVING WITH OUR DEVICES IN THE NEW NORMAL

By Dr. Maureen Griffin. MGMS Training

The restrictions and the lack of structure and routine in our daily lives has undoubtedly led to an increase in the use of, and reliance on, our devices. In a lot of respects our devices have been a lifeline, especially during lockdown. However, for many parents, they were/are trying to balance working from home and caring for their children, all the time concerned about the amount of screen time their children are consuming; overexposure online and how to control/monitor what their children are viewing/doing.

So how can we manage this both for ourselves and our children?

Tips for Parents:

1. Devise a *Family Media Use Plan*. The American Academy of Paediatrics <https://www.healthychildren.org/English/media/Pages/default.aspx> offers such a plan, which can be tailored for each member of the family. They also offer a *Screen Time Calculator* which can help children visually see how their days are filled and where screens fit in.
2. Control App Downloads for children at National School level in particular, but ideally all the way to 16 years. You can do this using *Family Sharing* <https://support.apple.com/en-ie/HT201060> for Apple Users or Family Link <https://families.google.com/familylink/> for Android Users or using a parental control App such as Screen Time <https://screentimelabs.com/>, which enables you to set time limits, pause the device, set web filtering, check web history, control App downloads and much more;
3. Check the Age Rating for Apps Games. *Common Sense Media* provides great reviews and age recommendations based on use experience/content. <https://www.commonsensemedia.org/> *PEGI rating for games* <https://pegi.info/>
4. Use parental controls and filters on devices your child uses and activate privacy and security settings on Apps/Sites;
5. Where possible try to limit screen use for at least an hour before bedtime and keep bedrooms screen free at night time;
6. Have regular discussions regarding our online lives and safety. Protecting our children online is a process, not a one off discussion. Fraud Smart <https://www.fraudsmart.ie/> and An Garda Síochána <https://www.garda.ie/en/Crime/Cyber-crime/> provide advice and support in relation to online fraud and crime.

*MGMS Training Limited provides psychological services in the areas of online offending and safety, working with organisations responsible for both the care and protection of children and the management of online offenders. At a preventative level, I work with schools, organisations, students, teachers and parents across Ireland providing training and guidance on online safety issues.

National Board for Safeguarding Children in the Catholic Church in Ireland. (NBSCCCI)

Who are they?

The National Board for Safeguarding Children in the Catholic Church in Ireland was established in 2006 to provide best practice advice and to monitor the safeguarding of children in the Catholic Church in Ireland.

The NBSCCCI has 3 functions:

1. Advice and Support on all aspects of child safeguarding case management within the Catholic Church in Ireland
2. Development of policy, procedures and practice on all aspects of child safeguarding within the Catholic Church in Ireland
3. Monitor child safeguarding practice of constituent members within the Catholic Church in Ireland

There are seven standards that every Church body is required to meet to fulfil the child safeguarding policy statement. They are:

Standard 1. Creating and maintaining safe environments.

Standard 2. Procedures for Responding to Child Protection Suspicions, Concerns, Knowledge or Allegations.

Standard 3. Care and Support for the complainant.

Standard 4. Care and Management of the Respondent.

Standard 5. Training and support for keeping children safe.

Standard 6. Communicating the Church's safeguarding message.

Standard 7. Quality Assuring Compliance with the standards.

Pope Francis Prayer for protection from Coronavirus

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Salvation of the Roman People, know what we need.

We are certain that you will provide, so that,

as you did at Cana of Galilee,

joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love,

to conform ourselves to the Father's will

and to do what Jesus tells us:

He who took our sufferings upon Himself,

and bore our sorrows to bring us,

through the Cross, to the joy of the Resurrection.

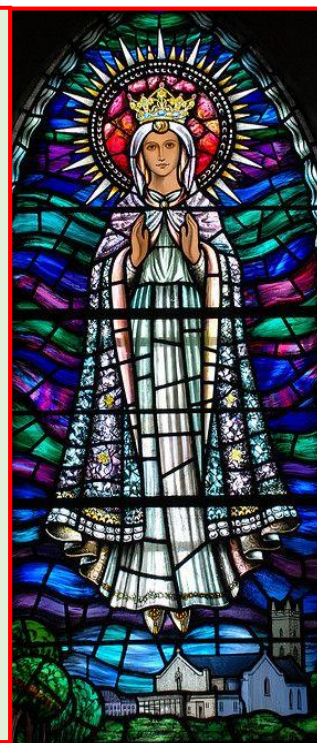
Amen.

We seek refuge under your protection, O Holy Mother of God.

Do not despise our pleas – we who are put to the test

– and deliver us from every danger, O glorious and blessed

Virgin.



DIOCESEAN SAFEGUARDING TEAM

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Trainers:

Mary Purcell, Fr. Tom Hearne and Cleo Yates

Chairperson for Safeguarding Committee

Mr. Darren Ryan

For your Parish Safeguarding Representatives,
see your parish
notice board

If you have a child protection or vulnerable adult
concern or wish to
report an allegation, please contact:

TUSLA, Child & Family Agency

Limerick: (061) 483097

North Tipperary: (067) 46660

South Tipperary: (052) 6177302

Gardaí Síochana

Thurles: 0504 25100

Cashel: 062 75840

Clonmel: 052 6177640

Templemore: 0504 31011

Tipperary: 062 51212



TOWARDS HEALING

Towards Healing is an independent
organisation
providing free professional support
for people who have experienced
institutional,
clerical or religious abuse in Ireland.

Their helpline is Open:
Monday, Tuesday, Wednesday &
Thursday
from 11am to 8pm
and Friday from 11am to 6pm

Freephone 1800 303416
(Rep of Ireland)

Freephone 0800 0963315 (Northern
Ireland and UK)

Hearing impaired Text Line Number:
085-8022859