

## **Support Provisions - William Vahey Serious Case Review**

### **Southbank International School**

The School has put in place the following support provisions which are available to all current and former students, parents and members of staff who feel affected by this case.

In planning this programme of support, we have worked closely with Dr Elly Hanson, an independent Clinical Psychologist who specialises in the field of abuse and trauma and provides consultation to the National Crime Agency, CEOP Command. Dr Hanson has an in-depth knowledge of the Vahey case and has also provided specialist training to school staff on how to respond to any of the various questions or concerns which may be raised by students over the coming period.

#### **Dedicated NSPCC Helpline**

- Southbank has worked with NSPCC to operate a confidential helpline number specifically dedicated to this case. The helpline is available 24 hours a day. You can remain anonymous and speak to a trained NSPCC specialist who knows the background of this case and can provide support and talk you through your concerns. The School is funding this dedicated number and all calls will therefore be free of charge.
- **To access this please phone 0800 023 2642.**
- For those living outside the UK, the dedicated NSPCC Helpline can be accessed by using Skype. Dial the number above and select the UK flag from Skype's drop down menu. Alternatively, you can call +44 (0) 203 1883 500 or +44 (0) 203 222 410 and mention that you are making contact in relation to Operation Kalpasi / Southbank International School or William Vahey.
- Individuals can also access NSPCC by email on [help@nspcc.org.uk](mailto:help@nspcc.org.uk). If you mention that you are making contact in relation to Operation Kalpasi / Southbank International School or William Vahey NSPCC can put you through to a counsellor.
- Children can also access confidential support via NSPCC's ChildLine by telephoning 0800 1111, emailing or messaging a NSPCC counsellor via Online Chat on the ChildLine website at [www.childline.org.uk](http://www.childline.org.uk).

## **Face to face counselling sessions - 21, 22 and 25 January**

- Southbank has also arranged for two NSPCC counsellors (see details below) to offer confidential face to face counselling sessions at Portland Place (Room PP 1.10) and Conway Street (Room CS 306). You can either book a session in advance via the contact details below or you can drop in on the day at the times noted below. Again, the costs associated with this are being covered by the School and access to this service will therefore be free of charge.
- Parents and members of staff who prefer to see a counsellor at an external location will be able to do so on Friday 22 January by making an appointment using the same contact details below.
- **To book a counselling session in advance please email [scr.southbank@southbank.org](mailto:scr.southbank@southbank.org) or call 07469 158 239. This number will be available from Monday 18 January to Friday 25 January between the hours of 9am and 6pm.**

### **Wednesday 20 January - Conway Street (until 5pm) and Portland Place**

11am to 2pm – Sessions on appointment

3pm to 7pm – Drop in sessions

### **Thursday 21 January - Portland Place and Conway Street**

11am to 2pm - Sessions on appointment

3pm to 7pm - Drop in sessions

### **Friday 22 January – Conway Street and external location (available for parents and staff only)**

11am to 2pm - Sessions on appointment

3pm to 7pm - Drop in sessions

### **Monday 25 January - Portland Place and Conway Street**

11am to 2pm - Sessions on appointment

3pm to 7pm - Drop in sessions

## **NSPCC Counsellors**

### ***Zoe Parrot***

Zoe is Assistant Team Manager at the NSPCC helpline. She is a qualified social worker with experience of responding to a broad range of child protection concerns.

### ***Tolga Yildiz***

Tolga has worked as a counsellor for Childline for six years and has a wide range of experience working with vulnerable young people, many of whom need immediate support. Tolga previously managed a young people's service in Brixton and also has experience working in adult mental health.

Conscious of the potential need for some longer term support, arrangements are in place with NSPCC to provide one to one off site counselling into the future. For those in need of additional support we have separate arrangements in place with a specialist team. For more information please contact [scr.counselling@southbank.org](mailto:scr.counselling@southbank.org).

### **Spotting Signs of distress in young people**

It is possible that some young people may feel distressed by the media and social media attention which may follow the publication of this report. Included in this group are not just the young people that were directly affected, but also others who were present at the school at the time. It is advisable to give young people opportunities to talk about their thoughts and feelings and to encourage them to access the available support. Sometimes young people feel unable to talk about how they feel, however their distress may be communicated through their behaviour. As parents and carers you will be best placed to spot the signs of any changes. The development of some behaviours can act as a clue that a young person is experiencing a level of distress that requires professional advice. These include:

- Noticeable changes in behaviour
- Disturbed sleeping or eating patterns
- Declines in physical appearance
- Withdrawal from friends and family
- Loss of interest in usual activities, appearing pre-occupied
- Expressions of feelings of hopelessness
- Expressions of feelings of self-harm or actual self-harm

Long-term reports from adult survivors of abusive situations suggest that access to specialist professionals is most effective when it is provided early on. If you are concerned about the well-being of a child or young person it is important not to delay, but to ask for help either by contacting one of the sources of advice outlined in this document or by speaking to your family doctor.

### **Contacting the Police**

Families with young people that went on trips organised by Vahey are entitled to request support in accessing information gathered during the Police investigations.

To make this request, contact either Westminster Children Services on +44 (0)207 641 4000 or the Metropolitan Police Child Abuse Investigation Team on +44 (0)208 785 8529 and asking to speak to someone in relation to Southbank International School, William Vahey, or Operation Kalpasi.

Families can receive emotional support (in addition to and separate from the support outlined in this document) and access to records through this route, now and in the future. All enquiries of this nature will be handled sensitively and with respect for confidentiality.

### **Additional organisations Southbank have engaged that know about the case and are available to offer support:**

#### ***National Association of People Abused in Childhood (NAPAC)***

- NAPAC are experts in helping people to recover from childhood abuse. They have excellent resources on their website [www.napac.org.uk](http://www.napac.org.uk) including a booklet entitled "Untangling the Web of Confusion" which can be accessed here: <http://napac.org.uk/wp-content/uploads/2014/03/Untangling-the-web-of-confusion-leaflet.pdf>

- For individuals aged 18 or over NAPAC also operates a helpline which is free from landlines and mobiles. All of NAPAC's helpline staff are fully briefed on the Vahey case and available to speak to you confidentially to talk through concerns. You can contact NAPAC's helpline on 0808 801 0331 in the UK. Those outside the UK can contact NAPAC by using Skype to dial this number and selecting the UK flag from Skype's drop down menu. The helpline operates from 10am to 9pm Mondays to Thursdays and from 10am to 6pm on Fridays.

### ***The Lucy Faithfull Foundation (LFF)***

- LFF is dedicated to reducing the risk of children being sexually abused. They are experts in helping people to understand perpetrators' motivations and behaviour and helping people to come to terms with what has happened. LFF also operates a free confidential helpline called Stop it now! and their staff are fully briefed on the Vahey case. If you have questions about how and why Vahey committed his abuse we would encourage you to contact their helpline on 0808 1000 900 (this number is free from a UK landline) or 01372 847161, or by emailing [help@stopitnow.org](mailto:help@stopitnow.org). The LFF helpline operates from 9am to 9pm Mondays to Thursdays and from 9am to 5pm on Fridays. Individuals based outside of the UK can contact the LFF helpline by using Skype to dial either of the numbers listed above and selecting the UK flag from Skype's drop down menu.
- You can also arrange a face to face session at the School with an LFF counsellor who has been working closely with the school by emailing [wolvercote@lucyfaithfull.org](mailto:wolvercote@lucyfaithfull.org).