**South LSCG – 23.5.25**

**Attendees:**

* Josie Wells, NCC CS - Chair
* Kirsty Pitcher, Benjamin Foundation
* Benjamin Wilson, NCC SCT Manager
* Claire Farrelly, NCC Safeguarding Adviser
* Nicola Ingham, Hethersett Woodside
* Ros Cutts Mulberry Bush Day Nursery
* Stuart Odell, Trowse Primary
* Sam Mason, MTM

**Apologies:**

* Michelle Dunsire

**Presentation from KP**

****

**Discussion notes:**

* Recognised the challenges of dealing with safeguarding situations, and the importance of having a ‘reset’ was recognised as a really valuable approach.
* Reflected on the lived experience of some CYP who are immersed in negative energy through less nurturing family environments and how they seek negative engagements which take a higher level of positive energy to engage. Kirsty reflected on ‘bells and whistles’ matching CYP needs, and this can include not giving energy when negative energy is being sought. Importance of ‘just noticing’ positive moments and using these to build up tolerance to positive engagement to build the sense of recognition and reward.
* Personal qualities include calmness, ability to ‘take a breath’ and self-regulate. Balanced, measured and decisive. Timely. Acceptance was also discussed. The importance of being ‘interested’ so you can proactively spot changes in children e.g. professional curiosity. Reflective spaces and supervision can enable these.
* We can struggle to reflect and celebrate the greatness of ourselves, but this is important to do. It helps us to be reflective practitioners.
* Taking the time to build trusted relationships can not be undervalued. Day to day moments and taking time to reflect and reset. Supervision within a safe space is really important. Better team working.

**AOB:**

* None shared.

**Actions:**

* Josie to liaise with Norfolk Steps team to consider alignment with nurtured hearts.
* Next meeting – 10/7 online.