

MBIMB

March 2025 Newsletter



MBIMB Safe Spaces, Safe Futures Conference

MBIMB www.mbimb.org Registered Charity 1199901

THANK YOU

A Special Thank You

I would like to extend my heartfelt thanks to everyone who helped make our event such a wonderful success. With special thanks to our sponsors Barnsley CVS, Better Barnsley, Rotary Club Of Stainborough and The CO-OP. Without your support this day would not have been possible.

A huge thank you to Lara Bundock and her brilliant BCVS Team – Sakura Singh Corke, Karen Dennis, and Jamie Noble – for setting up the room, making sure everything ran smoothly, serving teas and coffees, and simply being fantastic throughout the day.

A big shout-out to Derek Housley from Stainborough Rotary Club for all his support in helping to organise the Conference and for being there on the day to ensure everything went like clockwork.

Thank you to Viva Balloons for the stunning balloon decorations that added such a joyful touch to the venue, and to Danni from Maytree Photography for capturing the day so beautifully through her wonderful photos.

You all played such an important part in making the day one to remember – and I am truly grateful to each and every one of you.

Lastly, an enormous thank you to all of our amazing speakers who travelled from near and far to share their expertise and experience with Barnsley. We are incredibly proud of the work you are doing – and so thankful that you took the time to be with us.

Together, you helped make this day truly special.

Chrissy Sykes

MBIMB SAFE Spaces, SAFE Futures

On 25th March 2025, we were absolutely thrilled to host the first-ever MBIMB Safe Spaces, Safe Futures Conference – and what an unforgettable day it was! With over 60 passionate attendees, the room was buzzing with energy, purpose, and commitment. We welcomed a diverse and inspiring group of professionals, community leaders, and changemakers, all united by one powerful mission: to build safer, stronger communities where every child can thrive..

We were honoured to welcome speakers from across the UK, including Northern Ireland, Scotland, Lancashire, Gloucestershire, and South Yorkshire – each bringing their unique expertise and powerful insights to the day.

Our Inspiring Line-Up of Speakers:

- Chrissy Sykes – Founder, My Body Is My Body Programme
- Dr. Paul Stewart – Former professional footballer & survivor advocate
- Douglas Blackwood – Safeguarding in Sport
- Antonia Noble – Safeguarding in the Community
- Caroline Flynn – Developer of the MAAPP LinkIndex Tool
- Deborah J Crozier - Founder of A Positive Start CIC
- Tracey Hughes - Barnsley CVS and Healthwatch

The day truly was a rollercoaster of emotion – full of meaningful conversations, valuable learning, and deeply moving moments. The most powerful stories came from Dr. Paul Stewart, who bravely shared his lived experience, and Caroline Flynn, whose insights into safeguarding systems brought new clarity and urgency to our mission.

The most meaningful takeaway was found in the one word echoed across almost every feedback form: **INSPIRED**

Thank you to everyone who joined us, shared, listened, and stood up for change. Let's continue building safe spaces, nurturing futures, and protecting every child, everywhere.





CHRISSY SYKES

By Caroline Flynn

At the very first My Body Is My Body Programme – MBIMB Foundation Conference on 25th March 2025, I sat in awe of the host, Chrissy Sykes, and I want to share my absolute respect and gratitude for her unwavering commitment to safeguard, educate, and empower children and families. Chrissy made a promise: that no child should ever go through what she did. And she's kept that promise with relentless determination and an unshakable belief that change is possible.

She didn't wait for funding.
She didn't wait for permission.
She just got to work.

Hour after hour. Year after year. Chrissy built the My Body Is My Body Programme – MBIMB Foundation from the ground up – a preventative programme that empowers children and families to recognise abuse, protect themselves, and reach out for support.

She harnessed the universal power of music, not just to raise awareness, but to make learning engaging, memorable, and accessible. And it's worked. Her songs and videos have now been translated into over 30 languages, including sign language.

They've been viewed by millions of children around the world. It was a joy to watch the video she shared of children across the globe singing her songs – truly inspiring.

Chrissy's FREE translated teaching resources are now being used globally – in homes, schools, and communities – and right here in the UK. And it all began with one woman's belief that she could make a difference. That children need a voice. And the determination to never give up.

Chrissy is more than a change-maker.
She's a global voice for prevention, education, and empowerment.
A phenomenal woman who turned her experience into action – and whose work will continue to protect generations to come.

Thank you, Chrissy, for taking the lead.
For being brave, determined, and committed.
And for being the voice for children and families all over the world.



CHRISSEY SYKES

The Reality Behind the Mission

Chrissy grounded the audience in sobering statistics that remind us why early intervention is so vital. According to the Office for National Statistics, 1 in 5 adults in the UK have experienced some form of child abuse before the age of 16 — that's over 8.5 million people.

More recently, data from the Centre of Expertise on Child Sexual Abuse shows that at least 500,000 children are sexually abused each year in the UK — and most of these cases are never reported.

These are not just numbers — they represent children in our homes, schools, and communities. Chrissy's message was clear: we must act before abuse happens. Prevention is not optional — it's essential.

Using Music to Spark Change

At the heart of Chrissy's presentation was the message that music is a powerful tool for learning and connection. She shared how the My Body Is My Body Programme uses their original songs to teach children about body safety, boundaries, consent, and help-seeking in an age-appropriate and memorable way. Through rhythm and melody, the programme opens the door to conversations that are often difficult but necessary — making it easier for children to understand their rights and speak up when something doesn't feel right.

A Global Impact

What began as one woman's promise has become a global resource:

- Used in 64 countries
- Translated into 30 languages, including sign language
- Shared with over 2.7 million children worldwide

The MBIMB Programme is used by teachers, parents, social workers, coaches, daycare providers, and community leaders — proving that anyone who works with children can play a role in safeguarding.

[Click Here To Access The Full Presentation](#)

Chrissy took attendees through the six MBIMB songs, each with a clear objective linked to PSHE curriculum goals. These songs help children recognise inappropriate behaviour, trust their instincts, and understand how to ask for help. From “My Body Is My Body” to “Say No To Secrets”, each song offers a safe and engaging way to build children’s confidence and communication skills around difficult topics.

One of the programme’s greatest strengths is its accessibility. Everything is completely free and designed to be easy for anyone to implement — regardless of experience. Chrissy also highlighted the wide range of downloadable resources available on the MBIMB website:

- Lesson plans
- Workbooks
- Posters
- Animated videos
- Free online training courses

Thanks to the support of generous partners, MBIMB has also begun distributing printed resource packages to schools — starting with 26 schools in Barnsley.

Chrissy closed her presentation with a message of unity and hope.

The MBIMB Programme began with a single promise — but it has grown into a global movement because of people who care, who act, and who believe that every child deserves to feel safe, heard, and empowered.

It started with a song.

It continues with every person who shares it.

And it grows stronger every time someone says:

My Body Is My Body





PAUL' STORY

Signs and Symptoms

DR. PAUL STEWART & ANTONIA NOBLE

By Caroline Flynn

I recently attended the My Body Is My Body (MBIMB) Safe Spaces, Safe Futures Conference, where I had the privilege of hearing Paul Stewart and Antonia Noble from Safeguarding Fundamentals speak.

Paul began the session by sharing his personal story – a story that deeply disturbed me. Not just because of the years of cruelty and abuse he endured – which were horrific – but because of how easily it happened.

Because of how easily we trust.

How easily we assume.

How often we judge others by our own values, thinking:

“They seem nice.”

“They wouldn’t do that.”

“Not here.”

But that’s not reality.

Predators are out there.

They groom, they manipulate, they exploit.

And they don’t hide in shadows – they blend in.

They creep through the gaps we don’t consider.

They build trust. They disarm suspicion.

And they destroy lives – quietly, methodically, and far too often, completely undetected.

Paul was a successful footballer.

He played at the highest levels – for his club, his country, and his community.

He inspired thousands with his skill and determination.

And all the while, he carried a pain no child should ever have to bear.

He lived through horror – and yet, he chose to stand up and say: NO MORE.

He shouldn’t have to share his story. But he does. With courage. With purpose.

With the goal of protecting others.

And for that, we owe him not just our respect, but our action.

DR. PAUL STEWART & ANTONIA NOBLE

We must stop assuming children are safe. We must start ensuring they are. That's why Safeguarding Fundamentals (SGF) exists – thanks to the joint vision of Paul and Antonia Noble, an experienced safeguarding barrister with a global reputation.

Together, they offer us what we so desperately need:

- The tools
- The knowledge
- The confidence

...to close the very gaps that predators exploit.

SGF isn't just a framework – it's a movement.

And they're calling on all of us to take a stand that's visible, clear, and unapologetic:

Proudly display the SGF badge.

Say it without hesitation: "NOT HERE."

- In our club.
- In our school.
- In our organisation.
-

Not here. Not ever.

Paul's story isn't just a warning.

It's a call to change what we do – and what we fail to do – to protect children.

Let's not wait for another tragedy to shake us into action.

We MUST act.

We ALL have a duty to safeguard.

We must unite, close the gaps, and say LOUDLY and PROUDLY:

NOT HERE!

This should be mandatory.

No more "if only."

No more "we're sorry."

We all need to take action – and for the cost of a cup of coffee per team member, imagine the impact.

Every child matters.

SAFEGUARDING FUNDAMENTALS



ANTONIA
NOBLE

DR. PAUL STEWART & ANTONIA NOBLE

Another inspiring and insightful presentations at our Safe Spaces, Safe Futures Conference came from the incredible Antonia Noble, whose dedication to child safety is as powerful as it is practical.

Antonia shared her pioneering work with Safeguarding Fundamentals, an initiative she co-leads with the inspirational former footballer Paul Stewart. Together, they have developed the Safeguarding Fundamentals Quality Mark – a groundbreaking standard designed to transform the way organisations protect children.

This isn't just a badge of honour – it's a commitment to meaningful action. The Quality Mark equips organisations with real-world tools, practical knowledge, and lasting support to help create environments where every child feels safe, respected, and nurtured.

What makes Antonia's approach so impactful is not only her vast expertise but her kindness and generosity towards others working in safeguarding. She has a unique talent for connecting people, building strong communities, and fostering collaborative networks – all of which were evident in the conversations and connections sparked throughout the day.

As a barrister with international recognition in safeguarding, Antonia brings clarity to complex challenges. Her goal is simple but powerful: to make safeguarding simpler, more effective, and easier to implement for those on the frontline – from teachers and social workers to community leaders and volunteers.

We are deeply grateful for Antonia's ongoing support, her wisdom, and her unwavering commitment to protecting children. She is truly a champion for change, and we look forward to many more opportunities to work together in the future.

[Click Here To Access The Full Presentation](#)



CAROLINE FLYNN



MAAPP

CAROLINE FLYNN



Caroline Flynn's journey is a profound testament to resilience and transformation. Enduring severe abuse during her childhood, both she and her twin brother faced relentless physical and emotional torment. Her brother, often targeted more intensely due to his defiance, tragically succumbed to the long-term effects of their abusive upbringing, passing away a few years ago after a life marked by suffering.

The cycle of abuse extended into Caroline's adult life, leading her into a marriage where she and her children faced further harm. Determined to protect her family, she sought refuge in shelters and eventually relocated to Northern Ireland in pursuit of safety and a fresh start.

Despite leaving school with limited literacy skills, Caroline's unwavering determination propelled her toward self-education and personal growth. She channeled her experiences into a career dedicated to safeguarding others, becoming an esteemed social worker, manager, and child protection chair. Her commitment to child protection led her to create the LinkIndex Keyring, a tool designed to support professionals in the field.

Throughout her career, Caroline has balanced full-time frontline social work with the development of resources aimed at enhancing child protection practices. Her dedication has earned her recognition and respect within the safeguarding community, with professionals acknowledging the practical support her innovations provide in daily operations.

Caroline's story underscores the profound impact of adverse childhood experiences and the remarkable strength required to overcome them. Her journey from a victim of abuse to a leader in child protection serves as an inspiring example of how personal adversity can be transformed into a powerful force for change and advocacy.

[Click Here To Access The Full Presentation](#)

CAROLINE FLYNN



MAAPP

Before Caroline shared her amazing work with MAAPP Linkindex - she shared her life journey which led her to this point in her life. Like Paul Stewart, Caroline had a painful childhood.

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Why Safeguarding Professionals Trust the MAAPP LinkIndex:

✓ Instant Access to Key Resources

No more endless digging for legislation, procedures, or contact info. The LinkIndex provides quick links to essential safeguarding documents, guidelines, and emergency contacts — right at your fingertips.

✓ Time-Saving & Stress-Reducing

In high-pressure moments, you need clarity and speed. This tool helps you respond efficiently and confidently, so you can focus on what matters most: protecting children and vulnerable individuals.

✓ Compact, Portable, Always Ready

It's a pocket-sized powerhouse. Whether you're in the office, on a visit, or in a multi-agency meeting — the LinkIndex travels with you, ensuring support is never out of reach.

✓ Built by Someone Who Understands the Frontline

Caroline Flynn brings decades of real-world safeguarding experience into the design. This isn't theory — it's practical, field-tested support.

✓ Widely Respected in the Safeguarding Community

The MAAPP LinkIndex is used and endorsed by professionals across the UK. It's become a trusted part of safeguarding practice — a quiet revolution making a big impact.

Whether you're a teacher, social worker, DSL, or charity leader — the MAAPP LinkIndex helps you stay informed, prepared, and empowered to act.

Because safeguarding can't wait!

THANK
☺ YOU

MAYTREE PHOTOGRAPHY



Maytree Photography

I'm Danni Maytree, a Yorkshire-based wedding photographer with a passion for wanderlust. I live for documenting one-of-a-kind weddings with genuine authenticity, crafting heartfelt images that delight the eyes and stir the soul. You see, for me, an image isn't just about what it looks like...it's how it makes you feel. That's why I don't only focus on the big bits (they're pretty important, right?!) but also the fleeting expressions, impromptu reactions and off-the-cuff exchanges between you and your guests. Because that, my friends, is where the magic really happens.

DEBORAH J CROZIER





DEBORAH J CROZIER

A Positive Start CIC

We were delighted to welcome Deborah J Crozier, founder of A Positive Start CIC, to the MBIMB Safe Spaces, Safe Futures Conference, where she delivered a deeply compassionate and insightful session on trauma-informed practice and emotional regulation.

As a Person-Centred Counsellor with a strong background in trauma recovery, Deborah brought a wealth of lived and professional experience to the event. Through her work with A Positive Start CIC, Deborah has created a nurturing and transformative community interest company dedicated to supporting mental health and advocating for a trauma-informed society.

A Positive Start provides a unique blend of counselling, holistic therapy, and education, all underpinned by the understanding that trauma affects how we think, feel, behave, and relate to others. Deborah and her team deliver both live and online workshops that focus on emotional dysregulation, self-awareness, and building resilience—equipping individuals with the tools they need to heal and thrive.

Her presentation offered practical insights into how trauma manifests and how we can compassionately support those affected, particularly children and young people. Attendees were deeply moved by her emphasis on empathy, connection, and the importance of helping individuals feel safe, seen, and supported.

Deborah's passion for creating positive change shone through every slide and every word. Her commitment to education, empowerment, and emotional wellbeing is exactly the kind of leadership our communities need.

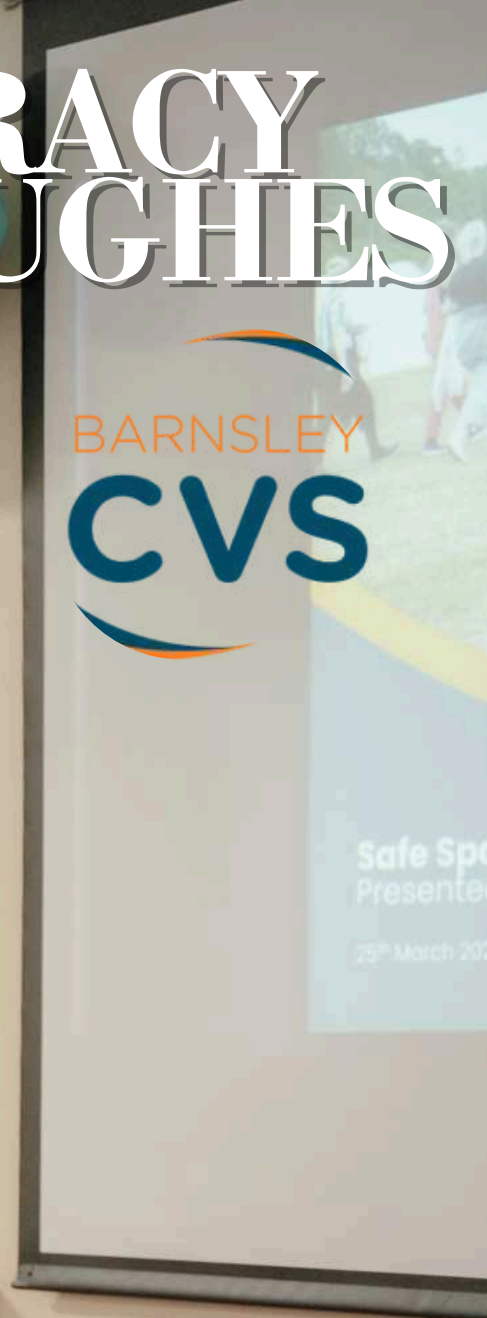
We are so grateful for her contribution to the conference and for the incredible work she and her team continue to do every day.

[Click Here To Access The Full Presentation](#)

healthwatch

TRACY
HUGHES

BARNSELEY
CVS



We had the privilege of hearing from Tracey Hughes from Healthwatch Barnsley to the MBIMB Safe Spaces, Safe Futures Conference, where she delivered a valuable and practical session focused on empowering families to access the support they need to live healthy, informed, and confident lives.

Tracey's presentation provided an in-depth look at the vital role Healthwatch plays in our communities. As the independent champion for people who use health and social care services, Healthwatch ensures that the voices of local people are heard, particularly those who might feel isolated, marginalised, or unsure of how to navigate the system.

Her session offered real-life guidance on how families can connect with local services, ask the right questions, and make the most of the support available to them – from GPs and dentists to mental health services, social care, and beyond. She emphasised that access to information is a key factor in safeguarding children and supporting families, and that no one should ever feel alone in trying to understand the complex world of healthcare and wellbeing.

Tracey also explored how Healthwatch Barnsley is working in partnership with local organisations to identify gaps in service provision, raise awareness about unmet needs, and advocate for positive change. Whether it's through community engagement, feedback surveys, or one-on-one support, her team ensures that decision-makers listen to and act on what matters most to the people they serve.

One of the strongest messages from Tracey's presentation was the importance of listening to families and children themselves – not just professionals. By encouraging open dialogue and creating accessible routes to support, we can help families build trust in services and take an active role in maintaining their own health and wellbeing.

Tracy's commitment to making health and social care services work better for everyone came through in every word she shared. As we continue to build safe spaces and advocate for every child's right to thrive, her message was a timely reminder that knowledge is power – and access to that knowledge can change lives.

[Click Here To Access The Full Presentation](#)

DOUGLAS BLACKWOOD



DOUGLAS BLACKWOOD

We were honoured to host Douglas Blackwood, Sport Welfare Officer for South Yorkshire, at the MBIMB Safe Spaces, Safe Futures Conference. In his first ever speaking engagement, Douglas gave an incredibly insightful and passionate presentation on the evolution of safeguarding in sport – from its overlooked past to the meaningful progress being made today.

Douglas took attendees on a journey through the key milestones that have shaped safeguarding in sports over the last two decades – from the creation of the CPSU in 2001 and the Duty of Care in Sport report, to the recent launch of the Sport Welfare Officer Network in 2023. He highlighted how sport has shifted from being a “cultural and political island,” once blind to abuse, to a field now actively striving to protect and empower young athletes.

But what truly made Douglas’s presentation stand out was his openness in sharing his own personal journey in sport.

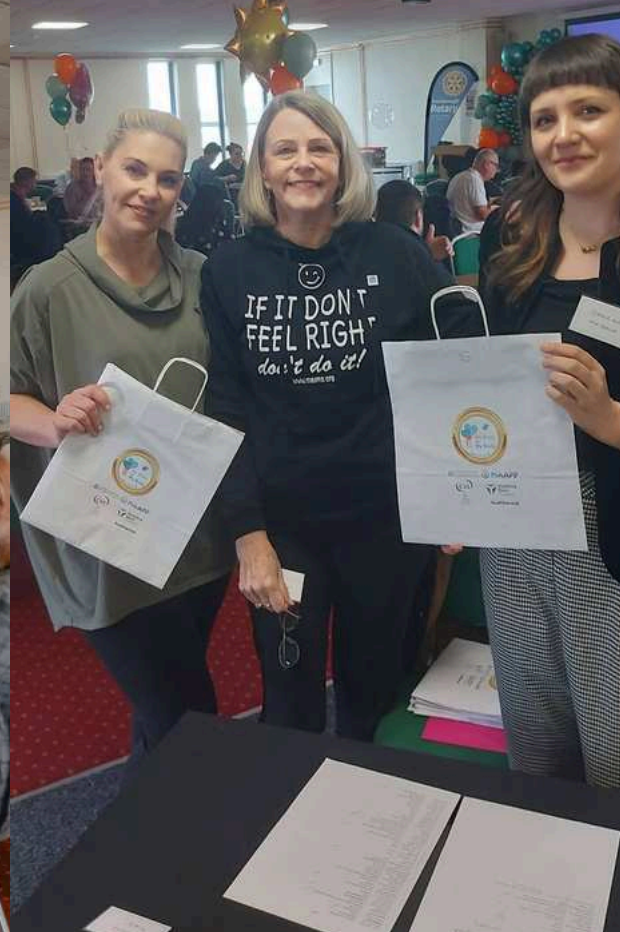
He spoke with great warmth and authenticity about his positive experiences in football, running, and cycling, and the impact these sports have had on his life. His story reminded us all of the power of sport to build confidence, create belonging, and support mental and physical well-being – when the right safeguarding structures are in place.

Douglas balanced honest reflection on past failings with a hopeful outlook for the future. He offered practical advice for anyone involved in sport and encouraged all of us to see safeguarding not as a checkbox, but as a culture of care and accountability.

His clarity, commitment, and personal passion were evident throughout, and for a first-time speaker, Douglas delivered with confidence and purpose. We’re incredibly grateful for his contribution and proud to support the important work being done to ensure sport is safe, inclusive, and empowering for every child.

[Click Here To Access The Full Presentation](#)







ISPCAN
CONGRESS

**October
6-9**

WELCOME CHANGEMAKERS!

ABSTRACTS ARE OPEN FOR THE ISPCAN VILNIUS 2025 CONGRESS

SUBMIT ABSTRACTS BY FEBRUARY 2025

CHILD WELL-BEING IN A CHANGING REALITY

Themes

**EMPOWERING
SURVIVORS AND
CHILDREN AT RISK**

**RETHINKING
OUTCOMES FOR
CHILDREN AND
FAMILIES**

**CHILDREN AND
FAMILIES LOST
BETWEEN SECTORS AND
SERVICES**

**REALITY OF A DIGITAL
CHILDHOOD**

**EVIDENCE BASED
APPROACHES TO
PREVENT AND COMBAT
ABUSE, NEGLECT, & IPV**

**SAFEGUARDING
CHILDREN THROUGH
EDUCATION AND
PREVENTION**



**Debuting our Rise Up
Policy Forum in Vilnius
on October 9th**



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ROOM HIRE

Price List

BCVS - Queens Road – S71 1AN

Description	2025 Price
Room Hire – 1 hour	£25 per hour
Half Day (3 Hours)	£70
Full Day (7 Hours)	£150
Tea, Coffee and Biscuits	£1.50 per person
Fresh Juice / Cordial	£1.50 per person
Lunch platter including above drinks	From £10 per person (bespoke package)
Water	Free
AV Hire	£5 per hour per item

Redfearn's Sports and Social Club – S71 2HQ

Description	2025 Price
Room Hire – 1 hour	£50 per hour
Half Day (3 Hours)	£140
Full Day (7 Hours)	£250
Tea, Coffee and Biscuits	£1.50 per person
Fresh Juice / Cordial	£1.50 per person
Lunch platter including above drinks	From £10 per person (bespoke package)
Water	Free
AV Hire	£5 per hour per item

**For a personalised quote, please contact Jamie Noble on 07759769571
or email jamie.noble@barnsley.org.uk**

Please note: Prices are subject to change with discounts available for regular bookings. Prices are applicable for hire between 9am - 6pm with an additional charge added at £15 per hour for any booking outside of these times.

VIVA BALLOONS

THANK
😊 YOU

Balloon designs
to add the wow factor
to your special day.

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