

July 2024



Safeguarding Newsletter





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According to DfE, 'fundamental British values' comprise:

- democracy
- the rule of law
- individual liberty
- mutual respect for and tolerance of those with different faiths and beliefs, and for those without faith.

The Department for Education (DfE) places a duty on schools, colleges and training providers to prepare pupils for life in modern Britain by developing their understanding of 'fundamental British values'.

Mutual respect for and tolerance of those with different faiths and beliefs, and for those without faith.

'Britain is a country where people hold diverse religious beliefs, and some individuals do not follow any faith or belief'

We are all able to show respect to each other regardless of our personal beliefs. And, if somebody else's beliefs are different from our own, we accept this difference.

In the workplace you can:

- Encourage open dialogue and understanding amongst colleagues.
- Embrace different perspectives and opinions
- Implement diversity training programmes and initiatives that raise awareness and promote inclusivity

For more information read [here](#)

Talking point:

Why do you think 'mutual respect and tolerance of different faiths and beliefs' is a value shared by British society?

For further learning you can take part in a short interactive exercise with videos from the Education and Training Foundation for learners :

[What is mutual respect and tolerance of different faiths and beliefs? | British Values > Side by Side \(etflearners.org.uk\)](#)



National threat level

The threat to the UK (England, Wales, Scotland and Northern Ireland) from terrorism remains **substantial** which means an attack is considered likely.

Prevent

The Counter Terrorism Policing force are officers and staff at the forefront of the UK's work to confront terrorism, operating around the clock to prevent, disrupt and investigate dangerous extremists – whatever their ideology.

What do they do?



Prevent

We prevent vulnerable people from being drawn into extremism

Read more [here](#)



Pursue

We pursue terrorists and work to bring them to justice

Read more [here](#)



Protect

We protect the public and places from terrorist attacks

Read more [here](#)



Prepare

We prepare to respond to attacks and reduce their impact

Read more [here](#)

Talking points:

If a person is assessed as being a terrorism risk, where might they may be referred to and why?

Which of the 4 parts of Counter Terrorism Policing force did you find most interesting and why?

What is Project Servator? How do they work differently to normal police operations?

[Click here to play a video and learn more](#)

Wellbeing

Following on from our June Newsletter and the focus on 5 Ways to wellbeing.

'Take notice' is the theme for this month's wellbeing article.

Recap - Try to make time every day to take notice and pay more attention to the present moment. It can help you understand what triggers your feelings of stress or anxiety.

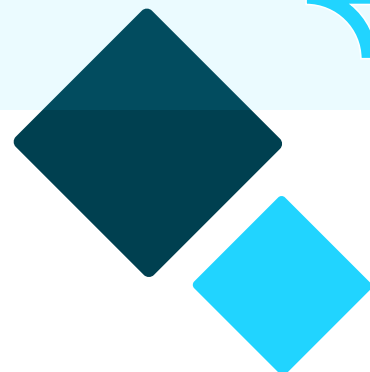
So, how can you 'Take Notice' of yourself?

- Acknowledge your thoughts and feelings as they happen and be kind to yourself.
- Take notice of beauty in nature and the changing season.
- Make a note of things you are thankful for or things that make you smile. [How to Practice Gratitude - Mindful](#)
- Reduce time spent browsing social media and the internet and watching TV and news reports [75 Fun & Productive Things to Do Instead of Watching TV - BoomBoom \(boomboonnaturals.com\)](#)
- Practice breathing exercises, mediation or yoga.
- Sit silently and pay attention to the sights, sounds and smells around you.

Talking points:

Can you think of at least 1 thing you can be grateful for today? How does this make you feel?

How can you start to take more notice of yourself? What strategies would you find helpful?



Safeguarding

The **'Enough'** campaign has been created in collaboration with victims and survivors, the violence against women and girls sector, academics, and victims' services.

Crimes that disproportionately affect women and girls such as sexual harassment, rape, online abuse and domestic abuse, can have a profound and long-lasting impact on victims.

Hollyoaks has partnered with the Home Office to deliver a storyline focused on coercive control which is due to roll on TV in July this year. The partnership will highlight a Government campaign called **'Enough'** which is tackling violence against women and girls.

Home Secretary James Cleverly said:

"We made it a specific criminal offence and are making sure those convicted are monitored by the police in the same way as physically violent offenders"
[Hollyoaks partners with Home Office for coercive control storyline \(yahoo.com\)](https://www.yahoo.com/news/hollyoaks-partners-home-office-coercive-control-storyline-120000000.html)

Do you know :

- How many women and girls have experienced abuse?
- Are most sexual assaults committed by strangers or people known to the victim?
- What's meant by coercive control?

Test your knowledge

[Know the facts quiz | ENOUGH](#)

Reporting Abuse - Reporting abuse to the police isn't your only option

Read more to learn and where to get support [Reporting abuse | ENOUGH](#)

Talking points :

What have you learnt today?

How did you score in the quiz?

Were you surprised by some of the answers?

How you can safely help someone you are concerned for [Help stop it | ENOUGH](#)

News of the Month

Alcohol Awareness Week 2024 will take place from the 1st to the 7th of July on the theme of 'Understanding alcohol harm'

Alcohol can sometimes play a centre-stage role in our lives. It's promoted as we watch our favourite sports, advertised as we travel to work and strategically placed in our favourite films and TV shows. It's there when we celebrate, commiserate and when we're just trying to cope.

Each year, thousands of people experience long-term health problems as a result of the alcohol they drink or die from alcohol-related causes.

In England there are an estimated 602,391 dependent drinkers. Only 18% are receiving treatment.

To learn more about how Alcohol affects your body look at the following link.

[Alcohol and your body | Alcohol Change UK](#)

Want to check how healthy your drinking is?

[Take this quick quiz](#)

Talking points:

What are your views around the number of dependent drinkers in the UK?

To learn more about Alcohol facts visit [About Alcohol Awareness Week | Alcohol Change UK](#)

Talking point: What have you learnt? What can you take away from reading this article and taking the quiz?



Learner Feedback

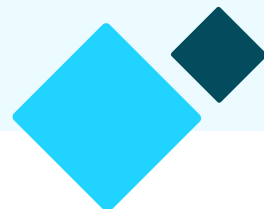


Learner Feedback:

“Sarah from safeguarding provided me an avenue to express my concerns and showed a genuine interest and care in my wellbeing.”

“Jaspreet has been amazing throughout my time using safeguarding, she has been so supportive, understanding and has provided me with a safe space where we can talk about issues I have going on. Without her I feel my time on the course would’ve been so much harder and I am great-full for all the support she gave.”

“Alana had a warm and friendly demeanour, I felt able to talk openly when asked to explain how I was finding things and talking through some areas that needed support, ideas of improvement. Alana followed up with a comprehensive breakdown of various techniques for me to try, resources that were suitable for the areas we had discussed, and lots of suggestions and creative solutions to try.”



Regional Safeguarding



Helpful Links

- Mental health and personal challenges
- Abuse
- Prevent

Mental Health

Samaritans: 24/7 support online or by phone for those struggling –

Web: <http://www.samaritans.org/>

Tel: 116 123

Mind: Support for mental health and informative resources on mental illness

Web: [A-Z of mental health – Mind](#)

Tel: 0300 123 3393

NHS: Mental health services - NHS
www.nhs.uk

Calm:

Web: [Campaign Against Living Miserably \(CALM\)](#)

Tel: 0800 585858

Hub of Hope:

Web: [Mental Health Support Network | Hub of hope](#)

Abuse helplines and support:

Enough – Abuse Women and Girls [Get support | ENOUGH](#)

Respect Men's Advice Helpline: [Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadviceline.org.uk\)](#) | Tel: 0808 8024040

If you identify as LGBT+ [Galop - the LGBT+ anti-abuse charity](#) 0800 999 5428

Prevent

Report suspicious behaviour - Extremism

[Report possible terrorist or extremist activity](#)
[Action Counters Terrorism - Report possible terrorist or extremist activity](#)

