

November
2024



Safeguarding Newsletter





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Prevent



National threat level

The threat to the UK (England, Wales, Scotland and Northern Ireland) from terrorism remains substantial.

The Threat from Extreme Right-Wing Terrorism in the UK Overview

Extreme Right-Wing Terrorism (ERWT) involves individuals or groups using violence to promote ideologies like Cultural Nationalism, White Nationalism, and White Supremacism.

Growing Trend

- Since 2016, five ERWT groups have been proscribed in the UK.
- Notable groups include National Action and the Sonnenkrieg Division, all promoting white supremacist ideologies.
- Several attacks and plots have occurred since 2017, primarily carried out by Self-Initiated Terrorists (S-ITs).

Recent Incidents

- 2017: A vehicle attack outside a London mosque resulted in one death and injuries to ten others.
- 2019: A stabbing in Stanwell, Surrey, linked to a white supremacist.
- 2022: An arson attack on an immigration centre in Dover.
- 2024: UK anti immigration summer riots

International Connections

- ERWT activity is rising globally, particularly in the US and Germany.
- Influential propaganda often originates from the US, affecting UK radicalisation.
- The internet facilitates connections among extremists, making it easier for UK individuals to be influenced by overseas groups.

Preventative Measures

- Community awareness and education are crucial.
- Reporting suspicious behaviour can help disrupt potential threats.
- Collaboration between police and community organisations is essential for prevention.

Understanding these dynamics is vital for safeguarding our society against the threat of ERWT.

Read more [here](#).

Talking Point:

What actions can individuals take to challenge extremist views within their circles and promote a more inclusive society?



British Values

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According to the The Department for Education (DfE), 'fundamental British values' comprise of:

- 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 requires that schools, colleges, and training providers ensure students are prepared for life in modern Britain by nurturing their understanding of 'core British principles'.

Individual Liberty

Individual Liberty: A Cornerstone of Our Society

This November, as we reflect on Individual Liberty—not just as personal freedom, but as the right to express opinions and make choices while respecting others—we are reminded of Guy Fawkes Night. This annual event, marking the failed Gunpowder Plot of 1605, underscores the importance of standing up for beliefs and the ongoing struggle for justice.

Current discussions around freedom of speech, particularly regarding social media regulation and hate speech, highlight the need to balance expression with the protection of vulnerable communities. [The UK's Online Safety Act has faced criticism](#) for potentially allowing invasive scanning of private messages to tackle harmful content, raising concerns about safeguarding free expression while addressing hate speech against marginalised groups.

Furthermore, ongoing conversations about human rights and social justice emphasise that the pursuit of rights is a continuous journey. The recent pandemic illustrated the complexities of Individual Liberty, as public health measures prompted questions about personal freedoms and collective safety.

As we engage with these themes, let us cultivate a culture that empowers everyone to express themselves while considering the rights of others. By upholding Individual Liberty, we strengthen our communities and celebrate diverse perspectives, ensuring that all voices are heard, especially during times of change.

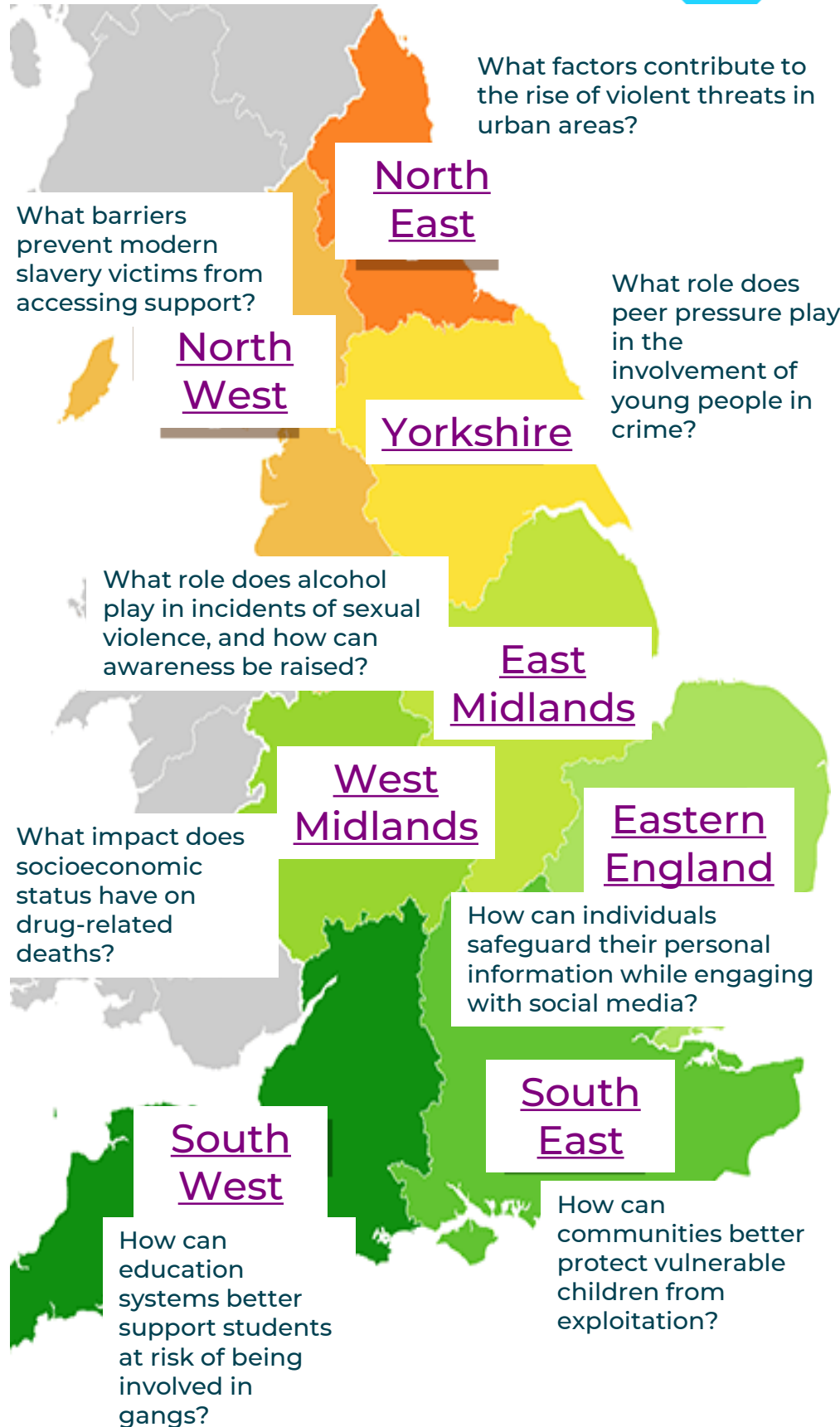
Talking Point:

How do we protect free speech while shielding vulnerable groups?



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Regional Safeguarding



Helpful Links

If you or someone close to you is experiencing mental health challenges, we invite you to explore these essential resources:

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: <https://www.mind.org.uk/information-support/helplines/>

Tel: 0300 123 3393

Calm:

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

Tel: 0800 585858

Andy's Man Club:

Web: [Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club \(andysmanclub.co.uk\)](#)

Hub of Hope:

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

National Domestic Abuse Helpline:

Web: [Refuge National Domestic Abuse Helpline - Women's Advice](#)

Tel: 0808 2000 247

Respect Men's Advice Helpline:

Web: [Domestic Abuse Helpline for Men | Men's](#)

Tel: 0808 8024040

ACAS:

Web: [Acas | Making working life better for everyone in Britain](#)





Nourishing Wellbeing This November

As the days grow shorter and the chill of autumn settles in, November offers a perfect opportunity to focus on nourishing our wellbeing. This month, it's essential to prioritise our mental and physical health as we transition into winter. Here are some tips and tricks to help you thrive during this season.

1. Embrace Nature

Autumn is a beautiful time to connect with nature. Take advantage of the crisp air and stunning foliage by going for a walk in a local park or nature reserve. Even a short stroll can boost your mood and provide a welcome break from daily routines.

2. Stay Active

Physical activity is vital for mental wellbeing. Whether it's a brisk walk, a yoga session, or time in the gym, find something you enjoy. Staying active not only helps to lift your spirits but also keeps your energy levels up as the weather gets colder.

3. Nourish Your Body

Eating seasonal produce can enhance your physical health and wellbeing. Incorporate hearty foods like squash, root vegetables, and apples into your meals. Cooking can also be a therapeutic activity, allowing you to unwind while preparing nutritious dishes.

4. Connect with Others

November is a great time to strengthen connections with friends and family. Schedule regular catch-ups, whether in person or virtually. Sharing experiences and supporting one another is vital for emotional wellbeing.

5. Mindfulness and Reflection

Set aside time for mindfulness practices such as meditation, journaling, or simply enjoying a quiet moment. Reflecting on what you're grateful for can foster a positive mindset, helping to combat seasonal blues.

Autumn Wellbeing Calendar

To support your wellbeing journey this November, check out [Thrive's Autumn Wellbeing Calendar of activities](#). This resource is packed with ideas and prompts to help you engage in self-care, connect with nature and with others to enhance your mental and physical health throughout the month.

As we move through November, let's prioritise our wellbeing and support each other in cultivating a healthier, happier community. Embrace the season and take small steps to nourish your mind and body!



Safeguarding

QA Apprenticeships – Rule of 4 Covert Alarm

At QA Apprenticeships, your safety is our priority. We're introducing the ****Rule of 4 Covert Alarm****, a vital initiative that empowers apprentices to discreetly raise an alarm in emergencies when traditional methods are unsafe.

What Is the Rule of 4?

The Rule of 4 allows apprentices to signal for help during crises such as domestic violence or potential abduction without attracting attention.

How It Works

In an emergency:

1. ****Recognise****: Identify you are in danger.
2. ****Act****: Use the designated alert mechanism, such as a coded message.
3. ****Notify****: The alert will inform relevant authorities.
4. ****Support****: The police will be contacted for immediate assistance.

*For further details, please watch the accompanying video [here](#). *Note: The video discusses sensitive topics, including domestic violence. Viewer discretion is advised.**

Important Considerations

Use the Rule of 4 only in genuine emergencies. Activating it will notify the police, who will respond promptly. Familiarise yourself with this process to ensure you can act effectively.

Support Available

If any content in the video or this article affects you, please contact our [Safeguarding Team](#) for support and guidance.

Why It Matters

The Rule of 4 is a crucial safety measure that reflects our commitment to your well-being. Please share this information with your peers and participate in our upcoming workshops to learn more. Your Safeguarding Team is here to help—stay safe and informed!



News of the Month

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Anti-Bullying Week: 11th - 15th November United Against Bullying

What is Anti-Bullying Week?

Anti-Bullying Week, taking place annually in the third week of November, aims to raise awareness of bullying across a broad spectrum, including children, young people, students, employees, and the wider community.

Launched in 2002, this initiative engages schools, further education institutions, workplaces, and communities nationwide to promote effective strategies for preventing and addressing bullying.

Why is it Needed?

With approximately 30% of young people reporting instances of bullying in the past year, Anti-Bullying Week plays a crucial role in educating and empowering those affected.

The consequences of bullying can be profound, significantly impacting psychological well-being and leading to mental health challenges, low self-esteem, social difficulties, and executive dysfunction. These issues can further hinder an individual's ability to maintain relationships, achieve educational success, secure employment, and progress in life.

Quickfire Stats:

- **1 in 5:** Children experience bullying each year..
- Approximately **1 in 4** employees across the UK have experienced bullying at work, according to various surveys.
- It's estimated that around **70%** of bullying incidents go unreported, often due to fear of retaliation or lack of faith in the reporting process.
- Victims are **twice as likely** to suffer from anxiety and depression.

Key Takeaways

- **Awareness Matters:** Anti-Bullying Week is essential for raising awareness about the prevalence and impact of bullying in various environments, including schools and workplaces.
- **Empowerment Through Education:** By educating individuals about bullying, we can empower victims and bystanders to act and support one another.
- **Recognising the Impact:** Understanding the profound psychological effects of bullying—such as anxiety, depression, and social difficulties—can help us address the root causes and support those affected.
- **Encouraging Reporting:** With around 70% of bullying incidents going unreported, nurturing an environment where individuals feel safe to speak up is crucial for effective intervention.
- **Community Involvement:** Engaging schools, organisations, and communities collectively enhances our ability to create safe, respectful environments and reduces the incidence of bullying.

By embracing these lessons, we encourage a more inclusive culture. This November, let's unite against bullying. By communicating our experiences and promoting kindness and respect, together, we can create a safe space for all staff and apprentices across QA.

If you or someone you know is affected by bullying and would like to talk, we are here to listen and support you. Please don't hesitate to reach out to us at safeguarding@qa.com.



Learner Feedback

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We make a difference.

Learner Feedback

"I can't think of anything to improve as I feel nothing other than gratitude and respect for the kindness and professionalism that Clare showed me. I have never had to contact a safeguarding team before, and my experience was wholly positive." - L3 Apprentice

"Alana not only helped alleviate the stress I was carrying by reassuring me that my feelings were natural given the circumstances, but she also equipped me with tools to manage my stress and offered practical advice for navigating daily life in a less overwhelming way. Despite our few interactions, her words had a significant impact during my unemployment. Being made redundant, especially for the first time, was an overwhelming experience, and I'm so thankful that I had Alana to turn to when I needed reassurance that was different from what my close ones could offer. Alana truly excelled in her role as a safeguarding officer, and I can't express enough how much her support meant to me." - L3 Apprentice

"Jaspreet was patient, compassionate and understanding in supporting me at a very difficult time, while I await a formal assessment for neurodiversity which has caused me some strong emotions that I have found challenging to manage. Jaspreet kept the case open to touch base with me after a week or so and make sure I was okay and things were starting to go better, which in the circumstances was needed, reassuring and very helpful in restoring my sense of stability." - L7 Apprentice

