

Safeguarding and Prevent newsletter

Issue 4 | March 2021

Welcome to the latest edition of our Safeguarding and Prevent newsletter. The aim is to share information around local, regional and national issues. Keeping you up to date on all the latest news, support and help.

We hope that you find this edition useful and informative.

BE IN YOUR MATE'S CORNER

1 in 10 young people will experience a mental health problem this year. If your mate's acting differently, step in.

#inyourcorner



CHECK IN ON FAMILY AND FRIENDS

Checking in on your family, friends and colleagues is always important. But as the coronavirus pandemic continues, this is more important than ever.

Lots of us have felt worried about the coronavirus pandemic, and everyone will feel differently about the changes to lockdown restrictions.

If someone's feeling anxious or worried, you don't need to be an expert on mental health to support them. Think about using our three top tips:

1) Check in

If someone doesn't feel ready to meet face-to-face, picking up the phone, having a video call, starting a group chat or messaging someone on social media lets them know you are there to talk and ready to listen.

2) Listen and reflect

Whether you have a mental health problem or not, this will be a challenging time for our mental health and wellbeing. If someone opens up to you, remember that you don't need to fix things or offer advice. Often just listening, and showing you take them seriously, can help someone to manage.

3) Ask questions

Ask how people are managing, and ask again if you're worried they aren't sharing the full picture. Asking again, with interest, can help someone to open up and explore what they're feeling.

CORONAVIRUS AND YOUR WELLBEING

Many of us are struggling to maintain our mental wellbeing during the pandemic. There are lots of charities and agencies who can provide tips to help yourself cope, including ways to support yourself during winter and to consider and take care of your finances. Here are a few which are worth checking out!

- [MIND](#)
- [Mental Health Foundation](#)
- [NHS Better Health](#)
- [Rethink](#)

census 2021

READY, STEADY, CENSUS

The Census is taking place on Sunday 21 March. All households will receive a Census pack in the post in March.

It's a survey that happens every ten years and gives an overall picture of all the people and households in England and Wales. It is run by the Office for National Statistics. Every single household in the country will take part.

The results are used by the government to work out how much money Hull City Council is given each year for local services like local transport, housing, schools, and how much goes to the NHS, the police and other local services. In 2011, there was an initial undercount of around 8% - **this could have cost Hull over £90 million**. From big projects like the City of Culture and Hull's Maritime Project to the refurbishment of East Park splash boat and of Pearson Park.

Charities and voluntary organisations also use Census data to get funding.

All of the personal information collected in the Census remains confidential and anonymous. No one will know about you personally from the Census not even the Government.

Your information is kept under lock and key for 100 years.

For more information, and to get help, visit www.census.gov.uk or call the census hotline 0800 141 2021. Local support centres will be open and there will be telephone help in 48 different languages.

If you do not complete your census survey, you could be fined £1,000.

Worried about the safety of a child in your neighbourhood?



ARE YOU WORRIED ABOUT A CHILD IN YOUR NEIGHBOURHOOD?

The campaign 'Worried about a child in your neighbourhood?' raises awareness of how residents can play their part and highlight the ways they can contact the council or NSPCC about a child who may potentially be at risk.

If residents see any one or more of these signs, then they are urged to share their concerns:

- Aggression, repeated shouting
- Hearing hitting or things being broken
- Children crying for long periods
- Young children left on their own
- Children looking dirty, not changing their clothes
- Children looking withdrawn or anxious

If you are worried about the welfare of a child or young person then visit the website to share your concerns confidentially.

<http://www.hull.gov.uk/articles/worried-about-child-your-neighbourhood>

Alternatively, you can contact the NSPCC via www.nspcc.org.uk or 0808 800 5000.

SUPPORT CHILDREN TO BE SAFE AND SAVVY ONLINE



Internet Matters is an organisation, which aims to help parents in keeping children safe online. Their website offers lots of practical help and advice for parents to help children get the most out of the digital world.

They have recently published a guide full of top tips to empower children to make smarter informed choices to navigate the online world safely.

If you have children at home, it is well worth visiting the site to look at the guide and to get other essential advice on staying safe.

<https://www.internetmatters.org/>

Help and Advice

If you have any concerns or want more information about Safeguarding or Prevent, please contact Vanessa Drax, our Designated Safeguarding Lead. Email: vanessa.drax@hullcc.gov.uk Call: 01482 615 250 Mobile: 07872 416 146

We also have a number of Deputy Designated Safeguarding Leads across our centres. Look out for their contact details which are displayed in classrooms and all public areas.

Let us know if there is a subject you would like us to cover in the next edition by emailing vanessa.drax@hullcc.gov.uk

ASK FOR ANI

Home is not always a safe place. The COVID-19 pandemic has brought into focus the impact of lockdown on domestic abuse victims and reinforced the importance of domestic abuse being 'everyone's business'.

This does not just apply to a lockdown situation and is equally true as restrictions change. Therefore, the domestic abuse codeword scheme Ask for ANI (Action Needed Immediately) is being established in pharmacies to enable victims of domestic abuse to access support within their local community. Posters advertising the scheme will be displayed in participating pharmacies.



IS SOMEONE CLOSE BECOMING A STRANGER?

It can be hard to know what to do if you're worried someone close is expressing extreme views or hatred, which could lead to them harming themselves or others. Working with other organisations, the police protect vulnerable people from being exploited by extremists through a Home Office programme called Prevent.

If we all act early and share our concerns, we won't be wasting time and we won't ruin lives, but we might save them.

For help in spotting the signs and in reporting concerns visit www.actearly.uk

LEARNER VOICE

We are always keen to hear from learners about their experience of our services and courses. What you tell us helps us to shape what we deliver in the future. We'd love to hear from you, if you have some spare time, and are interested in helping us to develop what we do.

We are shortly to set up a panel meeting to gather feedback on our website and to ask what courses and services learners would like to see in the future.

If you would like to take part, please email Margaret Woodcock margaret.woodcock@hullcc.gov.uk

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Training & Adult Education

